

# 城北華人基督教會 國語部每日靈修

Daily Hope

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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



## 2019.11.03 (Sunday) Devotion

### Title: [Happiness Habit: Sing Your Thanks to the Lord]

*"Sing out your thanks to him; sing praises to our God."* (Psalm 147:7a LB)

Learning to thank God for what he has given us is an important part of our spiritual journey. So how do you make gratitude to God an important part of your life?

One of the most important ways to do so is by singing. The Bible says, *"Sing out your thanks to him; sing praises to our God"* (Psalm 147:7a LB). Nothing makes you aware of God's presence more quickly than singing your praise to God. It doesn't matter how much musical talent you have, either. The Bible urges us to make a joyful noise. Even pigs do that as they eat! If pigs can make a joyful noise, so can you.

Christianity is a singing faith. There are more songs about Jesus Christ than anything or anyone else, even love. That's why you need to be part of a local church. It's not just about listening to a weekly message from the Bible. At least once a week, you need the emotional expression that comes from singing thanks to God. If you don't, your heart will shrivel. You can't be a healthy Christian on sermons alone. You need both the impression from the message and the expression through the music.

I have discovered that the times when I least feel like singing are when I need to do it the most. When my heart is cold, I need to be renewed, restored, and recharged through singing thanks to God. In my hectic schedule, I find listening to music and singing praise to God renews my soul.

So turn on your favorite worship songs or find a good Christian radio station, and sing along. Thank God for all he has given you. And make a joyful noise to the Lord while you're at it.

## Talk It Over

- What are some of your favorite praise songs? Why do you like them?
- What keeps you from singing during private and corporate times of worship?
- Share about a time when singing praise to God helped lift your mood.

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2019.11.03 (週日) 靈修

## 題目: [蒙福習慣：頌讚感謝主]

「你們要以感謝向耶和華歌唱，用琴向我們的神歌頌。」（詩篇 147:7）

學習感謝神所賜與我們的一切是屬靈旅程的重要一環。那麼如何讓感謝神成為你生命的重要部分呢？

其中一種重要的方法就是歌唱。聖經說：「你們要以感謝向耶和華歌唱，用琴向我們的神歌頌。」（詩篇 147:7）沒有什麼能比歌頌讚美神更快地讓人覺察到神的存在，這和你擁有多少音樂天賦無關，聖經鼓勵我們發出歡樂的響聲。即使豬在吃食的時候也會發出歡快的聲音！既然豬都能，那麼你也能。

基督信仰是歌唱的信仰。與耶穌基督有關的讚美詩比起關乎其他任何人，任何事物甚至愛的歌曲都來的多，這就是為什麼你必須成為當地教會的一分子。這不僅僅是為了聽到每週的聖經信息，每週至少一次，你需要透過唱詩讚美神讓你的情感得以抒發。如果你不這樣做，心靈將會乾枯。你不能單靠聽道成為一個健康的基督徒，你既需要主日信息的印入，也需要透過音樂來回應。

我發現當我最不想唱歌的時候，反倒是我最需要唱的時候。當我的心冰冷時，我需要透過歌頌讚美神來得到更新、重整和充電。在忙碌的日程中，我發現聆聽音樂和歌頌讚美神能更新我的靈魂。

所以，打開一首你最喜歡的敬拜詩歌，或者找一個不錯的基督教廣播電台，跟著一起唱吧。感謝神賜予你的一切。當你歡樂的時候，向主發出歡樂的響聲。



2019.11.04 (Monday) Devotion

Title: [Happiness Habit: The Power of Grateful Prayers]

*“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace.”* (Philippians 4:6-7a NLT)

In Philippians 4:6-7 we find one of the most difficult verses in the entire Bible to obey: *“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace”* (NLT).

It's not easy to stop worrying about the often-scary, everyday parts of our lives, but God tells us how in the next part of the verse: “Pray about everything ... and thank him for all he has done.” Grateful prayer brings peace. God says, when you start to worry, pray.

