

# 城北華人基督教會 國語部每日靈修

Daily Hope

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作者：Rick Warren 牧師

編輯：城北國語部



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但願使人有盼望的神  
因信將諸般的喜樂平安  
充滿你們的心使你們借  
聖靈的能力大有盼望

新錄羅馬書十五章十三節



## 2019.09.22 (Sunday) Devotion

### Title: [Prayer: Ask God Specific Questions]

*“I will stand at my watch and station myself on the ramparts; I will look to see what He will say to me.” (Habakkuk 2:1 NIV)*

While you’re waiting for God to speak to you, you need to be ready for God to give you a mental picture. Habakkuk 2:1 says, *“I will stand at my watch and station myself on the ramparts; I will look to see what he will say to me”* (NIV).

Why does he say “look to see”? Doesn’t it make more sense to say he will “listen to” what God says?

God’s voice is often visual. Sometimes God speaks to you by putting a mental picture or image in your mind. Some of you may think, “That’s kind of weird — God putting a picture in my mind.” If NASA can receive pictures from Mars, don’t you think God can put a picture in your mind? Of course He can.

So how do you look for a mental image from God if you’re not a visual thinker? Here are two ways that help me:

1. Ask God a specific question. James 1:5-6 says, *“If you want to know what God wants you to do, ask Him, and He will gladly tell you, for He is always ready to give a bountiful supply of wisdom to all who ask Him .... But when you ask Him, be sure that you really expect Him to tell you”* (TLB). Those verses tell us three truths.

First, God wants you to ask Him for advice. You’re not bothering Him. He’s interested in every detail of your life, and He’s waiting for you to ask.

Second, the more specific you are, the better, because it builds your faith when you ask God for something specific and then He answers. Don’t be general in your prayers.

Third, God wants you to expect an answer. Don't pray and ask God for help unless you expect that He's going to help you.

2. Look into God's Word. After you withdraw and as you're waiting and watching for the Lord, you need to get into the Bible. I can't tell you how many times God has taken a verse and, even after I've read a passage a hundred times, it suddenly pops out at me, and I see something I've never seen before. God uses the Bible to give answers to your specific questions.

The Bible says, "*Open my eyes, so that I may see the wonderful truths in your law*" (Psalm 119:18 TEV). Ask God to show you new truths and His wisdom as you study his Word and wait on Him to speak.

**Talk It Over**

- What is something that you asked God for specifically? How did He respond?
- How do you need God to provide for you today? Do you expect Him to provide for you?
- Why do you think it is so hard for us to wait on the Lord?

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2019.09.22 (週日) 靈修

## 題目: [禱告：向神明確求問]

「我要站在守望所，立在望樓上觀看，看耶和華對我說什麼話。」  
(哈巴谷書 2:1)

當你在等候神對你說話的時候，你應該準備好迎接神賜給你的一幅心靈圖畫。哈巴谷書 2:1 說：「我要站在守望所，立在望樓上觀看，看耶和華對我說什麼話。」

為什麼這裏說「觀看」？如果這裏說「聆聽」神說什麼，不是更貼切嗎？

神的聲音通常是可以產生視覺形象的。有時候神藉著人心中的圖像來說話。你們當中有些人會想：「這有點奇怪——神在我心裏投放一幅影像。」如果美國太空總署可以從火星接收影像，你不覺得神也可以在你心裏投放一影像嗎？祂當然可以。

假如你不是一個視覺思考型的人，你要如何尋找神給你的心靈圖像？以下是兩個對我有幫助的方法：

**第一，向神具體求問。**雅各書 1:5-6 說：「你們中間若有缺少智慧的，應當求那厚賜與眾人……的神，主就必賜給他。只要憑著信心求，一點不疑惑。」這段經文告訴我們三個真理。

首先，**神要你求問祂**。你沒有打擾祂。祂對你生命中的每個細節都感興趣，祂在等你祈求。

其次，**問得越具體越好**，因為每當神回應具體祈求時，就會建立你的信心。因此，你不要作空泛的禱告。

另外，**要期待禱告有回應**。除非你期待神幫助你，否則就別向祂禱告祈求。

**第二，用心研讀神的道**。當你靜待仰望耶和華的時候，你應該用心研讀聖經。我不能說有多少次神用一節經文，即使我讀過上百遍也會突現眼前，令我有全新的領悟。由此可見，神以聖經來回應人具體的求問。

聖經說：「求你開我的眼睛，使我看出你律法中的奇妙。」（詩篇 119:18）祈求神在你研讀祂的道，靜待祂對你說話的時候，讓你看見新的真理和祂的智慧。

**生命反思**

- 你向神做過什麼具體的求問？祂如何回應你？
- 你今天需要神為你供應些什麼？你期待祂供應給你嗎？
- 為什麼你覺得等候神是一件極困難的事？

**靈修筆記**

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2019.09.23 (Monday) Devotion

