

城北華人基督教會 國語部每日靈修

Daily Hope

2019 年 10 月 27 日- 11 月 02 日 (第 43 週)

作者：Rick Warren 牧師

編輯：城北國語部



此刊物為非賣品, 只限城北國語部兄姊使用

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



2019.10.27 (Sunday) Devotion

Title: [Happiness Habit: Give Your Life Away]

“For to me, to live is Christ and to die is gain.” (Philippians 1:21 NIV)

Happiness comes from service and giving your life away. Until you understand this, you’re not going to be happy for much of your life. Happiness does not come from self-gratification. It comes from self-sacrifice.

Paul knew that to be happy, he had to stay focused on his purpose and not his problems. He summed up his purpose in Philippians 1:21: “For to me, to live is Christ and to die is gain” (NIV).

If you were asked to fill in the blank, what word would you use? “For me to live is ____.” Would it be entertainment? Sports? Clothes? Family? Friends? A career? There could be a lot of good things you could answer, but nothing deserves the place of the One who created you and gave you your life: Jesus Christ.

How you fill in that blank will determine how happy you are in life. Because if you answer “money” or “success” or “pleasure” or “power,” you are going to be unhappy for most of your life. There’s nothing wrong with those things; they just don’t deserve first place. You weren’t created to make a bunch of money, then die, and give it away. God has a far greater purpose for your life. There is only one answer that leads to happiness: to live is Christ. Give your life away. It is your purpose!

Talk It Over

Pray this prayer today: “Dear Jesus, you know that I often let circumstances determine my happiness. You know that I often allow the killjoys of pain and problems and pressures and picky people to rob my happiness. Help me to look at every problem in my life from your viewpoint. I want to handle problems in a way that is a witness to nonbelievers and an encouragement to believers. Help me to remember

[illegible]

2019.10.27 (週日) 靈修

題目: [蒙福習慣：捨己服事]

「因我活著就是基督，我死了就有益處。」（腓利比書 1:21）

喜樂來自服事與捨己。在你明白這個真理之前，你一生中不會找到太多快樂。喜樂並非來自滿足自我，喜樂源於自我犧牲。

保羅知道，想獲得喜樂就必須專注於他的目的，而非他的問題。他在腓立比書 1:21 總結他的人生目的：「因我活著就是基督，我死了就有益處。」

若你需要回答這道填空題：「我活著是為了_____」，你會寫下什麼？娛樂、運動、服裝、家庭、朋友，還是事業？或許有很多很好的答案，但是沒有一個能比創造你並賜與你生命的那位——耶穌基督，更值得填入這個空格。

如何回答這道填空題決定你的生命中有多少喜樂，因為若是你的答案是「金錢」、「成功」、「享受」或者「權力」，那麼你大部分的人生都不會喜樂。這些事物並非不好，只是它們不應被放在第一位。你的一生不是為了賺許多錢，然後死去並分送錢財。神為你預備了更遠大的人生目的。只有一個答案能夠讓你尋見喜樂：活著就是基督。捨卻自己吧，這才是你的目的。

生命反思

讓我們一起禱告：親愛的主耶穌，祢知道我經常讓情境決定我是否喜樂。祢知道我經常讓使人掃興的痛苦、難題、壓力和挑剔的人奪走我的喜樂。求祢幫助我能以祢的眼光來看人生中的每個難題，願我處理問題的方式能成為未信之民的見證和主內信徒的鼓勵。幫助我時刻記住，若非經我允許，他人的話語和作為不能掌控我的喜樂。對於人生中我無法理解或是難以領受的事，我要信靠祢，祢必定有美好的安排。

幫助我一生專注於祢所賜的人生目的而非我個人的難題。我要用一生藉著服事他人來服事祢。主啊，請使用我，使我或生或死都有目的。從今日起，我活著就是基督。奉祢的名禱告，阿們。

靈修筆記

[illegible]

2019.10.28 (Monday) Devotion

Title: [Happiness Habit: Look to the Needs of Others]

“Don’t be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.” (Philippians 2:4 MSG)

The starting point for all happiness is shifting the focus away from yourself. If all you think about is yourself, you're going to be a pretty miserable person. If you truly want to be happy in life, you have to care about the needs of those around you.

