

# 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



## 2019.11.24 (Sunday) Devotion

### Title: [To Reduce Your Fear of Failure, Redefine It]

*“No matter how often honest people fall, they always get up again.”* (Proverbs 24:16a TEV)

Never forget this truth: Failure probably won't kill you.

We vastly exaggerate the effects of failure. We blow the prospects of failing all out of proportion. Failing is not the end of the world. The fear of failure is far more damaging than failure.

Proverbs 24:16 says, *“No matter how often honest people fall, they always get up again”* (TEV). Even good guys stumble. They make mistakes, blow it, and stub their toes.

*“No matter how often honest people fall, they always get up again.”* (Proverbs 24:16a TEV)

Successful people are not people who never fail. They're people who get up again and keep going. Successful people just don't know how to quit.

Ever heard of these famous failures?

- George Washington lost two-thirds of all the battles he fought. But he won the Revolutionary War and later became the first U.S. president.
- Napoleon graduated 42nd in a class of 43. Then he went out and conquered Europe!
- In 21 years Babe Ruth hit 714 home runs, but he struck out 1,330 times. He struck out nearly twice as often as he hit a home run.
- The famous novelist John Creasey received 753 rejection slips before he published 564 books.
- Rowland Hussey Macy failed seven times at retailing before starting Macy's department store.

Great people are simply ordinary people who have an extraordinary

amount of determination. They just keep on going. They realize they’re never a failure until they quit.

That’s how you reduce your fear of failure. You redefine it.

You don’t fail by not reaching a specific goal. Instead, failure is not having a goal. Failure is refusing to get back up again once you fall. It’s refusing to try.

On the first day of kindergarten, I got in the wrong line and then into the wrong classroom. Can you imagine me going home to my mom and dad and saying, “I’m a failure at education! This school thing just doesn’t work”? Of course not.

You keep going. If at first you don’t succeed, it’s no big deal. You’re never a failure until you give up.

**Talk It Over**

- Who is someone you admire because of how he or she has dealt with failure? What makes that person admirable?
- What’s the greatest failure you’ve ever endured? What did that failure teach you?
- What helps you and motivates you to keep going when you face possible failure?

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2019.11.24 (週日) 靈修

## 題目: [從新定義，不怕失敗]

「因為義人雖七次跌倒，仍必興起。」（箴言 24:16 上）

永遠不要忘記這個真相：失敗大概不會讓你喪命。

我們極力地誇張失敗的影響，極度地擴大預期的失敗。失敗並不是世界末日。對失敗的恐懼遠比失敗本身更具破壞力。

箴言 24:16 說：「因為義人雖七次跌倒，仍必興起。」即便是義人也會跌到、犯錯、搞砸和絆腳。

「因為義人雖七次跌倒，仍必興起。」（箴言 24:16）

成功的人不是從不失敗的人。他們是重新站起來繼續前進的人。成功的人只是不懂得如何放棄。

你聽過這些著名的失敗例子嗎？

- 喬治•華盛頓在他的所有戰役中有三分之二是失敗的。但他贏得了革命戰爭，後來成為美國第一任總統。
- 拿破崙在 43 人的班級中以第 42 名的成績畢業。但他後來征服了歐洲！
- 在 21 年內，貝比•魯斯打出了 714 次全壘打，但出局了 1,330 次。他出局的次數幾乎是全壘打的兩倍。
- 著名小說家約翰•克里西在出版 564 本書之前收到了 753 封退稿信。

- 在開創梅西百貨公司之前，羅蘭德•赫西•梅西曾在零售行業失敗過七次。

偉大的人其實就是具有非凡決心的普通人。他們只是繼續往前走，並意識到，除非他們放棄，否則永遠不會是失敗者。

這就是如何能降低失敗恐懼的方法。你要重新審視它。

你不會因為沒有達到一個特定的目標而失敗。相反，失敗是因為沒有目標。失敗是一旦跌倒就拒絕重新站起來。失敗是拒絕嘗試。

在幼稚園的第一天，我站錯了行列然後進錯了教室。你能想像我回家告訴父母說：「我在學業上失敗了！學校這種事根本行不通。」？肯定不至如此。

你繼續前行，如果一開始沒有成功，沒關係。除非你放棄，否則你永遠不會是一個失敗者。

## 生命反思

- 誰處理失敗的方式令你欽佩？是什麼使這人被人欽佩？
- 你曾歷過最大的失敗是什麼？那次失敗教會了你什麼？
- 當你面對可能的失敗時，是什麼幫助並激勵你繼續前行？

## 靈修筆記

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## 2019.11.25 (Monday) Devotion

### Title: [God's Grace Covers Your Guilt]

*"So now there is no condemnation for those who belong to Christ Jesus."* (Romans 8:1 NLT, second edition)

Guilt is basic to the human existence. Since no one is perfect, we all are tempted by guilt over our past mistakes. Sin brings guilt.