Parents understand the power of grateful prayers. Most parents wouldn't appreciate their children always making requests without saying “thank you” for what they've already received. God sees it the same way. He wants us to ask him for what we need and want. More than 20 times in the New Testament, we're told to “ask” him. But he wants us to ask with gratefulness.

The Bible urges us to be specific in our requests — and our praises. Instead of a simple “thank you for everything,” he wants us to tell him what we're grateful for. When I say to my wife, “I'm so grateful for you,” she tells me to be specific. She likes to hear what I appreciate about her and what I'm grateful for about her. God does, too. So when you pray, tell God what you're thankful for. Prayer is one of the most important ways we tell God “thank you.”

Thanking God in advance is a big step of faith. When we have the faith to thank God ahead of time, miracles happen. The more thankful we are, the more God works in our lives. The Bible says that God

inhabits the praise of his people. He uses our thanksgiving as an instrument of power in our lives.

So, what are you thankful for?

## Talk It Over

- Why do you think gratitude is so important for our spiritual lives?
- Being as specific as possible, for what are you thankful to God? Spend some time in prayer thanking God for those things.
- What are some ways you believe God will bless you in the future? Thank God for those things — even before they happen.

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2019.11.04 (週一) 靈修

## 題目: [蒙福習慣：感恩的禱告]

「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）

在腓立比書 4:6-7 我們看見整本聖經中最難順服的經文之一：

「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。」

停止擔心日常生活中令我們害怕的事並不容易。但是神在經文中告訴我們應當如何來做：「只要凡事藉著禱告，祈求，和感謝，將你們所要的告訴神。」感恩禱告能帶給人平安。神說，當你開始擔憂時，就要禱告。

父母們了解感恩禱告的力量。多數的父母不喜歡孩子提出各種要求後，卻在收到想要的東西時不說一聲「謝謝」。神也是如此。祂要我們向祂祈求我們所需要和想要的。新約超過二十次地教導我們當向祂「祈求」，並且要帶著感恩的心向祂祈求。

聖經敦促我們祈求必須明確具體，讚美稱頌也是如此。與其簡單地說一句「謝謝祢所賜的一切」，神想要我們說明是為什麼而感恩。當我對妻子說「我很感謝妳」。她要我說得具體一點，因為她喜歡聽到我是如何地欣賞和感激她。神也是一樣。所以當你禱告時，告訴神你為什麼感恩。禱告是我們向神說「謝謝祢」最重要的一種方式。

預先感謝神是邁出信心的一大步。當我們充滿信心地提前感謝神時，神蹟就會發生。我們越發感恩，神就越在我們生命中大大地做工。聖經告訴我們，神居住在祂子民的讚美聲中。祂使用感恩



## 2019.11.05 (Tuesday) Devotion

### Title: [Happiness Habit: Say Thanks for Answered Prayer]

*“O Lord, now I have heard your report, and I worship you in awe.”* (Habakkuk 3:2a LB)

In other words, thank him for being a part of your life and for being interested in the details of your life. Thank him for answering your prayers: *“O Lord, now I have heard your report, and I worship you in awe”* (Habakkuk 3:2a LB). God gives you a vision. God gives you a dream. You know what God wants you to do, so now you thank him for answering your prayer. That’s part of worshipping God.

What I want you to do is to stop seeing your prayers as a monologue and start seeing them for what they truly are: a dialogue. Prayer is a conversation with God. God hears you when you pray, and he answers you when you ask questions. He wants to talk to you every day. If you will faithfully talk to God every day throughout the day, it will revolutionize your life.

Now, you can't hear God until you know God, and there are three levels of knowing God: recognition, acquaintance, and friendship. You may be at the recognition level; you know God is there, but you don't really know him. Or, you may be at the acquaintance level; you know God a little bit, but you don't know him very well.

God wants you to live at the friendship level. He wants to be your friend, and he wants you to be his friend. God wants you to talk with him all the time.

