

Wednesday, 1 July 2020

Title: All Ye that Hope in the LORD

Author: Pastor Wallace Ong

Psalm 31:7-13

7 I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul, 8 and you have not delivered me into the hand of the enemy; you have set my feet in a broad place. 9 Be gracious to me, O Lord, for I am in distress; my eye is wasted from grief; my soul and my body also. 10 For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away. 11 Because of all my adversaries, I have become a reproach, especially to my neighbors, and an object of dread to my acquaintances; those who see me in the street flee from me. 12 I have been forgotten like one who is dead; I have become like a broken vessel. 13 For I hear the whispering of many; terror on every side; as they scheme together against me, as they plot to take my life.

The psalmist said he will “rejoice and be glad” because he had experienced the mercy and love of God in the past, and he anticipates that God will continue to be faithful and steadfast in the future. He joyfully celebrated in thanksgiving and praise even when he was in the midst of affliction. He was filled with joy because he trusted that God who had paid attention and taken notice of his hardship – vv7, and he believed that God intimately knew in detail of the anguish in him – vv7. The word “know – (Yada) in Hebrew” is also used in *Genesis 4:1* “Now Adam knew Eve his wife, and she conceived and bore Cain...”

Verse 10 reveals to us psalmist’s profanest sin was the gnawing pain in his heart and it sapped away all his strength. He regretted the sin he had committed. He was well aware that God had every right to punish him by handing him over to his enemy for destruction. God was so merciful toward him that He did not worsen the situation he was in – vv8a. Instead, God gave him sufficient space and time for him to recover and recharge himself – vv8b. God did not forsake him like the people around him. They had abandoned him like rotten trash, increased his pains by slandering him, threatened him, conspired against him and plotted to kill him – vv11-13.

God is always faithful to us when others are even reluctant to associate with us in difficult time. He never thinks less of us when we become like broken vessels. He does not misjudge us and cast us off when the rest of the world despises us, or when our hearts are laden with despondency. Jesus can sympathize with us when no one else can fully understand our sorrow because He had incarnated to be in the flesh just like us. God’s love had led the psalmist to repent, rejoice, and shout praises to God. God had picked him up from where he was, comforted him, strengthened him, and allowed him to start life afresh.

Every one of us who follows Jesus will have our ups and downs; we will face trials and temptations, and experience setbacks in one way or another. Some are able to hide it well or to put up a brave face, but others might not. As Christians, we are children of God and members of His family; He has given immense mercy and grace to us. Despite whatever circumstances, we are able to praise and worship Him. When we see our brothers and sisters in Christ who are going through afflictions and suffering because of various circumstances, we should imitate our good Lord to be sympathetic and to walk with them with love and compassion. We should not add more grief and agony to them by discriminating against them especially by way of unkind words or slander. *"Everyone who hates (do not love) his brother is a murderer, and you know that no murderer has eternal life abiding in him."* (1John 3:15)

God is love, and whoever abides in love abides in God, and God abides in him. By this is love perfected with us, so that we may have confidence for the day of judgment, because as He is so also are we in this world. We love because He first loved us. If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. And this commandment we have from Him: whoever loves God must also love his brother. (1John 4:16b-17, 19-21)

Prayer:

Dear Heavenly Father,

We praise You and thank You for what You have done for us, O Mighty God! Because of Your love and mercy, we can come into Your presence and worship You! Please forgive us if we have not loved our family, brothers and sisters in the church, and people around us as You have intended us to do. Help us, O Lord, to be compassionate to those who are suffering and have special needs. Teach us to follow the perfect example of our Lord Jesus Christ to love with sacrificial love for others. In Jesus' name, Amen.

每日灵粮

星期三, 2020 年 7 月 1 日

标题: 在困厄中仰望上帝的人

作者: 王振威传道

翻译: 杨惠光弟兄

诗篇 31: 7-13

我要为你的慈爱高兴欢喜，因为你见过我的困苦，知道我心中的艰难。你未曾把我交在仇敌手里，你使我的脚站在宽阔之处。耶和華啊，求你怜恤我，因为我在急难之中，我的眼睛因忧愁而干瘪，连我的身心也不安舒。我的生命为愁苦所消耗，我的年岁为叹息所旷废，我的力量因我的罪孽衰败，我的骨头也枯干。我因一切敌人成了羞辱，在我的邻舍跟前更甚。那认识我的都惧怕我，在外头看见我的都躲避我。我被人忘记，如同死人，无人记念，我好像破碎的器皿。我听见了许多人的谗谤，四围都是惊吓。他们一同商议攻击我的时候，就图谋要害我的性命。

诗人说，他将“高兴欢喜”，因为他曾经历上帝的怜悯和爱，他期望上帝会继续信实不变。即使他受苦，他仍然在喜乐与感恩中欢庆赞美。他充满喜悦，因为他信靠那关心并留意他苦难的上帝（第 7 节），他相信上帝深知他内心的痛苦（第 7 节）。“知道”（希伯来语：Yada）这个单词也出现在创世记 4: 1——“亚当得知妻子夏娃怀孕并生了该隐……”

第 10 节向我们揭示了诗人最衰渎的罪恶。这罪使他心痛如绞并消耗了他所有的力量。他对自己犯下的罪感到遗憾。他十分清楚，上帝有权将他交给敌人来惩罚。但是上帝对他如此仁慈，以至于他没有使诗人在第八节的情况继续恶化。相反，上帝给了他足够的空间和时间让他恢复，给自己充电（第八节下）。上帝没有像他周围的人一样抛弃他。他们视他如腐烂的垃圾，抛弃、污蔑他使他的痛苦加增，威胁他，密谋及要杀害他（第 11-13 节）。

当别人不愿意和我们共患难时，上帝始终都是信实的。当我们变得像破损的船只时，他从不会漠不关心。当世界鄙视我们时，上帝不会误判我们并抛弃我们。又或者当我们感到沮丧，没有人能理解我们的悲伤时，耶稣怜悯我们因为他自己曾经道成肉身成为人像我们一样。上帝的爱使诗人悔改，欢喜和大声赞美上帝。上帝在他跌倒的地方接纳他，安慰他，增强他的力量，让他重新开始生活。

我们每个跟随耶稣的人都会有起有落。我们将面临审判和诱惑，并在得时不得时经历挫折。有些人能够很好地隐藏自己或摆出勇敢的样子，但有些人则没办法。作为基督徒，我们是上帝的儿女及他的家人；他赐给了我们极大的怜悯和恩典。无论情况如何，我们都可以赞美和崇拜他。

当我们看到身旁信主的弟兄姐妹因各种情况遭受苦难，我们应该效法我们的上帝有怜悯的心肠以充满爱和同情与他们肩并肩。我们不应该歧视他们，给他们带来更多的悲伤和痛苦或用不客气的话诽谤他们。

1 约翰 3:15

凡恨他弟兄的，就是杀人的；你们晓得，凡杀人的，没有永生存在他里面。

约翰一书 4: 16b-17, 19-21

上帝就是爱，住在爱中的，就是住在上帝里面，上帝也住在他里面。这样，爱在我们

里面得到成全，使我们在审判的日子可以坦然无惧，因为我们在这世上以基督为榜样。

我们爱，因为上帝先爱了我们。若有人说“我爱上帝”，却恨自己的弟兄姊妹，这人就是说谎话，因为人若不爱看得见的弟兄姊妹，又怎能爱看不见的上帝呢？爱上帝的人也应该爱弟兄姊妹，这是上帝给我们的命令。

祷告：

亲爱的天父，全能的上帝啊，我们赞美你，感谢你为我们所做的一切！

因你的爱与怜悯，我们与你同在并敬拜你！如果我们不爱我们教会中的家人、弟兄姐妹或周遭的人，请原谅我们。耶和华啊，帮助我们对那些遭受苦难并有特殊需要的人充满怜悯的心。教导我们跟随我们的主耶稣基督的完美榜样来爱其他人。奉耶稣的名，阿们。

Thursday, 2 July 2020

Title: "The Lord Reigns" So what?

Author: Hon Sir Neng

Psalm 97

When it concerns God, we tend to ask "so what?" Often times, we do not voice it out, but its reflected in our lives. We live the "so what" attitude; we take God for granted, despite knowing Him and all He has done. We hear things such as "God is great" or "God is the God of the whole universe" and we tell ourselves that it is cliché. It shows that we do not respond to Him rightly. However, this psalm calls us to think, to sing, as well as to respond appropriately.

Verses 1-5 describe God's rule. Because of His rule, the earth rejoices and the coast lands are glad (v1)! In verses 2-5, we see vivid descriptions used to describe God. We see righteousness and justice as the very foundation of His throne (v2), fire burning all around (v3), God's lightning that lights up the world and causes the world to tremble (v4), and even mountains would melt before God's presence (v5)! I would encourage us to imagine these descriptions so that we can better understand what the psalmist is telling us.

Verses 6-9 speak about the response by God's creation. "The heavens proclaim His righteousness and all the peoples see His glory." (v6) Those who worship idols are put to shame, because all idols are worthless. They are nothing more than what God created them to be (i.e. stones, metals) (v7). If all of creation display and showcase God's glory, why is it that we, as His people, do not do the same?

Zion, the City of God and a place where God's people dwell, alongside with God's people are glad and rejoice over God's righteous judgment over all the earth (v8). This speaks about the response by His redeemed people over God's act of decisive judgment throughout history. God's people can be rest assured that God is protecting them from harm by His acts of judgment against those who oppose His people.

Verses 10-12 then end with a call for God's people to live in light of this reality. They are to hate evil. God also preserves the lives of His saints and delivers them from evil (v10). This is the response that we ought to have. At the same time, God also fills His people with light and joy. Here we are reminded of God's protection and blessings for His people. Though God's protection for us might not be what we expect most of the time, we can be assured of our ultimate security. Just as the people of God in the Old Testament rejoiced and gave thanks to God for their security in the physical Promised Land (Zion), likewise, we rejoice and give thanks because of our security in the heavenly Zion.

Prayer

Here are a few points for us to consider and to reflect as we pray. Do we take God for granted, by thinking/saying “so what” toward all of His greatness? Here we are called to celebrate and rejoice His rule over creation and His protection over His people. No matter how bad our current circumstances are in this current life, we can be assured that our security is found in Christ, where we will never be separated from His presence! This is the reality that we live in. Yet, are we taking this for granted and saying “so what”? If this is our attitude, may we also ask God for forgiveness and ask Him to restore to us the joy of His salvation in our lives.

每日灵粮

星期四，2020 年 7 月 2 日

标题：“主统治”又怎样？

作者：韩思能

诗篇 97

我们认为上帝是理所当然的吗？通常，我们不说出来，而是反映在我们的生活中。尽管知道他和他所做的一切，我们本着将上帝视为理所当然的态度生活。我们听到诸如“上帝是伟大的”或“上帝是整个宇宙的上帝”之类的话，我们告诉自己这是陈词滥调。它表明，我们没有正确向他回应他。但是，这篇诗篇呼吁我们思考，唱歌以及做出适当回应。

第 1-5 节描述了神的控制。由于祂的控制，愿地快乐，愿众海岛欢喜（第 1 节）！在第 2-5 节中，我们看到生动的描述被用来描述上帝。我们读到公义和公平是他宝座的根基（第 2 节），烈火在他前头行（第 3 节），他的闪电光照世界，大地看见就震动（第 4 节），甚至诸山见耶和華的面，就是全地之主的面，就如蜡融化（第 5 节）。我们可以想象这些描述。我鼓励我们所有人想象，以便我们可以更好地了解诗篇作者所表达的。

第 6 到 9 节谈到了上帝所创造的回应。诸天表明他的公义，万民看见他的荣耀（第 6 节）。那些崇拜偶像的人将蒙羞，因为所有偶像都一文不值。因为它们只不过是上帝创造它们的东西（即石头，金属）（第 7 节）。如果所有的造物都彰显上帝的荣耀并彰显上帝的荣耀，那为什么我们作为祂的子民却不这样做呢？

锡安，神的城市，是神的子民居住的地方，与神的子民一起感到高兴，他们为神对全地的公义审判感到高兴（第 8 节）。这是关于他的救赎子民对神在整个历史上的果断审判的反应，这保护了他的子民免受伤害。上帝的子民有保障，上帝通过对那些反对祂子民的人的审判行为来保护他们。

然后，第 10 到 12 节以呼吁神的子民根据这一现实生活为结尾。他们要恨恶。上帝还保留了圣民的生命，使他们脱离邪恶（第 10 节）。这是我们应有的回应。与此同时，散播亮光为义人，喜乐归于心里正直的人。上帝也使他的子民充满光明与喜乐。在这里，我们想起了上帝对他子民的保护和祝福。尽管在大多数时间里上帝对我们的保护似乎并不像我们期望的那样，但我们可以放心我们的终极安全。正如旧约中的上帝百姓欢喜并感谢上帝在有形的应许之地（锡安）中为他们的安全一样，由于我们在天堂锡安的安全，我们同样欢喜和感谢。

祷告

这是我们祈祷时要考虑和反思的几点。我们经常把上帝视为理所当然吗？在这里，我们被召唤来庆祝和庆幸他对创造的控制和他子民的保护。不管我们当前的状况有多糟，我们可以放心，我们的安全是在基督里找到的，我们将永远与他的同在分开！这

是我们生活在现实中。但是，我们是否将这些视为理所当然？如果这是我们的态度，我们是否也可以祈求上帝的宽恕，并祈求上帝使我们重获他生命中救赎的喜悦。

Friday, 3 July 2020

Title: Our help comes from God alone

Author: Prathab V

Psalm 25

Walking with Jesus daily demands a great deal of faith. Sometimes when we pray and walk in obedience, it is natural to expect great blessings from the Lord. Unfortunately, things don't always work out as we expect.

Moses did not want to lead the Israelites out of Egypt. But he obeyed and suffered a great deal of hardship. David defeated Goliath, but could not defeat his own carnal desires. David later suffered for his sin. The apostle Peter did not really understand what Jesus was saying. James and John thought that following Jesus can elevate them to sit on the Lord's left- and right-hand side. The apostle Paul suffered greatly in preaching the gospel to the gentiles. Even the early Christian men, women and children, despite their many pleas and prayers, ended up being torn to pieces by fierce lions in the Roman arena during the time of persecution.

Despite their sufferings, there is reserved for them a crown of glory which no one can take away.

A friend once told me that I should never look down on any Christian who appears to be going through a lot of problems and challenges. "Brother, if you ever see a person going through many pains, trials and tribulations, don't look down on him (or her). Watch out! God may be making a prophet (or prophetess) out of him or her!"

Indeed, those who follow Christ will be persecuted (2 Tim 3:12). To me, Psalm 25:1-3 describes the Christian's sojourn here on earth very well. The psalmist declares that God will ultimately never abandon His children. In fact, the psalmist declares that those who trust in God will not be disgraced (v3a). Instead, those who deal treacherously against His children will be put to disgrace (v3b).

God will not owe us anything. Whatever we give up for the sake of Christ, will be returned to us many times over. Note that I am not just talking about material gains, but spiritual gains.

But more than that, our love for the Lord should not be based on what we can gain from God. This is because we already have obtained the best gift of all – eternal life in Christ. God has already given us His best gift. Now, are we willing to give up our comfort, time, pride and even our lives for His sake?

Though equal with God, Jesus did not care for His own needs. "Foxes have holes, and birds of the air have nests, but the Son of Man has nowhere to lay his head," Jesus said. He was not complaining. Instead, Jesus was pointing out that following Him faithfully requires a heavy price: we need to put God first above our own needs. When we obey, God watches over us and will hear our cries not to fall into disgrace in front of our enemies.

Prayer:

Lord, I cry out to you and ask for mercy. You know me inside out. My sins are not hidden from you. Help me to walk in obedience before You, putting You first in my life. Use me, Lord, as an instrument of Your peace, to bring the gospel to a world seeking hope and relief from pain. In Jesus' name, I ask. Amen.

每日灵粮

星期五, 2020 年 7 月 3 日

标题：我们的帮助只来自上帝

作者：帕拉他伯(Prathab V.)

翻译：巫惠如姐妹

诗篇 25

每天与耶稣同行需要很大的信心。有时候，当我们祈祷和顺从，我们自然而然地期待主赐福满满。不幸的是，事情有时不如所料。

摩西不想带领以色列人离开埃及，但他顺服并遭受了极大的困难。大卫打败了哥利亚，但却无法战胜自己的情欲。他也因此自食其果。使徒彼得并没有真正明白耶稣说什么。雅各和约翰认为跟随耶稣可以使他们坐在主的左右边。使徒保罗在向外邦人传福音时遭受患难。早期的基督徒，不管男女老少，虽多次恳求和祈祷，最终还是粉身碎骨，被迫害期间在罗马竞技场的凶猛狮子攻击。

尽管他们受苦受难，但他们仍有无人能夺的荣耀冠冕。一位朋友曾经劝我，绝不能轻视那些似乎遇到很多问题和挑战的基督徒。「哥们儿，如果你看到一个人正在经历许多的痛苦、试炼和磨难，不要瞧不起他（或她）。当心！上帝可能正在淘造一个先知（或女先知）！」

事实上，凡立志跟随基督的也都要受逼迫（提后 3: 12）。在我看来，诗篇 25: 1-3 确切地描述了基督徒在地上的短暂居住。诗人宣称，上帝永不抛弃他的孩子。事实上，诗人声称相信上帝的人必不羞愧(3 上)。相反，背信弃义者必蒙羞（3 下）。

上帝不会欠我们什么。不管我们为了基督而放弃什么，一切都会加倍地归还给我们。请注意，我说的不仅是物质利益，也包括属灵的收获。

但除此之外，我们对上帝的爱不应该基于我们能从上帝那里得到什么。这是因为我们已经获得了最好的礼物——在基督里的永生。上帝已经给了我们他最好的礼物。如今，我们是否愿意为了他而放弃我们的安逸、时间、自尊心，甚至我们的生命？

耶稣虽与上帝同等，却并不关心自己的需要。耶稣说：「狐狸有洞，天空的飞鸟有窝，只是人子没有枕头的地方。」他没有抱怨。相反，耶稣指出，忠心地跟随他需要付出沉重的代价：我们必须把上帝摆在自身需要之上。当我们服从时，上帝会眷顾我们，听我们的呼求，使我们不在敌人面前羞愧。

祈祷：主啊，我向你呼求，求你怜悯。你对我了如指掌。我瞒不了任何的罪。助我顺从你，把你摆在首位。主，使我作祢和平器皿，把福音带到正在寻求希望和从痛苦中解脱的世界。奉耶稣的名祈求，阿门。

Saturday, 4th July 2020

Title: A Lesson in Praise

Author: Pastor Soong Kok Kee

Psalm 150

1 Praise the LORD.[a]

Praise God in his sanctuary;
praise him in his mighty heavens.

2 Praise him for his acts of power;
praise him for his surpassing greatness.

3 Praise him with the sounding of the trumpet,
praise him with the harp and lyre,

4 praise him with tambourine and dancing,
praise him with the strings and flute,

5 praise him with the clash of cymbals,
praise him with resounding cymbals.

6 Let everything that has breath praise the LORD.
Praise the LORD.

How often do we praise God? Even as a Pastor, I confess that I pray to ask God for things rather than to praise Him. This last Psalm in the book of Psalms tells us where to praise, why we're to praise, how we're to praise, and who should offer praise.

Where do we praise?: In God's "sanctuary" and "mighty heavens" (v.1). Many Christians have been calling their churches to find out when can they gather together again in church to praise and worship God. True, many churches have worship services on Zoom or through Youtube these past three months because of the MCO, but it's not the same as getting together physically to praise and worship God in His sanctuary. We all missed that very much indeed!

Praise the Lord, as Pantai Baptist Church will be having its first service on 12th July 2020 but under strict SOP. We welcome all of you to join us, those who can of course.

Also, we are to praise God in the "mighty heavens", which we are to wait until our time comes. But our brothers and sisters who have gone before us are doing that right now along with all the heavenly hosts. Praise the Lord!

Why do we praise?: First, because of what God does. He performs "acts of power." Matthew Henry says "for all the instances of his might, the power of his providence, the power of his grace, what he has done in the creation, government, and redemption of the world, for the children of men in general, for his own church and children in particular".

Second, because of who God is. The psalmist praised Him for “his surpassing greatness” (v.2). The all-powerful (omnipotent), all-knowing (omniscient) and all-present (omnipresent) creator God of the whole universe. Who else can we praise but Him?

How should we praise?: With all kinds of instruments used in the temple-service – trumpet, harp, lyre, tambourine, strings, flute and cymbals. Loudly. Softly. Soothingly. Enthusiastically. Rhythmically. Boldly. Unexpectedly. Fearlessly.

In other words, we praise God in many and various ways and on many occasions (vv. 3-5), and with dancing too. Remember King David “danced before the Lord with all his might” (2 Sam 6:14). Let us not be too critical the next time we see brothers and sisters dance as they worship the Lord.

Who should praise?: “Everything that has breath” (v.6). Young and old. Rich and poor. Weak and strong. Every living creature. God’s will is for everyone He gave the breath of life to use that breath to acknowledge His power and greatness. All of His creation: The singing of the birds, the rushing sound of the gentle wind that breezes through the leaves, the falling rain, the ocean waves and even stones which have no breath when our Lord said in Luke 19:40 “If they kept quiet, the stones along the road would burst into cheers!” (NLT).

Yes, we all who has breath need to praise the Lord and here in this Psalm no less than thirteen times saying Praise the Lord or Hallelujah. Can we do less?

PRAYER: Thank you Lord for reminding us to praise you for who you are and what you have done in the universe and in our lives. Please forgive us for always asking you for things and for doing things for us. You have already given us breath, life and provided all our needs and, above all, your one and only son Jesus Christ to die for us on the cross so we may have forgiveness of sin and eternal life. We can never thank and praise you enough for all that you have so graciously blessed us with. In Jesus precious name we pray, AMEN.

每日灵粮

星期六，2020 年 7 月 4 日

标题：赞美的课题

作者：宋国基牧师

翻译：梁玉萍姐妹

诗篇 150

你们要赞美耶和华！在神的圣所赞美他，在他显能力的穹苍赞美他！要因他大能的作为赞美他，按着他极美的大德赞美他！要用角声赞美他，鼓瑟弹琴赞美他，击鼓跳舞赞美他，用丝弦的乐器和箫的声音赞美他，用大响的钹赞美他，用高声的钹赞美他。

凡有气息的都要赞美耶和华！你们要赞美耶和华！

我们多久会赞美上帝？即使身为牧师，我承认我祷告都是向上帝祈求事物，而不是赞美他。诗篇的最后一篇告诉我们在哪里赞美、为何要赞美、如何赞美以及谁应该赞美。

我们在哪里赞美？在上帝的“圣所”及在他“显能力的穹苍”(第 1 节)。许多基督徒打电话给他们的教会，想知道什么时候能聚集在教堂里赞美和敬拜上帝。诚然，过去三个月里，由于行动管制令，很多教堂都在线上进行崇拜聚会。但这和在圣所聚在一起赞美和敬拜上帝并不一样。我们确实都非常怀念在圣所崇拜！

赞美主，班底浸信教会将在 2020 年 7 月 12 日，在严格的标准操作程序下，开始第一次的崇拜。如果可以，我们欢迎你们一同来敬拜。

此外，当时候来到，我们要在“显能力的穹苍”赞美上帝。不过，那些在我们之前离世的弟兄姐妹们现在正和天军一起赞美。赞美主！

我们为何赞美？首先，因着上帝的所作所为。他有“大能的作为”。马太·亨利

(Matthew Henry) 说：“这关乎他的全能，他的旨意和恩典所彰显的能力；他在创造、体制和拯救世界各个方面所做的工作，为了普世的男女老少，特别是为他自己的教会及儿女所做的一切。”

第二，因着上帝是谁。诗人赞美他“大能的作为”(2 节)。全能的、无所不知、无所不在、全宇宙的创造者。除了他，我们还能赞美谁呢？

我们应该如何赞美？在圣殿敬拜中使用各种乐器，如角、鼓瑟、琴、鼓、丝弦的乐器、箫、长笛和钹。高声地、轻轻的、舒缓地、踊跃地、有节奏地、大胆地、出乎预料地、无所畏惧地。

换句话说，我们用许多不同的方式在各种场合赞美上帝(第 3-5 节)，并跳舞。记得大卫王“在耶和华面前极力跳舞”(撒母耳记下 6:14)。如果我们看到弟兄姐妹们在敬拜主时跳舞，让我们不要过于批评。

谁应该赞美？”凡有气息的”(第 6 节)。老少、贫富、弱者和强者、每个生物。上帝的旨意是让每个他给了生命气息的人，用这气息来承认他的能力和伟大。他所有的创作：鸟儿的歌唱，轻风吹过树叶的冲击声、落下的雨水、海浪、甚至没有气息的石头。我们的主在路加福音 19:40 说：“若是他们闭口不说，这些石头必要呼叫起来。”

是的，我们凡有气息的人都要赞美主。在这首诗篇中，至少有十三次说到赞美主或哈利路亚。我们能少说吗？

祷告：感谢上帝，提醒我们，为你是怎样的一位上帝以及你在宇宙和我们生活中所做的一切赞美你。请原谅我们总是求你一些事，也要求你为我们做事。你已经赐予我们气息，生命，并供应了我们一切的需要。最重要的是，你独一的儿子耶稣基督在十字架上为我们而死，使我们的罪得宽恕及享有永生。你厚赐予我们的一切，我们感激不尽，而我们的赞美也永远不足。我们奉耶稣宝贵的名祷告，阿门。

Sunday, 5 July 2020

Title: God is our Dwelling Place

By Elder Yu Chin Shie

Psalm 90:1-2

1 Lord, you have been our dwelling place throughout all generations.

2 Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God.

The heading of Psalm 90 : “ A prayer of Moses, the man of God “. Probably this psalm is the oldest of all the psalms because Moses lived long before David and Solomon and Asaph and the other authors of the psalms.

Moses had seen pharaohs live and die. Most likely he saw their tombs under the pyramids. Certainly he saw the anguish of many Egyptians who lost their firstborn in the tenth plague. And he saw the Egyptian soldiers who died at the Red Sea. All of them were laid to rest but none of them had God as their refuge, their home, their dwelling place. So who is Moses talking about in verse 1 of Psalm 90?

Moses is talking about all the believers he has written about in the first five books of the bible : Adam & Eve, Abel, Enoch, Noah, Abraham & Sarah, Isaac & Rebekah, Jacob, Joseph, Joshua, Caleb.

Moses is also talking about the children of Israel who were rescued from Egypt, taken across the Red Sea and led through the wilderness to the border of Canaan.

No matter where His people lived, whether in slavery in Egypt, in the hot Sinai desert, or in a land flowing with milk and honey, God was their dwelling place – their home, their refuge. They were like Abraham, who though he left his home in Ur of the Chaldees and dwelt in tents among the Canaanites, yet he had a shelter in God.

People of God “throughout all generations” have God as their dwelling place, their shelter, their home. As we reflect on Psalm 90:1, thank God all of us who are Christians, who have believed in the Lord Jesus Christ, the Lord God Almighty is our dwelling place, our home, and our refuge. In the Lord Jesus, we find shelter, refuge, a safe haven we call home where He shelters, comforts, protects, preserves and cherishes us.

For those who are non believers, I urge you to put your trust in our Lord Jesus Christ and make Him your dwelling place.

We are reminded in verse 2 of an attribute of God – God is eternal. He is from Everlasting to Everlasting. His greatness is beyond our comprehension. He is the God of history. He is the God of creation. But beyond all that, He is God of eternity. He is above and beyond His creation. He is above and beyond time. He is greater than the universe He created. He existed before the universe.

I hope we hear the message of Moses to the children of Israel. Also, we hear the message we can all learn. That God, in Christ, is always our dwelling place. In Him, we can always find refuge and safety and security.

No matter what happens, no matter what enemies we face, no matter what calamities we are in, we will go through with Him by our side.

In Christ, none of us can ever be separated from God (Romans 8:38-39). In Christ, we are safe and secure in our mighty and eternal God.

Prayer

O God our Heavenly Father,
We praise you for being our dwelling place. In you, we know we can have your protection, provision and guidance in whatever situation in life we are in. Thank you for keeping us and our families safe during these last three months of MCO. We thank you that next Sunday, we all can be back to church to worship you. We continue to pray for those who are impacted by the Covid 19 pandemic either in their employment or businesses. May you help them in whatever situation they are in and provide for their physical needs.
In Jesus' name we pray. Amen.

每日灵粮

星期日 2020 年 7 月 5 日

题目：上帝是我们的居所

作者：余清熹长老

翻译：方美珠姐妹

诗篇 90：1-2

1 主啊，祢世代代作我们的居所。

2 诸山未曾生出，地与世界祢未曾造成，从恒古到永远，祢就是上帝。

诗篇 90 的主题：“神人摩西的祈祷”。这个诗篇可能是所有诗篇中最古老的，因为摩西比大卫、所罗门、亚萨和其他诗篇的作者活得更早。

摩西曾见过法老们的生平和离世。他也可能在金字塔下看过他们的坟墓。当然，他也看过了许多埃及人在第十次灾中失去了长子的痛苦。他看到了埃及士兵死在红海中。他们全都安息了，可是他们当中却没有一个是有上帝为他们的避难所，他们的家园，他们的居所。所以，摩西在诗篇 90 的第 1 节中在说什么呢？

摩西是在谈论他在圣经前五本书中的所有信徒：亚当与夏娃、亚伯、以诺、诺亚、亚伯拉罕与撒拉、以撒与利百加、雅各、约瑟、约书亚、迦勒。

摩西也谈到从埃及被救出，被带过红海，并穿过旷野到迦南边界的以色列的子民们。

不管祂的子民住在哪里，无论是在埃及为奴，在炎热的西奈沙漠中，还是在流奶与蜜的土地上，上帝都是他们的居所——他们的家园和避难所。他们就像亚伯拉罕一样，尽管他离开了自己在迦勒底的吾珥，并住在迦南人的帐篷中，但他却有一个庇护所在上帝里。

上帝的子民“世代代”，将上帝作为他们的居所，庇护所和家园。我们反思诗篇 90：1，感谢上帝我们身为基督徒，我们相信主耶稣基督，全能的上帝是我们的居所，我们的家园，和我们的避难所。在主耶稣里，我们找到了庇护所，避难所，一个我们可以称之为安全的避风港，在那里有祂的庇护、安慰、保护、保存和珍惜我们的家园。

对于那些还未信的人，我敦促你来信靠我们的主耶稣基督，并让祂成为你的居所。

在第 2 节中我们被提醒上帝的属性——上帝是永恒的。祂从恒古到永远。祂的大能超出了我们所能理解的。祂是历史的上帝。祂是创造的上帝。但超过这一切，祂是永恒的上帝。祂超越了祂所创造的。祂超越了时间。祂比祂所创造的宇宙更大。祂存於宇宙以先。

我希望我们听到摩西对以色列子民的信息。我们可以从听到的信息来学习。在基督里，上帝永远都是我们的居所。在祂里面，我们能找到庇护和安全与保障。

无论发生了什么事情，无论我们面对什么敌人，无论我们处于什么灾难中，祂都与我们同行。

在基督里，我们谁也不能与上帝分离（罗马书 8: 38-39）。在基督里，我们在我们全能和永恒上帝中有安全与保障。

祷告：上帝啊，我们的天父，我们称颂祢因祢是我们的居所。在祢里面，我们知道我们可以有祢的保守、供应及带领，不管我们所处的是什么景况。感谢祢在过去三个月的行动管令期中保守我们与家人们的平安。我们感谢祢因为下个星期天我们大家都可以回到教堂来敬拜祢。我们继续为受到新冠肺炎大流感影响的人来代祷，无论是他们所在的职厂或是生意上，在任何的景况下愿祢帮助他们，供应他们的需要。我们奉耶稣的名祷告。阿们

Monday, 6 July 2020

Title: Blessed is the man

By: Ps Cheng Cheung

Psalm 32: 1-5

1 Blessed is he whose transgression is forgiven,

Whose sin is covered.

2 Blessed is the man to whom the LORD does not impute iniquity,

And in whose spirit there is no deceit.

Most people judge many things by outward appearances. Many measure a person's "blessings" by their portfolio of assets, or by their success in their profession, or by the education and learning they have acquired or by their uninterrupted good health. Of course, one's values and worldview play a part in determining what one considers blessings. In his opening words the psalmist tells us who he thinks is really blessed and truly happy in life. Psalm 32 is a joyful song sung by a pardoned sinner.

Sin. Are we able to explain what it is in simple terms? In verses 1 and 2, David used three words to describe sin

Transgression is crossing a line, defying authority.

Sin is falling short of or missing a mark.

Iniquity speaks of crookedness, perverseness, moral distortion.

Then, he used three terms to describe what God does to put away sin.

Forgiven is the lifting of a burden or a debt.

Covered is the idea of sacrificial blood covering sin.

Does not Impute is when the red mark in one's book does not count against him. And in whose spirit there is no deceit. The prior life of sin and double-living was over for David, the repentant and forgiven sinner. The forgiven life needs no more deceit to cover one's ways – no guile, no fraud, no untruthfulness, no masquerade, no falsehood, no deception. Praise be to God! How blessed and joyful is this man. This is what David recounts to us, but how did he get here after his sin of adultery and murder? What did he go through?

God is truth (John 14:6), so he loves honesty. That's why he tells us (through David), "Blessed is the man . . . in whose spirit there is no deceit" (Psalm 32:2). David knew both the blessedness of honesty and the wretchedness of dishonesty. Verses 3 and 4 recount what he went through when he kept silent: a strange ageing of his bones, groaning, God's heavy hand, a lack of vitality. He suffered in his conscience, but was not honest enough to confess it, even to himself. So long as he did not acknowledge his sin and remained silent about it, yet quite aware that he had sinned grievously, he groaned away.

Does this sound familiar? Do you not experience similar sensations in your spirit and body when things are not right, when there is sin or wilful disobedience in your walk with the Lord? When David was dishonest with God and men, it was like a wasting disease.

So, what did David do?

When he came clean with God and men (verse 5), it was health and refreshment to his soul. It is a great mercy when God rests his hand heavy upon us because of our sinful, dishonest living. And the longer we walk with him, the more rigorously he demands we live truthfully before him. He wants truth to reign in every part of us because he wants us to enjoy full freedom — to increasingly know Him. And we can never really know God until we are willing to be truthful with him and for him. The person who does not conceal his sins, but confesses them to God will find the tremendous happiness of forgiveness, a clean conscience and peace with God.

Prayer for Today

Heavenly Father, let the joy of your forgiveness overflow my heart in praise. I thank you that you knew that I needed help when I drifted away in sin. You extended your hand to me and invited me tenderly back into your fold.

Yet, I knew deep within that I had to confess my sin and waywardness to restore our relationship. Thank you for your forgiveness. Restore to me the joy of my salvation.

In Jesus' precious Name. Amen.

每日灵粮

星期一，2020 年 7 月 6 日

标题：有福的人

讲员：张祯祥传道

翻译：巫惠如姐妹

诗篇 32: 1-5

得赦免其过、遮盖其罪的，这人是有福的！

凡心里没有诡诈，耶和华不算为有罪的，这人是有福的！

大多数人会凭外表判断事情。许多人以个人资产、职业成就、教育背景，或者身体健康来衡量一个人的幸福指数。当然，一个人对幸福的定义取决于他的价值观和世界观。诗人在诗篇 32 的开头叙述他认为谁才是有福并真正快乐的人。诗篇 32 是被赦免的罪人所唱的欢乐诗。

罪。我们能否精简地解释它是什么？在第 1 和 2 节中，大卫用三个词来描述罪：

过犯：越界，藐视权威

罪恶：未达标准

罪孽：狡诈、任性、道德沦丧

之后，他用三个词来描述上帝为除去罪恶所做的：

宽恕：减轻负担或债务

遮盖：用血遮盖罪恶的概念

不被耶和华算为有罪：书中的红印不会带来惩罚

他心中没有欺诈。过犯得赦免、罪恶被饶恕的大卫已经结束了之前的罪恶和双重生活。被宽恕的生命不需要再以欺骗来掩盖自己的行为 — 不再有狡诈、欺诈、不真实、伪装、谎言、欺骗。赞美上帝！这人真是有福！这是大卫对我们说的，但是，在犯奸淫和谋杀之后，他是怎么来到这里的？他经历了什么？

上帝是真理（约翰 14:6），所以他喜爱诚实。这就是为什么他（通过大卫）告诉我们，「人凡心里没有诡诈...这人是有福的！」（2 节）大卫知道诚实的福气，也知道不诚实的悲惨。第 3 和第 4 节讲述了他保持沉默时经历的事情：骨头枯干、唉哼、上帝沉重的手在他身上、精力耗尽。他受良心责备，但又不够诚实，甚至不跟自己坦白。当他不认罪，但在沉默中却很清楚自己的罪，他痛哭流涕。

这听起来熟悉吗？当出现问题时，或你与主同行却犯罪或故意不服从时，你身心灵难道没有经历过类似的感觉吗？当大卫对上帝和人不诚实的时候，就像是消耗性疾病。

那么，大卫做了什么？

当他对上帝和人（5 节）坦白，他整个人神清气爽。当上帝因为我们罪恶生活而将他的手重压在我们身上时，这是极大的恩慈。我们和他同行得越久，他就越要求我们在他面前如实生活。他希望真理统管我们生命的每一部分，因为他希望我们享有完全的自由 — 逐渐了解他。若我们不愿意为了主而认罪，我们就永远无法真正地了解上帝。那些不隐瞒自己罪过并向上帝认罪的人将会找到宽恕所带来的喜乐，无亏的良心与平安。

今日祈祷：

天父，愿那蒙赦免的喜乐满溢我心。当我在罪中偏行己路时，谢谢你知道我需要你。你伸出手来，温柔地邀请我回到你的怀抱。

然而，我内心深处知道，我必须承认我的罪过和任性，修复我们的关系。谢谢你的宽恕。求你使我仍得救恩之乐。

奉耶稣宝贵的名字祷告，阿门。

Tuesday, 7 July 2020

Title: Search Me, O God and Know My Heart!

By: Ps Isaac Yim

Psalm 139:23-24 (ESV)

"Search me, O God, and know my heart!

Try me and know my thoughts!

And see if there be any grievous way in me,

And lead me in the way everlasting!"

This Psalm is another famous prayer of David. If you notice, this prayer starts and ends with the same request to God

v1. O Lord, you have searched me and you have known me.

v23. Search me, O God, and know my heart! Try me and know my thoughts!

At a glance it is almost the same, but it is not. Back in verse 1, the purpose was to show how much interest God takes in David's life. That is a wonderful, comforting truth. Now David is asking for something else. In verse 23, the purpose of the search was David asking God to reveal any hidden sins in his heart to him, "O God, search me and tell me the result", and in verse 24. "See if there is any grievous or offensive way in me, and lead me in the way everlasting."

Over the next two weeks I will undergo two medical tests. The purpose is to find out the real situation of my heart and the functions of my other organs. I hope these medical experts will be able to reveal to me if anything is wrong, and then I can take any appropriate steps to correct whatever is wrong. My real reason for such tests is to make sure there are no hidden harmful things lurking inside me. If there is, I hope I can deal with them before it becomes harmful to my health and endanger my life. I know many may feel this is rather morbid.

Why did David pray a prayer like this? In this prayer, David uses four verbs,

1. Search me (v23)
2. Test or examine me (v23)
3. Reveal to me (v24)
4. Lead me (v24)

Oh, how much I hope all of us would take time to meet our Spiritual Specialist, the Holy Spirit. We need Him to help us to do a periodical thorough heart examination, to see if there is anything grieving or causing Him sorrow.

All sins are harmful. Somehow hidden sin seems to be less harmful, or at least many of us think so, but David knew that sin is like a disease, and if you catch it in its early stages it is much easier to take care of it. But the longer it remains undetected, the more damage it causes.

David asked God to test his heart and his thoughts. David did not ask God to examine his actions or words. He understood sinful actions are just symptoms. The real cause is beneath, which is the heart. All sin originates in the heart – not 70% nor 99.9% but 100%.

We need to ask God to reveal to us our wrong attitudes, wrong perspectives, wrong desires, wrong priorities and many other kinds of hard-to-detect hidden sins.

“For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.” ((Matthew 15:19)

In effect, David is asking God to continuously search his heart of any self-will, rebellious attitude or any form of disobedience that lie hidden in his heart. Holiness is a life-long process.

“But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.” (Hebrews 3:13)

Prayer for today

Search me, O God. I know that my heart is not always pure and my ways are far from perfect. Search me, O God, for I need your purifying presence. Search me, O God, for I want you to set the course and lead me in the way everlasting! In Jesus’ name I pray. Amen.

每日灵粮

星期二，2020 年 7 月 7 日

标题：神啊，求祢鉴察我

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 139：23-24

“23 神啊，求祢鉴察我，知道我的心思；试炼我，知道我的意念。

24 看在我里面有什么恶行没有，引导我走永生的道路。”

这首诗篇是大卫著名的祷告之一。如果你注意，这个祷告的开始和结束都是对上帝的同一个请求：

耶和華啊，你已经鉴察我，认识我。（1 节）

神啊，求祢鉴察我，知道我的心思；试炼我，知道我的意念。（23 节）

这两节经文似乎一样，但事实并非如此。第 1 节的目的是要展示上帝看重大卫的生活。这是一件美丽欣慰事实。现在大卫请求另一件事。在第 23 节，鉴察的目的是让上帝揭示大卫内心隐藏的罪孽，“神啊，求祢鉴察我，告诉我祢鉴察的结果”，在第 24 节：“看在我里面有什么恶行没有，引导我走永生的道路。”

接下来的两周，我将接受两次的医疗测试。目的是要了解我心脏的真实状况和其他器官的功能状态。我希望这些医学专家能够向我透露我身体是否有问题，我因此能以采取适当的措施纠正任何问题。我进行这类测试的真正原因是确保我体内没有隐藏有害的物质。若有，我希望在这些有害体对我的健康造成伤害之前，我能把它们除掉。我晓得可能有些人会觉得我想多了或偏病态的。

为什么大卫会这样祷告？大卫在祷告中使用了四个动词，

1. 监察我(23 节)
2. 试炼我(23 节)
3. 向我透露(24 节)
4. 引导我(24 节)

哦，我多希望我们大家愿意多花时间与我们的属灵专家——圣灵见面。我们需要祂帮我们定期做心脏检查，看在我们里面有什么令圣灵担忧的。

所有罪恶都是有害的。不知为何，隐藏的罪恶似乎没那么有害，或者至少我们当中很多人都这么认为，但大卫知道罪恶就像一种疾病，如果你在早期发现它，就更容易除掉它。如果不被发现的时间越长，造成的损害就越大。

大卫求上帝鉴察他的心和思想。大卫并没有求上帝鉴察他的行为或言语。他明白恶行只是症状。真正的原因在于内心。所有的罪恶都源于内心——不是 70%或 99.9%，而是 100%。

我们需要上帝向我们揭示我们的不良态度、错误的观点、错误的渴望、错误的优先次序以及许多其他难以查验隐藏的罪恶。

因为从心里发出来的，有恶念、凶杀、奸淫、苟合、偷盗、妄证、谤讟。（马太 15：19）

实际上，大卫请求上帝不断地鉴察他心中隐藏的任何自我意志，反叛态度或任何的不顺服。成圣是一个终身的过程。

总要趁着还有今日，天天彼此相劝，免得你们中间有人被罪迷惑，心里就刚硬了。
(希伯来 3: 13)

今天的祷告

神啊，求你鉴察我。我知道我的心不总是纯洁的，我的行事为人也远非完美。神啊，求你鉴察我，我需要你洁净我。神啊，鉴察我，求你为我设定前方的路，引导我走永生的道路！

奉主耶稣的名求，阿门。

Wednesday, 8 July 2020

Title: Get Real!

Author: Pastor Wallace Ong

Psalm 38:9 – O Lord, all my longing is before you; my sighing is not hidden from you.

Should we sneer at Christians who have backslidden hence become carnal, lukewarm and barren? Are all children of God perfect saints and can do no wrong? Are there no sinners among all the saints? In contrast, the Bible shows us many genuine, authentic, and stories of real struggles of HIS saints. One of the biblical examples recorded for us serves to illustrate this point. He was not just an ordinary person, but the mighty king of Israel anointed by God – King David. He fought bears and lions with his bare hands, and fought the mighty Goliath – whom none of the people in Israel would dare to stand up against his extraordinary power. He also killed tens of thousands of his enemies by trusting that God would always be on his side. (1 Samuel 18:7) This great king David wrote most of the Psalms in the Bible. He was the one who set up a 24/7 worship altar to worship God and was credited with the title “the man after God’s own heart”. However, when we read Psalm 38, we find that he was groaning in pain, suffering in sins to the point of failing in his strength and the light of his eyes growing dim.

Paul was another great man of faith chosen by Jesus to be His Apostle. He wrote more than half of the books in the New Testament. He was a great missionary, a teacher of the Word, and an evangelist for Christ. Yet he had admitted that he was the worst sinner of all, and he didn't have it all together. *“Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own.” (Phil 3:12) “For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing... Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord!” (Romans 7:18-19,24-25) “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.” (2 Cor 12:9).* When psalmist David told God that “O Lord, all my longing is before you; my sighing is not hidden from you.” He exhibited the similar attitude of the Tax collector: *“But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’” (Luke 18:13).* It is also like Paul's acknowledgment, *“Wretched man that I am! Who will deliver me from this body of death?” (Romans 7:24).* David longed to do the righteous things according to God's commandment, but he failed and fell into temptation. His sighing came from a repented heart filled with regret and agony.

God sees our struggles and intimately knows our hearts, just like how He intimately knows all that in David's heart and understands David's afflictions. Therefore, we should not stay at a distance from God with a fake holy mask on as though He would prefer the pristine over the authentic. We will fall prey to the lie of ourselves if we think that, "Well! Just swallow it all in. Let's fake it until I make it, and not to let anyone see my weakness." However, God has revealed to us in His words that He knows all our shortcomings. He understands our struggles. He longs to be gracious to us as we seek Him. If we keep holding on to the fake holy mask, most likely we would miss out on the needs for God (Hosea 6:6) with the genuine prayer to God like the tax collector in Luke 18:13. Lest we forget that we are sinners who are helpless, needy and desperate for His grace like David in Psalm 38.

"The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise." (Psalm 51:17)

Prayer:

Dear Heavenly Father,

We thank you for Your words and the Holy Spirit who confirms to us that by grace through faith in Jesus Christ our sins have been forgiven. And we humbly come before Your throne to receive this grace and mercy. You are our Father who knows us by our names and knows everything in our hearts. You do not despise us for our weaknesses, our struggles with sins, or even when we fall. Please forgive us when we succumb to the trap of Satan – being prideful with self-righteousness, doing things with our own strength, and worse of all, measuring ourselves better than others. Help us to surrender ourselves daily to You in order to live a life that is pleasing to You. Help us not to be self-centered but to edify, encourage, and lift up one another for your glory. Thank you, Father. In the name of Jesus, I pray. Amen.

每日灵粮

星期三, 2020 年 7 月 8 日

标题: 变得真实!

作者: 王振威传道

翻译: 杨惠光弟兄

诗篇 38: 9 主啊, 我的心愿都在你面前, 我的叹息不向你隐瞒。

我们是否应该嘲笑那些已经退缩从而变得属肉体, 不冷不热和不结果子的基督徒? 上帝的所有儿女是否都是完美的圣徒, 并且不犯错? 众圣徒中没有罪人吗? 相比之下, 圣经向我们展示了许多他儿女们真正的、真实的挣扎故事。其中一个圣经例子就说明了这一点。他不仅不是一个普通人, 而且还是被上帝膏抹的、强大的以色列国王大卫王。他赤手空战熊和狮子, 与强大的歌利亚战斗—以色列的任何人都不敢对抗他的非凡力量。他相信上帝会一直站在他那边, 从而杀死了成千上万的敌人(参撒母耳记 18: 7)。这位伟大的国王大卫在圣经中写下了大部分的诗篇。他是建立祭坛, 每日每夜敬拜的人, 并被冠“合神心意的人”的称号。然而, 当我们读诗篇 38 时, 我们发现他痛苦呻吟, 在罪恶中受苦, 以至于他的力气衰竭, 眼睛暗淡无光。

保罗是被耶稣拣选成为他使徒的另一个信心伟人。他写了新约一半以上的书。他是一位伟大的传教士、圣经的老师、基督的布道者。但他却自称为罪人中的罪魁, 而且他感觉似乎被击垮, 采取不了积极的行动:

腓立比书 3:12 这不是说我已经得着了, 已经完全了, 我乃是竭力追求, 或者可以得着基督耶稣所以得着我的。

罗马书 7: 18-19 我也知道, 在我里头, 就是我肉体之中, 没有良善。因为立志为善由得我, 只是行出来由不得我。故此, 我所愿意的善, 我反不做; 我所不愿意的恶, 我倒去做。

罗马书 7:24-25 我真是苦啊! 谁能救我脱离这取死的身体呢? 感谢神! 靠着我们的主耶稣基督就能脱离了。这样看来, 我以内心顺服神的律, 我肉体却顺服罪的律了

林后 12: 9 但是他对我说, '我的恩典够你用的, 因为我的能力是在人的软弱上显得完全。

诗篇的大卫告诉上帝说: “主啊, 我的心愿都在你面前, 我的叹息不向你隐瞒。” 他表现出了与税吏一样类似的态度: “那税吏远远地站着, 连举目望天也不敢, 只捶着胸说: ‘神啊, 开恩可怜我这个罪人!’ ” (路加福音 18:13)。就像保罗所承认的, “我真是苦啊! 谁能救我脱离这取死的身体呢?” (罗马书 7:24)。大卫渴望按照上帝的诫命去做义事, 但他失败了, 陷入了诱惑。他的叹息来自忏悔的心, 充满了遗憾和痛苦。

上帝看到我们的挣扎, 并亲切地了解我们的内心, 就像他如何亲密地了解大卫心中的一切并理解他的苦难一样。因此, 我们不应该带着虚假的圣洁面具与上帝保持距离, 仿佛他比较喜爱状态良好的人过于真实的自己。如果我们认为, “好吧! 就忍吞吧。不如先假装自己可以, 直到一切成真。不要让任何人看到我的弱点。” 但是, 上帝用他的话向我们表明了他知道我们所有的缺点。他了解我们的挣扎。当我们寻求他时, 他渴望恩待我们。如果我们继续使用假的圣洁面具, 很可能会错过像路加福音 18:13 中的税吏那样向上帝恳切地祈祷, 错过上帝所关注的事物 (参何西阿书 6: 6)。免得我们忘记自己是罪人, 如诗篇 38 中的大卫一样无助, 需要和渴望他的恩典。

诗篇 51:17 神所要的祭就是忧伤的灵，神啊，忧伤痛悔的心，你必不轻看。

祷告：

亲爱的天父，我们感谢你的话语和圣灵向我们确认，通过对耶稣基督的信仰而得到恩典，我们的罪孽得宽赦免。我们谦卑地来到你的宝座前，领受你的恩典和怜悯。你是我们的天父，你知道我们的名字，并且知道我们内心的一切。你不会因为我们的弱点，或我们与罪恶的斗争甚至在我们跌倒时而看轻我们。当我们屈服于撒但的陷阱时，请原谅我们——以自为荣而骄傲，以自己的力量做事，更糟糕的是，自以为比别人优秀。帮助我们每天降服在你里面，过讨你喜悦的生活。帮助我们不要自我为中心，不断透过教诲、彼此鼓励来荣耀祢名。谢谢父神。我奉耶稣的名祈祷，阿们。

Thursday, 9 July 2020

Title: Forsaken, but not forsaken

Author: Hon Sir Neng

Psalm 37

The year 2020 has taken a different direction than we expected. Australia bushfires, COVID-19 pandemic, rumours of World War 3, as well as the chaos happening in the United States now. Here in Malaysia, the disbanding of our government led to much political turmoil and instability that we are facing (and many other consequences!). This naturally raises a question: has God forsaken us to all the evil in this world?

Psalm 37 is a psalm written by David, about God's faithfulness to His people of all ages. As we read how God is faithful, we also learn about God's faithfulness displayed to His church through Christ Jesus. Before you jump right into this devotion, I'd encourage you to read through the whole psalm and meditate upon it before reading this devotion. This devotion is only a guide; it is not the Word of God.

This psalm contrasts wicked with righteous men. Throughout this psalm, we read that the wicked ones are on their way to judgment. This psalm tells us that they will fade like grass (v2), they will be cut off (v9), they will be no more (v10), their arms will be broken (v17), and they will perish and vanish (v20). These are all acts of God's judgment. God will definitely bring judgment upon them, at His appointed time. It is decisive and definite.

However, the righteous have a different outcome. Their outcome is one of security and safety. Throughout this psalm, the righteous will dwell in God's Promised Land (v3, 11, 22, 29), delight in abundant peace (v11), are upheld by the Lord (v17, 24), have a heritage that remains forever (v18), will not be put to shame and will have an abundance (v19, 25, 26), and they will not be forsaken, but preserved (v28). Most importantly, verse 39 and 40 tells us that God is their salvation, stronghold and refuge because God will deliver them!

How should we respond? This psalm calls us to trust in God (v3 & 5). As cliché as it sounds, this is the only antidote to all our worries, especially when we feel forsaken. Would we rather pray or dwell excessively in our worries? This does not mean we do not do our part. But in doing our part, we trust in His outcome (v5: commit your way to the Lord).

In trusting Him, we find our delight in Him (v4). There is no better way to delight in God than praying, reading and meditating on God's Word. Reading news is helpful, but dwelling in it negatively will only fix our eyes on the situation instead

of on God. We are to also be still, wait upon Him (v7 & 34) and not fret (v7b) over all the evil around us. God will bring His judgment soon!

Lastly, we are to refrain from anger in order to forsake wrath and prevent us from evil (v7). At the same time, we are to turn away from evil and do good (v27). It is bad enough living with all the evil in this world. Doing "evil" to right an "evil" will not solve the problem of evil. The only way is for us to trust in God's judgment and to do what we, Christians, are called to do: to let our good works shine (cf. Mt. 5:16 Rom 12:21).

Prayer

God will never forsake His people. Those whom Christ died for will ultimately find their home in heavenly Zion (the true Promised Land). Though we might face problems now, we can be assured that we can trust in Him because He will NEVER forsake us. God has sent the ultimate blow to evil: the cross. As we pray, may we take some time to search the worries (especially if we feel forsaken by God) of our hearts and ask God to help us fix our gaze on Christ and to respond according to this passage.

每日灵粮

星期四，2020 年 7 月 9 日

标题：被抛弃但未被抛弃

作者：韩思能

诗篇 37

2020 年的发展方向与我们预期的不同。有第三次世界大战，澳大利亚丛林大火，新冠肺炎，以及目前在美国发生的混乱情况。在马来西亚，我们政府的解散导致我们面临着许多政治动荡和不稳定（以及许多其他后果！）。这自然会引发一个问题：上帝离弃了我们吗？

诗篇 37 是大卫写的诗篇，讲述了上帝对各个年龄段的子民的信实。在探索神如何忠实的同时，我们也可以了解神通过基督耶稣向他的教会表现出的信实。在您全神贯注于此之前，我鼓励您通读整个诗篇，并在念诵此诗之前对其进行沉思。这种奉献只是一个指导；这不是上帝的话语。

这篇诗篇与恶人与义人形成对比。在整篇诗篇中，我们读到恶人正在走向审判。诗篇告诉我们，他们会如草快被割下（第 2 节），必被剪除（第 9 节），归于无有（第 10 节），膀臂必折断（17 节），他们会灭亡和消失（20 节）。这些都是上帝的审判行为。上帝一定会在他指定的时间对他们进行审判。这是决定性的和确定的。

但是，义人有不同的结局。他们的结果是安全保障之一。在整个诗篇中，义人将承受土地（第 3、11、22、29 节），以丰盛的平安为乐（11 节），被耶和华扶持（17 和 24 节），产业要存到永远（18 节），必不致羞愧（19、24 和 25 节），不被撇弃，而永蒙保佑（第 28 节）。最重要的是，第 39 和 40 节告诉我们：义人得救是出于耶和华，在患难时耶和华作他们的避难所。

我们应该如何回应？这篇诗篇呼吁我们相信上帝（第 3 节和第 5 节）。听起来陈词滥调，这是我们所有忧虑的唯一解药，尤其是当我们感到被抛弃时。我们宁愿祈祷还是过多地担心？这并不意味着我们不尽自己的本分。但是在尽自己的本分时，我们相信他的结果（第 5 节：当将你的道路交托托耶和华，并倚靠他，他就必成全）。

相信他，我们就会在他与获得喜悦（第 4 节）。没有什么比在神的话语上祈祷，阅读和沉思更好的方法来获得喜悦。阅读新闻是有帮助的，但消极地关注新闻只会使我们而不是上帝关注局势。我们也要静止不动，等候他（第 7 节和第 34 节），不要为周围的一切烦恼而恼（7 节）。因为上帝很快就会带来他的审判！

最后，我们要避免发怒，以免发怒并阻止我们犯罪（第 7 节）。同时，我们要远离邪恶，去做善事（27 节）。生活在当今世界，拥有所有的邪恶已经够糟糕了。用邪恶纠正邪恶并不能解决邪恶问题。唯一的方式是让我们相信上帝的审判，并做我们基督徒所应做的事情：让我们的善行样照在人前（马太福音 5:16，罗马书 12:21）。

祷告

上帝永远不会放弃他的子民。那些为基督而死的人最终将在天堂的锡安（真正的应许之地）找到自己的家。尽管我们现在可能面临问题，但我们可以放心，我们可以相信

他，因为他永远不会抛弃我们。上帝给邪恶带来了最终的打击：十字架。当我们祈祷时，愿我们花一些时间去寻找我们内心的忧虑（尤其是那些被上帝抛弃的忧虑），并祈求上帝帮助我们仰望基督，并根据这段话作出回应。

Friday, 10 July 2020

Blind faith?

Prathab V

Psalm 28: 6-7

Is my faith in God, based on blind faith? Some atheists argue that placing the adjective "blind" in front of "faith" is unnecessary. To atheists, faith in God is basically "blind".

I beg to differ. I know because my faith is not blind faith. It is a reasonable faith. I don't blindly follow rules and instruction without involving the faculties of my mind and understanding. What about you?

My faith is not blind. It has been tested many times and has come out stronger. In the same way, I am sure many of you have also gone through various trials and testing for your faith in Jesus.

That is why I believe that our faith in God is based on events and facts that can be proven. But faith, by biblical definition, is not based on things we can see. Faith is believing in "evidence of things not seen"(Hebrews 11:1). We walk by faith daily, not by sight.

As a result, we don't rely on good works or obedience to mere rules made by men. Following spiritual rules or traditions blindly is the same as not having faith at all! If you want to follow Jesus, you must love Him completely and obey Him with all your heart. This is opposite to following a religion based on rules and various rituals to win God's favour.

