

城北華人基督教會 國語部每日靈修

Daily Hope

2019 年 12 月 01 – 07 日 (第 48 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



2019.12.01 (Sunday) Devotion

Title: [Every Season of Life Has a Purpose]

“God has made everything beautiful for its own time”

(Ecclesiastes 3:11 NLT).

Life is full of contrasts. We go through mountains, and we go through valleys. We go through successes, and we go through failures. We have wins, and we have losses.

In weather, there are four seasons. But in your life, there are dozens of different seasons. And every season of life includes both good and bad times.

Ecclesiastes 3:1-8 gives us a representation of different life experiences: *“For everything there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up. A time to cry and a time to laugh. A time to grieve and a time to dance. A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away. A time to search and a time to quit searching. A time to keep and a time to throw away. A time to tear and a time to mend. A time to be quiet and a time to speak. A time to love and a time to hate. A time for war and a time for peace”* (NLT).

Life is a combination of contrasting seasons. All sunshine and no rain make a desert. If you're following God's will, seeking to live your life according to the way God wants you to live, then you'll eventually see that these experiences can have purpose and value in your life.

You may think that the only time you're in God's will is when you're at church or having a quiet time. You can be in God's will as you're cleaning out a closet. You can be in God's will as you're mowing your lawn. You can be in God's will when you move to a new location or stay right where you are. There's a time and season for everything.

Ray Stevens sang a song called “Everything Is Beautiful” that included the lyric “Everything is beautiful in its own way.” That’s not exactly true. Everything is not beautiful. Cancer is not beautiful. Child abuse is not beautiful. War is not beautiful.

The Bible says it differently in Ecclesiastes 3:11: “*God has made everything beautiful for its own time*” (NIV). That’s very different from “Everything is beautiful in its own way.” Because the Bible is saying that God can take even the bad things and, in the proper season, turn them around and use them for good in the way he intends.

You may be going through a season right now that is not beautiful. Your finances look ugly. Your health looks ugly. Your marriage or a friendship looks ugly. Your future looks ugly.

But God can make something good out of it as you trust him with the pieces.

Talk It Over

- What difficult situation do you need to entrust to God today?
- How might the world explain the purpose for a difficult season of life?
- What are some ways you can know if you’re in God’s will?

2019.12.01 (週日) 靈修

題目: [人生季季有目的]

「神造萬物，各按其時成為美好，又將永生（譯者永遠）安置在世人心裏。而神從始至終的作為，人不能參透。」（傳道書 3:11）

生活充滿了各種反差。我們經歷高山，也穿越低谷。我們經歷成功，也經歷失敗。我們有贏，也有輸。

在氣候方面，有四個季節。但在人生中，卻有幾十個不同的季節。生命的每個季節都有好時光和壞時光。

傳道書 3:1-8 告訴我們不同的人生經歷：「凡事都有定期，天下萬事都有定時。生有時，死有時；栽種有時，拔出所栽種的也有時；殺戮有時，醫治有時；拆毀有時，建造有時；哭有時，笑有時；哀慟有時，跳舞有時；拋擲石頭有時，堆聚石頭有時；懷抱有時，不懷抱有時；尋找有時，失落有時；保守有時，捨棄有時；撕裂有時，縫補有時；靜默有時，言語有時；喜愛有時，恨惡有時；爭戰有時，和好有時。」

生活是不同時節的組合。烈日炎炎，乾旱無雨會產生沙漠。如果你遵循神的旨意，按照神要你生活的方式去生活，那麼你最終會發現這些經歷在你的人生中是有目的和價值的。

你可能認為，只有在教堂裏或在安靜的時候才是在神的旨意裏。當你清理壁櫥的時候，可以在神的旨意裏。當你修剪草坪時，可以在神的旨意裏。當你搬到一個新的地方或者待在原地，也可以在神的旨意裏。什麼都有定期和定時。

