

城北華人基督教會 國語部每日靈修

Daily Hope
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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



2019.10.06 (Sunday) Devotion

Title: [Spiritual Maturity Is Never an End in Itself]

“Your attitude must be like my own, for I, the Messiah, did not come to be served, but to serve, and to give my life as a ransom for many” (Matthew 20:28 TLB).

Service is not something you tack onto your schedule to fill up your “spare time.” It is the heart of the Christian life. Jesus came “to serve” and “to give”—and those two verbs should define your life on earth, too.

Jesus taught that spiritual maturity is never an end in itself. Maturity is for ministry! As you grow spiritually, you can give to others. It’s not enough to keep learning more and more. You must act on what you know—and practice what you claim to believe. Bible study without service leads to spiritual stagnation.

The old comparison between the Sea of Galilee and the Dead Sea is still true. Galilee is a lake full of life because water flows into it and then also out of it. In contrast, nothing lives in the Dead Sea because there’s no outflow, so the lake has stagnated.

The truth is, if you’ve been following Jesus for a while, you probably know more Scripture than you’re putting into practice. What you may need is experience serving in some way at your church, so you can exercise your spiritual muscles.

As you mature in Christ, your focus can increasingly shift toward living a life of service. Jesus came to serve, and he will help you become a servant, too.

Talk It Over

- What has God been teaching you lately? How have you used this biblical truth in ministry?
- How does service make believers stand out in the world?

- What person is demonstrating a “life of service” right now? What can you learn from that person’s lifestyle?

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2019.10.06 (週日) 靈修

題目: [屬靈成熟本身不是目的]

「正如人子來，不是要受人的服事，乃是要服事人，並且要捨命，作多人的贖價。」（馬太福音 20:28）

服事不是為了填滿你的空餘時間而附加在日程表上的，而是基督徒生活的核心。耶穌來是為了服事和施捨，這兩個動詞也應該定義你在世上的人生。

耶穌教導我們說，屬靈的成熟本身並不是目的。成熟是為了事奉！當你在靈性上成長時，就可以施與他人。不斷學習是不夠的。你必須把你所知道的付諸行動，並實踐你所宣告的信仰。沒有服事的查經會導致屬靈停滯。

加利利海和死海之間的古老對比仍然是真實的。加利利是一個充滿生命的湖，因為水流進湖裏，又從湖裏流出來。相反，死海裏什麼也沒有，因為沒有流出來的水，所以湖水是停滯的。

事實上，如果你跟隨耶穌已有一段時間，你可能知道的聖經比你付諸實踐的要多。你也許該做的是體驗以某種方式在教會服事，這樣你就可以鍛鍊你屬靈的肌肉。

當你在基督裏成熟起來的時候，你就會逐漸聚焦於服事的生活。耶穌來為要服事人，祂也會幫助你成為一個服事的人。

生命反思

- 神最近一直在教導你什麼？你是如何在事奉中運用聖經真理的？
- 服事是如何使信徒在世上脫穎而出的？
- 現在是誰在展示他的「服事生涯」？你能從那個人的生活方式中學到什麼？

靈修筆記

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2019.10.07 (Monday) Devotion

Title: [The Right Attitude for Quiet Time]

“The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart” (1 Samuel 16:7 NIV).

You may understand that a daily quiet time is necessary for spiritual growth and be motivated to do it, but how do you go about having one?

You have to start with the proper attitudes. In God’s eyes, why you do something is far more important than what you do.

On one occasion God told the prophet Samuel, “The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart” (1 Samuel 16:7 NIV). It is quite possible to do the right thing but with the wrong attitude.

When you meet with God, you want to come with anticipation and eagerness. Expect to have a good time of fellowship with him and to receive a blessing from your time together. That was what King David expected: “You, God, are my God, earnestly I seek you” (Psalm 63:1 NIV).

Don’t rush into God’s presence, but prepare your heart by being still before him and letting the quietness clear away the thoughts of the world. Listen to the prophet Habakkuk: “The Lord is in his holy temple; let all the earth be silent before him” (Habakkuk 2:20 NIV; also see Psalm 89:7).

You are meeting with the Creator, the Maker of heaven and earth, the Redeemer of humanity, Decide before your quiet time that you will do anything and everything that God wants you to do. Jesus said, “Anyone who chooses to do the will of God will find out whether my teaching comes from God or whether I speak on my own” (John 7:17 NIV).

