

# 城北華人基督教會 國語部每日靈修

Daily Hope

2019 年 12 月 08 – 14 日 (第 49 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

敬錄羅馬書十五章十三節



2019.12.08 (Sunday) Devotion

Title: [How to Give Grace to the Irritable]

*“A person’s wisdom yields patience; it is to one’s glory to overlook an offense”* (Proverbs 19:11 NIV).

When you’re dealing with people who are offensive or irritating, you need to look past the behavior to the pain. Because everything we do is motivated by something. When people hurt others, it’s because they’re hurting on the inside. Hurt people hurt people.

The more you understand about other people’s background, the more grace you’ll show them. Think of the people who you find the most difficult to deal with and who irritate you the most — you probably know nothing about their background. So you don’t cut them any slack. You don’t know that maybe they were molested. You don’t know that maybe they were orphaned. You don’t know that they’ve gone through three marriages and their husband walked out on them. You don’t know their story, so you’re not showing them any grace.

The Bible says in Proverbs 19:11, *“A person’s wisdom yields patience; it is to one’s glory to overlook an offense”* (NIV). With wisdom, you don’t get offended. Why? Because wisdom gives you patience. When you understand somebody’s background, you understand the stress that person is under — and it’s easier to show grace. That gives you patience to overlook the offense.

What I’m talking about here is real love. In fact, the Bible says refusing to be offended by other people is actually an act of mature love. It shows you how much love you’ve got in your heart. The more love you have in your heart, the harder it is to offend you on a personal basis.

The less love you have in your heart, the more insecure you feel and the easier it is to offend you. Proverbs 10:12 says, *“Love overlooks the wrongs that others do”* (CEV). The more I am filled with love, the less I’m going to be upset with you when you are demanding or



2019.12.08 (週日) 靈修

## 題目: [如何寬容易怒者]

「人有見識就不輕易發怒，寬恕人的過失便是自己的榮耀。」  
(箴言 19:11)

當你和無禮或者易怒的人打交道時，你要看到痛苦而不是行為。因為我們所做的每件事都事出有因。當有人去傷害別人時，那是因為他們內心傷痛。傷痛的人會傷害他人。

你了解別人的背景越多，你就會給他們越多寬容。想想那些你認為最難相處，最會攻訐你的人——你可能對他的背景一無所知，所以你不會給他們任何寬容。你不知道她們也許曾經被猥褻；你不知道他們也許曾經是孤兒；你不知道她們也許經歷了三次婚姻並且每次都被丈夫拋棄。你不知道他們的故事，所以你不會給他們任何寬容。

箴言 19:11 說：「人有見識就不輕易發怒，寬恕人的過失便是自己的榮耀。」憑著智慧，你就不會輕易被冒犯。為什麼？因為智慧給你耐心。當你了解了某人的背景，你就了解這個人承受的壓力，你就更容易給予寬容——這使你有耐心去寬恕別人的冒犯。

我在這裏所說的就是真正的愛。事實上，聖經說不輕易被人激怒實際上是一種成熟的愛的表現，它表明了你的心中有多少愛。你心中的愛越多，就越難針對你個人來冒犯。

你心中的愛越少，你就越感覺沒有安全感，也就越容易被冒犯。箴言 10:12 說：「愛能遮掩一切過錯。」在你對我苛求、貶抑或反對時，我越是充滿愛，就越不會對你生氣。

與難以相處的人打交道的第一步就是：你必須選擇不被激怒，不

對號入座。

## 生命反思

- 誰是你發現最難相處、最會惹怒你的人？你如何才能以更多的寬容對待他們？
- 你如何在智慧中成長？
- 要不被激怒，你能做什麼去更了解某人的背景？

- 你如何在智慧中成長？

- 要不被激怒，你能做什麼去更了解某人的背景？

## 靈修筆記

[illegible]

## 2019.12.09 (Monday) Devotion

### Title: [Let Go of Your Hurt]

*“Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others”* (Colossians 3:13 NLT, second edition).