Remember that Jesus reserved some of the most stinging rebukes for the scribes and Pharisees. He called them "blind guides" and "blind fools" (Matthew 23:17-33) for not understanding the spirit of the law. Instead, the scribes and Pharisees focused on the letter of the law alone, by requiring obedience to traditions and rituals.

Yes, sometimes trusting God is not easy. But with His strength, all things are possible.

I pray that your faith will blossom and mature to believe in Jesus, not in following spiritual rituals. As we grow in maturity, God will use us to bring His love and mercy to a lost and troubled world.

Today, by reading Psalm 28:6-7, I am encouraged that God is praiseworthy because He listens to our cries for mercy. The comic book hero, Captain America, uses a shield made of fictional metal, vibranium, which is said to be the strongest metal. But I believe and know that our God is stronger. He is strong to defend us, but He is tender when correcting us.

God has declared Himself to be our strength and our shield. He provides His strength to us when we cry to Him. He defends us. That alone is enough for us all.

Yes, sometimes prayers go unanswered. We don't always hear His voice for guidance. Perhaps, sometimes our quiet time is just too quiet. But that doesn't mean our trust in God should be shaken.

Our faith in Christ is no blind faith. It is rooted in facts. Rooted in love. Rooted in "things not seen". Now, ponder on these things. Let your heart leap for joy for Jesus. Break forth into singing, thinking about His love for you.

This morning, rest in His awesome presence. Meditate on His mercy, His strength and His shield. He is not far from you. Trust Him.

Prayer:

Lord, I thank you for hearing my cries. Thank you for being my strength and my shield. Lead me, Lord, to grow in grace and stature, like Your Son Jesus. But please keep me humble. Let no pride and self-centeredness find root in my heart. In Jesus' name, I ask. Amen.

每日灵粮

星期五, 2020 年 7 月 10 日

题目：盲目的信心？

作者：帕拉他伯(Prathab V.)

翻译：巫惠如姐妹

诗篇 26:6-7

我对上帝的信仰是基于盲目的信心吗？一些无神论者认为，把形容词「盲目」摆在「信心」前面是没有必要的。对无神论者来说，对上帝的信仰基本上是「盲目的」。

恕我不赞同。我知道，因为我的信仰不是盲目的，而是合理的信仰。我不是盲目遵循规则，不凭理解思考。你呢？

我的信仰不是盲目的。经过多次考验，它也显得更坚固。同样，我相信你们当中有许多人因着你们对耶稣的信心也经历过各种磨炼。

这就是为什么我相信我们对上帝的信仰是基于可以证明的事件和事实。但是，根据圣经的定义，信仰并不是基于我们能看到的事物。信心是「未见之事的确据」（希 11:1）。我们行事是凭着信心，不是凭着眼见。

因此，我们不靠好行为，也不靠人所设立的规矩。盲目地遵守属灵规则或传统就等于完全没有信仰！如果你想追随耶稣，你必须全心全意地爱他，听他的话。这与以规则为宗教，以各种仪式博得上帝的喜悦是完全相反的。

主耶稣给文士和法利赛人一些最尖刻的指责。他称他们为「瞎眼领路的」和「无知瞎眼的人」（马 23:17-33），因为他们不懂法律精神。文士和法利赛人只关注法律条文，要求服从传统和仪式。

是的，有时相信上帝并不容易。但靠他的力量，凡事都能。

我祈祷你对耶稣的信心会开花至成熟，而不只是遵循属灵仪式。随着我们渐渐成熟，上帝会使用我们将他的爱和恩慈带给一个迷失和动荡的世界。

今天，当我念诗篇 28:6-7 时，我倍受鼓励，因为上帝配得赞美，因为他倾听我们的哀求。漫画超级英雄的美国队长用一种虚构金属(振金)的盾牌，据说是最坚固的金属。但我相信并知道我们的上帝更强大。上帝以大能保护我们，但他纠正我们时也很温柔。

上帝称自己为我们的力量和盾牌。当我们向他哭诉，他给我们力量。他保护我们。单单这点就足够了。

是的，有时祈祷没蒙应允。我们并不是每次都听到他指引的声音。也许，有时我们与上帝独处的时间太安静了。但我们不能因为这样而信心受动摇。

我们对基督的信仰不是盲目的。它基于事实，基于爱，基于「未见之事」。现在，想想这些事。为耶稣欢然跳跃。想着他对你的爱，高声歌唱。

今早，在主伟大的同在里得享宁静的安息吧。默想他的恩慈、力量和盾牌。他离你不远。信靠他。

祈祷：主啊，谢谢你听到我的哀哭。谢谢你做我的力量和盾牌。领我，主，使我更像你的儿子耶稣，智慧和身量都一齐增长。求主使我保持谦卑。我不愿心中有自傲和自我。奉耶稣的名求，阿门。

Saturday, 11th July 2020

Title: How to be Happy

by Pastor Soong Kok Kee

Psalm 146: 5 – *“Happy is he who has the God of Jacob for his help, Whose hope is in the Lord his God.”*

Without exception, everyone wants to be happy, and there’s nothing wrong with that. But many fail in their quest to find that elusive prize because they are looking in the wrong places.

Some think its money, so they go all out to get it, by hook or by crook. Many others get their money the proper and honest way – by working hard and saving their hard earn cash.

The Bible never condemns riches – only the *love* of money is the root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs (1 Tim 6:10).

Some think fame and status will make them happy, so they do all kinds of things to get famous. Now with Facebook, it’s easy to do that. Many think its power.

But our verse today reminds us that happiness comes to those who find their help and hope in God. With the pandemic, many people truly need help and hope.

Proverbs 16:20 says *“Whoever trusts in the Lord, happy is he”*. It affirms in many of my devotions when I say if we put our trust in God, He will be responsible; but if we trust in ourselves, we alone will be responsible.

There are so many unknowns out there with this pandemic. Many things will only become clearer as we move on in the days and months ahead. Even the wisest dare not predict how things will turn out. Our help, hope and trust is only in our Lord, our God and heavenly Father who will always have our best interests at heart.

So brothers and sisters, let’s continue to hope, trust and call upon Him for help and He will surely answer us. (Matthew 7: 7-12).

The foundation for our happiness is a proper relationship with our heavenly Father. But to fully experience that happiness, we must build on that foundation in practical ways. Richard DeHaan gives this ‘Ten Rules for Happier Living’:

1. Give something away.
2. Do a kindness.
3. Give thanks always.
4. Work with vim and vigour.
5. Visit the elderly and learn from their experiences.

6. Look intently into the face of a baby and marvel.
7. Laugh often – it's life lubricant.
8. Pray to know God's way.
9. Plan as though you will live forever – you will.
10. Live as though today is your last day on earth.

These are excellent ideas for living a happy life. Undergird each of these rules with praise, and your happiness will be complete. *"Praise the Lord, O my soul While I live I will praise the Lord"* (Psalm 146:1-2).

PRAYER: Dear Lord, thank you for reminding us that we can only find happiness in this world when we have a close and constant relationship with you. We need to come before you to put our trust and hope in you and you alone. When the path ahead of us seems so uncertain and frightening, all we need to do is to call upon you for help and we know you will never leave us nor forsake us. You will never allow us to walk alone in dangerous and uncharted waters. Thank you Lord. Please keep all of us healthy and safe so we can love you and serve you the rest of our lives. In Jesus name we pray all these. AMEN.

每日灵粮

星期六, 2020 年 7 月 11 日

题目：蒙福的途径

作者：宋国基牧师

翻译：梁玉萍姐妹

诗篇 146: 5 以雅各的神为帮助，仰望耶和華他神的，这人便为有福！

每个人毫无例外都想蒙福。这也没什么不对的。但是，许多人在寻找这个难以捉摸的奖项时失败了，因为他们找错了地方。

有些人认为福就是钱，所以他们全力以赴，想尽办法获得。其他许多人以正当和诚实的方式获得金钱，就如通过努力工作和储蓄辛苦挣的钱。

圣经从未谴责财富，但贪财是万恶之根。有人贪恋钱财，就被诱导离开真道，用许多愁苦把自己刺透了。（参提前 6: 10）

有些人认为名望和地位会使他们感到幸福，因此他们会做各种事情来成名。现在有面子书，就很容易做到这一点。许多人认为是势力。

但是，今天的经文提醒我们，那些在上帝里寻求帮助和盼望的人会感到幸福。在大流行中，许多人确实需要帮助和盼望。

箴 16: 20 说：倚靠耶和華的便为有福。这确认了我在许多灵修中所说，就是如果我们倚靠上帝，他将负责；但如果我们倚靠自己，我们将独自承担负任。

这大流行病带来了许多未知因素。许多事情只有在我们今后几天和几个月中才会变得更加清楚。即使是最聪明的人也不敢预测事情的结果会是怎样。我们的帮助、盼望和倚靠只能在我们的主、我们的上帝和天父。他处处为我们着想。

所以弟兄姐妹们，让我们继续仰望、倚靠和呼求他帮助，他一定会回应我们（参马太福音 7: 7-12）。

我们蒙福的基础是在于和天父建立适当的关系。但是，要充分体验这种幸福，我们必须在这基础上有实际的行动。理查德·德汉（Richard DeHaan）提供了以下的“幸福生活的十个准则”：

1. 赠送一些东西
2. 做一件善事
3. 常常感恩
4. 有活力地工作
5. 探访长者并从他们的经验中学习
6. 仔细观察婴儿的脸，并赞叹小生命的奇迹
7. 经常笑—这是生命的润滑剂
8. 祷告寻求上帝的旨意
9. 规划一切犹如生命不止息—你有永生
10. 活得好像今天是你在地上的最后一天

这些都是过幸福生活的好主意。用赞美来托着这些准则，你的幸福就会圆满。我的心哪，你要赞美耶和华！我一生要赞美耶和华，我还活的时候要歌颂我的神。（诗篇 146:1-2）

祷告：亲爱的主啊，谢谢你提醒我们，只有与你有密切和持续的关系，我们才能在这个世界上找到幸福。我们需要来到你的面前，只单单倚靠和仰望你。当我们面前的道路看起来如此不确定和可怕时，我们所需要的就是呼求你来帮助。我们知道你永远不会离开我们，也不会抛弃我们。你绝不允许我们独自在危险和未知的情况中。感谢主，请保护我们所有人都健康安全，在我们的余生，让我们能爱你，事奉你。我们奉耶稣的名祷告，阿门。

Sunday, 12 July 2020

Mercy – I didn't get what I deserved.

By Elder Bryan Lee

Psalm 51: 1

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.

As I reflect on the riots in the US these past few weeks I remember a riot in my school hostel. The year was 1970.

I was 15 and the blood of rebellion ran hot in my veins. One night out of sheer dislike for the hostel master we rioted and smashed chairs and tables and windowpanes. It was "fun" just like the rioters and looters in the cities across US. But the fun ended on Monday. I was called to the headmaster's office because as a prefect I set a real bad example. "Go pack your things and go home !" Mr Ratnasingam instructed in a stern voice.

Home was 25 kilometers away. Those days you take a bus home. How could I do that ? How would I face my parents? Where could I bury my shame? Is this the end of school for me?

An hour later Mr Ratnasingam called me back to his office. "Have you packed your things?" he asked.

I answered "Yes."

"Go back to the hostel and never do this again." he said.

On hearing that I immediately burst into tears. That day I wept like a baby in the headmaster's office.

The mercy he showed overwhelmed me. That was not all. As he saw me weeping he beckoned to me to follow him to the school canteen. There he ordered a cup of hot milo for me to calm me down, in the teachers section of that canteen! Smashing tables and chairs and window panes in the school was a real serious offence. I was a prefect and deserved to be expelled and I sure didn't deserve that cup of milo. Where would I be today if not for the mercy of my headmaster? Our world is filled with hatred everywhere. As I watched the George Floyd video that went viral all over the world and hearing those pleadings of George and those witnesses nearby to the policeman who pinned him down, so much heartache, damage and more deaths would have been spared in the US and cities around the world had just one man heeded the pleas and showed mercy.

The Bible says the human heart is desperately wicked.

Sin has the power to overtake even the most faithful followers of Christ. Even David, the man after God's heart, was not spared. He committed the most heinous sin (2 Sam 11-12) and pleaded for God's mercy when convicted.....Have mercy on me O God.

I am not sure of Mr Ratnasingam's religious inclination but because he was merciful to me I continued school and went to university in Kuala Lumpur. In

university I encountered Jesus who showed me the “mercy of all mercies” and made me a child of God and changed my life destiny forever.

We are called to be merciful because our God is merciful. (Lk 6:36)

How can we do this ?

A man was walking by the seashore and he came across thousands of starfish washed ashore destined to die under the hot sun. He took one and threw it back into the waters. And another one. And another one.

A passerby watched and commented “There are just too many. Don’t waste your time. It doesn’t really matter.”

He took one more and threw it into the waters. “It matters for that one.” he said. Showing mercy one at a time. If we do this people will see Jesus in us. And they will be curious to know Him.

Prayer

Lord make us more and more like you. You showed acts of mercy everywhere you went when you walked this earth.

Help us your followers to show mercy to everyone we come in contact with.

Today let me do one act of mercy to someone in need.

In Jesus’ name we pray. Amen.

每日灵粮

星期日，2020 年 7 月 12 日

题目：怜悯 – 我没得到我应得的

作者：李惠隆长老

翻译：方美珠姐妹

诗篇 51：1

神阿，求祢按祢的慈爱怜恤我。按祢的丰盛的慈悲涂抹我的过犯。

过去几周在美国所发生的暴乱，使我想起多年前我学校宿舍也发生过一次暴动。那时是 1970 年，叛乱的血液在我 15 岁的血管中泛滥。有一天晚上，出自完全不喜欢宿舍的监管长，我们砸碎了椅子，桌子和玻璃窗来进行骚动。感受着就像美国各地城市的暴徒和掠夺者一样的“乐趣”。但是所有的乐趣在星期一就结束了。我被叫到校长办公室，因为作为一个班长，我树立了一个真正的坏榜样。“去收拾东西回家吧！”拉特纳辛格先生用严厉的声音指示。

家离学校 25 公里。那个年代是乘巴士回家。我怎么做了那样的事情？我要如何面对我的父母？我要在哪里埋藏我的羞愧？我彻底不能再上学了吗？

一个小时后，拉特纳辛格先生把我叫回到他的办公室。“你的东西都收拾好了吗？”他问。

我回答：“是”。

“回到宿舍去吧，再也不要这样做了。”他说。

听他说完我的眼泪迅即涌出。那一天，我像婴儿一样的在校长办公室里哭泣。

他对我的怜悯使我不知所措。还不止这样。当他看到我哭泣时，他示意我跟随他去学校的食堂。在教师座区那里，他为我点了一杯热美禄让我冷静下来！

砸碎学校的桌椅和玻璃窗是非常严重的罪行。我身为班长是理应被开除的，更别说有资格喝那杯美禄了。如果没有校长的怜悯，我今天会在哪里呢？

我们的世界到处都充满了仇恨。当我观看乔治·弗洛伊德（George Floyd）的录像在世界各地传播，并听到那些为乔治的诉求及那些在事发当场见证警察把他逮捕在膝下的诉讼。多么多的心痛，伤害和更多的死亡在美国和周围的城市本都是可被避免的，如若那一个人愿意垂听和怜悯。

圣经说，人的心是极度的邪恶。罪有能力超越甚至是最忠诚的基督徒。即使是大卫（David），合神心意的人，也不被幸免。他犯下了最可恶的罪（撒母耳记下 11-12），并在被定罪时恳求上帝的怜悯……上帝啊，求祢怜悯我。

我不确定拉特纳辛格先生的信仰是什么，但是因为他对我的怜悯，我继续能上学过后也在吉隆坡上大学。在大学里，我遇到了向我彰显“大怜悯中的怜悯”的耶稣，祂使我成为上帝的孩子，永远改变了我的一生。

我们要慈悲，像我们的父慈悲一样。（路 6:36）

我们应当怎么行呢？

有一个男子在海边散步碰到成千上万被冲上岸注定要在烈日下死去的海星。他拾起了一个海星随手扔回水里。然后再一个，再一个。。。

一个路人看到就评论道：“它们太多了。不要浪费你的时间。这是不紧要的。”

他又拿了一个扔进了水里，说：“这对它是很重要的。”

一次又一次的怜悯，如果我们如此行，人们就会在我们里面看见耶稣。他们会很想认识祂。

祷告：

主啊，让我们能越来越像祢。祢彰显了祢的怜悯当祢行走在这地上，帮助祢的信徒们施怜悯给所有我们接触的人。今天让我能怜悯并帮助有需要的人。我们奉耶稣的名祷告。阿们

Monday, 13 July 2020

Title: In a time when you may be found

By: Ps Cheng Cheung

Psalm 32: 6 – 9

Last week we looked at verses 1-5 of this Psalm where David describes the man who is truly blessed. We found that there was no deceit in the spirit of this man. With true repentance and confession, God's forgiveness, of course, followed suit. How truly blessed is such a man!

Verse 6a reads "For this cause everyone who is godly shall pray to You

In a time when You may be found;

Yes, let us all pray, for if blessedness shall follow a prayer of sincere confession, we should not hesitate.

But see, there is more, for ". . in a flood of great waters

They shall not come near him.

You are my hiding place; You shall preserve me from trouble; . . shall surround me with songs of deliverance."

This means the man who prays and confesses his sin to God is blessed, not only because of what God does not do, that is,

He does not hold his transgression against him,

He does not withhold covering for his sin, and

He does not impute iniquity in the man's record book to him;

indeed, the man is blessed by what God does do – He preserves him from trouble and surrounds him with songs of deliverance.

What a Saviour! Our God is not only not against him, He is in fact mightily for this man who prayed and confessed his sins to God. Blessings follow true humility, acknowledgement of sin and a repentant heart.

And to top it off, God not only promises preservation from trouble and protection but in verse 8 He says He will instruct and guide the man the way he should go. Just in case the man might be tempted to think this would likely be some general, fuzzy or vague type instruction, God says clearly "I will guide you with My eye". Our God is a personal God, a specific God, with specific plans for each of us. Would that we were patient enough to pray and wait upon Him to reveal His perfect will for us.

Before we think this Psalm gives us only 'good news', think again. There are hints in the Psalm that God knows the shortcomings of our human nature. We need some stark warnings that we cannot take Him for granted. Verse 6b reads ". . In a time when You may be found." Whoa! What does that imply? And even more pointedly, what do we make of verse 9 where, immediately after promising specific guidance there is a warning not to behave like some farm animals which

have no understanding. And worse still, such animals need to be harnessed with bit and bridle. The imagery is very vivid.

"The counsel in the verse is that men should render a willing obedience to God and not be like the animals that man has to bridle and curb in order to get them to do his will." [Bible dictionary]

Strong words.

Is it not bad enough that some (who belong to the Lord) are said to have no understanding? But, in addition, the Lord needs to resort to these devices to discipline obstinate ones to fall in line in order to teach them His ways. Tell me, what do you think would be the area in your life where the bit and bridle needs to come out? Only you know, for likely it is an area where you are behaving like a horse or a mule. I can think of one, and would not want the Almighty to deal with me in that manner.

Therefore, do not be a horse or a mule which has no understanding, but instead let us who wish to experience forgiveness, protection and direction come to God in prayer at a time when He may be found.

Prayer for Today

Ah, Lord God, I praise you for you are gracious and forgiving. Your tender mercies are great toward me despite my many shortcomings and sin.

Thank you for your patience. Each time I come before you and pray and confess and commit to your transforming work in my life, you accept me. You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward me. None can compare with you!

Indeed, you are worthy of all my praise. In Jesus' Name.

Amen.

每日灵粮

星期一，2020 年 7 月 13 日

标题：当趁你可寻找的时候

讲员：张祯祥传道

翻译：林良億姐妹

诗篇 32：6 – 9

上周，我们看了诗篇 32 第 1-5 节，其中大卫王描述那个真正有福的人。我们发现这个人没有欺骗的灵。有了真正的悔改和认罪，上帝的宽恕当然也随之而来。这样的人真有福了！

在 6a 节读到：“为此，凡虔诚人都当趁你可寻找的时候祷告你；“
是的，让我们大家祈祷，因为如果祝福跟随真诚的告白祈祷，我们就不要犹豫。
但请看，还有更多关于“...大水泛滥的时候，必不能到他那里。7 你是我藏身之处；你必保佑我脱离苦难，以得救的乐歌四面环绕我”

这意味着祈祷并向上帝认罪的人是有福的，这不仅是因为上帝没有做的事，也就是说，

上帝不向人提出他的过犯

上帝不保留的掩盖人的罪过，并且

上帝也没有将人的罪孽归咎于他的记录。

的确，人因上帝为他所做的事而蒙福——上帝保守使他免于忧虑，并拯救他。

真的是救世主！我们的上帝不仅不敌对他，而且实际上上帝是支持这个人而不是敌对这个向上帝祈求并认罪的人。上帝祝福真正的谦卑、认罪和悔改的心。

最重要的是，上帝不仅承诺要保佑人免受忧虑和保守我们，而且在第 8 节中说到，祂将指导人应走的路。万一这个人可能会想起这可能是一些普通、模糊或含糊的指示，上帝清楚地说：“我会用我的眼睛引导你”。我们的上帝是私人的上帝，是特定的上帝，对我们每个人都有特定的计划。我们是否有足够的耐心去祈求并等待祂赐给我们完美的旨意。

在我们如果认为诗篇只给我们带来“好消息”之前，请三思。诗篇中暗示，上帝知道我们人性的缺点。我们需要一些严厉的警告，我们不能认为祂是理所当然的。在 6b 节，“...在可能找到你的时候。”哇！这意味着什么？更重要的是，我们对第 9 节的理解是什么？给了具体的指导之后，立即发出警告，警告人们不要像一些没有理解性的牲畜那样行事。更糟糕的是，这种动物需要被束缚住。图像非常生动及清楚。

“经文中的忠告是，人应该顺服上帝，而不是像动物一样要约束和遏制，人才会遵行神的旨意行事。”[圣经字典]

相当有力的话。

有些人（属于主，信主的）不了解还不够吗？但是，此外，主需要利用一些手段来训练固执的人，以便传授教导祂的方式。告诉我，您认为您的生活中那一点需要上帝的教导？只有您知道，很可能在某个区域您表现得像马或骡子那么固执。我可以想到一个，也不希望全能神以这种方式来教导我。

因此，不要成为没有理解力的马或骡子，当我们能找到神的时候让我们来到神的跟前向神恳求祷告，让我们能够体验宽恕，保守和被指导。

今天的祈祷

啊爸，父上帝啊，因祢的仁慈宽容。我称赞祢，尽管我有许多缺点和罪过，但感谢祢对我的大大的怜悯。

感谢神祢的耐心。每当我来到祢面前，恳求祷告承诺忏悔改变，祢都会悦纳接受我。耶和华我的上帝啊，祢成倍增加了祢的奇妙作为。没有人能与祢相比！

确实，祢值得我们所有的称颂赞美,荣耀归于上帝。奉主耶稣的名求的，阿们。

Tuesday, 14 July 2020

Title: Joy Comes with the Morning

By: Pastor Isaac Yim

Psalms 30: 2, 5, 11-12

"O LORD my God, I cried to you for help,
and you have healed me." (Psalm 30:2)

"For his anger is but for a moment,
and his favor is for a lifetime.

Weeping may tarry for the night,
but joy comes with the morning." (Psalm 30:5)

"You have turned for me my mourning into dancing;
you have loosed my sackcloth and clothed me with gladness
that my glory may sing your praise and not be silent.

O LORD my God, I will give thanks to you forever!" (Psalm 30:11-12)

The expression of night and morning encompasses all of human experiences. The nights are often long and dreary. They are dark and oppressive. The nights seem to move very slowly, they keep us awake. The darkness tends to fill our minds with fear and anxiety. No matter how long our night may be, morning still comes. Morning has broken! Darkness is gone. The Psalmist says, "Weeping may tarry for the night, but joy comes with the morning." (Psalm 30:5) David has gone through many miraculous deliverances by God in his life. In this Psalm, he testified through his experiences. He thanked and praised God for His mercies.

The title of this Psalm tells us it is a song of Dedication for David's Palace or the Dedication of the Temple built by his son Solomon. David wrote this Psalm to celebrate God's deliverance. In this Psalm David shared where he was then and where he is now. God's deliverance is like moving from the night to the morning.

David says that God has lifted him up from the pit. The word used here is similar to that of Joseph being lifted up from the well into which his brothers had thrown him. David gives us the impression that he was sick. That sickness was leading him to death. He cried out to God and God answered him, healed him and delivered him from death.

With such a wonderful experience with God; who can remain quiet? David burst out in joy and praise. He invited others who were worshiping to join him saying, "Sing praise to the Lord, you saints of His. And give thanks at the remembrance of His Holy name." (Psalm 30:4)

One thing I pick up from David in praising God is that we must be able to remember what wonderful things God has done for us. He recalled the heavy hand of God's discipline when he disobeyed God. He said, "God's anger only last

for a moment, but his favour last for a lifetime. Weeping may endure for a night, but joy comes in the morning." (Psalm 30:5)

Maybe right now you are experiencing the darkest night of your life. David cried out to God for deliverance. God heard his prayer, healed his sickness, gave him hope in time of despair and literally turned darkness into light. God's power of transformation starts when we get close to God; when we trust and obey Him. It calls for a change of mind about who your God is. It is not enough to know that God is All-Powerful, you must experience His power at work in you. It is not enough to know that God is All-Knowing, you must know that He knows you by name. It is not enough to know that God is All-Present, you must experience He is with you right now. This personal experience literally changes your night into day. This how David describes it, "You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness." (Psalm 30:11)

David concludes this Psalm by reminding us always to give thanks for how God has changed our lives. We need to thank God for placing us where we are today. Let us give thanks to God continually and forever. May the Lord always be praised.

Prayer for Today

Our Father in heaven, we thank you for delivering us from death to life, from darkness to light, from pain and sorrow to joy and from sickness to healing. Lord, some of us are still going through pain and sorrows. Some of us are experiencing sickness and at the brink of death; we bring all our cares and anxieties at the foot of the cross. Please help us to know You always hear us and care for us. We give thanks forever. In Jesus' Name.
Amen.

每日灵粮

星期二，2020 年 7 月 14 日

标题：早晨便必欢呼

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 30：2、5、11-12

耶和华我的神啊，我曾呼求祢，祢医治了我。（诗篇 30：2）

因为祢的怒气不过是转眼之间，祢的恩典乃是一生之久，一宿虽然有哭泣，早晨便必欢呼。（诗篇 30：5）

祢已将我的哀哭变为跳舞，将我的麻衣脱去，给我披上喜乐，（诗篇 30：11）

好叫我的灵歌颂祢，并不住声。耶和华我的神啊，我要称谢祢，直到永远！（诗 30：12）

夜与晨的象征包含了一个人的所有经历。夜晚往往漫长、沉闷、黑暗和压抑。夜晚似乎过得非常缓慢，让我们彻夜难眠。黑暗往往使我们心中充满恐惧和焦虑。无论我们的夜晚持续多久，早晨仍然会到来。破晓了、天亮了！黑暗就已消失。诗人说：“一宿虽然有哭泣，早晨便必欢呼。”（诗篇 30：5）大卫在他的一生中经历了神许多奇妙的救赎。在这段诗篇中，他作证自己的经历。他感谢并赞美上帝赐予他的慈爱怜悯。

这首诗的标题告诉我们这是大卫在献圣殿/孩子所罗门建造的圣殿时的诗歌。大卫写这首诗篇是为了庆祝上帝的拯救。大卫在这首诗篇分享了他当时和现在的情况。上帝的拯救就如从黑夜进入早晨。

大卫说上帝使他存活，不至于下坑。这里用的词和约瑟从他兄弟们把他扔进的井里被救上来相似。大卫在这段诗篇里似乎生了病。这病导致他临近死亡。他向上帝呼求，上帝回应他，治好他，把他从死里拯救出来。

与上帝经过如此奇妙的经历，谁能静默无声？大卫高兴得发声歌唱赞美上帝。他邀请其他敬拜者与他一同欢呼：“耶和华的圣民哪，你们要歌颂祢，称赞祢可纪念的圣名。”（诗篇 30：4）

我在大卫身上学到的一件事就是我们必须记住上帝为我们做的美妙事情。他记得他违背上帝时，上帝严厉的管教。他说：“上帝的怒气不过是转眼之间，祢的恩典乃是一生之久，一宿虽然有哭泣，早晨便必欢呼。”（诗篇 30：5）

也许你现在正在经历你生命中最黑暗的夜晚。大卫呼求上帝拯救他。上帝听见他的祷告，治好他的病，在绝望的时候给了他希望，把黑暗变成了光明。上帝更新、改造你的工作在我们接近祢的时候开始；当我们信靠顺服祢的时候。这需要你改变你对你的上帝的看法。理智上知道上帝是无所不能的还不够，你必须经历他在你身上的力量。理智上知道上帝是无所不知的还不够，你必须深知祢认识你，并知道你的名字。理智上知道上帝是无所不在的还不够，你必须经历祢的同在。这些个人经历能确实把你的夜晚变成早晨。大卫这样形容：“祢已将我的哀哭变为跳舞，将我的麻衣脱去，给我披上喜乐。”（诗篇 30：11）

大卫在这段诗篇的结尾提醒我们上帝改变了我们的生命，因此我们必须不断地感谢祂。感谢上帝把我们放在我们今天的情况。让我们不停地感谢上帝。愿所有的颂赞永远都归于上帝。

今天的祷告

我们在天上的父，感谢祢把我们从死亡中拯救出来，从黑暗进入光明，从痛苦和悲伤变成喜乐，从疾病到康复。主啊，我们中的一些人还在经历痛苦和悲伤。我们中间一些人正在生病，濒临死亡；我们把所有的烦恼和焦虑带到十字架跟前。求主帮助我们知道，祢总是听见我们，关心我们。我们永远感谢祢。奉主耶稣的名求。阿门

Wednesday, 15 July 2020

Title: Be Still!

Author: Pastor Wallace Ong

Psalm 46:10a – “Be still, and know that I am God;”

Have you ever been caught in an unexpected heavy downpour of a thunderstorm? This happened to me a few months ago when I took my family out for a quick lunch. My car was parked in an open-air area quite a distance away and without having any rain coat or umbrella, it was quite a challenge for us to get back to the car. I suddenly realized that I have an appointment waiting for me that afternoon. My wife, Grace, also had to rush home to get the dinner ready because we were expecting some guests in the evening. And my son, Carter, was eager to get back to his home-schooling work schedule. We could have gotten ourselves totally drenched if we had decided to run to our car in the rain.

With so many things yet to be done, we could react with, much anxiety and frustration, and might even blame each other for being so unprepared. However, we decided to walk to a coffee place a few doors away to sit and wait for the rain to stop. It was indeed a safe place to rest in the midst of the storm. As we gradually settled down, we calmly rearranged our afternoon plans. We took the opportunity to rest from our daily busy schedules over a cup of coffee and enjoyed each other's company for a good one hour. The rain finally stopped. We walked back to our car having enjoyed a great family time together.

If we look at the global pandemic situation today, we may feel as if we are being caught in an unexpected thunderstorm, and in some parts of the world, it is more like a hurricane. We feel vulnerable, not sure where to find protection and peace. For most of us, this fear of being infected with the disease is overwhelming; we have never before faced with the reality of an invisible enemy that is lurking around in every corner. Normal life activities that previously seem so routine and ordinary now make us feel anxious and insecure. This includes our job, our business venture, attending the church, visiting a friend or simply running an errand for our home. We are expected to live a new normal even post-pandemic.

Psalm 46 reminds us that our hope is in Jesus as our refuge and strong fortress – a hiding place we can run to for protection from life's unexpected and scary moments. Jesus is strong enough to shield us from the fiercest of our enemies. Most important of all, we need to learn to “be still” and know that HE is GOD. As God had commanded the people of Israel, He was not only telling them to “be still” or “to rest”, but to “stop fighting,” “cease striving” and opened their eyes to see who He is – the Almighty GOD of the heaven and the earth.

He is the God who has power over the universe and is in control of all things. In the midst of conflict and life turmoil, we just need to open our eyes, step back, stop what we're doing, and acknowledge who God is and what He can do. He will surely grant us comfort and peace in the midst of our struggles. As we fix our eyes on Him in prayer and rest in him, we will be able to see things with a new perspective, and be revitalized with new wisdom, and strength, freely and bountifully given by Him.

Prayer:

Dear Heavenly Father, we praise You for Your faithfulness and Your steadfast love which endures forever. Your precious Word and promises encourage us to rest in Your love. We acknowledge that You are God. We ask that You give us a clear and discerning mind. Give us the ability to be still and know that You are our God. Grant us peace even when the world around us is filled with strife and conflicts. Open our eyes and increase our faith to trust in You as we wait upon You to work through circumstances, and people to carry us through difficult times. In the name of Jesus, we pray. Amen.

每日灵粮

星期三, 2020 年 7 月 15 日

标题: 保持安静!

作者: 王振威传道

翻译: 杨惠光弟兄

诗篇 46: 10a “你们要休息, 要知道我是神!”

您是否曾经被一场突如其来的雷雨所困住? 几个月前, 当我带家人出去吃午餐时, 这件事发生了。我的车停在距离很远的露天停车场, 没有雨衣或雨伞, 这对我们来说是很大的挑战。我突然想起, 那天下午我有个约会。我的妻子 **Grace** 也必须赶回家准备晚饭, 招待晚上要来拜访的客人。我的儿子 **Carter** 希望可以回家, 按着在家上课的时间表上课。如果我们决意在大雨中走回车里去, 我们肯定会完全湿透。

要做的事情还很多, 我们会感到焦虑和沮丧, 甚至会因为没有做好准备而互相指责。但是, 我们决定步行到附近的咖啡厅坐下, 等雨停下来。确实在暴风雨中这是一个安全休息的地方。随着我们逐渐安顿下来, 我们从容淡定地重新安排下午的计划。我们借此机会在忙碌的一天中休息, 喝杯咖啡, 享受了一个小时的家人相互陪伴。雨终于停了。享受一起度过愉快家庭时光的我们重新回到了车上。

如果我们看一下当今全球大流行的疫情, 我们可能会感觉好像被卷入了一场意外的暴风雨中, 在其他地方, 它更像是飓风。我们感到脆弱, 不确定在哪里可以找到保障与平安。对于我们大多数人来说, 感染这种疾病的恐惧是压倒性的。我们从未面对过潜伏在各个角落的无形敌人的现实。以前看起来如此平常和普通的正常生活活动现在使我们感到焦虑和不安全。这包括我们的工作, 我们的企业, 参加教堂, 拜访朋友或甚至办我们的家务事。就算在疫情之后, 我们也需开始一个新常态生活。

诗篇 46 提醒我们, 我们的希望在于耶稣, 作为我们的避难所和坚固的堡垒——我们可以逃往这个隐蔽的地方, 保护自己免受生命中意想不到及恐怖时刻的伤害。耶稣有能力保护我们免受敌人最猛烈的攻击。最重要的是, 我们需要学习“停下来休息”, 并知道他是神。正如上帝命令以色列人民一样, 他不仅要告诉他们“静下来”或“休息”, 而且要“停止战斗”, “停止奋斗”, 并睁开眼睛看看他是谁——全世界的全能上帝。

他是掌管整个宇宙并掌控万物的上帝。在冲突和生活动荡中, 我们只需要睁开眼睛, 退后一步, 停止我们正在做的事情, 并承认他是上帝, 他能做什么。在我们的斗争中, 他一定会给予我们安慰与和平。当我们在祷告中注视着他并在他里面安息时, 我们将能够以新的视角看待事物, 并以新的智慧和力量重生, 这是他自由而慷慨给予的。

祷告:

亲爱的天父, 我们赞美祢的信实和永远坚定的爱。祢宝贵的话语和应许鼓励我们安息在你的爱中。我们承认祢是上帝。祈求祢赐我们思绪清晰, 辨明是非。让我们有能力保持安静, 并知道你是我们的上帝。即使我们周围的世界充满冲突, 求赐我们平安。当我们在任何情况下工作, 而人们在艰难时期中带领我们前进时, 在困难的日子里, 开我们的眼并增强我们的信心来信靠祢, 去面对不同的人和环境。奉主耶稣的名祷告, 阿们。

Thursday, 16 July 2020
Title: The Promise Keeper
By: Hon Sir Neng
Psalm 132

How does it feel to receive broken promises? We feel betrayed, taken for granted and not being taken seriously. Contrary to all that is happening in the world, all the chaos and rampant evil, God has kept His promises. But the real question is, what are the promises that He has kept? Psalm 132 sings about God's promises to David (2 Sam. 7) which is laid out for Israel, and eventually for the whole world. Let us look into it and hear what God says.

From verse 1-5, we see the psalmist's plea for God to remember His promises toward David because of David's love towards the Lord, as displayed in verses 2-5. All these are an act of worship towards God, especially when David vowed to find a place for God to "dwell" (2 Sam. 7). This is tremendous dedication by David because he will not enter his house nor sleep until he finds a place! In light of this, the people come and worship God (v6-7).

Verses 8-10 shows that God goes to His resting place, which is the Ark of the Covenant. This speaks about God's dwelling presence with His people. This is because of God's own promises towards David, where He will dwell with His people. As a result of God dwelling with them, the priests are clothed with righteousness – which is Israel's calling to bring people to know God. The saints shout for joy as well, celebrating all that God has done for them. Then it ends with another plea for God not to turn their face against God's anointed ones, the king, for the sake of His promise towards David.

Verses 11-12 elaborate on God's promise to David. David's descendants will continue to sit on his throne. But it is under the condition that all of them keep God's covenant and His testimonies which He teaches them (v12). Only then, will His sons continue to be king over Israel.

In verses 13-18, we see God's choice of Zion as His dwelling place. This reviews the sure oath that God swore to David. This promise is God's answer to the prayer of verses 8-10. God promised to preserve the dynasty, and expects the individual heirs of David to be faithful to the covenant. With God present in Zion, which he has chosen, the people will be happy and secure (v15). Singing these words enable the worshippers to delight in their privileges, and not to take them lightly.

In light of all that we have read, we see God keeping His promises. During Israel's misery in the exile, we see God faithfully preserving David's kingly line and bringing them back into the Promised Land. Moving on further, we also see

God's faithfulness in keeping His promise towards David by sending Jesus Christ, the one born of David's lineage to bring God's Kingdom down and rule over all the nations by the power of His Word (Rev. 2:26-27). We have a sure and true promise given by God that His Son, who descended from the line of David, will rule over all nations.

Prayer

As we take this time to pray, let us think about the fears and anxieties that we have in our lives. If we know God has kept His promises of His kingly rule through Jesus Christ, we have nothing to be afraid of. May we cast all our fears unto Him and trust that He is ruling with wisdom and justice, and all chaos and evil will end one day.

Because we trust in Him, we can also be assured that we have joy and security that is found in Christ. Though we may suffer in this lifetime, God's promises will not fail. He will bring us to His dwelling place, where we will have our security and joy in Him. As we pray, may we also ask God to help us change our perspective of security and joy – that we find it in His promised King, Jesus Christ, rather than in things of this world.

每日灵粮

星期四, 2020 年 7 月 16 日

标题: 守约人

作者: 韩思能

诗篇 132

收到违约的感觉如何？我们感到被出卖，被视为理所当然，没有被认真对待。与世界上正在发生的一切，所有混乱和邪恶相反，上帝遵守了他的约。但是真正的问题是，他遵守了什么诺言？诗篇 132 歌颂了上帝对大卫的约（撒母耳下 7）。为以色列，乃至整个世界。让我们调查一下，听听上帝的话。

从第 1-5 节开始，我们看到诗篇作者恳求上帝记住他对大卫的应许，因为大卫对主的爱，如第 2-5 节所示。所有这些都是对上帝的敬拜行为，尤其是当大卫发誓要找到一个居住于上帝的地方时撒母耳下 7）。大卫付出了巨大的努力，因为他在找到住所之前不会进入他的房子也不会睡觉！有鉴于此，人民来敬拜上帝（6-7 节）。

8 到 10 节表明神去了他的安息之地，那是约柜。这是关于神与他子民同居的故事。这是因为上帝对大卫的应许，他将在那里与他的子民同住。由于神与他们同住，祭司披上公义的衣服，这是以色列的呼吁，要带人们认识神。圣徒们也欢呼雀跃，庆祝上帝为他们所做的一切。然后以另一个恳求结束，他们要求上帝不要将他的脸对付受膏者，以色列国王，为了他对大卫的应许。

11 到 12 节详细说明了上帝对大卫的应许。大卫的后代将继续坐在他的宝座上。但这是在所有人都遵守上帝所教导他们的约和他的见证的条件下（第 12 节）。只有这样，他的儿子们才能继续作以色列的王。

在第 13 到 18 节中，我们看到上帝选择了锡安作为他的住所。这回顾了上帝向大卫发誓的誓言。这个应许是神对第 8 到 10 节祈祷的回答。上帝应许要维护王朝，并期望大卫的个人继承人忠于盟约。当上帝选择他在锡安时，百姓就会感到快乐和安全（15 节）。唱这些话可以使信徒享受他们的特权，而不能轻视他们。

根据我们所读的一切，我们看到上帝遵守了他的应许。在以色列流亡的痛苦中，我们看到上帝忠实地保留着大卫的王室风范，并将其带回应许之地。继续前进，我们还看到上帝的信实，即通过差遣耶稣基督来保持他对大卫的应许。他是大卫家族的一员，他通过他的圣言之力将上帝的国降下来，权柄制伏列国（启示录 2: 26-27）。上帝给我们一个肯定和真实的诺言，他的儿子从大卫的后裔继承下来，将制伏所有国家。

祷告

当我们花时间祈祷时，让我们考虑一下我们生活中的恐惧和焦虑。如果我们知道上帝通过耶稣基督遵守了他对王权统治的应许，那么我们就没有什么可害怕的。愿我们将所有的恐惧都投给他，并相信他以智慧和正义来统治，所有的混乱和邪恶将有一天结束。因为我们相信他，所以我们可以放心，我们拥有基督所能找到的喜乐和安全感。尽管我们可能在一生中受苦，但上帝的应许不会失败。祂会将我们带到祂的住所，在那里我们将在祂里面享有我们的安全和喜悦。当我们祈祷时，也可以祈求上帝

帮助我们改变对安全和欢乐的看法，我们可以在他应许的国王耶稣基督那里找到，而不是在这个世界上找到。

Friday, 17 July 2020

Reach out to His hands

Prathab V

Psalm 37:23-26

23 The Lord directs the steps of the godly.

He delights in every detail of their lives.

24 Though they stumble, they will never fall,
for the Lord holds them by the hand.

25 Once I was young, and now I am old.

Yet I have never seen the godly abandoned
or their children begging for bread.

26 The godly always give generous loans to others,
and their children are a blessing.

As my daughter and I walked down the road to the school, I held her hand by my side. She was about 8 years old then. Suddenly, a car turned the corner and sped towards our direction, with its engines roaring.

I could sense that my daughter was tense. But I held her hand firmly and said, "Jane, trust me. I'm your father. Whatever happens, don't let go of my hand!"

The car continued to speed, coming closer and closer. Suddenly, my daughter panicked and did the unthinkable—she let go of my hand and ran to the other side of the road! I watched helplessly in horror as the car sped down the road. I could see my darling girl running across the street, thinking she will be safer there. That day, my heart skipped several beats and I froze!

There was no time to pray. I could only shout to warn my girl. At that moment, God, in His eternal love and mercy, stepped in. The car suddenly braked and turned into the basement car park, just as my daughter reached the other side of the road! Praise the Lord! What a relief that was! I was still in shock. I crossed the street, bent down and hugged my daughter tightly.

Holding her in my arms, I could sense how frantic the little girl was. With her big eyes and tiny hands, she stood terrified at the event. Calming her down, I asked her inquisitively, "Jane, why did you let go of my hand?" Slowly, my stunned daughter said, "I was afraid of the car..."

I then replied, as tears welled up inside, "Jane, know that as long as you are holding my hand, you are safe. The moment you let go, I can no longer protect you..."

That day, I gave thanks to my God that my daughter was safe. I am certain it was God who delivered her from great harm. Even today, I shudder to even think what could have happened, if not for God.

As I ponder this event in my life, Ps. 37:23-26 encourages me. As the Lord directs my life (v23), the Scripture says, God also holds my hand to make sure that I do not fall. I might stumble, but the Lord promises to uphold me with His hand (v24).

Moreover, the Lord will provide for all the needs of those who diligently follow Him.

This week, I was greatly distressed and downcast because of various political developments in our beautiful country.

Feeling burdened, I called up a friend to seek wisdom. We spoke for some time and prayed. I believe that in times of great testing and trouble, we must trust Him. When you are discouraged, reach out to His hands. When you are feeling the weight of the world upon you, reach out to His hands. If you have been accused unfairly, reach out to His hands. If you are feeling lonely, reach out to His hands. His hands bear the scars of Calvary because Jesus cares for you. You matter to Him. As long as you hold His hands, you will be safe.

This morning, I pray that you will lean wholly on Jesus. Tell Him your troubles and fears. Only Jesus can make a difference. He hears your prayers and cares for you.

Prayer:

Lord, teach me to trust and walk in obedience to You. When the storms trouble me, when I am uncertain about the future, I pray that I will not let go of Your hand. Guide me into Your path everlasting, Lord. Let me not stray from the narrow path. Hold me in Your hands always, Lord. In Jesus' name, I ask. Amen.

每日灵粮

星期五, 2020 年 7 月 17 日

标题: 寻求上帝的手

作者: 帕拉他伯(Prathab V.)

翻译: 巫惠如姐妹

诗篇 37 : 23-26

义人的脚步被耶和华立定，他的道路耶和华也喜爱。

他虽失脚，也不至全身仆倒，因为耶和华用手搀扶他。

我从前年幼，现在年老，却未见过义人被弃，也未见过他的后裔讨饭。

他终日恩待人，借给人，他的后裔也蒙福。

当我和女儿走向学校，我握紧她的手。那时她大概八岁。突然，一辆汽车急转弯，朝我们的方向飞驰。

我感受到女儿很紧张。但我紧紧握着她的手说，「Jane，相信我。我是你父亲。不管发生什么事，别放开我的手！」

汽车极速上升，离我们越来越近。忽然，女儿惊慌失措，做了一件不可思议的事。她放开我的手，直奔到马路的另一边！当汽车在路上疾驰，我在惊恐中无助地看着。我目睹亲爱的女儿自以为跑过街会更安全。那天，我的心漏跳几拍，简直吓呆了！

根本没时间祷告。我只能大声喊叫，警告我的女儿。那一刻，上帝以他永恒的爱和怜悯给予帮助。正当我女儿到达马路的对面，车子突然刹车，进入地下停车场！赞美主！总算松了一口气！我还是很震惊。我弯下身，紧紧抱住我女儿。

抱着她，我能感觉到女儿情绪失控。大大的双眼，小小的双手，她惊慌地站着。当我安抚她时，我好奇地问，「Jane，你为什么松开我的手？」惊呆了女儿慢慢地回答，「我怕那辆车...」

百感交集，我回答，「Jane，你知道，只要你握着我的手，你就是安全的。你一放手，我就无法保护你...」

我感谢上帝我女儿能平安无事。我深信是上帝拯救她脱离危险。如果不是上帝的帮助，我至今还是不敢想象事情会如何发展。

当我回想这事时，诗篇 37:23-26 鼓励我。圣经上说，当主引导我的生活(23 节)，他也握住我的手，确保我不会扑倒。我可能会失脚，但上帝保证用他的手(24 节)搀扶我。

此外，主将满足那些努力追随他的人的所有需求。

这周，由于我们这美丽国家的各种政治状况，我感到忧虑和沮丧。深感重负，我给一位朋友打了一通电话。我们聊了一会并一同祈祷。我相信，在面临巨大考验和困难时，我们必须相信他。当你气馁时，寻求上帝的手。当你挑着肩头重担，寻求上帝的手。如果你受到不公平的指控，寻求上帝的手。如果你感到孤独，寻求上帝的手。他的手上有各各他所留下的伤疤，因为耶稣关心你。他视你为宝贵。只要你握住他的手，你就会安全。

今天早上，我祈祷你会完全依靠耶稣。告诉他你的问题和恐惧。只有耶稣才能改变。他聆听你的祈祷并关心你。

祈祷：

主啊，教我信靠你，顺服你。当暴风雨困扰我，当我不确定未来的时候，我祈求不会松开你的手。主啊，指引我走你永生的道路。我不要偏离走窄路。求主时刻握紧我。奉耶稣的名祷告，阿门。

Saturday 18th July 2020

A CONSCIENCE FREE AND BLAMELESS LIFE

Pastor Soong Kok Kee

Psalm 101: 2 – *"I will be careful to lead a blameless life – when will you come to me? I will walk in my house with a blameless heart."*

Psalm 101: 6-7 – *"My eyes will be on the faithful in the land, that they may dwell with me; he whose walk is blameless will minister to me. No one who practices deceit will dwell in my house; no one who speaks falsely will stand in my presence."*

The traffic police department was pretty astonished to receive a letter and payment from a motorist who had been given a speeding ticket in 1954. John Gedge, an English tourist, had been visiting the City of Brotherly Love when he was cited for speeding. The penalty was fifteen dollars, but Gedge forgot about the ticket for almost fifty-two years until he discovered it in an old coat. "I thought, I've to pay it," said Gedge, 84, who now lives in a nursing home in East Sussex. "Englishmen pay their debts. My conscience is clear."

The psalmist of Psalm 101, King David, talks about his commitment to integrity. Although he made some terrible mistakes in his life, Psalm 101 declares his resolve to live blamelessly. His integrity would begin in the privacy of his own house (v. 2) and then extend to his choice of colleagues and friends (vv. 6-7).

This is in sharp contrast to the corrupt lives of most kings of the ancient Near East. David's integrity led him to respect the life of his sworn enemy King Saul (1 Samuel 24: 4-6; 26: 8-9). Twice he had the opportunity to kill his enemy but twice he spared him – that's David, a man after God's own heart. A man of integrity.

As followers of our Lord, we are all called to walk in integrity and maintain a clear conscience. This is true especially of the leaders of the Church – *"above reproach; clear conscience; blameless"* (1 Tim 3:2,9; Tit 1:6). None of us would be perfect and sinless this side of eternity but like David and Gedge we must strive to the very best of our ability to live a conscience free and blameless life. We will never be able to please everybody and we shouldn't try, but as long as our conscience is clear before God, man and ourselves in all that we do, say and think, then we can be assured of a good night's sleep.

PRAYER: Dear Lord, may our prayer and life be like David's *"I will be careful to lead a blameless life"*. We ask for your forgiveness Lord, because so very often, in trying to please ourselves and others, we have forgotten to please you. Help us to align our lives back to what it should be – putting you always first in our lives. Loving you with all our heart and with all soul and with all our mind. In Jesus name we pray AMEN.

每日灵粮

星期六，2020 年 7 月 18 日

标题：问心无愧及无可指责的生活

作者：宋国基牧师

翻译：梁玉萍姐妹

诗 101：2 我要用智慧行完全的道。你几时到我这里来呢？我要存完全的心行在我家中。

诗 101: 6-7 我眼要看国中的诚实人，叫他们与我同住；行为完全的，他要伺候我。行诡诈的必不得住在我家里，说谎话的必不得立在我眼前。

交警部门收到一封在 1954 年因超速被罚单的司机的信和付款，令人十分震惊。英国游客约翰·格奇（John Gedge）在游访美国号称“兄弟之爱”的城市时，因超速被罚款十五美元。但格奇却忘了这张罚票长达五十二年之久，直到他在一件旧外套里发现了它。现年 84 岁的格奇说：“我想，我必须付这钱。”他现在住在英国萨塞克斯东部的一间疗养院。“英国人一定偿还债务。我问心无愧。”

诗篇 101 的诗人大卫王谈到他对正直的承诺。虽然他在生活中犯了一些可怕的错误，但诗篇 101 声明他决心过无可指责的生活。他正直的行为是从他自己的家开始(第 2 节)，然后延伸到他所选择的同事和朋友圈(第 6-7 节)。

这与大多数古代近东国王的腐败生活形成了鲜明对比。大卫的正直使他尊重他的死敌扫罗王的生命（参撒母耳记上 24:4-6;26:8-9）。他有两次杀死敌人的机会，但两次他都饶了他——这就是大卫，一位蒙上帝喜悦的人。一位正直的人。

作为主的门徒，我们被呼召以正直行事，并保持清洁的良心。对于教会的领袖尤其如此——“无可指责;良心清洁”（参提前三：2,9;提多书 1：6）。在永恒的这一面，我们没有人会是完美无罪的。但是，像大卫和格奇一样，我们必须尽我们最大的能力去过一个良心清洁，无可指责的生活。我们永远无法取悦每个人，我们也不应该尝试。但只要我们所做、所说、所想在上帝、人及自己面前问心无愧，那么我们就可以保证能安然睡觉。

祷告：亲爱的上帝，愿我们的祷告和生活像大卫：“我要用智慧行完全的道”。我们祈求你的宽恕，因为在试图取悦自己和他人时，我们常常忘记取悦你。帮助我们将生活重新调整为应有的状态，使你常常在我们的生命中居首位。尽心、尽性、尽意、爱主。我们奉耶稣的名祷告，阿们。

Sunday, 19 July 2020
Our God Reigns
By Elder Tan Seng Kee
Psalm 99:1-3

Psalm 99:1 begins with a 'loud' reminder that God reigns, and 'let the peoples tremble'. The Psalmist emphasises in verse 1 and 2 of Psalm 99 that God is on His throne and His majesty and strength is awesome and has no limits. The admonition to us is that whilst today, many events and things captivate our attention and drown our perspective; in finality, it is not illness, politics, profligate consumerism, or world events (many of which are beyond our control anyway) that should engulf our being and persuade our objectives.

Instead, the Psalmist encourages us to be mindful and fearful of God and God only to the exclusion of all others. To fear God can mean a trepidation or just being afraid of God or it can also mean acknowledging and desiring to honour God always.

Personally, I think a combination of both is necessary. To stand in awe of God's presence means I must live my life right; and sins and dishonour of God must be consciously and willfully put away. To desire the honour of God means I must put God first in all I do. So, it is the church first on a Sunday rather than sports, or prayer first rather than binge watching of TV dramas. God first, in my life, also means that in all that I do, whether in my family or in church or in the secular world, my motivation is to catch a glimpse of whether my deeds and actions pleases God and consider how I can always do better as a disciple of Jesus.

Psalm 99:3 repeats that God is great, awesome, and deserves our praise. It is a cue to acknowledge and worship our true God. However, the lures of the world continue to blind our eyes away from God and suggest that pursuit of our own good and happiness is 'godly' enough. It is therefore necessary for us to continue sharing the gospel in order that all men will hear and turn to Jesus as Lord and savior.

Verse 3 of Psalm 99 ends with 'He is Holy'. It is an affirmation that our great God is also a Holy God. It proclaims that we should work on holiness without compromise. Holiness is not minus fault; but includes a deep grief when we sin and fall short of the expectations of God. Grief here incorporates profound regrets and seeking God for forgiveness for our sins and desiring not to repeat sins.

Finally, the value of a person is measured by how well he/she knows God and how much he/she experiences God's presence in their life. Time and again, I am reminded that when I can 'walk through the valley of the shadow of death' with

no fear and secure in the comfort of my shepherd, then I have found life abundant and have lived it to the fullest. To God be the glory.

Prayer:

Our great God, we ask that you help us to continually recognise that you reign supreme. Help us to live a holy life and to share your goodness to a world that does not know you. In our life, enable us to love you and enjoy your comfort and presence every day. In Jesus' name we pray. Amen.

每日灵粮

星期日, 2020 年 7 月 19 日

题目：我们的神作王了

作者：陈诚基长老

翻译：方美珠姐妹

诗篇 99: 1-3

诗篇 99:1 一开始就“大声”提醒上帝作王，“万民当战抖”。诗人在诗篇 99 第 1 和第 2 节中强调，上帝在祂的宝座上，祂的尊贵和能力超乎一切，无可测度。这是告诫我们尽管今时有许多事件和事物吸引着我们的注意力，淹没了我们的见解；最终我们还是不该被疾病、政治、挥霍无度的消费主义或世界事件（其中很多是我们无法控制的）来吞没我们的存在，妥协我们的目标。

相反的，诗人鼓励我们当要铭记并敬畏独一的上帝。敬畏上帝不只是意味着恐惧或害怕上帝，也可以是承认并渴望能永远荣耀上帝。

对我个人而言，我认为两者结合是必须的。敬畏上帝的同在意味着我必须正确的活出我的生命；罪和羞辱上帝的事必须有意识的自愿消除。渴望荣耀上帝意味着不管我所作的是何事都必须把上帝放在首位。所以在星期天是去教会敬拜而不是去运动，祈祷为先而不是沉迷看电视剧。上帝在我生命中居首位也意味着在我所做的一切，无论是在家庭、教堂还是世俗世界中，我的动力就是希望可以在我的行为和举止上合神心意，并思考我将如何成为耶稣更好的门徒。

诗篇 99:3 重复说上帝是伟大的，令人敬畏的，配得我们称颂。这意味着我们承认也敬拜我们的真神。然而世界的诱惑继续蒙蔽我们的眼睛使我们的视线远离上帝，更建议我们足以‘在神里’来追求自己的幸福和快乐。因此我们必须要继续分享福音以便所有人都能听到并转向耶稣使祂成为他们的主和救主。

诗篇 99 的第 3 节以“祂本为圣”结尾。这肯定了我们伟大的上帝也是一个圣洁的神。经文宣称我们应当毫不妥协地追求圣洁。圣洁不是减去过错；而是包含了当我们犯罪而没有达到上帝的期望时的极度悲伤。悲伤在这里包揽了深切的悔过，并寻求上帝赦免我们的罪过，更渴望不再重犯。

最后，一个人的价值取决于他/她对上帝的了解程度以及他/她生命中有多少与神同在的体验。我一而再的被提醒，每当我行过死阴的幽谷，我必不惧怕，因为我的牧者保守安慰我，我找到了丰盛的生命，并充分的把这生命活出来。一切荣耀都归给上帝。

祷告：

我们伟大的上帝，我们求祢帮助我们持续的认识到祢是至高无上的主。帮助我们过个圣洁的生活，并将祢的美好分享给这一个不认识祢的世界。在我们的生命中，让我们可以爱祢并享受每一天祢所赐的安慰与用在。我们奉耶稣的名祈祷。阿们

Sunday, 20 July 2020

Confidence in God

By Elder Tan Seng Kee

Psalm 75:1

The first line of Psalm 71 begins with a call to trust in the Lord. We put our trust in many things in our daily lives. We get into our car trusting it to take us to our destination. We trust our hand phones and many third parties apps to direct our road routes and to do all kinds of banking transactions including to trade in Bursa Malaysia's shares. Millions of Ringgit is spent on advertisement to persuade us to use and trust these third parties apps, which sometimes fails us but we quickly go back to using them again because in this modern day technology driven world, we can't do without them and often I suspect we want to give it another chance and hope they will do better. Through the many years God has given us whether we have lived 20 years, 40 years, 60 years or 80 years as in many PBC's Karis members, we have seen the goodness of God in our respective journey of life in many situations but often intermingled with other days of silence when we walk in despair through difficulties seemingly all alone.

