

# 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



2019.11.17 (Sunday) Devotion

Title: [You Were Made for Something Greater Than Yourself]

*“Only those who throw away their lives for my sake and for the sake of the Good News will ever know what it means to really live.”* (Mark 8:35b TLB)

Why don't we feel more fulfilled? Far too many people are asking themselves that question. We're not happy, we're not satisfied in fact, we're miserable.

Why? In his book *Rich, Free, and Miserable*, sociologist John Brueggemann shared a great story that illustrated why. Climbing Mount Everest is one of the challenges that inspire people to do something big. Lots of people try, even though nearly 10 percent of the people who do, die in the process. Many of the corpses still line the path up the mountain. Yet people still want to climb the mountain though it has no real redeeming social value.

A few years back one climber, David Sharp, was clearly in trouble on the mountain. There were 40 climbers who noticed his obvious need but passed him that day. He died on Mount Everest because none of the other climbers were willing to put their personal goal on hold to help him.

That's us. Our own personal drive to have more, be more, and do more causes us to lose sight of what really matters. But that isn't how God wired us. Life isn't about what you make, who you know, or what you do. Life is all about love, loving God and loving others.

Jesus tells us in Mark 8:35, “Only those who throw away their lives for my sake and for the sake of the Good News will ever know what it means to really live” (TLB). God wired you in a way that you 'll never be happy unless you're giving your life away in his work. You were made for something greater than yourself. The Bible calls this your mission in life. Significance doesn't come from status, salary, or sex. It

comes from service. Only by giving your life away can you feel that your life has significance.

## Talk It Over

- Are you unhappy, unsatisfied, or miserable? That is a sign that you've become focused on a cause other than Christ's. Why do you think you're focused elsewhere?
- What do you need to do to join God's mission?
- How can you exemplify a life of service?

[illegible]

2019.11.17 (週日) 靈修

## 題目: [超越自我的生命]

「因為，凡要救自己生命的，必喪掉生命；凡為我和福音喪掉生命的，必救了生命。」（馬可福音 8:35）

我們為什麼不能感到更滿足？太多的人問自己這個問題。我們不開心，不滿現狀，事實上我們愁苦不堪。

為什麼？社會學家約翰·布魯格曼在他的著作《富有、自由和悲慘》中分享了一個絕佳的例子來解釋這原因。攀登珠穆朗瑪峰是最激勵人心的偉大挑戰之一。許多人嘗試，即使有將近 10%的挑戰者在攀登過程中失去生命，許多屍體還躺在去山頂的路旁。然而人們仍想攀登那座山峰，儘管它不具有任何真正的社會價值。

幾年前的一位登山者大衛·夏普在上山途中明顯地遭遇困難。那天有四十位登山者親眼目睹他的無助，卻都只從他的身邊走過。他死在珠穆朗瑪峰，因為其他登山者都不願意暫時放下個人的目標來幫助他。

我們也是這樣。我們想要擁有更多、擔當更多和成就更多的個人慾望令我們忽略了真正重要的事物。這不是神原本所造的我們。生命不在於你賺得什麼，認識誰，或你能做什麼。生命完全在於愛，就是愛神與愛人。

耶穌在馬可福音 8:35 說：「因為，凡要救自己生命的，必喪掉生命；凡為我和福音喪掉生命的，必救了生命。」神創造人的方式，就是使人只有為祂的事工而捨己時才會快樂。你的生命意義超過自己個人。聖經稱之為你人生的使命。生命的意義不是源於地位、薪資或是性愛。生命的意義在於服事。只有藉著捨己，你才能感受到人生有意義。

## 生命反思

- 你是否不快樂，不滿足，或是愁苦不堪？這表示你的心專注於基督之外的事。你為什麼專注於其他事物？
- 為能參與神的使命，你需要做什麼？
- 你如何示範服事的生活？

## 靈修筆記

[illegible]

2019.11.18 (Monday) Devotion

Title: [Your Mission: Help Others Get into God's Family]

*"In the same way that you gave me a mission in the world, I give them a mission in the world."* (John 17:18 MSG)

If you are a follower of Jesus Christ, God has given you a mission in this world. You're not here to just take up space; you're not here to just strive after your own personal goals.