Many of us have someone in our lives who has done some crazy, hurtful thing to us or, maybe even more importantly, to somebody that we love. In our minds we think, “I know the Christian thing to do is to forgive, so I will. I will forgive him as soon as he gives me an apology.”

The problem with that is, you’re still holding onto the hurt. Truth is, that person may never ask you for forgiveness. He may never say he’s sorry, because he doesn’t get it, or he may not even realize what he’s done. So you end up stewing over something that the other person has long ago forgotten. And it’s eating you up inside!

Never hold onto a hurt, because resentment tears you up. Resentment is like drinking poison and hoping it’s going to kill someone else. It doesn’t work. You have to decide that, before anything else happens, you are going to forgive that person.

Jesus said this even in the most extreme of circumstances, as he was hanging on the cross: *“Father, forgive them, for they do not know what they are doing”* (Luke 23:34a NIV).

So what do you do? When you struggle with forgiving, remember the great gift of God’s forgiveness.

Remember a verse like Colossians 3:13: *“Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others”* (NLT, second edition). It’s not a bad one to memorize and carry with you throughout the day, because you’re going to have plenty of chances to use it.

That phrase “make allowance” is the Greek word that means “to bear with, to endure, to be tolerant.” Basically it means to cut people some slack. Jesus said, “*Blessed are the merciful, for they will be shown mercy*” (Matthew 5:7 NIV).

I want God's blessing in your life. One of the ways you receive that is by being merciful.

## Talk It Over

- What hurt are you still holding onto?
- What do you need to do today so that your hurt does not turn into resentment?
- How would you define mercy?

This image shows a single sheet of white paper with horizontal blue 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.

2019.12.09 (週一) 靈修

## 題目: [放下你的傷痛]

「倘若這人與那人有嫌隙，總要彼此包容，彼此饒恕；主怎樣饒恕了你們，你們也要怎樣饒恕人。」（歌羅西書 3:13）

許多人都曾遭到別人近乎瘋狂的傷害，甚至更讓人不能容忍的是，傷害的是我們所愛的人。我們心想：「我知道，作為基督徒我們要去饒恕，所以我願意饒恕。若他向我道歉，我就原諒他。」

這個想法有一個問題：你仍緊緊抓住那傷痛。事實上，那人可能永遠都不會請求你寬恕，他可能永遠都不會向你道歉，因為他根本就沒明白過來，甚至不知道自己做錯了什麼。結果，一件別人或許早已忘記的事情，你還在為它耿耿於懷，內心不斷被它蠶食！

絕不要抓著傷痛不放，因為怨恨將會撕毀你。怨恨就像是你自己喝了毒藥卻希望別人毒死——根本不可行。你需要再發生其它事情之前立定主意，無論如何，你都要寬恕對方。

當耶穌被釘在十字架上，在極端痛苦的狀況下，祂依然說：「父啊！赦免他們；因為他們所做的，他們不曉得。」（路加福音 23:34 下）

那麼你要怎樣做？當你為要寬恕而苦苦掙扎時，請謹記神的偉大禮物——寬恕。

牢記類似歌羅西書 3:13 的某一節經文：「倘若這人與那人有嫌隙，總要彼此包容，彼此饒恕；主怎樣饒恕了你們，你們也要怎樣饒恕人。」這節經文不難背誦，可以整天隨身攜帶，因為你有很多機會用上它。

「寬容」這個短語在希臘文中的意思是「承受、忍受、容忍」，意即寬待別人。耶穌說：「憐恤人的人有福了！因為他們必蒙憐恤。」（馬可福音 5:7）

我願你們的人生中蒙神賜福，蒙福途徑之一就是要憐恤。

## 生命反思

- 你還緊緊抓著什麼傷痛？
- 你今天需要做什麼，以免你的傷痛變成怨恨？
- 你如何定義憐恤？

## 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.

## 2019.12.10 (Tuesday) Devotion

### Title: [Choose Forgiveness, Not Gossip]

*“Love prospers when a fault is forgiven, but dwelling on it separates close friends”* (Proverbs 17:9 NLT, second edition).