Title: [Start Writing Down Your Prayers]

*“I will climb my watchtower and wait to see what the LORD will tell me to say and what answer he will give to my complaint. The LORD gave me this answer: ‘Write down clearly on tablets what I reveal to you.’” (Habakkuk 2:1-2 TEV)*

Because Habakkuk wrote down what the Lord said to him, we have the book called Habakkuk. Because David wrote down what God spoke to him, we have the book of Psalms. They asked God a question, God gave them an answer, and they wrote it down.

If your prayer life is stuck in a rut and you feel like you’re saying the same prayers over and over, one of the best things you can do is start writing down your prayers. It makes it more personal, and it helps you be more serious about your prayers.

This is called the spiritual habit of journaling. It’s a habit that will help you refresh your prayer life. But don’t make it too complicated! Simply write down what you’re saying to God, and write down what God’s saying to you.

After you get your notebook, remember these two practical suggestions to help make your journaling more effective.

First, put a vertical line down the center of the page. On one side, write what you say to God. On the other side, write what God says to you. As you write down what you say to God, don’t expect him to always say something to you immediately. Sometimes he’ll answer later in the day, or he may even wake you up in the middle of the night.

Then, on the same sheet of paper, draw a horizontal line, and above the line, write “Yesterday” and record the events of your day. Underneath the line, write “Life Lessons.” The next day, look back on the events of the day before and ask, “What lesson was God trying to teach me

through those events?” God is trying to teach us lessons through the everyday events of our lives, but we miss them all the time. When you take time to write them out in this way, it will help you focus on hearing God’s voice and what he wants you to learn from him.

Journaling is a very powerful habit. It helps you focus your thoughts. It helps you remember what you said and what God said. It helps you test the impressions that you get from God.

It also helps you worship as you thank God for speaking to you. *“O Lord, now I have heard your report, and I worship you in awe”* (Habakkuk 3:2 TLB).

**Talk It Over**

- How does recording the events of your day and lessons you learned help you test an impression to see whether or not it is from God?
- Why do you think journaling is called a “spiritual habit”?
- Why do we often miss the lessons God is trying to teach us?

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2019.09.23 (週一) 靈修

## 題目: [開始寫下你的禱告]

「我要站在守望所，立在望樓上觀看，看耶和華對我說什麼話，我可用什麼話向他訴冤。他對我說：『將這默示明明的寫在版上…』」（哈巴谷書 2: 1-2）

因為哈巴谷寫下耶和華對他說的話，所以我們有了哈巴谷書。因為大衛寫下神對他說的話，所以我們有了詩篇。他們求問神一個問題，神賜給他們一個回答，他們把回答寫了下來。

如果你的禱告生活像一潭死水，覺得自己好像在重複同樣的禱告，其中一個最管用的方法就是把你的禱告寫下來。這樣會讓你感覺更切身，也讓你對你的禱告更認真。

這就是屬靈日誌習慣。這是會幫助你更新禱告生活的習慣。但別把它弄得太複雜！直接把你跟神說的話寫下來，然後把神跟你說的話寫下來。

你買了筆記本後，要謹記以下兩項實用的建議，幫助你的禱告日誌更有效率。

首先，在頁面中心畫一條豎線。一邊寫下你對神說的話，另一邊寫下神對你說的話。當你寫下你對神說的話的時候，不要期待祂一定會馬上回應你。有時候祂會在當天稍後回應，或者祂甚至會在半夜把你喚醒。

然後，在同一張紙上，畫一條橫線。在橫線的上方寫下「昨天」，記錄你一天經歷的事。在橫線的下方寫下「生命課題」。第二天回顧前一天的經歷，問問自己：「神藉著這些事要教導我什麼功課？」神藉著我們每天生活的經歷，教導我們不同的功課，但我們總是錯



## 2019.09.24 (Tuesday) Devotion

Title: [When God Gives Direction, Mature Believers Will Confirm]

*“[God’s] intent was that now, through the church, the manifold wisdom of God should be made known.”* (Ephesians 3:10 NIV)

When you think you’ve heard God tell you something, you might ask yourself, “How do I know if this impression is really from God?”