In Psalm 71:5, the Psalmist tells us "For You are my hope, O Lord, God; You are my trust from my youth." God reminds us that we must put our hope in God and place our trust in Him. 4 take- away lessons from this verse.

1. We hope for better days. We hope for the Covid-19 vaccine. We hope our Malaysian economy will not deteriorate further. The hope list goes on and its urgency differs from individuals. We hope because we do not have all we wish for and there are problems we cannot solve. The Bible tells us that Jesus is our hope. Instead of struggling in fear and desperation, we can put our hope in Jesus. It means we pray and look to God for the solution and the answer. God will always 'feed' us more than we ask, our last Sunday's children devotion speaker reminded us.

2. Trust means a belief in someone or something. As Christians my trust in God means a firm belief in the reliability of God. The Bible contains many promises of God we can rely on in times we need to trust Him most. The promise I hold on most assuredly is Psalm 89:34 – “No, I (God) will NOT break my covenant. I (GOD) will not take back a single word I said.” Whatever God has promised He will do it. Read the Bible to know God’s promises and trust Him to deliver.

3. So after we put our hope in God and place our trust in Him, do I just sit back and wait for Him to deliver on His promises? The answer is No. I must continue to think through the issues, take actions and put in efforts to attempt resolution. I will do my best but I also will whole heartedly trust and depend on God to provide His best for my life. Psalm 90:17- “And may the Lord our God show us His approval and make our EFFORTS successful.”

4. I will pray that I will be confident in my God. It is difficult to pray through all issues in our lives, in our church, in our nation and in everywhere else that matters to us. A more reliable approach is to ask God to help me have confidence in Him so that whatever challenges may come, I remain steadfast and sure my God is there with me and for me. Psalms 27:13- “Yet I am CONFIDENT I will see the goodness of the Lord here in the land of the living.”

Prayer

Lord, God creator of heaven and earth, please give me confidence in You. Help me to put my hope in Jesus and to trust Jesus. In Jesus’ name I pray. Amen.

每日灵粮

星期一，2020 年 7 月 20 日

标题：“…由于我的罪过…”

讲员：张祯祥传道

翻译：林良億姐妹

第 27： 1-4

诗篇 38： 3 因你的恼怒，我的肉无一完全；因我的罪过，我的骨头也不安宁

这诗篇开始得非常戏剧化，人们几乎可以想象出一部连续剧，主角激起了他父亲的愤怒，儿子恳求“父亲！不要请不要！拜托，请不要。你的惩罚是我无法承受的。”

有罪的大卫显然知道上帝的愤怒。他在犯禁令时被抓了，就像他把手放在饼干罐中一样。大卫感觉到上帝的深深不满，大卫向上帝喊道不要“在你的愤怒中”惩罚他。他知道，就像人类的父亲一样，当孩子故意不服从引起愤怒而不受控制的愤怒时，第一次的惩罚确实会造成巨大的痛苦，就像“穿刺箭”一样。因此，我们的请愿是耶和華不会像法官一样谴责，而是像个父亲责骂，以保护的方式来惩治罪人。

这听起来不熟悉吗？我们作为上帝（长大的）的儿女，正确地说像大卫一样，我们有时也会被赤手抓住。我们必须恳求怜悯。我们必须祈求温柔的心智，对圣灵有敏锐的感应，当我们犯了罪时，圣灵会向我们很清楚地讲话，而不是生活在否认圣灵的感应之中。当我们转到诗篇 38，第 3 和第 4 节时，我们看到了后果：

由于上帝的愤怒而肉无一完全

因为罪过没有健康

由于愚蠢而造成的伤痕

最重要的是一 不可避免的犯罪感。但是，与大卫不同，我们不应让犯罪感和羞愧淹没我们。我们不能在任何时候轻视犯罪的严重性，特别是惯性的罪行，如果不加以制止，将可能产生永久的后果。但是，我们应该记住，上帝已经提供了基督的宝血，它将掩盖各种罪恶，洗净一切罪孽，并应许了圣灵的恩赐使我们能够克服诱惑。

撒迦利亚书 13： 1 “那日，必给大卫家和耶路撒冷的居民开一个泉源，洗除罪恶与污秽 ”

大卫在痛苦中认出了上帝的作为，但他并不认为这是没有起因的。他知道那是因为他的罪过和他的愚蠢。大卫很痛苦，他知道自己罪过是危机和苦难的根源。

” …没有健全，不健康，肮脏和溃烂的伤口，全天哀悼，充满炎症，我的肉没有健全，脆弱而严重地破碎的心 。”

然后是一线希望：

9 主啊，我的心愿都在你面前；我的叹息不向你隐瞒。

大卫想被纠正。他想完全地摆脱罪恶。他准备谦卑诚实面对上帝。

大卫面对主人（主，阿多奈）向上帝讲话时，以完全坦率的，透明的方式向上帝呼吁。他想坦白一切。我们人类的本能是遵循亚当和夏娃的模式，躲藏我们的罪，躲避上帝。大卫在这里是一种完全诚实的交流方式的例子，例如最好的朋友之间的交流，这对于真正渴望上帝的人至关重要。对大卫来说并不容易（我们知道，不是吗？），但他做到了。弟兄姐妹，你认为你可以做到吗？

今天的祈祷

主耶稣，感谢你，特别是这篇诗篇。谢谢你坦实地告诉我，与你同行有时会很艰难。而且我对十字架的异象有时会被遮盖。与诗篇笔者一样，我对上帝的喜乐将不时受到阻碍。

请帮助我了解学习到，为了被上帝转化也完全顺服神，我需要对你和我周围的所有人完全坦诚相待。赐我力量，我祈祷。奉主耶稣的名求，阿们。

Tuesday, 21 July 2020

Title: The Lord is My Shepherd

By: Pastor Isaac Yim

Psalms 23:1-6

The pandemic and current natural disasters like flooding and earthquake in many countries are impacting all individuals as well as communities. The very fabric of daily life is changing right before us. We are living in unprecedented times. We are living with much uncertainties, anxieties and fears. In the midst of all these gloom and doom, God is inviting us to allow Him to lead us through this "valley of the shadow of death." We don't have to travel alone through this life's journey. He wants to walk with us as we put our total trust in Him.

Let us reflect on the implications of *Psalms 23* in all of our life, may it be on the mountain top or down in the darkest valley.

"The Lord is my Shepherd." It talks about a personal relationship between a sheep and its Shepherd. We are not a number. He knows us by name.

"I shall not want." The Shepherd is the source for all our needs. In Him all our needs are met.

"He makes me to lie down in green pastures." The Shepherd provides splendid contentment and rest.

"He leads me beside the still waters." The Shepherd provides cool, peaceful refreshment.

"He restores my soul." The Shepherd provides revitalization and healing.

"He leads me in the paths of righteousness." The Shepherd will personally lead and guide us to do His will.

"For His namesake." He gives a purposeful direction in life.

"Even though I walk through the valley of the shadow of death." Our life's journey will inevitably take us to some testing in the darkest valley, even to death!

"I will fear no evil." The Shepherd will give us the confidence and protection in the darkest and lowest points of our lives.

"For you are with me." What a promise! Our Shepherd will constantly walk beside us.

"Your rod and your staff will comfort me." That's is God's protection for us when we are under attack by our enemies.

"You prepare a table before me in the presence of mine enemies." When faced with our enemies, our Shepherd assures of support and hope.

"You anoint my head with oil." That's care, dedication and consecration! The Lord anoints us and sets us apart for service to Him.

"My cup overflows." The blessings of God are just too many to count! God's abundance is flowing to us so that we can share these blessings with others.

"Surely goodness and mercy shall follow me all the days of my life." How lavishly God's blessings, power and grace will accompany us every step of our journey till we meet Him.

"And I will dwell in the house of the Lord." The Shepherd will not part with us or abandon us along life's way. He will guide us to our eternal home in heaven.

"Forever." That's now and always – for eternity!

Now, we understand the Lord is my Shepherd. A shepherd doesn't just watch sheep, he cares for his sheep. He takes them to where food and water are, and he shelters them from storms. Because sheep do not have claws or teeth to protect themselves, he protects them from other animals that want to eat them. Because the shepherd is there, the sheep are protected, comforted, and fed. Without a shepherd, the sheep would not last long in the wilderness. That's a pretty good picture of how God cares for us, isn't it?

Jesus says, *"I am the good shepherd. The good shepherd lays down his life for the sheep."* (John 10:11 ESV)

The post Covid-19 may be a difficult road for us. We don't have to walk alone. Invite the Good Shepherd to accompany us. He will provide and protect through every situation along the way till we reach home.

Prayer for Today

Dear God,

Thank you that you are our good Shepherd and because you are our good Shepherd, we lack nothing. We are grateful for your guidance and care for all our days. Thank you that you restore our souls, give us peace, and bring us hope in all our days ahead. Thank you for your protection and strength that surrounds us like a shield. Thank you that we need not fear because You are constantly walking beside us. Thank you for your goodness and love that follows us daily even when we are unaware. Thank you that you are our trustworthy God and you are our refuge and hope. In you alone is our rest and peace. We praise you for the assurance that we will dwell with you forever.

In Jesus' Name. Amen

每日灵粮

星期二，2020 年 7 月 21 日

标题：耶和华是我的牧者

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 23：1-6

当前许多国家所面临的疫情和天灾如洪水和地震，实在影响了整个社会。日常生活的习惯、运作等结构在我们眼前改变。我们现在活着的时代是史无前例的。我们生活在许多的不确定、焦虑和恐惧中。在这一片阴郁与厄运中，上帝邀请我们，让祂带领我们走过这“死荫的幽谷”。我们不必独自度过这人生的旅程。祂要我们完全地信靠祂，和祂一起行走。

即使我们在生命中的高山或低谷，让我们都来默想诗篇 23 在我们生命中的意义。

“耶和华是我的牧者”。这里提到羊和牧人之间的亲密关系。我们不是一个数字。祂知道我们的名字。

“我必不致缺乏”。牧人是满足我们所有需求的源头。祂得以满足我们的所有需求。

“他使我躺卧在青草地上”。牧人使我们满足并提供我们安息。

“领我在可安歇的水边”。牧人为我们提供凉爽、宁静的休息处。

“他使我的灵魂苏醒”。牧人为我们提供恢复和医治。

“引导我走义路。”。牧人会亲自带领我们行在祂旨意中。

“为自己的名”。祂指导我们走有意义的路。

“我虽然行过死荫的幽谷”。生命的历程，必然把我们带到最黑暗的幽谷，试炼我们，甚至于死！

“也不怕遭害”。牧人将在我们生命中最黑暗、最低的情况下给予我们信心和保护。

“因为你与我同在”。何等美好的应许！我们的牧人将不断地与我们一起同行。

“你的杖、你的竿都安慰我”。这是上帝在我们受到敌人攻击时对我们的保护。

“在我敌人面前，你为我摆设筵席”。当面对敌人时，我们的牧人保证支持和希望。

“你用油膏了我的头”。这是上帝对我们的关心、把我们献上，分别为圣！上帝恩膏我们，使我们与他人分别，来事奉祂。

“使我的福杯满溢”。上帝的祝福实在太多了！上帝的丰盛满盈流入我们，使我们与别人分享

这些祝福。

“我一生一世必有恩惠、慈爱随着我”。上帝的祝福、力量和恩典将伴随我们的每一步，直到我们见祂的那一刻。

“我且要住在耶和华的殿中”。牧人不会在生活的过程中抛弃我们。祂会带领我们至到天堂永恒的家。

“直到永远”。这是现在、永远，直到永恒！

现在，我们知道主是我的好牧人。牧人不只看羊，他关心自己的羊。他领羊群到有食物和水的地方，他保护羊群，躲避风暴。因为绵羊没有爪子或尖利的牙齿来保护自己，所以牧人也保护羊群免受野兽的伤害。因为有牧人的同在，羊群受保护、抚慰、喂养。没有牧人看守，羊在旷野中生存不会长久。这副图描述了上帝如何关心我们。

耶稣说，“我是好牧人，好牧人为羊舍命。”（约翰 10：11）

疫情过后的生活可能艰难。我们不必独自行走。我们可以邀请好牧人陪伴我们。祂会在我们生命中每一种情况下为我们预备和保护。

今天的祷告

亲爱的上帝，
感谢祢是我们的好牧人，我们不致缺乏。我们感谢祢引导和关心我们。感谢祢苏醒我们的灵魂，赐我们平安，带给我们前路有希望。感谢祢的保护和力量像盾牌一样包围着我们。感谢祢我们不必害怕，因为祢一直陪伴在我们的身边。感谢祢赐下不断随着我们的良善和慈爱。感谢祢因为祢是我们可信的上帝，祢是我们的避难所和盼望。只有在祢里面我们才得正真得安息。我们赞美祢因为我们能确信，我们将永远与祢同在。
奉主耶稣的名。阿门。

Wednesday, 22 July, 2020

Title: When the World Seems Crashing in on Us

Author: Pastor Wallace Ong

Scripture: Psalm 55:1-8, 12-14

Give ear to my prayer, O God, and hide not yourself from my plea for mercy! 2 Attend to me, and answer me; I am restless in my complaint and I moan, 3 because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me. 4 My heart is in anguish within me; the terrors of death have fallen upon me. 5 Fear and trembling come upon me, and horror overwhelms me. 6 And I say, "Oh, that I had wings like a dove! I would fly away and be at rest; 7 yes, I would wander far away; I would lodge in the wilderness; Selah 8 I would hurry to find a shelter from the raging wind and tempest."

12 For it is not an enemy who taunts me – then I could bear it; it is not an adversary who deals insolently with me – then I could hide from him. 13 But it is you, a man, my equal, my companion, my familiar friend. 14 We used to take sweet counsel together; within God's house we walked in the throng.

Psalm 55 depicts to us how David was in such complete dismay at the treachery he was experiencing. He was struggling with the fact that some of his closest comrades had turned against him. He was lamenting to us the condition of his heart. He was in dire straits, he was inundated with disappointment, anguish, and misery! He was paralyzed emotionally and bodily. David desperately cried out to God. He was pleading to God "Don't ignore me; hear me, answer me. I am troubled and distraught!" The distress David encountered had beaten him up badly, but he knew that his most reliable help came from God. His prayer flowed out from his deep despair, but ultimately was the demonstration of his confidence in God.

There are times in our lives when it seems that the whole world has tumbled in on us. Our burden and suffering is so overwhelming as if there is no place for us to turn to and we are ready to give up. We, like the Psalmist, wish for the wings of a dove so we could fly away into the desert and leaving behind all our worries, afflictions and all our troubles in order to find the rest we so badly need. This is especially so when we are opposed and offended by those closest to us such as our family members, friends, or those whom we have invested a lot of time with. We perceive they are the people whom we could rely heavily on. We become most disheartened if they turn against us with their actions or words.

David had such adversaries – leaders who guided and gave advice to him, close associates who even went to 'church (temple)' together with him. They turned out to be those who hurt him badly. What a heartbreaking experience and

discouragement arising from such relationships. Just like David, we too can feel the “pain” when assaulted by such individuals, those we relied on turned out to be someone who conspires against us. It is truly a heart-wrenching experience when trust is broken, effort unappreciated and malaise by mindless slanderers.

There is no instant relief or easy solution to mitigate any damage caused by the betrayal of trust. However, one can emulate what David did – to call upon God’s help and power to intervene. Regardless of whatever dreadful circumstances, we can always turn to God in complete assurance, knowing that He will surely hear us and answer our prayers. Our hearts may be filled with anguish and our minds bewildered like a dark cloud hanging over our head but we can turn them over to God and He will lift the load off our shoulders.

He will lift us up from the mire and plant our feet on solid ground. He will carry us in His arms to a place of safety because He is our help in times of need (Psalm 46:1). When we are alone, let us not forget that Jesus is ever present. It is in the midst of the greatest storms of life that we learn the true meaning of what it means “to trust in God”. It is by going through the worst turmoil in life that we discover and appreciate the peace of God that surpasses all human understanding, guards our hearts and minds in Christ Jesus (Phi. 4:7).

Prayer:

Dear Heavenly Father,

We thank You for Your love for us. We are confident that no matter what evil plots, misunderstanding, or slander against us, or whatever pains and difficulties befall us, we can always come to You, knowing that You will sustain and strengthen us. We will not be shaken or intimidated by the evil schemes inflicted on us by Satan because greater is Christ that is in us. O Lord Jesus, we need You and we want You to be in our heart every moment in our life. Empower us to live for You. Give us strength to endure whatever difficulties and suffering we may encounter. Help us to find comfort, peace, and joy in You. In the name of Jesus, we pray. Amen.

每日灵粮

星期三, 2020 年 7 月 22 日

标题: 当世界似乎崩塌时

作者: 王振威传道

翻译: 杨惠光弟兄

诗篇 55: 1-8, 12-14

大卫的训诲诗, 交于伶长。用丝弦的乐器。

1 神啊, 求你留心听我的祷告, 不要隐藏不听我的恳求。

2 求你侧耳听我, 应允我。我哀叹不安, 发声唉哼,

3 都因仇敌的声音, 恶人的欺压。因为他们将罪孽加在我身上, 发怒气逼迫我。

4 我心在我里面甚是疼痛, 死的惊惶临到我身。

5 恐惧战兢归到我身, 惊恐漫过了我。

6 我说: “但愿我有翅膀像鸽子, 我就飞去, 得享安息。

7 我必远游, 宿在旷野。(细拉)

8 我必速速逃到避所, 脱离狂风暴雨。”

12 原来不是仇敌辱骂我, 若是仇敌, 还可忍耐。也不是恨我的人向我狂大, 若是恨我的人, 就必躲避他。

13 不料是你, 你原与我平等, 是我的同伴, 是我知己的朋友!

14 我们素常彼此谈论, 以为甘甜, 我们与群众在神的殿中同行。

15 愿死亡忽然临到他们, 愿他们活活地下入阴间, 因为他们的住处、他们的心中都是邪恶。

诗篇 55 向我们描绘了大卫对于他所遭遇的背叛感到完全沮丧。他正为一些最亲密的战友背叛他这一事实而苦苦挣扎。他向我们哀叹心中的感伤。他身陷困境, 感到无比失望、痛苦欲绝! 他心神慌乱, 不知所措。大卫拼命向上帝呼求。他向上帝求情: “不要忽略我; 不要不理我。听我说, 回答我。我感到困扰和沮丧!” 大卫遇到的苦难使他遭受了重创, 但他知道他最可靠的帮助来自上帝。他的祈祷来自于深深的绝望, 但最终也证明了他对上帝的信心。

在我们的生活中, 有时候似乎觉得整个世界崩塌在我们身上。我们的负担和痛苦是如此之大, 以至于我们无处可寻, 已经准备放弃。我们像诗人一样, 希望有一只鸽子的翅膀, 可以飞到沙漠中, 留下我们所有的忧虑、苦难和所有的麻烦, 以便找到我们急需的休息。尤其是当我们最亲密的人, 如我们的家人、朋友, 或长时间共处的人, 反对和冒犯我们。我们认为他们是我们可以依靠的人。如果他们用自己的言行举止反抗我们, 我们会感到最沮丧。

大卫有这样的对手——曾指导和给他建议的领导人、亲密的同伙甚至与他一起去“教堂(殿)”敬拜的人, 后来却是严重伤害他的人。这种关系引起了令人心碎的经历和沮丧。就像大卫一样, 当我们受到这些人的攻击时, 我们也能感受到“痛苦”, 而我们所依赖的人竟然是串谋害我们的人。当彼此信任被打破, 努力得不到认可又被盲目诽谤时, 这真是令人心痛的经历。

任何因背叛所产生的损害是没有即时的救济或容易的解决方案来减轻的。但是, 人们可以效法大卫所做的事情——就是寻求上帝的帮助和能力。无论遇到什么可怕的情况, 我们总是可以完全向上帝求助, 因为知道他一定会听到我们的声音并回答我们的祈

祷。我们的心可能充满痛苦，思想像笼罩在头上的乌云，但是我们可以将它们交给上帝，上帝会卸下我们肩膀上的负担。

祂将把我们从泥潭中抬起，将脚踩在坚实的地面上。祂会将我们怀抱在安全的地方，因为在有需要时祂是我们在患难中随时帮助（诗篇 46：1）。当我们独自一人时，让我们不要忘记耶稣永远存在。在人生的最大风暴中，我们了解了“信靠上帝”的真正含义。通过经历生命中最严重的动荡，我们发现并体会上帝的平安，是超越所有人的理解，在基督耶稣里保守我们的心怀意念（腓 4：7）。

祷告：

亲爱的天父，我们感谢你对我们的爱。我们有信心，无论人对我们有什么邪恶的阴谋、误解或诽谤，或有什么痛苦和困难降临在我们身上，我们都可以来找你，知道你将在扶持并坚固我们。撒但加给我们的邪恶计划不会动摇或吓倒我们，因为在我们里面的基督更大。主耶稣啊，我们需要你，我们希望你一生中的每时每刻都在我们心中。使我们能够为你而活。给我们力量去承受可能遇到的任何困难和痛苦。帮助我们在你身上找到安慰、平安与喜乐。我们奉耶稣的名祈祷，阿们。

Thursday, 23 July 2020

Title: God's Steadfast Love, Faithfulness and Glory

By: Hon Sir Neng

Psalm 57

The recent pandemic has taken a toll on the whole world. In the past week (or few days), the number of cases in Malaysia seem to be rising. This sudden spike certainly scares us and drives us to fear. "What if the government reinforces MCO?" Thoughts like these have certainly crept into our minds. But today let us read Psalm 57 and hear David's plea before God while hiding in a cave from Saul.

In the first section, from verses 1-5, we see David crying out to God for help. In crying out to God, he acknowledges God's mercy and God as his place of refuge (v1). David trusts in God even in the midst of his trouble, while running away from Saul! In trusting God, he trusts in God's will in fulfilling His purposes in his life (v2). It is worth noting that David was being surrounded by many who were seeking to destroy him. As verse 4 indicates that he was in the midst of lions and the children of man with descriptions that shows their destructive power!

David has such faith in God that even amidst his trouble, He has nothing to fear! Because God is his refuge and His love is steadfast and faithful! Above all these, he says in verse 5 "be exalted, O God, above the heavens! Let Your glory be over all the earth!". David looked towards God in faith, knowing that God is still exalted even in the midst of his trouble and sorrows. He acknowledged the greatness of God's glory in these moments!

Moving on to the next section, David further describes those pursuing him. Verse 6 shows us how he is being preyed on. However, they fail as they try to prey on him but get into trouble themselves! Nonetheless, David took this opportunity to praise God even in the midst of all these (v8-9). He gives thanks to God and sings praises to Him among the nations (v9). He does so because of God's steadfast love and faithfulness (v10).

Interestingly, this section ends with verse 11 saying "be exalted, O God, above the heavens! Let your glory be over all the earth!" David ends this psalm with these sentences to acknowledge God's glory that is displayed through His steadfast love and faithfulness. Why is David so "optimistic", even in the midst of his troubles? This is because he trusts in God's steadfast love and faithfulness. He is also certain that God's glory is displayed through His steadfast love and faithfulness.

The question for us today is this: do we acknowledge God's steadfast love and faithfulness during our troubled times? Even while hiding inside a cave from

Saul, David trusted in God's steadfast love and faithfulness. He even acknowledged that God will be glorified through it, even if things do not go the way he expects it to.

In the New Testament, we see Christ, the True King and the Son of David, suffering just as David did. He was abandoned on the cross. The only difference is that Christ died for sinful people who did not deserve His grace. Nonetheless, we see Christ who placed His trust completely in the Father's hand in sending Him to the cross and acknowledged that His glorification is done through the most humiliating way. The True King's act of trust and acknowledgement of the Father's steadfast love and faithfulness gives us hope and life eternal. Furthermore, it also helps us see how God is glorified.

Prayer

As we reflect on these points, let this psalm direct us to look to Christ for all He did as mentioned above. As we pray, may we look to God trusting and acknowledging His steadfast love and faithfulness towards us in the midst of our own troubles. Let us ask God to turn our eyes towards His glory rather than all the troubles in this world, because He is steadfast and faithful.

每日灵粮

星期四，2020 年 7 月 23 日

标题:神的慈爱，信实与荣耀

作者:韩思能

诗篇 57

最近的新冠肺炎给整个世界造成了损失。在过去的一周中，马来西亚的病例数似乎正在上升。这种突然的暴涨无疑使我们感到恐惧，并使我们感到恐惧。“如果政府加强 MCO 怎么办?”诸如此类的想法肯定已经渗入我们的脑海。但是今天让我们阅读第 57 诗篇，中听当大卫正在向扫罗躲避的时候对上帝面前的恳求。

在第一段，从 1 到 5 节，我们看到大卫呼求上帝帮助。在向上帝呼求时，他承认上帝的怜悯和上帝是他的避难所(第 1 节)。大卫逃避扫罗的时候，即使在患难中也信靠上帝!他相信上帝，就相信上帝在他人生中实现自己目标的执意(第 2 节)。值得注意的是，大卫正被许多试图消灭他的人包围。正如第 4 节所指出的，他正处在狮子和各人之间，描述着它们的破坏力!

大卫对上帝充满信心，以至于即使在他的麻烦之中，他也无所畏惧!因为上帝是他的避难所，他的慈爱和信实!最重要的是，他在第 5 节说：“神啊，愿你崇高过于诸天!愿你的荣耀高过全地!”大卫怀着信心朝上帝望去，知道即使在他的苦难中，上帝仍然被高举。在这些时刻，他承认了上帝荣耀的伟大!

继续下一节，大卫进一步描述了追杀他的人。第 6 节向我们展示了他如何被追逐。但是，他们在尝试追逐他时失败了，但自己却陷入困境!尽管如此，大卫还是借此机会赞美上帝(8 到 9 节)。他在万国中感谢上帝，并向他唱赞歌(第 9 节)。他这样做是因为上帝的慈爱和信实(第 10 节)。

有趣的是，本节以第 11 节结尾：“神啊，愿你崇高过于诸天!愿你的荣耀高过全地!”大卫以这些句子结尾这首诗篇，以承认神的荣耀，这是通过他的慈爱和信实表现出来的。为什么大卫即使在遇到麻烦时也如此乐观?这是因为他相信上帝的慈爱和信实。他还确信，上帝的荣耀是通过他的慈爱和信实表现出来的。

今天我们面临的问题是:我们在苦难时期承认上帝的慈爱和信实吗?即使向扫罗在的洞穴中躲藏时，大卫也相信上帝坚定不移的爱与忠诚。他甚至承认，即使事情没有按照他的预期去做，上帝也会被荣耀和高举。

在新约中，我们看到基督，真正的国王和大卫的儿子像大卫一样受苦。他被遗弃在十字架上。唯一的区别是基督为那些不配得到他恩典的罪人蒙受了痛苦。尽管如此，我们仍然看到基督将他的信任完全放在了父的手中，后者将他送到十字架上，并承认他的荣耀是通过最屈辱的方式完成的。真正的国王对天父的慈爱和信实的信任和认可，使我们获得了希望和永恒的生命。此外，它还帮助我们了解神是如何荣耀的。

祷告

当我们思考这些要点时，请这篇诗篇指导我们去看一下基督为基督所做的一切。当我们祈祷时，愿我们期待上帝在自己遇到的麻烦中信任和承认他对我们的慈爱和信实。让我们因着上帝的慈爱 和信实求他将我们的目光投向他的荣耀，而不是世上的一切麻烦。

Friday, 24 July 2020

He Cares

Prathab V

Psalm 147

3 He heals the brokenhearted and binds up their wounds.

4 He determines the number of the stars and calls them each by name.

5 Great is our Lord and mighty in power; his understanding has no limit.

A few years ago, for the first time in my life, I saw a friend leave his sojourn on earth. It was a very painful death. He had a terrible genetic defect which rendered him not being able to feel pain in his body. Sometimes, while he was cooking, he would accidentally place his hand on fire and not realise it at all. By the time someone points it out, his hands would have sustained terrible damage.

Though often in great pain, he rarely complained. Instead, he was always cheerful and motivated others. He took great joy in giving as much as he can to others around him. He was an incredible brother in Christ.

I do not pretend to understand the pain and suffering of those who are going through various physical and emotional pain. Some say emotional pain is far more painful than physical pain. I may be wrong, but I think that the pain we experience, whether emotional or physical, are the same. They are manifestations of suffering, and possibly sin, in different forms.

Today, if you are experiencing some emotional pain, take comfort in knowing that God understands and hears your cries. If you are going through some very painful physical pain or terminal illness, rest assured, God knows and hears your prayers. God is not far from any of us. Come to Him with a contrite heart. Pour your heart out to Him.

This morning, read Psalm 147, especially verses 3 to 5, and rejoice in His presence. In verse 3, the Psalmist says that God heals the brokenhearted (your emotional travails). He also binds up your wounds (your physical pain). If you are feeling betrayed, hurt, angry and upset, I pray that God will meet you and comfort you in His arms. If you are battling cancer or any other form of painful illness, I pray that God will also answer your prayers and strengthen you. Our God is a loving and faithful God.

Our prayers may not always receive the answers we crave for, but we can rest knowing that we are in His hands always. We are safe in Him – always.

As you meditate, close your eyes, and ponder on His goodness. Give thanks for all that He has blessed you with. I pray that the Lord will grant you your prayers for healing and strength.

Prayer:

Lord, I praise You for all that You are. There is none like You, Lord. I am blessed to be in Your presence. Please heal me, strengthen my heart and make me whole so that I may glorify You all the days of my life. In Jesus' name, I ask. Amen.

每日灵粮

星期五, 2020 年 7 月 24 日

标题: 祂眷顾

作者: 帕拉他伯(Prathab V.)

翻译: 胡斐弟兄

诗篇 147: 3-5 节

3 祂医好伤心的人、裹好他们的伤处。

4 祂数点星宿的数目、一一称祂的名。

5 我们的主为大、最有能力，祂的智慧无法测度。

几年前，我有生以来第一次看到自己的朋友离开这世界。这是一个非常痛苦的死亡。他有一个痛苦的遗传缺陷，这缺陷使他无法感觉到疼痛。有时，当他在做饭，他会不小心将手放在火焰上而没有意识到。当有人告诉他时，他的手已遭受严重的伤害。

尽管他经常感到非常痛苦，但他很少抱怨。相反的，他总是非常开朗地鼓励别人。他乐于慷慨施舍。他是一个不可思议的主内弟兄。

我不会假装理解那些正在经历各种苦难的人的痛苦，这包括了身体和情感上的痛苦。有人说情感上的痛苦比身体上的痛苦还要来得更多。我可能是错的，但我个人认为我们经历痛苦，无论是情感上的还是身体上的，都是一样的。它们只是以不同的形式体现了痛苦，甚至也有可能是罪的成果。

今天，如果您遇到一些情感上的痛苦，请放心知道上帝明白而听到您的哭声。如果您正在经历身体上的疼痛或绝症，请安心，上帝知道并听到您的祷告。上帝离我们任何人都不远。带着谦卑的心来到祂面前，把您所要讲的都告诉祂。

今天早晨，读诗篇 147，特别是第 3 至 5 节。在第 3 节中，诗人说，上帝医好伤心的人（您情感上的苦恼）。祂也裹好您的伤处（您的身体疼痛）。如果您感到被出卖、受伤、愤怒和沮丧，我祷告上帝会遇见您并在祂的怀抱中安慰您。如果您在抗癌中或其他任何形式的痛苦疾病中，我祷告上帝也会回应您的祈求，使您更加坚强。我们的上帝是充满爱和信实的。

我们的祈祷不一定能得到我们渴望的答案，但我们可以放心知道我们总是在祂手中。我们在祂里面很平安——永远的平安。

当您默祷时，闭上眼睛，默想祂的良善。感谢祂所祝福您的一切。我祈求主垂听您的祷告，使您得到医治和力量。

祷告：

主啊，我为你的一切而赞美祢。主啊，有谁能像祢？我很感恩能进入到祢的同在。请医治我，坚固我的心，使我完全，以便我可以用我一生来荣耀祢。我奉主耶稣的名祈求，阿们。

Saturday 25th July 2020
Message from the Sky
By Pastor Soong Kok Kee
Psalm 19: 1-6

"1 The heavens declare the glory of God; the skies proclaim the work of his hands.

2 Day after day they pour forth speech; night after night they reveal knowledge.

3 They have no speech, they use no words; no sound is heard from them.

4 Yet their voice[b] goes out into all the earth, their words to the ends of the world. In the heavens God has pitched a tent for the sun.

5 It is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course.

6 It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth."

In this Psalm, David mentions God in three parts. As God reveals himself through nature (v 1-6), we learn about his power and our finiteness. As God reveals himself through Scripture (v 7-11), we learn about his holiness and our sinfulness. As God reveals himself through daily experiences (v 12-14), we learn about his gracious forgiveness that frees us from guilt. For our devotion today we will just concentrate on the first part.

Can anyone truly look into the sky and say there is no God? One night almost 40 years ago, some friends and I were lying on the grass outside Dallas Theological Seminary and looking into the clear sky trying to count the stars. That night the moon was incredibly bigger than the moon I have seen in Malaysia!

I recall flying for the first time to Dallas on an aeroplane and looking back on planet Earth, I read somewhere that our Earth is just a tiny speck of dust in this vast Universe that God had created. How incredible!

Indeed we could hear from the heavens as they "declare the glory of God" and watch in amazement as the skies "proclaim the work of his hands". We could listen as "day after day they pour forth speech" that fills our minds with the unmistakable awareness of God's magnificent and splendid creation.

We could all marvel through the night as the firmament shows in unmistakable splendour the knowledge of God's handiwork. And all these reminds us of Psalm 46:10 "Be still, and know that I am God". How else can we – finite humans – respond except to acknowledge humbly that there is this great Jehovah God who created this great and vast Universe with no beginning and no end. He is indeed the Alpha and the Omega – the beginning and the end.

No wonder the apostle Paul referred to this psalm when he explained that everyone knows about God because nature proclaims God's existence and

power “since what may be known about God is plain to them. For since the creation of the world God’s invisible qualities – his eternal power and divine nature – have been clearly seen, being understood from what has been made, so that men are without excuse” (Romans 1: 18-19).

PRAYER:

Father God, we echo what David said “When I consider Your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him? You made him a little lower than the heavenly beings and crowned him with glory and honour” (Psalm 8: 3-5). Lord, indeed we are amazed by your sacrificial and undying love for us, for sending your one and only son Jesus Christ to die for us on that cruel cross that we may have forgiveness of sin and eternal life. That was while we were sinners, rebellious and prodigal that you came seeking and looking for us. None of us is worthy of that Lord – thank you for your love for us. A love we can never repay. Forgive us Lord and help us to live from this day forth a life worthy of all that you have done for us. In Jesus precious name we pray all this. Amen

每日灵粮

星期六，2020 年 7 月 25 日

标题：从天而来的信息

作者：宋国基牧师

翻译：梁玉萍姐妹

诗篇 19 篇：1-6

1 诸天述说神的荣耀，穹苍传扬他的手段。2 这日到那日发出言语，这夜到那夜传出知识。3 无言无语，也无声音可听。4 他的量带通遍天下，他的言语传到地极。神在其间为太阳安设帐幕，5 太阳如同新郎出洞房，又如勇士欢然奔路。6 它从天这边出来，绕到天那边，没有一物被隐藏不得他的热气。

在本篇三大部分中，大卫提到上帝。正如上帝透过大自然显明自己（1-6 节），我们认识他的能力和我们的有限性。正如上帝透过圣经显明自己（7-11 节），我们了解有关他的圣洁和我们的罪性。正如上帝透过日常经验显明自己（12-14 节），我们了解到他的仁慈宽恕能释放我们，从而获得自由。在今天的灵修，我们将专注于第一部分。

谁能真正仰望天空，却说没有上帝？大约 40 年前的一个晚上，我和一些朋友躺在达拉斯神学院外的草地上，看着晴朗的天空，试图数星星。那天晚上的月亮比我在马来西亚见过的月亮大得难以置信！

还记得我第一次坐飞机飞往达拉斯，往下看地球时，回想起在某处我读到，我们的地球只是上帝创造在这个广阔宇宙中的一小撮尘土。多么不可思议！

的确，我们能听到诸天“述说神的荣耀”，并惊奇的看着穹苍“传扬他的手段”。我们听到“这日到那日发出言语”，让我们清楚地意识到上帝壮丽及辉煌的创造。

当穹苍显示上帝辉煌的作为，我们整夜惊叹不已。这一切提醒我们诗篇 46:10，“你们要休息，要知道我是上帝”。身为有限的人类，除了谦卑地承认伟大的耶和華上帝创造了浩瀚无垠的宇宙之外，我们还能如何回应呢？他的确是阿拉法、俄梅戛；他是初，也是终。

难怪使徒保罗以诗篇 19 解释人人都知道上帝，因为大自然宣扬他的存在和能力，“上帝的事情人所能知道的，原显明在人心里，因为神已经给他们显明。自从造天地以来，神的永能和神性是明明可知的，虽是眼不能见，但借着所造之物就可以晓得，叫人无可推诿”（罗马书 1: 19-20）。

祷告：父上帝，我们回应大卫所说的话：“我观看你指头所造的天，并你所陈设的月亮星宿，便说：“人算什么，你竟顾念他？世人算什么，你竟眷顾他？你叫他比天使微小一点，并赐他荣耀尊贵为冠冕。”（诗篇 8: 3-5）。主啊，的确，你对我们牺牲和不朽的爱令我们感到惊讶不已。你为我们献上你独一的儿子耶稣基督，在那残酷的十字架上为我们而死，使我们罪得宽恕和得享永生。当我们还是罪人、叛逆和浪子的时候，你来寻找我们。主，我们谁也不值得你那样为我们付出。感谢你对我们的爱——我们永远无法回报的爱。主啊，饶恕我们，并帮助我们从今天起，过一个值得你为我们所做一切的生活。我们奉耶稣宝贵的圣名为这一切祷告。阿们。

Sunday 26 July 2020

Salvation Brings Joy

By Abraham Verghese 亚伯拉罕·韦尔盖塞

Psalm 89 12-17 (Read the whole Psalm for the overall context)

The psalms in Book 3, of which Psalm 89 is the last, represent Israel's situation when it was in exile. God's promise that there would always be an offspring to sit on David's throne was not seeming to be coming true. God's covenant with David will never be revoked. God will certainly fulfil what he said he would do. From the perspective of the New Testament, we know that Jesus is the fulfilment of this promise. He will reign on David's throne forever and ever.

Read vv. 12-17. (All verse references are to Psalm 89 unless otherwise stated) These verses describe the victory that is won by our Lord and Saviour Jesus. His mighty arm brings victory. Salvation and justice and righteousness are given to us through our King. He pours his grace or steadfast love, into our lives. Our joy is described in poetic terms in the psalm. He says Tabor and Hermon joyously praise God's name (v 12). Tabor and Hermon are mountains in Israel. God's creation, despite all the damage we have done to the environment, is around us for us to enjoy – the beauty and the tranquillity.

God has a mighty arm (v 13), His hand is strong, His power to create and grasp is beyond what our limited mind can conceive. The power of God so impressed the Psalmist that in many ways he repeated the same thought: and indeed the truth of God's omnipotence is so full of refreshment to gracious hearts.

Justice and judgment are the foundation of His throne (v 14). They are the basis of the divine government, the sphere within which His sovereignty moves. God as a sovereign is never unjust or unwise but is merciful and truthful. Those who repent are forgiven in the person of our Lord Jesus, to be his ambassadors, and so poor, guilty men are enabled to endure the presence of his righteous Lord.

The writer speaks of the festal shout (v 15). As God's people, we should rejoice over the victory He has won. We should walk with joy in the light of His presence. God's people know the joyful sound – the gospel is a joyful sound. Here it is supposed that we have intelligence in respect of "the joyful sound." Christ said, "My sheep hear my voice, and they follow me" (John 10: 27) ; "and a stranger will they not follow, for they know not the voice of strangers." (John 10: 5).

Everyone in the world is trying to be happy. People are trying to create their own happiness. And how do we become happy? We seek happiness by the things we get for ourselves or by the things we accomplish. We tend to think that if we have this or that we shall be happy. By attaining certain goals, some believe they

will attain happiness. But true happiness does not come that way. Even if we get what we want or attain our goal, it will seem hollow with no real satisfaction.

So many people especially so-called celebrities have found that being on the top of the world does not bring true joy and satisfaction. And in His righteousness, we shall be exalted (v 16). The first Adam sinned and what lay before us was eternal separation from our Creator; but in Christ, the second Adam, we are again exalted; for we “sit together with Him in heavenly places” (Eph 2: 6).

For He is the glory of our strength (v 17). In the Lord, we have both righteousness and strength. No man whom the Lord makes strong may dare to glory in himself, we must ascribe all honour to the Lord alone; we have neither strength nor beauty apart from Him. Everyone is seeking for joy. But the gospel gives us a different message. We find joy by receiving the salvation given to us in Jesus Christ. We find joy by saying no to our own selfish dreams and by trusting Jesus Christ to save us. Life comes through death to ourselves. Joy comes when we renounce our own lordship over our lives and give ourselves to Jesus Christ. Joy comes when Jesus Christ forgives us of our sins.

We rejoice not because of what we have done or accomplished but because our sins are forgiven through Jesus Christ and his death on the cross where he took the punishment we deserved. He came so we could be forgiven of our sins. “For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life” (John 3:16).

Prayer

Father, thank You for the salvation You give to us through Your Son, our Lord. We pray that those who have still yet to accept Your Son as their personal Saviour and Lord of their lives will be convicted to do so. Bring in Your kingdom. Make this world a place where justice and beauty reign. In Jesus’ name we pray. Amen.

每日灵粮

星期日 2020 年 7 月 26 日

题目：救恩带来喜乐

诗篇 89: 12-17（请阅读整篇诗篇以了解整体背景）

作者：亚伯拉罕·韦尔盖塞（Abraham Verghese）

翻译：方美珠姐妹

第三本书中最后的诗篇 89 篇，代表了以色列流亡时的处境。上帝应允永远都建立后裔坐在大卫的宝座上的承诺看似没有成真，可上帝与大卫的约是永远不会被撤销。上帝一定成就祂所说的。从新约圣经的角度来看，我们知道耶稣就是来成就这应许的。祂将在大卫的宝座上称王直到永永远远。

请阅读 12-17 节（除非另有说明，所有经文均引用诗篇 89 篇）。

这些经文描述了我们的救主耶稣所赢得的胜利。祂大能的膀臂带来的胜利。我们的王赐予我们救赎，公义和公平。祂在我们的生命中倾入祂的恩典和慈爱。我们的喜乐在诗篇中以诗意表达。祂说他泊和黑门都因上帝的名欢呼(12 节)。他泊和黑门是以色列的山脉。尽管我们对环境造成了破坏，上帝的创造仍在我们四围使我们能享受到环境的美丽与宁静。

上帝有大能的膀臂（第 13 节），祂的手有力，祂大能的创造和掌握是超出我们的意念。上帝的大能给诗人留下不可磨灭的深刻印象，以至于他一再的重复同一个信念：确实，上帝无所不能的真理使感恩的心充满了活力。公义和公平是祂宝座的根基（14 节）。它们是神圣掌权的基础，祂的主权在其中运行。上帝作为主权者永远都有公义和智慧，祂满有怜悯和信实。那些悔改的已被我们的主耶稣所原谅，并且成为祂的使者，使那贫穷、有罪的人能承受与公义的主同在。

作者谈到了欢呼（第 15 节）。身为上帝的子民，我们应当为祂的胜利而感到喜乐。我们应当在祂脸上的光里行走。上帝的子民知道喜乐的声音——福音是喜乐的声音。这里的假设是我们对“喜乐的声音”是有聪慧的。基督说：“我的羊听我的声音，他们也跟着我”（约翰福音 10:27）；“羊不跟着陌生人，因为他们不认得他的声音。”（约翰福音 10: 5）。

世界上每个人都努力地在快乐。人们努力地创造他们自己的快乐。我们如何变得快乐？我们通过自己所获得的东西或成就来寻求快乐。我们常认为如果我们有某些事物我们就会很快乐。有些人相信通过实现某些目标，他们就会快乐。但是，真正的快乐并不是那样获得的。即使我们得到我们想要的或达到我们的目标我们也会感到空虚，没有真正的满足感。很多人，尤其是所谓的名人都发现站在世界之巅并不能带来真正的快乐和满足。

因祂的公义，我们得以高举（16 节）。第一个亚当犯罪了，摆在我们面前的是永远与我们的造物主隔绝；但是在基督里，这第二个亚当，我们再次被高举。因为我们“和祂一同坐在天上”（弗 2: 6）。因为祂是我们力量的荣耀（17 节）。在主里，我们有公义和能力。主所刚强的人，不敢荣耀自己，我们必须将一切荣耀单单归于主。除祂以

外，我们没有能力也没有美善。

每个人都在寻找喜乐。但是福音给了我们不同的信息。我们在接受耶稣基督赐给我们的救恩中得到喜乐。我们在拒绝自己自私的梦想而信任救赎我们的耶稣基督中找到喜乐。生命来自于我们灵里老我的死去。喜乐来自于当我们把我们生命的主权全然交托给耶稣基督；喜乐来自于当耶稣基督赦免我们一切的罪过。我们欢喜，并不是因为我们所做的或所成就的，而是因为耶稣基督为了我们的罪，死在十字架上，担当了我们一切的惩罚。祂来乃是为要我们的罪得到宽恕。“因为上帝爱世人，甚至将祂的独生子赐给他们，叫一切信祂的人不至灭亡，反得永生”（约翰福音 3: 16）。

祷告

父啊，感谢祢通过祢的爱子我们的主给予我们救赎。我们祈祷那些仍未接受祢的儿子作为他们的个人救主的，能被感动认罪而来接受祢爱子的救恩。带他们进入祢的国度。求主使公义与美善能在这世界掌权。我们奉耶稣的名祈祷。阿们。

Monday, 27 July 2020

Title: "How long, Lord, how long?"

Author: Ps Cheng Cheung

Psalm 13: 1 & 2

1 How long, O LORD? Will You forget me forever?

How long will You hide Your face from me?

2 How long shall I take counsel in my soul,

Having sorrow in my heart daily?

How long will my enemy be exalted over me?

The knowledge that God can prevent bad things often leads to the expectation that he should. And then when such expectations are not met, feelings of disappointment, then betrayal, then resentment, and finally anger, can follow.

How long? This question is repeated three times, each pointing at one source of David's intense feelings of depression, some say even his anger, at God. It shows a very intense desire for deliverance, and great anguish of heart. But beware! Desire may degenerate into impatience and that is only a step away from indulging in a murmuring spirit.

How long will You hide Your face from me is the first critical question. David was showing signs of depression because he thought His relationship with the Lord God was drifting apart due to some strain. We often faint under the simple length of our trials. We feel we could endure almost anything if we knew when it would come to an end; yet sometimes we are tried under problems that make us cry out, "How long?" because there is no light at the end of the tunnel, it seems.

Will You forget me forever?

The pain in David's heart came from a sense that God had forgotten him and that God was distancing Himself from him. No doubt, David had faced worse circumstances before, but he had faced them more bravely when he clearly sensed the presence of God with him. Yet now, he felt distant from God, and it would not take much to send David into despair and ultimately, possible depression if something did not take place to reverse the spiral he was in. Of course, God had not forgotten David. Neither did he hide His face from David – but David felt like He had. When we have such strong feelings, the feelings create their own reality. David felt God had forgotten him, and felt God was hiding. So, in a sense, it was true for David – but true according to feelings not according to fact. There is a balance in life when it comes to feelings. Some people ignore feelings and think that feelings should have nothing to do with our relationship with God. This is an extreme viewpoint, because God has given us feelings as an expression of His image in us. We feel anger, joy, love, elation,

sorrow, and many other feelings, because God Himself feels those feelings. Feelings are a gift from God and part of our makeup because, our fall did not change the fact we were created in His image.

On the other side, some live their lives ruled by feelings. They believe whatever reality their feelings present them. The problem with this is that though we have feelings because we are made in the image of God, our feelings are affected by our fallenness. We cannot place our trust in our feelings because of this. It was all right for David to feel these feelings, and good for him to take them to God, but he should never have assumed the reality of mere feelings as “the real thing.”

This is a lesson of profound significance, especially for those who possess higher emotional sensitivities.

2a How long shall I take counsel in my soul

No wonder David was discouraged! He took counsel in his own soul and this had led him to sorrow in his heart daily. This naive behaviour was the second source of his feelings of deflation. When discouraged and depressed, the answer is not in looking inside one's soul, but in looking to the LORD. At such a time, the voices of your saddened feelings and weary soul will speak louder than that of the Holy Spirit. If you, like David, take self-counsel at an emotional low point you will also discover a rather confused state of mind beset by irrational questions. And, lo, before you know it, like Eve, you have made rash decisions driven by impulse and self-imposed pressure. Therefore, brothers and sisters, claim James 1: 5 “If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.” The Lord will surely bring you to a place of quiet repose where you can collect yourself and seek His guidance.

2b How long will my enemy be exalted over me?

Here was the third “How long?” question. David was unable to accept the distinct possibility that if his degenerating emotional condition persisted, his enemies would mock him and would be exalted over him. Can you guess what was the root cause of David's inability to accept this consequence?

Pride.

David could not bear to see his enemies gloat over his misfortune. After all, is he not the Lord's chosen one, called to lead God's people? Yes, he is. Rest assured, the Lord will defend all those whom He has called and will surely vindicate and defend His own when they call out to Him for help. Surrender your pride to Him. If you do all you do with a clear conscience for God's glory do not fret over “your enemies” and their unkind words. He will uphold you with His victorious right hand.

Prayer for Today

Gracious Heavenly Father, thank you for my emotions. Thank you that just as I am capable of great joy, so I am also capable of feeling sad and from time to time, anger at various forms of unfairness and injustice as well.

Thank you that these feelings make me whole and that I can express my full range of feelings, both when I am feeling up or down, happy or sad or angry, to You. Help me draw closer to You, Heavenly Father, as a result. In Jesus' Name.

Amen.

每日灵粮

星期一，2020 年 7 月 27 日

标题：“多久，主啊，还要多久？”

讲员：张祯祥传道

翻译：林良億姐妹

诗篇 13: 1-2

1 耶和華啊，你忘記我要到幾時呢？要到永遠嗎？你掩面不顧我要到幾時呢？

2 我心里筹算，终日愁苦，要到幾時呢？我的仇敌升高压制我，要到幾時呢？

认知上帝可以预防坏事常常导致人们期望他应该这样做。然而，当这些期望没有得到满足时，随之而来的便是失望、叛逆、怨恨和愤怒。

多久？这个问题被重复了三遍，每次都是大卫很沮丧时对上帝所发的问题，甚至有人说是当他很愤怒的时候。它显示了强烈渴望解脱，以及内心的极大痛苦。但是要当心！渴望可能会变得不耐烦，这与沉迷于抱怨的精神只有一步之遥。

第一个关键问题是：你掩面不顧我要到幾時呢。大卫之所以表现出沮丧的迹象，是因为他认为他与主上帝的关系由于某种压力而正在分崩离析。我们常常在简单的试炼期间就崩溃了。如果我们知道什么时候试炼结束，我们几乎可以忍受。但有时我们受到问题的压迫会使我们大喊“多长时间？”，因为感觉隧道尽头没有光。

你会永远忘记我吗？

大卫心中的痛苦来自一种感觉，就是上帝已经忘记了他，并且上帝正在与他疏远。毫无疑问，大卫以前曾遇到更糟的情况，但是当他清楚地感觉到上帝与他同在时，他就更加勇敢地面对了这些情况。然而现在，他感觉到上帝远离了他，如果没有采取任何措施扭转他的困境，大卫即将会陷入绝望并可能会抑郁沮丧。

当然，上帝并没有忘记大卫。他也没有向大卫隐藏自己的脸，但是大卫感到相反。当我们拥有如此强烈的感觉时，这些感觉会创造出自己的现实。大卫觉得上帝已经忘记了他，觉得上帝在躲藏。因此，从某种意义上和对大卫来说这感觉是对的，但这是根据感觉却不是根据事实。在生活中以平衡的观点看情感。有些人认为感情对我们与上帝的关系无关。这是一种极端的观点，因为上帝给了我们感觉，上帝就照着自己的形像造人也有情感的表达。我们感到愤怒、喜悦、爱、兴高采烈、悲伤和许多其他情感，因为上帝亲身也有这些情感。感情是来自上帝的礼物，也是我们的一部分。因此，堕落并没有改变我们是按照上帝的形象被创造的事实。

另一方面，有些人过着受感情操纵的生活。他们相信感觉是现实的反映。问题是，尽管感觉感情是随上帝的形象造而来的，但我们的感觉却受到堕落的影响。因此，我们不能完全相信自己的感受。大卫有了这些感觉，也将它们带到上帝跟前，但他永远不应该将单纯的感觉视为“真实的事物”。

这是一堂具有深远意义的课程，对那些具有较高情感敏感性的人尤其如此。

第二节的上半段：我心里筹算要到幾時呢

难怪大卫灰心了！他心里筹算，这使他终日愁苦。这种无知的行为是他沮丧惘然的第二个原因。当灰心沮丧时，答案不是看内心，而是看耶和華。在这样的时刻，您悲伤的情绪和疲惫的灵魂会比圣灵的声音大。如果您像大卫一样，在情绪低落时采取自我

建议，您将发现一个由非理性、困扰、相当混乱的心态像夏娃一样冲动和自我施加的压力下做出了轻率的决定。因此，兄弟姐妹们，在 雅各书 1：5“你们中间若有缺少智慧的，应当求那厚赐与众人、也不斥责人的上帝，主就必赐给他。”主一定会带你到一个安静的地方，安然的寻求他的指导。

第二节的下半段：我的仇敌升高压制我，要到几时呢？

这是第三个“几时？”的问题。大卫无法接受这种明显的可能性，即如果情绪状况不断恶化下去，他的敌人就会嘲笑他，并将他升高压制。您能猜出大卫无法接受这后果的根本原因是什么？

自豪。

大卫不愿看到敌人幸灾乐祸。毕竟，他不是被选来带领上帝的子民的吗？他是。放心，主会捍卫祂所呼召的人，当他们向祂求助时，祂一定会辩护并捍卫被选的。如果您尽一切所能，放下你的骄傲，谦卑地、真心地多荣耀上帝的作为，不要为“您的敌人”和他们卑鄙的话而烦恼。上帝会以他胜利的右手来维护你。

今天的祈祷：亲切的天父，谢谢祢赐的情感。谢谢祢，让我有能力有极大的快乐，也有能力感到悲伤，有时对各种的不公平和不公正感到愤怒。

谢谢祢，这些情感使我感到完整，而且可以向上帝表达全部的感受、高兴、悲伤或生气。因此帮助我更加亲近天上的父。奉主耶稣基督的名求的。阿们！

Tuesday, 28 July 2020

Title: A Sincere Cry of a Depressed and Discouraged Saint

By: Pastor Isaac Yim

Psalm 42:1-11

This Psalm describes a lonely saint of God feeling isolated from people and from God. He longs for the presence of God in the temple. In his despair, he was struggling with doubts and fears, yet holding onto the Rock of his salvation in God. Most probably David wrote this Psalm while fleeing from his son Absalom. This Psalm has two stanzas that end with the same refrain; Psalm 42 verses 5 and 11.

In this Psalm, David reveals to us many reasons for his discouragement and many things that bothered him:

- Distance from home and the house of God (Psalm 42:2,6)
- Taunting enemies who say, "Where is your God?" (Psalm 42:3,10)
- Memories of good old days (Psalm 42:4)
- The absence of past spiritual thrills (Psalm 42:3)
- Overwhelming trials of life (Psalm 42:7)
- God's seemingly slow response to his cry (Psalm 42:9)

A careful examination of Psalm 42 reveals to us that it is not about David's love, intense desire and passion for God. This Psalm is about David's struggle with depression and affliction (Psalm 42:2,5,6,11). David was facing his own fears inside and as well as enemies from outside. He turns to God for every sustenance. When reading Psalm 42 from this context, the first two verses will take on a totally new meaning. The deer "pants" not because it is in love, but because it is about to die. The word "pants", or "longs for" in the original meaning, is "to cry out." The context shows that the crying out is the longing for water, but it also shows us that this is a desperate sort of longing. You can imagine a deer running as fast as it could to escape death, and it is at the point of exhaustion. It needs water or else it will die. I believe this is what David is writing about, and it is what he is going through in his life. In his run from his fears in his troubled heart and enemies, David turns to the water of life which is found in God and the divine worship.

"As a deer pants for flowing streams" (Psalm 42:1a) ... Water is essential to life. Not only does water satisfy the thirst of the deer, it also provides a way of escape as the deer seeks a stream or source of water that erases the scent trail. Thus, it escapes from being eaten by fierce pursuing enemy.

"So pants my soul for you, O God" (Psalm 42:1b) ... David was a fugitive running from his enemies. He was deprived of the Word and Worship of God. He earnestly desires to be in the temple of God. "It is not that he does not believe

that God is everywhere, or that God is not with him. He is praying to God in the Psalms, after all. But his being away from home has gotten him down, and his depressed state has caused him to feel that God is absent.” (Boice)

In desperation, despair, and in depression, David begins to talk to himself. In the course of talking to himself he talks to God. Listen to how he explains it:

5 Why are you cast down, O my soul, and why are you in turmoil within me?
Hope in God; for I shall again praise him, my salvation and my God.

It is important for us to confront ourselves in our depression; we cannot allow our heart to have the last word. David then turns to God in prayer. He tells God about his inner struggle; he talks about his memories and then he begins to call upon God to do something about it.

9 I say to God, my rock: “Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?”

Basically, David is questioning God, “Are you still there? Why am I still being pursued by my enemies and driven into despair and mourning? Are you going to do something about this?” He goes back to his refrain (v11) to remind himself of God and to trust in His salvation.

Today, Christians can still struggle with grief and depression. David seems to battle sorrow and grief all through his life. Depression by itself is not a sin. Depression will only become sin when we respond by holding onto it and by projecting our anger and hurt to ourselves, to others and even to God and refuse to be comforted. In David’s case, in his grief and depression, he turns to God. He admits his feelings and he redirect his feelings to God.

Prayer for Today

O Lord God, we come to you with our struggles, with many doubts and fears in our lives. Often Lord, we feel so depressed. It robs us of our joy in living and serving you. We are so overwhelmed by our daily struggle. We feel like drowning in these troubled waters. Help us Lord, like David, to cry out to you, just like the deer pants for living water. O Lord, deliver us from our predicament and set us free. Lord, we confess our sin to you. Our sin of pride; we often live as if you don’t exist in our lives. Like David, help us to long for personal worship and corporate worship, so that we can hear you and obey you.

In Jesus’ Name. Amen.