Let’s just admit it: When you have some crazy-maker in your life, and she’s (or he’s) just done the craziest thing again, it’s almost impossible not to get in the car, pull out your phone, and call somebody and say, “You won’t believe what she (or he) just did!” In fact, you may even be texting as she’s (or he’s) doing it! That’s what we do with crazy-makers. We want to tell somebody else. We want affirmation from somebody else. It’s the most difficult thing in the world to let go of it. It may feel good when we call someone to spread the word about the crazy-maker’s craziness, but it’s also unloving.

The Bible says to forgive even your enemies. Proverbs 17:9 says, “Love prospers when a fault is forgiven, but dwelling on it separates close friends” (NLT, second edition).

What is gossip? It’s sharing information with somebody who is not part of the problem or the solution. That person might not have had anything to do with the situation, but you bring her into it so you can feel better about yourself. Gossip, in its essence, is a form of retaliation. You’re getting back at someone without talking to her. Instead, you’re talking about her behind her back.

Gossip is incredibly destructive. It is destructive to churches, families, and businesses. It is destructive to your life. It tears you up. It separates the closest of friends.

The worst thing about gossip is that the crazy-maker wins! All of a sudden, that person is controlling your conversation. She’s controlling your emotions. Your whole day is about gossiping about her instead of talking about some great thing that’s happening in your life. Don’t let that person win! Don’t let the crazy-maker win by choosing gossip.



2019.12.10 (週二) 靈修

題目: [選擇寬恕，而非流言]

「遮掩人過的，尋求人愛；屢次挑錯的，離間密友。」（箴言 17:9）

平心而論，當碰上某個在你生活中做出令人抓狂的事的狂人又重施其技時，你很難不會跳上車，拿起手機，打電話給某個人說：「你難以想像他(她)剛剛做了什麼！」事實上，當他(她)還在做那些壞事的時候，你可能已經在發短信了！這就是對付那些令人抓狂者的辦法，我們要別人知道，要別人同意我們的看法。這世上最困難的事就是釋懷，我們會打電話告訴別人，讓人知道那人的瘋狂。這樣做，我們可能感覺良好，但這是沒有愛心的行為。

聖經告訴我們要饒恕，包括饒恕我們的敵人。箴言 17:9 說：「遮掩人過的，尋求人愛；屢次挑錯的，離間密友。」

什麼是流言？就是跟與事件無關或無助於解決問題的人分享信息。那人跟此事也許毫無關係，但是你硬要把他拉進來，好讓自己感覺好一些。實質上，流言是一種報復——你要與這個人扯平，你卻不去與他溝通，反而在背後談論他。

流言有難以想像的破壞性，它破壞教會、家庭以及生意；它摧毀你的人生；它撕裂你；它分裂最親密的朋友。

最糟糕的是，流言是讓那令人抓狂者贏了！突然間，那人控制了你的嘴巴，控制了你的情緒。你一天到晚談論的都是他，而不是自己人生中的大好事！不要讓那個人贏！不要因為選擇說流言而讓令人抓狂者贏了。

彼得前書 3:9 說：「不以惡報惡，以辱罵還辱罵，倒要祝福；因

你們是為此蒙召，好叫你們承受福氣。」

你可以選擇說流言而錯過神所賜的福。或者，你可以選擇說積極正面、於人有益的話；你如果這樣做，你的人生就會蒙神賜福。

## 生命反思

- 你有什麼策略去避免或面對流言？
- 你認為為什麼這麼難以遠離流言？
- 如何將流言蜚語變成積極正面的談話？

## 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.

2019.12.11 (Wednesday) Devotion

Title: [The Cost of Anger]

*“People with understanding control their anger; a hot temper shows great foolishness”* (Proverbs 14:29 NLT, second edition).