Paul gives Timothy as an example of this in Philippians 2:20-21: *“There is no one like Timothy for having a real interest in you; everyone else seems to be worrying about his own plans and not those of Jesus Christ”* (LB).

Most people are worrying about their own plans and aren't looking out for the interests of others. Most people don't get up in the morning and give their first thought to how someone else is doing. Most people are concerned with their own problems. And, that's why most people are unhappy with their lives!

If you want to be one of those rare, unselfish people, you've got to change your focus. You have to shift your focus away from yourself to other people. That's not something that comes naturally, so it's something you have to learn to do.

I have to admit that it saddens me how many times I have missed the needs of people around me that I love because I wasn't paying attention. I wasn't taking an interest them. I hadn't shifted the focus from me to the others in the room. Because I wasn't looking out for their needs, I missed their needs. And that grieves me a lot.

Instead of grieving missed opportunities, be intentional about looking away from yourself and to the needs of others, where you'll

2019.10.28 (週一) 靈修

題目: [蒙福習慣：關注他人]

「各人不要單顧自己的事，也要顧別人的事。」（腓立比書 2:4）

喜樂源於把注意力從自己身上移開。如果只想著自己，你將成為一個不幸的人。若真想得著喜樂的人生，就必須關注身邊人的需要。

保羅在腓立比書 2:20-21 裏舉出提摩太的例子：「因為沒有別人像提摩太一樣與我同心，實在掛念你們的事。別人都求自己的事，並不求耶穌基督的事。」

大部分的人都在為自己的計劃擔心，不關心他人的事。許多人早上起床時不會先想到別人，大部分的人只顧及自己的問題，因此對人生感到不喜樂！

若你想成為少數不自私的人之一，就需要改變你的注意力，把關注從自身轉移到他人。這不是件自然而然的事，所以需要經過學習。

我必須承認曾經多次疏忽我所愛的人的需要，這令我十分難過。我對他們不夠關心，沒有把注意力從自己轉移到同處一室的他人身上；因為我沒有顧及他們的需要，疏忽了他們的需求。我深感痛心。

與其因為失去機會而深感悲傷，不如刻意地將目光從自己身上轉移到別人的需求上，並從中尋得藉服事人而服事神的喜樂。

2019.10.29 (Tuesday) Devotion

Title: [Happiness Habit: Be Trustworthy]

“Reliable friends who do what they say are like cool drinks in sweltering heat — refreshing!” (Proverbs 25:13 MSG)

The more people trust you, the happier you’re going to be. If people don’t trust you, you’re going to live a pretty miserable life.

If you want to be happy, you’ve got to become somebody that people trust.

Paul uses Timothy as an example of this: *“You know the kind of person Timothy is. You know he has served with me in telling the Good News, as a son serves his father”* (Philippians 2:22 NCV).

Paul had seen Timothy in action, in all kinds of circumstances, and he considered him genuine, trustworthy, and reliable. God’s Word translation says, “You know what kind of person Timothy proved to be.” Do people know what kind of person you really are? Have you been proven trustworthy like Timothy?

Any time you go to a bank for a loan, they’re going to do a credit check. They want to know if you’re worthy of being trusted with credit. Do you pay your bills on time? Do you have a track record of keeping your word? Can you be depended on to pay this money back? Are you creditable?

The thing is, everybody around you is doing a credit check on your life every moment of your life. They want to know if you are what you say you are. Are you the real deal? Are you showing your true colors? Can you be trusted?

If you’re going to be happy in your relationships and in life, you have to learn to be a trustworthy and reliable person.

How do you develop a reputation of reliability?

First, you live with integrity. Integrity doesn't mean you're perfect. It means what you see is what you get. You are the real deal, because your actions match your words.

Proverbs 25:13 says, “*Reliable friends who do what they say are like cool drinks in sweltering heat — refreshing!*” (MSG) Can your friends rely on you to be the person you claim to be?

Second, you keep your promises.

Psalm 15:4 says, “*They always do what they promise, no matter how much it may cost*” (TEV).

This means you keep a promise, even when you find out it's going to cost you more than you thought.

Learning to live with integrity and keep your promises will show others that you can be trusted and will in turn make you a much happier person.

Talk It Over

- Why do you think the Bible compares a reliable friend to a refreshing drink in sweltering heat? What is the value of a trustworthy friend?
- Do you consider yourself to be a person of integrity? Why or why not?
- What are the ways you live your life differently in different situations?

