

# 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



2019.10.13 (Sunday) Devotion

Title: [Happiness Habit: Relax in God's Grace]

*"I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith."*  
(Philippians 3:9 NLT)

You can't earn God's approval. You can't earn his love. You can't earn his recognition. God is love, and he loves you unconditionally. If you want to be a happy person, you need to relax in God's grace every day.

Philippians 3:3 says, *"We Christians glory in what Christ Jesus has done for us and realize that we are helpless to save ourselves"* (LB).

One of the things that will rob you of your happiness is legalism. Legalism is the attitude that you have to prove your love to God. Legalism is trusting in what you do for God instead of what Jesus did for you. It's thinking that you have to follow rules and regulations and restrictions in order to prove yourself worthy.

How do you know when you're a legalist? It's when you're judgmental of other people. How do you know when you're living by grace? It's when you're gracious to others. People who live by grace often find it easier to forgive, because they recognize God continues to forgive them.

Legalism will suck your life dry of happiness. It sucks churches dry of happiness. Ever go to a legalistic church? That church is not happy. There's no joy in a legalistic church. Everybody's just there out of duty or guilt.

When you finally realize there's nothing you can do to make God love you more, it is one of the most liberating feelings in the world. And, it is a key to happiness. Every day, remind yourself of the grace of God, and relax in it.



2019.10.13 (週日) 靈修

題目: [蒙福習慣：在神恩中無憂]

「並且得以在他裏面，不是有自己因律法而得的義，乃是有信基督的義，就是因信神而來的義。」（腓立比書 3:9）

你無法賺得神的認可。你也不能賺得祂的愛。你無法賺得祂的表彰。神是愛，祂毫無條件地愛你。若想成為一個有福的人，你應該每日在神的恩典中無憂。

腓立比書 3:3 說：「因為真受割禮的，乃是我們這以神的靈敬拜、在基督耶穌裏誇口、不靠著肉體的。」

失去快樂的原因之一是律法主義。律法主義是你必須向神證明你愛祂的一種態度。律法主義是信靠你為神所做的而不是信靠耶穌所為你成就的。律法主義使你感到必須遵守各種規條禁令來證明自己配得。

如何知道何時你是個律法主義者？就是當你論斷別人的時候。如何知道何時你是靠恩典而活？是在你以恩慈待人的時候。靠恩典而活的人容易饒恕人，因為他們明白神不斷地在饒恕他們。

律法主義使你人生和教會中的喜樂枯竭。曾經去過堅守律法的教會嗎？那種教會中沒有喜樂。律法主義的教會毫無快樂，每個人去那兒只是出於責任或罪疚感。

當你終於明白無論做任何事都不能讓神更加愛你時，這是世上最令人輕鬆自在的感覺之一。而且，這是快樂的關鍵。每天要提醒自己記住神的恩典並在其中無憂。

「並且得以在他裏面，不是有自己因律法而得的義，乃是有信基督的義，就是因信神而來的義。」（腓立比書 3:9）

## 生命反思

- 即使你信靠神的恩典，每日生活中還有哪些律法主義的小陷阱呢？
- 你如何能以「主耶穌為你所成就的」為榮？

## 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.

## 2019.10.14 (Monday) Devotion

### Title: [Happiness Habit: Get to Know God Better]

*“For my determined purpose is that I may ... progressively become more deeply and intimately acquainted with Him, perceiving and recognizing and understanding the wonders of His Person more strongly and more clearly.”* (Philippians 3:10 AMP)

You were made to live in relationship with God, and if you think you can be joyful without getting to know him better, you’re just fooling yourself. Happiness is found in getting to know God a little bit better every day.

Paul discovered that. He says in Philippians 3:10, “For my determined purpose is that I may ... progressively become more deeply and intimately acquainted with Him, perceiving and recognizing and understanding the wonders of His Person more strongly and more clearly” (AMP).

There is a difference in knowing about someone and knowing someone. I know more about Justin Bieber and Kim Kardashian than I want to, but I don’t really know them. I know my wife and I know my kids because I spend time with them. I have a relationship with them.

Paul became “deeply and intimately acquainted” with God because he had a relationship with him and took the time to get to know him.

You don’t get to know God by accident. It’s a “determined purpose.” It’s something you have to do something about. You have to invest your time in it.

But, we get too busy, and busyness destroys relationships. It destroys your relationship with your family, and it destroys your relationship with God.