That means our need for grace is as basic to our lives as the existence of guilt.

God doesn't want you to walk around feeling guilty. That's why God sent Jesus to the cross to die for all of your sins.

The Bible says, "By the blood of Christ we are set free, that is, our sins are forgiven. How great is the grace of God which he gave to us in such large measure!" (Ephesians 1:7-8a TEV)

This is the most basic truth of Christianity: Jesus Christ has already paid for your sins. You only need to accept it. Because Jesus died for us, we're free from condemnation, worry, and death. Even if there were no eternity, it would be worth it to become a follower of Jesus in order to escape the guilt.

Romans 8:1 says, "So now there is no condemnation for those who belong to Christ Jesus" (NLT, second edition). "No condemnation" means God doesn't judge you for all you've done wrong if you've trusted Christ because Jesus took that judgment upon himself on the cross. God doesn't have to judge you because Jesus was judged. He doesn't have to condemn you because Jesus took your condemnation.

That means you don't need the guilt. Notice that it doesn't say that after you become a Christian, you won't sin. You'll still sin. You'll still make mistakes. You'll still fail and look stupid. But Jesus has paid the price for those failures.





2019.11.25 (週一) 靈修

## 題目: [神的恩典遮蓋罪疚]

「如今，那些在基督耶穌裏的就不定罪了。」（羅馬書 8:1）

罪疚感是存在於人類生活中的基本常態。沒有人是完美的，我們都會為自己過去所犯的錯誤而內疚。罪帶來罪疚感。

那就意味著我們對恩典的需要也是最基本的，就如同罪疚感是我們人生中的基本存在。

神不要你總是活在罪疚感中，那就是為什麼神差遣耶穌為你所犯的一切罪而死在十字架上。

聖經說：「我們藉這愛子的血得蒙救贖，過犯得以赦免，乃是照他豐富的恩典。這恩典是充充足足賞給我們的！」（以弗所書 1:7-8）

這是基督信仰最根本的真理，耶穌基督已經為你的罪付清了贖價。你只需接受這個恩典，因為耶穌為我們而死，我們就免於定罪，憂愁和死亡了。即便沒有永生，但若能免於罪疚也是值得跟隨耶穌的。

羅馬書 8:1 說：「如今，那些在基督耶穌裏的就不定罪了。」

「不定罪」意味著：如果你信靠基督，神就不再因你犯的一切錯誤而定你的罪，因為耶穌已經在十字架上擔當了你應受的審判。神不審判你是因為耶穌替你受了審判，祂不定你的罪是因為耶穌擔當了你的罪。

那意味著你不需要再有罪疚感。注意，那並不是說，當你成為基督徒後你就不犯罪了。你仍然會犯罪，仍然會犯錯誤，你仍然會失敗並且看起來很蠢，但耶穌已經為那些失敗付了贖價。

你從罪疚感中得釋放了！

## 生命反思

- 罪疚感如何影響了你的生活？
- 你認為你為什麼仍被罪疚感所試探，儘管耶穌已經付了罪的代價？
- 從罪疚感中得自由將如何改變許多基督徒的生活？

## 靈修筆記

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.

2019.11.26 (Tuesday) Devotion

Title: [Spiritual Growth Happens By Grace, Not Good Works]

*“Your spiritual strength comes as a gift from God, not from ceremonial rules.”* (Hebrews 13:9b TLB)

God loves you just the way you are, but he loves you too much to let you stay that way. That’s one of the most comforting truths about God that we can rest our spiritual growth upon.

God’s grace doesn’t just save us from the consequences of our sin. It then begins to mold us into the image of Jesus.

Some accept the grace of God when he saves them, but then they try to grow in the Christian life through their own strength. The Bible says that is impossible: “Your spiritual strength comes as a gift from God, not from ceremonial rules” (Hebrews 13:9b TLB).

