

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

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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



2019.11.10 (Sunday) Devotion

Title: [When You Pray for Relief, Worship First]

“King Jehoshaphat went and stood before [the people] and prayed aloud” (2 Chronicles 20:5-6 GNT).

Life includes times when you feel like you’re in an impossible situation, when you feel like you’re being attacked from all sides. That’s what happened to Israel’s King Jehoshaphat, who prayed to God when he faced armies from three different nations. To get through those times, you need to learn how to model your prayers after Jehoshaphat’s so that you can get relief.

Jehoshaphat did three things in 2 Chronicles 20 that you can do, too:

Refocus on God. Even with your problem looming before you, shift your focus to God’s character and promises. Jehoshaphat prayed, “God, you’re bigger than all the nations. You are bigger than anything I will ever face.” Your problems may be too big for you to handle, but they will never be too big for God. Change your perspective by shifting your focus.

Remember God’s faithfulness in the past. Jehoshaphat recalled all the ways God had worked in Israel’s past. Remembering God’s faithfulness in the past will help you trust him for the future. You need to recall the times God has worked powerfully in your life.

Request God’s help. Jehoshaphat essentially prayed, “My problems aren’t too hard for you, God. You’ve helped us in the past. Please do it again!” God loves you, and he cares about your problems.

Jehoshaphat’s prayer is built around three questions: “Are you not God?” “Did you not help us in the past?” and “Will you not do it again?”

When you are overwhelmed, you need God's help. But it's important to understand that your Father isn't a vending machine who gives you whatever you want just because you've deposited a few prayers. God wants your worship first. You worship when you focus on him and thank him for his faithfulness. Then you pray and ask for his help.

Jehoshaphat was faithful to worship the Lord and ask him for help, and God delivered him from his enemies. God will do the same for you.

Talk It Over

- How does remembering that God is bigger than your problems change your perspective on a difficult situation you're facing?
- What does it mean to pray expectantly? How do the three questions about God help you pray this way?
- What is a healthy, Christlike response if God doesn't answer your prayers for relief when or how you thought he would?

[illegible]

2019.11.10 (週日) 靈修

題目: [祈求解困，先要敬拜]

「約沙法就在猶大和耶路撒冷的會中，站在耶路撒冷殿的新院前，說：……」（歷代志下 20：5-6）

人生中你會有感覺處於無能為力的景況，覺得四面受敵的時刻。那就是以色列王約沙法面對三個不同民族的攻擊向神祈求時所發生的狀況。想要度過那些時刻就需要效法約沙法的禱告榜樣以使你得以解困。

在歷代誌下 20 章約沙法做了三件你也可以做到的事：

專注於神：即使你的問題迫在眉睫，要把你的注意力放在神的屬性和應許上。約沙法禱告說，「神，祢比列國都大，祢比我所有面對的問題都大。」你的問題對於你來說也許大得難以解決，但是絕不會大過神。轉移你的關注點以改變你的視野。

記住神過去的信實：約沙法回想起神曾經在以色列的種種工作。記住神過去的信實會幫助你未來對他的信靠。你應該回想神曾經在你人生中大有能力工作的那些時刻。

祈求神的幫助：約沙法基本是禱告說，「神，我的問題對祢來說並不難，祢過去曾經幫助了我們，請再次幫助我們！」神愛你並關心你的問題。

約沙法的禱告圍繞著三個問題：「祢難道不是神嗎？」「祢難道過去沒幫助過我們嗎？」以及「難道祢不會再那樣做了嗎？」

當你力不能勝時，就需要神的幫助。但重要的是明白你的父不是自動販賣機，你放進去幾個禱告就得到你所有想要的。神要你先

約沙法充滿信心地敬拜神並尋求幫助，神就救他脫離仇敵。神也會為你如此行。

- 記住神大過你的問題會如何改變你面對困難處境的視野？
- 帶著期待禱告是什麼意思？關於神的這三個問題會如何幫助你以這種方式禱告？
- 如果神不按你的意圖回應你尋求解困的禱告，健康的，基督樣式的回應是怎樣的？

[illegible]

2019.11.11 (Monday) Devotion

Title: [The Only Place to Find Hope]

“May God, the source of hope, fill you with joy and peace through your faith in him. Then you will overflow with hope by the power of the Holy Spirit” (Romans 15:13 GW).