You have an assignment from God himself. Once you're in the family, your life changes. You have a new reason for living. Your life isn't about you anymore; it's about God's mission.

And your mission fits into God's mission for all of history. God created everything in the universe because he wanted a family. He didn't need Earth. He didn't need the other planets. He didn't need the stars. He created all of it because he knew some of us would willingly choose to be a part of his family.

The mission God gave Jesus he now gives to the Body of Christ the Church. He wants us to help get other people into his family. Jesus said it like this: *"In the same way that you gave me a mission in the world, I give them a mission in the world"* (John 17:18 MSG).

Once we know Jesus, we have to go! We must tell our friends and families about him. But we can't stop there. God has never made anyone he doesn't want saved. He loves everyone across the entire globe.

God wants us to live out his mission everywhere: in our families, our communities, and our world. His mission for your life is both global and local. The Bible says, *"Now the Lord says to me, 'It isn't enough for you to be merely my servant. You must do more than lead back survivors from the tribes of Israel. I have placed you here as a light*





2019.11.18 (週一) 靈修

## 題目: [你的使命: 領人進神家]

「你怎樣差我到世上，我也照樣差他們到世上。」（約翰福音 17:18）

若你跟隨耶穌基督，神已賜給你人生在世的使命了。你在地上不是白白佔據空間，也不僅是為追求自己個人的目標。

你擁有來自神的使命。從進入神家的那一刻，你的生命便開始改變，你活著有了一個新的理由。生活不再只關乎自己，而是要關乎神賜的使命。

你的使命與神自太初以來的大使命相互契合。神創造宇宙萬物，為要建立一個家庭。祂並不需要地球或其他行星，也不需要眾星辰。但祂創造所有的一切，因祂知道我們之中有人會樂意選擇成為祂家中的一員。

神將祂曾經交給耶穌的使命，現在賜給了基督的肢體——也就是教會。祂要我們幫助他人進入神的家。就像耶穌說的：「你怎樣差我到世上，我也照樣差他們到世上。」（約翰福音 17:18）

一旦我們認識了耶穌，我們就應當開始行動！我們要將耶穌這個好消息與朋友和家人分享，而且不能就此停止。神從未創造過祂不想拯救的人，祂愛世上的每個人。

神要我們在生命各個層面活出祂的使命：在我們的家庭，社區和世上。祂賜給我們的使命是從鄰舍開始直到地極。聖經說：「你作我的僕人，使雅各眾支派復興，使以色列中得保全的歸回尚為小事，我還要使你作外邦人的光，叫你施行我的救恩，直到地極。」（以賽亞書 49:6）

這是神對世人的計劃，這是祂賜給你的使命。祂要世上的每個人都認識祂。祂要使用你來成就這項使命。神不僅如此告誡傳教士和牧師，你若屬於神的家，祂也將這使命交付於你了。

## 生命反思

- 你是否需要改變生活方式來遵循神的計劃？若是如此，你的生活將會如何？
- 即使神呼召你駐守家鄉，你將如何參與神在全地的使命？
- 當想到神所賜的使命時，你會心中害怕或猶豫嗎？現在就花時間禱告，求神賜你勇氣、敏銳和恩惠，使你能仰望祂賜的力量完成使命。

## 靈修筆記

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

2019.11.19 (Tuesday) Devotion

Title: [The More Grateful You Are, the Happier You Are]

*“Every time I think of you, I give thanks to my God.”*  
(Philippians 1:3 NLT)

Study after study has linked gratitude to happiness; psychologists and sociologists have proven that the more grateful you are, the happier you are.

If you want to have healthy relationships, you have to start with an attitude of gratitude. You will be far happier and enjoy your relationships more if you will develop the habit of being grateful for the people in your life.

Philippians 1:3 says, *“Every time I think of you, I give thanks to my God”* (NLT).

That simple truth is the source of good relationships. When people stop doing this in a marriage, they crumble. When you stop remembering why you got married in the first place and the good times in your relationship and you stop being grateful for your mate, your marriage is on a long slide into oblivion.