If you want to know if your impression is from God, you need to ask, “Does my church family confirm it?”

You need the wisdom and advice of godly people in your life to help you stay on track. God never meant for you to go through life on your own. That’s why he created the church!

We need each other. Nobody has all the answers. Nobody has it all together. Nobody knows the right decision every time. That’s why we need a church family. We need spiritually mature friends to bounce ideas off of and get feedback from.

Ephesians 3:10 says, *“[God’s] intent was that now, through the church, the manifold wisdom of God should be made known”* (NIV).

If God has genuinely spoken to you, then other mature believers will confirm it. If they don’t confirm it, you have every reason to doubt whether it’s really from God.

If you feel resistant to even sharing the impression, where do you think that resistance is coming from? It’s coming from the devil. It means it’s not from God, because God would not have a problem with you sharing an idea from him. He wants us to learn from each other, to share with each other, to get the wise counsel of each other.

I’ve been a pastor for many, many years. I’ve talked to thousands of people. I have concluded that the two biggest reasons people mess up in



2019.09.24 (週二) 靈修

## 題目: [神賜指引—成熟信徒能確證]

「為要藉著教會使天上執政的、掌權的，現在得知神百般的智慧。」(以弗所書 3:10)

當你覺得聽到神說話的時候，你或許會問自己：「我怎能確定這感受真的出於神？」

若想知道你的感受是否來自神，你該問：「**教會我屬靈的家能確證它嗎？**」

在人生中，你需要敬虔人的智慧和忠告來幫助你繼續行在正軌上。神從未計劃讓你單獨過完一生，這是祂創造教會的原因。

我們需要彼此，沒有人能知道一切，沒有人完美無缺，沒有人可以每個決定都正確，這是為什麼我們需要安家在教會，需要靈命成熟朋友們的交流和反饋。

以弗所書 3:10 說：「為要藉著教會使天上執政的、掌權的，現在得知神百般的智慧。」

如果神開口向你說話，其他靈命成熟的信徒應該能夠確證。若他們無法確證，你就應該質疑所說的話是否真的出於神。

如果你覺得即使分享這感受都有阻礙，你認為這阻力從哪裏來？是來自撒但。這表示你的感受不是來自神，因為神不會介意你與人分享從祂而來的意念，祂要我們互相學習，彼此分享，從而彼此得到充滿智慧的建議。

我當牧師許多年，也和成千上萬個人交談過。從中發現人們生活失敗的原因不外乎兩種：第一，他們沒有靈命成熟的朋友；第二，



2019.09.25 (Wednesday) Devotion

Title: [God's Guidance Will Confirm Your Shape]

*"We are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." (Ephesians 2:10 NIV)*

There are two more ways you can test if an idea or impression is from God.

First, is it consistent with how God has shaped you?

Before you were born, God planned the contribution he wanted you to make in this world, and he gave you the shape you need — the spiritual gifts, heart, abilities, passion, and experience — to be able to complete that contribution. He shaped and designed you for a specific purpose.

Ephesians 2:10 says, *"We are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do"* (NIV).

God's going to give you impressions that fit your shape. He's going to give you impressions to fit how he's made you. If you're good at music, God's going to give you impressions that lead you to use your gifts in music. I, on the other hand, am not good at music. So if I get an impression to go on American Idol, that's not an idea from the Lord.

If you get an impression that's entirely contrary to the way God has shaped you, ignore it. We get those all the time because we compare ourselves with other people and think, "I'd like to be like them." But God shaped you the way he did to make an incredible impact on this world. His leading will not contradict who he's made you to be; in fact, it will confirm your shape and purpose.

Second, you need to ask yourself if your idea concerns your responsibility.

If it's not your responsibility, why in the world would God talk to you

about it? Romans 14:4 says, “*Who are you to judge someone else’s servant? To their own master, servants stand or fall. And they will stand, for the Lord is able to make them stand.*” When God speaks, it’s going to be relevant to your life, not someone else’s. Don’t try to listen for what God wants to say to your husband or your girlfriend or anybody else. Satan can discredit the Lord with well-meaning Christians who assume that they know God’s will for somebody else’s life.