God's grace helps you to become the person you really want to be — the person God wants you to be. It molds you and reshapes you. The Bible calls this sanctification. The Bible also says in Jeremiah that God is the potter and we are the clay. He has us on the potter's wheel. Unfortunately, as he shapes us, we tend to jump off the potter's wheel and tell him, “Thanks, Lord, but I think I'll just take care of myself. I can shape myself into the right thing.”

That’s when we blow our spiritual growth.

One of Christianity’s biggest problems is that often people start with a focus on a relationship with God but then revert to a list of rules. They start with being in love with God and then fall back into a religious syndrome of rituals and regulations.

If that’s not the way to live a Christian life, then what is? The Bible says, “So then, just as you received Christ Jesus as Lord, continue to live your lives in him” (Colossians 2:6 NIV).

You didn't become a Christian by promising to do good. You can't grow as a Christian by promising to be good either. You live the Christian life simply by receiving God's grace and letting it shape your life.

Are you letting God grow you through grace, or are you simply trying to be good?

## Talk It Over

- What are some of the most significant ways you've seen yourself grow spiritually?
- Do you think most people find it easier to accept the grace of God for salvation than for sanctification? Why?
- Do you have a passive or an active role in letting God grow you through grace?

[illegible]

2019.11.26 (週二) 靈修

題目: [屬靈成長靠恩典]

「因為心中得到力量是靠神的恩典，而不是靠飲食上的禮儀。」  
(希伯來書 13:9)

神愛你原本的樣子，但祂愛你至深以至於不能讓你一直保持原樣。這是關於神最令人安慰的真理之一，讓我們可以將我們的屬靈成長寄託其上。

神的恩典不僅只是把我們從罪的後果中拯救出來，還開始將我們塑造成耶穌的樣子。

有些人在得救的時候雖然接受了神的恩典，但他們卻試圖藉著自己的力量來培養發展基督徒生活。聖經說這是不可能的：「因為心中得到力量是靠神的恩典，而不是靠飲食上的禮儀」(希伯來書 13:9)

神的恩典能幫助你成為你真正想成為的人，一個神想要你成為的人。這恩會模造並重塑你。聖經稱這為成聖。聖經也在耶利米書中說過，神是窯匠，我們是泥。祂把我們放在了陶輪上。不幸的是，當祂塑造我們的時候，我們會從陶輪上跳下來，告訴祂：

「感謝主，但我想我只要照顧好自己。我可以把自己塑造成恰當的東西。」

這就是我們在屬靈成長上跌倒的時候。

基督信仰最大的問題之一，是人們通常從關注與神的關係開始，但是之後又轉入現實規則的條條框框中。他們起初對神摯愛，之後卻陷入到宗教儀式和規則中。

如果這不是活出基督徒生命的方式，那什麼才是呢？聖經說：

「你們既然接受了主基督耶穌，就當遵他而行。」（歌羅西書 2:6）

你不是靠保證做好事而成為基督徒的。同樣的，作為基督徒，你也不能靠保證做好事而成長。要活出基督徒的生命，你只需要單純地接受神的恩典並讓祂塑造你的生命。

你是否讓神藉著恩典來讓你成長，還是試圖只靠自己努力成為良善？

生命反思

- 你看到自己屬靈成長最明顯的方式是什麼？
- 你是否認為大多數人更容易為要得救而接受神的恩典，而不是為要成聖？為什麼？
- 在靠著神恩典成長的過程中，你的角色是被動的還是主動的？

靈修筆記

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## 2019.11.27 (Wednesday) Devotion

### Title: [Is Salvation Really Free?]

*“All need to be made right with God by his grace, which is a free gift. They need to be made free from sin through Jesus Christ.”* (Romans 3:24 NCV)

If you were to ask 100 people on the sidewalk, “How do you get to Heaven?” you’d get a lot of different answers that could be summarized by the idea that you have to earn your way to Heaven. You’d hear things like, “Try to be good and do your best” or “Work really hard at being a moral person” or “Do more good things in life than you do bad things.” All of these ideas are based on works, not grace.

But salvation is a gift, and you don’t work for a gift. It’s free! You can’t earn it, you can’t buy it, and you can’t work for it.

This is the fundamental difference between Christianity and every other religion. Christianity is the only religion that’s built on grace. Every other religion is based on works, and you can summarize them in one word: “do.” There are certain things you have to do in order to gain God’s approval, to gain bliss, to gain heaven. There are always rules, regulations, and rituals — something you have to do.