When you think of the people in your life, is your first feeling gratitude? Probably not. More often it's, “What do they need to do for me? What are our problems? What have we got to get done?” Your first thought is not gratitude. But Paul's first thought for his friends was one of gratitude, and it is the model we should follow if we want our relationships to last.

Here's the problem: The longer you know someone, the more likely you are to take that person for granted. Isn't that true? The longer you know someone, the easier it is to focus on that person's faults and the bad times instead of the happy times.

That's why it takes effort on our part to make the decision to have an attitude of gratitude for the people in our lives. The longer our relationships, the harder it may be to remember. But, when we develop the habit of giving thanks to God when we think of our spouses, children, parents, siblings, neighbors, coworkers, and small group members, it's going to have an eternal impact on our relationships.

## Talk It Over

- What negative thoughts do you need to replace with words of gratitude?
- For whom in your life are you thankful? Have you told God? Have you told those people?
- Why do you think God wants us to thank him for the people he has placed in our lives?

[illegible]

2019.11.19 (週二) 靈修

題目: [越是感恩，越是喜樂]

「我每逢想念你們，就感激我的神。」（腓立比書 1:3）

眾多研究顯示，感恩與快樂有密切的關係，心理學家和社會學家已經證明你越是感恩，就越是喜樂。

你若想要擁有健康的人際關係，就必須從感恩的態度開始。倘若你養成對生命中的人們心存感恩的習慣，你就會更加快樂並且更深地享受人際關係。

腓立比書 1:3 說道：「我每逢想念你們，就感激我的神。」

這個簡單的真理就是良好關係的泉源。當人們在婚姻關係中不再如此行，關係就會坍塌。當你不再記得最初為什麼步入婚姻，不再記得你們的美好時光，不再對你的伴侶心懷感恩，你的婚姻已經逐漸消失殆盡。

當你想起生命中的人，你第一個感受是感恩嗎？或許不是。你更經常想到的是：「他們該為我做什麼？我們之間有什麼問題？我們必須如何了結？」你的第一個念頭不是感恩。然而當保羅想到他的朋友們時，首先想到的就是感恩。如果我們希望關係能持久，這就是我們應該要效法的榜樣。

問題是：你認識某人的時間越長，就越有可能認為他所做的都是理所當然的。難道不是這樣嗎？當你認識一個人的時間越長，你就越容易注意那人的缺點和不愉快的事情，而不是快樂的時光。

這就是為什麼我們要努力地做出決定，在生活中以感恩的態度對待他人。相處的關係越久，或許就越難想到這一層。但是，每當



2019.11.20 (Wednesday) Devotion

Title: [Selective Memory: Focus on the Good Times]

*“I thank God for the help you gave me.”* (Philippians 1:5a NCV)

Developing an attitude of gratitude does not come naturally. We are not by nature grateful people. We are by nature discontented. We always want more or something different.

In the book of Philippians, Paul was writing to the church that he started in Philippi, where a woman named Lydia opened up her home and, along with others, welcomed Paul to the city. The Philippian church even helped fund Paul's missionary journeys. In Philippians 1:5, Paul says, *“I thank God for the help you gave me”* (NCV).

The thing is, Paul didn't have a good time in Philippi. In fact, it was one of his roughest churches to get started. When Paul went to this city to start a church, he was beaten, whipped, humiliated, falsely arrested, thrown into prison, and survived an earthquake. Then, he was politely asked by the city leaders to leave town.

Yet Paul told the believers, *“Every time I think of you, I give thanks to my God”* (Philippians 1:3 NLT).

What is Paul doing there? He is choosing selective memory. Philippi was not a happy place for Paul, and he endured a lot of persecution and suffering during his time in that city. But he chose not to dwell on painful memories and instead expressed his gratitude for the good things that had been done for him and through him.

The longer you know someone, the more likely you are to take that person for granted and to look for faults and remember the bad things instead of the good things.

Are you still living some painful memories with some people in your life? You've never let them off the hook, and you can't enjoy the relationship because you're still holding on to the past.