To get to know Jesus, you’ve got to spend time with him. If you want

to spend time with him, you've got to make time for him. Just set aside 10 or 15 minutes of focused time with God in the morning, and make sure you and your mind are not busy. Just be still, and it will make all the difference in the world.

## Talk It Over

- What is something you do every day for at least 15 minutes? Is it more important than spending time with God?
- How do you need to adjust your schedule so that you can make time to spend with God?
- What are the distractions that keep you too busy to spend time with God?

[illegible]



2019.10.14 (週一) 靈修

## 題目: [蒙福習慣：更加認識神]

「使我認識基督，曉得他復活的大能，並且曉得和他一同受苦，效法他的死。」（腓立比書 3:10）

你被創造就是要活在與神親近的關係中，但若是你認為不必更加認識耶穌就能使自己喜樂，你是在自欺欺人。快樂源自於每日更加認識神。

保羅發現了這件事。他在腓立比書 3:10 中說：「使我認識基督，曉得他復活的大能，並且曉得和他一同受苦，效法他的死。」

知道一個人和認識一個人有所不同。我知道關於賈斯丁·比伯和金·卡戴珊的些許，但是我並不認識他們。我認識我的妻兒，因為我花時間與他們相處，我與他們息息相關。

保羅能「深刻並詳盡地」認識神，是因為他建立了與神的關係，並且花時間去認識祂。

認識神絕非偶然。這是一個「定心立志的目標」。是你必須付諸行動的事，你要為此投入時間。

但是，我們都太忙碌了，忙碌摧毀了我們的各種關係。忙碌摧毀了你與家庭以及你與神之間的關係。

想要更加認識耶穌，你要花時間與祂相處。若要花時間相處，就要為祂事先騰出時間。每天早晨預留 10 到 15 分鐘專注於神，確定心無二用。在神面前安靜，這將令你的人生全然更新。

生命反思

- 每天你用 15 分鐘做什麼事？這事比與神共處更重要嗎？
- 你將如何調整日程表使你有時間來到神的面前？
- 什麼事使你忙碌分神到無法與神獨處？

靈修筆記

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## 2019.10.15 (Tuesday) Devotion

Title: [Happiness Habit: Know What Counts and What Doesn't Count]

*“Everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord.” (Philippians 3:8a NLT)*

Every day when you get up, you need to remind yourself what counts and what doesn't count. Don't be distracted by what's inconsequential and petty in life.

Why is this an important habit? Have you noticed how easy it is to lose your joy over some small thing? It's usually the small irritations that cause you to lose your happiness. Somebody cuts you off in the middle of the road when you're trying to make a turn, and you lose your happiness. You're having a bad hair day or the clothes you put on don't fit anymore, and you lose your happiness. It's the little things that sometimes affect us the most, and yet they don't really matter.

Paul says in Philippians 3:7, *“I once thought these things were valuable, but now I consider them worthless because of what Christ has done”* (NLT).

What was the most important thing to you before you met Jesus Christ? Work? Career? Making money? Maybe it was getting a date. Maybe it was being popular. Maybe it was having security or being famous.

Paul says all those things don't matter anymore compared to the joy of knowing Jesus.

The trap that's going to keep you from developing this habit is pop culture. Every day there are thousands of advertising messages that say, “You aren't worth anything until you've got our product.” Even television news makes every item sound like it's the most important thing of the day. It's not! Nothing is as worthless as yesterday's newspaper. Just because it's urgent and immediate does not mean it's important.

You have to ask yourself about everything: How much will this matter in 100 years? How much of what I’m worrying about right now is going to matter tomorrow? It’s probably not going to matter tomorrow, much less for eternity. You need to live in light of eternity.

America is on trivial pursuit. We’re living for things that don’t really matter. So to be counter culture, you’ve got to focus not on what’s current but what’s eternal. When you live in light of eternity, you realize that the small things you’re worrying about aren’t going to matter in eternity, and instead of stressing out, you can be a happier person.

*“Everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord”* (Philippians 3:8a). Every day, remember what matters most.

**Talk It Over**

- What small things have you been worrying about that have robbed your happiness?
- What are the practical ways you can turn your focus to God and keep an eternal perspective?
- What was the most important thing to you before you believed in Jesus Christ? How do you feel about it now?