Before you allow yourself to get mad back, calculate what you’re going to lose. Calculate the cost of anger. You’re less likely to get angry when somebody’s pushing your buttons if you realize there’s always a price for returning anger for anger.

The Bible is very specific about uncontrolled anger:

*“An angry person causes trouble; a person with a quick temper sins a lot”* (Proverbs 29:22 NCV).

*“Hot tempers cause arguments”* (Proverbs 15:18a TEV).

*“A hot temper shows great foolishness”* (Proverbs 14:29b NLT, second edition).

When you get angry, there is a cost: You’re going to get in trouble. You’re going to sin. You’re going to cause arguments. You’re going to make mistakes.

When you lose your temper, you always lose, whether it’s respect, the love of your family, your health, or even your job.

Maybe you use anger to motivate people to do the right thing. Don’t do it! In the short run, you may get the short-term payoff. But in the long run, anger always produces more anger, more apathy, and more alienation.

How many kids have become alienated from their dads or their moms because of out-of-control anger? How many people have been alienated from a boyfriend, a girlfriend, a husband, a wife, or a friend because somebody lost his or her cool? Anger destroys relationships

faster than anything else.

So when someone starts pushing your buttons, before you retaliate, just ask yourself, “Do I really want to do this? Do I want to make mistakes? Do I want to sin more? Do I want to cause arguments? Do I want to act foolish?”

Proverbs 14:29 says, “*People with understanding control their anger; a hot temper shows great foolishness.*”

There is always a price for anger. Before you retaliate, calculate the cost.

**Talk It Over**

- What methods do you use to keep your cool when someone gets angry at you or attacks you?
- What has anger cost your relationships?
- What is a better way to lead people than by anger and intimidation?

---

---

---

---

---

---

---

---

---

---

---

---

2019.12.11 (週三) 靈修

## 題目: [憤怒的代價]

「不輕易發怒的，大有聰明；性情暴躁的，大顯愚妄。」(箴言 14:29)

在你讓自己以發火回應怒火之前，計算一下你將會失去什麼，計算一下憤怒的代價。如果你意識到用憤怒來回應憤怒總有一個代價，那麼當有人激怒你的時候，你生氣的可能性就會降低。

聖經對不受控制的憤怒講得非常具體：

「好氣的人挑啟爭端；暴怒的人多多犯罪」(箴言 29:22)

「暴怒的人挑啟爭端…。」(箴言 15:18)

「性情暴躁的，大顯愚妄。」(箴言 14:29)

當你生氣時，就會有一個代價：你會遇到麻煩; 你會犯罪，你會引發爭議，你會犯錯誤。

當你脾氣失控時，你總會失去一些東西，或許是別人對你的尊重，家人的愛，你的健康，甚至你的工作。

也許你是用憤怒來刺激別人做正確的事情。請不要這樣做！只看眼前，你可能會獲得一些短期效果。但從長遠來看，憤怒總會導致更多憤怒，更多冷漠更多疏遠。

有多少孩子因為父母失控的憤怒而導致他們疏遠父母？有多少人因為有人沉不住氣而導致與男女朋友、丈夫、妻子或朋友疏遠？憤怒破壞人與人之間的關係比什麼都快。

所以，當有人開始激怒你的時候，在你進行報復之前這樣問你自

己：「我真的想這麼做嗎？我真的想犯錯誤嗎？我真的想犯更多罪嗎？我真的想引起爭執嗎？我真的想做得這麼愚蠢嗎？」

箴言 14:29 說：「不輕易發怒的，大有聰明；性情暴躁的，大顯愚妄。」

## 生命反思

- 當有人對你生氣或攻擊你時，你用什麼方法保持冷靜？
- 憤怒曾經讓你在人際關係上付出過什麼代價？
- 有什麼比憤怒和恐嚇更好的方法去引導他人？

## 靈修筆記

[illegible]