Does God ever speak to other people through you? Yes. But he usually does it without you knowing about it. And, it will usually be as a confirmation of what he’s already said to them. God will use other people in your life to confirm what he’s saying to you, and he will use you to confirm in somebody else’s life what he’s saying to them.

**Talk It Over**

- What is the idea or impression you believe God has recently given you? How does it enhance and utilize your shape?
- How has God used other people to speak to you?
- Where do you think the idea to compare yourself with others come from?

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2019.09.25 (週三) 靈修

## 題目: [神的引領會確認你的生命特質]

「我們原是他的工作，在基督耶穌裏造成的，為要叫我們行善，就是神所預備叫我們行的。」（以弗所書 2:10）

還有另外兩個途徑可以來檢驗一個意念或感受是否出於神。

### 第一，它是否與神賦予你的生命特質一致？

在你出生以前，神就已經為你計劃了你對這個世界的貢獻；祂賦與你所需要的生命特質——屬靈恩賜、心志、能力、激情和經驗——使你能夠成就這些貢獻。祂設計了你並賦與你生命特質來實現一個具體的目標。

「我們原是他的工作，在基督耶穌裏造成的，為要叫我們行善，就是神所預備叫我們行的。」（以弗所書 2:10）

神會賜給你與你生命特質一致的感受。祂給你的感受會符合祂造你的目的。如果你有音樂特長，神會給你感動引導你去善用你的音樂天賦。相反的，我對音樂一竅不通，如果我得到一個感受要我去上「美國偶像」節目，那就一定不是來自神的意念。

如果你得到的感受完全與你的生命特質相反，別理會它。我們時常獲得這樣的假感動，因為我們總喜歡攀比：「我要像他們那樣。」但是神賦與你特有的生命特質，以讓你在這個世界上留下不同凡響的影響。祂的引導不會與祂的創造自相矛盾，實際上，祂的引導會確認你的生命特質和人生目標。

### 第二，你得問自己，那意念是否與你的責任有關。

如果與你的責任無關，那神為什麼要跟你談及這個話題？羅馬書 14:4 說：「你是誰，竟論斷別人的僕人呢？他或站住或跌倒，自有他的主人在；而且他也必要站住，因為主能使他站住。」神跟你說

話，說的一定會與你的生命有關，而不是與別人的生命相關。不要試著去傾聽神要和你丈夫、你女朋友或其他人說什麼。撒但會利用這種心理來損毀神的名，牠讓立志向善的基督徒以為自己了解神對他人的旨意。

神曾經透過你來對別人說話嗎？有可能。但是祂通常會在你不自覺的狀況下這麼做，而且祂通常只是透過你確認祂已經跟別人說過的話。神會透過別人來確認祂和你說過的話；同樣，祂也會透過你來確認祂在別人生命中說過的話。

## 生命反思

- 最近神給過你什麼意念或感受？它怎樣加強並運用你的生命特質？
- 神曾經怎麼透過別人來和你說話？
- 你認為我們喜歡與別人攀比的心理從何而來？

## 靈修筆記

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## 2019.09.26 (Thursday) Devotion

### Title: [Does Your Idea Agree with the Bible?]

*"Anyone who wants to do [God's] will can test this teaching and know whether it's from God or whether I'm making it up."* (John 7:17 MSG)

Jesus said in John 7:17, *"Anyone who wants to do [God's] will can test this teaching and know whether it's from God or whether I'm making it up"* (MSG). God doesn't like it when people put words in his mouth and say, "God told me to do this," when he really didn't. So how do you know when it's God talking to you?

First, you have to ask if the idea agrees with the Bible.

God is consistent. He will never contradict what he's already said in his Word. God will never tell you to violate a principle that's in the Bible. He'll never tell you to ignore what he's already said. He'll never tell you to deny what he's already said.

Luke 21:33 says, *"Heaven and earth will pass away, but my words will never pass away"* (NIV). That means if it's true, it has always been true, and it always will be true. Because truth is not new! Truth has been around forever. If something was true 4,000 years ago, it was true 50 years ago, and it is still true today. God's truth stands the test of time.