雷·史蒂文斯（Ray Stevens）演唱了一首名為《一切都是美好的》（Everything Is Beautiful）的歌曲，歌詞是「一切都自有其美」

（Everything Is Beautiful））。這並不完全正確。並非一切都是美好的。癌症不美好，虐待兒童不美好，戰爭也不美好。

《傳道書》 3:11 中有不同的教導：「神造萬物，各按其時成為美好。」這和「一切都自有其美」是很不一樣的。因為聖經上說，即使是壞的事情，神也能在適當的時候，把它們轉過來，用在祂想要的好的方面。

你可能正在經歷一個並不美好的時節。你的財務狀況看起來很糟糕。你的健康狀況看起來很糟糕。你的婚姻或友誼看起來很醜陋。你的未來看起來很糟糕。

但是當你把这些碎片交託給神時，神就能從中創造出美好的東西。

生命反思

- 你今天有什麼困難的情況該交託給神？
- 世界是如何解釋人生中困難時期的目的呢？
- 有什麼方法可以知道你是否在神的旨意裏？

靈修筆記

2019.12.02 (Monday) Devotion

Title: [Don't Waste Your Season of Loneliness]

“When you come, be sure to bring the coat I left with Carpus at Troas. Also bring my books, and especially my papers” (2 Timothy 4:13 NLT).

What should you do when you go through a season of loneliness? The answer is illustrated in the life of Paul in 2 Timothy 4, when he was in prison and awaiting his execution.

When you go through a season of loneliness, you need to make the most of your time.

That means making the best of a bad situation. Resist the temptation to do nothing. Take some action—any kind of action. Try to think of creative ways to take advantage of the seasons in which you are alone.

Paul wrote to Timothy from prison and told him, *“When you come, be sure to bring the coat I left with Carpus at Troas. Also bring my books, and especially my papers”* (2 Timothy 4:13 NLT).

In a season of loneliness, you need to be comfortable and productive. Even though he was lonely, Paul didn't throw a pity party. He didn't complain or give up. This is Paul, one of the greatest Christians who ever lived after Jesus himself, who won countless people to Christ, and who is completely alone in his final days. What does he do? He makes the best of the situation. He utilizes his time. He says two things:

“Bring my coat.” Those Roman prisons were damp, dark, and cold. He did the best he could to take care of himself. It is true of human nature that when we are lonely and depressed, we don't take very good care of ourselves—physically or any other way. We don't exercise. We don't rest well. We don't eat right. Paul did the best he could to take care of himself. Perhaps you need to hear this today, if you're not taking very good care of yourself because you're lonely.

“Bring my books.” Paul was a people person. He didn’t like to be alone; it wasn’t the way God wired him. Being in solitary confinement in a Roman prison was the opposite of where he wanted to be. Yet he did the best he could. He wrote letters that today are included in the New Testament. Maybe the only way God could slow him down was to put him in solitary confinement. And some 2,000 years later, we are still benefiting from Paul’s loneliness.

Talk It Over

- What is something beneficial or helpful that you can do now, when you're lonely, that would be difficult to do with others around?
- What practical steps can you take today to care for yourself better?
- Who would benefit the most from what you have learned in a season of loneliness?

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.

2019.12.02 (週一) 靈修

題目: [孤獨時光莫辜負]

「我在特羅亞留於加布的那件外衣，你來的時候可以帶來，那些書也要帶來，更要緊的是那些皮卷。」（提摩太後書 4:13）

在你經歷孤獨的時候你應該做什麼？答案就在提摩太後書 4 章中描述保羅的一生中，當他在監獄裏等待行刑的時候。

當你處於孤獨時節時，要充分利用自己的時間。

這意味著即使最壞的情況也要儘量運用。抵擋住「放棄一切，無所作為」的試探。要採取某種行動，任何類型的行動。試著想出一些具有創意的方法來利用你的孤獨時節。

保羅在監獄裏寫給提摩太說：「我在特羅亞留於加布的那件外衣，你來的時候可以帶來，那些書也要帶來，更要緊的是那些皮卷。」

在你的孤獨時期，你需要感到舒適並有成效。雖然保羅很孤獨，但他沒有怨天尤人。他沒有拒絕或放棄。這就是主耶穌身後曾經存活過最偉大的基督徒之一，曾經吸引無數人歸向基督，在他人生最後的日子裏完全孤獨的保羅。他做了什麼？他充分利用了這種情況。他合理利用了他的時間。他說了兩件事：