2019.10.29 (週二) 靈修

題目: [蒙福習慣：值得信賴]

「忠信的使者叫差他的人心裏舒暢，就如在收割時，有冰雪的涼氣。」（箴言 25:13）

越多人信任你，你就越加喜樂。若人們不信任你，你將愁苦一生。

想要喜樂，你就要成為值得信賴的人。

保羅曾以提摩太為榜樣：「但你們知道提摩太的明證，他興旺福音，與我同勞，待我像兒子待父親一樣。」（腓立比書 2:22）

保羅曾親眼看見提摩太面對各種情境的作為，他認為提摩太真誠、值得信賴並且可靠。聖經說：「你知道提摩太的明證。」人們知道你的為人嗎？你是否和提摩太一樣被認為值得信賴？

任何時候你向銀行貸款，他們都要做信用調查。銀行想知道你是否值得借貸。你按時付賬單嗎？你有信守承諾的紀錄嗎？你有能力償還這筆錢嗎？你值得相信嗎？

重要的是，你周圍的每個人都在對你生命的每時每刻進行信用檢測。他們想知道你是否言行一致。你的確是真正好的人嗎？你表裏如一嗎？你能夠被信任嗎？

若想在人際關係和人生中找到喜樂，你就必須學會做個值得信賴並且可靠的人。

如何樹立信實可靠的聲譽？

首先，為人正直。正直不表示你完美無缺，它是指你表裏如一、真正好人，因為你言行一致。

箴言 25:13 說：「忠信的使者，叫差他的人心裏舒暢，就如在收割時，有冰雪的涼氣。」你的朋友是否信任你，如同你所聲稱的？

第二，履行承諾。

詩篇 15:4 說：「他發了誓，雖然自己吃虧，也不更改。」

這表示你遵守諾言，即使發現了自己需要付出比原想到的更多。

學會為人正直並信守諾言能讓人看見你值得信賴，並且讓你成為更喜樂的人。

生命反思

- 為什麼聖經將可靠的朋友比作夏收時的冰雪涼氣？值得信賴的朋友的價值是什麼？
- 你認為自己是個正直的人嗎？為什麼？
- 在不同的情況下，你生活的方式會有何不同？

靈修筆記

2019.10.30 (Wednesday) Devotion

Title: [Happiness Habit: Find Things in Common]

“You must get along with each other. You must learn to be considerate of one another, cultivating a life in common.” (1 Corinthians 1:10 MSG)

One skill that doesn’t seem to be taught in school anymore is how to work well with others. But it’s one of the most important skills to learn if you’re going to be a happy person.

If you don’t work well with other people, you’re going to be unhappy much of your life.

What do you need to learn in order to work with other people?

First, you must learn to cooperate with others.

Epaphroditus was a man that the church in Philippi sent to Rome with a gift of financial support for Paul while he was in prison. Philippians 2:25 says, *“I feel that I must send Epaphroditus — my brother, coworker, and fellow soldier — back to you. You sent him as your personal representative to help me in my need”* (GWT).

By calling Epaphroditus his brother, coworker, and fellow soldier, Paul was saying that life and ministry is a family, it’s a fellowship, and it’s a fight.

The church is the family of God. We are brothers and sisters with the people we minister and worship with, and we should treat them as such. It’s also a fellowship, where we work and serve together with a common goal — the Great Commission.

You’re also in the same fight together against Satan, and you need to support each other. You need to defend and encourage each other.

The best place to learn how to cooperate with others is in the church.

Second, you need to learn to be considerate.

Paul is speaking of Epaphroditus again in Philippians 2:26 when he says, *“He has been longing to see all of you and is troubled because you heard that he was sick.”*

Notice there are two examples of consideration. Paul is considerate of his co-worker’s homesickness, and Epaphroditus is considerate about the Philippians’ concern.

This is a key to happiness! The more considerate you learn to be of other people’s needs, doubts, and fears, the happier you will be. If you are inconsiderate you’re going to have an unhappy marriage.

The Bible says in 1 Corinthians 1:10, *“You must get along with each other. You must learn to be considerate of one another, cultivating a life in common”* (MSG).