In 1927 an American submarine collided with a Coast Guard vessel off the coast of Provincetown, Mass., and began to sink. The Coast Guard and Navy sent divers to assess the damage and begin a rescue operation. As the divers got close to the submarine, they heard a sailor tapping on the hull in Morse code. He asked, “Is there hope?”

That’s a fundamental question of life. It’s asked every day by countless people in countless ways: when sitting in the doctor’s office awaiting test results, when a couple puts months and months into counseling and gets nowhere, when dealing with a tax accountant in bankruptcy court, or when a family hears their child is missing.

You can survive 40 days without food, three days without water, and eight minutes without air. But you can’t last a single second without hope. It’s an essential part of life. When hope is gone, life is over.

People everywhere are looking for hope in all the wrong places. They look for it in their relationships, in self-help books, in religion, and in self-righteousness.

But there is only one place to find real hope. The Bible says real hope is found by turning to God: *“May God, the source of hope, fill you with joy and peace through your faith in him. Then you will overflow with hope by the power of the Holy Spirit” (Romans 15:13 GW).*

You need that kind of hope. And it’s only available through a relationship with Jesus Christ. When you trust in him, the Holy Spirit works in you to fill you with hope that God is in control, he loves you, and he is working for your good.

2019.11.11 (週一) 靈修

題目: [唯有神能賜盼望]

「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，使你們藉著聖靈的能力大有盼望！」（羅馬書 15:13）

1927 年，一艘美國潛水艇在麻薩諸塞州普羅文斯敦海岸與一艘海岸警衛隊船隻相撞，船開始下沉。海岸警衛隊和海軍派出潛水員評估損失並開始救援行動。當潛水員靠近潛水艇時，他們問一名水手用摩爾斯電碼敲打船體。他問道：「還有盼望嗎？」

這是人生的基本問題。每天都有無數人以無數種方式問這個問題：當他們坐在醫生的辦公室裏等待檢查結果時，當一對夫婦累月累季地進行諮詢卻一無進展時，當他們在破產法庭上與稅務會計師打交道時，或者當一個家庭聽說他們的孩子失蹤時。

沒有食物你可以活 40 天，沒有水你可以活 3 天，沒有空氣你可以活 8 分鐘。但是沒有希望你一秒鐘也撐不下去，這是生活中必不可少的一部分。當希望沒有了，生命也就結束了。

各處的人們在錯的地方尋找盼望。他們在人際關係、自助書籍、宗教和自以為是中尋找盼望。

但只有一個地方能找到真正的盼望。聖經說，真正的盼望是從轉向神而得的：「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，使你們藉著聖靈的能力大有盼望。」（羅馬書 15:13）

當你信靠祂的時候，聖靈就在你裏面做工，使你充滿盼望，盼望神掌管一切，祂愛你，並且為你的益處做工。

那種盼望會把你從絕望中拉出來，給你喘息的空間。

2019.11.12 (Tuesday) Devotion

Title: [God Is Working It Out for Good]

“We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them” (Romans 8:28 NLT).

Life often brings moments that are difficult to swallow, like a sickness, a job loss, or the death of a friend or family member. Those pills are bitter going down, and we often choke on them.

Rest assured, God is up to something good in your life, even if you can't see it. To hold on to hope in the midst of tough times, you'll need to grab ahold of this truth.