Talk It Over

- What are some things you may need to change about how you spend your quiet time with God?
- What is the best time and place for you to be reverent and alert before God?
- How do you discover what God's will is and what he wants you to do?

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2019.10.07 (週一) 靈修

題目: [對待安靜時間的正確態度]

「因為耶和華不像人看人，人是看外貌，耶和華是看內心。」
(撒母耳記上 16:7)

你可能理解每天裏的一段安靜時間對於靈性成長是必要的，而且你被激勵要如此做，但是具體要怎麼做呢？

你必需以正確的態度開始。在神眼中，你為何做某事遠比你做什麼更重要。

有一次神告訴先知撒母耳：「因為耶和華不像人看人，人是看外貌，耶和華是看內心」(撒母耳記上 16:7)。去做正確的事，但心態不對，是完全有可能的。

你希望帶著期待和渴望來與神相遇，希望與祂有一個美好的團契，並從與神共處的時間領受祝福。那就是大衛王所期待的：「神啊，你是我的神，我要切切地尋求你……」(詩篇 63:1)。

不要匆忙衝到神面前，而是讓你的心在祂面前平靜下來，讓這平靜清除屬世的思緒。聽聽先知哈巴谷怎麼說：「惟耶和華在他的聖殿中；全地的人都當在他面前肅敬靜默。」(哈巴谷書 2:20)

你要會見的是造物主，創造天地的主，人類的救贖主。在你的安靜時間開始之前，就要決心做神要你做的任何一件事。「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)

生命反思

- 關於如何度過與神相處的安靜時間，你有哪些需要調整的事情？
- 對於你而言，再神面前肅靜警醒的最佳時間和地點是什麼？
- 你如何發現神的旨意是什麼，以及祂想要你做什麼？

靈修筆記

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2019.10.08 (Tuesday) Devotion

Title: [Why We Pray, “Your Will Be Done”]

“Your kingdom come, your will be done, on earth as it is in heaven” (Matthew 6:10 NIV).

We worship God when we give him our lives every time we pray. Jesus teaches that when we pray, we should commit ourselves to God’s will.

God has a specific will for your life. Romans 12:2 says that his will is good and perfect and it fits you. Part of connecting with God is saying, “God, what is your will for me today? I want to do your will.”

In heaven, God’s will is done perfectly. The problem on earth is that God’s will is not always done. That’s why we’re to pray, “Your will be done on earth as it is in heaven.” We’re saying, “God, I want to submit to you. I want to do what you want me to do.”

“Your will be done” can be prayed in three different ways. You can say it in resentment: “Your will be done, but I don’t like it.” You can say it in resignation: “Your will be done, because I can’t help it.” Or you can say it in anticipation: “Your will be done, because I know it is the best, and that’s what I want for my life today!”

Your earthly father may not always know what’s best, but you can trust that your heavenly Father does. That’s what it means to say, “Your will be done.”

Pray this prayer: “God, I know your will for my life is better than anything I can dream up. I want to give you my life. I want your will done in my life.”

Talk It Over

- What does it mean to pray in anticipation?
- How can you know what God’s will is?

- [illegible]

2019.10.08 (週二) 靈修

題目: [為什麼要禱告:『願祢的旨意成就』?]

「願你的國降臨；願祢的旨意行在地上，如同行在天上。」（太 6:10）

我們每次禱告把生命交給神的時候，就是在敬拜祂。耶穌教導我們，當禱告的時候，我們要順從神的旨意。

神對你的人生有特別的旨意。羅馬書 12:2 說，祂的旨意是善良、純全的，並且與你切合。與神相連接的一部分就是要說：「神啊，你今天的旨意是什麼？我會遵照祢的旨意行事」。

在天堂，神的旨意總是會完美地成就。世上的問題是，神的旨意並不總是會成就。所以我們要禱告說：「願祢的旨意行在地上，如同行在天上。」

「願祢的旨意成就」可以有三種禱告方式：你可以不滿地說：「願祢的旨意成就，但我並不喜歡。」；你可以無奈地說：「願祢的旨意成就，因為我無法左右」；或者你可以期待地說：「願祢的旨意成就，因為我知道這是最好的，而且這就是我今天想要的人生。」

你地上的父可能不知道什麼是最好的，但你可以信靠天上的父，祂肯定能。這就是：「願祢的旨意成就」的含義。

要這樣禱告：「神啊，我知道祢對我生命的旨意比我能想像的更好。我要把生命交託給祢，我要讓祢的旨意成就在我的人生中。」

生命反思

- 充滿期待地禱告是什麼意思？

2019.10.09 (Wednesday) Devotion

Title: [Your Greatest Dream Is Still Possible]

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment” (1 John 4:18 NIV).