None of us is by nature a considerate person, because we tend to think of ourselves first and not the needs of others. “Cultivating a life in common” takes work, and learning to get along and work well with others takes practice. Like a garden that requires cultivation to bear fruit, you’ll see how your effort bears the fruit of happiness and strong relationships.

Talk It Over

- Why is it sometimes hardest to get along or work well with people who are a part of the church and with whom you minister?
- What new practices can you adopt to cultivate cooperation and consideration among your ministry group or coworkers?

2019.10.30 (週三) 靈修

題目: [蒙福習慣：彼此相合]

「弟兄們，我藉我們主耶穌基督的名，勸你們都說一樣的話。你們中間也不可分黨，只要一心一意，彼此相合。」（哥林多前書 1:10）

學校似乎不再教的課程之一是如何與人合作無間。若你想要成為一個喜樂的人，這是必須要學習的最重要技能之一。

如果不能與他人合作無間，你的生活將會很不開心。

為能與人和睦相處，你需要學習什麼？

首先，必須學習與人合作。

以巴弗提是腓立比教會派往羅馬為當時在獄中的保羅送經濟援助的人。腓立比書 2:25 說：「然而，我想必須打發以巴弗提到你們那裏去。他是我的兄弟，與我一同作工、一同當兵，是你們所差遣的，也是供給我需用的。」

藉著稱呼以巴弗提為弟兄、同工和戰友，保羅說明了人生和事奉同屬一個家庭、一個團契和一場爭戰。

教會是神的家，與我們一起服事和敬拜的是弟兄和姐妹，我們應當如此對待他們。教會也是一個團契，是我們為共同的大使命目標，一同做工和服事的地方。

你們也在同一場對抗撒但的爭戰中，因此需要彼此扶持。你們應該彼此守望、支持和鼓勵。

學習如何與人合作的最佳場所就是教會。

第二，學習體諒。

保羅在腓立比書 2:26 再次提到以巴弗提，他說：「他很想念你們眾人，並且極其難過，因為你們聽見他病了。」

注意這裏有兩個體諒他人的例子。保羅體諒他同工的思鄉之情，以巴弗提體諒腓立比人心中的掛念。

這是開啟喜樂的鑰匙！當你學習越是去體諒他人的需要以及心中的猶疑和懼怕，你就越加喜樂。若你不懂得體諒，就很難有幸福喜樂的婚姻。

哥林多前書 1:10 說：「弟兄們，我藉著我們主耶穌基督的名勸你們都說一樣的話。你們中間也不可分黨，只要一心一意，彼此相合。」

我們天生都不是體貼的人，因為我們都傾向於先考慮自己，不會自然地想到他人的需求。「彼此相合」需要付出努力，學會和睦相處與合作無間需要練習。如同需要栽培才能結出果實的花園，你將看到所付出的努力會結出喜樂與豐盛人際關係的果實。

生命反思

- 為什麼有時與教會或一同服事的人和睦相處最困難？
- 什麼切實可行的新方法能夠培養你的服事小組或同工之間的相互合作與彼此體諒？

靈修筆記

2019.10.31 (Thursday) Devotion

Title: [Happiness Habit: Be Generous On Every Occasion]

“You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.” (2 Corinthians 9:11 NIV)

God makes you rich in every way so you can be generous on every occasion, which will result in thanksgiving to God.

God doesn't bless you so you can be greedy; he blesses you so you can be generous. You give away, and God gives back to you so you can give more away and he can give more back to you and on and on and on. God doesn't give you things so you can pile them up. When you let go of what's in your hand, it's now empty to receive greater blessings from God.

But as I've said before, God's giving to you is based on your attitude. That's why it's so important to live with an attitude of gratitude. The Bible says, “This service that you perform is not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God” (2 Corinthians 9:12).

When you give, you are performing a service. To serve and to give is the same thing. It's two actions of love. You can't love without serving and giving. And the best part is this: Your service leads to expressions of thanksgiving to God.

Take a moment to pray and express your gratitude to God.

Talk It Over

- What does it mean to develop an attitude of gratitude?
- How does your giving reflect God's generosity toward you?
- What is your motivation to serve and give? Does your service lead to an expression of thanks to God?