「帶來我的那件外衣。」那些羅馬的監獄十分潮濕、黑暗、陰冷。他盡其所能地照顧好自己。在孤獨和失敗時，我們沒法很好的照顧自己，無論是身體上還是其他方面，這是人類的本性。我們不再鍛煉，不好好休息，吃得不對。保羅卻盡其所能地照顧好自己。如果你因為孤獨沒有照顧好自己，也許你該聽聽今天的信息。

「那些書也要帶來。」保羅也是普通人。他也不喜歡孤獨，神造他也不是這樣安排的。孤獨地待在羅馬監獄裏與他想去的地方剛

好相反。但他還是盡己所能地做了。他寫下了今天包括在聖經新約中的書信。也許神唯一可以使他慢下來的方法就是使他單獨囚禁。兩千多年以後，我們依然受益於保羅的孤獨。

生命反思

- 有哪些你現在孤獨的時候能做的有益或有助於人的事，是很難和周圍人一起做的？
- 今天你可以採取某種實際步驟來更好地照顧自己？
- 在你孤獨時期學到的東西可以讓誰從中受益？

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.

2019.12.03 (Tuesday) Devotion

Title: [Don't Let Your Loneliness Lead to Bitterness]

"The first time I was brought before the judge, no one came with me. Everyone abandoned me. May it not be counted against them" (2 Timothy 4:16 NLT).

Paul says in 2 Timothy 4:16, *"The first time I was brought before the judge, no one came with me. Everyone abandoned me. May it not be counted against them"* (NLT).

Paul, one of the greatest followers of Jesus ever, was on trial in Rome, and not one person stepped forward to defend him. Not one! He was absolutely by himself. Nobody stepped forward to say, "This is a good guy. He's alright."

Yet Paul didn't say, "Those jerks—after all I've done for them all these years!" Instead, he said, "May it not be counted against them." In other words, he was not going to let himself become bitter. Because bitterness always makes loneliness worse.

This is just one of the ways Paul teaches us how to live when we are going through a season of loneliness. When you feel lonely, you need to minimize your hurt. You need to play it down and pray it up. Don't rehearse it over and over in your mind. If you do, it just gets bigger and bigger and out of control.

Refuse to become resentful, because bitterness will eat you up.

Bitterness and loneliness go together because they become a cycle. You become lonely. Then you start feeling bad about it and have a pity party. Then you become bitter. Your bitterness makes you even lonelier, which makes you more bitter. Soon, you're a hardhearted, depressed person that nobody can get close to.

Nobody wants to be around a bitter person. Nobody wants to be around a cynic. Nobody wants to be around a person who is constantly angry.

Bitterness will only perpetuate your loneliness. That's why, when you go through a season of loneliness, you should minimize the hurt. Don't build a wall around your life.

Talk It Over

- What is your natural reaction to loneliness?
- What people in your life can you reach out to when you are lonely?
- When you feel like replaying the events or circumstances that led to your loneliness, what might you do instead?

[illegible]

2019.12.03 (週二) 靈修

題目: [不被孤獨帶入苦毒]

「我初次申訴，沒有人前來幫助，竟都離棄我；但願這罪不歸與他們。」（提摩太後書 4:16）

保羅在提後 4:16 說：「我初次申訴，沒有人前來幫助，竟都離棄我；但願這罪不歸與他們」。保羅，主耶穌有史以來最偉大的信徒之一，在羅馬受審，沒有一個人上前為他辯護。沒有一個人！他全然靠自己。沒有一個人上前說：「這是個好人，他沒問題！」