## 2019.12.12 (Thursday) Devotion

### Title: [Anger Yields Anger, Wisdom Yields Patience]

*“A person’s wisdom yields patience; it is to one’s glory to overlook an offense” (Proverbs 19:11 NIV).*

Hurt people hurt people. When someone hurts you, it’s because they’ve been hurt. Unkind people have never felt kindness. Unloving people feel unloved. When someone is rude, bitter, unkind, sarcastic, mean spirited, or arrogant, they are shouting with all of their behaviors, “I am in pain! I need massive doses of love! I do not feel secure!” Because secure, loved people don’t act that way. The person who feels deeply loved and deeply secure is generous and gracious to other people.

If you want to just get even with people, fine. You’re no better than they are. When you get even, you are no better than the person who has attacked you. To be better than that person, you overcome evil with good. You respond with love. You look past their words to their pain.

Edwin Markum wrote a short poem that goes like this: “They drew a circle to shut me out, heretic, a rebel, a thing to flout. But love and I had the wit to win. We drew a circle that took them in.”

Here’s a myth that everybody’s been sold by modern psychology but that is flat out wrong: You have only a set amount of anger in your life. It’s like you’ve got a bucket of anger. When that bucket gets full, modern psychologists say you need to express it. You need to just pour it out. Then, when the bucket is empty, it will be cathartic.◦

If you believe this myth, you’re going to struggle with anger your entire life, because you don’t have a bucket of anger in your life. You have a factory! That factory can keep on producing and producing and producing. When you get rid of that, you’ll get more. In fact, the more anger you throw out, the more it produces.

Study after study has shown that aggression only creates more aggression. Angry outbursts more often lead to more anger, until it becomes a habitual pattern in your life.

The answer is not just to throw it out. It’s just going to refill! The answer is to let it go.

*“A person’s wisdom yields patience; it is to one’s glory to overlook an offense” (Proverbs 19:11 NIV).*

**Talk It Over**

- Why do you think it is so hard for us to let things go, even and sometimes especially between the people we love most?  
What can you fill your life with so that you overflow with goodness and not anger?
- How can you dig deeper with someone so that you understand better their feelings and not just their words or actions?

---

---

---

---

---

---

---

---

---

---

---

2019.12.12 (週四) 靈修

題目: [憤怒生憤怒，智慧生耐心]

「人有見識就不輕易發怒；寬恕人的過失便是自己的榮耀。」  
(箴言 19:11)

傷痛的人會傷害人。若有人傷害你，是因為他們曾經受過傷害。不友善的人從來沒有感覺到被善待過，不懂得愛的人感覺不曾被愛。當人顯得粗魯、苦毒、不友善、尖酸刻薄、壞心眼或者傲慢時，他們其實是用自己的行為在大喊：「我正在痛苦中！我需要大量的愛！我沒有安全感！」因為有安全感並有愛的人是不會這樣做的，一個感到被深愛著而且非常有安全感的人，會慷慨和仁慈地待人。

如果你只想與人扯平，沒問題。但是那樣一來，你就不比他們好到哪裏去了。當你扯平的時候，你就不會比那攻擊你的人更好。要比對方更好，你要以善勝惡，要以愛回應，你要看到對方之所以那樣說話背後的痛苦。

埃德溫·馬克姆 (Edwin Markum) 寫了一首短詩：「他們畫了一個圈子，把我排除在外，視我為異端、反叛者、可鄙的小人。但是愛讓我有機智取勝。我們畫了一個圈子，把他們都包進來。」

現代心理學推銷的是一個肯定錯誤的迷思：人一生的憤怒有一個固定量，就好像你有一個裝憤怒的桶——現代心理學家說，當那個桶裝滿了，你你就該宣洩出來，就像把憤怒從桶裏倒出來。桶倒空了，你也就淨化了。