You’re capable of far more than you understand right now. You just need someone to believe in you.

I have good news for you: Someone already does.

When someone believes in you unconditionally, as God does, it releases you to take great risks. You have unfulfilled dreams in your life because you’ve been scared to death to go after them. You’ll die with unfulfilled dreams unless you let one truth really sink in: God loves you unconditionally.

No matter who you are and no matter what’s in your past, God believes in you far more than you believe in yourself. That means fear doesn’t have to stop you anymore.

The Bible says, “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment” (1 John 4:18 NIV).

Think you’ve blown it? Ready to throw in the towel on your dream? God’s love says to not be afraid to give it another shot.

When I was in seventh grade, my family lived in Northern California, home to the redwoods. In my shop class, everyone was supposed to make something. I wanted to make a redwood table for my mom and dad. Unfortunately, I have zero artistic or crafting ability. I worked on that table for six months in our barn, but it was still a mess.

One day, my dad heard me sobbing over my table in that barn. I told him of the mess I’d made of it. I wanted so badly for it to be nice, but it was awful.

I’ll never forget what my dad told me: “Son, it’s okay. We can start

over, and this time I'll help you."

My dad was a master carpenter. I knew if he said he'd help, we would succeed.

Your heavenly Father is telling you that today. You may have messed up. You may feel as if your dream is dead.

But God says to you today, "It's okay. We can start over, and this time I'll help you."

And when God says he'll help, you can do anything.

Talk It Over

- How has another person's belief in you helped you to accomplish something you didn't think you could do?
- How does realizing that God loves you and believes in you impact you as you pursue his calling in life?
- If you've given up on a dream, how can you invite God to help you with it?

2019.10.09 (週三) 靈修

題目: [夢想再大仍能實現]

「愛裏沒有懼怕。愛既完全，就把懼怕除去。因為懼怕裏含著刑罰。懼怕的人在愛裏未得完全。」（約翰一書 4:18）

你的能力遠比你現在對自我的了解更多。你只是需要有人相信你。我有個好消息要告訴你：已經有人這麼做了。

當有人就像神一樣無條件相信你時，你就會放開自我，敢於冒大風險。你生命中有些未實現的夢想，是因為你怕得要死不敢追求。除非你完全明白一個真理：「神無條件地愛你」，否則你將帶著無法實現的夢想鬱鬱而終。

無論你是誰，無論你過去做過什麼，神對你的信心遠遠超過你對自己的信心。這意味著懼怕不必再攔阻你。

聖經說：「愛裏沒有懼怕。愛既完全，就把懼怕除去。因為懼怕裏含著刑罰。懼怕的人在愛裏未得完全。」（約翰一書 4:18）

你覺得你搞砸了？準備放棄你的夢想了嗎？神的愛告訴我們，不要害怕再試一次。

我上七年級的時候，家在北加州，那裏是紅杉木的故鄉。在我的手工課堂上，每個人都要做一些東西。我想為我的父母做一張紅木桌子。不幸的是，我沒有藝術天賦和做手工的能力。我在家裏的糧倉裏做了六個月的桌子，但還是一團糟。

有一天，我爸爸聽到我在糧倉的桌子旁哭泣。我告訴他把桌子弄得一團糟。我那麼渴望將它做好，但它實在太糟糕了。

我永遠也不會忘記爸爸對我說的話：「兒子，沒事的，我們可以重新開始，這次我來幫你。」

我爸爸是個大師級的木匠。我知道，如果他說他會幫忙，我們就會成功。

如今你們的天父也會這樣告訴你們。你可能搞砸了。你可能會覺得你的夢想破滅了。

但今天神對你說：「沒關係，我們可以重新開始，這次我來幫你。」

當神說祂會幫忙，你就能做任何事。

生命反思

- 別人對你的信任是如何幫助你完成你認為自己做不到的事情的？
- 當你在生活中追求神的呼召時，認識到神愛你、相信你，會對你產生怎樣的影響？
- 如果你已經放棄了一個夢想，你會如何邀請神來幫助你呢？

靈修筆記

2019.10.10 (Thursday) Devotion

Title: [Don't Worry—Worship!]

“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today” (Matthew 6:31-34 NLT).

How do you know you’re not experiencing the love of God?
You’re worried.