然而保羅沒說：「那些蠢人-枉費了這些年我為他們做的一切！」相反，他說「但願這罪不歸與他們」。換句話說，他沒有讓自己變成苦毒。因為苦毒總是讓孤獨變本加厲。

這正是保羅教導我們在經歷孤獨的日子如何過活的一種方式。當你感覺孤獨，你要把傷害減到最小。你需要淡化它，放輕鬆，然後祈禱交託。不要不停地在你的思想裏一次次強化它。如果你反覆思想，它就只會越來越大，無法控制。

請拒絕變得怨恨，因為苦毒會吞噬你。

苦毒和孤獨相伴而行，因為它們是一個循環。你變得孤獨。然後你開始感覺難過並且自憐。然後就變得苦毒。你的苦毒使你更孤獨，孤獨又讓你更苦毒。很快，你就是個沒人能接近的冷漠又沮喪的人。

沒有人願意陪伴在一個苦毒的人身邊。沒有人願意在一個憤世嫉俗的人身邊。沒有人願意陪伴在一個時常憤怒的人身邊。

苦毒只會永遠伴隨孤獨。這就是為什麼，當你經歷孤獨的時候，你應該讓傷害最小化。不要在你的人生中築牆。

生命反思

- 你對孤獨自然的反應是什麼？
- 當你感到孤獨的時候，你可以向你生活中什麼人求助？
- 當你覺得要重新走進導致你孤獨的事件或環境的時候，你應該做什麼來避免這樣？

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.

2019.12.04 (Wednesday) Devotion

Title: [When You're Lonely , God Is with You]

"The first time I was brought before the judge, no one came with me. Everyone abandoned me. May it not be counted against them. But the Lord stood with me and gave me strength so that I might preach the Good News in its entirety for all the Gentiles to hear. And he rescued me from certain death" (2 Timothy 4:16-17 NLT).

When you're lonely, where is God? He's where he has always been right beside you. He is with you even if you don't feel it. The Bible says over and over that if you have a relationship with Christ, God is with you all the time. He says, *"I am with you always, to the very end of the age"* (Matthew 28:20 NIV). He's always with you. You're never really fully alone.

A few years ago, Kay and I flew to Hong Kong to do a seminar for some of our missionaries. About halfway through the 17-hour flight, we went through the most horrendous storm. We were pitching and jolting. The plane was tilting, and everybody was getting antsy. They were obviously disturbed by the circumstances. The crew asked over the speaker, "Is there a minister on the plane?" I raised my hand. They approached me and said, "Everyone's pretty upset because of the flight. Can you do something spiritual?" So I took an offering!

No, not really. But the people on that flight needed to hear that God is with us. For believers, it's a promise that we can cling to in our times of fear and loneliness. Not only is it a comfort, but it also gives us the opportunity to get to know God better.

Loneliness is a time to become better acquainted with God. In your season of loneliness, you need to recognize God's presence.

Years ago, Amy Grant sang a song with the lyrics, "I love a lonely day; it chases me to you." Prayer is a powerful antidote to loneliness. God has a 24-hour drop-in service. You can talk to him anytime, anywhere, anyplace, and he understands how you're feeling when you say, "God,

2019.12.04 (週三) 靈修

題目: [當孤獨時，有神同在]

「我初次申訴，沒有人前來幫助，竟都離棄我。但願這罪不歸於他們。唯有主站在我旁邊，加給我力量，使福音被我盡都傳明，叫外邦人都聽見。我也從獅子口裏被救出來。」（提摩太後書 4:16-17）

當你孤獨的時候，神在哪裏？祂總是在你的左右。甚至你感覺不到祂也與你同在。聖經反覆教導，如果你跟基督建立關係，神就總是與你同在。祂說：「凡我所吩咐你們的，都教訓他們遵守，我就常與你們同在，直到世界的末了。」（馬太福音 28:20）祂總是與你同在，你絕不會真正全然孤獨。