如果你相信這個迷思，你一生都會在憤怒中掙扎，因為你其實不是只有一桶憤怒，而是有一間憤怒工廠！這工廠可以持續不斷地生產、生產，再生產。當你倒去一點，你得到的反而更多。事實

上，你倒出的憤怒越多，它生產出來的憤怒也越多。

研究一再顯示，攻擊情緒只會產生更多攻擊情緒。宣洩憤怒往往引發更多憤怒；宣泄會周而復始地出現，直至成為你人生的習慣模式。

憤怒會不斷回填補充！所以，解決方法不是把憤怒宣洩掉，而是要放手。

「人有見識就不輕易發怒；寬恕人的過失便是自己的榮耀。」  
（箴言 19:11）

## 生命反思

- 你認為我們為何如此難放手呢？甚至在我們最愛的人之間，有時候尤其是在我們最愛的人之間？
- 你可以用什麼來充實你的生命，讓你滿溢善良而不是憤怒？
- 你可以如何深入了解某人，然後你更理解他們的感受，而不只是看到他們的話語或行為？

## 靈修筆記

---

---

---

---

---

---

---

---

---

---

2019.12.13 (Friday) Devotion

Title: [Do You Need a Heart Transplant?]

*“The fear of human opinion disables; trusting in God protects you from that” (Proverbs 29:25 MSG).*

If you’re going to get control of anger in your life, you must base your identity in Jesus, understanding that he loves you unconditionally, that you are his, that you are valuable, and that he has a purpose and plan for your life.

If you build your identity on anything else, you’ll struggle with insecurity your whole life. You can build your identity on your job, but you can lose your job. You can build your identity on how good-looking you are, but you may lose your good looks. You can build your identity on the person you married, but he or she is going to die. You can build your identity on being popular, but you’re not always going to be popular.

If you build your identity on anything that can be taken away from you, you’re going to be insecure, and insecurity is at the root of your anger. Until you start feeling secure about yourself, people are going to be able to push your buttons. When you know who you are and whose you are, people can’t push your buttons. They can’t get to you. Anger and insecurity go together. The more insecure you feel, the angrier you feel.

The Bible says in Proverbs 29:25, *“The fear of human opinion disables; trusting in God protects you from that” (MSG).*

When you get angry, your mouth just reveals what’s inside your heart. A harsh tongue reveals an angry heart. A negative tongue reveals a fearful heart. A boasting tongue reveals an insecure heart. An overactive tongue reveals an unsettled heart. A judgmental tongue reveals a guilty heart. A critical tongue reveals a bitter heart. A filthy tongue reveals an impure heart.

On the other hand, an encouraging tongue reveals a happy heart, a gentle tongue reveals a loving heart, and a controlled tongue reveals a peaceful heart.

You know what you need to get rid of your anger problem? You need a heart transplant. Fortunately, God specializes in them. It's called salvation! God gives you a brand new heart and a brand new identity. You don't have to find your identity in your job or your bank account or your good looks or your relationships, because you find your identity in what God says about you.

Jesus can heal the three things that cause anger: hurt, frustration, and fear. Jesus can heal your hurting heart with his love. Jesus can replace your frustrated heart with his peace. Jesus can replace your insecure heart with his power.

If you pick up a crying baby and hold it close so that it feels warm and secure, it stops crying. It stops being angry. When you feel secure and accepted in Jesus Christ, your anger is going to dissipate.

**Talk It Over**

Maybe you need to pray this prayer today: "Dear God, I admit I have a problem with my anger. I let other people push my buttons, I get even, and I don't think before speaking. I'm asking for your help. Help me to reflect before reacting. Help me to learn to release my anger appropriately. Help me to find my identity in you. I open myself completely to you. Come into my life. Save me. Make the changes that only you can make. In your name I pray. Amen."