On the other hand, if you were to summarize Christianity in one word, it’s the word “done.” Jesus Christ has already paid the price for you on the cross. It’s done!

A guy asked me one time, “Pastor Rick, what can I do to be saved?” I said, “You’re too late!” (That kind of shocked him.) “You’re about 2,000 years too late! What needed to be done for your salvation has already been done, and you can’t do anything about it.”

Jesus Christ already did it. He paid for your salvation on the cross, and it’s now a free gift to you. That’s why when he was hanging on the cross, he said, “It is finished.” He didn’t say, “I am finished,” because

he wasn't. He's still alive today. The "it" is your salvation. The plan to provide grace for every person is finished.

Romans 3:24 says, *“All need to be made right with God by his grace, which is a free gift. They need to be made free from sin through Jesus Christ”* (NCV).

You won't get to Heaven based on what you do. You get to Heaven based on what has already been done for you by Jesus Christ.

When you really understand grace, you will accept it, because it is the greatest gift you're ever going to be offered.

**Talk It Over**

- Why do you think it's so hard for people to accept a free gift? Why would they rather work for it?
- What do you think God expects you to do after you've accepted his gift of salvation?
- What effect has the freedom of salvation had on your life?

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2019.11.27 (週三) 靈修

題目: [救恩真的免費嗎?]

「如今卻蒙神的恩典，因基督耶穌的救贖，就白白地稱義。」  
(羅馬書 3:24)

如果你要在路邊隨機詢問 100 個人：「你怎樣才能進入天堂呢？」你會得到許多不同的答案。但是大部分答案都可以總結為：你必須靠自己努力，賺得去天堂的機會。你會聽到一些類似於「試圖成為良善並盡力做好」、「努力做個有道德的人」、或者「做好事多於壞事」等等的答案。所有這些答案都基於你的行動，而非神的恩典。

但是事實上，救恩是一份禮物，你無需靠工作去獲得禮物。禮物是免費的！你無法賺得它、你也無法購買它、你更無法去靠著工作得到它。

這就是基督信仰和其他宗教在本質上的區別。基督信仰是唯一建立在恩典上的宗教。其他所有的宗教都建立在人的作為上，你可以將其總結為一個字：「做」。你必須去做某些事情去獲得神的認可、獲得祝福、得進天堂。你總是要遵守各樣法則、規定或者儀式。

反之而言，如果你想用一個詞來概括基督信仰，那就是「成了」。主耶穌基督已經在十字架上為我們付了贖價，已經成了！

有人曾經問我：「華理克牧師，我要做什麼才能被拯救呢？」我回答說：「已經太晚了。」（這有點嚇到他了。）「你大約晚了 2000 年！為你的拯救而必須做的，已經全部完成了，你沒辦法再為此做任何事了。」

主耶穌基督已經做完了。祂在十字架上為你付了救恩的贖價，所

以現在這份救恩就是賜給你的免費禮物。這就是為什麼當祂被掛在十字架上時，祂說：「這成了。」祂沒有說：「我完了。」因為祂沒有完，祂今天仍然活著。「這」就是你的救恩。那賜給每個人恩典的計劃已經成就。

羅馬書 3:24 說：「如今卻蒙神的恩典，因基督耶穌的救贖，就白白地稱義。」

你無法靠著自己的行為進入天堂。你進入天堂的資格是源於耶穌基督已經為你所做的。

當你真正地理解救恩的意義，你就會接受它，因為這是你收到的最寶貴的禮物。

生命反思

- 你認為大家為什麼如此難以接受免費的禮物？為什麼他們寧可做工去獲得它？
- 當你已接受祂救恩的禮物後，你認為神要你做些什麼呢？
- 免費的救恩會如何影響你的人生？

靈修筆記

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## 2019.11.28 (Thursday) Devotion

### Title: [Who Is God's Favorite?]

*"[The promise] is not only for those who live under the law of Moses but for anyone who lives with faith like that of Abraham."* (Romans 4:16 NCV)

God doesn't play favorites — regardless of your background, your status, or your sin. It doesn't matter whether you've been a religious person or a non-religious person or if you have any religious background at all.

Romans 4:16 says, *"[The promise] is not only for those who live under the law of Moses but for anyone who lives with faith like that of Abraham"* (NCV). Who are these people who live under the Law of Moses ? The Jews. The Jewish people were given the ways of God before anyone else.