幾年前 Kay 和我飛去香港為我們一些宣教士辦一場研討會。在我們 17 小時的旅途飛到一半的時候，我們經歷了最可怕的風暴。我們起伏顛簸。飛機傾斜，每個人都很擔心。他們很明顯被情況所影響。空服人員從廣播裏說到：「飛機上有宣教士麼？」我舉起了手。他們對我說：「每個人都因為這架航班而煩惱。你能做點屬靈的事嗎？」所以我收到了一筆奉獻！

不，不是真的。但是在那架飛機上的人需要知道神與我們同在。對於信徒來說，這是我們深陷恐懼和孤獨時的可靠應許。那不只是一個安慰，也給我們更加認識神的機會。

孤獨是更好地熟悉神的時光。在孤獨的時節，你要認知神的同在。

數年前，Amy Grant 唱的一首歌的歌詞是：「我愛孤獨的日子，它追著我到祢面前。」禱告是孤獨最好的解藥。神有 24 小時的免預約服務。你可以隨時隨地與祂溝通，當你說：「神啊，我很孤獨。我很受傷！我的心都要碎了。我很痛苦。我感到很空虛。神啊，幫助我」的時候，祂理解你的感受，你可以隨時與祂講話。

大衛在詩篇 139:7 中說：「我往哪裏去，躲避你的靈？我往哪裏逃，躲避你的面？」沒有地方。你沒法躲到神不在的地方。如果你相信基督，祂就在你的心裏。當你孤獨的時候，就要重新聚焦於此。

生命反思

- 你過去曾如何經歷神的同在？對你現在有什麼影響？
- 你如何才能更熟識神？
- 你必須相信什麼，才能使孤獨時的禱告有所不同？

靈修筆記

[illegible]

2019.12.05 (Thursday) Devotion

Title: [Loneliness Is Longing for Relationship with God]

“It is not good for the man to be alone” (Genesis 2:18 NIV).

What you often call loneliness is really homesickness for God. You’ve just never recognized it.

You were made to have a personal, intimate relationship with Jesus Christ, a relationship that God is dying to have with you. In fact, his Son did die so you could have it. Nothing is ever going to compensate for that—no person, no experience, no drug, no success, no thing, no possession. Nothing is going to fill that aching hole in your heart that God created for himself. He wants you to know him.

How do you get to know God?

Open your life to Jesus Christ. Say, “Jesus Christ, I want to get to know you. I want to learn to love you the way you loved me, even before I knew it. I want to have a relationship with you.” You were made for a relationship with God—not a religion of fear, rules, regulations, and rituals, but a relationship where you talk to God all the time and he works in and through you. That is the antidote to your deepest loneliness.

Join a church family. We weren’t meant to be Lone Ranger Christians. Find a spot where you can get involved. Join a small group where other people get to know you and where you find the support network you need when you’re going through those tough times. Take a chance. Take a risk. Join a small group.

The real reason so many Christians are lonely is because they’re sitting when they should be serving. All around us is a world full of people who are lonely and waiting to be cared for. That elderly person who hasn’t had a visit in two years. That teenager who is all messed up and wonders, “What am I going to do with my life?” That single

adult who goes home every night to a lonely apartment. That widow who has just buried her husband. That employee who heads for the bar every night after work because there's nothing else to do.

The world is full of people waiting to be loved. Stop saying, "I don't have any friends!" and start saying, "God, who can you use me to minister to? What person can I show your love to?" If all you do is commit yourself to being a friend to lonely people, you'll live a significant life. That would be a valid, worthy life goal. Get involved in ministry.

You will go through lonely times in your life, but you'll never go through it alone if you have an intimate relationship with Jesus Christ.

Talk It Over

If you don't have that relationship with Christ, I invite you to pray this prayer: "Dear Jesus Christ, I don't understand it all, but there's a hole in my heart that I realize only you can fill. I recognize that I was made to be loved by you and to have a relationship with you. Today I want to step across the line and establish that relationship. I ask you to come into my life and my heart and replace my loneliness and my hurt with your love. I want to become a part of your family, the church. I want to give my life to helping others who so desperately need your love and your help." If you prayed that prayer, God heard you, and you've taken the first step in the Christian life.