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2019.10.15 (週二) 靈修

## 題目: [蒙福習慣：分辨損益]

「我也將萬事當作有損的，因我以認識我主基督耶穌為至寶。」  
(腓立比書 3:8 上)

每天起床就該自問：什麼是重要的？什麼是不重要的？不要為瑣碎、不足輕重的事分心。

為什麼這是個重要的習慣？你是否注意到：關注小事會多麼容易讓人失去喜樂。通常一個小小的激怒會使你失去喜樂。當你在路上正要轉向時，某人從前面穿過，你就失去了喜樂。某天你諸事不順或服裝過時，你就失去了喜樂。正是這些小事有時對我們影響最大，而它們真的毫不重要。

保羅在腓立比書 3:7 說：「只是我先前以為與我有益的，我現在因基督都當作有損的。」

在你遇見耶穌基督之前，什麼對你最重要？工作、職業或賺錢？也許是約會、受歡迎、安全或出名。

保羅說與認識耶穌的喜樂相比，其他一切事都不再重要了。

使你無法養成這種習慣的網羅乃是流行文化。每天有成千上萬的廣告訊息告訴你：「在試過我們的產品前，你一文不值！」甚至每則電視新聞都聽起來像是當天最重要的事。其實不是。沒有比昨天報紙更沒價值的東西！只因為它緊急而且即時，並不意味它重要！

你必須自問每一件事：「百年之後這還有什麼重要？我此刻擔心的事明天有什麼關係？它可能明天就不重要了，對永恆而言就更不重要了。你應該活在永恆的光中。

美國正追求細微末節。我們為不重要的事而活。所以要反轉文化，就必須關注永恆而非當下。當你活在永恆的光中，就會發現自己擔心的小事在永恆裏毫不重要；你無須緊張，反而可作個更喜樂的人。

「我也將萬事當作有損的，因我以認識我主基督耶穌為至寶。」  
(腓立比書 3:8 上) 每一天要記得最重要的事。

## 生命反思

- 你擔心的什麼小事曾奪去你的喜樂？
- 什麼是你可以把焦點轉向神，並且保持永恆眼光的實用方法？
- 信耶穌基督之前什麼是你最重要的事？現在你對這事的感覺如何？

## 靈修筆記

[illegible]

## 2019.10.16 (Wednesday) Devotion

### Title: [Happiness Habit: Never Stop Growing]

*"I don't mean to say I'm perfect. I haven't learned all I should even yet, but I keep working toward that day when I will finally be all that Christ saved me for and wants me to be. No, dear brothers, I'm still not all I should be."* (Philippians 3:12-13 LB)

Following Jesus is a decision and then a process for the rest of your life. You can't follow without walking. You've got to have movement!

Philippians 3:12-13 says, "I don't mean to say I'm perfect. I haven't learned all I should even yet, but I keep working toward that day when I will finally be all that Christ saved me for and wants me to be. No, dear brothers, I'm still not all I should be" (LB).

When Paul wrote that verse, he was an older man in prison in Rome. He's at the end of life. He's an incredibly mature person. Yet he says he hadn't arrived. If anybody had the right to say, "I've arrived spiritually," it would be the guy who wrote most of the New Testament. But Paul says, no, I haven't arrived. I'm still growing. I'm still learning. I'm still becoming more like Christ.

What's the trap that will keep you from following Paul's example and continue growing in Christ? Pride.

Pride will keep you from growing, because when you pretend that you've got it all together, you won't make an effort to become more spiritually mature. No one has it all together! Humility leads to happiness because it makes you teachable.

Happy people never stop growing. Happy people never stop discovering, never stop stretching, never stop learning. If you've stopped growing, you're miserable, because you were made to grow.

Happiness and humility go together because humble people are

teachable. They are always asking, “How can I be a better husband? How can I be a better friend? How can I be a better boss? How can I be a better follower of Jesus?”

“Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out. If you fail the test, do something about it” (2 Corinthians 13:5 MSG).

**Talk It Over**

- How have you grown spiritually in the last year? Can others see that growth in you?
- Why is it important to have the support of a small group as you strive to grow spiritually?
- Why do you think people with a teachable spirit are happier?