Have you ever thought about why the Jews were called God's chosen people? Does God love them more than he loves the rest of us? No. They were chosen for a purpose — to spread the message that there is one true God to everybody else. They were kind of like the missionaries to the rest of us.

Now God has taken that task and given it to the Church, which includes Jews, Gentiles, and everybody else who puts their faith in Christ. God says his salvation is available to anybody who opens up his or her heart in faith: *"Everyone who calls on the name of the Lord will be saved"* (Romans 10:13 NIV). There are no quotas in Heaven. It doesn't say only really good people will be saved if they call on the name of the Lord or really religious people or really smart people. Everyone who calls on the name of the Lord will be saved.

The sad thing is that even though many people know that God offers his gift of grace, they still try to work their way into Heaven. They think that something in their lives makes them good enough so they don't need to receive God's gift of salvation through Christ.

You may have done some really nifty things in life, but if you think they're going to get you into Heaven, forget it. The only way any of us are going to get in is by receiving God's gift of grace, which is available to every person.

## Talk It Over

- What are the efforts you've made or the character traits you've nurtured that you believe will help your salvation?
- What do you believe is your part in the Church's task to spread the message of salvation to those who have not heard?
- What does it mean to "call on the name of the Lord"?

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.

2019.11.28 (週四) 靈修

## 題目: [神偏愛誰?]

「[應許]不但歸給那屬乎律法的，也歸給那效法亞伯拉罕之信的。」（羅馬書 4:16）

神不偏愛人—祂不在乎你的背景、地位或是罪過。你是否有信仰或者是否有任何宗教背景，這些因素都不重要。

羅馬書 4:16 說：「[應許]不但歸給那屬乎律法的，也歸給那效法亞伯拉罕之信的。」誰是那些屬乎摩西律法的人？猶太人。猶太人先於其他人得著了神的道。

你有想過為什麼猶太人被稱為神的選民嗎？是神愛他們比愛我們其他人更多嗎？不是的。他們被揀選是為著一個目的—去告訴其他人有一位真神。對我們其他人而言，他們在某種程度上有點像傳教的宣教士。

現在神已經把這任務交給了教會，其中包括猶太人、外邦人和每一個相信基督的人。神說每個因信敞開自己心扉的人都能得到他的救恩：「因為凡求告主名的，就必得救。」（羅馬書 10:13）。天堂裏沒有限額。不是說只有特別好的人，特別敬虔的人或者特別聰明的人求告主名才會得救，每個求告主名的人都會得救。

可悲的是，即使很多人知道神賜下恩典作為禮物，他們還是試圖想靠自己的努力進入天堂。他們認為人生中的某件事已經使他們足夠好了，所以他們不需要接受神藉著基督所賜的救恩禮物。

你可能在這輩子真的做了些極好的事，但是如果你認為這些事會讓你進入天堂，就別想了！唯一能讓我們進天堂的方法，就是接受神恩典的禮物，而這禮物是每個人都可以得到的。



2019.11.29 (Friday) Devotion

Title: [How Does Grace Get You Through?]

*“My purpose in writing is to encourage you and assure you that what you are experiencing is truly part of God’s grace for you. Stand firm in his grace.” (1 Peter 5:12b NLT)*

There are many pitfalls in the marathon of life. But regardless of what you go through, you can count on God’s sustaining grace.

The Bible says in 1 Peter 5:12, *“My purpose in writing is to encourage you and assure you that what you are experiencing is truly part of God’s grace for you. Stand firm in his grace” (NLT).*

There are three things in life that can cause you to stumble, to get cast off to the side of the race, and to not finish well in life. And in each of these situations, God’s sustaining grace will get you through.

1. God’s sustaining grace helps you keep standing when you’re tempted

Temptation is the first thing that causes us to stumble. The Bible says, “God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure” (1 Corinthians 10:13b).

God says, “I will provide the sustaining grace to always give you a way of escape.” It may mean turn the channel. It may mean run out the door. It may mean change the way you’re thinking. But he will provide a way to escape temptation.

God’s sustaining grace helps you keep standing when you’re tired.

Sometimes you’re not tempted. Sometimes you’re just tired! Life is often exhausting. It requires a lot of energy, especially when you’re trying to do the right thing rather than the easy thing. But where do you get the power to do the right thing when you’re dead tired? *“It is*

*God who enables us, along with you, to stand firm for Christ. He has commissioned us, and he has identified us as his own by placing the Holy Spirit in our hearts” (2 Corinthians 1:21-22a).* The key is having the Holy Spirit in your heart to have the energy to do the things you can’t do in your own power.