No matter where you are on your spiritual journey, you can pray this: "Father, thank you that you meet our deepest needs. Thank you that you sent your Son, Jesus Christ, so that we could have a relationship with you that would never be taken away and we would never be completely lonely because you're in our lives. Thank you. In Jesus' name. Amen."

2019.12.05 (週四) 靈修

題目: [孤獨是渴望與神建立關係]

「那人獨居不好...」(創世記 2:18)

你常說的孤獨，其實是對神的思念。只是你從來沒有覺察到。

你生來就是要與耶穌基督有一種個別且親密的關係，這是一種神要與你共同享有的關係。事實上，因著祂兒子受死才使你擁有這種關係。沒有任何事能替補它。任何人，任何經驗，任何藥物，任何成功，任何事物，任何財產都不能。沒有什麼能填滿神為祂自己在你心中所留的隱痛之處。神要你認識祂。

你如何認識神？

將你的生命完全向耶穌基督敞開。說：「耶穌基督，我想要認識祢。甚至在我明白之前，我想學著像祢愛我一樣去愛祢。我想和祢建立關係。」你的被造是為了與神建立一種關係，而不是一種充滿恐懼、規則、條例和儀式的宗教，乃是一種你可以一直與神對話，祂可以在你裏面做工，也藉著你做工的關係。那是對你最深層孤獨的解藥。

加入教會家庭。我們不是要成為「獨行俠」的基督徒。找一個你可以參與的切入點。加入一個小組，在那兒別人會認識你；當你經歷那些艱難時刻時，你可以在那裏找到自己所需要的支持社交圈。抓住機會，冒點風險，加入一個小組。

很多基督徒感到孤獨的真正原因是：他們本該服事的時候卻閒坐著。我們周圍是一個充滿孤獨並且等待被關懷者的世界。那個老人已經兩年沒有訪客了。那個迷惘的少年好奇地問：「我該如何應對人生？」一個單身的成年人，每天晚上回到一個孤獨的公寓。

那個剛剛埋葬了她丈夫的寡婦。那個每天下班後都因為無事可去做去酒吧的員工。

世界再到處都是等待被愛的人。不要再說「我沒有朋友！」要開始說：「神啊，祢可以讓我服事誰呢？我可以向誰表達祢的愛呢？」如果你所要做的就是致力於成為孤獨之人的朋友，你將過個有意義的人生。這會是一個有效且值得的人生目標。參與事奉吧。

你會經歷人生的孤獨時節，但如果你與耶穌基督有親密的關係，你將永遠不會獨自經歷。

生命反思

如果你和基督沒有這樣的關係，我邀請你來做這個禱告：「親愛的耶穌基督，我不明白這一切，但我心裏有個空缺，我知道只有祢才充滿。被祢所愛的，是為了和祢建立一種關係。今天，我想跨越這條界線，建立這種關係。求祢進入我的人生，進入我的內心，用祢的愛來替換我的孤獨和傷害。我想成為祢家庭的一員，教會的一員。我想把我的生命獻給那些迫切需要祢的愛和幫助的人。」如果你祈禱了，神就聽了你的禱告，你就邁出了基督徒生命的第一步。

無論你身在何處，你都可以這樣禱告：「天父啊，感謝祢滿足我們最深的需要。感謝祢差遣祢的兒子耶穌基督，使我們與祢的關係永遠不會被奪去，因為祢在我們生命中，我們永遠都不會感到孤獨。感謝祢！奉耶穌基督的名求。阿們。」

靈修筆記

2019.12.06 (Friday) Devotion

Title: [In a Season of Loss , Release Your Grief]

“Pour out your heart to him, for God is our refuge” (Psalm 62:8 NLT).

The Bible says when you go through a season of loss, the first thing you need to do is release your grief.

Tragedy always produces strong emotions—anger, fear, depression, worry, and sometimes guilt. These feelings can scare us, and we often don’t know what to do with them. When we’ve experienced a major loss, these enormous feelings bubble up within us. If we don’t deal with them now, it will take us far longer to recover.