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2019.10.16 (週三) 靈修

題目: [蒙福習慣：努力成長]

「這不是說我已經得著了，已經完全了。我乃是竭力追求，或者可以得著基督耶穌所要我得的。弟兄們，我不是以為自己已經得著了。我只有一件事，就是忘記背後努力面前的。」（腓立比書 3:12-13）

跟隨耶穌是一個決定，接下來是一生的追求。跟隨需要前進的腳步，你必須付諸行動。

腓立比書 3:12-13 中說：「這不是說，我已經得著了，已經完全了。我乃是竭力追求，或者可以得著基督耶穌所要我得的。弟兄們，我不是以為自己已經得著了。我只有一件事，就是忘記背後努力面前的。」

當保羅寫這句經文時，他已是下囚於羅馬監獄中的老人，生命將盡。他是個靈命非常成熟的人，卻認為尚未得著。若是任何人有權利說：「我完全得著了」，那人應當是在新約中寫最多卷書的那位。但保羅卻說，不，我尚未得著，我仍在成長，仍在學習，還要更像基督。

是什麼原因阻擋你效法保羅的榜樣，繼續不斷地在基督裏成長？是驕傲。

驕傲會抑制你的成長，因為當你自以為已經得著，就不會再為屬靈的成長努力。沒有人是完全的！謙卑使人蒙福，因為謙卑讓你有一顆受教的心。

蒙福的人從不停止成長。蒙福的人從不停止探索，從不停止拓展，從不停止學習。若你不再成長，你很不幸，因為成長是生命的目

的。

蒙福與謙卑相輔相成，因為虛心使人受教。他們常問：「我如何成為更好的丈夫？我如何成為更好的朋友？我怎麼成為更好的老闆？我如何成為耶穌更好的跟隨者？」

「你們總要自己省察有信心沒有，也要自己試驗。豈不知你們若不是可棄絕的，就有耶穌基督在你們心裡嗎？」（歌林多後書 13:5）

生命反思

- 過去的一年你的靈命如何長進？別人是否能看出你的成長？
- 為什麼小組的支持對於你靈命成長的努力十分重要？
- 為什麼謙卑受教的人比較快樂？

靈修筆記

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## 2019.10.17 (Thursday) Devotion

### Title: [Happiness Habit: Let It Go]

*“I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.” (Philippians 3:13-14 NLT)*

Happiness requires letting go and learning to forget. Worry won't change the past, so forget what can't be changed and focus on the future.

Philippians 3:13-14 says, “I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us” (NLT).

You only have a limited amount of energy. That's why you get tired. That's why you get fatigued. That's why you get worn out.

Since you only have a limited supply of energy, I highly recommend you not waste any of it on the past. Every day, choose to focus your energy on what is in front of you and what lies ahead.

This habit is so important to your happiness, there are three traps you have to be aware of.

The trap of regret. You've got to let go of regrets. Are there things I wish I had done differently in life? Of course. But I can't dwell on them because I can't change them. Don't waste any emotion on regrets.

The trap of resentment. Holding on to resentment doesn't hurt anybody but you. Let it go! For your own sake, you must forgive. Do they deserve it? No. But do you deserve forgiveness from God? No. Those who experience grace are gracious.

The trap of tradition. Everything is constantly changing, and you



2019.10.17 (週四) 靈修

## 題目: [蒙福習慣：放手]

「弟兄們，我不是以為自己已經得著了。我只有一件事，就是忘記背後努力面前的，向著標竿直跑，要得神在基督耶穌裏從上面召我來得的獎賞。」（腓立比書 3:13-14）

蒙福的先決條件就是要學會放手、學會忘記。憂慮不能改變過去，所以要忘掉那些無法改變的事，專注於將來。

腓立比書 3:13-14 說：「弟兄們，我不是以為自己已經得著了。我只有一件事，就是忘記背後努力面前的，向著標竿直跑，要得神在基督耶穌裏從上面召我來得的獎賞。」

你的精力有限，這就是你為什麼會累、會疲乏、會感到精疲力盡的原因。

正因為你的精力有限，我鄭重建議你不要在過去的事上浪費精力。每天，祇把精力用在眼前的和將來的事上。

這種習慣對你的喜樂至關重要，所以有三種陷阱你要注意。

**遺憾陷阱。**你必須放下遺憾。在人生中有沒有哪些事使我後悔當初處理不當？當然有。但我不能總沉陷在過去的事，因為我不能改變它們。不要在遺憾裏浪費情感。

**怨恨陷阱。**心懷怨恨只會傷害自己而非他人。放手吧！為你自己著想，你也必須原諒。那些人值得原諒麼？不。但是你值得神的原諒麼？不。經歷過恩典的人是會寬厚待人的。

**傳統陷阱。**萬事都不停地在改變，而你卻不能阻擋。你必須決定是要抗拒和憎惡這些變化還是要讓自己樂於面對。喜樂是一種選



## 2019.10.18 (Friday) Devotion

Title: [Happiness Habit: Understand God Is on Your Side]

*“For God is working in you, giving you the desire and the power to do what pleases him.”* (Philippians 2:13 NLT)

No matter what you’re going to face this next week, you’re not going to face it alone. God is with you, he is in you, and he is for you.