You can’t simultaneously worry and worship God. Every time you worry, you’ve forgotten how much God loves you. Worry is really acting like an atheist. It’s pretending you’re an orphan rather than a child of God.

Jesus said, “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today” (Matthew 6:31-34 NLT).

Jesus tells us there’s a truth that’s much more important than anything we’re worrying about: We have a heavenly Father who created us, loves us, wants what is best for us, and is watching over us. He is working for our good and has given us hundreds of promises of his faithfulness.

Worry is pretending you don’t know any of that.

My son Josh doesn’t like to fly when there’s turbulence. A few years

ago, he was on a plane experiencing constant turbulence. He told me later, “I had to decide whether I would worry or worship. So instead of worrying, I put in my ear buds and put on a bunch of worship songs.”

You'll either worry or worship for the rest of your life. You'll either panic or pray. You'll either look at your problems or look at God.

Which will you choose?

Talk It Over

- What are the most common triggers for worry in your life?
- What impact has worry had on your life? How has it hindered you from fully trusting and following God?
- What can you do to remind yourself to choose worship over worry?

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2019.10.10 (週四) 靈修

題目: [不要憂慮，要敬拜!]

「所以，不要憂慮說：『吃什麼？喝什麼？穿什麼？』這都是外邦人所求的。你們需用的這一切東西，你們的天父是知道的。你們要先求他的國所以，不要為明天憂慮，因為明天自有明天的憂慮；一天的難處一天當就夠了。」（太 6:31-34）

你怎麼知道你沒有在經歷神的愛呢？你在憂慮。

你不能一邊擔心一邊敬拜神。每當你焦慮時，就是忘記了神有多愛你。擔心會讓你像無神論者一樣。它會讓你以為你是一個孤兒而不是神的孩子。

耶穌說：「所以，不要憂慮說：『吃什麼？喝什麼？穿什麼？』這都是外邦人所求的。你們需用的這一切東西，你們的天父是知道的。你們要先求他的國和他的義，這些東西都要加給你們了。所以，不要為明天憂慮，因為明天自有明天的憂慮；一天的難處一天當就夠了。」（馬太福音 6:31-34）

耶穌告訴我們，有一個真理比我們為之焦慮的任何事情都重要得多：有一位天父創造了我們，愛我們，想要給我們最好的東西，並且正在照看著我們。祂為我們的益處做工，並且給了我們千百個信實的應許。

憂慮就是假裝這一切你都不知道。

我的兒子約書不喜歡在亂流的時候坐飛機。幾年前他曾經坐飛機經歷過亂流。他後來告訴我：「我必須決定我該憂慮還是敬拜。因此我戴上耳機，放許多敬拜歌曲來代替憂慮。」

2019.10.11 (Friday) Devotion

Title: [You're Called to Belong to the Church]

“So now you . . . are not visitors or strangers. Now you are citizens together with God’s holy people. You belong to God’s family” (Ephesians 2:19 ICB).

You’re not just called to do. You’re called to belong.

The Bible says, “God is the One who made all things, and all things are for his glory. He wanted to have many children share his glory” (Hebrews 2:10 NCV).

God doesn’t want his children to be orphans. He puts them in a family, and God’s family is called the church. You are called to belong to his church.

In Ephesians 2:19, the Bible says this: “So now you . . . are not visitors or strangers. Now you are citizens together with God’s holy people. You belong to God’s family” (ICB).

The word for “church” in the Bible is the Greek word *ecclesia*. It comes from the word *kaleo*, which means “called.” *Ecclesia* literally means the group of people who are called by God.

You know what that means? The church isn’t an event. It’s not a building. It’s not something you go to. The church is something you belong to. It’s a relationship. You’re called to be a part of a family with all the other people God has called.

Church is not a burden or a rule or a requirement. It is a family, and you will only ever get to know God and his purpose for your life when you are in community with God’s family.

Belonging to the church will be one of the greatest blessings and sources of encouragement in your life.