2019.11.20 (週三) 靈修

## 題目: [選擇性記憶：專注美好時光]

「因為從頭一天直到如今，你們是同心合意地興旺福音。」（腓立比書 1:5）

培養感恩的態度不是自然而然形成的。我們不是天生懂得感恩的人。我們是天性不滿足的人。我們總是想要更多，或是想要一些不一樣的東西。

在腓立比書中，保羅寫信給他在腓立比創建的教會，在那裏，一位名叫呂底亞的女人開放她的家，和其他人一起歡迎保羅來到這座城市。腓立比教會甚至資助保羅的傳教旅程。在腓立比書 1:5 中，保羅說到：「因為從頭一天直到如今，你們是同心合意地興旺福音。」

事實上，保羅在腓立比過得並不愉快。這是他創建最艱難的教會之一。當保羅來到這城市創建教會之時，他被毆打、鞭打、羞辱，蒙冤被捕，丟入監獄，並在地震中倖存下來。然後，那城的領袖們客氣地要求他離開。

但保羅對信徒說：「我每逢想到你們，就感謝我的神。」（腓立比書 1:3）

保羅在那裏做什麼？他選擇了選擇性記憶。腓立比對於保羅來說不是一個快樂之地，他在那城裏遭受到許多的逼迫和苦難。但他選擇不沉浸在痛苦的回憶中，而是對做在他身上以及透過他所做的善事，表達他的感激之情。

你認識一個人的時間越長，你就越有可能把那個人的好視為理所當然，反倒去找他的錯誤，只記得壞的事而不記好的事。

在你的生活中，你仍然對某些人存著痛苦的回憶嗎？你從來沒有對這些人釋懷，也無從享受你們之間的關係，因為你依舊執著於過去。

你需要明白記憶是一種選擇。有一次，我聽到一個關於兩個朋友談話的故事。其中一人問另外一人：「難道你不記得那時候你丈夫做了這事？」她的朋友回答說：「我清楚地記得我把那事給忘了。」

你的記憶是一種選擇。如果你想抓著痛苦的記憶不放，那就繼續。但是你不會快樂的！保羅有太多的理由對腓立比存著痛苦的回憶。相反，他選擇感謝在他生命中的人們，感謝神在他們身上所做的工。當你做出同樣的事情時，神會祝福你的人際關係，遠遠超出你的期望。

**生命反思**

- 為什麼有時候守住痛苦的回憶比用好的回憶取而代之更容易呢？
- 專注於美好的回憶如何改變你對未來的期望？

**靈修筆記**

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## 2019.11.21 (Thursday) Devotion

### Title: [Positive Prayer Makes Strong Relationships]

*“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ — to the glory and praise of God.”*  
(Philippians 1:9-11 NIV)

I want you to think of somebody who irritates you — maybe somebody you've got a strained relationship with or who just rubs you the wrong way. I have two questions for you: One, do you pray for that person? Or do you just complain and grumble and nag and nitpick? If you prayed more, you'd have a lot less to grumble, complain, nag, and nitpick about. It's your decision.

Does nagging work? No. Does prayer work? Yes. So why do you do more of the thing that doesn't work than does?

Paul says in Philippians 1:4, *“Whenever I pray, I make my requests for all of you with joy”* (NLT).

Paul didn't just pray for people in his life; he prayed with joy!

There are things in other people's lives that you'd like to change. You don't want to change yourself; you want them to change. We always want to change other people. But you can't!

You can, however, pray, and let God do his work in other people.

Positive praying is more effective than positive thinking. All the positive thinking in the world isn't going to change your husband or your wife or your child or your friend or your situation. Positive thinking can change you, but it won't change somebody else. But positive prayer can make a difference in someone else.

Do you want to know the quickest way to change a bad relationship to

a good one? Start praying for the other person! It will change you, and it can change the other person.

Paul even told us how to pray for others: *“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ — to the glory and praise of God”* (Philippians 1:9-11 NIV).

From these verses, we can learn to pray for the people in our lives in four ways:

Pray that they will grow in love: “And this is my prayer: that your love may abound more and more in knowledge and depth of insight.”