Some people never directly deal with grief in life. They stuff it. They push it down. They pretend it’s not there. They play like it doesn’t exist. And that’s why they’re still struggling with emotional stress from losses that occurred 20 or 30 years earlier.

There’s a myth that says God wants you to walk around with a smile on your face all the time saying, “Praise the Lord!” The Bible doesn’t say that anywhere.

In fact, Jesus taught the exact opposite. In Matthew 5:4, he says, *“God blesses those who mourn, for they will be comforted”* (NLT). It’s okay to grieve. When people are Christians, we know they will go on to heaven, so we need not grieve like the world. Our grief can be different. We grieve because we’re going to miss them, but we can also be at peace because we know they are with God.

What do you do with your feelings? You don’t repress them or stuff them deep inside you. You release them—you give them to God. You cry out, “God, I’m hurt! I’m grieving! This is a tough one to take.” If you want a good example of this, read through the book of Psalms, where many times David spills his guts and says, “God, I’m in a tough

time right now. I am really, really hurting.” You cry out to God, just like David did.

Psalm 62:8 says, “*Pour out your heart to him, for God is our refuge*” (NLT). If you are going through a loss right now, please understand that if you don’t release your grief, it will pour out eventually. Feelings that are pushed down fester, and eventually they explode in a much worse situation.

Release your grief first so that God can begin to heal your heart.

Talk It Over

- What are some misconceptions in our society that keep us from being comfortable with releasing our grief?
- What grief or loss in your life have you struggled to deal with? How has it affected you?
- How can the church hurt or help someone who is grieving? How can you help encourage transparency in your small group or church?

2019.12.06 (週五) 靈修

題目: [在失喪時節，要釋放憂傷]

「你們眾民當時倚靠他，在他面前傾心吐意。神是我們的避難所。」（詩篇 62:8）

聖經說當你經歷失喪時節時，需要做的第一件事是釋放自己的憂傷。

悲劇總會產生各種強烈的情緒：憤怒，恐懼，沮喪，憂慮，有時還有罪疚感。這些情感會嚇到我們，我們經常不知道如何去處理。當我們經歷了一個重大的失喪，這些強烈的情緒在我們裏面翻騰。如果我們不即刻去處理它們，那將使我們花更長時間去恢復。

一些人從不直接去處理他們人生中的憂傷，他們不管它，把它壓下去，假裝它不存在，他們過得彷彿這事兒不存在。這就是他們還在為 20 或 30 年前發生的失喪所產生的情緒壓力而掙扎的原因。

有個神話說：神要你一直帶著微笑四處行走，並說「讚美神」。但聖經完全沒有這麼說。

實際上，耶穌的教導恰恰相反。在馬太福音 5:4 中，祂說到：「哀慟的人有福了，因為他們必得安慰」，悲傷是可以的。當人們成為基督徒，我們知道他們將去天堂，我們不必如世人般悲傷。我們悲傷是因為我們會想念他們，但我們也會有平安，因他們將與神同在。

你如何處理你的情緒？不要壓抑它們或把它們深藏在心裏，你要釋放它們，把這些交託給神。你可以放聲呼求：「神啊，我很受傷！我很苦！這事真讓我難以接受！」如果你想要一個很好的例子，通讀詩篇，在裏面大衛多次傾訴：「神啊，我正在急難中，我非常非常受傷害。」你也可以向神呼求，就像大衛一樣。

詩篇 62:8 說：「在他面前傾心吐意，神是我們的避難所」。如果你現在正經歷失喪，請明白如果你不釋放憂傷，它終必傾倒出來。情緒被壓抑以致惡化，最終它們會在一個更可怕的狀態下爆發。

先釋放你的憂傷，好讓神來醫治你的心。

生命反思

- 社會中有哪些錯誤概念阻止我們安然釋放憂傷？
- 你人生中有什麼憂傷和失喪是你曾經要苦苦掙扎的？它如何影響了你？
- 教會能怎樣使悲傷中的人受傷或得到幫助？你怎樣在小組或教會幫助鼓勵別人敞開心扉？

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.