The Bible says it this way: *“We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them” (Romans 8:28 NLT).*

The Bible isn't saying that every event in your life will be good. You and I both know that's just not true. But it does mean that when you put your whole life together, every piece of it works together for good. It's like making a cake. You may not like the taste of each ingredient, but when it's all put together, it comes out tasting good. God wants to bake an amazingly tasty cake with your life, and he wants to use even the distasteful and bitter elements to do it.

God also doesn't say that everything works together like we want it to or that every story will have a happy ending. Not every business decision will make a million dollars. Not every couple that gets married lives happily ever after. Not every child will become captain of the football team.

Instead, this verse reminds us that we can have absolute confidence that the Master Designer of the universe causes everything to work together for the good of those who love God.

Hope isn't the same as optimism. It isn't the belief that something bad will turn out well. It's the absolute confidence that every part of your life ultimately makes sense, regardless of how it turns out this side of eternity.

From our vantage point, life looks like a mess at times. But God's view from heaven isn't the same as ours.

You can't even imagine the good that God has in store for your future. You can trust him with your present circumstances and your future, because he is always working for your good.

Talk It Over

- Do you believe that God can use the bad experiences of your life for good? If so, how is that revealed in the way you talk with others about what you are experiencing?
- In which experience from your life do you have the most difficult time seeing the good that God will bring?
- How is Jesus' death on the cross an example of God working out good in a bad situation?

2019.11.12 (週二) 靈修

題目: [神使萬事互相效力]

「我們曉得萬事都互相效力，叫愛神的人得益處，就是按他旨意被召的人。」（羅馬書 8:28）

生活經常會帶給我們一些難以忍受的時刻，有時生病，失業，朋友或家人去世。這些藥丸吃下去很苦，我們經常被它們噁到。

請放心，雖然你看不到，神正在你的生命中做一些有益的事情。你必需緊緊抓住這個真理，才能在艱難時刻仍然堅守盼望。

聖經上這樣說：「我們曉得萬事都互相效力，叫愛神的人得益處，就是按他旨意被召的人。」（羅馬書 8:28）

聖經並沒有說你生命中的每一件事都會是好的。你我都知道那是不可能的。但這確實意味著，當你把整个人生拼在一起，每一件事都會互相效力。就像做蛋糕一樣。你可能不喜歡每一種食材的味道，但當它們全部放在一起時，嚐起來味道很好。神想要用你的人生來烤一個美味無比的蛋糕，祂甚至想要用那些令人驚奇的生厭和苦澀的材料來做這件事。

神也沒有說每件事都像我們所想的那樣，或者每個故事都會有一個幸福的結局。不是每個商業決策都能賺到百萬美元。並不是每對結婚的夫妻都能從此過上幸福的生活。不是每個孩子都能成為足球隊長。

相反，這節經文提醒我們，我們可以有絕對的信心，相信宇宙的設計者會使萬事相互效力，使愛神的人得益處。

盼望和樂觀不一樣。這不是相信壞事會有好結果。甚至絕對相信，無論在今生結果如何，你生命的每一部分最終都是有意義的。

2019.11.13 (Wednesday) Devotion

Title: [Ask God for Help with Your Finances]

“You can be sure that God will take care of everything you need, his generosity exceeding even yours in the glory that pours from Jesus” (Philippians 4:19 The Message).

Philippians 4:19 is an amazing and all-encompassing promise regarding provision. Note these two words: “God will.” It doesn’t say, “He might meet your needs.” It says, “He will take care of your needs.” It’s written as a fact. God is staking his character and his reputation on it.

Then the verse says, “God will take care of everything.” It doesn’t say, “God will meet some of your needs.” It says he’s got them all covered.

Now, it doesn’t say, “God will meet all your greeds.” There’s a big difference between needs and wants. If you’re a parent, do you give your kids everything they want? I hope not. You don’t do that because you love them—and your heavenly Father loves you. He’s not going to give you everything you want, because if he did, you’d be spoiled to death.

He won’t give you everything you want, but he will give you what you need.

Then why do you have financial needs? Did God fail? Did he lie? Did he exaggerate?