每日灵粮

星期二，2020 年 7 月 28 日

标题：一个圣徒在抑郁绝望中真诚的呼求

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 42：1-11

这首诗篇描述了一个感觉到自己与人和上帝隔绝的孤独圣徒。他渴望上帝在圣殿中。在绝望里，他挣扎于怀疑和恐惧之中，却也紧紧抓着上帝，他的磐石和拯救。这首诗篇很可能是在大卫逃离儿子押沙龙时写的。本篇有两节的结尾都用同一句歌词：诗篇 42：5、11。

透过这诗篇，大卫让我们知道他沮丧的许多原因，以及许多困扰他的事情：

- 离家 and 离上帝的殿的距离（诗篇 42:2、6）
- 敌人的嘲讽：“你的神在哪里呢？”（诗篇 42:3、10）
- 回忆往昔的美好时光（诗篇 42:4）
- 失去过去灵命上的激动（诗篇 42:3）
- 生活压倒性的考验（诗篇 42:7）
- 上帝似乎没有/很慢地回应他的呼求（诗篇 42:9）

当我们仔细考察诗篇 42 时，我们会发现，这首诗篇不是在描述大卫对上帝的爱、渴望和热情。诗篇 42 讲述的是大卫在抑郁和痛苦中苦苦挣扎（诗篇 42:2、5、6、11）。大卫面对着内心的恐惧，也同时面对着外在的敌人。他所有的需求他都向上帝求助。有了这个概念，诗篇 42 的前两节将带有全新的意义。鹿“切慕”不是因为它爱，而是因为它即将死去。原文中“切慕”或“渴望”的意思是“呼求”。诗篇背景显示，呼求是对水的渴望，但也显示出这是一种绝望的渴望。你可以想象一只鹿正在用尽全力的逃离死亡，却也将处于疲惫的状态。它需要水，否则就要死了。我相信这是大卫的意思，也是他生命中正在经历的境况。在逃离他内心和敌人的恐惧中，大卫转向在上帝和敬拜当中能以找着的生命水。

“如鹿切慕溪水”（诗篇 42:1 下）水是生命不可没有的。水不仅满足鹿的口渴，溪水也能去掉鹿身体气味的痕迹，因此能逃脱野兽的跟踪。

“神啊，我的心切慕你”（诗篇 42:1 上）大卫是逃犯，逃离敌人。大卫读上帝的话和敬拜神的自由已被剥夺了。他热切地想留在上帝的殿中。“不是大卫不相信上帝无所不在，也不是他不相信上帝没有与他同在。毕竟，他在诗篇中向上帝祈祷。但是他在外边已离开家，这事让他心烦意乱，沮丧的状态让他觉得上帝不在。”（博伊斯）

在绝望和沮丧中，大卫开始与自己交谈。他在自言自语的过程中也跟上帝说话。听听他怎么解释的：

诗篇 42：5 我的心哪，你为何忧闷？为何在我里面烦躁？应当仰望神，因他笑脸帮助我；我还要称赞他。

当我们陷入抑郁时，面对自己是很重要的；我们不能随我们的心做任何决定。大卫转向上帝，向上帝祈祷，讲述他内心的挣扎、回忆，然后他开始呼求上帝为此行事。

诗篇 42：9 我要对上帝—我的磐石说：你为何忘记我呢？我为何因仇敌的欺压时常哀痛呢？

大卫基本上在问上帝，”祢还在吗？为什么我仍然被敌人追逐，陷入绝望和沮丧？祢会不会为这些做一些事？”他回到他的副歌（11 节），提醒自己要对上帝的救赎有信心。

如今，基督徒仍然会与悲伤和抑郁挣扎。大卫似乎一生都与悲伤作战。抑郁本身不是罪。只有当我们跟随我们的抑郁，将愤怒和伤害转向自己、他人、甚至上帝，拒绝被安慰时，抑郁才变成了罪恶。就如大卫，在悲伤和沮丧中，他向上帝求助。他承认自己的感受，并将自己的感受交托上帝。

今天的祷告：上帝啊，我们带着我们的挣扎、疑虑和恐惧来到祢面前。主，我们常常感到沮丧。这些感受剥夺了我们活着和事奉祢的喜乐。我们被我们的日常挣扎征服了。我们感觉象溺在这些苦海中。帮我们主，像大卫一样，呼求祢，如鹿切慕生命水一样。主啊，把我们从困境中拯救出来，使我们自由。

主啊，我们向你认罪。我们骄傲的罪；我们常常生活得似乎祢不存在。求主让我们学习大卫一样，渴慕跟祢有个人和集体的敬拜，好让我们能听见祢，顺从祢。奉主耶稣的名，阿门。

Wednesday, 29th July 2020

Title: Songs of Joy

Author: Pastor Wallace Ong

Psalm 65: 8

The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy.

Every time when you receive terrible news such as massive natural disasters or global pandemic, have you ever questioned God's sovereign power over the heavens and the earth? Can you find peace in your innermost being when you witness all these happenings in the world?

For those who do not know Him, the display of His power and might should cause them to realize that men are finite creatures and many things are not within their control. It is beyond man's capacity to restrain such forces ravaging them. Some of them may react to the situation with rage, bewilderment, or grief but they quickly come to the realization that their own strength is limited. And for others, when their lives get close enough to the source of this power their perceived security in life is utterly shaken. We have heard countless testimonies attesting that it was during a crisis situation that people are drawn to cry out for help and discover the reality of the true and living God. Regardless of whatever circumstances, God remains faithful and is the same, yesterday, today and tomorrow, reaching out to man in love and mercy, seeking to restore all the earth and men.

In Genesis 3, we learn that God allows Adam to perish in his sin as the wages of sin is death. All men are warned that their deeds will be accounted for on the Judgment Day and nothing can escape the eyes of the living God. However, God does not take pleasure even in the death of one soul who is swept away in the storm of life. In Ezekiel 18: 23, the Bible says, 'Do I take any pleasure in the death of the wicked? Declares the Sovereign Lord. Rather, am I not pleased when they turn from their ways and live?' Similarly, in Ezekiel 33: 11, the same thought is repeated "Say to them, 'As surely, as I live, declares the Sovereign LORD, I take no pleasure in the death of the wicked, but rather that they turn from their ways and live. Turn! Turn from your evil ways! Why will you die, people of Israel?' Our merciful and compassionate God seeks to change the hearts and not to destroy even the sinful and wicked men.

The second half of the verse, "where morning dawns, where evening fades, You call forth songs of joy" reveals God's true desire. God wants His creation to recognize His greatness and to joyfully sing His praises. This exhortation brings to our remembrance the word of Jesus as he spoke to the Pharisees in Luke 19: 37-40. The Pharisees reacted indignantly to the praise that the people were

lifting up to Jesus. The Pharisees wanted Jesus to rebuke them. Jesus responded saying "if they keep quiet, the stones will cry out!" His answer emphasizes that "God will be praised regardless" If men will not humble themselves before God and give praise to their Creator, then, the Almighty God Himself can bring forth from His creation, be it an inorganic and lifeless stone to render praises to Him.

How often have we been mesmerized with awe to the sound of a new song, depicting the wonders of God, and praising Him for all that He has done for us?

Prayer:

Dear Heavenly Father, With joy and thanksgiving, we give You praise for Your wonderful and Holy Name. You created all things. You are the giver of life. Your majesty is supreme in all the earth. We pray, O Lord, that You increase our faith and help us to have a more yielding spirit to seek after You and do things according to Your will in every area of our lives. Forgive us, Lord, when we failed to be the type of person You want us to become. We want to surrender ourselves to You and look to You for comfort and restoration. We pray in the name of Jesus. Amen.

每日灵粮

星期三, 2020 年 7 月 29 日

标题: 欢乐之歌

作者: 王振威传道

翻译: 杨惠光弟兄

诗篇 65: 8 住在地极的人因你的神迹惧怕, 你使日出日落之地都欢呼。

每当您收到关于巨大的自然灾害或全球流行病之类的可怕消息时, 您是否曾经质疑上帝对天地的主权? 当您目睹这些事发生, 您内心深处有平安吗?

对于那些不认识上帝的人, 他所彰显的大能会使人意识到人是有限的生物, 许多事物不在他们的控制范围内。这超出了人类的能力去遏制破坏他们的力量。当中的一些人可能对局势感到愤怒、困惑或悲伤, 但他们很快意识到自己的力量是有限的。而对于其他人来说, 当他们越接近这种力量的来源时, 他们所感知的安全就会完全被动摇。我们听到无数的人见证当自己在危机局势下, 被迫大声呼救时才认识这位又真又活的上帝。不管在什么情况下, 上帝仍然是信实的, 昨天、今天和明天都一样, 以爱与怜悯向人类伸出援手, 恢复地球和修复与人的关系。

在创世记 3 章中, 我们了解到上帝允许亚当在罪恶中灭亡, 因为罪的代价是死亡。所有人都被警告, 他们将在审判日交代他们的行为, 没有什么可以逃避永生上帝的眼睛。然而, 即使一个灵魂在生活的风暴中死亡, 上帝也不喜悦。在以西结书 18:23 中, 圣经说: 主耶和华说: 恶人死亡, 岂是我喜悦的吗? 不是喜悦他回头离开所行的道存活吗?” 同样, 在以西结书 33: 11 中, 类似的思想被重复: 你对他们说: ‘主耶和华说: 我指着我的永生起誓, 我断不喜悦恶人死亡, 唯喜悦恶人转离所行的道而活。以色列家啊, 你们转回, 转回吧! 离开恶道。何必死亡呢?’ 我们有怜悯及丰盛慈爱的上帝寻求改变心意, 甚至不摧毁有罪恶的人。

这节经文的后半部分, “你使日出日落之地都欢呼”, 显示了上帝的真实心意。上帝希望受造物能够认识他的大能并快乐地歌唱赞美他。这劝告使我们想起耶稣在路加福音 19: 37-40 中对法利赛人说的话。法利赛人对民众高举耶稣的称赞感到不满。他们希望耶稣谴责他们。耶稣回答说: “如果他们保持安静, 石头也会哭出来!” 他的回答强调“无论如何, 上帝都会受到赞美”。如果人们不肯在上帝面前谦卑自己并赞美他们的创造者, 那么, 全能的上帝自己就可以使他的造物, 甚至是无机无生命的石赞美他。我们有多少次被一首美妙的新诗歌迷住, 因为歌描绘了上帝的奇妙, 并赞美他为我们所做的一切?

祷告: 亲爱的天父, 带着喜悦和感恩, 我们赞美祢的美妙而神圣的名字。祢创造了万物。祢赐我们生命。祢在全地是至高无上的。上帝啊, 我们祈求祢增加我们的信心, 帮助我们以一种更屈服的精神来追求祢, 并在生活的每个方面按照祢的心意做事。主啊, 当我们不能成为祢想要我们成为的样式时, 请原谅我们。我们要降服于你, 并寻求你的安慰与祢和好。我们奉耶稣的名祈祷。阿们。

Thursday, 30 July 2020

Title: The True and Perfect King

Author: Hon Sir Neng

Psalm 72

Living in a broken and sinful world, one can only imagine a perfect ruler. However, it is actually not overly idealistic to hope for a perfect ruler. Due to the repetition of human failure in history, we tend to think there will never be one. However, today's passage offers a different perspective in light of our seemingly hopeless situation. I encourage you to read through the whole psalm word for word on your own before you continue.

This psalm celebrates and sings about the king which God placed over Israel. God made an everlasting Covenant with David that He will establish David's Kingdom as an eternal one and his descendants would sit on his throne (2 Sam. 7). This psalm is also prophetic, in the sense that it looks forward to the day where God will establish His kingdom and rule through this king. The end goal of this is for Israel to be a light and bring nations from around the world to know Yahweh (Isa. 2:1-5). This king will also then rule the world.

The first 4 verses sing about the character of the king. Verse 1 says the king is to rule over the people with God-given justice and righteousness. He is to rule by God's rule instead of his own. As he rules, he ought to rule with the welfare of his people in mind as stated in verses 2-4. That is because God's people depend on the king for their well-being. Hence, the king ought to rule with God's justice and righteousness. By doing so, we see the land and people being blessed (v3).

Moving on to verses 5-7, the psalmist sings about the king's rule. In ruling the people, he prays that the king(s) will fear God through all generations. By doing so, he is being obedient to the terms of the Covenant which God made with David, which will incur blessings upon the nation. The land and people will flourish as God's blessings fall upon them.

As we come to verses 8-11, the psalmist prays about the king's rule. He prays in faith that God will fulfill His part of the Covenant, by establishing David's throne through his descendants forever (2 Sam. 7:13, 16). This portion describes the nature of the king's rule. It is one that is universal (v8, 11), powerful (v9) and of great blessings (v10). Verses 12-14 echo verses 2-4, where the king is described as one who prioritizes the welfare of his people.

It then goes on to the next stanza, singing and praying for blessings for the king (v15-17). The psalmist rejoices and sings about the gifts and tributes by the queen of Sheba (v15). The land will also be blessed, resulting in abundance of

grain, blossoming of fruits and increase in population (v16). This is a picture of great blessing that reminds us of the Garden of Eden.

The king's name will also endure forever and nations will recognize his rule! This is the fulfillment of God's Covenant with Abraham, where the world will be blessed (Gen. 22:18). This psalm ends with a doxology, praising God for all that He has done. He alone is the one who does wondrous things (v18). His glory alone fills the whole world through the king.

In light of our present situation (with corrupted rulers), how are we to understand and sing/pray this psalm? First, this psalm reminds us to look in faith to Christ whom the Father appointed to rule over the world in His return. Though there is still injustice and evil in this world, we know Satan's time is near. The Son of David will crush the head of the Serpent and end all evil with His rule. Christ is the only one who can bring full security, perfect welfare and blessing when He returns, because He is the only King that was perfectly obedient to the Law (compared to other kings!). He has earned the blessings for us!

Secondly, the world will come to know the power of the King that is displayed through the cross and resurrection, which defeated sin and death. As much as we are to celebrate Christ's Kingship over the world, we are to also bring this Good News wherever we go, heralding the Gospel in this broken world that we live in and through the Gospel, bring them into this Kingdom. His Kingship extends to all kinds of sinners. So then let us herald this Gospel of Grace that calls for repentance and faith in the King who will return to rule us that they may also partake in this blessing which the King brings.

Prayer

As we pray, may we ask God to help us be reminded of God's appointed ruler, Jesus Christ, who will bring perfect rule in His return and revert all the curses in this world. May we also ask God to take away every worry and help us to look forward to His perfect rule in the future. Lastly, let us ask God to give us the strength to share this Good News to the dying world that they will come to know the perfect King and live under His Kingship as they come in repentance and faith.

每日灵粮

星期四, 2020 年 7 月 30 日

标题：真正完美的国王

作者：韩思能

诗篇 72

生活在一个破碎而罪恶的世界中，人们只能想象一个完美的国王。但是，希望有一个完美的国王。由于历史上人类失败的反复发生，我们倾向于认为永远都没有。但是，鉴于我们看似绝望的情况，今天的文章提供了不同的观点。我鼓励您在继续之前先逐字逐句地阅读整个诗篇。

这首赞美诗赞美和歌颂上帝放逐以色列的国王。上帝与大卫缔结了永恒的约，他将建立大卫的王国为永恒的王国，而他的后代将坐在他的宝座上（撒母耳记下 7 章）。这个诗篇也是预言性的，在某种意义上，它期待着神建立他的国度并治理这位国王的日子。这样做的最终目的是使以色列成为一盏灯，并带动世界各国认识耶和华（以赛亚 2: 1 至 5）。然后，这位国王还将治理整个世界。

前四节歌颂国王的品格。第一节说国王要以上帝所赐的公义和正义来治理人民。他应以上帝的法律代替自己的原则。按照他的治理，他应该像第 2 至 4 节所述，以自己人民的福祉来治理。那是因为上帝的子民赖以国王的福祉。因此，国王应该以上帝的公义与正义来治理。这样，我们看到了土地和人民得到祝福（第 3 节）。

转到第 5 至 7 节，诗篇中的歌唱者讲述国王的治理。在治理人民时，他祈祷国王将世世代代敬畏上帝。这样，他就顺服了上帝与大卫订立的约的条款，这将给国家带来福气。当上帝的祝福降临在他们身上时，土地和人民将会蓬勃发展。

当我们谈到第 8 至 11 节时，赞美诗为国王的治理祈祷。他以信仰祈祷，愿上帝永远通过他的后代建立大卫的宝座，以实现他的盟约（撒母耳记下 7:13）。此部分描述了国王治理的性质。它是普遍性的（第 8 和 11 节），有能力的（第 9 节）和伟大的祝福（第 10 节）。12 至 14 节对应 2 至 4 节，其中国王被描述为优先考虑人民福利的人。

然后继续到下一个节，唱歌并为国王的祝福祈祷（15 至 17 节）。诗人对示巴女王的礼物和致敬感到高兴和唱歌（15 节）。土地也将得到祝福，导致谷物丰盛，果实开花，人口增加（第 16 节）。这是一幅伟大的祝福，使我们想起了伊甸园。

国王的名字还将永远存在，各国将认可他的治理！这是神与亚伯拉罕之约的应验，世界将得到祝福（创世记 22:18）。诗篇以结尾学为赞美，称赞神所做的一切。只有他一个人做奇妙的事情（第 18 节）。仅他的荣耀就通过国王席卷了整个世界。

鉴于我们目前的状况（统治者腐败），我们如何理解和颂唱/祈祷这首赞美诗？首先，这首赞美诗提醒我们要仰望基督的信仰，天父任命基督归还基督。尽管这个世界上仍

然存在着不公正和邪恶，但我们知道撒但的时代已经临近。大卫之子将粉碎蛇的头，并以他的治理结束一切邪恶。基督是唯一能在他回来时带来完全的安全，完美的福祉和祝福的人，因为与其他国王相比，他是唯一完全遵守法律的国王。他为我们赢得了祝福！

其次，世界将通过十字架和复活显示出的而认识到国王的力量，击败了罪恶和死亡。为了庆祝基督在世界范围内的王权，我们也将把这个好消息带到任何地方，在我们生活并通过福音生活的这个破碎的世界中传扬福音，将他们带入这个王国。他的王权扩展到各种罪人。因此，让我们宣讲这份恩典福音，呼吁人们悔改并相信国王，国王将再次治理我们，使他们也可以参加国王带来的这种祝福。

祷告

当我们祈祷时，愿我们请上帝帮助我们，使我们想起上帝任命的统治者耶稣基督，他将带来完美的统治，并逆转这个世界上的所有诅咒。愿我们也请上帝消除一切忧虑，并帮助我们期待他将来的完美治理。最后，让我们请上帝赐予我们力量，将这个好消息分享给垂死的世界。他们将以悔改和信仰来到这里。以便认识完美的国王，并在他的王权下生活。

Friday, 31 July 2020

Pride

Prathab V

Psalm 131 (NIV)

1 My heart is not proud, LORD,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.

2 But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.

3 Israel, put your hope in the LORD
both now and forevermore.

One of the most difficult sins many of us struggle with is pride. Let's be honest. We all struggle with some form of pride. We do have pride in our hearts, nicely hidden, so that no one can see. Unfortunately, no matter how well we tuck it away, it manifests itself occasionally.

Pride suddenly emerges when we get offended due to pejorative comments about the quality of our cooking, shape of our garden, fashion sense, office work, leadership style, biblical knowledge or even after delivering a message in church!

When asked about the worst of sins, C.S. Lewis, had this to say:

"There is one vice of which no man in the world is free; which everyone in the world loathes when he sees it in someone else and of which hardly any people, except Christians, ever imagine that they are guilty themselves. There is no fault which makes a man more unpopular, and no fault which we are more unconscious of in ourselves. And the more we have it ourselves, the more we dislike it in others.

According to Christian teachers, the essential vice, the utmost evil, is Pride. Unchastity, anger, greed, drunkenness, and all that, are mere fleabites in comparison. It was through pride that the Devil became the Devil: Pride leads to every other vice. It is the complete anti-God state of mind."

It is interesting that CS Lewis says this about pride: "the more we have it ourselves, the more we dislike it in others". According to Lewis, we nurture pride in our hearts but hate it in others. How ironic!

Pride is never satisfied. It always makes you crave for more. Sometimes it makes you crave for more love, attention, praise, popularity and power. It has an insatiable appetite.

Pride makes us look down on others. It sometimes makes us incapable of looking up to the Son of God, who humbled himself by becoming obedient to the point of death, even death on a cross. Pride not only causes friction in your friendships and at work, but it also makes us become God's enemy. The scripture says, "God resists the proud, but gives grace to the humble." (James 4:6b, HCSB).

Psalm 131 is short but truly joyful to read. As we reach the end of a busy work week, take time to calm your soul (v2). Confess to God on matters regarding pride in your life. If there be any false humility, confess it and speak to a brother or sister for encouragement and prayer. Do not concern yourself with matters too big (v1). Just put your hope in God. He has not let anyone down. He will carry you and help you.

Prayer:

Lord, examine my heart and see if there be any offensive thing within, especially pride. Help me to deal with pride and false humility. Teach me to be humble like Your Son Jesus. In Jesus' name, I ask. Amen.

每日灵粮

星期五, 2020 年 7 月 31 日

标题: 骄傲

作者: 帕拉他伯(Prathab V.)

翻译: 胡斐弟兄

诗篇 131

131:1 (大卫上行之诗。) 耶和華啊、我的心不狂傲、我的眼不高大。重大和测不透的事、我也不敢行。

131:2 我的心平稳安静、好像断过奶的孩子在他母亲的怀中。我的心在我里面真像断过奶的孩子。

131:3 以色列阿、你当仰望耶和華、从今时直到永远。

我们许多人最难对付的罪之一就是骄傲。老实说。我们所有人都因某种形式的骄傲而跌倒。我们在内心深处都隐藏着骄傲，所以没人能看的到。不幸的是，无论我们将骄傲隐藏得多么好，它偶尔都会显现出来。

当我们因对烹饪质量、花园的设计、时尚感、办公室工作、领导风格、圣经知识甚至是在教会里传讲信息而发表侮辱性的评论时，我们的自豪感就会出现。

当被问到最严重的罪时，C·S·路易斯这样说：“世界上所有的人都犯下这个罪。世界上的每个人在别人身上看到这罪时都会讨厌它，可能除了基督徒，几乎没有人想到他们自己有犯下这罪。这罪使人变得更不受欢迎，也使我们更加无意识地深藏在我们心里。而且当我们有越多这罪时，我们就越不喜欢其他人犯下这罪。”

根据基督教老师的说法，最大的罪恶是骄傲。相比之下，放荡，愤怒，贪婪，醉酒和所有这些仅仅是小罪。魔鬼因为骄傲成为了魔鬼：骄傲导致了其它的恶习。这是完全反神的心态。

有趣的是，C·S·路易斯谈到了这种骄傲感：“当我们自己有越多这罪时，我们就越不喜欢其他人犯下这罪”。据 C·S·路易斯，我们容许自己骄傲，但若他人自傲，我们却嗤之以鼻。多么可笑！

骄傲永远不会满足。它总是使你渴望更多。有时，它会让你渴望更多的爱、关注、赞美、声望和力量。它有无法满足的胃口。

骄傲使我们看不起别人。有时候，这使我们无法仰望上帝的儿子，他因顺服而谦卑地死在十字架上。骄傲不仅会在你们的友谊和工作中引起摩擦，而且还会使我们成为上帝的敌人。经上说：“神阻挡骄傲的人、赐恩给谦卑的人（雅各书 4: 6 节下）。

诗篇 131 虽然很短，但读起来确实令人欣慰。当我们将结束这忙碌的工作周时，请花点时间让我们的心平稳安静（2 节）。在有关你生活中的骄傲的事情上向上帝坦白。如果有任何虚假的谦卑，请坦白并与弟兄姐妹交谈和祷告。不要担心太大的事情（1 节）。只要把你的盼望寄托在上帝身上。祂没有让任何人失望。祂会帮助你。

祷告：

主啊，我的心，看看里面是否有隐藏的罪恶，尤其是骄傲。帮助我应对骄傲和虚假的谦卑。教我像祢儿子耶稣一样谦卑。祷告是奉主耶稣的名祈求。阿们。

Saturday 1 st August 2020
MESSAGE FROM HIS WORD
by Pastor Soong Kok Kee
Psalm 19: 7-11 (NIV)

“7 The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple. 8 The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

9 The fear of the Lord is pure, enduring forever. The decrees of the Lord are firm, and all of them are righteous. 10 They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb. 11 By them your servant is warned; in keeping them there is great reward.”

Last Saturday we look at how God speaks to us from His marvellous and wonderful creation (v 1-6). This morning we will look at how God speaks to us through His Word and learn about His holiness and our sinfulness. When we think of God’s Word, we often think of something that keeps us from having fun and doing what we like and want to do, especially for non-Christians. I often hear them say that there are so many things a Christian cannot do, so there’s no fun being a Christian,

In our passage today the name Jehovah Lord is repeated six times and there are six different titles to the Word of God:

The Law of the Lord

The Statutes of the Lord

The Precepts of the Lord

The Commands of the Lord

The Fear (Reverence – NLT) of the Lord

The Radiances (Judgement – King James) of the Lord

Instead of taking away joy and fun from our lives, it gives us just the opposite. Keeping God’s Word revives us, makes us wise, brings joy to our heart, gives insight, warns us, and rewards us. You see, my dear brothers, sisters and friends, God’s laws are guidelines and light for our path, rather than chains on our hands and feet. They point at danger to warn us, then point at success to guide us.

Someone had said that sinning is always nice otherwise no one would sin, but then the sinner will have to bear the consequences of sin and that’s not nice. God can forgive our sins but the consequences of our sins, we and, sometimes, the whole family, have to bear.

King David, a man after God's own heart is a good example, he committed adultery and murder, but when he cried out to God for forgiveness (Psalm 51), God in His ever loving kindness forgave but the consequences was "the sword never departed from his house (2 Sam 12:10).

There followed the outrage of his daughter, Tamar, by his eldest son, Ammon; and the murder of the latter by the servants of Absalom (2 Sam 11: 1-13:29) and Absalom's rebellion against his own father David.

Yes, indeed, my dear brothers, sisters and friends, keeping God's Word is more precious than the finest gold and sweeter than the sweetest honey and in keeping them, there is great reward. Nothing in this world can be compared to that.

PRAYER:

Dear Lord, thank you for reminding us to always keep your Word for that makes us wise and brings joy to our lives. The human side of us wants to run away from you and enjoy life to the fullest just like the prodigal son. But like the Father in the prodigal son, you have always been looking out of the window, longing for us to come back to you. Lord, keep us from wandering away from you, from your Word. Help us always to abide in you, for apart from you we can do nothing. We pray especially for those who have come to know you but for whatever reason, they have wandered far away. We pray Lord that the Holy Spirit in their hearts will once again bring them back into your presence to enjoy the sweet fellowship they once had with you. In Jesus precious name we pray all these. AMEN.

每日灵粮

星期六，2020 年 8 月 1 日

标题：来自上帝话语的信息

作者：宋国基牧师

翻译：梁玉萍姐妹

诗篇 19:7-11

7 耶和华的律法是完全的，能使人心苏醒；耶和华的法度是坚定的，能使愚人有智慧。8 耶和华的训词是正直的，能使人心快乐；耶和华的命令是清洁的，能使人的眼睛明亮。9 耶和华的话语（“耶和华的话语”原文作“耶和华的敬畏”）是洁净的，能坚立到永远；耶和华的典章是真实的，完全公义；10 都比金子宝贵，比大量的精金更宝贵；比蜜甘甜，比蜂房滴下来的蜜更甘甜；11 并且你的仆人也借着这些得到警戒，谨守这些就得大赏赐。

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它没有带走我们生活中的喜乐和乐趣，反而给了我们相反的感觉。谨守上帝的话语使我们苏醒，有智慧，使我们的内心快乐，独到的见解，也使我们受警戒并得赏赐。亲爱的弟兄姐妹和朋友，您会发现，上帝的律法是我们的准则和路上的光，而不是手上的锁链。它们指出危来险警告我们，然后指向成功来引导我们。

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Saturday 1 st August 2020
MESSAGE FROM HIS WORD
by Pastor Soong Kok Kee
Psalm 19: 7-11 (NIV)

“7 The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple. 8 The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

9 The fear of the Lord is pure, enduring forever. The decrees of the Lord are firm, and all of them are righteous. 10 They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb. 11 By them your servant is warned; in keeping them there is great reward.”

Last Saturday we look at how God speaks to us from His marvellous and wonderful creation (v 1-6). This morning we will look at how God speaks to us through His Word and learn about His holiness and our sinfulness. When we think of God’s Word, we often think of something that keeps us from having fun and doing what we like and want to do, especially for non-Christians. I often hear them say that there are so many things a Christian cannot do, so there’s no fun being a Christian,

In our passage today the name Jehovah Lord is repeated six times and there are six different titles to the Word of God:

The Law of the Lord

The Statutes of the Lord

The Precepts of the Lord

The Commands of the Lord

The Fear (Reverence – NLT) of the Lord

The Radiances (Judgement – King James) of the Lord

Instead of taking away joy and fun from our lives, it gives us just the opposite. Keeping God’s Word revives us, makes us wise, brings joy to our heart, gives insight, warns us, and rewards us. You see, my dear brothers, sisters and friends, God’s laws are guidelines and light for our path, rather than chains on our hands and feet. They point at danger to warn us, then point at success to guide us.

Someone had said that sinning is always nice otherwise no one would sin, but then the sinner will have to bear the consequences of sin and that’s not nice. God can forgive our sins but the consequences of our sins, we and, sometimes, the whole family, have to bear.

King David, a man after God's own heart is a good example, he committed adultery and murder, but when he cried out to God for forgiveness (Psalm 51), God in His ever loving kindness forgave but the consequences was "the sword never departed from his house (2 Sam 12:10).

There followed the outrage of his daughter, Tamar, by his eldest son, Ammon; and the murder of the latter by the servants of Absalom (2 Sam 11: 1-13:29) and Absalom's rebellion against his own father David.

Yes, indeed, my dear brothers, sisters and friends, keeping God's Word is more precious than the finest gold and sweeter than the sweetest honey and in keeping them, there is great reward. Nothing in this world can be compared to that.

PRAYER:

Dear Lord, thank you for reminding us to always keep your Word for that makes us wise and brings joy to our lives. The human side of us wants to run away from you and enjoy life to the fullest just like the prodigal son. But like the Father in the prodigal son, you have always been looking out of the window, longing for us to come back to you. Lord, keep us from wandering away from you, from your Word. Help us always to abide in you, for apart from you we can do nothing. We pray especially for those who have come to know you but for whatever reason, they have wandered far away. We pray Lord that the Holy Spirit in their hearts will once again bring them back into your presence to enjoy the sweet fellowship they once had with you. In Jesus precious name we pray all these. AMEN.

每日灵粮

星期六，2020 年 8 月 1 日

标题：来自上帝话语的信息

作者：宋国基牧师

翻译：梁玉萍姐妹

诗篇 19:7-11

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Sunday, 2 August 2020
Title: Investing for Eternity
By Elder Yu Chin Shie

Psalm 90:12

Teach us to number our days aright, that we may gain a heart of wisdom. Moses, the author of Psalm 90, reminded us that God is eternal (from everlasting to everlasting) and we His created beings, have a transient life in this earthly world (ref. v 5 & 6 you sweep men away in the sleep of death; they are like the new grass of the morning – though in the morning it springs up new, by evening it is dry and withered.) Hence, we need to treasure our brevity of existence on planet earth and learn to make good use of it.

What does it mean to number our days?

Before a person decides to number his days (the remaining days left for him from now till he meets his Creator), he likely would have realised his mortality (contrasted with some who live as if there is no tomorrow) and started to prioritise how to spend his time in a wise manner with no regrets at the end of his earthly life.

Numbering our days will inevitably require us to start planning and to act on how to invest our time so as to leave a lasting legacy or, for a child of God, to invest on things which have eternal values.

For a believer in Christ, there are two things he can invest his life in and in which will last for all eternity.

The first thing – God's Word. The second – People.

The grass withers and the flowers fall, but the word of God stands forever (Isaiah 40:8).

Then they will go away to eternal punishment but the righteous to eternal life (Matthew 25:46).

Why and how can we invest in God's Word?

Things change, circumstances change, life changes but the Word of God (the Bible) does not change. What the bible claims to be true today was true 2000 years ago and will continue to be true tomorrow, in a year and in 2000 years. Amidst all the chaos and uncertainty of life, lean on God's truth ... it won't change.

We can't possibly know much about God unless we study His Word diligently. I encourage you to embark on a bible reading program, like the Bible Project (you can download the app from App Store). It guides you to read the bible in a year from Genesis to Revelation by reading a few chapters per day. I also encourage you to attend a CG in the church, the Adult Sunday School, or be involved in any other bible study program individually or in a group like the BSF. Read Christian

books and bible commentaries to increase your knowledge of God's word and draw close to Him through your daily quiet time of bible reading and prayer.

Why and how do we invest in people?

When people die, they will be going to one of two places, heaven or hell. That decision will be made during their time here on earth. For this reason, it is important that we make sure others have received Jesus as their Lord and Saviour.

Forever is a long time and we want forever to be in Heaven.

The people closest to us are our immediate family members. For those of us who are parents, we need to bring our kids up to know Jesus and leave behind a legacy of godly living. There is no greater joy for a parent to know his kids are committed to Jesus and honour God in all their ways. Priority should be set to nurture and bring up God honouring families. Do not neglect our spouses, parents and siblings if they are unbelievers.

Also, for our colleagues and friends and whoever the Lord has brought to our life path, we are to share the gospel and point them to Jesus. If any of our readers do not know how to share the gospel, please don't hesitate to seek help from our pastors and church leaders, including the CG leaders for those who are in a CG of our church. Also, try to learn how to do follow up on young Christians whom the Lord might have led you to minister to them.

Prayer

O God our Heavenly Father, we thank you today you have reminded us from your Word how we should count our days and live our lives with eternity in mind by investing our time in knowing your Word (and knowing you personally) and in people. Please help us to be faithful to do what is important and pleasing to you. In Jesus' name we pray. Amen.

每日灵粮

星期日，2020 年 8 月 2 日

题目：为永恒而投资

作者：余清熹长老

翻译：方美珠姐妹

诗篇 90:12

求祢指教我们怎样数算自己的日子，好叫我们得着智慧的心。

诗篇 90 的作者摩西提醒我们上帝是永恒的（从恒古到永远），而我们身为祂的造物只是有一个短暂的生命在这地上（参考第 5 和 6 节_祢叫他们如水冲去；他们如睡一觉。早晨他们如生长的草，早晨发芽生长，晚上割下枯干。）因此，我们需要珍惜我们在地球上简短的存在，并学习善加利用它。

数算我们的日子是什么意思？

在一个人决定数算自己的日子（从现在开始直到与他的造物主相遇的日子既是所剩余的日子）之前，他应该已经意识到自己是会死去的（与那些过着好似没有明天的人相比），并开始优先考虑要如何以明智的方式度过自己剩余的时光，使离世时不留遗憾。

数算我们的日子必将需要我们开始计划如何度过自己的时光，以便留下恒久的遗产，或者对于上帝的儿女来说，需投资在有永恒价值的事物上。

对于信奉基督的信徒来说，有两件可以持续到永恒的事是他可以投资的。

第一件：上帝的话。第二件：人。

以赛亚书 40: 8 草必枯干，花必凋残，唯有我们上帝的话，必永远立定。

马太福音 25:46 这些人要往永刑里去；那些义人要往永生里去。

我们为什么并如何投资于上帝的话？

东西改变了，情况改变了，生活改变了，但上帝的话语（圣经）永不改变。今天圣经所陈诉的事实是 2000 年前的事实，是一直持续到明天，一年后和 2000 年后的事实。在所有混乱和疑惑的生活中，依靠上帝的真理...它永不改变。

我们不可能更认识上帝除非我们认真学习祂的话语。我鼓励你开始阅读圣经，参与例如圣经计划（Bible Project）（可以从应用商店 App Store 下载应用程序）。它通过每天阅读几章经文，引导你在一年内阅读从创世纪到启示录。我也鼓励你参加教会的小组、成人主日学，或参与其他的独立学习计划或好似圣经学习团契 BSF 等计划。阅读基督教书籍和圣经评论来增加你对上帝话语的认识，并通过你每天的灵修读经祷告时间来亲近上帝。

我们为什么并如何投资于人？

人死后，他们只有两个地方可以去，天堂或地狱。这个决定将是他们还在地上时所必须做的。因此，最重要的是我们必须确保其他人已经接受了耶稣作为他们的救主。

永远是很长的时间，而我们希望永远的在天堂。我们最接近的人就是我们的直系亲

属。对于我们当中做父母的，我们需要带领我们的孩子认识耶稣，并留下敬虔生活的遗产。再也没有任何喜乐可以堪比父母亲知道自己的孩子全心全意地把自己奉献给耶稣并在所有的事上荣耀上帝。我们应该优先培养和设立尊主的基督化家庭。不可忽略还没信主的配偶，父母和兄弟姐妹。

对于我们的同事和朋友，以及上帝带到我们生命中的所有人，我们都必须与他们分享福音并将他们指向耶稣。如果我们的读者有不知道如何分享福音的，请不要犹豫，向我们的牧师和教会领袖或小组领袖寻求帮助。另外，尝试学习如何跟进那些上帝带领到你跟前让你看顾的年轻基督徒。

祷告

上帝我们的天父，感谢祢今天用祢的话语来提醒我们要怎样数算我们的日子，使我们在剩余的日子有永生的盼望，能把我们的时间投资在学习祢的话语（和更加认识祢）和传福音给人。帮助我们可以忠心地来做祢看重并喜悦的事情。我们奉耶稣的名祷告。阿们

Monday, 3 August 2020

Title: Do you feel sorrow and anguish?

Author: Ps Cheng Cheung

Psalm 38: 17-18

17 For I am ready to fall,
And my sorrow is continually before me.
18 For I will declare my iniquity;
I will be in anguish over my sin.

Two weeks ago, in the first part of Psalm 38, I shared how David recognised that his sins were the cause of the physical and emotional anguish he was experiencing. Realising this, he was totally honest with God and confessed. Now, I wish to share some insights which reveal what David went through in the remaining verses.

Let us venture back a short while to a time when the committing of his sin was still fresh, AND rumours of his wrongdoing had already surfaced, somehow.

It is obvious from the text that his sin, whether specifically or generally, was common knowledge. Two groups are mentioned, who apparently were aware. Loved ones and friends were one group. Those who sought his total downfall and destruction through schemes and deceit were the other. Fellow Christian, is this emotional turmoil not common for those who have fallen into sin? Our friends and loved ones get to hear and wonder what actually happened and if there is any truth in it. Whilst our 'frenemies' plot to expose us and maybe drive home the guilt and shame. What a predicament to be in!

The good news, of course, unknown to both parties, is that David had decided to come clean – verse 9 – for he knew he could not hide anything from the Lord. Moreover, he had decided, before his counsellors seeking to admonish him and his opponents seeking to harm him, that he would not pay attention to any of their words NOR to respond verbally to anything said about him. Instead he decided to remain silent. – verses 13 & 14.

This was not arrogance. It was the natural response of one who had been convicted of his wrongdoing by the Spirit of God. Now, placing his hope in God's abundant grace, he threw himself at God's mercy. What was his state of mind and the conviction of his heart as he approached the throne of grace, seeking forgiveness?

17 "For I am ready to fall"

He is at his wit's end. He is exhausted spiritually, emotionally and physically. If God does not help now, he is doomed.

17 "My sorrow is continually before me"

He is overwhelmed by grief over his sin.

18 "I will declare my iniquity, I will be in anguish over my sin" He firmly decides that a full and open confession of his wrongdoing and total regret for his behaviour is needed. Nothing less.

20 " . . . I follow what is good"

He resolves, with God's strength, to turn from evil and do what is good in God's eyes. This may involve confession to other parties, asking for forgiveness and restitution in some cases.

This takes much humility. It's not easy to call a spade a "spade", am I right? We often give ourselves excuses, most of them lame, why we, e.g., lost our temper and shouted expletives (the other person was unreasonable and inconsiderate!). Other times we justify our loss of control by appealing to their soft spots. "Please understand. My needs were not being met, and something overcame me."

But David did not do this. He declared (the nature of) his iniquity and expressed anguish over his sin. We should do the same, when asking for forgiveness from God and those whom we have wronged.

Brothers and sisters, do we take sin too lightly? Do we not know a holy God cannot tolerate sin, in fact abhors it? Let us examine ourselves in the light of David's experience in this Psalm and change our attitude if need be.

A final thought about David's aggressive adversaries. He communicates the thought that the cause of their enmity towards him is not his sin. No, they have no issue with that. But they are upset over his earnest endeavour to forsake his sin and follow after righteousness. The only thing anyone has to do to earn the hatred of unregenerate humanity is merely to "do good." If you would rather pay the traffic summons than the cop, you put them in bad light. David found it so; and Christians of all ages can attest the truth of his experience.

1 John 3: 12 "Cain . . murdered his brother. And why did he murder him? Because his works were evil and his brother's righteous."

The point I am making is that the world often makes light of the moral standards set by God for the sons and daughters of righteousness. Often the sentiment is "Don't worry, everyone is doing it. So join us" That is not true. Let us stick to our convictions and not be swayed by the behaviour of the world.

Prayer:

Heavenly Father, I thank you I can pray

Do not forsake me, O Yahweh.

O my God, do not be far from me.

Hurry to help me,

O Lord, my salvation.

And You will hear me, provided I have clean hands and a pure heart. Holy Spirit, convict me of sin and may my conscience respond without excuses. Remove all deceit from me O Lord, that my walk with You not be hindered.

In Jesus' Name. Amen.

每日灵粮

星期一，2020 年 8 月 3 日

标题：你感到悲伤和痛苦吗？

讲员：张祯祥传道

翻译：林良億姐妹

诗篇 38：17-18

我几乎跌倒，我的痛苦常在我面前。

我要承认我的罪孽，我要因我的罪忧愁。

两星期前，在诗篇 38 的第一部分，我分享了大卫如何认识到自己的罪过是他所遭受身心痛苦的原因。意识到这一点，他对上帝完全诚实并认罪。现在，让我分享一些见解，以揭示大卫在其余经文中所经历的事情。

让我们回想一下他的罪，关于他不法行为的谣言。

从圣经上可以明显看出，他的罪，无论是具体的还是一般的，都是公知常识。提到了两个小组，他们显然知道了。亲人和朋友是一组。另一组是通过计划和欺骗谋求他彻底垮台的。主内弟兄姐妹，这种情绪动荡对那些陷于罪的人来说是预料吗？我们的朋友和亲人会听到并想知道实际发生了什么，以及其中的真相。同时，我们的“敌人”图谋驱使您感到内疚和羞愧。陷入困境！

当然，还好在双方都不知道的是，大卫知道自己无法对耶和華隐瞒任何事情，所以他决定完全坦诚（第 9 节）。而且，在他的顾问要告诫他，他的反对者要伤害他之前，他已经决定他不会在意他们的话，也不会回话。相反，他决定保持沉默（第 13 和 14 节）。

这不是自大。这是一个自然的反应，当个人因上帝的圣灵而被定罪。现在，他将希望寄托在上帝的丰富恩典上，投身于上帝的怜悯。当寻求宽恕时，他的心态和内心的信念是什么？

17a：“我几乎跌倒；”

他机智已尽。他在精神，情感和身体上都精疲力尽。如果上帝现在没有帮助，他注定要失败。

17b “我的痛苦常在我面前”

他为自己的罪而悲伤。

18 “我要承认我的罪孽，我要因我的罪忧愁”，他坚定地决定，需要对自己的过失作出充分而公开的认罪，并对自己的行为忏悔。

20”...因我是追求良善。”

他决心凭着上帝的力量，摆脱罪恶，做上帝喜悦的善事。这可能涉及向其他人认罪，要求宽恕和赔偿。

这需要谦卑。坦率、直接、真实地说并不容易，对吗？我们经常给自己找借口，其中大多数的借口都是令人难以置信的微弱，例如：发脾气，并大声争辩（别人不讲理又不体贴！）。有时候，我们利用别人的弱点来证明我们失去控制是有道理的。“请理解。我的需求没得到满足，有些事情克服了我。”

但是大卫没有这样做。他宣告了自己的罪，并为自己的罪表示痛苦。在寻求上帝宽恕时，我们应该同样的宽恕的罪我们的人。

弟兄姐妹们，我们是否过分轻视我们的罪？我们难道不知道圣洁的上帝不能容忍罪吗？让我们根据大卫王在诗篇中的经验进行自我检讨，并在需要时改变我们自己的态度。

最后，让我们思考大卫王好斗的对手。他传达了这样一种思想，即他们对他的仇恨不是他的罪。不是的。不是罪的问题。而是他们为他的认真努力改过更新，追随正义而恼怒。任何人只要“做好事”，就必面对人类的仇恨。如果您宁愿支付交通传票而不是贿赂警察，那么您会暴露它们的恶意。大卫王如此的理解；所有不同成熟阶段的基督徒都可以认证他的经历真实性。

约翰一书 3: 12 “不可像该隐，他是属那恶者，杀了他的兄弟。为什么杀了他呢？因自己的行为是恶的，兄弟的行为是善的“

重点是，世界经常简单化了上帝为我们所定的道德标准。通常的观点是“别担心，每个人都在做。因此，加入我们吧”。这是不对的。让我们坚持自己的信仰，不要被世界的所作所为而影响。

祷告：

天父谢谢你，我可以祈求祷告：

耶和華啊，求你不要离弃我。

我的上帝啊，不要远离我。

求你赶快帮我，

主啊，我的救恩。

求主赐我干净的手和纯洁的心，求你聆听我的呼求。主的灵啊，求你时时提醒告诫我们的罪，让我们完全归顺。主啊，求你除去我心中的诡诈，使我毫无阻碍地与你同行。奉主耶稣基督的名求的。阿们！

Tuesday, 4 August 2020

Title: God's Promise Of Protection In Times Of Danger

By: Pastor Isaac Yim

Psalm 91:1-16

We are living in perilous times with Covid-19 pandemic, but Psalm 91 reminds us that our God is our Shelter, our Protector and our Deliverer. Our God is still in control now and forever. The Psalmist uses four different names to describe who this God is:

1. "The Most High" in Hebrew is Elyon. The name signifies God's majesty, sovereignty, and preeminence.
2. "The Almighty" in Hebrew is Shaddai. This simply means God is mighty beyond our imagination or comprehension.
3. "LORD" in the original language is Yahweh. This is the personal name of God. It means that the Lord is God who is all-powerful, all-knowing, and knows us on a deep and intimate level.
4. "My God" comes from the Hebrew word Elohim which means the Supreme One or the Mighty One.

Our Almighty God is more than ready to help those "Who dwells in the shelter of the Most High will abide in the shadow of the Almighty" (Psalm 91:1). Take note of the two words mentioned here, "dwell" and "abide." In the New Testament, when Jesus taught in the Parable of the Vine and the Branches (John 15), He is talking about a deep and intimate relationship between His disciples and Himself. Those who dwell and abide in the Lord are those who are attached permanently and feeding continually – with body, soul, and spirit – totally dependent on Jesus. It is like the branch attached to the vine.

2 I will say to the LORD, "My refuge and my fortress, my God, in whom I trust."

Some people mistakenly think THAT as a Christian, our wealth and health and life will be smooth sailing. This is a false and deceptive teaching of the prosperity gospel. In life's journey, we have evil and wicked people who literally set traps to ensnare us. We will have Covid-19 and many other deadly pestilences. We will encounter terrors and fears of losing our jobs, diseases, broken relationships that cause deep pain and crisis. During this pandemic many of us are going through much suffering.

It is in such times we can put our trust in our Almighty God who is our Refuge and Fortress. In whatever troubles we face today, God is the place of refuge we can run to; He is our safe place. We can count on His promises in Psalm 91.

These are the promises from God for those who hold fast to Him in love (Psalm 91: 14-16).

"Because he holds fast to me in love...." (Psalm 91:14a)

- "...I will rescue him..." (deliver, cause to escape)
- "...I will protect him..." (set him on a high place)
- "...I will answer him..." (respond to, speak)
- "...I will be with him in trouble..." (in afflictions, in distress)
- "...I will deliver him..." (rescue, to bring into safety)
- "...and honour him..." (to make rich, strong, heavy with honour)
- "With long life will I satisfy him..." (to have abundance in the journey)
- "...and show him my salvation." (let him see My deliverance & victory)

This is the personal pledge of God to the Psalmist David. This is also God's guarantee to all of us who love and obey Him.

Prayer for Today

Dear God, Thank You for Your loving presence with us. Thank You for Your Almighty Shadow. We are grateful You cover us with Your wings. Thank You that You are in our midst, we feel secure now and for the future You are preparing for us.

Forgive us, when we fail to allow You to lead, and when we deliberately choose not to listen to You. Lord, we confess there are so many daily needs and concerns, and we often allow them to squeeze You out of our lives. Help us to recommit ourselves to give You priority in our lives. Teach us to dwell in Your secret place, the secret place of the Most High. We need Your help to consistently remain there and to abide under Your shadow.

We are grateful for Your words of comfort and hope. Teach us Lord, to remain in You as You promise to remain in us. Grant us Your strength to continue to walk on, in spite of many challenges along the way. Thank You, Lord, for victory and salvation are found in You alone. In Jesus' Name. Amen

每日灵粮

星期二，2020 年 8 月 4 日

标题：上帝是我们患难中的保护之应许

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 91：1-16

我们生活在新型冠状病毒 Covid-19 的危险时代，但是诗篇 91 提醒我们，我们的上帝是我们的隐密处，我们的守护者和我们的救赎主。我们的上帝一直都在掌权。

诗人用了四个名称来描述这位上帝：

1. 希伯来语中”至高者”是 Elyo。这个名字代表着上帝的威严、主权和优势。
2. 希伯来语中的”全能者”是 Shaddai。这仅仅意味着上帝是超乎我们想象和理解的。
3. 原语中的”耶和華”是 Yahweh。这是上帝个人的名字。这意味着上帝是一位无所不能、无所不知、深层次认识我们的上帝。
4. “我的神”来自希伯来语的 Elohim，意思是”最高的”或”最强的”。

我们全能的上帝愿意并随时能帮助这类人：“住在至高者隐密处的，必住在全能者的荫下”。（诗篇 91：1）请注意这段经文提到的两次”住在”。在新约中，当耶稣在教导“枝子连于葡萄树的比喻”（约翰福音 15 章）时，耶稣说的是他的门徒与耶稣自己之间深厚而亲密的关系。那些住在上帝里的人就是永远连于上帝，并且持续地受喂养滋润的人，他身、心、灵都完全地依赖耶稣。就象葡萄树上地枝子一样。

我要论到耶和華说：“他是我的避难所，是我的山寨，是我的神，是我所倚靠的。”
（诗篇 91：2）

有些人认为只要成为一个基督徒，就能享受生活的财富、生活就没有困难、生活会一帆风顺，这是一个误解。这是成功神学对人的欺骗和诡计。在人生的旅程中，会有许多邪恶的人，故意设置陷阱来诱捕我们。我们有 Covid-19 和其他很多致命瘟疫。我们也会遇到恐惧，害怕失去工作、害怕疾病、害怕破裂关系。在这次的疫情中，我们中间许多人正经历着很多的痛苦。

就是在这种非常时期，我们可以信靠我们的全能神，祂是我们的避难所和山寨。不管今天我们面临什么困难，上帝是我们可以跑去的避难所；祂是我们的安全处。我们可以信靠祂在诗篇 91 中的承诺和应许。这些是上帝对那些爱祂的人承诺的（篇诗 91：14-16）。

神说：“因为他专心爱我...”（诗篇 91：14 上）

- “...我就要搭救他...”（拯救，脱离困难）
- “...我就要保护他...”（把他安置在高处）
- “...我就应允他...”（回应，与他说话）
- “...在患难中我要与他同在...”（在痛苦、悲楚中）
- “...我要搭救他...”（拯救，带到安全地）
- “...使他尊贵...”（使他富足、充满能力、尊荣）

- “...我要使他足享长寿...”（生命中活出丰盛）
- “...将我的救恩显明给他...”（使他看见上帝的救赎和胜利）

这是上帝对圣诗大卫的个人承诺。这也是上帝对所有爱祂和顺服祂的人的保证。

今天的祷告

亲爱的上帝，感谢祢与我们同在。感谢祢全能的荫下。我们感谢祢将我们隐藏在祢翅膀的荫下。感谢祢在我们中间，我们有安全感，为现今和祢为我们准备的未来有信心。

主，当我们不顺从祢的引领、或当我们故意选择不听祢的话时，求祢原谅我们。主啊，我们承认，我们有很多的日常需要和关注，我们常常允许这些事情把祢从我们的生活中挤出去。帮助我们重新承诺，让祢成为我们生命中居首位。教导我们，好让我们能住在祢隐密之处。我们需要祢帮助我们，我们才能不断地住在祢的荫下。

我们感谢祢赐给我们安慰和盼望的话语。教导我们，如何住在祢里面，正如祢承诺也住在我们里面。赐给我们力量继续在我们的生活中行走。感谢主，因为唯独祢有胜利和救赎。

奉主耶稣的名。阿门。

Wednesday, 5th August, 2020
Title: He has not Withheld His Love
Author: Pastor Wallace Ong
Psalm 66: 16 -20 (NIV)

16 Come and hear, all you who fear God; let me tell you what he has done for me. 17 I cried out to him with my mouth; his praise was on my tongue. 18 If I had cherished sin in my heart, the Lord would not have listened; 19 but God has surely listened and has heard my prayer. 20 Praise be to God, who has not rejected my prayer or withheld his love from me!

The people of God are truly blessed. In our walk with God, as we ponder upon all the good things the Lord has done in our lives, shouldn't our minds be led immediately to praise Him? King David, who wrote the psalms of thanksgiving and praise, loved to reminisce and recount many blessings God has bestowed upon his life and the lives of God's people.

In Psalm 66, King David reminds us of how God loves and cares for His people though they were still sinners and rebellious against Him. He mentions about the time when Pharaoh and his Egyptian army were chasing the Israelites until they reached the Red Sea shores and had nowhere else to go. Exodus 14: 10 says, "When the Israelites saw the Pharaoh coming with his army, they were frightened and begged the LORD for help." God heard their prayers and protected His people by causing a strong wind to part the sea and turned the sea into dry ground, so the Israelites could cross the sea on foot and escaped the capture. Then God caused the wind to cease blowing to allow the water to roll back against Pharaoh and his army pursuing behind the Israelites until all of them were drowned in the sea. David could relate, give thanks, and worship God because the Lord had also delivered him from the hands of his enemies despite the fact that he had committed many terrible sins.

King David defined for us the proper attitude one should have before God. In Psalm 66:18, he says: "If I had cherished sin in my heart, the LORD would not have listened." God delays the answers of our prayers for many reasons; sin is the primary reason why our prayers are not answered. In Isaiah 1:15, the Bible says, "When you spread out your hands in prayer, I will hide my eyes from you; even when you offer many prayers, I will not listen. Your hands are full of blood!"

God is holy, and when we approach Him, we must come before Him with clean hands and a pure heart. The Word of God makes it clear, "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9). We do not have that inherent goodness within us, but we can receive the holiness of Christ when we confess and repent of our sin and turn to God. Through Jesus, God sees the perfect righteousness of His one

and only begotten son instead of our sins. Therefore, we need to confess and repent of our sins and be reconciled to God.

Prayer:

Dear Heavenly Father, We come to You with thanksgiving and gratefulness for what You have done in our lives. We bless Your name for listening to us when we pray. We want to start our day with praise, thanksgiving, and prayers, and set our hearts to keep Your commands and listen to Your voice. Thank You for guiding and helping us, O Lord, in order that we may live our lives in such a manner which will bring glory and honor to Your name! In the name of Jesus, we pray. Amen.

每日灵粮

星期三，2020 年 8 月 5 日

作者：王振威传道

翻译：巫惠如姐妹

诗篇 66:16-20

凡敬畏神的人，你们都来听，我要述说他为我所行的事。我曾用口求告他，我的舌头也称他为高。我若心里注重罪孽，主必不听。但神实在听见了，他侧耳听了我祷告的声音。神是应当称颂的！他并没有推却我的祷告，也没有叫他的慈爱离开我。

属上帝的人真的很蒙福。当我们与上帝同行，思考他在我们生活中所做的一切美好事时，我们难道不会立即想赞美他吗？写过感恩颂歌的大卫王喜爱回忆和讲述上帝给他，并上帝子民的生活所带来的许多祝福。

在诗篇 66，大卫王提醒我们，尽管上帝的子民是悖逆的罪人，但他仍爱护他们。他提到法老和他的埃及军队追捕以色列人直到他们到达红海海岸，无处可去。出埃及记 14:10 说道，“法老临近的时候，以色列人举目看见埃及人赶来，就甚惧怕，向耶和华哀求。”上帝听了他们的祈祷并保护他们，用大风使海水退去，海就成了干地，这样以色列人就可以行走过岸，逃过了被捕的劫难。然后上帝停住风使水回流，导致法老和他的军队全部被淹死在海里。大卫因感同身受而感谢和敬拜上帝，因为虽然他犯下了许多可怕的罪过，上帝还是从敌人手中拯救他。

大卫王为我们定义了在上帝面前应该有的正确态度。在诗篇 66: 18，他说：“我若心里注重罪孽，主必不听。”上帝出于许多原因延迟应允我们的祈祷；罪恶是我们祈祷得不到回应的主要原因。以赛亚书 1: 15 写道：“你们举手祷告，我必遮眼不看，就是你们多多地祈祷我也不听，你们的手都满了杀人的血。”

上帝是圣洁的，当我们亲近他时，我们必须手洁清心。上帝的话明确指出：“我们若认自己的罪，神是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义”(约一 1:9)。我们不是天生良善，但当我们悔改转向上帝，我们可以接受基督的圣洁。透过耶稣，上帝看到他独生子的完美公义，而不是我们的罪恶。因此，我们需要认罪悔改，与上帝和好。

祈祷：

亲爱的天父，我们以感恩的心来到你面前，感谢你在我们生活中所做的一切。我们称颂你的名，因为你听我们的祷告。我们以赞美、感恩和祈祷开始新的一天，并下定决心听你的命令，听你的声音。感谢你引导和帮助我们活出你所喜悦的样式，来荣耀并尊崇你！我们奉耶稣的名祷告。阿门。

Thursday, 6 August 2020

Title: Walk in obedience to Him

Author: Arnold Lim

Psalm 128

1 Blessed are all who fear the LORD,

Who walk in obedience to Him.

When we fear the Lord, we will obey his commands and walk in His ways. In obedience, we then put ourselves in the position to be blessed by God.

It is said in Proverbs 9:10, that the “fear of the Lord is the beginning of wisdom”.

So, fearing God also leads us to make decisions with wisdom so that we minimize falling into the numerous pits that life has laid out for us. This blessing is available to ALL who fear the Lord.

2-4 You will eat the fruit of your labour

blessings and prosperity will be yours

Your wife will be like a fruitful vine

within your house,

Your children will be like olive shoots

around your table.

WHAT ARE THE BLESSINGS?