3. God’s sustaining grace gives you the power to keep going when you’re troubled.

There are some hurts that all the wishing in the world won’t make go away. There are some things in life that are unplanned, unrelenting, and undeserved — and they hurt the most.

What do you do in those situations? You first stop doing the “If only” game and instead focus on Christ and his sustaining power. Isaiah 41:10 says, “Don’t worry, because I am with you. Don’t be afraid, because I am your God. I will make you strong and will help you; I will support you with my right hand that saves you” (NCV).

That’s how you get sustaining grace.

**Talk It Over**

- How have you seen God’s sustaining grace carry you through difficult times?
- How can you extend God’s sustaining grace to others?
- What do you think it means to play the “If only” game? When have you used this excuse?

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## 2019.11.29 (週五) 靈修

### 題目: [恩典帶你走出困境]

「我略略地寫了這信，託我所看為忠心的兄弟西拉轉交你們，勸勉你們，又證明這恩是神的真恩。你們務要在這恩上站立得住。」  
(彼得前書 5:12)

在漫長人生路上會有很多的陷阱。但是無論你經歷了什麼，你都能數算神持續不斷的恩典。

聖經在彼得前書 5:12 說：「我略略地寫了這信，託我所看為忠心的兄弟西拉轉交你們，勸勉你們，又證明這恩是神的真恩。你們務要在這恩上站立得住」。

人生有三件事會讓你跌倒，離開賽局，不得善終。在每一個這樣的環境中，神綿延不斷的恩典都能帶你走出困境。

神綿延不斷的恩典幫助我們在受試探的時候站立得住。

1. 試探是第一個絆倒我們的事。聖經說：「神是信實的，必不叫你們受試探過於所能受的。在受試探的時候，總要給你們開一條出路，叫你們能忍受得住。」(哥林多前書 10:13)

神說：「我會提供不斷的恩典總會給你們開一條出路。」這出路可能是切換頻道、可能是跑出門外。可能是改變你思維的方式。但祂總會給你一條逃避試探的出路。

2. 神綿延不斷的恩典會在你疲倦時，幫你屹立不動。

有時你不是被試探。有時你就是感到疲倦！生活經常讓人筋疲力盡。它需要很多的能量，尤其是當你要堅持做對的事，而不是做

容易的事的時候。但是當你真是筋疲力盡之時，你如何能獲得做正確事情的力量呢？「那在基督裏堅固我們和你們，並且膏我們的，就是神。他又用印印了我們，並賜聖靈在我們心裏作憑據」（哥林多後書 1:21-22）關鍵就是讓聖靈入住你心，來獲得能量去做你靠著自己的力量無法去做的事情。

3. 神持續的恩典在你陷入困境的時候，賜給你力量繼續前行。

有些傷害是用世上所有的祝願都不能挪去的。人生中有些事是意外的、無法改變的、不該有的事，然而它們傷害我們最重。

在那樣的處境中你要怎麼做呢？你首先要停止「要是那樣多好」的遊戲，而是定睛於基督和祂綿延不斷的大能上。以賽亞書 41:10 說，「你不要害怕，因為我與你同在；不要驚惶，因為我是你的神。我必堅固你，我必幫助你；我必用我公義的右手扶持你」。

那就是你如何獲得綿延不斷的恩典的方法。

生命反思

- 你是如何看見神綿延不斷的恩典帶領你渡過艱難時刻的？
- 你可以如何將神綿延不斷的恩典擴大到他人身上？
- 你認為「要是那樣多好」的遊戲是什麼意思？你什麼時候用過這樣的藉口？

靈修筆記

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2019.11.30 (Saturday) Devotion

Title: [How Do You Get Grace?]

*“Three times I pleaded with the Lord to take it away from me. But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’”* (2 Corinthians 12:8-9a NIV)

What do you do when you can't fix an unfixable problem? What do you do when you can't solve an unsolvable riddle? What do you do when you can't change an unchangeable circumstance? What do you do when you can't control something that hurts deeply in your life?

You throw yourself on the sustaining grace of God.