No! With every promise, there is a premise; there are conditions and requirements. When God makes a promise, he says, “I’ll do my part, and you do your part.” God’s financial principles are clearly laid out for us in his Word. The Bible discusses many aspects of financial health, including principles of saving, spending, giving, investing, and stewardship. God has given you everything you need for financial stability.

But first, you need to ask for his help. Jesus says, “Ask, using my name, and you will receive, and you will have abundant joy” (John 16:24 NLT).

Many people depend more on their credit card than on Jesus Christ. Here’s a good rule: Before you pay for it, pray for it. Give God a chance to provide before you go out and charge it. Ask him for wisdom to make a good financial decision.

Why does God want you to ask? So he can give. Why does he want to give? So you can receive.

Why does he want you to receive? So you’ll be full of joy.

There is great joy in being obedient to God’s Word when it comes to your finances. God will take care of you. Just ask him!

Talk It Over

- What area of your finances do you have a hard time surrendering to God, and why?
- How is it a testimony to others when you are joyfully responsible with your finances?
- What big purchase are you considering? How can you pursue God’s wisdom today for that purchase?

2019.11.13 (週三) 靈修

題目: [求神供應所需]

「我的神必照他榮耀的豐富，在基督耶穌裏使你們一切所需用的都充足。」（腓立比書 4:19）

注意這兩個字：「神必」，這不是說「祂可能會滿足你的需要」。這是說「祂必滿足你的一切需要」。腓立比書 4:19 是一個奇妙的、包羅萬象的應許。這是宣告了一個事實，神是在以祂的屬性和名聲為獎賞。

然後這節經文說，「神必滿足一切需要」。這不是說「神會滿足你的一些需求」。這是說祂已經把一切都包括了。

這不是說「神會滿足你所有的慾望」。需求和慾望之間有很大的區別。如果你是一個家長，你會給孩子想要的一切嗎？我希望不是這樣。你不這樣做是因為你愛他們，天父也愛你。祂不會給你想要的一切，因為如果祂給了，你會因寵致死。

祂不會給你想要的一切，但祂會給你所需要的。

那為什麼你會有財務需求呢？是神做不到了嗎？祂撒謊了？誇大了？

不！每一個應許都有一個前提、條件和要求。當神應許的時候，祂說：「我要盡我的本分，你也要盡你的本分。」聖經討論了財務健全的許多方面，包括儲蓄、支出、施捨、投資和管理的原則。神已經給了你財務穩定所需要的一切。

但首先，你需要尋求祂的幫助。耶穌說：「向來你們沒有奉我的名求什麼，現在你們求就必得著，叫你們的喜樂可以滿足。」（約翰福音 16:24）

2019.11.14 (Thursday) Devotion

Title: [Money Is Not Your Biggest Problem]

“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” (Matthew 6:32-33 NLT).

Every time we worry about money, we’re acting like we don’t believe in God. It’s a way of saying, “It all depends on me.” That’s just not in the Bible.

Worry is a warning light that we doubt the love of God. Yet the Bible says God *“provides food for those who fear him; he remembers his covenant forever”* (Psalm 111:5 NIV).

And the book of Romans tells us that God sent his Son, Jesus Christ, to die on the cross for you to pay for your salvation. If God loves you enough to send his own Son to die for you, surely he loves you enough to take care of your bills.

God solved your biggest problem when he saved you, so any other problem is minor in comparison. The bottom line is really this: Do you believe that God will do what he says he will do—that he will provide for you?

Are you willing to ask God for the things you need, rather than going out and charging for them?

Are you willing to learn to be content?

Are you willing to worship with your tithe as God has commanded and believe that he’s going to take care of your needs?

Are you willing to live with integrity and be honest in your finances?

Are you willing to trust Jesus Christ completely with every area of your life?