2019.10.31 (週四) 靈修

題目: [蒙福習慣：多多施捨]

「叫你們凡事富足，可以多多施捨，就藉著我們使感謝歸於神。」
(哥林多後書 9:11)

神使你在各方面都富足，從而可以多方施捨，因此感恩會歸於神。

神賜福你不是讓你貪婪，祂賜福你使你能慷慨。當你施捨的時候，神會回報你，這樣你能更多地施捨；施捨的越多，神就越發回報你，以此類推。神賜予你不是讓你可以堆積財寶。當你將手中所有給出的時候，手就空出來領受神更大的賜福。

但是如我曾經說過，神的賞賜是根據你的態度。這就是為什麼以感恩的態度而活是如此重要，聖經上說：「因為辦這供給的事，不但補聖徒的缺乏，而且叫許多人越發感謝神。」（哥林多後書 9:12）

當你施捨他人的時候，你就是在服事。服事和施捨異曲同工，是愛心的兩種行動。若沒有服事和施捨，你就不能愛。最棒的事情就是——你的服事會帶來對神的感恩。

花點時間禱告並向神表達你的感謝。

生命反思

- 建立起感恩的態度意味著什麼？
- 你的施捨如何反映出神對你的慷慨？
- 你服事和施捨的動機是什麼？你的服事會引發對神的感恩嗎？

靈修筆記

2019.11.01 (Friday) Devotion

Title: [Happiness Habit: Give Thanks in All Circumstances]

“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” (1 Thessalonians 5:18 NIV)

In the U.S., we celebrate a day of thanksgiving once a year. But God wants us to be intentional about our thankfulness every day. He wants us to develop this spiritual habit, one that is reflected in the life of a radical believer. The truth is, the more deeply you understand God’s love, the more grateful you’re going to be.

So what does it mean to be radically grateful?

The Bible says in 1 Thessalonians 5:18, *“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus”* (NIV). That’s radical gratitude. In all circumstances give thanks, because it’s God’s will for you.

You can thank God in every circumstance because God is in control. He can bring good out of evil. He can turn around the stupid mistakes you’ve made. No matter what happens, God isn’t going to stop loving you. There are a hundred things to be thankful for in any circumstance, even when the circumstance stinks.

Radical gratitude — being thankful in all circumstances — is God’s will because it creates fellowship.

What do I mean by that? Gratitude always builds deeper relationships between you and other people and between you and God.

Whoever you want to get closer to, start expressing gratitude to that person. If you’ve moved away from your husband or your wife, you need to start doing what you did when you were dating: Express gratitude. Write little notes of kindness and encouragement. Make calls or text during the day, just to tell him or her that you’re thankful.

Do the things you did at first. The reason you’ve lost that lovin’ feeling is because you stopped doing the things that created that lovin’ feeling early on, and you take each other for granted.

Do you want to build your small group? Don’t just go to small group. During the week, text them, email them, call them, write them. Say, “I’m grateful for you, and here’s why.” You’ll find that the more grateful you are for your group, the more your group will bond.

The Bible tells us to “*encourage one another and build each other up*” (1 Thessalonians 5:11). As you build others up, you’ll find that God builds into your life as well through your deep relationships with him and others.

Talk It Over

- Who do you need to encourage or connect with this week? To whom do you need to show your gratitude?
- What are some simple ways you can express your gratitude to your spouse, friend, or small group members?
- As you develop an attitude of gratitude, what changes do you think you will see in yourself and your relationships?

2019.11.01 (週五) 靈修

題目: [蒙福習慣：凡事謝恩]

「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)

在美國，我們每年會花一天的時間慶祝感恩節。但是神要我們天天都存心感恩。祂要我們培養這個屬靈的習慣：一個頂呱呱的信徒在生活中所反映出來的習慣。事實上，你對神的愛了解得越深刻，你對祂的感恩之心就會越熱切。

那麼，徹底的感恩是什麼意思呢？

帖撒羅尼迦前書 5:18 說：「凡事謝恩，因為這是神在基督耶穌裏向你們所定的旨意。」這就是徹底的感恩。凡事謝恩，因為這是神對你的旨意。

你可以在任何情況下都感謝神，因為神掌管一切。祂可以使邪惡轉為美善；也可以扭轉你所犯下的愚蠢的錯誤。無論發生任何事情，神都不會停止愛你。在任何環境下，即使情況很糟糕，我們仍然有許許多多能向神感恩的事情。