### **Prayer**

Pray this prayer today: “Dear God, I'm amazed that you would want me for a friend. I really want to learn to have conversations with you. Help me to spend time with you every day. Thank you that you care about every detail of my life. Jesus, I want to know you more and more every day, and I want

[illegible]

2019.11.05 (週二) 靈修

## 題目: [蒙福習慣：感謝禱告蒙應允]

「耶和華啊，我聽見你的名聲（名聲或作言語）就懼怕。」  
（（哈巴谷書 3:2）

換句話講，就是感謝祂成為你生命的一部分及祂關注你生活的細節。感謝祂回應你的禱告：「耶和華啊，我聽見你的名聲（名聲或作言語）就懼怕。」（哈巴谷書 3:2）神給了你一個異象，神賜給你一個夢想。你知道神希望你做什麼，那麼現在就為著祂回應你的禱告而感謝祂。這是敬拜神的一部分。

我希望你不再將禱告視為獨白，而開始看到它真正的涵意——一場對話。禱告就是我們與神之間的交談。你禱告的時候神在聽，你有疑問的時候祂回應你。祂要每天都能與你交談。如果你整日都真誠地與神交談，這將徹底改變你的生命。

然而，你在認識神之前無法聽到祂的聲音。對神的了解有三個階段：認知、相識及友誼。你可能正處於認知階段；你知道神在那裏，但是你並不真正認識祂。或者，你處於認識階段；你對神有一些了解但還不是很熟。

神希望你能夠進入到與祂建立友誼的層次。祂要成為你的朋友，也希望你能夠成為祂的朋友。神要你時時和祂交談。

### 禱告

今天來做這個禱告：「親愛的主，我很驚訝祢會要和我成為朋友。我真的很希望能夠學習如何和祢交談。幫助我每天都能夠花時間和祢在一起。謝謝祢關心我生活中的每一個細節。主耶穌，我想讓自己每天能夠更加認識祢。我想要祢成為我的引路人，指引我的工作、家庭、未來和我生命中每個領域。我邀請祢作我生命的主宰，作我的神和救贖主，因為我跟隨祢也相信祢。奉祢的名禱告，阿們。」

## 靈修筆記

[illegible]

2019.11.06 (Wednesday) Devotion

Title: [Happiness Habit: Giving Reveals Your Heart]

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

Every time you give, you reveal what matters to you. Tell me how you spend your money and your time, and I'll tell you what matters most to you. Your schedule might reveal that what matters most to you is your children. Your spending might reveal that what matters most to you is your hobby.

You probably don't care much about Microsoft because you don't own stock in Microsoft. But if you bought stock in Microsoft, all of a sudden you'd care about the success of that company, because wherever you put your money, that's where you put your heart.

Philippians 1:10 says, *“I want you to understand what really matters”* (NLT).

What matters in your life? Not acquisition. Life is not about the accumulation of things. He who dies with the most toys still dies.

Life is not about things. It's about learning how to love. If at the end of your life you've got a giant pile of things but you're estranged from your wife and kids, you've missed the purpose!

When you are generous with your time, money, effort, and energy, you're saying that what matters most is God and people. What matters most is love.

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

How do you break the grip of materialism? There's only one way. The

antidote for getting is giving. So every time you're generous and give to others or to God, then you are actually breaking the hold of materialism in your life.

*“We are citizens of heaven, where the Lord Jesus Christ lives”*  
(Philippians 3:20a). Your purpose is not to live for here and now.  
You're storing up for eternity! You're not building a pile on this side  
of eternity. You're building into people and relationships that will  
matter on that side of eternity. You're living in light of Heaven.

## Talk It Over

- If someone were to look at your schedule, what would they say is most important to you?
- If someone looked at where or to whom you give your money, what would they say is most important to you?
- When you give, ask yourself, “What is my motivation?”