- Eat the fruit of your labour, blessings and prosperity will be yours
Our labour will not be in vain. After working hard, we will enjoy the fruits. The fruits will not be taken away from us. From our observations of life, we have seen people toil but with little reward.

These were two important crops in ancient Israel. The grapes and wine from the fruitful vine and the oil from the olive plants were not necessities for survival, but they made life so much better. A happy marriage and flourishing children greatly enrich life.

- Your wife will be like a fruitful vine within your house
The vine is a symbol not only of fruitfulness but of festivity. Good wives are also fruitful in kindness, thrift, helpfulness, and affection.
- Children will be like olive shoots
Olive trees take a long time to mature and become profitable. Patiently cultivated, they become quite valuable and continue to produce a profitable crop for centuries, longer perhaps than any other fruit-producing tree or plant. The olive tree is a symbol of longevity and productivity. So are children within the household of faith! They are not like grass, which is here today but is gone tomorrow. Rather, they are olive trees that in due time bear their fruit.

5-6 May the Lord bless you from Zion;
May you see the prosperity of Jerusalem
All the days of your life
May you live to see your children's children –
Peace be on Israel

The blessing of the house of God shall come from Zion – the mercy seat of Jehovah. The priestly benediction which is recorded in Numbers 6:24-26, runs thus: "The Lord bless thee, and keep thee: the Lord make His face shine upon thee, and be gracious unto thee: the Lord lift up His countenance upon thee, and give thee peace."

The blessing extends to having a long and satisfying life, enabling him to see his sons' sons. This is a great pleasure. Men live their young lives over again in their grandchildren. Does not Solomon say that "children's children are the crown of old men?" So they are. This promise implies long life, and that life rendered happy by its being continued in our offspring.

Walk in obedience to Him!

Prayer

O Lord and Heavenly Father, we are a sinful people prone to wander away from the path that You have set for us. We confess our sins. Forgive us, Lord, and cleanse us from all unrighteousness with the blood of Jesus, as You promised in 1 John 1:9.

Strengthen us, Lord, with Your Holy Spirit, so that we will walk in obedience to You. Bless us, Lord, that we may eat the fruit of our labour, and blessings and prosperity may be ours. And may our wives be like a fruitful vine and our children like olive shoots. Grant us Your grace and mercy so that we may enjoy a long and satisfying life.

We pray in Jesus' name, Amen!

每日灵粮

星期四, 2020 年 8 月 6 日

标题：遵行他的道

作者：林文礼弟兄

翻译：巫惠如姐妹

诗篇 128: 1 凡敬畏耶和华、遵行他道的人便为有福！

当我们敬畏上帝时，我们会听从他的命令，遵行他的道。为了顺从他，我们把自己摆在上帝的庇佑之下。箴言 9:10 说，“敬畏耶和华是智慧的开端，认识至圣者便是聪明。”所以，敬畏上帝使我们以智慧做决定，这样我们就能避免掉落生活中无数的坑里。这祝福是所有敬畏上帝的人都能得到的。

二至四节：

你要吃劳碌得来的，你要享福，事情顺利。

你妻子在你的内室，好像多结果子的葡萄树；你儿女围绕你的桌子，好像橄榄栽子。

看哪，敬畏耶和华的人，必要这样蒙福。

所提到的福包括什么呢？

“你要吃劳碌得来的，你要享福，事情顺利”

我们的劳动不会白费。努力工作后，我们会享受果实。果实不会被拿走。从生活的观察，我们看过人们辛劳却没有得到多少回报。

这是古代以色列的两种重要农产。葡萄、葡萄酒及橄榄油都不是生存的必需品，但它们让生活变得更好。幸福的婚姻和茁壮成长的孩子使生活更加美好。

“你妻子在你的内室，好像多结果子的葡萄树”

葡萄树不仅象征着丰盛的成果，也象征着节庆。

贤妻常结出恩慈待人、勤俭持家、乐于助人的果子。

“儿女如同橄榄树苗”

橄榄树需要很长的时间才能成熟带来商业利润。经过耐心耕种，它们变得非常有价值，在几个世纪里持续生产可获利的农作物，生长期可能比其他任何果树或植物来得更长。橄榄树是长寿和生产力的象征。孩子们在有信仰家庭中成长也是如此！他们不像草，今天在这里，明天就消失了。反而，它们像橄榄树，在适当的时候结出果实。

五至六节：

愿耶和华从锡安赐福给你！愿你一生一世看见耶路撒冷的好处，

愿你看见你儿女的儿女！愿平安归于以色列！

上帝之家的祝福将来自锡安——耶和华的施恩座。祭司的祝福记载在民数记 6: 24-

26: “愿耶和华赐福给你，保护你！愿耶和华使他的脸光照你，赐恩给你！愿耶和华向你仰脸，赐你平安！”

这祝福延伸到使人享有长寿和顺心的生活，能够看到他儿子的儿子。这是多么令人欣慰。人都是透过子孙们间接重回年轻时的生活。所罗门岂不是说“子孙为老人的冠冕”吗？的确是。这个应许意味着长寿，而生命在我们的后代中得以延续而变得幸福。

遵行他的道！

祈祷：

天父上帝啊，我们是有罪的人，容易偏离你为我们设定的道路。我们承认自己的罪过。主啊，按照你在约翰一书 1：9 中的应许，赦免我们的罪，用耶稣的宝血洗净我们一切的不义。

主啊，你的圣灵坚固我们，使我们遵行你的道！主，赐福我们，使我们可以吃劳碌得来的果子，享受福气，凡事亨通。愿我们的妻子像多结果子的葡萄树，我们的儿女像橄榄树苗。赐给我们你的恩典和怜悯，使我们可以享有长寿和顺心的生活。

Friday, 7 Aug 2020

Loneliness

Prathab V

Psalm 73:25-28

25 Who do I have in heaven but You?

And I desire nothing on earth but You.

26 My flesh and my heart may fail,
but God is the strength[i] of my heart,
my portion forever.

27 Those far from You will certainly perish;
You destroy all who are unfaithful to You.

28 But as for me, God's presence is my good.
I have made the Lord GOD my refuge,
so I can tell about all You do.

As the car drove past the corner, I knew I would only be able to see my wife and daughters intermittently for the next 5 years. That was the day my wife and daughters left our cosy little nest in Kuala Lumpur, heading towards Kampar in Perak.

My wife decided to take up a job offer in an international school, and my daughters also get to study there. Moreover, my wife's family are also in Kampar, so they get to be closer. Going to Kampar was also difficult for my wife. But she also wanted to be close to her dad, whose health was then failing rapidly.

I initially resisted the prospect of them going to Kampar. I did not want the family to be split up geographically. Besides, the thought of being far from my family then was just too hard to bear.

I eventually relented. I agreed that maybe it is time that my daughters attended formal schooling (my wife and I had been homeschooling our kids for four years).

As my family left Kuala Lumpur, a terrible loneliness crept over me. Fear overwhelmed me. I did not want to be alone in the house at night. I also developed insomnia and had trouble sleeping. I hated coming back home after work as the home became a symbol of my loneliness.

Though my many prayers and cries went unanswered, I learned a great deal about depending on God. Loneliness can be a terrible thing. It can take you into a deep pit of depression. I know, I had been there.

Nowadays, when someone tells me they are lonely, I do not belittle them. People do not plan to be lonely. Unfortunately, some look to alcohol or women for company during times of loneliness.

Men are by nature, social beings. We need a community. When God created Eve, it was mainly to relieve Adam of loneliness (Gen 2:18).

In times of loneliness, the psalms encourage me. Psalm 73:25-28 is especially comforting. When my heart and my flesh fail me, God becomes my strength (v26). When the going gets tough, our experiences help us to trust Him more. God's presence is always there and he Himself is our refuge (v28).

Loneliness affects our spiritual and physical health. Those who have lost their spouses, those who are single or those who are in their senior years, may find it hard to cope with loneliness. Even then, some may find it lonely in a crowd when one is not able to relate to others around them.

This morning, if you are struggling with loneliness and there is no one to hear your pain and anguish, read Ps 73 and be comforted. Even if answers to your prayers are not in sight, continue to hold on to Him. Do not give up, because He never gives up on you.

Prayer:

Lord, you know my heart and my thoughts. When I am lonely, speak to me, Lord. Show me how to cling to You only for hope. Show me what to do. I want to be immersed in Your presence Lord. Teach me. In Jesus' name, I ask. Amen.

每日灵粮

星期五, 2020 年 8 月 7 日

标题: 孤独

作者: 帕拉他伯(Prathab V.)

翻译: 巫惠如姐妹

诗篇 73: 25-28

25 除你以外，在天上我有谁呢？除你以外，在地上我也没有所爱慕的。

26 我的肉体和我的心肠衰残，但神是我心里的力量，又是我的福分，直到永远。

27 远离你的必要死亡，凡离弃你行邪淫的你都灭绝了。

28 但我亲近神是与我有益！我以主耶和華為我的避难所，好叫我述说你一切的作为。

当车子开过转角，我知道我只能在接下来的 5 年里断断续续地看到妻子和女儿。那天，我的妻子和女儿们离开了我们在吉隆坡的安乐窝，前往霹雳州的金宝。

我妻子决定在一所国际学校工作，我的女儿们也到那里学习。而且，我妻子的家人也在金宝，所以离他们也比较近。在金宝定居对我妻子来说也很困难。但她也想多亲近父亲，因为他的健康每况愈下。

我原本拒绝他们去金宝的可能性。我不想让家人分隔两地。再说，想到要与家人分开，实在是感到不舍。

我最终让步了。我同意，也许我的女儿们该上学了（孩子们已四年在家自学）。

当家人离开吉隆坡时，一股可怕的孤独感油然而生。恐惧压垮了我。我晚上不想一个人在家。我还患了失眠症，睡不着觉。我讨厌下班回家，因为家象征孤独。

尽管我的许多祈祷和哀哭都没有得到回应，但我学到许多关于依靠上帝的事。孤独有时候真的很可怕。它会把你卷入深深的抑郁之中。我知道，我是过来人啊。

如今，当有人告诉我他们很孤独时，我不会轻视他们。人不会打算要孤独。不幸的是，有些人在孤独时会借酒消愁或找女人作伴。

人天生社会性。我们需要一个社区。上帝创作夏娃，主要是为了缓解亚当的孤独感（参创世纪 2:18）。

在我孤独的时期，诗篇鼓励我。诗篇 73:25-28 尤其令人感到欣慰。当我的肉体和我的心肠衰残，上帝就成为我的力量(26 节)。当事情变得艰难，我们的经历使我们更信靠他。上帝常与我们同在，他是我们的避难所(28 节)。

孤独会影响我们的精神和身体健康。那些失去配偶、单身或是年长的人，可能很难应对孤独。当一个人无法体恤或理解身旁的人，这也会使他在人群中感到孤独。

今天早上，如果你正在孤独中苦苦挣扎，没有人能听到你的痛苦，请阅读诗篇 73，从中获得安慰。就算祷告没有立即蒙应允，也要继续祷告。别放弃，因为上帝从不放弃你。

祷告：主啊，你知道我的心思意念。当我寂寞的时候，请你与我说话。教我抓住你所赐的盼望。指教我。我要住在你里面。教导我。奉耶稣的名祷告。阿门。

Saturday 8th August 2020
MESSAGE FROM OUR DAILY EXPERIENCES
by Ps Soong Kok Kee

Psalms 19: 12-14 "How can I know all the sins lurking in my heart? Cleanse me from these hidden faults. Keep me from deliberate sins! Don't let them control me. Then I will be free of guilt and innocent of great sin. May the words of my mouth and the thoughts of my heart be pleasing to you, O Lord, my rock and my redeemer." (NLT)

For the last two Saturday's devotion, we first saw how God reveals Himself through nature (Psalms 19: 1-6) as we learned about His power and our finiteness. Then in Psalms 19: 7-11, He reveals Himself through His Word and we learned about His holiness and our sinfulness. Today we will see how God reveals Himself through our daily experiences as we learn about His gracious forgiveness that frees us from guilt.

We see in verse 12 how David really wants to know all the sins that were lurking in his heart. These are sins he did not know about. Sins that he may have unconsciously committed without knowing. Then he prayed that God would keep him from "deliberate" sins, sins that he knows and yet committed. Then he prayed that the guilt will not "control" him and make him useless in his own eyes.

Yes, dear brothers and sisters, many Christians are plagued by guilt. They worry they may have committed a sin unknowingly or have done some good deeds with selfish intentions. Or they worry they may not have put their whole heart into a task or neglected what they should have done.

The positive side of guilt may bring us closer to our Lord, help us all to do better and strive harder in all the things we do for our Lord. On the other side of the coin, it may cripple us or make us fearful that we have not done our best or done something wrong unknowingly. That is the devil's scheme to make us think we are never good enough or holy enough for the Lord's use.

King David, the writer of Psalms 19 prays something similar in Psalms 139: 23-24 "Search me, O God, and know my heart; test me and know my thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life." (NLT). No wonder God says he is a man after God's own heart. Always searching, always examining whether his heart and thoughts are right with God.

This is something we all should learn from David. Yes, none of us will ever be sinless or perfect in this side of eternity, David is the perfect example of that. The struggle to stay close to God will always be there as our great apostle Paul

pens his experience in Romans 7: 15-19 "I don't understand myself at all, for I really want to do what is right, but I don't do it. Instead, I do the very thing I hate. I know perfectly well that what I am doing is wrong, and my bad conscience shows that I agree that the law is good. But I can't help myself, because it is sin inside me that makes me do these evil things. I know I am rotten through and through so far as my old sinful nature is concerned. No matter which way I turn, I can't make myself do right. I want to but I can't. When I want to do good, I don't. And when I try not to do wrong, I do it anyway". (NLT)

We all have gone through those struggles like David and Paul and so many other spiritual giants greatly used by God through the ages. Becoming a Christian takes a moment of faith, but becoming like Christ is a lifelong process and none of us will ever be exempted from that.

Like someone had said, sanctification is a lifelong process by which we sin less and less and slowly but surely becoming more and more like Christ. Let's all travel that journey together hand in hand and may the last verse of Psalms 19 be our constant prayer "May the words of my mouth and the thoughts of my heart be pleasing to you, O Lord, my rock and my redeemer".

PRAYER: Dear Lord, thanks again for reminding us to always be on the lookout for satan who will discourage us from serving you thinking we are never good enough or perfect enough for your use. Wretched as we are, sinful as we are, you are always there to cleanse us for your use. We lay our lives before you Lord, use us in whatever way you think fit so that many lives will be touched and blessed and may all glory and honour be to you and you alone. In Christ most precious name we pray. AMEN.

每日灵粮

星期六, 2020 年 8 月 8 日

标题: 来自我们日常经验的信息

作者: 宋国基牧师

翻译: 梁玉萍姐妹

诗篇 19: 12-14

12 谁能知道自己的错失呢? 愿你赦免我隐而未现的过错。

13 求你拦阻仆人, 不犯任意妄为的罪, 不容这罪辖制我, 我便完全, 免犯大罪。

14 耶和華我的磐石, 我的救贖主啊, 愿我口中的言语、心里的意念在你面前蒙悦纳。

在前两个星期六的灵修中, 我们首先了解了上帝如何透过大自然显明自己(诗篇 19: 1-6)。同时, 我们认识他的能力和我们的有限性。然后在诗篇 19: 7-11 中, 他透过圣经显明自己, 让我们了解有关他的圣洁和我们的罪性。今天, 我们将看上帝如何以他仁慈宽恕使我们脱离内疚感, 以此看他怎样透过日常经验显明自己。

我们在第十二节看到大卫真正想知道他内心深处的所有罪过。这些是他不知道的罪过。这些可能是他在不知不觉中, 无意识犯下的罪过。然后, 他祈祷上帝会阻止他“任意妄为”的罪, 那些他知道但仍然犯下的罪过。之后, 他祈祷罪恶感不会“辖制”他, 使他自觉无用。

是的, 亲爱的弟兄姐妹们, 许多基督徒都被罪恶感所困扰。他们担心自己可能在不知不觉中犯了罪, 或者做了一些有私心的好事。或者, 他们担心他们没有全心投入到一项任务中。或者, 忽视了他们应该做的事情。比较乐观的看法是内疚可以使我们更接近我们的主, 帮助我们在为主做的所有事情上做得更好, 更加努力。另一方面, 它可能会使我们瘫痪或使我们担心自己没有尽力或在不知不觉中做错了什么。那是魔鬼的计划, 让我们认为我们永远不够好或不够圣洁以被主用。

诗篇 19 的作者大卫王在诗篇 139: 23-24 中祈祷类似的事: “神啊, 求你鉴察我, 知道我的心思; 试炼我, 知道我的意念。看在我里面有什么恶行没有, 引导我走永生的道路。”难怪上帝说他是一个讨上帝喜悦的人。一直在寻找, 一直在检查他自己的心意与上帝的是否相称。

这是我们所有人都应该向大卫学习的。是的, 在永恒的这一面, 我们谁也不会无罪或完美无缺, 大卫就是一个完美的例子。与上帝亲近的挣扎是永远存在的, 就如我们伟大的使徒保罗讲述他在罗马书 7: 15-19 中的经历: “因为我所做的, 我自己不明白; 我所愿意的, 我并不做; 我所恨恶的, 我倒去做。若我所做的, 是我所不愿意的, 我就应承律法是善的。既是这样, 就不是我做的, 乃是住在我里头的罪做的。我也知道, 在我里头, 就是我肉体之中, 没有良善。因为立志为善由得我, 只是行出来由不得我。故此, 我所愿意的善, 我反不做; 我所不愿意的恶, 我倒去做。”

我们都经历过像大卫和保罗, 以及许多其他千古以来上帝大大使用的属灵伟人那样的挣扎。成为基督徒需要一次信心的片刻, 但效法基督是一个终身的过程, 我们都需要经历的。

正如有人曾说过, 成圣是一个终身的过程。我们犯的罪会越来越少, 我们会缓慢而穩當地变得越来越像基督。让我们携手走这趟旅程, 并愿诗篇 19 的最后一节成为我们

不断的祷告，“耶和华我的磐石，我的救赎主啊，愿我口中的言语、心里的意念在你面前蒙悦纳。”

祷告：亲爱的主，再次感谢你提醒我们时刻要留意撒旦，他会阻止我们服侍你，认为我们永远不够优秀或完美，不适合被你使用。虽然我们是可悲的人，是有罪的，你总是会洁净我们，使用我们。主啊，我们将我们的生命献你面前，用你认为合适的方式使用我们，让许多人的生命因我们受到感动和蒙福，愿所有的荣耀和尊贵单单归于你。我们奉基督最宝贵的名祷，阿门。

Sunday, 9 August 2020

Title : DNAA

By Elder Bryan Lee 李惠隆

Psalm 103:11-12

11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;

12 as far as the east is from the west, so far does he remove our transgressions from us.

Until two weeks ago I didn't know the meaning of DNAA. Well I am sure majority of us do not know what it stands for except those in the legal fraternity. The magistrate in the Tampin court in Negri Sembilan handed down this decision to me – Discharged Not Amounting to Acquittal – DNAA.

Before you imagine what big trouble I got myself into please let me explain.

Some four weeks ago my older brother told me he went to attend court albeit naively on my behalf. I had no prior knowledge about this impending court case. My good brother thought he could handle it himself. It was related to a summons issued by the local council for not keeping our acre of hometown land tidy. Bushes and trees sprouted over the years. I should have known better that this is against Section 81 of the Local Government Act.

The land, inherited from my late father, is co owned by me and my older brother. For reasons best known to the council I was the only one named in the summons but it wasn't served on me. Naively my brother attended court as co owner but because I was not present, a warrant of arrest was issued on me. This was getting serious!

In my anxiety and shame, I shared with the church leadership team and my care group and asked for prayers. Next I consulted my lawyer classmate in Tampin and he went to obtain an extract from the court records on the case. That was the first time I came across the legal term on the court Notes of Evidence – DNAA – Discharged Not Amounting to Acquittal. Glory to God – He answered our prayers and intervened! The millstone was lifted from my neck and now we need to upkeep the land and make it tidy!

As I reflect on the episode, I think about our Heavenly Judge and I am so very grateful that in the divine court of law, DNAA doesn't exist.

Last Sunday we sang a beautiful song in church as we celebrated Holy Communion. The first stanza goes like this :

What love could remember no wrongs we have done
Omniscient, all knowing, He counts not their sum
Thrown into a sea without bottom or shore
Our sins they are many, His mercy is more.
When we come before God and repent of our sins there is no such thing as
discharged not amounting to acquittal – we are totally forgiven, discharged and
acquitted.

King David who had fallen into the deep pit of sin with Bathsheba knew there is
no pit too deep God's mercy cannot reach and that is why he wrote:
For as high as the heavens are above the earth, so great is his steadfast love
toward those who fear him;
As far as the east is from the west, so far does he remove our transgressions
from us.

We have all sinned and deserve eternal punishment from a holy God. Jesus took
that punishment on our behalf and whoever believes in him for salvation is
forgiven, totally discharged and acquitted for all our sins, past, present and
future.

Prayer

Lord, I thank you that your forgiveness is complete when we repent of our sins.
Because of your abundant mercy we are spared of eternal punishment. Because
of your amazing grace we are given eternal life.
I pray for all who do not know You that they will also experience such wonderful
blessings. In Jesus' name. Amen.

每日灵粮

星期日, 2020 年 8 月 9 日

标题: DNAA

作者: 李惠隆长老

翻译: 方美珠姐妹

诗篇 103: 11-12

11 天离地何等的高，祂的慈爱向敬畏祂的人也是何等的大！

12 东离西有多远，祂叫我们的过犯离我们也有多远！。

两周前我还不知道 DNAA 的含义。我敢肯定，除了处在法律界的人以外，我们大多数人都不知道 DNAA 代表什么。森美兰洲淡边法院的法官不久前对我下此判定 – 豁免不等于无罪释放-DNAA

在你还没有开始想象我遇到什么大麻烦之前，请让我解释。

大约四个星期前，我的哥哥告诉我他很天真地代表我出庭。我事前根本不知道有这项法庭案件。我的好哥哥以为他可以自己处理。这是关于地方议会发出的一项我们没有保持老家这块土地整洁的传票。这些年来，灌木和树木发芽成长。我其实也知道这是违反了《地方政府法》第 81 条。

我和哥哥从已故父亲那里一同继承了这块土地。只有当地理。

Monday, 10 August 2020

Title: "Enlighten My Eyes"
Author: Ps Cheng Cheung
Psalm 13: 3

3 Consider and hear me, O Lord my God;
Enlighten my eyes, Lest I sleep the sleep of death;
In the first part of this Psalm we saw David call out to God "How long . . ?" four times (verses 1 and 2). He felt God had forsaken him and these were his pleas to God to respond to him because he was aware he was descending into depression. Five verses later, David effuses "My heart shall rejoice in Your salvation . . . I will sing to the Lord." (verse 5 & 6)

What happened in those few short verses between verses 3 to 6? How did David exchange his cries of despair, "How long?" in verses 1 & 2, for a joyful song of thanksgiving?

Digressing slightly, are we aware that a combination of some of the following external circumstances increase the likelihood of depression?

- One's temperament may incline one to depression.
- Even a minor illness can drain one's physical strength and lead to depression.
- Exhaustion or hunger can also leave one quite open to depression and the feeling of abandonment.
- The let-down after some great effort, fuelled by coming off of an adrenaline rush, can often lead to depression.
- Prolonged stress from spiritual and natural exertions or opponents can push us toward depression.

Brothers and sisters, we are human with human frailties. Apart from our "old nature" and the evil one who seeks to bring us down and draw us away from God, we need to understand our bodies well, and look after ourselves physically. That will help us avoid initial feelings of despondency and joylessness which may spiral into full blown depression. Recognise them and take evasive action.

The turning point in the Psalm is in verse 3 when David prays "Consider me . . . hear me" David cried out to God, asking the LORD to hear him.

David had desperately asked previously "How long will You hide Your face from me? Are you even listening?" (paraphrased) Now the tone has changed. If there was complaint of God, now, the complaint is carried to God. Instead of sullen murmuring, there is meek confession. Instead of bitter resentment, there is affectionate restoration. Led by the Spirit, the child of God quickly turns his cry

of pain into a prayer for spiritual help. God is honoured when we persistently and desperately cry out to Him, like the importunate widow (Luke 18).

David gains insight and knows, finally, that though he had felt strong and deep feelings of abandonment and loneliness, that that was not the reality. His spiritual vision had been clouded and veiled, so he cries out to God, "Enlighten my eyes." (verse 3). He is now ready to ignore untruths and to not believe the lies of the evil one. He prays the light of God would shine upon him and give him discernment and wisdom. No matter what problem we are in, we should cry out with all our heart, "Enlighten my eyes."

What a transition! At the beginning of the Psalm, David was overwhelmed by his feelings and believed that God had forgotten him. Now, he affirms his trust in the Lord after he had cleared the fog from his sleepy eyes and helped him regain his spiritual sight.

Brothers and sisters, many of us go through difficult times. But, all of a sudden, at a certain stage, the coin drops, and the realisation of why God put you through ALL that He put you through descends upon you like the rays of the sun at daybreak. And in your heart, you say "O Lord, now I know why all those things happened to me . . ." Now I see God has "dealt bountifully with me" (verse 6). Because his eyes were now enlightened, David could understand the way God dealt with him. Do we not marvel at God's ways?

Prayer

Gracious Heavenly Father, what a wonder You are! You deal with me in merciful ways. You draw me to Yourself with each personal encounter, and You reveal Your divine nature and character to me each time.

Your ways are gentle and You show me all that is unChristlike in me. You deal patiently with me for you know I am still a work-in-progress. Help me learn like David did. Enlighten my eyes and show me Your perfect ways. May I understand and embrace Your ways and not resist.

You are my refuge, a place of safety when I am in distress. O Lord, to You I sing praises. In Jesus' Name I pray.
Amen.

每日灵粮

星期一，2020 年 8 月 10 日

标题：“使我眼目光明”

讲员：张祯祥传道

翻译：巫惠如姐妹

诗篇 13:3 耶和華我的神啊，求你看顧我，應允我，使我眼目光明，免得我沉睡至死，

在這詩篇的第一部分，我們看到大衛四次向上帝呼求，“要到幾時呢？”（1 和 2 節）。他覺得上帝已經離棄他，他懇求上帝回應，因為他知道自己正陷入抑鬱中。五節經文後，大衛興奮地說道，“我的心因你的救恩快樂。我要向耶和華歌唱，”（5 和 6 節）

3 至 6 節之間到底發生了什麼事？大衛如何轉換他在 1 和 2 節絕望的哭聲，“要到幾時呢？”為感恩的歡樂頌？

我想稍微離題一下。我們是否知道，以下一些情況的總和會增加抑鬱症的可能性？

- 一些性情或品格有可能使某些人更傾向於抑鬱症。
- 即使是輕微的疾病，它都可以耗盡一個人的體力，並導致抑鬱症。
- 疲憊或飢餓也都有可能使人患抑鬱症和感到被遺棄。
- 前功盡棄的失落感會釋放腎上腺激素，這也往往會導致抑鬱症。
- 身心灵長時間面臨壓力也會使我們走向抑鬱。

弟兄姐妹，我們只不過是軟弱的人類。除了我們的“舊本性”和惡者引我們遠離神的謀略，我們需要了解我們的身體，並照顧自己的身體。這能幫助我們避免最初的沮喪和有可能螺旋成嚴重抑鬱症的失望。認出這些警告並採取回避行動。

本篇的轉折點是在第 3 節，當大衛祈禱“求你看顧我，應允我”。大衛向上帝呼求，求主聽他。

大衛之前狂問：“你轉臉不顧我要到幾時呢？你有在聽嗎？”（意譯）現在，語氣卻變了。之前怨天尤人，如今一切的抱怨已帶到上帝那里。並不是悶悶不樂的喃喃自語，而是謙和地認罪。不是痛苦的怨恨，而是充滿愛的修復。在聖靈的帶領下，上帝的孩子很快地把他的痛哭轉為求助的禱告。當我們情詞迫切地直求，上帝被尊榮，就如糾纏不休的寡婦（參路加福音 18）。

大衛独具慧眼，他知道即使他感到強烈被遺棄和孤独，那始終不是現實。他屬靈的眼睛被蒙蔽了，所以他向上帝呼求：“使我眼目光明”（3 節）。他現在已經準備好無視謊言，不相信惡者的謊言。他祈禱上帝的光照在他身上，給他洞察力和智慧。無論我們遇到什麼問題，我們都應該全心呼求，“使我眼目光明。”

何等大的轉變！在本篇的開頭，大衛悲痛欲絕，認為上帝已經忘了他。現在，他堅定信靠主，祂已經清除使他昏昏欲睡的霧霾，並幫助他恢復屬靈視力。

弟兄姐妹，我們很多人都經歷過困難的時期。但是突然之間，你在某個階段恍然大悟，就像太陽在黎明的光芒，明白上帝為何讓你經歷你所經歷的一切。而你在心里說，“主啊，現在我知道為什麼這些事發生在我身上……”如今，我看見上帝“用厚恩待

我”（6 节）。因为他的眼睛现在已经明亮了，大卫能够理解上帝待他的方式。我们怎能不赞叹上帝的作为呢？

祷告：慈爱的天父，你真是伟大！你以仁慈待我。在每次与你的相遇中，你使我更亲近你，并且每次都向我显明你的圣洁和属性。

你的方式总是柔和。你让我看见生命中不效法基督的地方。你耐心待我，因为你知道我就如尚未完成的工程。帮助我学习像大卫一样。开我的眼，显明你完全的道。帮助我理解并接受你为我设的道，而不是抵抗。

你是我的避难所，是我遇难时的安全之地。主啊，我歌颂你。奉主耶稣的名祷告，阿门。

Tuesday, 11 August 2020

Title: Praising God From One Generation To The Next

By: Pastor Isaac Yim

Psalm 145:1-21

1 I will exalt you, my God the King; I will praise your name for ever and ever.

2 Every day I will praise you and extol your name for ever and ever.

3 Great is the Lord and most worthy of praise; his greatness no one can fathom. One of the most outstanding quality of David's walk with God is that he never stops praising God. "Because your lovingkindness is better than life; my lips shall praise You." (Ps 63:3). David has intentionally decided to praise God at all times. He praised God in good times and bad times; he praised God when he was running away from his enemies or reigning as a king in his palace.

In Psalm 145, he repeatedly praised God. Notice the three different words he used. "Praise" (barak) repeated in each verse; the second word he used is "Exalt" (rum) and the third word is "Extol" (halal). To "Exalt" (v1) means to lift someone up high. "Extol" (v2) is another word for praise. "Worthy" (v3) means that something is well deserved. "Fathom" (v3) is a word that describes something that is hard to understand.

In this Psalm, David reveals to us four key reasons that cause him to lift his God and King high up every day. He praises God because God is Great (v3); He praises God because God is gracious and merciful (v8-9); He praises God because God sustains all who fall (v14); He praises God because God is righteous in His ways and kind in His deeds (v17).

"Great is the Lord!" Who can fully understand the greatness of Yahweh? Our finite minds can only think about it and probe into it but we barely scratch the surface of the unfathomable Greatness of God. It is like a toddler trying to understand the working of a smartphone where he enjoys seeing his favourite cartoons or songs. We thank God for His miraculous works in each of our lives but we have no clue of His ways.

4 One generation commends your works to another; they tell of your mighty acts.

This verse reminds me of my growing up with Christian parents. They will tell me stories of their suffering and hardship especially before and after World War II. The war had changed everything for them. Thankfully, they were married as Christians in Ipoh Elim Hall before the war. After the war they had to change the name of their business from Lai Kong (meaning beautiful light) to Yun Kong (meaning the grace of God's light.) They reminded me again and again, how they lost everything during the war and literally started all over again with nothing

except the grace of God. The Israelites repeated their stories from one generation to the next about their slavery in Egypt, 40 years in the wilderness and their entering into Canaan the promised land. All of us have our own unique story to tell our children of how God delivered us from the slavery of sin, or our wandering in the wilderness of sin and how we entered into the promised land of God's salvation.

5 They speak of the glorious splendor of your majesty— and I will meditate on your wonderful works.

6 They tell of the power of your awesome works— and I will proclaim your great deeds.

7 They celebrate your abundant goodness and joyfully sing of your righteousness.

Psalm 145 has the first and second verses as introduction but David conclude this praise with one verse.

21 My mouth shall speak the praise of the Lord. And all flesh shall bless His holy name. Forever and ever.

"The last verse of Psalm 145 is the last word we have from David in the Bible. It is his last will and testament. If he had said nothing else in his long life, these words would be a fine legacy for future generations. In it he praises God and invites others to praise God also." (Boice)

Before you pray:

- I would like you to list down how David describes God, "The Lord is ..." from Psalm 145.
- What about beginning each day and ending each day by learning to Praise the Lord?
- You don't need to think about specific things that God has done for you. It is ok to repeat words of praise! "Lord, you are a just Great and Awesome God."
- What about singing a song of Praise to our gracious and compassionate God?

Prayer for Today

Dear God, We praise you with our hearts, we praise you for your faithfulness, we praise you for your power and love. We confess that we need you every minute of the day. We know that apart from you our lives will go around and around, going nowhere. We struggle and worry, get weary and worn. But your presence continues to lift us up and keeps us going. Thank You Lord, you are our strength. We ask your Holy Spirit to fill us, keep us close to you, that we can hear you and follow you today. In Jesus' Name. Amen.

每日灵粮

星期二，2020 年 8 月 11 日

标题：赞美上帝，一代传一代

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 145：1-21

1 我的神我的王啊，我要尊崇你，我要永永远远称颂你的名！

2 我要天天称颂你，也要永永远远赞美你的名！

3 耶和華本为大，该受大赞美，其大无法测度。

大卫与上帝同行最突出的品质之一就是不断地赞美上帝。“因你的慈爱比生命更好，我的嘴唇要颂赞你。”（诗 63：3）。大卫有意决定时刻赞美上帝。他在顺境与逆境中都赞美上帝。他在逃避敌人，在宫殿中作王统治王国时，他都依然赞美上帝。

在诗篇 145 中，他反复地赞美上帝。注意他使用的三个不同的词。在每节经文中都重复“赞美”（barak）；他使用的第二个词是“尊崇”（rum），第三个词是“赞美（英：Extol）”（halal）。“尊崇”（1 节）的意思是将一个人抬高。“英文的 Extol”（2 节）是赞美的另一个词。“该受”（3 节）表示配得拥有的。“无法测度”（3 节）的意思是难以理解。

大卫在诗篇 145 向我们揭示了他每天能以高举他的上帝和王的四个关键原因。他赞美上帝，因为上帝本为大（3 节）；他之所以赞美上帝，是因为上帝有恩惠、怜悯（8-9 节）；他赞美上帝，因为上帝扶持跌倒的人（14 节）；他赞美上帝，因为上帝在祂一切所行的无不公义，在祂一切所做的都有慈爱（17 节）。

“耶和華本为大！”谁能完全理解耶和華的伟大？我们有限的头脑只能想象和探究，但上帝的伟大是我们无法测度的。就像一个婴孩试着了解他用来享受动漫和音乐的智能手机的工作机理一样。我们感谢上帝在我们生活中的神迹奇事，但我们对祂的方式一无所知。

4 这代要对那代颂赞你的作为，也要传扬你的大能。

这节经文使我想起了我在基督化家庭成长的经历。父母会告诉我他们在二次世界大战前后所遭受苦难的故事。大战改变了他们。感谢主他们是基督徒，并在战争前已在怡保以琳堂（Ipoh Elim Hall）举行了婚礼。战后，他们不得不将生意名“Lai Kong”（意为美丽的光）更改为“Yun Kong”（意为上帝恩典之光）。他们一次又一次地提醒我，他们在战争中如何失去一切，并单单靠着上帝的恩典重新开始生活。以色列人一代又一代地讲述他们在埃及当奴仆，在旷野 40 年和进入应许之地迦南的故事。我们每个人都有自己独特的故事，告诉我们的孩子上帝如何救我们脱离罪的奴役，或者我们在罪恶的旷野中游荡，以及我们如何进入神应许的救赎之地。

5 我要默念你威严的尊荣，和你奇妙的作为。

6 人要传说你可畏之事的能力，我也要传扬你的大德。

7 他们记念你的大恩就要传出来，并要歌唱你的公义。

诗篇 145：1-2 是引言，而诗篇 145：21 给这篇诗篇做了结论。

21 我的口要说出赞美耶和華的話，唯願凡有血氣的都永永遠遠稱頌他的聖名！

“詩篇 145 的最后一节经文是大卫在圣经中给我们的最后一句话。这是他的遗愿和遗嘱。如果他在他的一生中什么也没说，这些话对子孙后代将是一个很好的遗产。他赞美上帝，并邀请其他人也赞美上帝。”（博伊斯；英：Boice）

在你祷告之前：

- 我想请你列出诗篇 145 中大卫如何形容上帝“耶和华……”。我们可以学习在每一天的开始和结束都赞美上帝。
- 你不必思想上帝为你所行过的具体事件。你可以重复赞美的话！“上帝，祢真是一位伟大的神。”
- 我们也可以为我们有恩惠、有怜悯的上帝唱赞美的诗歌。

今天的祷告

亲爱的上帝，

我们用我们的心来赞美祢，我们称颂祢的信实，我们赞美祢的大能和慈爱。我们承认，我们每天的每一分钟都需要祢。我们知道，除了祢以外，我们的生活没有方向、没有目标。我们挣扎、担心、疲惫不堪。但祢的同在扶持我们，并使我们继续前进。谢谢主，祢是我们的力量。我们恳求祢的圣灵充满我们，使我们与祢亲近，以便我们今天能听见祢并跟随祢。

奉主耶稣的名。阿们。

Wednesday, 12th August 2020

Title: Then I Understood

Author: Pastor Wallace Ong

Psalm 73: 16 -17 (NIV)

16 When I tried to understand all this, it troubled me deeply

17 till I entered the sanctuary of God; then I understood their final destiny.

In our Christian walk, it is important that we constantly check our spiritual eyesight. We might put our spiritual life in danger if we are not careful. Asaph, one of the authors of Psalms, confessed in his Psalms that he had almost fallen off the edge as he observed and contemplated the lives of the wicked and was envious of their success and prosperity. He had become bitter thinking that why the wicked lived life without struggles, while he himself had to face trials of many kinds. When he compared his life with the wicked and their wealth and easy lives, he felt aggrieved. It had even occurred to him that maybe all he had done to live right with God was in vain.

While he compared himself with the arrogant and those who were far from God, he admitted that actually he was envying people that deserve sufferings and punishment. However, when he came into the presence of God, he had a revelation. No longer was he walking with a blurry eyesight; instead he could see clearly. Asaph remembered God's goodness which was bestowed upon His faithful people, the upright and the pure in heart. He testified that God is not for those who are far from Him. He will destroy those who practice falsehood. However, God's unchanging love will continually be with His children. He will extend His helping hands and provide guidance to those who seek after Him. God's children will be honoured and receive glory with their inheritance in His kingdom.

In his final profession, Asaph understood and saw clearly that, if he draws near to the Almighty God and fix his eyes on Him instead of relying on the temporary wealth and prosperity of the earth, he can be assured that God will be his perfect refuge. Similarly, we can have the same revelation when we come into the presence of God and fix our eyes upon Him.

Prayer:

Dear Heavenly Father, We thank You for Your presence with us as we are Your children. We thank You for Your Son, Jesus, for what He has done on the Cross, so that we, who believe in Him, can receive Your forgiveness and be reconciled with You as Your children. Lord, help us to constantly check our spiritual eyesight and fix our vision on You so that we will live our lives with eternity in view. May the Holy Spirit strengthen our faith whenever we get beaten down by life's circumstances and save us from being caught up with the trappings of this

temporary world and its value. Help us, Lord, to keep our eyes on You, O Lord, so that we will walk with confidence trusting in Your faithfulness and love for us. We pray in Jesus' precious name. Amen.

每日灵粮

星期三，2020 年 8 月 12 日

标题：我才明白

作者：王振威传道

翻译：梁玉萍姐妹

诗篇 73：16-17 我思想要明白这事，我就看为烦恼；17 直到我进了 神的圣所，才明白他们的结局。（新译本）

在我们基督徒的生命历程中，我们需要经常检查自己的灵性视力。倘若我们不慎，我们的属灵生命可能会处于危险。诗篇的作者之一亚萨（Asaph）在他的诗篇中承认，当他观察及思考恶人的生活并嫉妒他们富足昌盛时，他险些失脚跌倒。当他想到为什么邪恶的人在生活上没有挣扎，而他自己不得不面对各种各样的考验时，心里感觉酸苦。当他将自己的生活与恶人及他们的财富和轻松的生活进行比较时，他感到委屈。他甚至想到也许他为神所做的一切都是徒劳的。

当他与那些傲慢自大和那些远离神的人比较时，他承认实际上他是在妒忌这些应受苦难和得惩罚的人。然而，当他来到神的面前时，他得了一个启示。他不再以模糊的视力行走。相反，他可以清楚地看到。亚萨回想起神实在善待他忠心的子民，恩待那些正直、内心清洁的。他作证，神是不支持那些远离他的人。他将消灭那些虚假的人。但是，神不变的爱将继续与他的儿女同在。他将伸出援手，并引导那些寻求他的人。神的儿女将在他的国度里得尊荣，并因他们所继承的获得荣耀。

在他最后的表白中，亚萨明白并清楚地看到，如果他亲近全能的神，专一注视他，而不是依靠在地上暂时的财富和昌盛，他可以有把握神是他完美的避难所。同样，当我们来到神面前仰望他时，我们也可以有相似的启示。

祷告：

亲爱的天父，我们感谢你和我们同在，因为我们是你的儿女。我们感谢你的儿子耶稣在十字架上所做的，使我们凡相信他的可以接受你的宽恕，并与你和好成为你的儿女。主啊，帮助我们常常检查我们的属灵视力，专心仰望你，使我们以永恒的眼光生活。

每当我们被生活的环境击败，愿圣灵坚固我们的信心。保护我们不被这个暂时的世界所存在的陷阱及其价值所困。主啊，帮助我们，让我们定睛仰望你。在信心的历程中，信靠你对我们的信实及爱。奉耶稣的圣名祷告，阿门。

Thursday, 13 August 2020
Title: Onward, Christian Seniors!
By: Cecilia Tan
Psalm 92:12-15

The world defines a “righteous” person as one who does what is right – obeys the law or adheres to morals. The Bible however defines “righteousness” as the condition of being right in the sight of God.

Genesis 15:6 describes Abraham as one who “believed in the Lord; and He credited it to him as righteousness”. The basis for righteousness is faith. When we put our faith in the Lord Jesus Christ, believing that God has forgiven our sins because Jesus paid the penalty for our sins by His death on the cross, we are declared righteous. Thus, righteousness is a wonderful gift from God to mankind through Christ’s act of love.

In verse 12, the psalmist declares that the righteous “flourish like the palm tree and grow like a cedar of Lebanon”. If God has blessed the Lebanese with their cedars, we, Malaysians, have also been blessed with our “chengal” trees which produce highly durable hardwood timber suitable for shipbuilding, railway sleepers and other heavy construction work.

What’s so special about the palm tree? This tree survives well in the desert because it sinks its roots deep into the ground to draw up scarce water in the desert. Whenever sandstorms occur, the palm tree bends over and gets back up again after the storm. As the tree gets older, its fruits get sweeter and sweeter!

What about the cedar tree? This tree can grow up to 40 metres and its wide-spreading branches can spread to over 15 metres. Its lifespan can range into thousands of years and its wood has very many uses including construction of buildings, furniture and shipbuilding. King Solomon purposely chose cedars to construct the wooden parts of God’s Temple which was designed to last for centuries.

Both the palm and cedar trees are evergreen, always flourishing, always thriving, always being useful to mankind. The psalmist wants us to manifest their features – deep-rootedness in the ways of God, resilience, durability, strength, usefulness and fruitfulness.

So, what fruit is the psalmist referring to? Bearing fruit must first be an inward process, seeking to be changed to be like Christ, manifesting the “fruit of the Spirit” (Galatians 5:22-23), showing “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control”. Hard work will not get us there, as what is required is a humble submission to the work of the Holy Spirit

in our lives and a willingness to cooperate with the Holy Spirit as He takes us on the road to Christlikeness.

Bearing fruit should not remain an inward process. Inwardly transformed lives give rise to the desire to be the aroma of Christ, to reach out to others to bless them by sharing His love, joy and peace, rather than being the devil's agent to sow strife and discord, and to provoke fear, anxiety, hopelessness and despair in this increasingly darkening world.

Now, we come to my favourite verse of the psalm. The psalmist declares in verse 14 that we will "still bear fruit in old age".

How can we possibly be useful and bless others when we are old? At this stage in our lives, without having to chase after wealth needed to keep our families going, each of us has become a treasure chest filled with an abundance of time on our hands, knowledge, skills and experiences in our respective areas of expertise, as well as accumulated wealth in various forms of financial assets. All of these treasures must be wisely channeled to bless others, as we will depart empty-handed when we reach our expiry dates!

Not everyone of us can be Mother Teresa, impacting thousands of lives for the better, but we can do what we can, with what we have, wherever we are, to make a significant difference in the lives of those in our respective spheres of influence – be it our families, church, friends, neighbourhoods, communities... even our whatsapp communities!

If we seek to heed the advice of Jesus that "it is more blessed to give than to receive", (Acts 20:35) we will never run short of ideas of how we can share our blessings with others.

What about the old who are housebound, less mobile or those facing health challenges? Even these can bear less spectacular but no less worthy fruit – enduring suffering with tremendous grace as they battle the challenging circumstances of life, testifying to God's comfort and peace as they face the storms that assail them. Even they can be a blessing to many by storming the gates of Heaven with intercessory prayers for others!

So, my brothers and sisters in your golden years, let's continue to bear fruit and march ONWARD, CHRISTIAN SENIORS!

Prayer

Our Heavenly Father, we thank You that You have declared us righteous by the blood of Jesus, Your Son, our Saviour. We ask for Your Holy Spirit's empowerment for us to be like the palm and cedar trees, to grow in

Christlikeness that we may bear fruit even in old age; to be the aroma of Christ and spark joy in a world that is daily bombarded with bad news that instil great fear and extreme anxiety. We pray this in the name of Jesus, Amen.

每日灵粮

星期四，2020 年 8 月 13 日

标题：基督徒长者们， 向前迈进！

讲员：陈俊芳姐妹

翻译：巫惠如姐妹

诗篇 92:12-15

义人要发旺如棕树，生长如黎巴嫩的香柏树。

他们栽于耶和华的殿中，发旺在我们神的院里。

他们年老的时候仍要结果子，要满了汁浆而常发青，

好显明耶和华是正直的，他是我的磐石，在他毫无不义。

世界将“义人”定义为做正确事，遵纪守法的人。然而圣经将“义”解释为，在上帝的眼中被视为正直。

创 15:6 形容亚伯拉罕为“信耶和华，耶和华就以此为他的义。”义的基础是信仰。当我们相信耶稣基督，相信上帝宽恕了我们的罪孽，因耶稣为我们的罪受刑罚，因他在十字架上受死，我们被称为义。因此，义是上帝透过基督的爱，给予人类的一份美好礼物。

诗人在第 12 节称义人“像发旺如棕树，生长如黎巴嫩的香柏树”。如果上帝赐予黎巴嫩人香柏树，那我们马来西亚人也蒙恩享得“Chengal”树(属于樟脑木科属种)。此木是相当耐用的硬木，适合造船、铁路枕木和其他重型建筑工程。

棕树有什么特别？这类树耐得住沙漠环境，因为它深陷地底吸收沙漠仅有的水。每当沙尘暴发生，棕树就会弯腰，在风暴之后再弹回来。树越老，水果就越甜！

香柏树有什么特别？这类树可以高达 40 米，分支可以扩展到超过 15 米。它的寿命可以长达数千年，木材有很多用途，包括建筑、家具和造船。所罗门王特意选择香柏树来建造圣殿木制的部分，因为它们都可以维持木质几个世纪。

棕树和香柏树都是常青、永盛，茁壮的，也对人类有益。诗人希望我们的生命能表现出它们的特点——坚韧、耐久、坚强、有用并果实茂盛，以此展现他们扎根在主里不动摇。

那诗人所指的是什么水果？首先，结果子必须是向内的过程，渴望变得更像基督，显示“圣灵的果子”（加 5:22-23），展现“仁爱、喜乐、和平、忍耐、恩慈、良善、信实、温柔、节制”。辛勤工作不能带来以上的成果，因为我们需要谦卑顺服圣灵在我们生活中的工作，并愿意与圣灵同工，因他带领我们前往更像耶稣的路程。

结果子不应该停留在向内的过程。内心的改变会让人渴望拥有基督的香气，并以分享他的爱、喜乐和平安来接触及祝福身旁的人，而不是成为魔鬼的使者，撒下纷争与不和，在这个日益黑暗腐朽的世界中挑起恐惧、焦虑和绝望。

现在，我们来到本篇我最喜欢的一节经文，诗人在第 14 节宣称，我们“年老的时候仍要结果子”。

人老了，还有用吗？还能祝福别人吗？在人生的这阶段已不必养家糊口，我们每个人都成了一个宝库，装满了丰富的时间、知识、技能和经验，也累计了资产和财富。我们必须以智慧管理这些珍宝，因为时候将到，我们会空手离开！

并非每个人都能成为特蕾莎修女，为了更好的未来而影响成千上万的人，但我们可以尽我们所能，无论身在何处，在各自的影响力范围内，为身旁的人做出有意义的改变——无论是我们的家庭、教堂、朋友圈、邻里，社区……甚至是 WhatsApp 群组聊天室！

如果我们听取耶稣的建议，“施比受更为有福。”（使 20:35），我们永远不会缺少如何祝福他人的点子。

那些待在家里、少走动或身体有疾病的长者们该怎么办呢？即便没能结出令人惊叹的果子，但所结的果子还是具有价值的——在面对风暴及充满挑战的环境，雍容大度地忍受痛苦，见证上帝的安慰与平安。甚至对许多人来说，他们积极为别人代求也是一件美事！

所以，活在黄金岁月的兄弟姐妹们，让我们继续结果子。基督徒长者们，向前迈进吧！

祈祷

我们的天父，我们感谢你，透过你儿子耶稣，我们救主的宝血，你使我们称义。我们求你的圣灵赐我们力量，让我们像棕树和香柏树，在基督里成长，即使年老也可以结果子；在一个每天都充满令人极度恐惧和极度焦虑的世界里，让我们成为基督的香气并散播欢乐。我们奉耶稣的名祈祷，阿门。

Friday, 14 Aug 2020
Anger
Prathab V
Psalm 37:8-9 (The Message)

8-9 Bridle your anger, trash your wrath,
cool your pipes—it only makes things worse.
Before long the crooks will be bankrupt;
GOD-investors will soon own the store.
To say that I was angry that day would be an understatement. I was filled with a sudden surge of unrighteous anger. Perhaps even hypocritical rage.

That day, I decided to give chase to that guy who just overtook me on the highway. He had been tormenting me for some time, flashing his headlights and honking. I was initially about to give way to him. But when he started tailgating me and flashing his headlights, I was incensed.

“Who does he think he is?” I thought in my heart. “Does he think this is his grandfather’s road?”

Anger rose within me to a boiling point. Meanwhile, the guy continued to flash his headlights even more aggressively.

I decided to stick to my lane and ignore him. I maintained my speed, growing angry with each second. After some time, the guy gave up and overtook me. And that was when my fury was unleashed to the max.

As he overtook me, the driver turned to look at me and honked at me. “How dare you honk at me?!” I growled within my heart. At that moment, adrenaline rushed to my head. I was not going to take that humiliation without a fight. I decided to give chase and did exactly what he did to me. This time, it was my turn to put my headlights to “good use” on him.

While all this was going on, I was oblivious that I had my wife and kids in the car! My wife was too stressed during the whole episode and had been trying to calm me down. But I was stubborn. I wanted to continue my crusade against the road bully. After all, he started it.

It was then, that the Lord suddenly spoke to me in a still small voice. The Lord showed me that I had become the same rogue driver whom I had despised earlier. I suddenly felt a deep sense of shame and shock.

To say that I was angry that day would have been an understatement. This time I was angry with myself. I allowed my hypocritical nature to surface and take control.

That was my moment of folly. But let's be honest, don't we all have anger problems too? Anyone who says that they have never gotten angry would probably need to take a good look at the mirror. Proverbs 29:11 says, "Fools give full vent to their rage, but the wise bring calm in the end."

That day, I became a fool. Psalms 37:8 tells me to not get angry and frustrated, as it only leads to more trouble. Eugene Peterson's The Message version tells me to "bridle my anger, trash my wrath". Yes, I am to dump my anger! Peterson's version tells me to cool my pipes! Yes, in my anger, my engines got hotter and the exhaust pipes would also have been burning more fuel!

I regret my actions that day. I am embarrassed.

As the work week ends, reflect on the past week. If there be anyone or anything that had made you angry, forgive and confess. Trash that wrath and cool your pipes. May the Lord grant you His peace today.

Prayer:

Lord, teach me to control my anger. Forgive me when I get angry without a reason. Teach me patience, forgiveness and love. In Jesus' name, I ask. Amen.

每日灵粮

星期五，2020 年 8 月 14 日

标题：愤怒

讲员：帕拉他伯弟兄(Prathab V.)

翻译：巫惠如姐妹

诗篇 37:8-9

当止住怒气，离弃愤怒，不要心怀不平，以致作恶。

因为作恶的必被剪除，唯有等候耶和华的必承受地土。

说我那天很生气过于轻描淡写了。我不禁怒气冲天，甚至可以说心中充满一股虚伪的愤怒。

那天，我决定追上在高速公路超我车的司机。他折磨了我一段时间，不停闪前灯，按响喇叭。我一开始想让他。但当他开始紧跟我并不停闪前灯时，我被激怒了。

“他以为他谁啊？”我心里想，“这是他爷爷的路吗？！”

我当时气得火冒三丈。同时，这家伙继续闪着前灯。

我决定继续开在我的车道上，不理他。我保持速度，一秒比一秒生气。过了一段时间，那家伙放弃了，就超我车。那一刻，我怒火中烧。

当他超过我时，他还转头看我，并按喇叭。“你敢吼我？！”我在心里咆哮。我十分恼怒。我不会忍吞那种羞辱。我决定以其人之道，还治其人之身。这一次，轮到“好好使用”前照灯了。

在这一切发生的同时，我却忘了车里还有我妻子和孩子！整个事件中，我妻子感到非常紧张，一直想办法让我平静下来。但我很固执，我想继续打击路霸。毕竟，是他先开始的。

就在那时，主突然用细小的声音对我说话。主告诉我，我成了我之前鄙视的司机。我突然感到深深的羞耻和震惊。

说我那天很生气过于轻描淡写了。这一次，我生自己的气。我让我虚伪的天性浮出水面并控制我。

我真是愚蠢。但老实说，我们不都有愤怒的问题吗？任何说自己从未生气的人，都可能需要好好看看镜子。箴言 29: 11 说，“愚妄人怒气全发，智慧人忍气含怒”。

那天，我成了傻瓜。诗篇 37: 8 告诉我不要生气和沮丧，因为它只会带来更多的麻烦。尤金·彼得森的信息版本告诉我要“抑制愤怒（如马套笼头），清空愤怒”。是的，我要甩掉我的愤怒！彼得森的版本告诉我冷却管道！是的，在我的愤怒中，我的引擎变热了，排气管也会不断燃烧！

对于当天的行为，我后悔莫及。我很羞愧。

随着这一周将结束，回想一下过去的一周。如果有人或任何事情让你生气，选择原谅并勇于认错。清空你的愤怒和冷却你的管道。愿主今天赐你平安。

祈祷：主啊，教我控制我的愤怒。当我毫无理由生气时，原谅我。求主以耐心、宽恕和爱来教导我。奉耶稣的名求，阿门。

Saturday, 15th August 2020

FORGIVEN

by Pastor Soong Kok Kee

Psalm 130: 1-4 "From the depths of despair, O Lord, I call for your help. Hear my cry, O Lord. Pay attention to my prayer. Lord, if you kept a record of our sins, who, O Lord, could ever survive? But you offer forgiveness, that we might learn to fear you." (NLT)

The psalmist here cried out in despair to God. Despair often makes us feel isolated, lonely and distant from God and even from people. Nobody seems to be able or want to help us. The psalmist may have made a big blunder or committed a great sin. If it is despair over sin, it should not lead to self-pity, causing us to think more of ourselves than God. Instead, it should lead us to confess our sins before God and ask for God's mercy and forgiveness. If we are overwhelmed by a problem, feeling sorry for ourselves will only increase our feeling of hopelessness. But instead, like the psalmist, we should cry out to God for he is the only one who can really help us.

The Covid 19 pandemic has brought many of us to our knees, hopefully, to pray. There are so many unknowns, so many new norms. Just this afternoon I had walked for about 20 minutes from church to the LRT station. I only realised I did not have a mask on only when the people there started staring at me. I could have been RM1,000 poorer! It's going to take a while for all of us to get use to wearing a mask in public and even social distancing.

Everyone has been affected one way or another. Loss of job, pay cut, no handshake, no hugs, no touching, social distancing – all these have put so much stress on us physically, psychologically and emotionally that it has driven some people to depression and suicide. We should pray like the psalmist "Hear my cry, O Lord. Pay attention to my prayer". Only our Lord can get us out of our "depths of despair".

There is a hint here that the psalmist may have committed a great sin for he says the Lord does not keep a record of our sins and if he does, who can survive? Yes, when God forgives, he forgives completely, breaking down any wall or hindrance between us and him. There is no sin so big he will not forgive and no sin so small we do not need his forgiveness. Brothers and sisters, the Bible reminds us that we all have sinned and fall short of the glory of God. (Rom 3:23)

The moment we come before him to confess whatever sins we may have committed, he will surely "offer forgiveness" so we may learn to fear (revere) him. When we do that, our God will not hold anything against us, so we are free

to tell him everything in our hearts – the darkest secrets that no one knows, just him and us. How reassuring, how comforting.

In a cemetery not far from New York City is a head-stone engraved with a single word : FORGIVEN. The message is simple and unembellished. There is no date of birth, no date of death, no epitaph. There is only a name and the solitary word forgiven. But that is the greatest word that could ever be said of any man or woman or that could be written on any gravestone. God is honoured and worshipped because He alone can clear our record of all our sins.

PRAYER: Father God, we come to you in our despair and hopelessness crying to you for help. So many of us and our friends have been badly effected one way or another by the pandemic. There is no one we can turn to or call on to help us except you. In our panic to face the pandemic, we may have sinned consciously or unconsciously. But we know Lord, that you are always ready to forgive us of our sins, past, present and future. We claim your promise that as far as the east is from the west, so far has you removed our transgressions from us (Psalm 103:12) and will not keep any record of our sins, all completely wiped off. Thank you Lord, thank you. In Jesus most precious name we pray AMEN.