Philippians 2:13 says, *“For God is working in you, giving you the desire and the power to do what pleases him”* (NLT).

“God is working in you.” The word “working” in Greek is the word *energōs*, from which we get the word “energy.” God is the energy driver in your life. You’re not just going on willpower. You’re not just going on your own power. God says he will give you the power you need, no matter what you’re facing.

Not only is he in you, he is with you. The Bible says, “I will not leave you as orphans; I will come to you. On that day you will realize that I am in my Father, and you are in me, and I am in you” (John 14:18, 20 NIV). That’s quite a promise! The Bible says Christ is in you; the Bible says you’re hid with Christ in God; and the Bible says you’re sealed with the Holy Spirit. That means for the devil to get to you, he’s got to get through the Trinity! That’s a pretty good protection. That is a great fear reliever.

Not only is God with you and in you; God is also for you. Romans 8:31 says, *“If God is for us, no one can defeat us”* (NCV).

When a shepherd leads the sheep, there are always guard dogs at the back, nipping at the sheep to keep them moving in the right direction.

The Bible says that the guard dogs in your life are goodness and mercy. God gives you the things you don’t deserve — that is his goodness. And, he doesn’t give you the things you do deserve — that’s his mercy.

Do you ever feel the smile of God in your life? If you don't, you don't really know God. Some people think God is like the angry parent who's mad at them all the time. No. God is for you!

If you want to be happy, you need to get up every morning and say, “God, thank you that you’re going to be with me today, you’re going to be in me today, and you’re going to be for me today.”

Isn't that great news? If God is with you, and God is in you, and God is for you, what in the world are you doing being depressed?

## Talk It Over

- How do you think God wants you to access his power that is available to you?
- When do you doubt God's presence the most? Ask God for faith to see him at work in your life.
- How will your perspective of a difficult situation change now that you know God is on your side?

This image shows a blank 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 or other markings on the paper.



2019.10.18 (週五) 靈修

## 題目: [蒙福習慣：神的同在]

「因為你們立志行事，都是神在你們心裏運行，為要成就祂的美意。」（腓立比書 2:13）

無論下週你將要面對什麼，你都不會孤軍奮戰。神與你同在，祂在你裏面，祂是你的幫助。

腓立比書 2:13 說：「因為你們立志行事，都是神在你們心裏運行，為要成就祂的美意。」

「神在你們心裏運行。」「運行」這個詞在希臘文中是 *energōs*，在英文裏後來衍生成「力量」*energy*。神就是你生命中力量的來源；你不再單靠自己的意志力，也不單靠自己的力量。神說，祂會賜給你所需要的力量，無論你現在正面對什麼。

祂不僅在你裏面，也與你同在。聖經說：「我不撇下你們為孤兒，我必到你們這裏來。……到那日你們就知道我在父裏面，你們在我裏面，我也在你們裏面」（約翰福音 14:18，20）。這是多大的一個應許啊！聖經說基督在你裏面；你與基督藏身在神裏面；聖經也說你身上刻著聖靈的印記。這意味著魔鬼若是想得著你，就必須經過三位一體的神那一關！那是一個很不錯的保護，使恐懼消弭於無形。