Trends change. Popular opinion changes. Even science changes. But the truth of God never changes, so God would never say something and then change his mind. When God says that you should only have sex with the person you're committed to in marriage, then he's not going to tell you go have sex with anybody you want to have sex with. God does not change his mind! That truth should encourage you, because you never have to wonder what God thinks about something that he has clearly stated in his Word.

You need to dig into God's Word and memorize it so that when you get an idea or an impression, you can say, "That couldn't be from God



2019.09.26 (週四) 靈修

## 題目: [你的意念與聖經相合？]

「人若立志遵著他的旨意行，就必曉得這教訓或是出於神，或是我憑著自己說的。」(約翰福音 7:17)

耶穌在約翰福音 7:17 說：「人若立志遵著他的旨意行，就必曉得這教訓或是出於神，或是我憑著自己說的。」神不喜歡人曲解祂的話，說：「是神讓我這麼做的」，而實際上祂並沒有這麼說。那麼，怎麼才能確定是神跟你說話呢？

首先，你必須自問，**你的意念是否符合聖經。**

神是始終如一的，祂絕不會與祂在聖經裏說過的話相違背，神絕不會告訴你去違背聖經裏的原則，祂絕不會告訴你去忽略祂說過的話，也絕不會告訴你去否認祂說過的話。

路加福音 21:33 說：「天地要廢去，我的話卻不能廢去。」這就是說，如果神的話是真理，它就永遠都是真理，因為真理不會是新創的！真理是永恆的。如果某事 4000 年前是真理，50 年前也是真理，到現在仍然是真理。神的真理經得起時間的考驗。

趨勢會改變，流行觀點會改變，甚至科學也會改變，但是神的真理卻永遠不變，神不會改變祂的心意。當神說你只能和你的配偶有性行為，祂就不會告訴你去隨意和任何人有性行為。神不會改變祂的心意！這個真理對你應該是很有鼓勵的，因為你永遠不需要去猜測神在聖經裏清清楚楚說過的話。

你應該鑽研聖經並且牢記經文，這樣，當你得到一個意念或感受的時候，你就會說：「那不可能來自神，因為聖經是這麼說的。」如果你不了解聖經，你將很容易被撒但的各種謊言欺騙。



## 2019.09.27 (Friday) Devotion

### Title: [Prayer: God Guides You To Be More Like Christ]

*“The wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.”* (James 3:17 NIV)

If you want to recognize God’s voice and figure out whether you have an impression from him or not, first you need to ask if the idea agrees with the Bible.

Then, you need to ask, “If I follow through on this impression, will it make me more like Christ?”

Philippians 2:5 says, *“In your lives you must think and act like Christ Jesus”* (NCV). God’s goal is to make us more like Christ, so he would not give us an impression that would lead us in a direction opposite that goal.

James 3:17 is a great checklist for helping you to see if something is an impression from God when it comes to the character qualities of Jesus Christ: *“The wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere”* (NIV).

If your idea or impression is impure, then it’s obviously not from God. This may sound pretty simple, but you wouldn’t believe how many people I meet who are trying to convince themselves that an impure impression is somehow from God.

Is the impression peace loving? God’s going to give impressions that promote harmony and not conflict.

Is it considerate? When God gives you an impression, he is concerned about the impact that impression is going to have on somebody else. He’s not going to give you impressions that mess up other people’s

lives.

Is this impression submissive? That’s not a word that we use very much, but it simply means humble, teachable, and not arrogant. If you’ve really heard from God, then you’re not going to be afraid to test that idea by sharing it with others and getting their input.

Is it full of mercy? I’ve met a lot of people who think they have heard from God and yet they’re the most judgmental, condemning, and negative people. Those people haven’t heard from God. They’ve heard from their own prejudices and anger. If you really hear from God, it makes you full of mercy.

Is it impartial and sincere? An idea from God won’t make you manipulate and control others.

Checking an impression against these seven character qualities of Jesus Christ will help you know if your idea is from God and if it will make you more like Jesus.

**Talk It Over**

- How do you show God that you want to be more like Jesus?
- What is an idea or impression that you believe God has recently given you? Does it hold up to these seven qualities of Jesus?
- How does your opinion of an idea change when you think about how it affects other people?