每日灵粮

星期六, 2020 年 8 月 15 日

标题: 赦罪之恩

作者: 宋国基牧师

翻译: 梁玉萍姐妹

诗篇 130 :1-4

1 耶和華啊，我從深处向你求告。2 主啊，求你聽我的聲音！願你側耳聽我懇求的聲音！

3 主耶和華啊，你若究察罪孽，誰能站得住呢？4 但在你有赦免之恩，要叫人敬畏你。

詩人在這裡絕望地向上帝呼喊。絕望常常讓我們感到被孤立、孤獨與上帝甚至與人們疏遠。似乎沒有人能夠或願意幫助我們。詩人可能犯了一個大錯誤或犯了大罪。如果是对罪的絕望就不應該導致自憐，使我們多為自己着想過於為上帝着想。相反，它應該使我們在上帝面前承認我們的罪，並祈求上帝的怜悯和寬恕。如果我們面對一個困難不知所措，為自己感到難過只會使我們感覺更絕望。但相反，就如詩人一樣，我們應該向上帝呼喊，因為他是唯一能夠真正幫助我們的人。

盼望新冠肺炎大流行使我們許多人跪下來禱告。有許多未知數，有許多新規範。就在今天下午，我從教堂步行到輕軌站大約有二十分鐘。當那里的人們開始盯着我看時，我才意識到自己沒有戴口罩。我本來可以就這樣少了一千令吉！我們所有人都需要一段時間才能適應在公共場合戴口罩及保持社交距離。

每個人都可能在某方面受到影響。失業、減薪、不能握手、不能擁抱、不能有肢體接觸，保持社交距離——所有這些給我們的身心靈造成了極大的壓力，以致使一些人陷入抑鬱和自殺。我們應該像詩人一樣祈禱：“主啊，求你垂聽我的呼求！”只有我們的主才能使我們擺脫“絕望的深淵”。

這裡暗示著詩人可能犯了一個大罪，因為他說主沒有究察罪孽，若有的話，誰能站得住呢？是的，上帝的寬恕是完全的，打破了我们與他之間的任何隔離牆或障礙。沒有太大的罪，他不會原諒，沒有太小的罪，我們不需要他的寬恕。弟兄姐妹們，聖經提醒我們，我們都犯了罪，虧缺了上帝的榮耀。(羅馬書 3:23)

當我們來到他面前承認我們可能犯下的任何罪惡時，他肯定会“饒恕”，而我們也便學會敬畏他。當我們這樣做時，我們的上帝不會歧視我們，因此我們可以自由地告訴他內心的一切——除了他與我們，沒有人知道的最黑暗的秘密。多么令人放心，多么令人安慰。

在離紐約市不遠的一個墓地裡，有一塊墓碑上刻著一個英文字：被赦免‘forgiven’。這個信息簡單明了。沒有出生日期，沒有死亡日期，沒有墓志銘。只有一個名字和被赦免一字。然而，這是一個適合任何男女，或者寫在任何墓碑上的詞語。上帝是我們所尊敬和崇拜的，因唯獨他可以解除我們一切的罪孽。

禱告：父上帝，我們在絕望中向你求助。我們和許多朋友都受到了這流行病的嚴重影響。除了你，我們還可以向誰尋求幫助呢？在面對大流行的恐慌中，我們可能有意或

无意地犯罪了。但是我们知道，主，你总是愿意赦免我们过去、现在和将来的罪过。东离西有多远，你使我们的过犯离我们也有多远。（诗篇 103：12）你不会究察我们的罪恶，一切罪都被彻底抹去了。谢谢主，谢谢。我们奉耶稣最宝贵的名祷告，阿门。

Saturday, 15th August 2020

FORGIVEN

by Pastor Soong Kok Kee

Psalm 130: 1-4 "From the depths of despair, O Lord, I call for your help. Hear my cry, O Lord. Pay attention to my prayer. Lord, if you kept a record of our sins, who, O Lord, could ever survive? But you offer forgiveness, that we might learn to fear you." (NLT)

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每日灵粮

星期六, 2020 年 8 月 15 日

标题: 赦罪之恩

作者: 宋国基牧师

翻译: 梁玉萍姐妹

诗篇 130 :1-4

1 耶和華啊，我从深处向你求告。2 主啊，求你听我的声音！愿你侧耳听我恳求的声音！

3 主耶和華啊，你若究察罪孽，谁能站得住呢？4 但在你有赦免之恩，要叫人敬畏你。

诗人在这里绝望地向上帝呼喊。绝望常常让我们感到被孤立、孤独与上帝甚至与人们疏远。似乎没有人能够或愿意帮助我们。诗人可能犯了一个大错误或犯了大罪。如果是对罪的绝望就不应该导致自怜，使我们多为自己着想过于为上帝着想。相反，它应该使我们在上帝面前承认我们的罪，并祈求上帝的怜悯和宽恕。如果我们面对一个困难不知所措，为自己感到难过只会使我们感觉更绝望。但相反，就如诗人一样，我们应该向上帝呼喊，因为他是唯一能够真正帮助我们的人。

盼望新冠肺炎大流行使我们许多人跪下来祷告。有许多未知数，有许多新规范。就在今天下午，我从教堂步行到轻轨站大约有二十分钟。当那里的人们开始盯着我看时，我才意识到自己没有戴口罩。我本来可以就这样少了一千令吉！我们所有人都需要一段时间才能适应在公共场合戴口罩及保持社交距离。

每个人都在某方面受到影响。失业、减薪、不能握手、不能拥抱、不能有肢体接触，保持社交距离——所有这些给我们的身心灵造成了极大的压力，以致使一些人陷入抑郁和自杀。我们应该像诗人一样祈祷：“主啊，求你垂听我的呼求！”只有我们的主才能使我们摆脱“绝望的深渊”。

这里暗示着诗人可能犯了一个大罪，因为他说主没有究察罪孽，若有的话，谁能站得住呢？是的，上帝的宽恕是完全的，打破了我们与他之间的任何隔离墙或障碍。没有太大的罪，他不会原谅，没有太小的罪，我们不需要他的宽恕。弟兄姐妹们，圣经提醒我们，我们都犯了罪，亏缺了上帝的荣耀。(罗马书 3:23)

当我们来到他面前承认我们可能犯下的任何罪恶时，他肯定会“饶恕”，而我们也便学会敬畏他。当我们这样做时，我们的上帝不会歧视我们，因此我们可以自由地告诉他内心的一切——除了他和我们，没有人知道的最黑暗的秘密。多么令人放心，多么令人安慰。

在离纽约市不远的一个墓地里，有一块墓碑上刻着一个英文字：被赦免‘forgiven’。这个信息简单明了。没有出生日期，没有死亡日期，没有墓志铭。只有一个名字和被赦免一字。然而，这是一个适合任何男女，或者写在任何墓碑上的词语。上帝是我们所尊敬和崇拜的，因唯独他可以解除我们一切的罪孽。

祷告：父上帝，我们在绝望中向你求助。我们和许多朋友都受到了这流行病的严重影响。除了你，我们还可以向谁寻求帮助呢？在面对大流行的恐慌中，我们可能有意或无意地犯罪了。但是我们知道，主，你总是愿意赦免我们过去、现在和将来的罪过。

东离西有多远，你使我们的过犯离我们也有多远。（诗篇 103：12）你不会究察我们的罪恶，一切罪都被彻底抹去了。谢谢主，谢谢。我们奉耶稣最宝贵的名祷告，阿门。

Sunday, 16 August 2020
Title: Life in God's Way
By: Elder Tan Seng Kee
Psalms 25:4

These past few weeks have been hectic, if not altogether traumatic in my life. There were concerns from several fronts as well as indecisions on others. I thought I was secure in my 'wisdom' and my many years of life experiences would enable me to find the most plausible decision to make and implement. Yet, it was not so as I struggled over options and different ways of attaining resolutions to issues.

It was when challenges were relentless and resolutions evaded me that in one of my morning prayers, I came to God and in frustration told God to take over and show me His way instead.

When I had no solutions, in desperation, I turned to Heaven for God's direction. I was not given an immediate answer or solution. Issues were still there, but in the midst of it all, a slight sense of peace and rest began to take over in small portions initially and lately, a greater calming quiet began to settle in my heart.

The Psalmist in Psalms 25:4 asked God to 'Show me Your ways, Lord, teach me Your paths'. A few lessons I learned from this short one verse:

1. I need to acknowledge that there are many things I do not know, situations I do not understand, and answers for problems I do not have. Accepting my obvious limitations enables me to stop relying on myself for the way forward and instead turn to God and ask Him to show me His way.
2. The Psalmist clearly says that after God had shown him His ways, God also teaches the Psalmist His paths. It seems like we either do not understand how to do things in God's way or we refuse to follow His ways after He has shown it to us. We therefore need through personal devotion time, bible study, prayers, worship and fellowship with our brethren, to learn how to know and follow God's path. As 1 Samuel 15:22 says, 'To obey is better than sacrifice...'.
3. Instead of merely asking God to remove problems in our lives, we should ask God to show us where He is leading us through the challenges. Often, there is a lesson and a blessing in the journey and at the end of the race, a glorious hope awaits us who persevere with endurance and faith in God.

Prayer:

God, continue to show me Your ways and teach me Your paths so that I may walk the journey of life confident in the presence of my saviour Jesus each day and rejoicing in the glorious hope that awaits me. In Jesus' name I pray. Amen.

2020 年 8 月 16 日，星期日

标题：以上帝的道生活

作者：陈诚基长老

诗篇 25：4

这几个星期我过得非常的忙碌，生活疲惫不堪心力交瘁。疑虑着前方不少的考量，后方其他事件更是犹豫不决。我自认自己有智慧，安如泰山，加上多年的生活经验，必定能让自己找到最合适的决策来制定和实施。可是事情却并不如我所料，我在多项不同的解决方案中苦苦挣扎。

在无休止的挑战与无望的决策鞭笞下，我在一个晨祷中挫败地来到上帝面前寻求祂来接管并向我显明祂的道路。

我在无计可施并绝望中转向天堂寻求上帝的指引。我没有立即得到答案或解决方法。问题仍然存在，但在所有这些当中，微妙的平和感和憩息从开始的微小部分到后来大幅面的平静了我的心。

诗人在诗篇 25：4 中要求上帝“耶和華阿，求祢將祢的道指示我，將祢的路教訓我”。我在这短短的一节经文中学到了：

1.我必须承认有很多事情是我不知道的，很多状况是我不了解的，更有很多问题是没有答案的。接受了这些明显的局限能使我不再依赖我自己往前路行，反而转向上帝来寻求祂所指引的路。

2.诗人清楚地指出，在上帝向他表明自己的道之后，上帝还教导了诗人当行的路。我们好似并不了解如何以上帝的道行事，或者在祂显示给我们的路之后我们还拒绝了跟随祂。所以我们必须引用个人灵修时间、查经、祷告、敬拜与团契来学习怎样知道并跟随上帝的道路。正如撒母耳记上 15：22 说，“听命胜于献祭.....”

3.我们应当求上帝向我们显明祂要如何带领我们度过挑战而不是仅仅要求祂挪去我们生活中的困难。通常，在旅途中有教训和祝福，在结束时，有美好的盼望等待着我们这些在主里坚持不懈，恒久忍耐和有信心的人。

祷告：

上帝，继续向我显示祢的道并教导我祢的路，以便我在人生的旅程中，在我救主耶稣面前每天都有信心来等候那充满喜乐的光荣盼望。我奉耶稣的名祈祷。阿们。

Monday, 17 August 2020

Title: The words of man & the Word of God

By: Ps Cheng Cheung

Psalms 12: 4

With our tongue we will prevail;

Our lips are our own;

Who is lord over us?"

Emily Dickinson, an American poet once wrote:

"A word is dead when it is said, some say

I say it just begins to live that day"

Once a word is spoken, we cannot take it back. And words are very, very powerful: they can heal or destroy, and they can bring life or death.

At the beginning of this Psalm David laments that the godly and faithful are fast disappearing because his observation is that those around him are full of idle chatter and ungodly talk. This speech is characterised by words which come from "flattering lips" and a "double heart".

The essence of flattering lips is that they say what people want to hear. They lavish praise and compliments, often insincerely, with a selfish agenda. Such talkers can be found everywhere today. They appear to know the right words for every occasion but speak with no honesty or transparency of heart. They constantly speak what people hope to hear or what is assumed to be proper instead of their true thoughts, feelings, and deeds.

And what about a double heart? In the Hebrew original the phrase is literally "a heart and a heart." I wonder which is worse – to be called a person who is "heartless" or be accused of having "a double heart"? The heartless person presumably is cruel and cold. For e.g., an uncaring landlord who would evict a jobless tenant who cannot pay the rent. Never mind that his wife and children would be in the open, on the streets without a roof over their heads. You can recognize such unkind people. But the former? Beware, he may be one in our midst.

He has two hearts:

-one for the church, another for the workplace;

-one for Sundays, another for working-days;

-one for the king, another for the commoner.

These people are arrogant and often question "Who is lord over us?" as if there is no one to hold them to account for their words. And that was what made David exceedingly upset, that they could apparently continue to defy God, saying "with our tongue we will prevail." How long will God allow them to accuse and mock the saints?

But fret not, fellow Christian, God is biding His time. He has seen the victims of the lies, flattery, deception and slander. He promised "I will arise." The New Living Translation reads

"You will protect the oppressed,
preserving them forever from this lying generation . . ." (verse 7)

This gives us great assurance. He will ultimately protect the victims of the mockers. The Lord has built in us a strong sense of justice. In recent days we have seen cases of self-righteous deception, therefore our unease over any injustice is deep and we may feel restless. But remember

"Never take vengeance into your own hands, my dear friends: stand back and let God punish if he will. For it is written: 'Vengeance is mine. I will repay'" Romans 12:19.

Finally, in contrast to the "vileness exalted by the sons of men", Paul exhorts us to "Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear." Ephesians 4:29

Prayer

Heavenly Father, Your words are pure, full of grace, mercy and peace. They bring abundant life. Help me treasure your word. Help me understand it thoroughly that it may enrich my life for the benefit of those around me.

In all my interactions with fellow man, give me a desire to always speak life, joy and encouragement and not idle talk and flattering words. May all the words from my mouth edify and build up and bring glory to You, my Saviour.

In Jesus' name. Amen

每日灵粮

星期一，2020 年 8 月 17 日

标题：人之道与上帝之道

讲员：张祯祥传道

翻译：林良億姐妹

诗篇 12：4 他们曾说：“我们必能以舌头得胜，我们的嘴唇是我们自己的，谁能做我们的主呢？”

美国诗人, 艾米莉·狄金森 (Emily Dickinson), 曾经写道：

“他人一句话说了就过去，死了，
我说的话那一天就开始活过来了”

一言既出驷马难追，指话说出口，就不能再收回。言语的力量非常非常的大：它们可以治愈或摧毁，它们可以带来生或死。

在这首诗篇开始时，大卫王哀叹敬虔的信徒正在迅速消失，据他的观察，周围的人充满闲聊和不敬虔的谈话。该谈话的特点是来自“讨人喜欢的嘴唇”和“双心”的单词。

“讨人喜欢的嘴唇”的本质是他们说出人们想听的话。他们常常夸大赞美和夸奖是另有自私的目的。如今，到处可见这样的讲话者。他们似乎在每种场合都知道正确的单词，但是却没有诚实或坦率的心。他们经常说出人们想听到的内容或假定的适当内容，而不是他们的真实思想、感情和行为。

那“双心”呢？在希伯来语原文中，该短语的字面意思是“一颗心和一颗心”。我想知道哪一种情况更糟——被称为“无情”或被指控拥有“双心”的人？无情的人大概是冷酷无情的。例如，一个无情的房东驱逐无法支付房租的失业租户。不管他的妻子和孩子露天街头。您可以认出这种不友善的人。但是前者呢？当心，他可能是我们中间的一员。

他有两颗心：

- 一个用于教堂，另一个用于工作；
- 一个星期天，另一个工作日；
- 一个给国王，另一个给平民。

这些人傲慢自大，并经常问：“谁是我们的主，统治我们？”好像没有人要求他们为自己的话负责。这就是使大卫王极度沮丧的原因，他们显然可以继续反抗上帝，“他们曾说：“我们必能以舌头得胜”上帝允许他们指责和嘲笑圣徒多久呢？

但是，主内弟兄姐妹，不用担心，合适的时刻将到来。神看到了谎言、奉承、欺骗和诽谤的受害者。祂承诺“我会起来”

”耶和華啊，你必保護他們，你必保佑他們永遠脫離這世代的人。”（第 7 節）

这给了我们很大的保证。最终祂将保护受害者。上帝使我们建立了强烈的正义感。最近几天，我们看到了自以为是的欺骗案件，因此，我们对任何不公正的都有很大的不安情绪。但要记住：

“亲爱的朋友们，永远不要把复仇掌握在自己手中：退一步，让上帝惩罚他们。“因为经上记着：“主说：申冤在我，我必报应。”（罗马 12:19）

最后，与“下流人在世人中升高(8 节)”相反，保罗劝励我们“污秽的言语一句不可出口，只要随事说造就人的好话，叫听见的人得益处。”（以弗所书 4:29）

祷告

天父，你的话是纯正的，充满恩典，怜悯与和平安。你的话带来了充实的生命。帮我珍惜你的话。帮助我彻底理解它可以赐我丰盛的生命，使我周围的人受益。

在我与别人互动，交流中，让我渴望分享生命、喜乐和鼓励的话，而不是闲聊和讨人喜欢的話。愿我口中的话能够充实并建立别人，把荣耀归与我主。

奉主耶稣基督的名求的。阿们!

Tuesday, 18 August 2020

Title: Get Out Of That Pit

By: Pastor Isaac Yim

Psalm 40:1-3 (MSG)

1 I waited and waited and waited for GOD. At last he looked; finally he listened.

2 He lifted me out of the ditch, pulled me from deep mud. He stood me up on a solid rock to make sure I wouldn't slip.

3 He taught me how to sing the latest God-song, a praise-song to our God. More and more people are seeing this: they enter the mystery, abandoning themselves to GOD.

Have you ever been stuck in a situation when you feel you are hopeless and helpless? In this Psalm David recalled one such situation which he has fallen into.

He also brought me up out of a horrible pit, Out of the miry clay (v2a NKJV)

A pit or a ditch is a man-made hole. David did not specify what the first pit was. David is stuck! His movements are limited and he can't get out. He desperately needs help to get out of this muddy and sticky place. The second pit clearly involved the consequences of David's sin (Psalm 40:12) and the many enemies who were trying to destroy him (Psalm 40:14-15). The pit could be any of a number of life's trials.

Your pit could be poor health, former friends who have turned against you, an unfaithful mate, rebellious children, the loss of your job, your marriage on-the-rock, or any other unsurmountable problem you are facing. You may be responsible for being in the pit or you may be a victim of the sins of others. The second pit that David was in was a combination of both. Many Christians are living in such a pit. As long as we are not living in the joy and hope of Jesus Christ, we are in a pit. Jesus' promise to us is to live life abundantly (John 10:10). The life of Joseph is a good illustration. He was thrown into the pit by his older brothers. He was framed by his boss' wife and was thrown into the prison (another pit). Pit dwelling is just temporary, unless you choose to stay there or refuse to leave. But by the favour and grace of God, Joseph moved from the pit, to the prison and went on from there to the palace.

How do we get out of the pit? The view from the pit is very narrow and negative. Often it is filled with anger and bitterness. Satan will take you on a guilt trip or you engage yourself in a blame game. More positive folks may read self-help books to find ways to climb out of the pit. Before long you will discover that the more you try, the deeper you get into the mud. The Psalmist discovers that he needs a DELIVERER to lift and pull him out. In Psalm 40, David models for us how to wait on God.

David waited and waited intently on God. What does it mean to be waiting on God?

- It means crying out to God for deliverance (40:1,13,17)
- It also means putting your trust in Him alone and waiting patiently. (40:3,4,11)
- It means remembering His many miraculous and providential care (40:5)
- It simply means to listen and obey Him (40:6-8)
- It means seeking Him (40:16)
- It means rejoicing in Him (40:16)

Coming back to the first three verses of Psalm 40, David experienced wonderful things when he waited upon the Lord. David has this to say: God looked. God listened. God delivered. God put him on the solid rock. God gave him a song to praise God. As a result of David's example of transformation, more and more people will come to trust and honour the Great and Mighty God of David (40:1-3).

Prayer for Today

O Mighty God, have mercy on me. I am living in the "pit." Lord, why am I in the pit for such a long time? Lord, grant me the patience of waiting upon You. Teach me to actively wait on You. Forgive me for my impatience. I pray that You will change me as You change the situation, Lord. Convict me of an area of my life in which You want me to make a sacrifice of obedience, Lord. Deliver me from the pit and help me to sing joyfully to praise You. May many who will see my transformed life see You, fear You and put their trust in You. In Jesus' Name. Amen.

每日灵粮

星期二，2020 年 8 月 18 日

标题：从坑爬出

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 40：1-3

诗篇 40：1-3（新译本）

1. 我曾切切等候耶和华；他转向我，听了我的呼求。
2. 他把我从荒芜的坑里，从泥沼中拉上来；他使我的脚站在盘石上，又使我的脚步稳定。
3. 他使我口唱新歌，赞美我们的神；许多人看见了，就必惧怕，并且要倚靠耶和华。

你是否感受过被困在绝望和无助之中？在诗篇 40 中，大卫回顾他陷入该情况的一次经历。

祂从祸坑里，从淤泥中，把我拉上来，（2 节下 – 和合本）

坑或沟是一个人造的洞。大卫没有具体说明第一个坑是什么。大卫困在坑里了！他的行动受限，无法逃出。他急切地需要帮助，脱离这个泥沼中。第二个坑是大卫犯罪的后果（诗篇 40:12）和许多想杀害他的敌人（诗篇 40:14-15）。这个坑可以是生命中许多试验的任何一个。

你处在坑可能是身体的疾病、反对你的朋友、不忠的伴侣、叛逆的孩子、失业、婚姻在摇摇欲坠、或是你面临的任何其他无法克服的问题。你可能是因为自己的罪而陷在坑里，也可能是因为别人的罪导致你在他们的坑里。大卫所处的第二个坑是以上两者的结合。许多基督徒都生活在这种坑里。只要我们不活在耶稣基督的喜乐和盼望中，我们就在一个坑里了。耶稣应允我们活出丰盛的生命（约翰 10:10）。约瑟的生命是一个很好的例子。他的哥哥们把他扔进坑里。他被主人的妻子陷害，被扔进监狱（又一个坑）。住在坑里只是暂时的，除非你选择留在那里或拒绝离开。但在上帝的恩典之下，约瑟从坑里搬到监狱，从监狱搬到宫殿。

我们怎能从坑里走出来呢？在坑内的视线很窄和负面。往往充满愤怒和苦涩。撒旦会带你去一个“内疚的旅行”，或者你也会让自己卷入一场“指责游戏”。较积极的人可能会阅读自助书，寻找爬出坑里的方法。不久，你就会发现，你越努力，你越深陷泥中。诗人发现他需要一个拯救者来把他拉出来。在诗篇 40，大卫给我们立下如何等候上帝的榜样。

大卫切切地、特意地等候神。等候神是什么？

— 迫切的恳求上帝来搭救（40:1,13,17）

— 完全信靠神并以耐心地等待。（40:3,4,11）

— 纪念神所行的奇事和看顾（40:5）

— 听从并遵行神（40:6-8）

— 寻求神（40:16）

— 在神里面找到喜乐（40:16）

回到诗篇 40 的前三节，大卫在等候上帝时经历了许多美妙的事情。大卫这么说：上帝转向他。上帝听了他的呼求。上帝搭救了他。上帝使他的脚站在磐石上。上帝使他口唱新歌，赞美神。因着大卫的改变，越来越多人依靠和尊崇大卫伟大的上帝（40:1-3）。

今天的祷告

全能的上帝啊，求祢怜悯我。我住在”坑”里。主啊，我为什么在坑里待了这么长时间？主啊，给我耐心等候祢。教我如何积极地等候祢。我不耐烦时求祢原谅我。主啊，我求祢，在改变我的现状时也一样改变我。主，感动我在生命中的某个领域给祢献上顺服的祭。把我从坑里搭救出来，使我唱歌赞美祢。愿许多人因看见我已改变的人生而看见祢、敬畏祢，依靠祢。

奉主耶稣的名。阿门。

Wednesday, 19th August 2020

Title: Waiting

Author: Pastor Wallace Ong

Psalm 27: 13 – 14

13 I remain confident of this: I will see the goodness of the LORD in the land of the living.

14 Wait for the LORD; be strong and take heart and wait for the LORD.

I am quite certain that many of us would agree “waiting is difficult.” Generally speaking, people do not like to wait. If you are parents or teachers, you will know that “waiting patiently” does not come naturally especially in little children. Since young, we all need to be taught this important skill — to learn how to wait. Above all, this skill is not easily acquired.

Why is “waiting” so hard? Waiting implies that our circumstances are beyond our control. In our daily lives, we like to believe that we can always achieve the outcomes we want in all situations, yet if we are honest with ourselves, we must admit that we can barely see/visualize the hour beyond our present existence. The Bible advises us in James 4:13-15, “Come now, you who say, ‘Today or tomorrow we will go to such and such a town and spend a year there and trade and make a profit’ yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, ‘If the Lord wills, we will live and do this or that.’”

In our Christian walk, God often does not reveal to us everything yet to come. He wants us to walk closely with Him one day at a time. Some days are especially long – times and seasons of our lives which are dreadful and horrendous. Psalm 27 is a wonderful Psalm that can help us to pull through our difficult situations or trying times. We can learn from David to have the confidence and assurance that no matter how long, how gruelling, how unexpected the days may seem, we can definitely see the goodness of God happening in our life. Holding fast to this truth allows us to patiently endure the difficult times.

Prayer:

Dear Heavenly Father,

You are good and merciful. You are our God who care deeply for us. We stand firm on Your promise and seek Your face. Lord, You are the sovereign God who hold the future. Help us to have courage and take heart, oh Lord, as we come to You for strength every day. As we wait upon You, help us to persevere in our prayer for we know we will see Your goodness in the land of the living. In Jesus’ precious name, we pray. Amen.

每日灵粮

星期三, 2020 年 8 月 19 日

标题: 等待中

作者: 王振威传道

翻译: 杨惠光弟兄

诗篇 27: 13-14

13 我对此仍然充满信心: 我将在活人之地看见耶和华的恩惠。

14 等着耶和华。要坚强, 振作起来, 等待耶和华。

我非常确定我们每个人都会同意“等待是困难的”。一般来说, 人们不喜欢等待。如果您是父母或老师, 您将知道“耐心等待”并不是自然而然的, 尤其是对于小孩。从小开始, 我们所有人都需要被教导这项重要技能— 学习如何等待。最重要的是, 这种技能不容易掌握。

为什么“等待”如此困难? 等待意味着我们的情况超出了我们的控制范围。在日常生活中, 我们希望在任何情况下都能取得想要的结果, 但是, 如果我们对自己诚实, 我们必须承认, 除了现在, 我们根本无法知道下一刻的事情。圣经在雅各书 4: 13-15 中告诫我们: “噫, 你们有话说: ‘今天、明天我们要往某城里去, 在那里住一年, 做买卖得利。’ 其实明天如何, 你们还不知道。你们的生命是什么呢? 你们原来是一片云雾, 出现少时就不见了。”

在我们基督徒的生活中, 上帝常常不会向我们启示所有尚未发生的事情。祂希望我们每一天与祂紧密同行。某些显得特别漫长的日子都是我们生命中艰难及不好过的时候。诗篇 27 是一篇奇妙的诗篇, 可以帮助我们度过艰难的时刻或试炼。我们可以从大卫那里学习, 以满满的信心和确据, 无论日子多久, 多么痛苦, 多么意外, 我们都可以肯定地看到上帝的良善正在我们的生活中彰显。持守这一真理使我们能够耐心地忍受困难时期。

祷告:

亲爱的天父, 你是善良而仁慈的。你是我们的上帝, 深切关心我们。我们坚立在你的应许并寻求你的面。主啊, 你是掌握未来的主。上帝啊, 当我们每天向你求助时, 请帮助我们鼓起勇气并振作起来。当我们等待你时, 请帮助我们坚持不懈地祷告, 因为我们知道我们将在地上看到你的良善。我们奉耶稣的宝贵名字祈祷。阿们。

Thursday, 20 August 2020

Title: The Lord will provide for your needs

Author: Arnold Lim

Psalm 23

Psalm 23 is a very familiar psalm. Many of you would have committed it to memory. But today, I would like to focus just on verse 5, which reads as follows:

You prepare a table before me, in the presence of my enemies

What does it mean? When the Lord says that he will prepare a table for you, it means that He will provide for you – for your needs. He will enable you to put food on the table to feed you and your family. But not only that. Even in the midst of an “unfriendly” environment, the Lord will provide for you.

- Have you been back-stabbed by a colleague that you thought was a trusted confidant?
- Or faced an unreasonable superior that raised the KPIs each year by 20% without consideration of the external operating environment?
- Have you been belittled at your workplace because you are a Christian?

If you have experienced any of the above, I would not be surprised. We live in a fallen world, and it is frequently at the office that we run into difficult characters.

It is best to ignore such situations at the workplace and concentrate on being a professional. Resist the temptation to side with any party. Resist the urge to ingratiate yourself with your boss. When I was a young management intern in the 1980s, John Reed, Global Head of Citibank NA, said on a visit to Kuala Lumpur, “Just do your work well, and in time your effort will be recognised.” I found that LARGELY to be true at Citibank and other places where I have worked. God prepared a table for me. I experienced God’s protection and favour at companies that I worked for. The Lord provided for my needs even under the most difficult working conditions.

But the world is not perfect. At times, it may be best to leave, especially when we are asked to perform acts that are illegal or sign documents that contain false statements. Or we may be retrenched because the company is not doing well.

Some of you may be facing difficult business conditions in the current economic downturn caused by the recent COVID-19 lockdown. Be “*strong and courageous*” as God urged Joshua as he prepared to enter the promised land (*Joshua 1:6*). Like Nehemiah, before he rebuilt the wall at Jerusalem, seek the Lord on your knees and cry out to Him. Plan and strategize, commit the plans to the Lord, and move forward in faith, one step at a time (*Nehemiah 2:1-11*). But don’t forget to

keep the Lord as your first priority in spite of the daily pressures, for the Lord has said, "*seek ye first His kingdom and His righteousness and all these things will be given unto you*" (Matthew 6:33). What are the things? The answer is found in Matthew 6:31 – food to eat; water to drink, clothes to wear.

Prayer

Our Lord and Heavenly Father, You are an awesome God! You created the heavens and the earth, and all that are in it. We give You all glory, honour and praise.

Today, we pray for Your grace and compassion for those whose businesses and jobs have been impacted by the economic downturn. First, draw them closer to You and may they seek You with all their hearts for You have promised that when we do that, You will be found by us.

Listen to our prayers O Lord, for You are a faithful God. Help them, guide them and lend them Your wisdom. Prepare a table for them by helping them to recover from this downturn, step by step. Provide for their needs and their families.

We pray in Jesus name, Amen.

每日灵粮

星期四, 2020 年 8 月 20 日

标题: 主必预备你所需的

作者: 林文礼弟兄

翻译: 巫惠如姐妹

诗篇 23 是大家都非常熟悉的。很多人念得倒背如流。但今天, 我想只关注第 5 节:

在我敌人面前, 你为我摆设筵席

到底是什么意思? 当主说他会为你摆设筵席, 这意味着他会为你预备——满足你的需求。他会使你有能力为家人供应食物。但不仅如此。即使在对己不利环境中, 他也必定会为你预备。

— 你曾否被你认为是可靠、知己的同事捅过一刀?

— 或是面对一个不合理的上级, 在没有考虑外部经营环境的情况下, 每年将关键绩效指标提高 20%?

— 你曾否因为是基督徒而在工作场所被无视?

如果你经历过以上任何情况, 我不会感到惊讶。我们生活在一个堕落的世界, 我们经常在办公室遇到一些难搞的人。

最好的处理方式就是在工作场合忽略这些情况, 以专业的态度专心工作。抵挡任何结党的诱惑。抵挡讨好老板的冲动。当我还是 80 年代的年轻管理实习生, 花旗银行全球主管 John Reed 拜访吉隆坡时说, “你只需要好好工作, 你的努力就会得到认可。”我发现在花旗银行和我工作过的其他地方, 基本上真的是如此。上帝为我摆设筵席。我经历过上帝的保护, 也受过工作过的公司的青睐。即便在最艰苦的工作条件下, 主也满足了我的需要。

但世界并不完美。有时, 最好的决策是离开, 特别是当我们被要求执行非法行为或签署包含虚假陈述的文件。或者, 我们可能会因为公司业绩不佳而被裁员。

2019 冠状病毒病封城导致当前经济衰退, 我们当中许多人可能面临艰难的商业环境。正如约书亚准备进入应许之地(书 1:6)时, 上帝告诉他, “当刚强壮胆”。就如尼希米重建耶路撒冷城墙之前请求上帝, 你也可以学习在主面前跪下向他哭诉。做好规划和制定战略, 然后将一切交托给主, 一步一步地以信心前进(尼 2:11)。但是切记, 尽管日复一日地承受着压力, 仍要把主居首位, 因为主曾说, “你们要先求他的国和他的义, 这些东西都要加给你们了”(太 6:33)。什么东西呢? 答案就在马太福音 6: 31——吃的、喝的、穿的。

祈祷

我们的主和天父, 你真是伟大! 你创造了天地, 以及其中所有的。愿荣耀、尊贵、颂赞都归你。

今天, 我们为那些企业和工作受到经济衰退影响的人祈祷。求主施恩怜悯。求主使他们更亲近你, 让他们愿意全心全意地寻求你, 因你应许我们, 当我们这样做时, 我们必定会寻到主。

主啊，听我们的祈祷，因为你是信实的上帝。帮助他们，引导他们，并赐他们你的智慧。为他们摆设宴席，帮他们逐步从经济衰退中站稳。满足他们和家庭的需要。

我们奉耶稣的名祈祷，阿门。

Friday, 21 Aug 2020
Grudge
Prathab V
Psalm 103:8-13 (HCSB)

8 The LORD is compassionate and gracious,
slow to anger and rich in faithful love.

9 He will not always accuse us
or be angry forever.

10 He has not dealt with us as our sins deserve
or repaid us according to our offences.

11 For as high as the heavens are above the earth,
so great is His faithful love
toward those who fear Him.

12 As far as the east is from the west,
so far has He removed
our transgressions from us.

13 As a father has compassion on his children,
so the LORD has compassion on those who fear Him.

I once held a grudge against a brother. It lasted weeks, months... and even went on for years! Yes, it was too long, and I was totally out of line with the Scriptures.

Fact is, I knew the Scriptures. I am aware that I should not let the sun go down while I am still angry (Eph 4:26). But merely knowing Scripture is one thing. Obedience to the Word of God is the hardest part.

I must forgive. But holding a grudge in indignance seemed just too attractive. The grudge appeared like a path paved with gold for me to tread on. So, I continued to hold that grudge. I did not want to let it go. "No one can see it (the grudge) anyway, so what's the problem?" I reasoned in my heart.

But I was wrong. Terribly wrong.

The grudge was slowing consuming my peace and impaired my walk with God. Now I realise that one of the reasons for which I did not want to forgive is that I was unable to forget the pain. I was unable to put away the humiliation I suffered at the hands of that brother. I just could not forget.

My favourite Christian counsellor, Selwyn Hughes, writes in his book *The Seven Laws of Spiritual Success*: "If you want God to help you to forget, then you must first be willing to forgive. You provide the willingness, and God will do the rest." It is a simple teaching, but hard to do. At least, for me, it was very hard.

Forgiveness is not easy: "Forgiveness is a wonderful idea until we have to forgive someone!" says literary giant CS Lewis.

In order to forgive others, I must first realise how I myself had been forgiven by God through His mercy.

This morning, as we read Psalm 103:8-13, know that the Lord is compassionate and loving to all of us (v8). He will not always accuse us (v9). Instead, He showers undeserved mercy upon us all (v10).

I have since made amends to the grudge I held and made my peace with God. Similarly, if you have been holding a grudge, and if the Lord's Word speaks to you today, release the grudge. Forgive freely. You will then feel a great weight lift off your chest, and you will be at peace. I pray that in His time, all things will be made beautiful.

Prayer:

Lord, teach me to forgive the way You forgave me. I am sorry if I had harboured a grudge in my heart. Take it away, Lord. I am truly sorry. In Jesus' name, I pray.
Amen

每日灵粮

星期五, 2020 年 8 月 21 日

标题: 怨恨

作者: 帕拉他伯(Prathab V.)

翻译: 巫惠如姐妹

诗篇 103:8-13

8 耶和華有怜悯，有恩典，不轻易发怒，且有丰盛的慈爱。

9 他不长久责备，也不永远怀怒。

10 他没有按我们的罪过待我们，也没有照我们的罪孽报应我们。

11 天离地何等的高，他的慈爱向敬畏他的人也是何等的大。

12 东离西有多远，他叫我们的过犯离我们也有多远。

13 父亲怎样怜恤他的儿女，耶和華也怎样怜恤敬畏他的人。

曾经有一位弟兄使我怀恨在心。这事持续了几周，几个月，甚至是几年！是的，太长了，我说做的和圣经所教的完全不符。

事实上，我知道圣经的教导。我知道不可含怒到日落(弗 4:26)。但知道是一回事。顺服上帝的话是最难的。

我必须原谅。但是在愤怒中选择耿耿于怀似乎太有吸引力了。这怨恨似乎是一条让我踏上，铺满金子的小路。所以，我继续怀恨在心。我不想放手。”反正没人看得见（怨恨），那有什么问题呢？”我为自己找出合理的理由。

但我错了。而且大错特错。

心里头的恨不断吞灭我的平安，妨碍我与上帝同行。现在我意识到我之所以不想原谅的原因之一是我不能忘记痛苦。我无法忍受那位弟兄给我造成的羞辱。我就是忘不了。

我最喜欢的基督徒辅导员 Selwyn Hughes 在他的著作《成功的七大属灵法则》：“如果你希望上帝帮助你忘记，那么你首先必须愿意原谅。你若意愿，上帝会做其余的。”这是一个简单的教学，但很难实践。至少对我来说，是很难的。

宽恕并非易事：“饶恕是个绝妙的主意，直到我们不得不原谅别人！”文学大师 C.S 路易斯曾这么说过。

当我原谅别人时，我首先必须意识到自己是如何被上帝宽恕的。

今天早上，当我们读诗篇 103:8-13 时，我们知道主有怜悯心肠，他爱我们(8 节)。他不会总是指责我们(9 节)。相反，他以厚恩待我们（10 节）。

我已为往事释怀，与上帝和好。同样，如果你一直怀恨在心，而主今天与你说话，那就放下你的怨恨吧。豪爽地原谅。你会如释重负，心中感到平静。我祈祷在主的时刻，他使万物美好。

祷告：主啊，以你原谅我的方式，教我原谅他人。如果我心存怨恨，求主怜悯。主啊，求你除去这怨恨。我真的很抱歉。我奉耶稣的名祷告，阿门。

Saturday 22th August 2020

CAVED IN

Pastor Soong Kok Kee

Psalm 142: 1-7: "1 I cry aloud to the LORD; I lift up my voice to the LORD for mercy. 2 I pour out my complaint before him; before him I tell my trouble. 3 When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me. 4 Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life. 5 I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living." 6 Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. 7 Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me."

This psalm was written by David when he was hiding from Saul in the caves like the ones in Adullam (1 Sam 22) or Engedi (1 Sam 24). Saul, the first King of Israel was after him to kill him. David was frightened, so he poured out his complaint to God. (v.2). He felt alone and uncared for, so he cried out to God (vv. 1, 4-5) as all his friends have deserted him. His situation was desperate, so he pleaded for rescue (v.6). He was also trapped, so he begged for freedom (v. 7).

What cave surrounds you today my dear brothers and sisters? A cave of despair brought on by guilt or illness? A cave of difficulties caused by your own poor decision or judgement? Are you stuck in a cave of questions or doubts that rob you of joy and confidence? Maybe a cave of loneliness?

The pandemic has brought many of us through these caves, hopefully one by one but, for some, it may be all together. There is no easy way out. Whatever cave we are in, let's learn from David that the only way out is to cry to our Lord.

Our heavenly Father's promise to us his children is that he will never leave us nor forsake us (Deut 31:6). The psalmist of 118:6,7 also says "The Lord is my helper; I will not be afraid. What can man do to me?"

The writer of Hebrews also reminds us to approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need (Heb 4:16). Indeed if God is for us, who can be against us? Our God will see us through all the difficulties of life. Let us continue to trust him each step of our way.

PRAYER: Dear Lord, we see how David turned to you for help and mercy when he was caved in and surrounded by his enemies and deserted by his friends. Each of us have our own caves where we feel frighten, desperate, lonely and trapped. There seems to be no way out. But we have you Lord, so we are calling

upon you to help us and get us out of these caves like you did for David. In Jesus' precious name we pray all these. AMEN.

每日灵粮

星期六，2020 年 8 月 22 日

标题：被困住

作者：宋国基牧师

翻译：梁玉萍姐妹

诗篇 142

1 我发声哀告耶和华，发声恳求耶和华。2 我在他面前吐露我的苦情，陈说我的患难。3 我的灵在我里面发昏的时候，你知道我的道路。在我行的路上，敌人对我暗设网罗。4 求你向我右边观看，因为没有人认识我；我无处避难，也没有人眷顾我。5 耶和华啊，我曾向你哀求，我说：“你是我的避难所，在活人之地你是我的福分。”6 求你侧耳听我的呼求，因我落到极卑之地；求你救我脱离逼迫我的人，因为他们比我强盛。7 求你领我出离被囚之地，我好称赞你的名。义人必环绕我，因为你是用厚恩待我。

这篇诗篇是大卫当时在躲避扫罗时写的，就如在亚杜兰（撒母耳记上 22）或隐基底（撒母耳记上 24）的山洞里。以色列的第一位王扫罗要追杀他。大卫害怕，所以他向神吐露他的苦情（2 节）。他感到孤独和无人照料，所以他呼求神（1，4-5 节），因为他所有的朋友都抛弃了他。他落到极卑之地，所以恳求救援（6 节）。他也被困住了，所以他恳求自由（第 7 节）。

亲爱的弟兄姐妹们，今天您周围有什么洞穴？因内疚或疾病而感到绝望的洞穴？您自己的错误决定或判断导致的困境？您是否陷入了使您失去喜悦和自信的问题或疑惑之中？也许是一个寂寞的洞穴？

新冠大流行使我们当中许多人走过了这些山洞。但愿是走过一个接一个的山洞。然而，对于某些人来说，可能是一次性走过所有的山洞。没有简单的出路。无论我们身在何处，我们都要向大卫学习唯一的出路，就是向我们的主呼求。

我们天父赐给他的儿女们的应许是他必不撇下我们，也不丢弃我们（申命记 31:6）。诗人在诗 118: 6,7 也说：“耶和华是我的帮助者；我不会害怕。人能对我做什么？”

希伯来书的作者也提醒我们只管坦然无惧地来到施恩的宝座前，为要得怜恤，蒙恩惠，做随时的帮助（来 4:16）。确实，若上帝帮助我们，谁能敌挡我们呢？我们的上帝会帮助我们渡过生活中的所有困难。让我们的每一步都继续相信他。

祷告：亲爱的上帝，我们看到当大卫被敌人包围，被朋友们抛弃时，他如何向你求帮助和怜悯。我们每个人都有自己的洞穴，在那里感到恐惧、绝望、孤独和被困，似乎没有出路。然而，主啊，我们有你。因此，我们呼求你帮助我们，并使我们脱离这些洞穴，像你为大卫所做的那样。我们奉耶稣的宝贵圣名祷告，阿们。

Sunday, 23 August 2020

Title: Joy of the redeemed – He is good

By: Abraham Verghese 亚伯拉罕·韦尔盖塞

Psalm 107:1-3 (Read the whole Psalm for the overall context)

While this is a choice song for the redeemed of the Lord (Ps 107:2), it may be sung by anyone whose life has been preserved in time of danger. It mainly magnifies the Lord for spiritual blessings. The theme is thanksgiving, and the motives for it.

Verse 1. Oh give thanks to the Lord, for He is good, for His steadfast love endures forever!

Give thanks as it is all we can give Him, and the least we can give. Therefore let us diligently render to Him our thanksgiving. All we have comes from Him. Even the ability or desire to give thanks comes from what He has given to us as nothing is of our own.

The psalmist is in earnest in the exhortation. He uses the interjection “Oh”, to intensify His words. Let us at all times be thoroughly fervent in the praises of the Lord, both with our lips and with our lives, by thanksgiving and thanks living.

The psalmist passionately pleads with his readers to give thanks to God, and for good reason. This thanks is directed to God because He is good. God is to be worshipped with thanks, for He is good; and these thanks should be heartily rendered, for His is no common goodness: He is good by nature, and essence, and proven to be good in all the acts of His eternity – an eternity He wants to share with us.

Compared with Him there is none good, no, not one: but He is always good. We are the perpetual beneficiaries of His goodness, and therefore ought to magnify His name. Our praise should be increased by the fact that the divine goodness is not a momentary or passing thing, but His goodness is unending – goes on forever, His mercy is forever. That mercy has no beginning, and shall never know an end.

Verse 2. Let the redeemed of the Lord say so, whom He has redeemed from trouble.

Whatever others may think or say, the redeemed have overwhelming reasons for declaring the goodness of the Lord. Theirs is a peculiar redemption, and for it they ought to render peculiar praise.

The Redeemer is so glorious, the ransom price so immense, and the redemption so complete, that they are under repeated obligations to give thanks to the Lord,

and to exhort others to do so. Let them not only feel so but say so; let them both sing and bid their fellows sing. Whom He hath redeemed from the hand of the enemy. Snatched by superior power away from fierce oppressions, they are bound above all men to adore the Lord, their Liberator. Theirs is a divine redemption, "He hath redeemed" them, and no one else has done it. His own unaided arm was their deliverance.

Should not emancipated slaves be grateful to the hand which set them free? We were slaves to sin. There is NONE that have not sinned. The wages of sin (any sin – white lies to genocide) is DEATH – eternal separation from God. Only because of what Christ has done for us, as much as we do not deserve it, can we look forward to sharing eternity with Christ. Give thanks! Give thanks!

Verse 3. And gathered them out of the lands, from the east, and from the west, from the north, and from the south.

The captives of old were gathered and restored to their own land after their redemption. The Lord will gather His own into one body, and first on earth by "one Lord, one faith, and one baptism", and then in His heavenly kingdom by one common bliss they shall be known to be the one people of the One God. He is a glorious Shepherd who collects the blood bought flock from the remotest regions, guides them through countless perils, and at last give them restful salvation.

We may have wandered one way or other and strayed as far as we could, and great is the grace and power by which we are all collected from all directions – east, west, north and south – into one flock by the Lord Jesus. With one heart and voice let the redeemed praise the Lord who gathers us into one.

Prayer

Heavenly Father, whatever we say can never truly express the depth of our gratitude for all You have done for us. You sent Your one and only Son to be the unblemished lamb who though Himself was sinless became sin for us and died for the sins that we should have died eternally. Thank You for redeeming us from all sorts of places and all sorts of sins. In the name of our Saviour and Lord of our lives Jesus Christ, the soon coming King of Kings and Lord of Lords. Amen.

每日灵粮

星期日, 2020 年 8 月 23 日

题目：得赎者的欢欣 – 祂本为善

作者：亚伯拉罕·韦尔盖斯（Abraham Verghese）

翻译：方美珠姐妹

诗篇 107：13（阅读诗篇全文）

这是一首主救赎大恩的精选歌曲（诗 107：2），任何人在危险中死里逃生后都可能唱。它主要是宣扬主属灵的祝福。它的主题是感恩和感恩的动力。

第 1 节：你们要称谢耶和华， 因祂本为善， 祂的慈爱永远长存！

凡事谢恩，因为这是我们所能给祂的。因此，让我们努力向祂献上我们的感恩。我们所有的一切都来自祂。包括谢恩的能力和渴望都是来自于祂所给予的， 因为我们本就是一无所有。

诗人恳切地劝诫。他用感叹词来强化他的话。让我们时刻用我们的嘴唇称颂并用我们感恩的生命来歇力赞美主。

诗人急切地以很好的理由恳求他的读者感谢上帝。这个感谢是直接对上帝的，因为祂是良善的。上帝是必须在感恩中被敬拜的，因为祂本为善；而这感谢是必须尽情表现的， 因为祂不是普通的良善： 祂的本质是自然的美好， 祂更证实祂所有关乎永恒的行动都是美好的 — 这永恒乃是祂要与我们共享的。

与祂相比，没有好的，没有，一个也没有：但祂永远是好的， 我们是祂良善的永久受益人，因此我们必须宣扬祂的名。我们的赞美应当与日俱增，因为上帝的良善不是一时或短暂的事情，祂的良善永无止境，祂的怜悯永远长存。那怜悯无始无终。

第 2 节：愿耶和华的赎民说这话，就是祂从敌人手中所救赎的。

无论别人怎么想或说什么，被救赎的人有压倒性的理由来宣示主的良善。他们的救赎是特殊的，为此，他们应当给予特殊的颂赞。

救赎主何等荣耀，赎金何等巨大，救赎何等全然完成，以至于他们反复有义务来感谢主，并劝诫其他人同样如此行。让他们不仅如此感受， 更要如此说：让他们既歌唱也叫那些祂从敌人手中所救赎的同伴歌唱。凭借大能的力量从祸患中搭救他们，他们理应当仁不让尊崇敬拜他们的救赎主。他们是被上帝救赎的，“祂已拯救”他们， 无人曾如此行。 祂的膀臂是他们的拯救。

被释放的奴隶难道不应该感谢那些释放他们的人吗？我们是罪的奴隶。没有人是无罪的。罪的工价（任何罪， 从说谎到种族灭绝）是死 — 永远与上帝隔绝。但是因为基督为我们所做的一切， 不管我们是如何的不配，我们都能期望可以与基督一起共享永生。献上感恩！ 献上感恩！

第 3 节：从各地， 从东从西，从南从北， 所招聚来的。

在全地所被俘虏的被聚集， 救赎后归回他们自己的土地上。主会将属祂的聚集归一，起先在地上以“一主，一信，一洗”， 而后在祂天上的国度里他们将以喜乐来成为独一

上帝的子民。祂是荣耀的牧人，从最偏僻的地域聚集了以血所买赎的羊群，带领他们经过无数的危险，最后给予他们可安息的救赎。

我们可能四处游荡而远离并迷失了，可浩大的恩典和能力使我们从四面八方，东西南北被主耶稣招聚并聚集在一起。让我们这被救赎的人同心和同声来赞美召集我们归一的主。

祷告

天父，无论我们说什么，都永远无法真正表达我们对祢为我们所做的一切的感恩。祢差派了祢的独生儿子成为毫无瑕疵的羔羊，尽管祂是无罪的，祂却因我们的缘故而成为有罪的，我们本因这罪而永死，祂却代替我们的罪而死。感谢祢从各地各方和各式各样的罪恶中救赎我们。我们祷告是以拯救我们生命的救主耶稣，那即将要来的万王之王万主之主的名而求。阿们。

Monday, 24 August, 2020

Title: Deep Calls to Deep

By: Ps Cheng Cheung

Psalm 42: 7

Deep calls unto deep at the noise of Your waterfalls;

All Your waves and billows have gone over me.

The previous devotion on Psalm 42 was about David's struggle with depression and how he overcame it by not relying on his heart, turning to God in prayer and by having a renewed trust in Him.

One of the experiences David went through during this time is expressed in verse 7a. Various translations render this slightly differently.

Deep calls unto deep at the noise of Your waterfalls (NKJV)

Deep is calling to deep at the thunder of your waterfalls (LEB)

Deep calleth unto deep at the noise of thy waterspouts (KJV)

David's grief was excessive. It felt as if all God's "waves and billows" had gone over him. He felt the great deep of the sky above and the great deep of the sea beneath were calling to each other, as if in a conspiracy against him. Yet, David, as he collected himself and emerged from his depression, realised that the deep of his own misery and sorrow was calling to the replying deep of God's infinite mercy and sympathy. These are two deeps ever calling to each other – the deep of David's personal suffering and the deep of God's divine compassion. Then, God's hand reached down to David in his darkest hour, to lift him out of the hole he was in.

Brothers and sisters, have there been times when you have experienced some very dry spiritual times? Some call it a kind of "wilderness experience" or a "night season of the soul". During this time, you may feel like you are wandering around quite aimlessly, with little or no desire for spiritual things. Then God intervenes and you respond. Thereafter, your relationship with God is at a higher level and you know Him better. There is greater awareness of God's ways, and greater spiritual contemplation in your daily living. You learn to fine-tune His will for your life. When you emerge from the wilderness, this verse will express what you have gone through with the Lord:

8 The LORD will command His lovingkindness in the daytime,

And in the night His song shall be with me—

A prayer to the God of my life.

What does it say? It says we shall have a song in the night, composed by the Lord God Himself. This music affirms that we belong to Him and that sets us free from the fear and uncertainty of the darkness that looms over us.

For some people, the wilderness times may be short; for others it may last weeks. For yet others, like Joni Eareckson Tada, there was a lifetime consequence. Her diving accident made her a quadriplegic at age 17. The Lord gave her a marvelous ministry after her tragedy. But her faith and that ministry were forged out of a dark night of her soul in the early difficult days. She did not have it easy because she found it hard to reconcile her condition with faith in a loving God.

Are you ready should God let you go through your night season of the soul?

Prayer for Today

Gracious Heavenly Father, I bless your Name. Help me to experience You in a deeper way. I praise you that you have crafted a perfect plan for my life.

Your eyes saw my substance, while yet unformed.

And in Your book they all were written,

The days fashioned for me,

When as yet there were none of them.

How marvelous are Your ways.

Thank you that you know what is best for me. Help me to accept your plan come what may. In Jesus' Name. Amen.

每日灵粮

星期一，2020 年 8 月 24 日

标题：深渊与深渊响应

讲员：张祯祥传道

翻译：郑振隆弟兄

【诗 42:7】

[新标点] 你的瀑布发声，深渊就与深渊响应；你的波浪洪涛漫过我身。

先前对诗篇 42 的分享是关乎大卫与抑郁症的挣扎，以及他如何以不依靠自己的心来克服它。在祷告中转求助于上帝，并得以更新的信心来依靠神。

在这段时间内，大卫的经历之一，已在第 7a 节中表达。对此，各种的翻译略有不同。

在瀑布声中发出深渊的呼唤（NKJV）

在瀑布雷声中发出深渊的呼唤（LEB）

在你的喷水声发出深渊的呼唤（KJV）

大卫过度的悲痛。感觉好像所有上帝的“波涛汹涌”都笼罩了他。他感到极深天空的深渊和极深海洋的深渊互相呼唤，仿佛掉入阴谋里。然而，当大卫从忧郁中摆脱出来时，意识到自己深处的痛苦和悲伤正呼唤着对上帝无限怜悯和同情心。这是两个彼此呼唤的深渊—大卫个人受苦的深渊和上帝神圣恻隐之心的深渊。然而，在大卫掉入最黑暗的时刻，上帝的手伸向大卫，将他从所处的深渊中提升出来。

兄弟姐妹，您是否曾经经历过非常枯干的属灵时期？有人称其为“荒野体验”或“属灵的夜间”。在这段时间里，您可能会觉得自己漫无目的地游荡，只有些微或根本没有的属灵渴望。其时，上帝介入，你回应。您与上帝的关系就被升高，您对上帝也有更新的认识。在您的日常生活中，对上帝有了更新的认识，经历更新的属灵默想。向着上帝对您生命的旨意，您将学习作调整/改变。当你从旷野出来时，这节经文将表达你与主的经历：

【诗 42:8】[新标点] 白昼，耶和华必向我施慈爱；黑夜，我要歌颂祷告赐我生命的神。

这经文告诉我们些什么？经文告诉：我们将在“夜晚”有一首歌，由上帝亲自创作。这种音乐肯定我们是属于祂，并使我们摆脱了笼罩我们的恐惧和黑暗中的不确定性。

对于某些人来说，旷野时间可能很短；对于其他人，则可能持续数周。对于瓊妮厄爾克森（Joni Eareckson Tada）等其他人来说，这是一生的后果。她的跳水事故使她在 17 岁时成为四肢瘫痪者。悲剧发生后，上帝赐予了她奇妙的事工。但她的信仰和事工是在艰难的初期，从漆黑的属灵夜晚中锻造出来的。一切来得不容易，因为她发现很难以慈爱上帝的信仰来调和自已遭遇四肢瘫痪的状况。

如果上帝要让你渡过“属灵的夜间”，你准备好了吗？

今日的祈祷

恩典的天父，我祝福您的名字。帮助我更深入地经历您。我赞美您，您为我的人生制定了一个完美的计划。

在还没有形成时，您的眼睛已经看到了我的实质。

在你的书中，这一切都已被写成的，为我塑造的日子。您的道路是多么的奇妙。

谢谢您知道什么是最适合我的。帮助我能接受您 任何形式 的计划。

奉耶稣的名，阿们。

Tuesday, 25 August 2020

Title: Hiding From God

By: Dorothy Teoh

Psalm 139: 1-16 (NIV)

Have you ever felt far from God? You put off spending time with Him, you don't feel like praying or reading the Bible, and worship songs and sermons leave you unmoved. And if you do try to sit down to read the Bible and pray, it seems as if you're merely going through the motions.

Well, I have experienced times like that. Instead of sitting down to do my morning devotion, I fill the day with chores and activities and try to ignore that niggling thought at the back of my mind, that I should be spending time with God and pouring out my heart to Him, on whatever it is that is keeping me from Him.

When that happens, I find Psalm 139 to be very helpful. In verses 7-10, David asks God:

7 Where can I go from your Spirit? Where can I flee from your presence?

8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

9 If I rise on the wings of the dawn, if I settle on the far side of the sea,

10 even there your hand will guide me, your right hand will hold me fast.

There is nowhere we can go where God is not present.

And God knows us inside out. If our frames were not hidden from God when we were being made in the secret place (v15-16), what makes us think we can hide from God?

And yet, sometimes, for whatever reason, whether it's unconfessed sin, unforgiveness or something that we know we need to do and we don't want to because it's not pleasant or easy, we try to get away from Him. We think that if we avoid spending time with God, if we don't come into His presence, we can hide.

But Psalm 139 reminds me that God is always present, even when I am not. More than being just present, He knows everything that is going on with me – physically, mentally, emotionally and spiritually.

David says in the opening verses of Psalm 139:

1 O LORD, You have searched me, and you know me.

2 You know when I sit and when I rise; you perceive my thoughts from afar.

3 You discern my going out and my lying down; you are familiar with all my

ways.

4 Before a word is on my tongue you know it completely, O LORD.

Elizabeth Elliot says in 'Be honest with God' in her book Keep a Quiet Heart:

"Since God knows our thoughts even before we think them, isn't it absurd of us to hesitate to tell Him the straight truth about ourselves? When we feel we ought to try to cover our spiritual nakedness it is good for us to open up Psalm 139..."