徹底的感恩就是在任何情況下都保持感恩的心。這是神的旨意，因為這能建立團契。

我這樣說是什麼意思呢？感恩總會使你与他人以及你和神之間的關係更加深厚。

無論你想接近誰，你都要從向那人表示感謝開始。如果你已經與丈夫或妻子漸行漸遠，那你需要開始做一些當年你們約會時所做的事情來表達你的感謝之心。寫一些帶著善意和鼓勵的便箋；白天打電話或是發短信去告訴對方你對他或她的感激之情。做一些

你們起初所做的事情。你失去那種愛的感覺是因為你不再做那些能夠創造愛的感覺的事，而把彼此當作理所當然。

你想建立小組嗎？那麼就不要僅僅去參加小組。在一週內，發短信、電子郵件，或是打電話、寫信聯繫他們，對他們說：「我想告訴你，我很感激你，原因是……」你會發現你越是為你的小組感恩，你的小組就會越發聯繫緊密。

聖經告訴我們「該彼此勸慰，互相建立」（帖撒羅尼迦前書 5:11）當你造就他人的時候，你會發現神會藉著你與神以及他人的深厚關係建造你的人生。

生命反思

- 本週你需要鼓勵或者聯繫何人？該向誰表達謝意？
- 你可以用什麼樣的簡單方式向你的配偶、朋友或小組成員表達你對他們的感謝？
- 當你在培養感恩的態度時，你認為會在你自己和你的人際關係中看到哪些變化？

靈修筆記

2019.11.02 (Saturday) Devotion

Title: [Happiness Habit: Be Generous]

“At the moment I have all I need — and more! I am generously supplied with the gifts you sent me They are a sweet-smelling sacrifice that is acceptable and pleasing to God.”
(Philippians 4:18 NLT)

You earn a living by what you make, but you earn the respect and gratitude of others and a legacy and reputation by what you give.

Who are the people in your life you're most grateful for? They're the people who've invested time, money, energy, and patience in you. The people you're most grateful for are the people who've given the most to you.

The most giving people are the most appreciated people. Paul gives an example of this: *“How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. Even so, you have done well to share with me in my present difficulty. As you know, you Philippians were the only ones who gave me financial help when I first brought you the Good News No other church did this. At the moment I have all I need — and more! I am generously supplied with the gifts you sent me They are a sweet-smelling sacrifice that is acceptable and pleasing to God”* (Philippians 4:10, 14-15, 18 NLT).

Is anybody grateful for your generosity? How many people can you think of who would say about you, “That person is so loving and giving; they have been so generous with me”?

There is no better day than today to thank the people who have been generous to you. You can thank them by calling them or writing a note and letting them know how they specifically invested in you and what it has meant in your life. Then, use those people as your model for how to give of yourself and be generous with others.

Talk It Over

- Who are the people in your life for whom you are most grateful?
- How can you show your appreciation to those people today?
- How are you investing in the lives of others? What more can you do?

[illegible]

2019.11.02 (週六) 靈修

題目: [蒙福習慣：慷慨付出]

「但我樣樣都有，並且有餘。我已經充足，因我……受了你們的餽送，當作極美的香氣，為神所收納、所喜悅的祭物。」（腓立比書 4:18）

你以你的所得謀生，卻因你的付出獲得他人的尊重與感激，也獲得傳承與聲望。

誰是你人生中最感激的人？他們是些曾對你投入時間、金錢、精力和耐心的人。你最感激的人是為你付出最多的人。

付出最多的人是最被人感激的人。保羅舉出這樣的例子：「我靠主大大地喜樂，因為你們思念我的心如今又發生；你們向來就思念我，只是沒得機會。……然而，你們和我同受惠難原是美事。腓立比人哪，你們也知道我初傳福音……的時候……，除了你們以外，並沒有別的教會供給我。……但我樣樣都有，並且有餘。我已經充足，因……你們的餽送，當作極美的香氣，為神所收納、所喜悅的祭物。」（腓立比書 4:10, 14-15, 18）

有人因你的慷慨感謝你們嗎？有多少人會如此形容你：「這個人有愛心又樂於施予；他們對我非常慷慨。」

今天就是感謝那些曾對你慷慨付出的人最好的日子。你可以藉著通電話或是寫張謝卡來表達你的感激，說明他們曾經如何對你付出以及在你人生中的意義。然後將他們作為你付出和慷慨待人的榜樣。

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