2019.10.11 (週五) 靈修

題目: [蒙召要歸屬於教會]

「這樣，你們不再作外人和客旅，是與聖徒同國，是神家裏的人了。」（以弗所書 2:19）

你們蒙召不僅是要行道。你們蒙召更是要歸屬。

聖經說：「原來那為萬物所屬，為萬物所本的，要領許多的兒子進榮耀裏去，使救他們的元帥，因受苦難得以完全，本是合宜的。」（希伯來書 2:10）

神不希望祂的孩子成為孤兒。祂把他們放在一個家裏，神的家叫做教會。你被呼召歸屬於祂的教會。

以弗所書 2:19 這麼說：「這樣，你們不再作外人和客旅，是與聖徒同國，是神家裏的人了。」聖經中「教會」一詞希臘語是「ecclesia」。這個詞來自 kaleo，意思是「被召喚」。Ecclesia 的字面意思是一羣蒙神呼召的人。

你知道那是什麼意思嗎？教會不是一個社交場合，不是一座建築，不是你要參與的某件事。教會是你所歸屬的。它是一種關係。你被呼召與其他所有被神呼召的人成為家中的一份子。

教會不是負擔，不是規則，不是要求。它是一個家，只有當你和神的家人在一起的時候，你才會認識神，認識祂對你生命的目的。

歸屬於教會將是你生命中最大祝福和鼓勵的來源之一。

你不會想錯過的。

生命反思

- 為什麼很容易把教會與社交場合或建築混淆起來？有關教會的本質你如何提醒自己？

- 教會在你的人生中扮演了什麼角色？當被告知你被召要歸屬於教會時，你會有什麼感受？
- 你怎樣才能更充分地委身於你的教會家庭？

靈修筆記

This image shows a single sheet 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.

2019.10.12 (Saturday) Devotion

Title: [Your Lasting Identity Comes from God's Family]

"You are members of God's very own family . . . and you belong in God's household with every other Christian" (Ephesians 2:19 TLB).

Much of our identity is based upon our relationships.

I'm a grandson. I'm a son. I'm a husband. I'm a grandfather. I'm a team member. I'm a small group member. I'm a pastor. I'm an employer. I'm all of those things. Those relationships help to define who I am.

We know who we are in relationship to other people. People who have gone through a divorce or the death of a spouse know this. When that relationship ends, many people have trouble coming to grips with who they are. Or if they've been laid off from a job that's been tied to their identity, it can be really tough to get clarity with their identity.

That's why God wants us to gain our identity from a relationship that'll never end: our relationship with his family.

The Bible says, *"You are members of God's very own family . . . and you belong in God's household with every other Christian"* (Ephesians 2:19 TLB).

It doesn't matter what family you've had in the past. Your identity doesn't come from it. Your identity comes from your relationship with God's family.

In fact, your physical family was just a channel to get you into God's family. God used your parents—whether they were good parents or bad parents—to bring you into the world. But his real goal wasn't to keep you in that family; it was to put you in his family.

Your spiritual family is actually more important than your physical

family. Physical families don't last forever. People grow up. They move away. They get divorced. They die.

Your spiritual family will last forever.

When that's what your identity is built upon, it'll last.

Talk It Over

- Can you think of a time in your life when the loss of a relationship impacted your sense of identity? What was that like?
- In what ways are you investing your life in things that really matter, things that will last forever?
- How have you better understood your identity through your relationship with God's family?

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2019.10.12 (週六) 靈修

題目: [永恆的身份在神家]

「這樣，你們不再做外人和客旅，是與聖徒同國，是神家裏的人了。」（以弗所書 2:19）

我們的身份大多基於我們的人際關係。

我是孫子；我是兒子；我是丈夫；我是爺爺；我是團隊的一份子；我是小組的領導；我是牧師；我是老闆。我有以上這些身份。這些身份幫助我定義自己是誰。

我們知道自己在別人的人際關係中扮演的角色。經歷過離婚和配偶去世的人對此尤有感觸。當一段關係結束，很多人都會陷入不知道自己是誰的困境中。或者，如果他們被解僱了，而這份工作與他們的身份息息相關，那麼他們的身份就很難弄清楚了。

這就是為什麼神要我們從一個永不終結的關係中得到我們的身份：我們與神的家的關係。

聖經上說：「這樣，你們不再做外人和客旅，是與聖徒同國，是神家裏的人了。」（以弗所書 2:19）

無論過去你有過怎樣的家庭，你的身份不是來自於那裏。你的身份來自你與神家的關係。

實際上，你肉身的家庭只是一個讓你進入神家的通道。神用你的父母——不論他們是好是壞——他們把你帶到了這個世界上，但是祂的目標不是讓你留在那個家庭中，而是把你放入祂的家庭裏。

你的屬靈家庭實際上比你肉身的家庭更重要。肉身的家庭不會持續到永遠。人會長大，會離開，會離婚，也會死亡。

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

動的光見
羅馬書二章十七節