神不僅在你裏面與你同在；神更要幫助你。羅馬書 8:31 說：「既是這樣，還有甚麼說的呢。神若幫助我們，誰能敵擋我們呢。」

當牧羊人帶領群羊的時候，牧羊犬一般會隨後，攆著羊群確保牠們往正確的方向前行。

聖經說你生命中的牧羊犬是良善和憐憫。神賜給你所不配得的——那是因著祂的良善；並且，祂沒有給你因罪而應得的——那是因著祂的憐憫。

你曾經在生活中感受到神的微笑嗎？如果沒有，那麼你就不是真正瞭解神。有人認為神像是憤怒的父母，總是生孩子的氣。錯了，神是幫助你的！

如果你想要蒙福，你需要在每天早上起床之時說：「神啊，謝謝祢今天與我同在，你今天要在我裏面，並且要幫助我。」

這難道不是一個很棒的消息嗎？如果神與你同在，祂在你裏面，祂要幫助你，還有什麼事會讓你覺得沮喪呢？

生命反思

- 你認為神要你經過何種途徑來得到祂所要賜與你的力量？
- 什麼時候你最懷疑神的同在？向神尋求信心，察看祂在你生命中的作為。
- 當你知道神與你同在之後，在面對困難時你的觀點有何不同？

靈修筆記

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2019.10.19 (Saturday) Devotion

Title: [Happiness Habit: Don't Sweat the Small Stuff]

*“Do everything without complaining or arguing, so that no one can criticize you.” (Philippians 2:14-15 NLT)*

Do you ever fret and fight over the small stuff? Of course. We all do! It's a hard habit to break because we're negative by nature. Ever since Adam and Eve, we have been going around excusing and accusing. We excuse our own mistakes and then accuse others for their mistakes — and more. We hide, and we hurl. We blame others for the problems in our lives.

Philippians 2:14-15 says this: “Do everything without complaining or arguing, so that no one can criticize you” (NLT). That may be one of the most difficult verses in the Bible. Would you agree?

There are four types of complainers I run into all the time.

First are the whiners. You can get up in the morning and say, “Good morning, Lord!” but whiners choose instead to say, “Good Lord, it's morning!”

Second are the martyrs. Their favorite expression is, “Nobody appreciates me!” They're pros at throwing pity parties. They pout and complain when they don't get their way.

Third are the cynics. Their attitude is, “Why bother? It isn't going to make any difference.” They poison everything.

Fourth are the perfectionists. Nothing is ever good enough for these complainers. Their favorite phrase is, “Is that the best you can do?”

To me, the scariest verse in the Bible is Matthew 12:36: “Everyone will have to give account on the day of judgment for every empty word they have spoken” (NIV).



2019.10.19 (週六) 靈修

題目: [蒙福習慣：不計較小事]

「凡所行的，都不要發怨言，起爭論，使你們無可指摘。」（腓立比書 2:14-15）

你曾為了一些小事著急並與人發生爭執嗎？當然。我們都做過！這是個難改的惡習，因為人的天性就是充滿負能量。自從亞當夏娃以來，我們就處處找藉口和指責。我們為自己的錯誤找藉口；別人犯錯的時候我們卻橫加指責——甚至更過分。我們遮掩己過，攻擊別人。我們把自己的問題歸咎於他人。

腓立比書 2:14-15 中說：「凡所行的，都不要發怨言，起爭論，使你們無可指摘。」這可能是聖經中最難的經文之一。你同意嗎？

以下是四種我最常碰見的抱怨類型：

**第一種是喜歡發牢騷的人。**你可以每天早上起床說：「主啊，早上好！」但是喜歡發牢騷的人卻會說：「老天啊，又是早上了！」

**第二種是自憐的人。**他們最愛說的話是：「沒人喜歡我！」他們的專長就是自怨自艾，他們會在不順心的時候賭氣、抱怨。

**第三種是憤世嫉俗的人。**他們的態度是：「無所謂，反正做什麼都沒用。」他們把每件事都弄糟。

**第四種是完美主義者。**這種人看什麼都不順眼。他們最喜歡說的是：「這就是你的最佳表現嗎？」

對我來說，最令我生畏的一節經文是馬太福音 12:36：「我又告訴你們，凡人所說的閒話，當審判的日子，必要句句供出來。」

這應該會讓你脊梁骨發涼吧。多少次你在微末小事上不該斤斤計較的時候抱怨或者發牢騷了？不要斤斤計較。

反之，「凡事謝恩。因為這是神在基督耶穌裏向你們所定的旨意。」（帖撒羅尼迦前書 5:18）

## 生命反思

- 你經常抱怨生活中的什麼事呢？你認為這些事是「小事」嗎？為什麼？
- 所謂的「閒話」(馬太福音 12:36)如何反映出對生活小事的計較？
- 你覺得抱怨會怎樣讓事情看起來更糟？

## 靈修筆記

[illegible]

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