2019.11.14 (週四) 靈修

題目: [先求神的國和義]

「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。」（馬太福音 6:32-33）

每次我們為錢憂慮，表現得就像我們不信神一樣。那是在說：「這完全依靠我自己。」的一種方式。聖經上沒那麼說。

然而，聖經說神「他賜糧食給敬畏他的人；他必永遠記念他的約。」（詩篇 111:5）

羅馬書告訴我們神差派他的兒子，耶穌基督，為贖回你的罪而死在十字架上。如果神足夠愛你竟差派他自己的兒子為你而死，他當然會足夠愛你來看顧你的賬單。

當神救你的時候解決了你最大的問題，所以相較之下，其他問題都算次要了。根本的問題是：你是否相信神會做祂所說的——供給你的需用？

你是否願意為你所需要的祈求神，而不是為它們勞碌付帳？

你是否願意學習知足？

你是否願意按著神命令的十一奉獻來敬拜祂，並相信祂會看顧你的需要？

你是否願意活得正直並在你的財務上誠實？

你是否願意在你生活的各個方面都完全信靠耶穌基督？

如果你真的想要從財務恐懼中得自由，就必須選擇去做神清楚告訴你要做的。

今天就選擇來作一個對自己所擁有的金錢和資源的忠心管家，使神可以使用你來成就祂的旨意。

生命反思

- 如果你在各樣所需上更多相信神會看顧，將如何改變你管理財務的方式？
- 你對現在所有的感到知足嗎？為什麼？
- 花些時間對你試圖控制金錢和使用金錢追求自己目標的方式認罪悔改。求神赦免並幫助你成長為忠心、順服的門徒。

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.

2019.11.15 (Friday) Devotion

Title: [Treat Your Treasures as a Trust]

“Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!” (Matthew 25:21 NIV).

We never really own anything during our brief time on earth. God just loans it to us while we’re here. The Bible says, *“The world and all that is in it belong to the Lord; the earth and all who live on it are his”* (Psalm 24:1 GNT).

The first job God gave humans was to manage and take care of God’s “stuff” on earth. This role has never been rescinded. It is a part of our purpose today. Everything we enjoy is to be treated as a trust that God has placed in our hands.

Years ago, a couple let my wife and me use their beautiful, beachfront home in Hawaii for a vacation. We were told, “Use it just like it’s yours,” so we did! We swam in the pool, ate the food in the refrigerator, used the bath towels and dishes, and even jumped on the beds in fun!

But we knew all along that it wasn’t really ours, so we took special care of everything. We enjoyed the benefits of using the home without owning it. We were responsible stewards of the gift we had been given.

Jesus often referred to life as a trust and told many stories to illustrate our responsibility toward God. In the story of the talents, a businessman evaluates each servant’s responsibility and rewards them accordingly. He says, *“Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!”* (Matthew 25:21 NIV).

At the end of your life on earth, you will be evaluated and rewarded according to how well you handled what God entrusted to you. That means everything you do—even simple daily chores—has eternal

2019.11.15 (週五) 靈修

題目: [做神託付的好管家]

「主人說：『好，你這又良善又忠心的僕人，你在不多的事上有忠心，我要把許多事派你管理，可以進來享受你主人的快樂。』」（馬太福音 25:21）

我們活在世界上這短暫的時間裏，並不真正擁有任何東西。只是神暫借給我們的而已。聖經說：「地和其中所充滿的，世界和住在其間的，都屬耶和華。」（詩篇 24:1）

神給人類的第一個工作就是管理與照顧神在地上的「東西」。這個角色從未被廢除。今天依舊是我們使命的一部分。每一件交到我們手上，我們所享受的事情都要當作是神的信託。

多年前，一對夫婦讓內人和我住在他們夏威夷美麗的海濱家中度假。他們說：「就像在自己家一樣」，然後我們就這樣做了！我們在泳池裏游泳、吃冰箱裏的食物、用他們的浴巾和盤子，甚至開心地在他們的床上跳來跳去！