So, there is no point in trying to run from God or in trying to hide my 'spiritual nakedness' from Him because He knows everything about me. Not only does He know, He cares.

Verse 5 talks about God hemming us in – behind and before. Hemming can seem restrictive; a curtailment of freedom. But to me, it speaks of God's love and protection, like a hedge around me to keep me safe.

Even when I don't feel like praying or reading the Bible, God is still there, watching over me. Like the loving father in the parable of the prodigal son, He is also waiting for us to come to our senses and make our way back to Him, whether we have wandered for a day or many days, a year or many years.

So, instead of running away from God, let's run to Him and pray as David did in Psalm 139.

Prayer

Search me, O God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.
AMEN.

星期二，2020 年 8 月 25 号

标题：躲避上帝

讲员：赵秋霞

翻译：陈晓佩姐妹

[诗篇 139:1-18]

你是否曾经感觉和上帝疏远呢？你拖延花时间和祂交通，你不想祷告或读经，每当敬拜唱诗和听道都没有感动。而当你尝试坐下读经和祷告时，你觉得好像例行公事。

我也有过这些的经历。我以日常事务取代早上灵修亲近上帝的时间，尝试不理睬脑后督促的声音，提醒我应该和上帝有交通和倾心吐意的时间。

每当这情况发生的时候，我觉得诗篇 139 很有帮助。第 7-10 节，大卫问上帝：
7 我往那里去躲避你的灵。我往那里逃躲避你的面。8 我若升到天上、你在那里。我若在阴间下榻、你也在那里。9 我若展开清晨的翅膀、飞到海极居住。
10 就是在那里、你的手必引导我。你的右手、也必扶持我。
我们无法逃离上帝的面。

上帝从里到外都认识我们。如果我们在暗中受造，我们的形体并不向上帝隐藏（15-16 节），我们有什么理由认为我们可以躲避上帝呢？

然而，有些时候因着某些原因，无论是有不认的罪，不解怨或者有些事我们知道应当去做却不去做，因为不合意或不容易，这时候我们就尝试远离上帝。我们认为只要我们避免和上帝交通，我们不来到祂面前，我们就可以隐藏起来。

但是诗篇 139 提醒我们上帝一直都在，就算我不是。上帝不只是同在，祂完全知道我的情况 — 生理，思想，情绪和灵性。

大卫在诗篇 139 开头写到：

1 耶和华啊、你已经鉴察我、认识我。2 我坐下、我起来、你都晓得。你从远处知道我的意念。3 我行路、我躺卧、你都细察、你也深知我一切所行的。4 耶和华阿、我舌头上的话、你没有一句不知道的。

伊丽莎白·艾略特在她的书‘Keep a Quiet Heart’里的其中一章 ‘Be honest with God’ 写到：“既然上帝在我们还未想到之前已预先知道我们的意念，而我们却犹豫不向祂坦诚自己，那不是荒唐吗？当我们想要掩盖我们赤裸裸的灵性光景，就是时候打开诗篇 139。。。“

所以我们别想要逃离上帝或着是在祂面前试着掩盖自己‘赤裸裸的灵性光景’因为祂知道我们的一切。祂不只是知道，祂还关心我们。

第 5 节 讲到上帝在我们的前后环绕着。环绕可以看为限制性；削弱自由。但，对我而言，这是上帝的爱和祂的保护，就好像一个围篱在我的周围护卫着我。
就算我不想祷告读经，上帝还是在那里，看守着我。好像浪子比喻里的那位慈爱的父

亲，祂也在等候我们领悟过来和回转，无论我们游荡了一天，许多天，一年还是许多年。

既然如此，与其逃离上帝，我们不如就像大卫在诗篇 139 篇那样，快跑来到祂面前祷告。

祷告

神阿、求你鉴察我、知道我的心思、试炼我、知道我的意念。看在我里面有甚么恶行没有、引导我走永生的道路。阿们。

Wednesday, 26th August 2020

Title: The One Who Considers the Poor

Author: Pastor Wallace Ong

Psalm 41: 1-3

1 Blessed is the one who considers the poor! In the day of trouble the LORD delivers him; 2 the LORD protects him and keeps him alive; he is called blessed in the land; You do not give him up to the will of his enemies. 3 The LORD sustains him on his sickbed; in his illness You restore him to full health.

In the midst of trying time and suffering, how many of us remember to look at the needs of others. Naturally, when we are facing great life challenges such as terrible illness, it is rare for us NOT to dwell upon our own difficulties. When we centre our thoughts and minds upon our own suffering and problems, it will only plunge us into deeper despair and self-pity. Often times we even participate in the “who-has-it-worse” talk. If someone tells us he/she has been in pain and suffering, right away we have a story to reciprocate that we have it worse. Rather than rendering regards for the weak, we try to tell them that we are in a much deeper trouble than they do. Instead of looking inwardly to ourselves and making people pay attention to us, we need to listen and help those who are in trouble.

In this Psalm, David began “Blessed is the one who considers the poor!” What does it mean by, “considers the poor”? In verse 1, the Hebrew word “sakal” translated into English as “considers,” means “to look at; take a look at with the mind; to consider; to attend to.” The Old Testament Hebrew lexicon gives the more comprehensive meanings: “to be or become intelligent, prudent, or wise” implying maturity of understanding or judgement.” David does not simply say, “Blessed is he who sees people in need.” He is really saying, “Blessed is he who sees a need, examines the complexity of the circumstance, and thinks through how he could wisely bring about a successful solution in meeting the need.”

From verse 1 to 3, David assures his readers that God will bless and reward those who show their concern for the poor (weak); the Lord delivers, protects, preserves (keep), abides, sustains, and restores. In the gospel of Matthew, the word of God declares “Blessed are the merciful: for they shall receive mercy” (Matthew 5:7 ESV).

God will be pleased and it is His will that Christians should help the poor and the weak. The “poor” includes those who are in need due to poverty, sickness, or experiencing loss and grief. Those who are in depressed condition need sympathy and help. For those who are compassionate and kind to the poor, they can surely expect kindness and mercy from the Lord. As we do in accordance to His will for the sake of His honour and glory, we will certainly be blessed.

Prayer:

Dear Heavenly Father,

You are a merciful God and You are good all the time. We have received Your mercy and kindness everyday of our lives and for this we want to praise You. Just like David who kept on praising Your name despite his suffering, we want to do the same. We pray that You will be pleased with us in whatever things we do according to Your will. We ask and pray that You will continue to be our strength when we face challenges of life – and we pray that the Holy Spirit will continue to be our guide and to help us to be steadfast in our faith especially in the midst of great despair. We praise Your great Name, O Lord. In the name of Jesus, we pray. Amen.

每日灵粮

星期三，2020 年 8 月 26 日

标题：眷顾贫穷的人

作者：王振威传道

翻译：陈健萍姐妹

【诗 41:1-3】

1（大卫的诗，交与伶长。）眷顾贫穷的有福了，他遭难的日子，耶和華必搭救他。

2 耶和華必保全他，使他存活；他必在地上享福。求你不要把他交给仇敌，遂其所愿。

3 他病重在榻，耶和華必扶持他；他在病中，你必给他铺床。

在艰难痛苦的日子中，我们有多少人会留意他人的需要。当然，当我们面对诸如可怕的疾病等巨大的人生挑战时，不贯注于自己的难处是罕见的。当我们把思想关注于自己的痛苦和问题时，它只会使我们陷入更深的绝望和自怜之中。很多时候，我们甚至投入“谁的处境更糟糕”的谈话。如果有人告诉我们，他/她一直在受苦，我们马上有一个故事来回应，我们所受的更糟了。我们没有向软弱无助者表示关怀问候，反倒是试图告诉他们，我们遭受的难处比他们的更甚。我们需要倾听和帮助有难处的人，而不是向内看自己并让人关注我们。

大卫在这诗篇以“眷顾贫穷的有福了”开首。何谓“眷顾贫穷”？第一节，希伯来文“sakar”被译为英语的“considers”（中文为“眷顾”）意即“看、留心地看着、考虑、照料”。旧约希伯来文字汇给予更全面的含义：“成为或变得聪明，审慎或明智”，意味着理解或判断的成熟。大卫不仅是说“看见人有需要的有福了”他是在说：“看见需要，审视情况的复杂性并思考如何能明智地为满足需求而提供成功解决方案的人是有福的。”

从第一至第三节，大卫向读者保证，神会祝福和报答那些眷顾穷人（软弱无助者）的人。神必搭救、保护、保存、同在、扶持并医治。在马太福音，神的话语宣告“怜悯人的人有福了，因为他们必蒙怜悯。”（太 5:7，英语标准译本）

基督徒应该帮助贫穷、软弱无助的人，这是神的意愿，是祂所喜悦的。“贫穷的人”包括因贫穷、疾病或遭受损失和悲伤而需要帮助的人。那些处于抑郁状态的人需要同情和帮助。对于那些以怜悯仁慈待贫穷软弱者的人，他们肯定可以期待从神而来的恩惠与怜悯。当我们为了神的尊荣与荣耀而按照祂的旨意行事时，我们一定会蒙祂的祝福。

祷告

亲爱的天父，祢是有恩慈的神。祢一直如此的美好。我们一生中每天都蒙受祢的怜悯和恩慈，为此，我们要赞美祢。正如大卫在遭受患难时仍不断赞美祢一样，我们也要如此。我们祈愿祢会喜悦我们按照祢的旨意所行的一切事。我们祈求在面临人生挑战的日子，祢继续是我们的力量 – 我们也祈求圣灵继续为我们的向导，尤其是在绝望时，帮助我们有坚稳的信心。神啊，我们称颂祢的名。我们奉主耶稣的名祈求，阿门。

Thursday, 27 August 2020

Title: PAPA Par Excellence

By: Cecilia Tan

Psalm 28:7

"The Lord is my strength and shield. I trust Him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving."

The story is told about a group of botanists exploring in the Swiss Alps for a rare species of flowers. They spotted an extremely rare flower growing on a ledge of a steep and dangerous cliff. They offered a young shepherd boy a huge sum of money if he would allow them to tie a rope round his waist and then lower him down the cliff to retrieve the flower.

It seemed like a highly attractive offer but after looking down the steep cliff, he rejected it. However, he could not resist the lure of quick money! The boy looked down again and again at the cliff and then told them to wait a while. He returned with an elderly man and said, "I will go down the cliff and get the flower only if you let this man hold the rope – he is my father."

When David declared in Psalm 28:7 that the Lord is his strength and shield, he had learnt to trust the Lord as the shepherd boy did his father. David, then the anointed king of Israel was hailed a hero for defeating Goliath and had won many battles as Israel's top general. He even married King Saul's daughter. Life could not get any better than this!

Unexpectedly, his fortune changed when the jealous King Saul sought to kill him, and David spent the next 10 years or more, running from Saul. He spent most of the time hiding in caves with a bunch of misfits and even had to feign insanity to save his skin! The Psalms he wrote are a record of the distress he endured, the cries of anguish from his heart and the despair he sometimes felt.

Thankfully, during those traumatic and painful episodes, he discovered God's faithfulness, inherent greatness and mighty power, and realised God truly loved and treasured him as His beloved child. Hence, he could often burst out in joyful praise and thanksgiving!

Both the shepherd boy and David felt safe simply because they had complete trust in a father figure – the boy in his own father and David in his God. Indeed, when David prayed to God, he must have held in his mind the picture of the Almighty God and Creator as a being who has a father's heart, a father's love and a father's strength.

When our Lord Jesus taught His disciples to pray, He affirmed the fact that true prayer must begin with a concept of God as father, even though God is the majestic Supreme Being who owns this universe and controls the workings of

the heavens and the earth. For our God is not a far-away, distant and mighty celestial being but a Father who has planned for His children to walk alongside Him in the journey of life.

In many languages "Papa" is a word used as an affectionate term for father. When we pray, we ought to remind ourselves like David did, that the Lord is our strength and shield, and because He is also our "Papa", we can have full confidence that He has our best interests at heart and will do His best to safeguard our well-being.

The acronym "PAPA" incorporates four distinct concepts of fatherhood. The first "P" is for "Protector". God is a father who protects His children. Psalm 91 clearly states that God promises to watch over His children as a father would over his offspring. The key word to describe this psalm is security – as we take refuge in God, we are secure within the loving arms of our Heavenly Father and well shielded against every form of danger.

The first "A" in "PAPA" stands for "Anchor". An anchor is meant to hold something in place. A ship needs the holding power of the anchor to keep from drifting on the water or being driven by the wind. As our anchor, God keeps us steadfast and gives us hope during the trials and storms of life. For we know no matter how big or terrifying the waves in the storm, we have an anchor in our Heavenly Father, whose very word can calm the fiercest of storms. As the psalmist declared in Psalm 46:1-3, God is a place of serenity when all else is hopelessly turbulent.

The second "P" in "PAPA" denotes God as "Jehovah Jireh", the "Lord our Provider". It is so wonderful to know that God knows our every need. There is no need that is too small for Him to bother about, or too big for Him to handle. He cares about our every need. Earthly fathers know how to provide the very best for their children and even stash up substantial assets for them to inherit. Our Heavenly Father will surely do much more for His children, providing all that they ever need, both in this life and in the next, as stated in Philippians 4:19, "And my God will supply every need of yours according to His riches in glory in Christ Jesus".

The last "A" in "PAPA" is for "Advisor". God advises His children in the most perfect and complete way. He is the best Advisor because the full wonder of His wisdom and power are utterly beyond our human understanding. When the Apostle Paul ended his book of Romans, he emphasized one attribute of God, namely His wisdom – "To the only wise God be glory forevermore through Jesus Christ! Amen." (Romans 16:27). Paul declared that God alone is wise – gloriously and infinitely wise. We as earthly parents with very limited wisdom seek to give our children the best advice possible. How much more will our Heavenly Father

seek to give us excellent advice with His unlimited, vast and boundless knowledge and wisdom!

Life is not a bed of roses and sunshine all the way. Into every life, some rain will fall. Sometimes, a light shower; sometimes a huge thunderstorm. Whatever it is, we can confidently proclaim like King David, that the Lord is our strength and shield, and our hearts are filled with joy. How so? Because the One holding the rope of your life and my life is none other than our PAPA PAR EXCELLENCE!

Prayer

Our Heavenly Father, we are so privileged to be Your children and to be able to call You "Papa". Thank You that You are our Protector, Anchor, Provider and Advisor par excellence. In this increasingly dangerous world, we can count on You to be our strength and shield. In these perilous times, we can count on You to turn the tide and calm the angry sea. May You daily hide us under Your wings and keep us as apples of Your eye. We thank You in Jesus' name. Amen.

每日灵粮

星期四，2020 年 8 月 27 日

标题：最卓越的爸爸

作者：陈俊芳姐妹

翻译：薛秀合姐妹

诗篇 28：7 耶和华是我的力量，是我的盾牌，我心里倚靠祂，就得帮助。所以我心中欢乐，我必用诗歌颂赞祂。

故事讲述了一群植物学家在瑞士阿尔卑斯山探索稀有花卉。他们在危险的悬崖峭壁上发现了一种极为罕见的花。他们有意发给一个年轻的牧羊人一笔巨款，只要他允许他们在他的腰间系一条绳子，然后将他降下悬崖摘取那花儿。

这看似一个诱人的出价，但当他在陡峭的悬崖上俯视后，他拒绝了。可是，他却忍不住赚快钱的诱惑！这个男孩一次又一次低头看着悬崖，接着便要求他们稍等一下。过了一会儿，他带着一位长者回来，说：“只有让这个男人抓紧绳子，我才会下悬崖去摘花 – 他就是我的父亲。”

当大卫在诗篇 28：7 中宣告耶和华是他的力量和盾牌时，他已经学会了完全信靠耶和华，就像那年轻的牧人信赖他的父亲一样。大卫，当时被膏为以色列的国王，因他击败巨人歌利亚而被誉为英雄，并成为以色列的顶级将军，赢得了许多场战斗。他甚至娶了扫罗王的女儿为妻。生活没有比这更美好的了！

岂料当扫罗王因嫉妒他而试图杀他时，他的命运就因此而改变了，大卫在接下来的十年或更长时间内逃避扫罗的追杀。他花了大部分的时间与一群不能融入社会的人躲在山洞里，被迫面临困苦与不适的生活，甚至不得不装作疯狂来救自己！大卫所写的诗篇记录了他所承受的苦难、内心极度痛苦的呼喊和他有时感到的绝望。

感恩的是，在如此痛苦的创伤经历中，他发现了上帝的信实、伟大与大能，并意识到上帝着实爱他、珍惜他，而且视他为祂心爱的孩子。因此，他依然经常感恩且陶醉在上帝的恩典中欢欣鼓舞！

以上所提到的年轻牧羊人和大卫都感到安全，仅仅是因为他们完全信任父亲这人物 – 年轻牧羊人对他的父亲和大卫对阿爸父神的信靠。当大卫向上帝祈祷时，他脑海看见的一定是一位拥有父亲的心、父亲的爱和父亲的力量全能创造主。

当我们的主耶稣教导门徒祈祷时，他确认了一个事实：即使上帝是掌管整个宇宙并控制天地运转的雄伟至尊者，真正的祈祷还是得以上帝为父的概念开始。因为我们的上帝并不是遥不可及或是任何强大的天体，而是一位父亲，祂早已为心爱的儿女规划好在人生旅途中与祂同行的道路。

在许多语言中，“爸爸 Papa”是对父亲的亲昵称呼。当我们祈祷时，我们应该像大卫一样时刻提醒自己，主是我们的力量和盾牌，并且也是我们的“爸爸 Papa”，我们可以完全相信祂会将我们的最大利益放在心上，并会维护与看顾我们的一切所需，把上好的福分留给我们。

英文“PAPA-爸爸”的首字母简缩词中包含了四个不同的父亲概念。第一个“P”代表“Protector-保护者”。上帝是保护自己儿女的父亲。正如诗篇 91，上帝应许要看顾祂的儿女，就像世界上的父亲照顾他的子女一样。描述此诗篇的关键词是“安全”-当我们藏身于上帝，我们就牢靠在祂的臂弯，安然无恙，并且免受各样的危害。

“PAPA”中的第一个“A”代表“Anchor-锚”。锚是用来将某物体固定到位的。船舶需要锚的保持力，以防止其在水上漂移或被风驱动。作为我们的锚，上帝使我们坚定不移，并在生活的试炼和风雨中给我们带来希望。因我们知道，无论暴风雨中的海浪有多大或多么可怕，我们在天父里有一个锚，祂的话语可以平息最猛烈的风暴。正如诗人在诗篇 46: 1-3 中的宣告，当所有事物都动荡不安，上帝就是我们的避难所。

“PAPA”中的第二个“P”表示上帝为“Jehovah Jireh-耶和华以勒”，“Lord our Provider-主是我们的供应者”。上帝知道我们的每一个需求，真是太好了。没有任何需要太小，小至祂不放在心上；没有任何需要太大，大至祂不能处理。地上的父亲尚且知道把最好的给儿女，甚至积累大量财产供他们继承，何况我们在天上的父，岂不为我们做得更多，并供应我们今生和来生所需要的一切吗？如腓立比书 4:19 所述：“我的神必照祂荣耀的丰富，在基督耶稣里使你们一切所需用的都充足。”

“PAPA”中的最后一个“A”代表“Advisor-劝导者”。上帝以最完美和完整的方式劝导祂的儿女。祂是最好的导师，因为祂全然奇妙的智慧和能力总是超乎我们求所想。在使徒保罗完成他的罗马书前，他强调了上帝的一个属性，即上帝的智慧-“愿荣耀因耶稣基督归于独一全智的神，直到永远！阿门。”（罗马书 16:27）。保罗宣告说，唯有上帝是满有智慧的-荣耀和无限的智慧。我们作为世上的父母，智慧极其有限，也希望给予孩子最好的劝导/忠告；更何况我们的天父岂不更渴望以祂无限又广阔无际的知识和智慧为我们提供绝好的建议！

生活并非凡事称心遂意，一路阳光普照。每个生命总会有下雨的时刻。时而细雨绵绵；时而雷电交加，狂风暴雨。无论如何，我们都可以像大卫王一样信心十足地宣告，主是我们的力量和盾牌，我们的内心充满喜悦！为何如此呢？因为紧握您和我生命绳索的那一位正是我们最卓越爸爸 PAPA PAR EXCELLENCE！

祷告：

我们的阿爸天父，感谢祢赐我们权柄成为祢的儿女，并且称呼祢为“爸爸”。谢谢祢，因祢是我们最卓越的保护者、锚、供应者和劝导者。在这危机四伏的世界，我们可以倚靠祢为我们的力量与盾牌。在这日趋险恶的世代，我们可以仰赖祢扭转潮流，平息怒海。愿您每天将我们藏在您的翅膀下，保护我们，如同保护眼中的瞳人。我们感谢祢。奉耶稣的名字，阿门。

Friday, 28 Aug 2020
Forgiveness
By Prathab V
Psalm 16:7-8 (HCSB)

7 I will praise the LORD who counsels me—
even at night my conscience instructs me.

8 I keep the LORD in mind always.
Because He is at my right hand,
I will not be shaken.

It was an exceedingly difficult time. I was in a financial mess. Picking up the phone, I called my former pastor for advice.

“Hi, Pastor. I need to talk to you,” I said with a quivering voice, “I have made a terrible mistake. My stock market trading account was illegally used by a trusted friend. Only recently did I find out about it and I have a large debt to pay! Now, I am angry and want an explanation. I want him to take responsibility. What should I do?”

My pastor listened carefully. He then asked me how big the sum was. Today, the total amount of accumulated debts could have helped finance beyond the first year of my daughter’s university education! Now you know, why I was angry!

But strangely, my pastor appeared uninterested about my situation.

“Who is your friend who did this to you?” asked my pastor. At first, I hesitated to respond. Then I mentioned his name. A long pause ensued. An exceptionally long silence.

You see, the friend who misused my stock market account was a brother in Christ. Actually, he was also a well-known Christian leader! Then my pastor said: “Poor John (not his real name)! I wonder what kind of trouble he is in!” I was stunned. That statement suddenly pierced my heart deeply.

All along, I had only been concerned about MY problems. I had made the entire episode to be about ME. But here was my pastor, who instead of comforting me, was more worried and concerned for my friend!

I felt like a leper that day.

I had judged my brother. I did not show love and mercy. I eventually repented and changed my perspective. My pastor’s words made me ponder at how much John might have been suffering silently. John was really a very gentle and kind brother in the Lord. It just so happened that he was going through a very rough patch.

To cut the long story short, I decided to move on and forgave him. Eventually, John settled the problem, but I had also suffered financially. Forgiving John brought peace to my heart.

Looking back, I am glad that the Lord gave me the courage and counselled me through my pastor. The Lord taught me to see a problem from a different perspective. He humbled me. Now, at night when I sleep, I know my Lord is watching over me. The Lord encourages me to continue to follow Him despite the challenges around me.

John has since passed away. I miss him dearly, especially his infectious smile. On earth, he went through a terrible time. But he is in a better place now.

This morning, read Ps. 16:7-8. Know that the Lord is near us always. Let us not be easily shaken. All we need to do is to keep Him at the centre of our heart. Forget the world and its problems. Instead, focus on the Lord. He will take care of you.

Prayer:

Lord, when I feel the world around me is crumbling, please hold my hand. During those times of pain and difficulty, speak to me and show me what I should do Lord. Speak to me clearly so that I would understand, Lord. Forgive my sinful ways. Lead me to your path everlasting. In Jesus' name, I ask. Amen.

每日灵粮

星期五, 2020 年 8 月 28 日

标题: 饶恕

作者: 帕拉他伯(Prathab V.)

翻译: 梁玉萍姐妹

诗篇 16:7-8

7 我必称颂那指教我的耶和华，我的心肠在夜间也警戒我。8 我将耶和华常摆在我面前，因他在我右边，我便不致摇动。

那是一段极其困难的时期。我的财务状况一团糟。拿起了电话，我打给前任牧师，征求他的意见。

“嗨，牧师。我有事想和你谈谈。”我颤抖地接着说，“我犯了一个糟糕的错误。我的股市交易账户被一位值得信赖的朋友非法使用。我最近才发现这件事，而且我还欠了一大笔债！我现在很气，想要一个解释。我要他承担责任。我该怎么办？”

我的牧师仔细听。然后，他问我金额有多大。所累积的债务总额高达我女儿第一年的大学教育金额！现在你知道我为什么那么生气了！

但是奇怪的是，我的牧师似乎对我的处境不怎么感兴趣。

“这样对你的朋友是谁？”我的牧师问道。起初，我犹豫，不知该如何回应。然后我提起他的名字。随之而来的是长时间的停顿。一段特别长的沉默。

你知道吗？滥用我股市账户的朋友是一位主内的弟兄。事实上，他也是一名众所周知的基督徒领袖！之后，我的牧师说：“可怜的约翰（不是他的本名）！”他究竟遭遇什么麻烦？我真的很好奇。”我整个人惊呆了。那句话突然深深地刺穿了我的心。

一直以来，我只关心我的问题。我把整件事关注在我的身上。但是我的牧师，他没有安慰我，反而是更担心和关心我的朋友！

那天我感觉自己像个麻风病人。

我判断了我的弟兄。我没有表现出爱和怜悯。我最终悔改了，并改变了我的看法。牧师的话让我思考约翰可能默默地承受许多痛苦。约翰真是一个非常温柔和善良的主内弟兄。他当时正处在一段非常艰难的时期。

长话短说，我决定放下心里的疙瘩并原谅他。最终，约翰解决了这个问题，但我也遭受了经济上的损失。饶恕约翰使我心中有平安。

回顾过去，我很高兴主给了我勇气，并透过我的牧师辅导我。主教导我从不同的角度看问题。他让我谦卑。现在，在晚上睡觉的时候，我知道我的主在守候着我。尽管面对周围的挑战，主鼓励我继续跟随他。

约翰已经去世了。我非常想念他，尤其是他那充满感染力的微笑。在世上，他饱经风霜。然而，他现在在一个更好的地方。

今天早上，读诗篇 16：7-8。要知道，主总是靠近我们。我们不要轻易动摇。我们所需要做的就是让他在我们心中居首位。忘记世界及它的问题。反而，专注于主。他会照顾你的。

祷告：

主啊，当我感觉世界正在崩塌时，请握住我的手。在那些痛苦和困难的时刻，主啊，向我说话，告诉我所应该做的。向我讲清楚，使我能明白。饶恕我的罪行。带领我走向你永恒的道路。奉耶稣的名求，阿们。

Saturday 29th August 2020

How Should We Praise God?

Pastor Soong Kok Kee

Psalm 95: 1-2

"Come, let us sing to the Lord! Let us give a joyous shout to the rock of our salvation! Let us come before him with thanksgiving. Let us sing him psalms of praise."

Psalm 95 is one of a series of psalms which the Israelites sang together as they went up to the temple in Jerusalem to worship. The series begins with Psalm 93 and ends with Psalm 100. These psalms offer a majestic confession of faith and hope for the kingdom of God on earth. For today, we will first deal with "How" God is to be praised (vv1-2). On Monday, Aug 31, we will look into the "Why" He is to be praised (vv 3-11).

Verses 1 and 2 tell us how God is to be praised – with joyful songs of praise and shouts of thanksgiving. I still remember in the 50s, 60s and probably even the 70s where hymns were sung at Sunday worship as though it was a funeral service! Praise the Lord, those days are long gone and buried for good! Clapping and dancing were also encouraged in other psalms. When we Christians come together to worship Him for who He is and what He has done, we need to sing and praise Him with every emotion our Lord has blessed with us. He is indeed worthy of our praise and honour.

The pandemic had robbed us of that joy for the last five months. Yes, we still sing on zoom or live streaming but it is never the same like before the pandemic. But sad to say, our Church only averaged about 100 each Sunday after we started our physical service on July 11, seven Sunday's ago.

We understand some cannot attend because they are in the high risk group and others because of health reasons. It's better to be safe than sorry. But I am more concern about those who are not in any of the above categories but stay home because of convenience. Let that not become a habit as warned in Heb 10:25 "Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another – and all the more as you see the Day approaching."

The Nashville Banner reported that 81-year-old Ella Craig had a perfect attendance in Sunday School for twenty years. That's 1,040 Sundays! The article then raised these questions:

1. Doesn't Mrs. Craig ever have company on Sunday to keep her away from church?
2. Doesn't she ever have headaches, colds, nervous spells, or tired feelings?
3. Doesn't she ever take a weekend trip?

4. Doesn't she ever sleep late on Sunday morning?
5. Doesn't it ever rain or snow on Sunday morning?
6. Doesn't she ever get her feelings hurt by someone in the church?

The article concluded by asking, "What's the matter with Mrs. Craig?" The answer? Nothing at all. But if we are not in church on Sunday when we can be, there is something wrong with us! We all need to take a lesson from Mrs. Craig.

PRAYER: Dear Lord, thank you for reminding us as brothers and sisters in the Lord that we need to come together as often as we can to worship you in songs and praises with thanksgiving in our hearts, for who you are and what you have done in our lives. We thank you for sisters like Mrs Craig who goes to Church every Sunday rain or shine, in session and out of session to worship you.

Father God, we pray for your protection upon those who are in the high risk and for those who are not well physically. Protect them Lord, heal them of their illness that they may have long life and good health all the days of their life. In our Lord's most precious name we pray AMEN.

每日灵粮

星期六, 2020 年 8 月 29 日

题目: 我们应该如何赞美上帝?

作者: 宋国基牧师

翻译: 方美珠姐妹

诗篇 95: 1-2

“来啊, 我们要向耶和华歌唱, 向拯救我们的磐石欢呼! 我们要来感谢祂, 用诗歌向祂欢呼!”

诗篇 95 是以色列人上耶路撒冷圣殿礼拜时一起唱的一系列诗篇之一。这系列从诗篇 93 开始, 到诗篇 100 结束。这些诗篇彰显崇高的信仰宣告和对上帝国度降临地上的祈望。今天, 我们将先探讨“如何”赞美上帝(1-2 节)。在 8 月 31 日星期一, 我们将研究“为什么”祂要受到赞美(3 至 11 节)。

第一和第二节告诉我们如何以欢乐的赞美诗和感恩的呼喊来赞美上帝。我仍然记得在 50、60、甚至是 70 年代, 在星期天崇拜时唱赞美诗就好像是进行葬礼一样! 赞美主, 那些日子早已过去, 永不回首! 其他的赞美诗也被鼓励以鼓掌和跳舞来颂赞。当我们基督徒为着祂的身份和所成就的事聚集在一起敬拜祂时, 我们需要以我们主所赐予我们的一切情感来歌颂和赞美祂。祂的确配得我们颂赞和荣耀。

在过去的五个月中, 大流感使我们失去了一起聚集敬拜的喜乐。是的, 我们仍在使用 zoom 远程会议软件或实时视频(live streaming)一起颂赞, 但与大流感以前相比是不再一样了。更可悲的是自从我们于七个主日前(7 月 12 日)开始回教会聚会, 我们的平均出席人数才大约有 100 人。

我们了解有些人属于高危人群, 其他人由于健康原因, 所以不能参加。安全总比后悔好。但我更关心的是那些不在上述类别中但由于方便而留在家里的人。不要让方便成为一个习惯好像希伯来书 10:25 中所警惕: “你们不可停止聚会, 好像那些停止惯了的人, 倒要彼此劝勉, 既知道(原文是看见)那日子临近, 就更当如此”

纳什维尔横幅(The Nashville Banner)报道说, 现年 81 岁的埃拉·克雷格(Ella Craig)从未缺席主日学, 在主日学校上课已有 20 年。那是 1,040 个星期日! 文章也提出了以下问题:

1. 克雷格太太在星期天有因公司使她不能去教堂吗?
2. 她曾否有头痛、感冒、紧张的神情或疲倦的感受吗?
3. 她从来没有周末旅行吗?
4. 她从没有在星期天早上睡到很晚吗?
5. 星期天早上没有下雨或下雪吗?
6. 她难道没有在教堂里被某人伤害过吗?

文章最后问道: “克雷格夫人怎么了?” 答案: 一点事也没有! 如果我们在礼拜天应该去教堂而不去的话, 那我们就有问题了! 我们所有人都需要向克雷格夫人学习。

祈祷: 亲爱的上帝, 感谢祢提醒我们作为主内的弟兄姐妹, 我们需要尽可能的聚在一起, 用歌声和赞美来敬拜您, 并在心中感恩, 感谢祢是主, 感谢祢为我们所做的一切。我们感谢像克雷格夫人这样的姐妹, 不管是雨天或晴天每个主日都去教堂, 得时

不得时都要敬拜祢。父神，我们祈求祢保护处于高风险中的人和身体状况不佳的人。保护他们，求主医治他们的疾病，使他们可以长寿并健康。我们奉主最宝贵的名祈祷，阿们。

Sunday, 30 August 2020

Title: "Quartet of the Vulnerable"

By: Ong Hwee Soo

Psalm 146:6 -10 (ESV)

6 who made heaven and earth, the sea, and all that is in them, who keeps faith forever;

7 who executes justice for the oppressed, who gives food to the hungry. The LORD sets the prisoner free;

8 the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous.

9 The LORD watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin.

10 The LORD will reign, your God, O Zion, to all generations. Praise the LORD!

Pastor Soong's devotion on 11 July was on the first five verses of Psalm 146, entitled "How to be Happy".

My devotion today is on the next five verses of the Psalm. Briefly, Psalm 146 is the first of the five concluding psalms in the Psalter. It begins and ends with "Praise the LORD!" – typical of all the concluding psalms (146-150).

Verse 6 introduces this "LORD" who the Psalmist praises. He is the Creator God "who made heaven and earth..." This Almighty Creator who the Psalmist shows us is one "who remains faithful forever" (NIV). Immediately following that, the Psalmist reveals what this faithful God does – "who executes justice" (v.7).

The Hebrew word for "justice" is "mishpat", which occurs 200 times in the Old Testament (OT), emphasising the importance of justice in community life. The terms "mishpat" means "to give people their due". Negatively, it means to stop and punish wrong (v.9b) whereas positively, it means to give people what they need (vv.7b, 8, 9a). Hence, justice is understood as being the same word as 'righteousness'. It's like two sides of the same coin.

Psalm 97:2 highlights that "righteousness and justice are the foundation of his throne".

The pagan gods used their powers to help the pagan kings, but the "Maker of heaven and earth" (NIV) uses His almighty power to "execute justice for the oppressed", "give food to the hungry" and "set the prisoner free" (v.7). Furthermore, the LORD "opens the eyes of the blind" and "lifts up those who are bowed down" (v.8) as well as "watches over the sojourners" and "uphold the widow and the fatherless" (v.9a).

In his classic book, 'Justice', Nicolas Woltenstorff, a renowned Christian philosopher, coined the quotable phrase "Quartet of the Vulnerable" to highlight the OT concern of caring and seeking justice for the vulnerable, namely, the poor, the foreigner, the orphan and the widow.

The "Quartet" is mentioned in different ways in various parts of the OT, but one passage where the whole quartet appears is in Zechariah 7:9 (NIV), "This is what the LORD Almighty says: 'Administer true justice; show mercy and compassion to one another. Do not oppress the widow or the fatherless, the alien or the poor.'" Repeatedly, this 'mishpat' in the OT describes taking up the care and cause of widows, orphans, immigrants and the poor.

Psalm 146:6-10 points to, and more so by Prophet Isaiah to Jesus' earthly ministry. In Jesus' very first sermon, He quoted from Isaiah 61:1-3, "The Spirit of the LORD GOD is upon me, because the LORD has anointed me to bring good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favour." (Luke 4:8-19 ESV). Jesus modelled how to love and care for the marginalised.

This vulnerable group is portrayed repeatedly in the OT and NT as needy people whom God loves, protects and calls us to do the same.

Today, this 'Quartet' is expanded into an 'Octet', to encompass the refugees, the migrant workers, the homeless, the single parents and the aged. With all the massive needs around us, who does God call us to serve in our community and city?

Pastor Soong concluded his devotion on Psalm 146:1-5 by quoting Richard DeHaan's "Ten Rules for Happier Living". Remarkably, the first rule is to "Give something away" and the second is "Do a kindness". While living a happy life is important, living out God's rule is far more important. No matter how difficult the circumstances might be, life is good when you are happy but much better when others are happy because of you.

In Micah 6:8, the minor prophet asks a major question, "O man, what is good and what does the LORD require of you but to do justice and to love kindness and to walk humbly with your God?"

To reiterate, justice is defined as caring for, supporting, uplifting and restoring the vulnerable. The poet in Psalm 146 praises God for His justice which he sees as the way God supports the disadvantaged. Are we using our power and resources for the benefit of the 'quartet or octet of the vulnerable' in our

community? As you look around you, ask God to show you where His place for you is amongst the vulnerable.

During the MCO, my CG was led by the Lord to 'adopt' a refugee family – a single mother with 5 children, whom we will continue to support in the foreseeable future. They are like a "Quartet" within the family. If any of you or your CG wish to support a refugee or a family, I do have some of their profiles for you to prayerfully consider 'adopting' or helping.

Prayer:

Heavenly Father, we echo the praise of the Psalmist that You are the "Father of the fatherless and protector of the widows" (Psalm 68:5). As we see around us, the plight of the oppressed, disadvantaged, under-privileged and marginalised, show us, O Lord, how we could help and support these who are vulnerable; as a church, as a CG or as individuals. In Jesus' name we pray. Amen.

每日灵粮

星期日, 2020 年 8 月 30 日

题目：脆弱者的四重奏

作者：翁辉赐

翻译：杨仕涵

诗篇 146: 6-10

6 耶和華造天、地、海和其中的万物，祂守诚实直到永远。

7 祂为受屈的申冤，赐食物于饥饿的。耶和華释放被囚的，

8 耶和華开了瞎子的眼睛，耶和華扶起被压下的人，耶和華喜爱义人。

9 耶和華保护寄居的，扶持孤儿和寡妇，却使恶人的道路弯曲。

10 耶和華要做王直到永远，锡安哪，你的神要做王直到万代。你们要赞美耶和華！

宋牧师 7 月 11 日的灵修分享（每日灵粮）题目：“蒙福的途径”，使用了诗篇 146 的前 5 节。

我今天的灵修分享使用诗篇 146 的后 5 节。简单地说，诗篇 146 篇是诗篇最后 5 篇（诗篇的结语）的第一篇。这篇诗篇（同诗篇 146~150）都以“你们要赞美耶和華！”开始和结束。

第 6 节介绍诗人赞美的这一位“耶和華”。祂是造物主“造天、地”，诗人所表示的这位全能造物主是“守诚实直到永远”的。紧接着，诗人揭示了这位信实的上帝工作——“祂...伸冤”（7 节）。

希伯来语中的“公平”一词是“mishpat”，在旧约圣经中出现了 200 次，强调了平义在社区生活中的重要性。“mishpat”一词的意思是“给人们应有的待遇”。负面看，它意味着停止和惩罚错误（9 下节），而正面看，它意味着满足人的需要（7 下、8、9 上节）。因此，公平能被理解为“公义”。就象一枚硬币的两面。

诗篇 97: 2 提出“公义和公平是祂宝座的根基”。

异教的神明使用能力来帮助异教的国王，但“造天、地、海和其中的万物的耶和華”使用祂的全能力量“为受屈的申冤”、“赐食物于饥饿的”和“释放被囚的”（7 节）。此外，耶和華“开了瞎子的眼睛”，“扶起被压下的人”（8 节），以及“保护寄居的”和“扶持孤儿和寡妇”（9 上节）。

在一位著名的基督徒哲学家——尼古拉斯·沃尔特斯托夫（Nicholas Wolterstorff）经典的书《公正》（Justice: Rights and Wrongs）中，写了这一句话：“脆弱者的四重奏”，来表示旧约圣经主要保护和伸冤的脆弱/受屈人士：贫穷人、寄居的、孤儿和寡妇。

这“四重奏”可在旧约圣经的不同地方找到并以不同的方式写出，但完整的四重奏出现在撒迦利亚书 7:9-10：“万军之耶和華曾对你们的列祖如此说：‘要按至理判断，各人以慈爱怜悯弟兄。不可欺压寡妇、孤儿、寄居的和贫穷人，谁都不可心里谋害弟兄’。旧约的“mishpat”反复说明对寡妇、孤儿、寄居的和贫穷人的看顾。

诗篇 146:6-10 和先知以赛亚指的就是耶稣在世上的事工。耶稣第一次的讲道中，他就引用了以赛亚 61:1-3 的话：“主的灵在我身上，因为他用膏膏我，叫我传福音给贫穷

的人，差遣我报告被掳的得释放、瞎眼的得看见，叫那受压制的得自由， 19 报告神悦纳人的禧年。”（路加 4：18~19）。耶稣模范如何爱护边缘人群。

这群“脆弱”的人在旧约和新约圣经反复地被描述为上帝所爱、保护和指示我们去爱和保护的缺乏人群。

如今，这个“四重奏”已扩展为“八重奏”，为涵盖难民、移民工人、无家者、单亲父母和老年人。我们周围有许多的缺乏人群需要我们帮助，上帝感动我们在社区和城市里为谁服务？

宋牧师在他诗篇 146:1-5 的灵修分享以理查德·德汉（Richard DeHaan）的“幸福生活的十个准则”结束。值得注意的是，第一条准则是“赠送一些东西”，第二条规则是“做一件善事”。虽然过上一个幸福的生活很重要，但是遵守上帝的规则要重要得多。无论环境多么艰难，喜乐能使生活美好，但当别人因你而喜乐时，生活将更加美好。

弥迦先知在弥迦书写了一个重要的一段话：“世人哪！耶和华已指示你何为善。祂向你所要的是什么呢？只要你行公义，好怜悯，存谦卑的心，与你的神同行。”

重申，公义的定义是照顾、支持、扶起和恢复弱势人群。诗人在诗篇 146 赞美耶和华上帝的公义，他看见上帝如何扶持弱势群体。我们有否利用我们的能力和资源，帮助我们社区中的“脆弱者的四重或八重奏”呢？当你环顾四周，请求上帝向你展示，祂为你在这些弱势肢体中预备的作用。

在行动管制令（MCO）期间，上帝感动我的小组“供养”一个难民家庭（单生母亲和 5 个孩子），我们将继续支援他们。他们一家就像个“四重奏”。你们或你们的小组如果有感动也要支援一些难民家庭，我有一些相关的资料能让你祷告并考虑“供养”或协助。

祷告：

天父，我们同诗人赞美祢，因祢是“孤儿的父，寡妇的申冤者”（诗篇 68:5）。当我们看我们周围的人，被欺压、弱势和边缘人群的困境时，主求祢告诉我们，作为教会、小组或个人，如何来帮助和支持这些弱势肢体。奉主耶稣的名祷告。阿门。

Monday 31st Aug 2020

Why Should We Praise God?

Pastor Soong Kok Kee

Psalm 95: 3-7 "3 For the Lord is a great God, the great King above all gods. 4 He holds in his hands the depths of the earth and the mightiest mountains. 5 The seas belong to him, for he made it. His hands formed the dry land, too. 6 Come, let us worship and bow down. Let us kneel before the Lord our maker, 7 for he is our God. We are the people he watches over, the flock under his care. If only you would listen to his voice today! (NLT)

Yes, the whole world, not just Christians should praise God. Verses 1-2 tell us "How" we should praise him and the above verses tell us "Why" we should praise him.

The reason for praise and thanksgiving is because we are related to God in creation. He is our Maker and Creator. He created not only the whole world and everything that is in it, but the whole of universe, for without him nothing will exist today. And this is true not only for us believers but for all men, for we are all creatures of his hands.

That is the reason Paul points out one of the charges God will bring against men is that "For although they knew God, they neither glorified him as God nor gave thanks to him" (Rom 1:21). They did not care to recognise their relationship to him.

Thus Psalm 96:8 says "Ascribe to the Lord the glory due his name." God is worthy of our praise and thanksgiving for the simple fact that he made us and we cannot live a moment without him. The glory due him should bring us together for worship. A little poem highlights the irony of men's neglect of thanksgiving toward God. It is titled "The Humanist," a modern term for what we used to call an atheist.

"He exists, because he was created.

He is here, because he was placed here.

He is well and comfortable because divine power keeps him so.

He dines at God's table

He is sheltered by the roof God gave him.

He is clothed by God's bounty.

He lives by breathing God's air

Which keeps him strong and vocal

To go about persuading people that

Whether He is or not,

Only man matters." (Source unknown) Ray C. Stedman

How ironic, isn't it? When a man uses God's resources to try to persuade men that God does not exist! Oh, the foolishness of man, when can we ever learn? For without God, we are not even here!

The psalmist reminds us that the Creator God is the great God and King above all the other gods that men make to worship. God owns the depths of the earth and the mightiest mountains, the seas and the dry land were all made by him and belongs to him. It is thus proper and right for us to bow before him and worship him for he alone is the Maker of it all.

Verse 7 tells us that he is more than just God our Creator, he is also God our Redeemer, our Saviour. We are the people of his pasture and the sheep of his hand. He is also our Shepherd-God. We have now entered into a personal relationship with him and the proper expression of it is one of awe and humility.

Indeed let us worship and bow down and kneel before this great and mighty God of the universe who is not only our creator and Shepherd but also our Heavenly Father, Abba Father, how blessed and fortunately we are indeed. Do we need any more reasons as to why we should praise and worship Him?

PRAYER: Father God, thank you for your amazing love and grace that saved a wretch like me! I was once lost, but now am found, was blind, but now I see. This unworthy child now kneels and bow before you in worship for who you are and what you have done for me. Help me never to leave you but to love and serve you with everything you have blessed me with. In the precious name of my Lord and Saviour Jesus Christ I pray AMEN.

每日灵粮

星期一, 2020 年 8 月 31 日

标题：我们为什么要赞美上帝？

作者：宋国基牧师

翻译：郑振隆传道

【诗 95:3】因耶和华是伟大的 神，是超越万神的大君王。

【诗 95:4】地的深处在他手中；山的高峰也属他。

【诗 95:5】海洋属他，是他造的；旱地也是他手造成的。

【诗 95:6】来啊，我们要俯伏敬拜，在造我们的耶和华面前跪拜。

【诗 95:7】因为他是我们的 神；我们是他草场的百姓，是他手中的羊。惟愿你们今天听他的话！

是的，全世界，不仅是基督徒都应该赞美上帝。第 1-2 节告诉我们“如何”赞美祂，上述经节告诉我们“为什么”我们当赞美祂。

赞美和感恩的原因，是因为我们在创造中与上帝有关。

祂是我们的造物主和创造主。祂不仅创造了整个世界和其中的一切，而且创造了整个宇宙，因为没有祂，今天一切将不存在。这不仅对我们信徒是真实的，对所有人也是如此，因为我们都是祂的手所创造的。

这就是保罗指出上帝将对人类作出的其中一项指控的原因，就是【罗 1:21】因为，他们虽然知道神，却不把祂当作 神荣耀祂，也不感谢祂。他们不在乎承认自己与祂的关系。

因此，【诗 96:8】要将耶和华的名所当得的荣耀归给他。上帝配得我们的赞美和感恩，纯粹因为祂创造了我们，没有祂，我们片刻也不能活。祂当得的荣耀理应把我们召集起来一起敬拜。一首短诗凸显了人忽略向上帝 感恩的讽刺意味。它的标题为“人文主义者”，是我们过去称为无神论者的现代术语。

“他之所以存在，是因为他是被创造出来的。

他在这里，因为他被放在这里。

他过得好、舒适，因为上帝的大能保守他。

他与上帝同席享宴，

他在上帝所赐的屋檐下得庇护。

他披上上帝的恩惠衣。

他靠呼吸上帝的空气而活着，

这使他强壮而发声，

去说服人们，

不管他是或否，

唯有人才最重要。”（来源不明）雷·C·斯特德曼

真是讽刺，不是吗？一个在利用上帝的资源的人，尝试去说服他人，上帝不存在！

哦，人的愚蠢！我们什么时候才能学会？如果没有上帝，我们不会在这里！

诗人提醒我们，造物主是伟大的上帝，是超越所有人手所造所敬拜的其他神的大君王。上帝拥有大地的深处和最强大的山脉，海洋和旱地都是祂创造的，也是属于祂的。因此，我们向祂俯伏敬拜是理所当然的，因为只有祂才是一切的创造者。

第 7 节告诉我们，祂不仅仅是我们的创造主，还是我们的救赎主，我们的救主。我们是祂牧场上的人，也是祂手中的羊。祂也是我们的牧者。现在，我们已经与祂建立了个人关系，其正确的表达是敬畏和谦卑。

诚然，让我们在这位伟大的、宇宙的上帝面前俯伏敬拜。祂不仅是我们的创造主和牧者，而且还是我们的天父、阿爸父，我们确实是多么的蒙福。我们还需要更多的理由来解释为什么我们应该赞美和崇拜祂吗？

祷告：父神，感谢祢奇妙的爱与恩典，拯救了我这卑劣的人！我曾经迷路失丧，但现在被寻着，曾经瞎眼，但现在我能看见了。为着祢的身份，和祢为我所做的一切，这位不配的孩子向祢屈膝崇拜。帮助我永远不离开祢，并且以祢所祝福我的一切去爱和服务侍祢。奉主耶稣基督的宝贵名字祈祷，阿们。

Tuesday, 1 September 2020

Title: Forget Not All His Benefits

By: Pastor Isaac Yim

Psalm 103: 1-5 (ESV)

1 Bless the LORD, O my soul, and all that is within me, bless his holy name!

2 Bless the LORD, O my soul, and forget not all his benefits,

3 who forgives all your iniquity, who heals all your diseases,

4 who redeems your life from the pit, who crowns you with steadfast love and mercy,

5 who satisfies you with good so that your youth is renewed like the eagle's.

Love brings out the best of each other but anger and hate bring out the worst of each other. A married couple came to talk to me about their marriage, which is about to fall apart. They hardly sat down. They started to attack each other. This went on for a good 30 to 40 minutes. "Can we just pause for a moment?" I requested. After a few quiet moments, I then asked, "Can you think of just one thing that is worthy of praise, or appreciation of each other?" There was complete silence for a good while. They had difficulty verbalizing words of praise for each other.

The Psalmist David in this Psalm was talking to himself. He was reminding himself to "Bless the Lord" and to "...forget not all his benefits." Most of us are better at criticism than at praise. Normally, we ask God to bless us. But here when the Psalmist says "Bless the Lord", the verb "bless" applied at this point to God, means to praise God with a strong sense of affection, as well as with gratitude. David is summoning his "soul" – his mind, his heart or his total being – to bless and praise God. "All that is within me" – David is saying, "I will give all that is within me to bless and praise God. I will give my heart, my will, my emotion and my affection literally to sing praises to the Almighty God". The reason to do this is that God is worthy of all the praise and adoration that one can render with one's total being.

I am reminded of Jesus' healing of the ten lepers in Luke 17:11-19. Jesus tells them to go and show themselves to the priests. As they went, they were healed. "One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!" He fell to the ground at Jesus' feet, thanking him for what he had done. This man was a Samaritan." (Luke 17: 15,16). This leper, so grateful for his healing, is enough to teach us about blessing the Lord.

David continues to talk to himself, "Whatever you do, don't forget what God has done for you and the favours you have received from God."

"Forget not all his benefits"; these earthly gifts from God include the following:

(1) Forgiveness of sin (v3)

(2) Recovery from sickness (v3)

(3) Deliverance from death (v4)

(4) Abundant lovingkindness and mercy (v4) (5) Food to sustain life (v5)

I encourage you to just stop, and take a few moments to bless the Lord for what He has done in your life. What about your relationship with your spouse, parents, and siblings? Can you find one thing that show your appreciation for them, instead of criticism?

Worship the Lord by listening to "10,000 Reasons" (Bless the Lord) by Matt Redman. https://youtu.be/DXDGE_IRI0E.

Prayer for Today

Dear Heavenly Father, we thank you for loving us, forgiving us, healing us, and delivering us from our difficult situation. Lord, sin has broken our relationship with you and with people closest to us. We ask for your forgiveness, and the forgiveness from those whom we have intentionally or unintentional hurt. Restore our relationship with you and with one another. Teach us to learn to look for opportunities to appreciate each other. Help us daily to count your blessings. In Jesus' Name. Amen.

星期二，2020年9月1号

标题：不要忘记上帝的恩惠

作者：严以撒牧师

翻译：陈晓佩姐妹

诗篇 103:1-5（大卫的诗。）1 我的心哪、你要称颂耶和华。凡在我里面的、也要称颂他的圣名。2 我的心哪、你要称颂耶和华、不可忘记他的一切恩惠。3 他赦免你的一切罪孽、医治你的一切疾病。4 他救赎你的命脱离死亡、以仁爱 and 慈悲为你的冠冕。5 他用美物、使你所愿的得以知足、以致你如鹰返老还童。

爱突显彼此最好的一面而愤怒和仇恨却突显了彼此最丑陋的一面。有一对夫妇找我谈关于他们几乎要破裂的婚姻。他们几乎未坐下就开始用言语彼此攻击。这情形持续了大概三十到四十分钟。“我们可以停一停吗？”我问。静默一段时刻后，我就问，“你们能想到一件值得彼此赞美或赞赏的事情吗？”有好一阵子他们完全沉默了。他们显得有点不善言辞去赞美对方。

诗人大卫在这诗篇里与自己对话。他提醒自己要“称颂耶和华”和“...不可忘记祂的一切恩惠”。我们大部分人都善于批评多过赞美。通常，我们会求上帝祝福我们。可是这里当诗人说“你要称颂耶和华”，这个动词“称颂”此时是向着上帝，意思是带着深厚的感情和感恩来赞美上帝。大卫在呼唤他的“心灵” – 他的思想与内心或他的全人 – 去称颂和赞美上帝。“凡在我里面的”- 大卫的意思是说，“我把我内里的全掏出来称颂和赞美上帝。我奉上我的心、我的意志、我的情绪和我的情感全然地赞美全能神”。这么做是因为上帝配得人全心全意地给予祂一切的赞美和敬拜。

我想起了路加福音 17:11-19 提到耶稣医治十个长大麻疯的人。耶稣叫他们去把身体给祭司察看，他们去的时候就洁净了。内中有一个见自己已经好了、就回来大声归荣耀与上帝。又俯伏在耶稣脚前感谢他。这人是撒玛利亚人。（路 17:15, 16）这位长大麻疯的人，他充满感恩因为他得医治，这已经足够教导我们要称颂上帝。大卫继续对自己说，“无论做什么，不要忘记上帝为你所做的和从上帝领受的一切恩惠。”

“不可忘记祂的一切恩惠”；这些从上帝而得世上的好处包括：

- (1) 罪孽得到赦免(v3)
- (2) 疾病得到医治(v3)
- (3) 从死亡得到拯救(v4)
- (4) 丰盛的仁爱 and 慈悲(v4)
- (5) 维持生命的食物供应(v5)

我鼓励你稍停下来，花一些时间去称颂上帝为你所成就的。你和你的伴侣、父母和兄弟姐妹的关系又如何呢？你能否找到一件事去表达你对他们的感激而不是批评？

聆听“一万个理由”来敬拜上帝（Bless the Lord）麦特瑞雷德曼 著

https://youtu.be/DXDGE_IRI0E.

今日祷告

亲爱的天父，感谢你爱我们、赦免我们、医治我们并帮助我们脱离困境。主啊，罪破坏了我们与你的关系，以及我们与至亲的人的关系。我们求主的赦免，也求得到那些我们有意或无意伤害到的人的宽恕。恢复我们与你的关系和我们与别人的关系。教导我们学习去寻找彼此欣赏的机会。帮助我们天天都数算你的恩典。奉主耶稣的名求。阿们。

Wednesday, 2nd September 2020

Title: He Blesses His People with Peace

Author: Pastor Wallace Ong

Psalm 29: 10 – 11

10 The LORD sits enthroned over the flood;
the LORD sits enthroned as King forever.

11 May the LORD give strength to his people!
May the LORD bless his people with peace!

In Psalm 29: 10 –11, David reminds us that our God is all-powerful and He is eternally omnipotent. Our great God promises His people protection, help, mercy, joy, and peace. The Lord knows His people and His people MUST also acknowledge Him and His mighty power. He gives us not only strength in time of need, but also blesses His people with peace. The peace which we receive from Him is not the same as what the world offers us.

In John 14: 27, Jesus said, “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” This word ‘peace’ translated from the original Greek word ‘eiréné’ has a wide range of notions, among others includes totality, completeness, security, safety, prosperity, and fulfilment – the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatsoever sort that is.

Jesus used this word to let his disciples understand that the peace they will receive is the kind of peace that exists through the risen Jesus. It is accompanied by the gift of the Spirit resulting in peace with God so that they could rest in quietness and trust in the safety and salvation through Christ and be content with earthy circumstances.

God’s Word promises us, the people of God, that He WILL bless us with peace. True lasting peace can only come from God, the eternal One – who gives peace to those who have surrendered all to Him.

Prayer:

Dear Heavenly Father,
We come to you today and declare, “Glory, Glory, Glory” You are Holy and the only true and living God. You are the Creator of all things and sovereign over all circumstances. You give us strength and bless us with peace. Help us, Lord, to live our lives in such a manner that it will become a good testimony for you to the world around us. When adverse circumstances in life make us want to give up, help us to continue on in Your strength and in Your peace. We pray in Jesus’ mighty name. Amen.

每日灵粮

星期三, 2020 年 9 月 2 日

标题：上帝必赐平安的福给祂的百姓。

作者：王振威传道

翻译：陈健萍姐妹

【和合本】【诗 29:10-11】

10 洪水泛滥之时，耶和华坐着为王；耶和华坐着为王，直到永远。

11 耶和华必赐力量给他的百姓，耶和华必赐平安的福给他的百姓。

【诗 29:10-11】大卫提醒我们，我们的上帝是万能的，祂无所不能。伟大的上帝应许祂的百姓得到保护、帮助、怜悯、喜乐与平安。主认识祂的百姓，祂的百姓也必须承认祂并祂的大能。祂在我们有需要的时候，不但赐下力量，而且赐予平安。我们从祂领受的平安是有别于世人所给与的。

【约 14:27】耶稣说：“我留下平安给你们，我将我的平安赐给你们。我所赐的，不像世人所赐的。你们心里不要忧愁，也不要胆怯。”“平安”乃翻译自希腊原文“eiréné”。它具有广泛的概念，其中包括整个、完全、保障、安全、富足和满足 – 一个心灵宁静的状态，确知自己已在基督里蒙救赎而向上帝坦然无惧，而且知足于在上上所拥有的任何事物。

耶稣用这个字是要让他的门徒明白，他们将要领受的平安是透过复活的耶稣而存有的。伴随而来的就是圣灵的恩赐，引致与上帝和好，继而能够平静稳妥地安息在基督救赎恩典的确据上，并且

在俗世境遇中能以知足。

上帝的话语应许我们，上帝的子民，祂会赐与我们平安的福。真正恒久的平安唯从上帝而来，那位永恒的 – 祂要赐平安给那些向祂献上一切的人。

祷告

亲爱的天父，我们来到祢跟前向祢宣告“荣耀，荣耀，荣耀”。祢是圣洁的，是唯一又真又活的上帝。祢是万物的创造主宰，在任何情况下皆掌主权。祢赐我们力量，也赐与我们平安。主啊，帮助我们，活出一个在世上有祢美好见证的生命。当生活的逆境令我们想要放弃时，帮助我们靠祢的力量与平安继续前进。我们奉耶稣大能之名祈祷。阿们。

Thursday, 3 September 2020

Title: Taste and See that the Lord is Good

Author: Arnold Lim

Psalm 34:8

Taste and see that the Lord is good;
blessed is the man who takes refuge in him.