[illegible]



2019.11.06 (週三) 靈修

## 題目: [蒙福習慣：為永生給予愛]

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

每當你給予時都會顯明你的價值觀。告訴我你如何使用金錢和時間，我就能告訴你什麼對你最重要。你的日程表或許顯示你心目中最重視的是孩子；你的支出可能顯明你最愛的是自己的嗜好。

也許你並不關心微軟公司，因你沒有它的股票。但是若你買了微軟的股票，突然之間你就會在乎這家公司的成敗。因為你的財富在哪裏，你的心就在那裏。

腓立比書 1:10 說：「使你們能分別是非。」

在人生中你最重視的是什麼？不應該是獲得。生命不在於累積財物。即使擁有最多財物的人依舊要面對死亡。

生命不在於財物。生命在於學習如何去愛。如果在生命的盡頭你擁有無盡的財物，卻與親人疏離，你其實錯失了生命的真意。

當你慷慨獻出你的時間、金錢、努力和精力時，你是在表明神和人對你才是最為重要的。愛對你最為重要。

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

你如何能掙脫唯物主義的束縛？只有一種方法。對抗唯物主義的良方是給與。每當你對神和對人慷慨時，你其實是在擺脫唯物主義對你生命的網綁。

「我們卻是天上的國民，並且等候救主，就是主耶穌基督從天上降臨。」（腓立比書 3:20）生命的目的不是只為此時此地而活。你是在為永生積聚財富！你不是在為今生囤積，而是在建造具有永生意義的人和關係。你要活在天上的光亮之中。

## 生命反思

- 你的日程表會讓人看出什麼對你最重要？
- 你的金錢去處會讓人知道你最重視什麼？
- 在付出時，要問自己：「我給與的動機是什麼？」

## 靈修筆記

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## 2019.11.07(Thursday) Devotion

### Title: [Happiness Habit: Become More Like Jesus By Giving]

*“Don’t look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had.” (Philippians 2:4-5 NLT)*

Everything in your life is a gift of God, because God is generous.

God wants his children to become like him. He wants you to learn that you can give without loving but you cannot love without giving.

You say, “I really love my kids!” Do you give them your time? “I really love my wife.” Do you give her your attention? This is what love is all about. You become more loving when you become more generous.

Every time you’re generous, a change takes place in you. Every time you give, your heart moves another tweak up the dial toward God. You become more loving every time you give. You become more like Jesus.

Philippians 1:11 says, “May you always be filled with the fruit of your salvation — the righteous character produced in your life by Jesus Christ — for this will bring much glory and praise to God” (NLT).

What we're talking about here is extremely counter culture, because our culture does not tell you to give. Everything in our culture says “get.” Would you agree we're living in an increasingly self-centered culture? Narcissism is on the rise. It's all about me. Me, my stuff, my needs — me, me, me. We have a “me” problem!

When you're generous, it gets the focus off you so that you can stop thinking about yourself and start thinking about others. Philippians 2:4-5 says, “Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ

Jesus had.”

## Talk It Over

- What have you learned about God as you have become more generous?
- What are some ways you can counteract culture and become more generous?

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2019.11.07 (週四) 靈修

## 題目: [蒙福習慣：給予使你更像耶穌]

「各人不要單顧自己的事，也要顧別人的事。你們當以基督耶穌的心為心。」（腓立比書 2:4-5）

你生命中的一切所有都是神的恩賜，因為神是寬宏豐盛的。

神要祂的孩子像祂一樣。祂要你知道，你可以毫無愛心地給予，但不能毫無付出地愛。

你說，「我真心愛我的孩子！」你花時間在他們身上嗎？「我真心愛我的妻子」，你給她足夠的關注嗎？這是愛的真意。當你越慷慨地給予，你就越加充滿愛心。

每次當你對人慷慨時，你的生命就會出現改變。在給予時，你的心會向神更靠近一步。每次的給予都會使得你加添愛心，讓你更像耶穌。

腓立比書 1:11 說：「並靠著耶穌基督結滿了仁義的果子，叫榮耀稱讚歸與神。」

我們這裏所討論的其實與當今文化完全相悖，因為當今文化不鼓勵給予，只注重「獲得」。你是否同意我們生活在一個日益以自我為中心的文化中？自戀傾向逐日升高，凡事都是我。我，我的東西，我的需要，我，我，我。我們有個「我」的問題！