How do you get the kind of grace to keep going in spite of temptations, trials, tension, tiredness, and troubles? You do four things:

Call out. Cry out for God's help. As long as you pretend to be self-sufficient, you short-circuit God's power in your life. You need to admit your inadequacy and say, *“God, I can't handle this!”* The Bible says, *“God is against the proud, but he gives grace to the humble. So give yourselves completely to God .... Come near to God, and God will come near to you”* (James 4:6-8a NCV).

Fill your mind with God's Word. Let God's Word comfort, strengthen, fill, soothe, and give you the energy to keep going. Get into it every single day of your life. David prayed, *“I lie in the dust; revive me by your word”* (Psalm 119:25 NLT). If the answer were to look within yourself, you'd already be changed. You need to look to God! He's the only one with sustaining strength.

Accept support from God's people. The Bible says by helping each other with our troubles, we obey the law of Christ, which is, “Love your neighbor as yourself.” God never meant for you to go through life on your own. He puts weaknesses in our lives so we realize how much we need each other. You need to accept support from God's

people.

Hold on to God's promises. There are over 7,000 of them in the Bible waiting to be claimed. Here's one of them: “*He gives strength to the weary and increases the power of the weak. Even youth grow tired ... but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint*” (Isaiah 40:29-31 NIV). Keep your hope in the Lord and your eyes focused on the hope of Heaven, not just on the here and now.

The Bible says, “Three times I pleaded with the Lord to take it away from me. But he said to me, ‘*My grace is sufficient for you, for my power is made perfect in weakness*’” (2 Corinthians 12:8- 9a).

When you’re going through a problem you can’t fix, don’t give up. Just look up!

**Talk It Over**

- In what situation do you need God’s sustaining grace?
- Which of God’s promises do you need to claim for that situation?
- Who are the godly people in your life on whom you can count for support?

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2019.11.30 (週六) 靈修

題目: [如何得著恩典?]

「為這事，我三次求過主，叫這刺離開我。他對我說：『我的恩典夠你用的，因為我的能力是在人的軟弱上顯得完全。』」（哥林多後書 12:8-9）

當你不能解決一個無法解決的問題時，你怎麼辦？當你不能解開一個無法解開的謎語時，你怎麼辦？當你不能改變一個無法改變的環境時，你怎麼辦？當你不能控制人生中深深傷害你的某件事時，你怎麼辦？

要讓自己全然投靠在神綿延不絕的恩典上。

儘管有試探、試煉、緊張、勞累和麻煩，你如何獲得這樣的恩典而持續前行？你要做四件事情：

呼求。呼求神的幫助。只要你假裝能自我滿足，你就會使神在你生命中的大能短路。你該承認你的不足說：「神啊，我應付不了！」聖經上說：「神阻擋驕傲的人，賜恩給謙卑的人。故此，你們要順服神 ..... 你們親近神，神就必親近你們。」（雅各書 4:6-8）

用神的話來充滿自己。讓神的話安慰、堅固、充滿、紓解並賜給你保持前行的能量。生命中每一天都要在神的話裏。大衛禱告說：「我的性命幾乎歸於塵土；求你照你的話將我救活」（詩篇 119:25）。如果答案是要在你自己心中尋找，你早就已經被改變了。你需要仰望神！祂是唯一擁有綿延不絕力量的那位。

接受神子民的支持。聖經說：藉著困難中彼此的幫助扶持，我們順服了基督的誡命，那就是「愛人如己」。神從來都沒有讓你獨

行人生旅途的意思。祂把軟弱放在我們的生命中，讓我們意識到我們多麼需要彼此。你應該接受神子民的幫助。

抓住神的應許。聖經中有超過 7000 條的應許在等著被認領。下面就是其一：「疲乏的，他賜能力；軟弱的，他加力量。就是少年人也要疲乏困倦……但那等候耶和華的，必從新得力。他們必如鷹展翅上騰；他們奔跑卻不困倦；行走卻不疲乏」（以賽亞書 40:29-31）。把你的盼望放在主身上，讓你的眼睛聚焦在天國的盼望，而不是定睛在此時此刻。

聖經說：「為這事，我三次求過主，叫這刺離開我。他對我說：『我的恩典夠你用的，因為我的能力是在人的軟弱上顯得完全。』」（哥林多後書 12:8-9a）

當你正經歷一個自己無法解決的問題時，不要放棄。只要抬頭仰望！

生命反思

- 在什麼樣的環境下你需要神綿延不斷的恩典？
- 神哪一條應許是在那個環境裏你需要抓住？
- 你人生中有那些敬虔的人是你可以依靠獲得支持的？

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