但是我們知道這些都不是真的屬於我們，所以我們很小心地照顧每件物品。我們沒有所有權，卻享受了這個家的好處。我們是為所得到的禮物負責的管家。

耶穌經常將生活比作一種託付，並且用了許多比喻來說明我們對神的責任。祂說：「好，你這又良善又忠心的僕人，你在不多的事上有忠心，我要把許多事派你管理，可以進來享受你主人的快樂。」（馬太福音 25:21）

在你世上生命終結之時，你將要按你對神所託付的事的忠心程度被評估並且得獎賞。這意味著你做每件事——甚至每日簡單的家

務——都有永恆的意義。如果你對待每一件事都像是一份託付，神應許了三個永恆的獎賞。

首先，你會得到神的肯定：祂會說：「幹得好！」然後，你將被提昇在永恆裏承擔更多的責任：「我要把很多事派給你管理。」然後你就會歡慶得榮耀：「進來享受你主人的快樂。」

沒有比這更大的喜樂了，每一位神恩賜的忠心管家都可以得著。

生命反思

- 除了錢，神還信託給你什麼讓你負責任地管理？
- 你每天以某種方式忠實地管理這些職責？你如何才能持續在這些方面成長？
- 你想過在天堂裏也有責任嗎？你為什麼想要在永恆中承擔更多的責任？

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.

2019.11.16 (Saturday) Devotion

Title: [Don't Give Up When Times Get Tough]

“That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are quite small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever” (2 Corinthians 4:16-18 NLT).

Why do bad things happen to good people? Why do we have to suffer? Why is life so difficult sometimes?

As difficult as it is to understand, God can use your pain for his purpose. Don't be surprised if he is using tough times in your life to test your faithfulness.

Faithful people keep on keeping on when other people choose to give up. Faithful people are diligent and determined. They are persistent. They change their perspective and focus on God's promises in his Word.

In 2 Corinthians 4, Paul says you need to get the right perspective when you're going through a problem. If you want to persist, don't look at the temporary problem. Look at the long-term reward. Don't look at the temporary pain; look at the long-term gain. Don't look at it with the short-term view, “What's happening to me right now?” Instead, look at the character that you are building because you haven't given up. You're hanging in there.

God is more interested in what you are becoming than what you accomplish.

If you are facing difficult times right now, I challenge you to write this verse on a 3×5 card and memorize it: *“So let's not get tired of doing*

2019.11.16 (週六) 靈修

題目: [行善，不可喪志]

「所以，我們不喪膽。外體雖然毀壞，內心卻一天新似一天。我們這至暫至輕的苦楚，要為我們成就極重無比永遠的榮耀。原來我們不是顧念所見的，乃是顧念所不見的；因為所見的是暫時的，所不見的是永遠的。」（哥林多後書 4:16-18）

為什麼壞事會發生在好人身上？我們為什麼要受苦？為什麼有時生活如此艱辛？

雖然這很難理解，但神會用你的痛苦來成就祂的旨意。如果神在你人生中艱難的時刻考驗你的忠心，請不要感到意外。

當別人選擇放棄時，有忠心的人會繼續堅持，他們勤奮而堅定，持之以恆。他們勇於改變自己的觀點，專注於神話語中的應許。

在哥林多後書第 4 章，保羅說當你遇到問題時，要有正確的觀點。如果你想堅持下去，就不要看暫時的問題，要放眼長期的獎賞。不要看一時的痛苦，要放眼長期的收益。不要只看眼前想「我現在如何？」相反，你著眼於因為自己沒有放棄而正在塑造的品格上。你一直在持守的。

神更感興趣的是你成為某種的人，而不是你達成了什麼。

如果你現在正面臨困難，我想讓你把這節經文寫在一張小卡片上並記住：「我們行善，不可喪志。若不灰心，到了時候，就要收成。」（加拉太書 6:9）

我祈禱這能鼓勵你繼續前進。神在正確的時間用正確的方式在你裏面作工。你的忠心會得到獎賞！

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