當你慷慨待人時，關注的焦點會從自己身上轉移，你可以停止想到自己，開始注意他人。腓立比書 2:4-5 說：「各人不要單顧自己的事，也要顧別人的事。你們當以基督耶穌的心為心。」

## 生命反思

- 在你變得更加慷慨時，你對神有什麼認識？
- 你當如何抗拒當今文化並且變得更加慷慨？

## 靈修筆記

[illegible]

2019.11.08 (Friday) Devotion

Title: [Happiness Habit: Your Faith Grows With Your Generosity]

*“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”*  
(Philippians 4:6 NLT)

Every time you show generosity, you strengthen your faith.

Why is that? Because when you take something and, instead of using it on yourself, you use it to help others, then you’re going to have to depend on God to help you.

When you choose to help a friend who’s having a tough time paying his bills, you’re going to have to learn to trust God to provide for you.

If you only have a certain amount of time to get stuff done, but you stop and instead use the time to help your neighbor, you have to trust God to expand the time and make it work so you can get your stuff done, too.

Your faith is strengthened when you depend on God in those situations and trust him. You choose to pray, instead of worry and expect God to take care of your needs.

Philippians 4:6 says, “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done” (NLT).

Over 33 years at Saddleback, we've had six different times where we asked people to give above their normal offerings. In every one of those times, God stretched my own faith. In fact, during one campaign, God led Kay and me to give away our salary over a three-year period. Do you think that was a test of faith? How in the world were we going to live if we gave my entire salary to this offering (this was before I'd written any books) ? It meant that for those three years,





2019.11.08 (週五) 靈修

題目: [蒙福習慣：信心因慷慨增長]

「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。」（腓立比書 4:6）

每當你慷慨大方時，你的信心就得以增長。

為什麼？因為每次當你將所得著的用來幫助他人，不單為自己設想時，你就必須倚靠神來幫助你。

當你選擇幫助付不起帳單的朋友時，你必須學會信靠神對你的供應。

若你將有限的時間拿來幫助鄰舍，不去處理自己的事情時，你得信靠神為你安排足夠的時間，讓你也能做好自己的事情。

當你在這些處境中仰望並信靠神時，你的信心就得以茁壯成長。你選擇禱告代替憂慮，期待神顧念你的需要。

腓立比書 4:6 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。」

在馬鞍峰教會過去的 33 年裏，我們曾在六個不同的時期要求會友們做額外的奉獻。每次的過程神都在試煉我的信心。事實上，其中一次神帶領我和凱拿出我們三年的薪水。你認為這是信心的考驗嗎？若是把全部的薪資都奉獻出來（這是在我開始寫書之前），我們將如何生活？這表示在未來的三年，我們必須仰望神的供應。

這是對我信心的試煉。每當神考驗我時，我的信心隨著神信實的

供應，增長得更為茁壯。當你慷慨給予時，神也會為你慷慨預備。

## 生命反思

- 談談生命中因著你的慷慨，你必須仰賴神供應的一次經歷。
- 今天的你需要神供應什麼？你是否已向祂表明你願意慷慨地獻出自己的時間和金錢？
- 你認為神會以哪種意想不到的方式為你目前的處境提供幫助？

## 靈修筆記

[illegible]

2019.11.09 (Saturday) Devotion

Title: [Happiness Habit: Investments in Eternity]

*“Though I appreciate your gifts, what makes me happiest is the well-earned reward you will have because of your kindness.”*  
(Philippians 4:17 LB)

Every time you're generous, you invest in your eternal home.

Jesus called this principle storing up treasure in Heaven. He actually used this phrase six times in the Bible! Any time Jesus says something six times, you better pay attention. If you don't, you're going to miss the blessing.