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2019.09.27 (週五) 靈修

## 題目: [求神引領使你更像基督]

「惟獨從上頭來的智慧，先是清潔，後是和平，溫良柔順，滿有憐憫，多結善果，沒有偏見，沒有假冒。」(雅各書 3:17)

如果你想辨識神的聲音，並想分辨出某個感受是不是從祂而來的話，首先你要審視這個感受或者意念是否與聖經相符。

然後，你要自問：「如果我按著這個感受行事，**它會使我更像基督嗎？**」

腓立比書 2:5 說：「你們當以基督耶穌的心為心。」

神的目標是要使我們更像基督，所以祂不會賜下一個引領我們向該目標反方向走的感受。

雅各書 3:17 是一個很好的檢查表，從瞭解耶穌基督的品格來幫助你去審視你的感受是否從神而來：「惟獨從上頭來的智慧，先是清潔，後是和平，溫良柔順，滿有憐憫，多結善果，沒有偏見，沒有假冒。」

如果你的意念或感受是不清潔的，那就很明顯，它不是從神而來的。這個也許聽起來很簡單，但是你難以相信，有多少我遇見過的人試圖說服自己所得不清潔的感受是從神而來的。

這個感受是和平的嗎？神給的感受會是促進和諧，而非衝突的。

這個感受是溫良的嗎？當神給你一個感受，祂關心的是這個感受對其他人所造成的影響，祂不會給你一個擾亂別人生活的感受。

這個感受是順服的嗎？這不是一個我們常用的字眼，但是它的意思就是謙卑受教而不傲慢。如果你聽到的真是神的聲音，你就不會害怕與人分享並得到他們的意見。

這個感受是滿有憐憫的嗎？我遇過許多人認為他們聽到神的聲音，但是他們是最愛論斷人、最愛指責人、最負面的人。這些人並沒有聽到神的聲音，他們聽到的是自己的偏見和憤怒。如果你真的聽到神的聲音，它會使你滿有憐憫。

這個感受是沒有偏見、沒有假冒的嗎？一個從神而來的意念不會使你去操縱或控制別人。

依著這七個耶穌基督的品格特質來檢視你所得到的感受，可以幫助你瞭解它是不是從神而來的意念，並可以使你更像耶穌。

生命反思

- 你怎麼讓神知道你想要更像耶穌？
- 你最近有沒有得到神給的意念或感受？它符合耶穌這七個特質嗎？
- 當你想到你的意念會怎麼影響他人時，你會如何改變自己的觀感？

靈修筆記

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2019.09.28 (Saturday) Devotion

Title: [God's Voice Will Bring Peace]

*“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (Philippians 4:6-7 NLT)*

The past few days I’ve given you several ways you can test an impression to know if it’s from God. There are two final questions you can ask to test your idea.

You need to ask, “Is it convicting or is it condemning?”

A lot of Christians go through life living under condemnation and guilt, thinking it’s the voice of God. But it’s not. That’s the devil!

Conviction comes from God. Condemnation comes from the devil. The purpose of conviction is to correct something that’s out of whack in your life. The purpose of condemnation is just to put you down and make you feel miserable and guilty and ashamed. The motivation behind conviction is that God loves you and wants to help you be better. The motivation behind condemnation is that Satan hates you and wants to make you miserable. When God speaks to you about an area in your life for conviction, he’s very specific. Condemnation is general. God will give you a specific area of your life where something is out of whack. Then, he gives you the solution. You confess it to God, and the feeling of conviction leaves instantly. Condemnation, on the other hand, goes on and on and on.

Romans 8:1 says, *“There is no condemnation for those who belong to Christ Jesus”* (NLT). God will never attack your value. If you hear a voice that says, “You’re hopeless! You’re worthless! You’re unlovable!” you can know that is not the voice of God.

Finally, you need to ask about your idea or impression, “Do I sense

God's peace about it?"

If you get an impression and it makes you feel pressured, overwhelmed, or confused, you need to question whether that impression is from God. Because God doesn't want us to live under pressure. He wants us to sense his peace.

Satan wants to drive us compulsively. But God desires to draw us compassionately. Peter Lord used to say, "Ninety percent of what God says to us is encouragement." Have you sensed God saying anything encouraging to you lately? Or is it all about pressure? God has some encouraging things to say to us.

There is a word for the pressure that comes into our lives that drives us away from God's peace: worry. But Philippians 4:6-7 says, *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

These verses tell us that worry is never from God. It only creates pressure in our lives. Those verses also give us this incredible promise: Take your worry to God, and leave it there. Listen to his voice. It will bring peace if you only obey it.