Pray that they will make wise choices: “... so that you may be able to discern what is best ...”

Pray that they will live with integrity: “... and may be pure and blameless for the day of Christ ...”

Pray that they will become like Jesus: “... filled with the fruit of righteousness that comes through Jesus Christ — to the glory and praise of God.”

Pray these for yourself and anyone else in your life, and watch how God turns around the relationship you thought had no hope or that needed to be revived.

## **Talk It Over**

- Who are the people in your life with whom you have a strained relationship and for whom you need to pray these four things?
- How does positive prayer change you and not just the person for whom you are praying?
- What is the “fruit of righteousness” that comes through Jesus Christ (see Galatians 5:22-23)?

[illegible]

2019.11.21 (週四) 靈修

## 題目: [積極禱告，強固關係]

「我所禱告的，就是要你們的愛心在知識和各樣見識上多而又多，使你們能分別是非（或譯：喜愛那美好的事），作誠實無過的人，直到基督的日子；並靠著耶穌基督結滿了仁義的果子，叫榮耀稱讚歸與神。」（腓立比書 1:9-11）

我要你想一下那些觸怒你的人——也許是那些和你關係緊張的人，或是那些只會讓你生氣的人。我有兩個問題要問你：第一，你會為那個人禱告嗎？或者你只是抱怨、發牢騷、嘮叨和吹毛求疵？如果你多禱告，你就會少些牢騷、抱怨、嘮叨和吹毛求疵。這是你的決定。

嘮叨有用嗎？沒有。禱告有用嗎？有。那麼你為什麼多做那些無用的工呢？

保羅在腓立比書 1:4 說：「每逢為你們眾人祈求的時候，常是歡歡喜喜地祈求。」

保羅不僅僅是為他生命中的人祈求，他帶著喜樂為他們禱告！

你想要改變別人生活中的一些事情。但你不想改變自己，只想別人改變。我們總想去改變別人。但是你做不到！

然而你可以禱告，讓神在別人身上做工。

積極的禱告比積極的思考更有效。世界上所有積極的想法都不能改變你的丈夫、妻子、孩子、朋友或是你的處境。積極的思考能夠改變你，卻不能改變他人。但是積極的禱告卻可以改變他人。

你想知道讓一段關係由壞到好的最快方法嗎？開始為別人禱告吧！

它會改變你，也會改變他人。

保羅甚至告訴我們如何為別人禱告：「我所禱告的，就是要你們的愛心在知識和各樣見識上多而又多，使你們能分別是非（或譯：喜愛那美好的事），作誠實無過的人，直到基督的日子；並靠著耶穌基督結滿了仁義的果子，叫榮耀稱讚歸與神。」（腓立比書 1:9-11）

從這些經文中，我們可以從四方面學習如何為我們生命中的人禱告：

**祈禱他們能在愛中成長：**「我所禱告的，就是要你們的愛心在知識和各樣見識上多而又多。」

**祈禱他們能夠做出明智的選擇：**「使你們能明辨是非（或譯：喜愛那美好的事）...」

**祈禱他們能正直地生活：**「...作誠實無過的人，直到基督的日子..」

**祈禱他們能活出基督的樣式：**「...並靠著耶穌基督結滿了仁義的果子，叫榮耀稱讚歸與神。」

為你自己和你生命中的人禱告這些事，看看神是如何改變你認為沒有希望或需要修復的關係。

## 生命反思

- 你生命中與你關係緊張的人是誰，你需要為誰祈禱這四件事？
- 積極的禱告改變的不僅僅是你正在為之禱告的那個人，還給你帶來了什麼改變？
- 耶穌基督所帶來「公義的果子」是什麼（見加拉太書 5:22-23）？

## 靈修筆記

[illegible]



## 2019.11.22 (Friday) Devotion

### Title: [Don't Let Pride Be Your Guide]

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.”* (Philippians 2:3 NIV)

Every conflict that you go through in a relationship has an element of pride mixed into it. What is the middle letter of the word “pride”? I. What’s the middle letter of the word “crime”? I. What’s the middle letter of the word “sin”? I.