Life is not about storing up things here on Earth. Life is about storing up things in Heaven. The Bible says don't store up a bunch of stuff here on Earth where thieves can steal it and rust and moths can destroy it. Store your treasure in Heaven.

That makes sense. Why? Because you're going to spend a lot more time in Heaven, and you're going to need the spoils and rewards far more in Heaven than on Earth. You only get 80 to 100 years on this planet, and you have to leave everything behind. But, you will get to enjoy your treasure in Heaven for eternity!

So, how do you store up treasure in heaven? How do you send it on ahead?

The Bible says you do it by investing in people. There are only two things that are going to last forever: the Word of God and people. People will spend eternity in either Heaven or Hell, and your investment in someone could make all the difference. God wants you to invest in people, because those investments have eternal consequences and rewards.

Philippians 4:17 says, though I appreciate your gifts, what makes me happiest is the well-earned reward you will have because of your kindness (LB).

Paul wrote to the Philippians to express his appreciation for their support, but he said what meant the most, what brought him the most joy, was knowing that their sacrifice and generosity gave them treasure in Heaven. They invested in him, but they also invested in their eternal home.

You will be rewarded for everything you’ve given away. Are you giving away your time? You’re going to be rewarded in Heaven. Are you giving away your energy? You’re going to be rewarded in Heaven. Are you giving away your money? You’re going to be rewarded in Heaven.

**Talk It Over**

- In what ways are you making an investment in people’s spiritual growth?
- What is the hardest thing for you to give away? Ask God for faith to move past your fear or selfishness so that you can experience his blessing. He may not ask you to give it away, but he wants your willingness to do whatever he asks.
- How can you cultivate a lifestyle of storing treasure in Heaven rather than here on Earth?

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2019.11.09 (週六) 靈修

## 題目: [蒙福習慣：投資永恆]

「我並不求什麼餽送，所求的就是你們的果子漸漸增多，歸在你們的賬上。」（腓立比書 4:17）

你的每次慷慨，都是在為永恆的家做投資。

耶穌稱這個原則為積攢天上的財寶，而且祂在聖經中六次提到這事。每當耶穌交代一事有六遍之多，你最好特別留意。若不留心，你將錯失祝福。

人生目的不在於積攢屬世的財富。生命在於積攢天上的財寶。聖經說，不要積攢財寶在地上，地上有賊挖洞偷竊，有蟲蛀咬。你要為自己在天上積攢財寶。

這十分合理。為什麼？因為你將在天上度過永生，所以需要極多的財寶和獎賞在天上，而不是在地上。你在地上最多活上 80 到 100 年，然後必須將一切遺留在世。但是你將在永生中享受你積攢在天上財寶。

你要如何在天上積攢財寶？如何能提前準備？

聖經說，你藉著對人的投資來積聚天上的財寶。只有兩件事情能保持到永遠：神的話和人。你對他人的付出，會絕對地影響此人將在天堂或是地獄度過永生。神要你對人投資，因為你的付出具有永恆的重要性和賞賜。

腓立比書 4:17 說：「我並不求什麼餽送，所求的就是你們的果子漸漸增多，歸在你們的賬上。」

保羅寫信給腓立比人，感謝他們的支持，但他卻說，最有意義和帶給他最大喜樂的是他知道腓立比人的犧牲和奉獻，是為他們自己在天上積攢了財寶。他們投資在保羅身上，也投資在自身永恆的天家。

你所付出的一切都將得到獎賞。你在獻出時間嗎？你將在天堂得到獎賞。你在付出精力嗎？你將在天堂得到獎賞。你在奉獻金錢嗎？你將在天堂得到獎賞。

生命反思

- 你在哪些方面對他人的靈性成長進行投資？
- 你最難獻出的是什麼？請求神讓你的信心超越你的恐懼和自私，使你能經歷祂的賜福。或許祂不會要求你如此奉獻，卻要你能為祂的旨意樂意擺上。
- 你如何培養在天上而不是在地上積攢財寶的生活方式？

靈修筆記

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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