2019.12.07 (Saturday) Devotion

Title: [Your Kids Need Your Compassion]

“Let us love one another, for love comes from God” (1 John 4:7 NIV).

If you want to know how to be a good parent and build a strong family, you don’t have to look online or go to a bookstore. Look no further than the greatest book ever written on parenting: God’s Word, the Bible.

The Bible says in 1 John 4:7, *“Let us love one another, for love comes from God”* (NIV).

More than anything else, kids need unwavering and unconditional love. There needs to be a place where they’re accepted—warts and all.

What is compassion? Compassion is a combination of love and understanding. Compassion is where you know everything about someone and you still like that person.

Love is not natural. You have to learn to love. You learn by practicing. What better place to practice than with the people you’re forced to live with all your life? If you can learn to love your family, you can love anybody. Why? Because it’s easy to love people at a distance, but when you’re with them all the time, you don’t always get along. When you practice love in the family, you’re learning to really love.

A lot of times we love our kids, but we don’t express it in a way they can understand it. Children understand love in three ways: affection, affirmation, and attention.

Affection. Children need lots of hugs and touch and kisses. They need to feel your love.

Affirmation. You need to tell your kids every day—and more than once a day—how much you love them. Affirm them, and build them up with love.

Attention. One of the greatest gifts you can give others is listening to them. When you look at children on their level, you’re saying, “You matter to me. You’re important to me. I want to hear what you have to say.” In doing this, you show compassion.

Talk It Over

- In what different ways do you see your children express and receive love?
- What routines or habits can you practice so that you are showing your kids affection, affirmation, and attention every day?
- If you don’t have children, what is your responsibility to the children in your life, such as nieces and nephews, neighbors, or the children of friends?

2019.12.07 (週六) 靈修

題目: [孩子們需要同情]

「我們應當彼此相愛，因為愛是從神來的。」（約翰一書 4:7）

如果你想知道如何成為好父母，如何建立穩固的家庭，不必上網或去書店找。我們所看到的育兒書中沒有比這本書更偉大的了：《聖經》，就是神的話。

約翰一書 4:7 說：「親愛的弟兄啊，我們應當彼此相愛，因為愛是從神來的。凡有愛心的，都是由神而生，並且認識神。」

孩子們最需要的是堅定不移和無條件的愛。他們需要全然的接納，包括他們所有的缺點。

同情是什麼？同情是愛和理解的結合。同情是你知道某人的一切，卻仍然喜歡那個人。

愛不是自然而然的。你必須學習去愛。從操練中學習。還有什麼比與那些你必須共度一生的人一同操練更好的呢？如果你能學會愛你的家人，你就能愛任何人。為什麼？因為你很容易愛有距離的人，但如果你一直和他們在一起，就不可能永遠相處融洽。當你在家庭中踐行愛的時候，你才是在學習真正的愛。

很多時候我們愛自己的孩子，但我們沒有以他們能理解的方式表達出來。孩子們理解愛有三種方式：喜愛、肯定和關注。

喜愛。孩子們需要大量的擁抱、撫摸和親吻。他們需要感受到你的愛。

肯定。你需要每天，而且一天不止一次地告訴你的孩子們你有多愛他們。肯定他們，用愛來建立他們。

關注。你能給別人最好的禮物之一就是傾聽他們說話。當你以孩子的高度來看他們時，就是在說：「你是我所關注的。你對我很重要。我想聽你要說的一切話。」這樣做的時候，你就顯示出同情。

生命反思

- 你認為孩子們表達和接受愛的方式有什麼不同？
- 你每天都能藉著某種常規或習慣來表達你對孩子的喜愛、肯定和關注嗎？
- 如果你沒有自己的孩子，你對自己生命中遇見的孩子有什麼責任？比如你的侄子、侄女、鄰居或朋友的孩子？

靈修筆記

[illegible]

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