---

---

---

---

---

---

---

## 2019.12.13 (週五) 靈修

### 題目: [你需要換一顆心嗎?]

「懼怕人的，陷入網羅；惟有倚靠耶和華的，必得安穩。」（箴言 29:25）

若要制怒，你必須把自己的身份立基在耶穌裏，瞭解祂無條件地愛你，你是屬於祂的，你很有價值，而且祂已為你的人生定下目標和計劃。

如果你將身份建立在任何其它事物上，你一生都會欠缺安全感。你可以把身份建立在工作上，但你可能會失去工作；你可以把身份建立在相貌上，但你不能永遠保持帥美；你可以把身份建立在配偶身上，但他或她會離世；你可以把身份建立在受人追捧上，但你不可能總是受歡迎。

如果你把你的身份建立在可能失去的事物上，你將會變得沒有安全感；而缺乏安全感正是憤怒的根源。直到你開始覺得對自己有安全感之前，別人都可以輕易激怒你。當你知道自己是誰以及自己屬於誰的時候，別人就不能輕易激怒你，你也不會被別人惹毛。憤怒和不安全感是相生相隨的，你愈感到不安全，就愈感到憤怒。

箴言 29:25 說：「懼怕人的，陷入網羅；惟有倚靠耶和華的，必得安穩。」

當你生氣時，你的嘴巴會揭示你的內心世界。尖酸刻薄的話語揭示一顆憤怒的心；負面的話語揭示一顆恐懼的心；吹噓的話語揭示一顆沒有安全感的心；過度亢奮的話語揭示一顆不安定的心；論斷人的話語揭示一顆罪疚的心；挑剔的話語揭示一顆苦澀的心；而污穢的話語揭示一顆不純潔的心。

另一方面，鼓舞人的話語揭示一顆喜樂的心；溫柔的話語揭示一顆慈愛的心；節制的話語揭示一顆平和的心。

你知道自己需要通過什麼才能去除憤怒的毛病嗎？你需要換一顆心。值得慶幸的是，神善於為人換心。這稱為救恩！神會給你一顆全新的心和一個全新的身份。你不必在工作、銀行帳戶、相貌或人際關係上尋找自己的身份，因為你可以從神對的話語中找著自己的身份。

耶穌可以治愈導致憤怒的三個病根子：傷痛、沮喪和恐懼。耶穌可以用祂的愛醫治你受傷的心；耶穌可以用祂的平安替換你沮喪的心；耶穌可以用祂的大能來取代你缺乏安全感的心。

如果你抱起一個哭泣的嬰兒，把他擁入懷裏，讓他感到溫暖和安全，他會停止哭泣，停止生氣。當你在耶穌基督裏感到安全和被接納，你的憤怒會消散。

## 生命反思

也許你今天該做這個禱告：「親愛的神啊，我承認我有憤怒的問題。我讓別人輕易按動我的心理按鈕激怒我，然後以牙還牙，並且未經思考就說話。我請求祢幫助我在作出反應前先反思，幫助我學會適當地釋放憤怒。我想在祢身上尋找到我自己的身份，我把自己完全交託給祢，請祢進入我的生命，拯救我！成全那些只有祢能做的改變。奉祢的名求，阿們！」

## 靈修筆記

---

---

---

---

---

2019.12.14 (Saturday) Devotion

Title: [Problems Prepare You for Eternity]

*“So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold — though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world” (1 Peter 1:6-7 NLT).*

We need more than positive thinking to survive in this world. We need hope.

There are five reasons we can have hope through Christ found in 1 Peter 1. I’ve given you the first four in the last few days’ devotionals.

**1. God chose us before we chose him.**

**2. God always treats us with grace and mercy.**

**3. God has secured our future.**

**4. God’s power will protect us.**

Finally, we can have hope because God is preparing us for eternity.