We have an “I” problem! “I” want what “I” want and “I” want it now, and that causes all kinds of problems. In any relationship, never let pride be your guide, because pride is the root of every other sin.

The Bible says in Philippians 2:3, *“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves”* (NIV). Paul says that there are two conflict-creating kinds of pride. One of them is selfish ambition and the other is vain conceit. Selfish ambition says, “It’s all about me” and vain conceit means, “I’m always right.”

Selfish ambition causes all kinds of problems. James 3:16 says, “Where you have envy and selfish ambition, there you find disorder and every evil practice.” When you find confusion at your workplace, your church, your home, in your marriage, and even in the government, you can know that selfish ambition and jealousy are causing it.

Vain conceit is the attitude that you are always right. The Living Bible translation of Philippians 2:3 says, “Don’t live to make a good impression on others.” We do this in every area of our lives, but especially on social media. It’s a great temptation to make yourself look better on the Internet than you are.

In Galatians, Paul lists about 17 effects of living with pride. He says when we live a self-centered life, it shows up in all kinds of ways. He

starts off by saying things like self-indulgence shows up in sexual immorality and wild partying and getting drunk. You would expect those things.

But most of the things on the list are actually relational sins. Galatians 5:19-21 says, *“When you follow the desires of your sinful nature, the results are very clear ... quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy.... Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God”* (NLT).

If you want to be happy in your relationships, you’ve got to have harmony. And if you’re going to have harmony, you’ve got to have humility. Never let pride be your guide.

**Talk It Over**

- How would you describe the basis of your relationships? Are you in the relationship to serve yourself or others?
- What are practical ways you can maintain humility in a relationship?
- How have you seen pride destroy relationships? What can you do today to help restore those connections?

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2019.11.22 (週五) 靈修

## 題目: [不要讓驕傲引導你]

「凡事不可結黨，不可貪圖虛浮的榮耀；只要存心謙卑，各人看別人比自己強。」（腓立比書 2:3）

你在每段關係中所經歷的每個衝突都包含著驕傲的因素。「驕傲」(pride)這個英文單字的中間字母是什麼？是「我」(I)。「犯罪」(crime)這個英文單字的中間字母是什麼？是「我」(I)。「罪」(sin)這個英文單字的中間字母是什麼？是「我」(I)。

我們有一個「我」的問題！「我」要「我」想要的並且「我」現在就要，這就產生了各種各樣的問題。在任何關係中，不要讓驕傲引導你，因為驕傲是一切罪惡的根源。

腓立比書 2:3 節說：「凡事不可結黨，不可貪圖虛浮的榮耀；只要存心謙卑，各人看別人比自己強。」保羅提到有兩種驕傲會導致衝突：一個是自私的野心，另一個是虛浮的榮耀。自私的野心說：「一切都是為了我」，虛浮的榮耀說：「我永遠都是對的」。

自私的野心會引發各種各樣的問題。雅各書 3:16 說：「在何處有嫉妒、紛爭，就在何處有擾亂和各樣的壞事。」當你在工作的地方、教會、家庭、婚姻甚至政府裏發現混亂時，你能瞭解，那是自私的野心和嫉妒所導致的。

虛浮的榮耀是一種態度，覺得自己永遠是對的。腓立比書 2:3 說：「凡事不可結黨，不可貪圖虛浮的榮耀；只要存心謙卑，各人看別人比自己強。」我們在生活的各個方面都這樣做，尤其是在社交媒體上。在網絡上讓自己看起來比現實中更好是一個很大的誘惑。

在加拉太書中，保羅列出活在驕傲裏的十七種影響。他說，當我們以自我中心活著時，驕傲會由各種方式顯現出來。保羅首先舉出一些事，譬如自我放縱顯現在不道德的性行為、瘋狂宴樂和醉酒的事上。那是一些你能夠想像出來的事情。

但是清單上絕大部分的事都是關乎罪。加拉太書 5:19-21 說：「情慾的事都是顯而易見的，就如姦淫、污穢、邪惡、拜偶像、邪術、仇恨、爭競、忌恨、惱怒、結黨、紛爭、異端、嫉妒（有古卷加：兇殺二字）、醉酒、荒宴等。我從前告訴你們，現在又告訴你們，行這樣事的人必不能承受神的國。」（加拉太書 5:19-21）