## **Talk It Over**

Take some time to write down these seven questions on a notecard, and put it somewhere that it is easily accessible so that you can reference it when you want to know if an impression is from God.

- Does it agree with the Bible? (John 7:17)
- Will it make me more like Christ? (James 3:17)
- Does my church family confirm it? (Ephesians 3:10)
- Is it consistent with how God has shaped me? (Ephesians 2:10)
- Does it concern my responsibility? (Romans 14:4)
- Is it convicting rather than condemning? (Romans 8:1)
- Do I sense God's peace about it? (Philippians 4:6-7)

2019.09.28 (週六) 靈修

題目: [神的聲音會帶來平安]

「應當一無掛慮，只要凡事藉著禱告、祈求和感謝，將你們所要的告訴神。神所賜出人意外的平安，必在基督耶穌裏，保守你們的心懷意念。」(腓立比書 4:6-7)

過去這幾天，我給了你們幾個測試感受的方法來確定它是否來自神。這裏有最後兩個問題，你可以用來測試你所得的感受。

你要問：「它是藉良心譴責，還是控告？」

很多基督徒一生都活在控告和罪惡感之中，以為那是神的聲音。其實並不是，那是魔鬼的聲音！

良心譴責來自神，控告來自魔鬼。良心譴責的目的是要矯正你生命中不好的地方，控告的目的是要扳倒你，讓你覺得悲慘，充滿罪惡感和羞恥心。良心譴責背後的動機是因為神愛你，想要幫你變得更好。控告背後的動機是因為撒但恨你，想要讓你變得悲慘。當神對你說話，讓你在生命的某一方面知罪時，祂會很明確。而控告是很空泛的。

神會讓你知曉你生命中某個特定範圍不對勁，然後祂會給你解決方法。當你向神認罪，被良心譴責的感覺會馬上消失。反之，被控告的感覺卻會一直存在。

羅馬書 8:1 說：「如今，那些在基督耶穌裏的就不定罪了。」神永遠不會貶低你的價值。如果你聽到一個聲音說：「你沒救了！你一文不值！你不值得愛！」你可以確定那絕對不是神的聲音。

最後，關於你的意念或感受，你要自問：「我感覺到從神而來的平安嗎？」

如果你得到的感受讓你覺得有壓力，沉重不堪，或是覺得困惑，你應該質疑這個感受是否出於神。因為神不會要我們活在壓力之下，祂要我們感受來自祂的平安。

撒但要使我們衝動行事，但神要引領我們充滿良善。動畫導演彼得·羅德曾說：「神對我們說的話百分之九十是鼓勵性的。」你最近有感受到神跟你說任何鼓勵的話嗎？還是你都感受到壓力？神有很多鼓勵性的話要跟我們說。

有一種壓力進入我們的生命，使我們遠離神的平安，它就是：憂慮。然而腓立比書 4:6-7 說：「應當一無掛慮，只要凡事藉著禱告、祈求和感謝，將你們所要的告訴神。神所賜出人意外的平安，必在基督耶穌裏保守你們的心懷意念。」

這段經文告訴我們，憂慮絕對不是從神而來的，它只會在我們的生活中製造壓力。這段經文也給我們不可思議的應許：把你的憂慮帶到神面前，交託給祂，聆聽祂的聲音，只要順服祂，就會給你帶來平安。

## 生命反思

花些時間在紙上寫下這七個問題，把它貼在你容易看見的地方，這樣，當你想知道一個感受是否來自神的時候，可以很快地去作參考：

- 它與聖經一致嗎？（約翰福音 7:17）
- 它會使我更像基督嗎？（雅各書 3:17）
- 教會我屬靈的家會確證它嗎？（以弗所書 3:10）
- 它與神給我的生命特質一致嗎？（以弗所書 2:10）
- 它與我的責任相關嗎？（羅馬書 14:4）
- 它是藉良心譴責而不是控告嗎？（羅馬書 8:1）
- 我感覺到來自神的平安嗎？（腓立比書 4:6-7）

## 靈修筆記

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

各樣美善的恩賜和怎樣  
全備的賞賜都是從上頭來的  
從眾光之父那裏降下來的  
立他並沒有改變也沒有轉

動的光兒  
羅馬書二章十七節