He’s using everything in our lives — the good, the bad and the ugly — to do so. Once you understand this, life begins to make sense. You stop saying, “Lord, why is this happening?” because you know why: He’s preparing you for eternity.

The Bible says, *“So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold — though your faith is far more precious than mere gold.*

*So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world” (1 Peter 1:6-7 NLT).*

Those verses describe six truths about problems that are the same today as they were in in Peter’s day.

**1. Problems are temporary.** They won’t last forever. But God is using those trials for his purposes.

**2. Problems are necessary.** They are an indispensable part of preparing you for Heaven.

**3. Problems are varied.** You’ll experience trials of all different shapes, sizes, and levels of intensity.

**4. Problems test your faith.** You build muscles by testing them. The same is true with your faith.

**5. Problems purify your motives.** God is much more interested in your character than your comfort. He’ll use trials to refine your character.

**6. Problems prepare you for your rewards.** The trials you’re going through now don’t compare to the rewards of Heaven.

Sure, the troubles you’re experiencing now aren’t fun. But the Bible makes it clear they are good for you. They’ll make your faith stronger.

That’s why you can have hope no matter what’s going on in your life right now.

## **Talk It Over**

- How have you seen God use troubles to make your faith stronger?
- How can understanding the truths from today’s devotional help you live full of hope?
- With whom can you share the message of this devotional?

2019.12.14 (週六) 靈修

題目: [困難是為永生道路而設]

「因此，你們是大有喜樂；但如今，在百般的試煉中暫時憂愁，叫你們的信心既被試驗，就比那被火試驗仍然能壞的金子更顯寶貴，可以在耶穌基督顯現的時候得著稱讚、榮耀、尊貴。」  
（彼得前書 1:6-7）

人生在世我們不只需要正向思維，我們需要盼望。

彼得前書第一章告訴我們能在基督裏活出盼望的五個理由。以前的靈修信息我已分享了四項：

1. 在我們選擇神之前，祂已揀選我們；
2. 神總是以恩典和憐憫待我們；
3. 神確保了我們的未來；
4. 神的大能會保護我們。

最後，我們能夠擁有盼望是因為**神預備我們走永生的道路**。

神使用我們人生中的一切事——所有的好、壞、醜陋——來預備我們。一旦你明白這道理，人生就開始有意義；你不會再問：「主啊，為什麼會這樣？」因為你已知道答案：是神在預備你走永生的道路。

聖經說：「因此，你們是大有喜樂；但如今，在百般的試煉中暫時憂愁，叫你們的信心既被試驗，就比那被火試驗仍然能壞的金子更顯寶貴，可以在耶穌基督顯現的時候得著稱讚、榮耀、尊貴。」（彼得前書 1:6-7）

經文描述了六個有關困難的真理，是在彼得的時代和今日同樣的困難。

1. **困難是暫時的**——它不會持續到永遠，但神能使用試煉來成就祂的旨意。
2. **困難是必須的**——是為預備你進入天堂不可或缺的人生過程。
3. **困難是多樣化的**——你將經歷各式各樣、程度不一的考驗。
4. **困難考驗你的信心**——信心一如肌肉，需要經過操練才能結實強壯。
5. **困難純化你的動機**——神關心你的品格遠超過你的安逸，祂會用試煉提升你的品格。
6. **困難為你預備獎賞**——和將來天上的獎賞相比，你這刻經歷的試煉實在微不足道。

當然，你這時所經歷的困難並不容易，但聖經指明它們對你大有益處——能堅固你的信心，成就你聖潔的品格，並預備你得天上的獎賞。

因此，不論人生際遇如何，你仍能常存盼望。

## 生命反思

- 你曾如何看到神用困難來堅固你的信心？
- 明白今天靈修的真理如何幫助你活得滿有盼望？
- 你可以與誰分享這篇靈修信息？

## 靈修筆記

---

---

---

---

---

---

---

---

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