如果你想要在人際關係中保持快樂，你必須要有和諧。如果你要和諧，你就必須謙卑。不要讓驕傲引導你。

生命反思

- 你如何描述自身人際關係的基礎？你是服事自己，還是服事他人？
- 在一段關係中，保持謙卑的實際方法是什麼？
- 你看到驕傲是如何破壞人際關係的？今天你能做什麼來幫助恢復這些關係呢？

靈修筆記

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2019.11.23 (Saturday) Devotion

Title: [Give the Gift of Your Attention]

*“Do not be interested only in your own life, but be interested in the lives of others.”* (Philippians 2:4 NCV)

We live in an ADD world. It seems like everybody’s got Attention Deficit Disorder because our tools and technology have left us perpetually distracted, and we no longer pay attention to the people around us.

When you walk into a meeting, how many people are sitting there looking at their phone and texting? Our heads are always down, engrossed in a video or word game, and our earbuds keep us from hearing the people around us. How many times have you been in a restaurant with friends, but you're more concerned about your “friends” on Facebook or Twitter?

If you want to have happier relationships, you need to learn the lost art of paying attention.

The Bible says in Philippians 2:4, *“Do not be interested only in your own life, but be interested in the lives of others”* (NCV).

This doesn’t come naturally, does it? By nature, I may not care what you’re interested in. By nature, I may want the attention on me, not you.

But the greatest gift you can give somebody is your attention because your attention is your time, and your time is your life. You’re never going to get it back, and that’s why it is so precious when you give it.

This is a simple but powerful tool in growing strong relationships. Are you interested in what your kids are interested in? Do you listen to what your partner has to say? Do you give your coworkers your attention when they speak to you? Do you notice your neighbor as you walk by him in the morning?

Learning the lost art of paying attention is an act of love. It will transform your relationships and help you live a happy life.

## Talk It Over

- How has social media kept you from developing relationships with the people you live and work with?
- What are some ways you can turn your attention to the people around you today?
- How do you show others that you are truly paying attention to what they are saying or doing?

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.

2019.11.23 (週六) 靈修

題目: [以關注為禮物]

「各人不要單顧自己的事，也要顧別人的事。」（腓立比書 2:4）

我們生活在缺乏注意力的世界。似乎每個人都有注意力缺乏症，我們擁有的各樣工具和科技讓我們不斷分心，也不再關注身邊的人。

當你走進一間會議室，有多少人坐在那兒看手機發短信？我們總是低著頭，全神貫注地看視頻或玩遊戲、耳機讓我們聽不到周圍的人說話。有多少次你和朋友在餐廳吃飯，但是你卻更關心自己在臉書和推特上的「朋友們」？

如果你想擁有更幸福的人際關係，你需要學習已失傳的專注藝術。

腓立比書 2:4 說:「各人不要單顧自己的事，也要顧別人的事。」

這不是自然會發生的事情，對吧？人的天性是，我或許不在乎你對什麼感興趣。但我希望焦點是在我身上，而不是你。

然而你能給予別人最好的禮物就是你的關注，因為你的關注就是你的時間，而你的時間就是你的生命。你永遠無法使時間重返，這就是為什麼給予時間是多麼的珍貴。

這是一個發展人際關係簡單卻有力的工具。你對你孩子感興趣的東西感興趣嗎？你傾聽自己的伴侶說什麼嗎？當你的同事跟你說話時你關注他們了嗎？早晨當你從鄰居身邊走過時，你注意到他們了嗎？

學習已失傳的專注藝術是一種愛的行動。它將改變你的人際關係，並幫助你過上幸福的生活。

## 生命反思

- 社交媒體如何妨礙你發展自身生活或工作中的人際關係？
- 你今天可用什麼方法把你的注意力轉移到周圍的人身上？
- 你如何向別人表明你真的是在關注他們的言行？

## 靈修筆記

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.



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