If you are reading this devotional and have yet to accept Jesus as your Saviour, I have a message for you: Take a step of faith – accept Jesus as Lord. Taste and see that the Lord is good. “Why?” you may ask, “What’s in it for me?” The answer is “A lot!” God’s word contains many promises for his children. Here are just a few:

- As we live in a fallen world, life is punctuated with joy, happiness and trials and tribulation. Christians are not exempt from suffering and pain. But as a child of God, the Lord will see you through the valleys of life. In Psalm 91:14-15, it reads: “Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honour him.”
- Do you find yourself trapped? Are you yearning for a fresh start? Do you keep repeating past mistakes? Accept Jesus as Lord and you will break out by the power by the Holy Spirit (5,6). The Holy Spirit will re-generate your heart (1). He will mould your mind with new patterns of thought. Then, God will be able to bless you beyond what you can ask or imagine (2).
- Receive God’s forgiveness for your sins (3); put behind you all the wrongs and mistakes made in the past, whether it is related to your job, business or family. Once God has forgiven you, you will find it in your heart to forgive others that have wronged you.
- God will bless you in the heavenly realms with every spiritual blessing in Christ (4): i) You will receive the Holy Spirit. The Spirit will transform your life in word, thought and deed. You will appreciate the wisdom contained in His word and the glory of His promises. Then, experience the peace of God envelop you. ii) And most importantly, you will receive eternal life (7). After days on earth end, your soul will be with God. Jesus says in John 14: “My Father’s house has many rooms... I will come back and take you to be with me” (in heaven) iii) When God’s everlasting kingdom and dominion is established, we, the saints, will rule together with God (8).

Accepting Jesus as Lord is a big step for you; but it is an even bigger step in the spiritual realm. To exaggerate: “The stars will re-align!” Taste and see that the Lord is good!

Prayer

Jesus, I declare that you are Lord and God. I believe that you died on the cross and rose again on the third day. Jesus, I ask: Be Lord of my heart. Come into my life. Cleanse me from all my sins and set me free. Fill me with the Holy Spirit. Be with me forever! Amen!

If you have said the prayer, you are now a Christian – a child of God!

References

- (1) Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here! (2 Corinthians 5:17)
- (2) Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. (Ephesians 3:20)
- (3) If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)
- (4) Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. (Ephesians 1:3)
- (5) But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. (John 14:26)
- (6) And when he comes, he (Holy Spirit) will convict the world concerning sin, righteousness and judgement. (John 16:7-8)
- (7) For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life (John 3:16)
- (8) Then the sovereignty, power and greatness of all the kingdoms under heaven will be handed over to the holy people of the Most High. His Kingdom will be an everlasting kingdom, and all rulers will worship and obey him. (Daniel 7:27)

每日灵粮

星期四, 2020 年 9 月 3 日

标题：尝尝主的滋味，便知道祂是美善。

作者：林文礼弟兄

翻译：薛秀合姐妹

诗篇 34: 8

你们要尝尝主恩的滋味、便知道他是美善。

投靠他的人有福了。

如果您正在阅读这篇灵修课，但尚未接受耶稣为您的救主，那么我有一个信息给你：迈出信心的一步 – 接受耶稣为主。您要尝尝主恩的滋味、便知道他是美善。“为什么？”您可能会问，“这对我有什么好处？”答案是“很多！”上帝的话语对祂的儿女们有许多应许。这里仅列出数项：

- 当我们生活在一个堕落的世界中时，生活是充满欢乐、幸福、试炼和磨难。基督徒不能免于遭受苦难和痛苦。但是，作为上帝的儿女，每当经历人生的低谷，上帝的眼目会看顾您。主在诗篇 91: 14-15（新译本）中写道：“耶和华说：「因为他恋慕我，我必搭救他；因为他认识我的名，我必保护他。他求告我，我必应允他；他在患难中，我必与他同在；我必拯救他，使他得尊荣。”
- 您觉得自己被困住了吗？您是否向往新的起点？您是否不断重复过去的错误？接受耶稣为主，您就会因圣灵的能力而得解脱（注 5,6）。圣灵将更新您的心（注 1）。祂将以新的思维方式来塑造您的思想。这样，上帝就能祝福您，超出您所求所想（注 2）。
- 得到上帝对您的赦罪之恩（注 3）；将过去犯下的所有错误和过犯抛诸脑后，无论是与您的工作、业务或家庭有关。一旦上帝赦免了您，您也会从心里原谅其他曾得罪过您的人。
- 上帝必在基督里，把天上各种属灵的福分赐给 您（注 4）：i）您会领受圣灵。圣灵将在言语、思想和行为上改变您的生活。您将爱慕祂话语中所包含的智慧以及祂的应许的荣耀。接着，再体验上帝以祂的平安笼罩着您。ii）最重要的是，您将获得永生（注 7）。在尘世间的日子结束之后，您的灵魂将与上帝同在。耶稣在约翰福音 14 章中说道：_“在我父的家里有许多住处……（我）就必再来接你到我那里去”（天堂）iii）当上帝永恒的国度和统治的权能完全建立时，我们，祂的圣徒，必与祂一起掌权（注 8）。

接受耶稣为主是您迈出的一大步；但这在属灵境界是更大的一步。说得夸张一点儿：“星星将会重新对齐！”尝尝主恩的滋味、便知道祂是美善！

祷告

耶稣，我宣告祢是主也是上帝。我相信祢在十字架上死了，并在第三天复活。耶稣，我恳求祢：做我心里的主。进入我的生命。洗净我的一切罪孽，使我得自由。愿圣灵充满我。永远与我同在！阿门！

若您已如此祈祷，那么您现在就是一名基督徒—上帝的孩子！

附注

1. 若有人在基督里，他就是新造的人，旧事已过，都变成新的了。（歌林多后书 5:17）
2. 神能照着运行在我们心里的大力充充足足的成就一切，超过我们所求所想的。（以弗所书 3:20）
3. 我们若认自己的罪，神是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义。（约翰一书 1:9）
4. 愿颂赞归与我们主耶稣基督的父神！他在基督里曾赐给我们天上各样属灵的福气。（以弗所书 1:3）
5. 但保惠师，就是父因我的名所要差来的圣灵，他要将一切的事指教你们，并且要叫你们想起我对你们所说的一切话。（约翰福音 14:26）
6. 他既来了，就要叫世人为罪、为义、为审判，自己责备自己。（约翰福音 16:7-8）
7. 神爱世人，甚至将他的独生子赐给他们，叫一切信他的，不至灭亡，反得永生。（约翰福音 3:16）
8. 国度、权柄，和天下诸国的大权必赐给至高者的圣民。他的国是永远的；一切掌权的都必事奉他，顺从他。（但以理书 7:27）

Friday, 4 September, 2020

Title: A moment waits for me

By: Ps. Cheng Cheung

Preamble to Psalm 116

This Psalm is acknowledged to be one of a series of Psalms from 113 to 118 (Hallel Psalms) which were sung, chanted and recited as part of the Jewish Passover celebrations. Both Matthew and Mark recorded that Jesus and the disciples in the upper room sung hymns during that final supper. This would have been a few hours before Jesus' betrayal and arrest in the garden of Gethsemane, His trial, and His crucifixion. Tradition says that Ps 116 would have been one of the hymns sung by Jesus and his disciples after the meal. In this context, the words of the Psalm are especially significant, given that Jesus would have been fully aware of the fate that awaited Him.

Psalm 116 is intensely personal. The pronouns "I" and "my" occur in every verse except two. The opening declaration is "I love the Lord". People often tell openly of their "loves" – for their EPL team, a particular quaint restaurant, a movie with a twist or one's home town. May we be as eager and spontaneous in expressing our love for the Lord God. Let us, like the psalmist, not be reticent in telling of our love for Him.

And why might this be so for the psalmist? His testimony of love and thanksgiving was borne out of deliverance from deep distress and anguish, according to this Psalm.

3 The cords of death entangled me,
the anguish of the grave came upon me;
I was overcome by trouble and sorrow.
Then I called on the name of the Lord:
"O Lord, save me!"

One's suffering may pass. But the trauma of the pain and distress may take a long time to pass from one's memory. What we learn during those deep experiences can be our treasure forever. Misfortune never leaves us where it found us. The psalmist went through distress, anguish and possibly a brush with death. In his desperation, he called out, "O Lord, save me!" The Lord rescued him and now he is able to testify: "I was brought low, and He saved me."

Brothers and sisters, have you not known these three-fold blessings from God?

- His salvation – He has delivered our souls from death;
- His solace – He has comforted us in our tears;
- His steady presence – He has kept our feet from stumbling.

The blessings of God above elicited a sense of responsibility in the psalmist. In verse 12 he asks "What shall I render to the Lord for all His benefits toward me?" Privilege entails responsibility. This privilege was conferred upon finite beings by the eternal God.

Twice, in verses 14 and 18, the psalmist gives his word: "I will pay my vows to the Lord now in the presence of all His people." Might we not say the same? Have we not vows to keep? Some of us have made sacred promises to God. Some have entered into private covenants; some have entered into public ones. God has been faithful to us and He has never gone back on any of His many promises to us in His Word. On our part, let us be faithful and keep those sacred vows we have made.

15 "Precious in the sight of the Lord is the death of His saints," writes the psalmist. What a comfort this verse is to the believer. When God created the world, he looked upon the work of His hands and pronounced it 'good'. But none of that handiwork was called precious in His sight. God's people, His saints, are of far greater worth to Him than all the planets and stars of His creation. Brother and sister, that means you and me. And the death of His saints is precious in His sight.

Why so?

That is the moment in which the believer is received in the eternal embrace of His heavenly Father. It is the moment in which the soul goes from the toil of the world to the rest God has prepared for him, from the labours of the earth to the rewards of eternity, from the sorrows of the cursed ground to the eternal joys of heaven, from the temporal fellowships of earth to everlasting communion with God and God's people who have gone ahead. For the saint, death is a coronation, the last step of life that leads into God's presence forever.

Prayer

Guide and direct my uncertain steps on my heavenward journey, O mighty Jehovah.

Ever present is the thought,
that a moment waits for me.
When unworthy as I am,
Your glory I will see.
I will empty all my praise,
before your throne, O Father.
Every tear wiped away,
when I go home. In Jesus' name. Amen.

每日灵粮

星期五，2020 年 9 月 4 日

标题：有个瞬间正等着我

讲员：张祯祥传道

翻译：梁玉萍姐妹

诗篇 116 是非常个人化的。除了两节经文以外，代词“我”和“我的”出现在每节经文中。开头的宣言是“我爱耶和华”。人们通常会公开地讲述自己的所爱——他们的 EPL 团队，一家特殊的古朴餐厅，一部有曲折的电影或一个人的家乡。愿我们也如此热切和自发地表达我们对主上帝的爱。让我们像诗人一样，在表达我们对他的爱时不保持沉默。

为什么诗人会这样呢？根据这诗篇，他之所以有爱和感恩的见证，是因为他从极深的悲痛和苦恼中得到解脱。

3 死亡的绳索缠绕着我，阴间的痛苦抓住我；我遭遇患难和愁苦。

4 那时，我呼求耶和华的名，说：“耶和华啊！求你拯救我。”（新译本）

一个人的痛苦可能会过去。但是，痛楚和悲痛所带来的精神创伤可能要花很长时间才能从一个人的记忆中消失。我们在这些深刻经验中所学到的事情可成为我们永远的宝藏。不幸绝不会让我们在它找到我们的地方离开我们。诗人经历了悲痛和苦恼，还差点丧命。在绝望中，他大声喊道：“耶和华啊！求你拯救我。”上帝救了他，现在他可以作见证：“我落到卑微的地步，他拯救了我。”

弟兄姐妹们，您不知道上帝的这三倍祝福吗？

- 他的救赎——他使我们的灵魂脱离死亡；
- 他的安慰——他使我们伤心流泪时安慰我们；
- 他稳固的存在——他使我们的脚不再绊倒。

以上从上帝而来的祝福在诗人心中产生了责任感。在第 12 节，他问：“我拿甚么报答耶和华向我所施的一切厚恩呢？”特权意味着责任。这种特权是永恒的上帝赋予有限生命的。

在第 14 节和第 18 节中，诗人两次说：“我要在耶和华的众民面前，向他还我所许的愿。”我们不也这样说吗？我们不也有誓言要遵守吗？有些人向上帝作出了神圣的承诺。有些缔结了私人契约。有些缔结了公共契约。上帝对待我们是信实的，他从未在他话语中给我们的许多应许上失信。让我们忠实并遵守我们所作的那些神圣誓言。

诗人写道：15“在耶和华的眼中看来，圣民的死极为宝贵。”这节经文对信徒是多么地安慰。当上帝创造世界时，他看他所造的一切都很好。但是，这些手工都没有被称为“在他眼中看来极为宝贵”。弟兄姐妹，这意味着你和我。在他看来，圣民的死是宝贵的。

为什么如此？

这时刻是信徒接受天父永恒的怀抱。这是人从世界的辛劳到上帝为他预备的休息时刻，从地上的劳苦到永恒的报酬，从被诅咒土地的悲伤到天堂永恒的欢乐，从世上短暂的团契到与上帝和那些已离世的上帝子民永恒的团契。对于圣徒来说，死亡是加冕，是生命通向上帝永远同在的最后一步。

祷告

万能的耶和华啊，在迈向我的天堂之旅，引导并指示我那不确定的步伐。总是在脑海中想起，有个片刻在等我。当我如此不配时，我会看到你的荣耀。父啊，我会在你的宝座前尽情赞美，当我回家时，每滴眼泪都擦干了。奉耶稣的名，阿们。

Saturday 5 September, 2020
Title: Know that the Lord, He is God
By: Pastor Johnson Chong
Translated by: Lucy Ling

Psalm 100

- 1 Shout for joy to the Lord, all the earth.
- 2 Worship the Lord with gladness; come before him with joyful songs.
- 3 Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.
- 4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.
- 5 For the Lord is good and his love endures for ever; his faithfulness continues through all generations.

Psalm 100 is a very familiar Psalm. Although this Psalm has only a few verses, it has fascinated and attracted countless people in the past. It is true that its attraction will last forever, just as the Lord's covenant love and faithfulness to His people is firm and everlasting for ever and ever.

In this familiar Psalm, there are seven "SHOULDs": Shout for joy to the Lord; Worship the Lord with gladness; Come before Him with joyful songs; Know that the Lord is God; Enter His gates with thanksgiving and His courts with praise; Give thanks to Him and Praise His name.

And the most important of all is in the third verse – "Know that the Lord is God".

As the poet reminds us, "You must know that the Lord is God!" Dear brothers and sisters, "we were created by Him and belong to Him; we are His people and the sheep of His pasture." So, brothers and sisters, why do we worship and praise God? Because He is God! Psalmist says when preparing to worship God, we should have and "know that the Lord is God" as the focus in our worship and praises.

At the beginning of each church's Sunday service, I would encourage the chairperson of the service to read this psalm aloud. Let all worshippers know clearly and prepare their hearts to come to God in Spirit and in truth to worship and praise Him. Just like the three callings of the Psalm at the beginning; come to cheer, come to serve, and sing. We should come to God in Spirit and in truth to worship Him. Because the God we worship is the Lord of lords and the King of kings.

This psalm also tells the world to enter His gates with thanksgiving; to enter His courts with praise. Therefore, the gates to God are always open. It was an invitation to the Israelites to walk through the doors of the temple and come to God. The psalmist said to the people of Israel: Know that the Lord is God, " Shout

for joy to the Lord", "Worship the Lord with gladness " and " come before him with joyful songs " (verses 1~2).

In ancient times, when the king arrived, his people often cheered loudly. Therefore, the whole earth should sing and cheer to God! The Israelites should shout for joy because God made them His people (v. 3). They enter the gates of God with thanksgiving and praise, all because of God's goodness and love that will last forever (vv.4-5). Even if they forget their identity and stay away from God, He remains faithful and still welcomes them back to Him.

Prayer: Dear Abba Heavenly Father, we are grateful to be able to worship and praise You. Thank you Lord, when we proclaim Psalm 100 aloud, we again remind all those who come before You that we should all know that the Lord is God and should worship you with a sincere and honest heart. Let us serve the Lord and sing to You. Because the Lord is good. Your love lasts forever; your faithfulness lasts forever. We pray in the holy name of the Lord Jesus Christ, Amen.

星期六，2020 年 9 月 5 日

題目：當曉得耶和華是神

作者：張勝牧師

詩篇 100 篇

1 普天下當向耶和華歡呼！

2 你們當樂意事奉耶和華，當來向他歌唱！

3 你們當曉得耶和華是神！我們是他造的，也是屬他的；我們是他的民，也是他草場的羊。

4 當稱謝進入他的門；當讚美進入他的院。當感謝他，稱頌他的名！

5 因為耶和華本為善。他的慈愛存到永遠；他的信實直到萬代。

众人都非常熟悉的诗篇 100 篇，这一篇诗歌虽然只有短短的几节经文，但它却让历世历代无数的人为它著迷和吸引。的确它的吸引力永远长存，正如主向祂的子民立约的慈爱和信实一样，坚定恒久、存到永远、直到万代。

在這首我們很熟悉的詩篇中，一共用了七個『當』：當向耶和華歡呼、當樂意事奉祂、當來向祂歌唱、當曉得祂是神、當稱謝祂、當讚美祂、當感謝祂。而其中中心最重要，那個『當』就是第三節所說的『當曉得耶和華是神』。

因此詩人在這裏提醒我們說『你們當曉得耶和華是神！』亲爱的弟兄姊妹，『我們是他造的，也是屬他的；我們是他的民，也是他草場的羊』。所以弟兄姊妹，為什麼我們要敬拜讚美神？因為祂是神！因為這是在詩人說我們『應當』的許多的預備和行動中，『當曉得耶和華是神』是我們敬拜、讚美神中最重要、最根本的一個中心思想。在教会的主日崇拜会开始时，我都会鼓励当天的主席领唱，在宣召时要大声朗读这一诗篇。让所有来敬拜赞美神的人清楚知道，也预备心，以心灵和诚实来到神的面前，来敬拜赞美祂。正如诗篇开始时它的三个呼召：来欢呼、来事奉、来歌唱。我们当以心灵与诚实来到神的面前，来敬拜祂。因为我们所敬拜的那位神，是万主之主，万王之王。

这诗篇也告诉世人，當稱謝進入祂的門；當讚美進入祂的院。所以，所有来到神面前的大门总是敞开的。就是邀请以色列百姓走过圣殿的大门，来到上帝的面前。诗人对以色列百姓说：當曉得耶和華是神，『向耶和華歡呼』，并且『當來向祂歌唱』（1~2 节）。

在古时，欢迎君王到来时，人们往往都会大声欢呼。因此，全地都当向神欢呼歌唱！以色列百姓应当欢呼，因为神让他们成为祂的子民（3 节）。他们带着感谢与赞美进入神的门，全因为神的良善与慈爱坚定恒久、直到万代（4-5 节）。即便他们忘记了自己的身分而远离神，祂依然信实，且依然欢迎他们回到祂的面前。

祷告：亲爱的阿爸天父，我们存着感恩的心，来敬拜和赞美你。感谢主，当我们大声以诗篇 100 篇宣告的时候，再次地提醒所有来到你面前的人，我们都当晓得耶和華是神，都以心灵与诚实来敬拜你。我们当来事奉耶和華，当来向你歌唱。因為耶和華本為善。你的慈愛存到永遠；你的信實直到萬代。奉主耶穌基督的聖名禱告，阿門。

Sunday, 6 September 2020

Title: How to live a satisfied life?

By Elder Yu Chin Shie

Psalm 37:4

Delight yourself in the Lord and He will give you the desires of your heart.

Some years ago, Oprah Winfrey appeared on The Late Show with Stephen Colbert and they exchanged favorite bible verses. Oprah chose Psalm 37:4 :
“ Delight yourself in the Lord, and He will give you the desires of your heart.”

It is no surprise many would have chosen Psalm 37:4 as their favorite bible verse. Who wouldn't like to have the Lord grant them the desires of their heart?

Oprah's interpretation of Psalm 37:4 was not in line with scripture which prompted one person from the audience to seek the true meaning of the verse from John Piper, the well known pastor, author, speaker and founder of desiringGod.org.

I am not here to share how John Piper expounded on this verse but rather my experience and thought on this verse.

Surprisingly, Psalm 37:4 is not one of my favorite bible verses. However, the Lord has used this verse to minister to me in a deep and profound way more than 40 years ago when I had just graduated from Melbourne University with a Commerce degree and had wanted to stay back to work for a couple of years before I return home. I had presumed God would surely grant my desire as I could serve in the leadership of OCF (Overseas Christian Fellowship) Melbourne and at the same time gain some work experience before I eventually return home for good. At that time graduates were allowed 3 months after graduation to get a job, failing which they have to return home. With one month left to go and without a job, I was desperate and resorted to enrolling for a short post graduate course in another university so as to provide me more time to get a job. Shortly after my enrollment, I was told I couldn't remain in the country unless I have a job at hand. To my shame, I realised I was not prepared to be where the Lord wanted me, such as going home when I was least prepared.

It was at that time when I was having my quiet time that God spoke to me from Psalm 37:4. It was like a thunderbolt and I felt so ashamed of myself. I asked for God's forgiveness. I then totally surrendered my life to Him and resolved to go home within the next 3 weeks should I not able to secure a job. After I made that decision, I felt so relieved, like a great weight had been lifted off my shoulders. I experienced the peace and joy which had eluded me earlier.

To cut the story short, God did something amazing after my full surrender to His will for my life. Within the next two weeks, a head hunter with whom I found

favour arranged 3 interviews for me. I got a job with a multinational company just before the time was up.

My last two years in Melbourne spent working was like God granting the desires of my heart. I had often looked back and thanked the Lord for the precious experiences. I became the Chairman of Melbourne OCF and was actively involved in evangelism and disciple making. I had grown in the Lord and seen lives being transformed. Glory be to our Lord! One of the students in my discipleship group is Calvin Ma from Hong Kong, who graduated as a doctor. He served God as a pastor in Swanston Street Church of Christ, Melbourne before serving in OMF (Overseas Mission Fellowship) as Australia National Director and later as International Regional Director.

What have I learned from Psalm 37:4?

To delight in the Lord means to trust Him completely and to desire what He desires, to love what He loves and to do what He has purposed for my life. It also requires us to submit to His will in whatever situation we are in, acknowledging He is sovereign and He works out everything for good to those who love Him.

To quote John Piper,

“I think delighting yourself in the Lord is what shapes the desires of your heart so that it will be good for you for God to grant them. When we enjoy God, not just the gifts, but God Himself, then the desires of our heart are shaped, are defined and created, in accord with our delight in Him. ”

Prayer:

O God our Heavenly Father, we confess that often we do not delight in you but rather on things of the world. Please forgive us and cleanse our hearts so that our desires are aligned to your perfect will for us. Help us to submit our ways to you and take delight in You who alone give us the desires of our heart. In Jesus' name we pray. Amen.

每日灵粮

星期日，2020 年 9 月 6 日

标题：如何过满意的生活？

作者：余清熹长老

翻译：杨惠光弟兄

诗篇 37: 4 又要以耶和华为乐，他就将你心里所求的赐给你。

几年前，奥普拉·温弗瑞（Oprah Winfrey）到《史蒂芬·科尔伯特晚间秀》做客，他们俩互相交换喜欢的圣经经文。奥普拉选择了诗篇 37: 4: “又要以耶和华为乐，他就将你心里所求的赐给你。”

难怪许多人会选择诗篇 37: 4 作为他们最喜欢的圣经经文。谁不想让主赐予他们内心的渴望？

奥普拉对诗篇 37: 4 的解释与经文不一致，这促使听众中的一个人向约翰·派珀（John Piper）寻求诗篇的真实含义，约翰·派珀是 desiringGod.org 的著名牧师、作家、演讲者和创始人。

我不是在这里分享约翰·派珀如何解释这节经文，而是表达我的经验和对这节经文的思考。

令人惊讶的是，诗篇 37: 4 并不是我最喜欢的圣经经文之一。但是，四十多年前，当我刚从墨尔本大学获得商学学位，并且想在我回国前留下来工作几年，上帝就用这节经文深刻地教导我。我以为上帝可以应允我的愿望，因为我可以担任 OCF（海外基督徒团契）墨尔本的领导，并在我最终永久归国之前获得一些工作经验。当时，毕业生被允许在毕业后三个月内找到工作，否则必须返回家园。剩下一个月的时间，又没有工作，我感到绝望，不得不求助于另一所大学的短期研究生课程，以便为我提供更多的时间来获得工作。入学后不久，有人告诉我除非手头有工作，否则我不能留在该国。令我感到羞耻的是，我意识到自己并没有准备好居住在主想要我在的地方，例如在我措手不及的时候回国。

就是在我安静的时候，上帝从诗篇 37: 4 对我说话。这就像一道雷电，我为自己感到羞耻。我请求上帝的宽恕。然后，我将自己的生命完全交给了他，并决定如果我还是无法找到工作，就在接下来的三周内回家。做出这个决定之后，我感到很放松，就像放下肩头重担。我经历了早些时候因逃避所忽略的和平与喜悦。

为了简明扼要地讲故事，当我将一生降服在上帝旨意里，他做了一些了不起的事情。在接下来的两周内，很受青睐的猎头公司为我安排了 3 次面试。在我必须回家之前，我在一家国际公司找到了工作。

我在墨尔本最后两年的工作就如上帝赐予我内心的渴望。我经常回头，感谢主的宝贵经验。我成为墨尔本 OCF 的主席，并积极参与传福音和门训。我在主里成长，看到生活正改变。荣耀归于我们的主！我的门训小组中的一名学生是来自香港的马弟兄（Calvin Ma），他是一名医生。他在墨尔本的 Swanston Street 基督教堂担任牧师，然后在 OMF（海外宣教团契）任职澳大利亚的主任，后来又担任国际区域主任。

我从诗篇 37: 4 中学到了什么？

喜悦意味着完全信任他，渴望得到他想要的事物，爱他所爱的事物，并做他为我的人生所打算的事情。这也要求我们在任何情况下都服从他的旨意，承认他是主，他赐那些爱他的人一切益处。

引用约翰·派珀的话：

“我认为以耶和華為樂是決定您內心渴望的因素，好使上帝應允它們時，對您有好处。當我們享受神時，不僅享受恩賜，還享受神本身，那麼我們內心的渴望就被塑造，定義和創造出來，與我們以神為樂的心願一致。

禱告：上帝，我們的天父，我們承認，我們常常不以你為樂，而是喜悅世界。請原諒我們，潔淨我們的心，使我們的內心的渴望與你對我們的完美旨意保持一致。幫助我們將自己的事交托給你，並使你歡心，因為唯有你能給我們內心的渴望。我們奉耶穌的名禱告。阿門。

Monday 7th September 2020

A PRAYER FOR YOU

Pastor Soong Kok Kee

Psalm 20: 1-4

Psalm 20 is a prayer the Israelites sang before their King went forth to battle. They sang this prayer for his safety and victory. It was not just a nice custom on their part but a genuine prayer, an expression of their faith and trust in the power of the living God to keep their King and army safe as they go forth into battle.

May the Lord answer you when you are in distress; may the name of the God of Jacob protect you. (v.1).

With the pandemic still rearing its ugly head and no vaccine in sight, it is indeed a time of distress all over the world. Thousands have died and no one knows how many more will follow before a vaccine is found. It is indeed a time of "distress" for humankind the world over. Many have lost their jobs or endured pay cuts and business are badly affected. No one in this world has not been affected, one way or another.

This verse reminds us that our refuge lies in the name of the God of Jacob. Only God knows what lies ahead and only He has the wisdom and foresight to steer a course through all the various perils ahead of us. No one in the whole wide world knows what's going to happen and when the virus will be conquered. No one knows how long this distress will last. If we are not resting upon the God of Jacob, we will never make it. May the God of Jacob be our refuge and protect us from all harm.

May he send you help from the sanctuary and grant you support from Zion. (v.2).

Isn't that wonderful? – "help from the sanctuary"! The sanctuary is always a picture of the place where we meet with God. In Israel it was the temple, the place where an Israelite would come to get his thoughts straightened out. There he met with God, there he heard the word of God, the mind and the thoughts of God.

For us the sanctuary, obviously, is the Scriptures. There is where we get help. It is there that our minds are illuminated, that we begin to see the world the way it is, not the way it appears to be. Doesn't your heart cry for somebody to tell you the truth, to tell you the way things really are, to open your eyes to what is going on? That is what the Bible is for. A quotation from the twenty-sixth president of the United States, Woodrow Wilson says "I am sorry for men who do not read the Bible every day. I wonder why they deprive themselves of the strength and of the pleasure? It is one of the most singular books in the world, for every time

you open it some old text that you have read a score of times suddenly beams with new meaning. There is no other book that I know of, of which this is true. There is no other book that yield its meaning so personally, that seems to fit itself so intimately to the very spirit that is seeking its guidance." So my dear brothers and sisters – please read the Word of God as often as you can find time to do so, for that's where our help comes from.

May he remember all your sacrifices and accept your burnt offerings. Selah. (v.3)

The offerings of Israel were the meal offerings, the cereal offerings, and the sacrifices of bulls, goats, lambs, calves, pigeons, and other animals. For us, our Lord Jesus Christ is the great sacrifice offered once for all for us. We know for sure that God will help us in the reading of Scripture and in prayer because of the sacrifice of the Son of God. He has given himself in order to remove any hindrance of God's love towards us. In the sacrifice of the Lord Jesus our sins and our guilt were taken care of completely, no more to be remembered. When we come to God in prayer "In Jesus' name" we are praying on the basis of his sacrifice. We are resting on the finished work of our Lord Jesus Christ, and that is why we expect God to answer our prayers. That is why the psalmist says, "May he remember those sacrifices!"

May he give you the desire of your heart and make all your plans succeed. (v.4)

After our hearts have been cleansed by the Word of God and by prayer, what are the desires and plans of your heart? Isn't it to please God with everything we do the rest of our lives? That's what Paul says in 2 Cor 5:9-10 "So we make it our goal to please him, whether we are at home in the body or away from it. For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad." May these 4 verses be the prayer of our hearts from this day on.

PRAYER: Dear Lord, we pray for each and every one of us that you will answer our prayers and protect us in these times of distress and uncertainty. May we find help as we come to you daily in prayer and in the reading of your Word. We know for sure you will do that because of the sacrifice of your son Jesus Christ who died that we may have forgiveness of sin and eternal life. May you grant us the desire of our heart which is to please you with everything we do the rest of our lives. In Jesus precious name we pray AMEN.

每日灵粮

星期一, 2020 年 9 月 7 日

标题: 为你祈祷

作者: 宋国基牧师

翻译: 郑振隆弟兄

诗篇 20: 1-4

诗篇 20 是以色列人在国王上阵前唱的祷告。以色列人为国王的安全和胜利歌唱。这不仅是他们的风俗习惯, 更是真诚的祈祷, 是他们信靠这位永生神的能力会在争战中保护国王和军队安全的信心表达。

【诗 20:1】愿耶和華在你患难的日子应允你, 愿雅各的 神的名保护你。

由于这新型冠状病毒疫情仍然肆虐和仍不见疫苗, 这确实是世界的一个艰难时刻。成千上万的人已死亡, 没有人知道在找到疫苗之前还会有多少人会死亡。确实, 这是全球人类的“苦难”时期。许多人失业或忍受减薪, 生意受到严重影响。没有任何人不在某种程度上受到影响的。

这节经文提醒我们, 我们的避难所在于雅各之上帝的名下。只有上帝知道未来会如何, 也只有祂才有智慧和远见, 能够引导我们克服前方所有各种危险。全世界没有人知道什么将会发生, 以及何时能征服这病毒。没有人知道这种困扰会持续多久。如果我们不倚靠雅各的上帝, 我们将永远无法应付。愿雅各的上帝成为我们的避难所, 保护我们免受一切伤害。

【诗 20:2】愿他从圣所救助你, 从锡安坚固你。

很奇妙吧?“来自圣所的帮助”! 圣所永远是一幅我们与上帝相遇之处的图画。在以色列, 圣所是以色列人前来理清思想的地方。在那儿他遇见了上帝, 在那儿他听到了上帝的话语、上帝的心意和想法。

对我们来说, 圣所显然是圣经。在那里, 我们可以得到帮助。在那里, 我们的心思被光照, 我们开始看见世界的实况而不是表面的状况。您的心岂不呼喊人告诉您事实、告诉您事情的真相、睁开眼睛看看所发生的事吗?

那就是圣经的目的。美国第二十六届总统伍德罗·威尔逊 (Woodrow Wilson) 语录: “我为那些每天不读圣经的人感到遗憾。我想知道为什么他们剥夺了自己的力量和乐趣? 这是世界上最奇特的书籍之一; 每次打开它时, 您曾阅读了数十次的一些经文, 突然间会有了新的含义。在我所知的书籍中, 除了圣经, 没有任何一本是如此的。没有任何一本其他的书籍能如此个人性地表达其含义, 是如此切合 向它寻求指引的心灵。”因此, 我亲爱的兄弟姐妹们-请尽你所能常常阅读上帝的话语, 因为这是我们的帮助的来源。

【诗 20:3】记念你的一切祭物, 悦纳你的燔祭, (细拉)

以色列的祭品是素祭, 谷类祭以及公牛、山羊、羊羔、牛犊、鸽子和其他动物。对我们而言, 主耶稣基督是一次性地为我们献上伟大的祭。我们确信, 由于上帝儿子的献上, 上帝会在阅读圣经和祷告的事上帮助我们。上帝的儿子献上自己, 挪去一切拦阻上帝对我们的爱之任何障碍。主耶稣的献上也完全除去我们的罪孽和罪咎, 不再被记念。当我们“奉耶稣的名”向上帝祈祷时, 我们是在祂的献上为祭之基础上祈祷。我们

是安息在主耶稣基督已完成的工作上，这就是为什么我们期望上帝应允我们的祈祷。这就是为什么诗人说：“愿祂记念一切祭物！”

【诗 20:4】将你心所愿的赐给你，成就你的一切筹算。

我们的心被上帝的话语和祷告洁净之后，您内心的渴望和计划是什么？难道不是我们余生所做的一切都为取悦上帝吗？

正如保罗在**【林后 5:9-10】**所谓：所以，无论是住在身内或住在身外，我们都立了志向要得主的喜悦。因为我们众人必须站在基督审判台前受审，为使各人按着本身所行的，或善或恶受报。从今天开始，愿这四节经文成为我们的祈祷。

Tuesday, 8 September 2020

Title: Jesus Is King

By: Pastor Isaac Yim

Psalm 2 (A Messianic Psalm)

Messianic Psalm refers to any of the collection of the 150 Psalms speaking prophetically of the Lord Jesus Christ. We distinguish among implied references and minor quotations to Christ, and Psalms primarily or entirely of Him. There are Psalms strictly referring to Jesus Christ and others referring to David/Solomon and Jesus Christ. There are approximately 16 such Messianic Psalms (Psalms 2,8,16,22,24,40,41,45,68,69,72,89,91,102,110,118) among the 150. There are likely more of such Psalms. These Messianic Psalms show Christ's coming, incarnation, death, sufferings, resurrection, ascension, judgement etc. The Psalms are quoted by Jesus Himself more than any other Old Testament book, even the book of Isaiah! There are over 100 quotations or references in the New Testament about Jesus Christ taken from the book of Psalms. These Psalms present the person and work of Jesus Christ, with enough material for a biography of His life. (Messianic Psalms – An Intro by T Ernest Wilson). From today till the end of 2020, I will be writing one of these Messianic Psalms weekly. I will begin with Psalm 2, as this is so relevant to us today.

The whole world is in turmoil politically, economically and socially. Irrespective of the chosen system a country adopts, we are all in serious trouble. Those who practise democratic system or the autocratic system are in deep trouble. Coming closer to home, we practice benevolent parliamentary democracy. There is a snap Sabah state election this month. Who knows, we may have a snap General Parliamentary Election too!

In our current situation, many feel a sense of disillusionment and betrayal. Most politicians are in there for their own benefits. They are immoral and corrupted. Thank God we still have some who have integrity and are working hard for the society and the future of the nation.

The theme of Psalm 2 is "Jesus is King". He reigns. Psalm 2 (NLT):

v1 Why are the nations so angry? Why do they waste their time with futile plans?

v2 The kings of the earth prepare for battle; the rulers plot together against the LORD and against his anointed one.

v3 "Let us break their chains," they cry, "and free ourselves from slavery to God."

The first two verses talk about the hostility and opposition to Jesus' reign. This was fulfilled when Pilate, Herod, the Gentiles and the Jewish religious people plotted against Jesus. Today, you can still hear national leaders trying very hard to break free from God. The President of the Philippines, challenged "Prove to me there is a God." Breaking free from God is to be independent from God.

Therefore, we don't obey God and are not accountable to God. How arrogant can man be! In fact, these leaders become God. Crosses are taken down and up goes the portrait of their supreme leader to be worshipped as God.

v4 "But the one who rules in heaven laughs. The Lord scoffs at them." What does God do to their foolish plans to undermine God's plan and purpose? He laughs! What can these so-called mighty men of the day accomplish? They only help to fulfil the plans of God. God in His anger rebukes and terrifies these people(v5) In recent times, we see the fury of God in floods of Biblical proportion; pestilences, earthquakes, typhoons, cyclones and other natural as well as man-made disasters. Our Lord is all over and is terrifying. Judgement is what awaits the rulers of the world.

v9 "You will break them with an iron rod and smash them like clay pots." A rod of iron awaits the people who plot against the Lord. We thank God that as our Lord's people, we can avoid this judgement and fate because we submit, worship and serve Jesus. So, we take our refuge in him.

This Psalm gives us a vivid picture of a nation, lost in its own godlessness; a picture of a powerful God whose eternal plans cannot be aborted by evil plots of powerful men; a picture of Christ the Son of God, who is Lord over all. It is our responsibility as Christians to pray for change in the world and to pray for the leaders of the nations.

Prayer for today

1. Lord, we pray that our leaders will grow in wisdom and discernment. It is difficult to be a politician. It is full of stress and temptations. Give them wisdom to handle themselves wisely. (Psalm 2:10)

2. Lord, we pray that our leaders will have purity and integrity. We thank the Lord for politicians; remind them when they serve the people, they are serving you. (Psalm 2:11)

3. Lord, we pray for ourselves as citizens; that we will be responsible to cast our votes carefully as you direct us. In Jesus' Name.

Amen

星期二，2020 年 9 月 8 日

标题：耶稣是君王

作者：严以撒牧师

翻译：陈晓佩姐妹

诗篇第二篇（弥赛亚诗）

在 150 诗篇里，弥赛亚诗指的是任何有关主耶稣基督的预言的诗篇。我们把它们区分为隐含的引用和次要的引语，以及主要或完全关于祂的诗篇。有些诗篇是严格地地指向耶稣基督，而其他的则提及大卫/所罗门和耶稣基督。在 150 诗篇当中大概有 16 首弥赛亚诗（诗篇 2, 8, 16, 22, 24, 40, 41, 45, 68, 69, 72, 89, 91, 102, 110, 118）。可能还有更多类似的诗篇。这些弥赛亚诗展示基督的来临、道成肉身、受死、受苦、复活、升天、审判等等。耶稣自己引用这些诗篇比旧约任何书卷，甚至以赛亚书都要多！新约中有超过 100 个关于耶稣基督的引述或参考都是来自诗篇。这些诗篇呈现耶稣基督的个人和祂的工作，提供的资料足以撰写祂的传记。(Messianic Psalms – 欧内斯特·威尔逊的引言) 从今天起到 2020 年底，我将会在每星期写弥赛亚诗里的其中的一篇。我会先从诗篇第二篇开始，因为对今天的我们非常贴切。

全世界都处在政治、经济和社会的动荡中。不管一个国家选择采用什么制度，我们都面临严重的麻烦。那些实行民主主义或独裁主义的深陷在困境里。触及我们痛处的，我们是实行议会民主制。这个月，沙巴将提前选举。有谁会知道，也许我们会提前迎来全国大选！

在我们目前的情况，许多人感到幻灭和背叛。大部分的政客都为自己的利益从政。他们不道德和贪污。感谢上帝我们还有一些是有诚信的，为社会与国家的未来努力。

诗篇第二篇的主题是“耶稣是君王”。祂统治。诗篇第二篇，

【第一节】外邦为什么争闹？万民为什么谋算虚妄的事？

【第二节】世上的君王一齐起来，臣宰一同商议，要敌挡耶和华、并祂的受膏者，

【第三节】说：我们要挣开他们的捆绑，脱去他们的绳索。

第一和第二节经文讲述对耶稣的统治的敌意和反对。当时彼拉多、希律、外邦人和犹太教徒谋害耶稣，就应验了此事。今天，你还是可以听到一些国家领袖很努力地尝试挣脱上帝。菲律宾的总统，挑战说“证明给我看有上帝的存在”。挣脱上帝就是要摆脱上帝的束缚。所以，我们不服从上帝和不向上帝负责。人能有多傲慢！事实上，这些领袖成为了上帝。十字架被取下，他们至高领袖的肖像被挂上，被敬奉为上帝。

第四节“那坐在天上的必发笑；主必嗤笑他们”。上帝对他们那些破坏祂的计划与目的的愚蠢计划作了什么回应？他发笑！这些所谓强势的人可以完成什么事呢？他们仅促成上帝的计划。第五节“那时，祂要在怒中责备他们，在烈怒中惊吓他们”最近，我们从史无前例的水灾、瘟疫、地震、台风、旋风和其他的自然和人为的灾害看见上帝的震怒。上帝遍满天下和令人望而生畏。等待着世界统治者的是审判。

第九节 “你必用铁杖打破他们；你必将他们如同窑匠的瓦器摔碎”那些人密谋敌对上帝的，有铁杖在等着他们。我们感谢上帝，我们是属祂的子民，我们可以避开这个审判和命运因为我们顺服、敬拜和服侍耶稣。所以，我们在祂里面得到庇护。

这篇诗篇给了我们生动的一个民族画面，迷失在自己的无神论中；一个大有能力上帝的画面，祂永恒的计划不会因有权势的人邪恶密谋而遭终止；一个上帝的儿子基督的画面，祂是万有之主。我们身为基督徒有责任为世界的改变和国家领袖祷告。

今日祷告

1. 主啊，我们祈求我们的领袖会在智慧和洞察力上成长。作为一位政治家是困难的，充满着压力和引诱。赐给他们智慧，明智地管理自己。（诗篇 2:10）

2. 主啊，我们祈求我们的领袖纯净而诚信。我们为政治人物感谢主；提醒他们当他们服侍人民的时候也同时服侍祂。（诗篇 2:11）

3. 主啊，我们为自己身为国民的祷告。愿我们有责任地按祂的指引谨慎投票。

奉主耶稣的名求。阿们。

Wednesday, 09 September 2020

Title: How precious to me are your thoughts, O God!

Author: Pastor Wallace Ong

Psalm 139: 17 – 18

17 How precious to me are your thoughts, O God!

How vast is the sum of them!

18 If I would count them, they are more than the sand.

I awake, and I am still with you.

The world we are living in is full of surprises. Daily news transmitted through the media can surprise us; events happened to friends and family members can startle us, and often our own inconsistent behaviour can also shock us. How can we cling on to and take comfort in an ever-changing world and a constantly shifting environment? As Christians, the answer is found in our relationship with our Father in Heaven through His Son Jesus Christ.

If we examine more closely Psalm 139: 17-18, the passages teach us that God our Father's thoughts toward us are both "precious" and "great." His thoughts toward us are valuable, powerful, and numerous. The number of His thoughts concerning us is infinite and uninterrupted — even outnumber the grains of sand on the seashore. The God who created everything from nothing by His word – there is nothing that He cannot do yet He is thinking of us, each and every one of us who belongs to Him. Isn't that thought alone excites you or encourages you? I must admit that I felt rather strange when I first heard someone said to me, "God spends His time thinking about you" However, this is exactly what the Bible teaches us.

When King David said "How precious," the Hebrew word yaqar (yaw-kar') was chosen. It literally means apparently, brightness, clear, costly, excellent, to be heavy (figuratively) valuable; to make rare – be (make) precious, and be prized. God's thoughts toward His children are infinite and yet rare and valuable – that should give us confidence, stability, and strength. I know some people may say, "Yes, God's thoughts were toward David because he was a great man and a mighty king of Israel, but as for me, 'I am a nobody' – will these verses also apply to me? The Bible tells us more about God's love and how we are important to Him by the work of His Son Jesus on the cross. God gave His one and only Son to us so that we can have salvation in Christ Jesus. There is nothing worthy that we have done to earn or deserve such a reward or attention. The great divine salvation plan for mankind executed through His own begotten Son is a great testimony of God having us always in His thoughts.

King David took comfort through his relationship with God and we can do the same because He is an unchanging God "Jesus Christ is the same yesterday and today and forever" (Hebrews 13: 8). When we know that He loves us, His plans

for His people are most precious and His thoughts for us are innumerable and most relevant, we can be rest assured that every morning, when we awake, God is still with us extending His thoughts toward us.

Prayer:

Dear Heavenly Father,

We thank You Lord for Your unfailing love. We are humbled by the fact that the all-powerful, all-knowing, Almighty God of the universe thinks about us though we are insignificant, foolish, broken, sinful and unworthy. We thank You for Your grace that saves us and allows us to have a loving relationship with You. May this knowledge of You helps us to focus our lives on You, Your thoughts, Your plans, and to continually dwell on Your word. We pray in Jesus' most precious name. Amen.

每日灵粮

星期三, 2020 年 9 月 9 日

标题：神啊，你的意念向我何等宝贵！

作者：王振威传道

翻译：陈健萍姐妹

【诗 139:17-18】[和合本] 17 神啊，你的意念向我何等宝贵，其数何等众多！

18 我若数点，比海沙更多。我睡醒的时候，仍和你同在。

我们生活的世界充满了很多令人意想不到的事。每天通过媒体传播的新闻会让我们吃惊；发生在朋友和家人身上的事件会让我们吓了一跳，而我们自己不一致的行为也常常会让我们惊愕不已。在这不断瞬息万变的世界和环境中，我们如何能坚守并获得慰藉？作为基督徒，答案就在藉着上帝的儿子耶稣基督我们与上帝（我们的天父）的关系中。

如果我们更仔细地研究诗篇 139:17-18，经文教导我们，上帝我们的父向我们的意念既是“宝贵的”，也是“浩博的”。祂向我们的意念是珍贵的，而且是众多的。祂对我们的心思是无穷尽的、不间断的，甚至超过了海岸上的沙粒。上帝凭着祂的话从无到有创造了一切 – 祂没有什么不能做的，祂却竟记念我们每一个属于祂的人。光是这意念岂不令您振奋与鼓舞？我必须承认，当我第一次听到有人对我说，“上帝花时间在想你”时，我感到很奇怪。然而，这正是圣经所教导我们的。

当大卫王说“何等宝贵”时，他选用了希伯来语单词 *yaqar* (*yaw-kar'*)。它的字面意思是显然、明亮、清晰、昂贵、出色，喻意则指重、可贵；使稀有-变得贵重和被珍视。上帝对祂儿女所怀的意念是无限的，但却稀有且可贵，这应给予我们信心、稳定和力量。我知道有些人会说：“是的，神眷顾大卫，因为他是个伟人，是以色列威武的君王；至于我，‘我是无名小卒’，这些经文也适用于我吗？”圣经告诉我们更多关于上帝的爱，以及透过祂的儿子耶稣在十字架上的工作，我们对祂是何等的重要。上帝将祂的独生子赐给我们，好叫我们在基督耶稣里得拯救。我们所做的都完全不配让我们赚取或该得如此的赏赐与关注。上帝藉着自己的独生子为人类实施的伟大而神圣的拯救计划，是上帝一直有我们在祂意念中的伟大见证。

大卫王透过与上帝的关系而得到慰藉，我们也可以这样做，因为祂是一位永不改变的上帝“耶稣基督昨日今日一直到永远，是一样的。”（希伯来书 13:8）。当我们知道祂爱我们、祂为祂的子民所作的计划是最宝贵的、祂对我们所怀的意念是无数的且是最相关的，每天早晨我们都可以放心，当我们醒来时，上帝仍与我们同在，向我们伸展祂的意念。

祈祷

亲爱的天父，感谢祢赐给我们永恒的爱。我们感到卑微，因为尽管我们微不足道、愚昧、破碎、罪孽深重和不配，但宇宙全能并无所不知的上帝仍顾念我们。我们感谢祢的恩典，拯救了我们，让我们与祢有爱的关系。愿我们对祢的这项认识帮助我们更专注于祢、祢的意念、祢的计划，并不住思想祢的话语。我们奉耶稣最宝贵的名求。阿们。

Thursday, 10 September 2020

Title: Gems or Junk?

By: Cecilia Tan 陈俊芳

Psalm 19:14

"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer."

Once upon a time, there lived an old man who adopted an orphan boy as his son. They went everywhere together, doing odd jobs for a living. Everywhere they went, the old man carried a treasure chest on his back and would not allow the boy to touch it, much less to open it! The key to the treasure chest was always in the man's trouser pocket. Every night the boy would lie quietly, pretending to sleep. But he was actually watching the man sort through the contents of his treasure chest and talking to himself!

Came the night when the old man could no longer walk. Lying on his bed, he knew his time was up! He decided to tell the young boy his secret.

He said, "In this treasure chest are all the things I chose to keep in my mind and take me through life – doubts about my abilities, anger towards my parents for abandoning me, fear of being taunted by my friends, a sense of being hopelessly inferior to my peers, jealousy towards the rich and successful and worries about my declining health. Without these, I would have done better and lived the life of my dreams. By carrying them all these years, I have ended the way I have, and now the end is near!" He then handed the key to the treasure chest to the boy and breathed his last.

The boy immediately unlocked the chest as he could no longer contain his curiosity. He lifted the lid and lo and behold, the chest was filled to the brim with dirty, smelly stones!

The old man lived and died miserably. Unlike King David, he was totally unaware of God's wonderful plan for mankind which David had described in Psalm 19 – that God has created an awesomely beautiful world for man to enjoy living in. God has also given man clear instructions on how to relate to God, how to relate to himself, how to relate to his fellow human beings, as well as how to relate to nature, so that by obeying these instructions, man can enjoy an abundantly happy life.

Unlike David, the old man's heart and mind focused relentlessly on the filthy stones in his chest which deserved to be junked! David was totally the opposite. He prayed to God for his chest to be filled to the brim with gems of godly wisdom, which to him, were to be desired more than fine gold. Moreover, he knew that dwelling on these nuggets of wisdom would lead him to great reward.

What are we keeping in the treasure chest of our minds and hearts? Mistaken beliefs about ourselves that prevent us from reaching our maximum potential? Thoughts that weigh us down and rob us of our joy? Emotions that are troublesome and affect not only our relationships but our sleep as well?

Most people are obsessed with the need to keep the body in good shape. Plenty of time, energy and money are devoted to the pursuit of physical health. We all try hard to keep every part of our bodies at peak performance level in order to enjoy the benefits of excellent health.

Sadly the treasure chest of our minds and hearts is often neglected simply because it is invisible and unseen by the human eye. We carefully watch the food that enters our body but the food that enters our mind is often not as meticulously scrutinised!

We allow the festering of anger, fear, hate, jealousy, inferiority, self-doubt, loneliness, guilt, greed, desire for revenge, regret, anxiety and worry. Dwelling perpetually on them will inevitably destroy our emotional health and adversely affect our physical and spiritual well-being. They are like unhealthy junk food which are low in nutrients and frequent consumption of such food will lead to a host of health ailments! Indeed, we have already been warned in Proverbs 4:23 to “keep your heart with all vigilance, for from it flow the springs of life.”

How can we do a massive clean-up of the treasure chest and replace the troublesome emotions with positive ones like joy, love, peace, patience, gentleness, forgiveness, compassion, contentment, gratitude and hope?

How can the meditations of our heart be made pleasing to God? We simply have to thrash out the junk and bring in the gems! This can only be done by aligning our thoughts with the prescriptions laid down by God for every situation that may arise in our journey of life. To be able to align our thoughts, we will need to familiarise ourselves with the contents of God’s Word, the Bible, which contains valuable gems of wisdom. These gems are more precious than rubies and clinging onto them will enable us to practise godly living in a godless world.

When we thrash out the junk, we do not leave the treasure chest empty. We adopt the most effective SOP (Standard Operating Procedure) formulated by Apostle Paul for ensuring mental and emotional well-being, spelt out in Philippians 4:8 “Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Unlike the miserable old man, we will deny harmful thoughts and emotions entry into our treasure chest. With utmost earnestness, we will "take captive every thought to make it obedient to Christ." (2 Corinthians 10:5)

For we know that wrong thoughts will lead to wrong emotions, which in turn will result in wrong behaviour.

Each of us holds the key to our own treasure chest, kept in the deep recesses of our inner being, unseen by the human eye. One key. One treasure chest. I cannot open your chest. You cannot open mine.

Do we, like the old man, want to be weighed down and be in an endless pit of misery by keeping dirty stones inside? Or do we want to be like King David, keeping gems of godly wisdom and soaring like the eagle to the heights of joyful and abundant living? The choice is yours, and mine – GEMS OR JUNK?

Prayer

Our Heavenly Father, we ask Your forgiveness. What goes on in our minds and hearts often cause You grief. We pray for Your strength to guard our thoughts and emotions, so that they will conform to Your will and purpose for our lives. Enable us to thrash the junk and seek to keep only the gems of godly wisdom which will lead us to the joy and peace that surpasses all understanding. We pray in Jesus' name. Amen.

每日灵粮

星期四，2020年9月10日

标题：宝石还是垃圾？

作者：陈俊芳姐妹

翻译：薛秀合姐妹

诗篇 19: 14

“耶和华我的磐石，我的救赎主阿，愿我口中的言语，心里的意念，在你面前蒙悦纳。”

从前，有一个老年人，他收养了一个孤儿为儿子。他们一起到处去，做零工过活。无论他们走到哪里，老年人都背着一个藏宝箱，不允许男孩碰它，更不让他打开了！箱子的钥匙总是放在老年人的裤袋里。每天晚上，男孩都会安静地躺着，假装睡觉；但其实他是在留意着那老年人自言自语地整理着他藏宝箱里的东西！

一个晚上，老年人再也走不动了。他躺在床上，他知道自己的时候到了！他决定把他的秘密告诉这个男孩。

他说：“这个藏宝箱里，全是我选择要终生牢记在心并伴随我度过一生的事物——我对自己能力的置疑、对父母抛弃我的愤怒、被朋友嘲笑的恐惧感、因逊色于我的同龄人而绝望的感觉、对富人和成功者的嫉妒，并对我每况愈下的健康状况而感到的担忧。要是没有这些，我会做得更好且过着我梦想中的生活。这些年来，我背负着它们，而今要如此结束我的一生了，现在结局已近了！”接着，他把藏宝箱的钥匙交给了男孩，就咽下了最后一口气。

这个男孩立刻打开藏宝箱，因为他再也无法抑制他的好奇心了。他抬起盖子，没想到藏宝箱里全是肮脏又难闻的臭石头！

那老年人痛苦地活着，凄惨地死去了。与大卫王不同，他完全不知道大卫王在诗篇 19 中描述的上帝对人类的美好计划-上帝为人类创造了一个极其美丽的世界供人们享受生活。上帝还给了人类明确的指示，说明如何与上帝建立关系，如何与自己相处，如何与同伴相处以及如何与大自然相处，通过遵循这些指示，人就可以享受丰盛的幸福生活。

与大卫王不同的是，老年人不停地把心思集中在他箱子里的那些像垃圾、该被扔掉的肮脏石头上！大卫王完全相反。他祈求上帝使他的箱子充满着属神智慧的宝石，这对他而言比纯金更令人渴慕。而且，他知道细想这些宝贵的智慧将使他获得丰厚的回报。

我们将什么储存在我们的心灵宝箱中呢？是对自己的错误信念，成了我们发挥最大潜力的绊脚石吗？是那些压垮我们使我们失去心中喜乐的想法吗？还是那些会影响我们的人际关系与睡眠的繁难情绪呢？

大多数人都热衷于保持最佳健康状态的必要性。大量的时间、精力和金钱都花在追求身体健康上。大家都努力将自己身体的每一个部位保持在最佳状态以享有健康的益处。

可悲的是，我们心灵的宝箱 仅因为是肉眼看不见而经常被忽略。我们会仔细察看吃进肚子里的食物，但是却往往没有严格地检查进入我们心灵的粮食！

我们允许愤怒、恐惧、仇恨、嫉妒、自卑、自我怀疑、孤独、罪疚、贪婪、报仇、遗憾、焦虑和忧虑在我们里面溃烂。长期潜于如此的精神状态必将破坏我们的心理健康，并将对我们的身心灵产生不利的影响。它们就像那些营养成份低又不健康的垃圾食品，经常食用此类食物会导致一系列的健康疾病！确实，箴言 4:23 中已经告诫我们“你要保守你心，胜过保守一切。（或作你要切切保守你心）因为一生的果效，是由心发出。”

我们该如何大规模地清理那宝箱，并用喜乐、爱心、和平、忍耐、温柔、宽恕、怜悯、知足、感恩和盼望等正面的情绪来代替那些繁难恼人的情绪呢？

如何使我们的心思意念成为上帝所喜悦的？我们只需要扔掉垃圾并引入宝石！要做到这点，唯有通过遵行上帝针对一切可能出现在我们人生旅途中的每种情况而定的配方，来调整我们的心思意念。为了使我们的心意保持一致，我们需要让自己熟悉上帝的话语，圣经，其中包含着珍贵的智慧宝石。这些宝石比红宝石更珍贵，紧紧握住它们将使我们能够在无神的世界中实践虔诚的生活。

当我们扔掉垃圾时，我们不会把藏宝箱留空。我们采用使徒保罗制定的最有效的 SOP（标准作业程序），以确保心理和情感健康。这在腓立比书 4:8 中阐明：“弟兄们，我还有未尽的话。凡是真实的，可敬的，公义的，清洁的，可爱的，有美名的。若有什么德行，若有什么称赞，这些事你们都要思念。”

与那可怜的老年人不同，我们会拒绝让有害的思想和情绪进入我们的藏宝箱里。我们会尽最大的努力“将人所有的心意夺回，使他都顺服基督。”（哥林多后书 10:5）因为我们知道错误的思想会导致错误的情绪，而错误的情绪又会导致错误的行为。

我们每人都持有自己藏宝箱的钥匙，藏在我们内心深处，肉眼看不见。一把钥匙。一个藏宝箱。我无法打开您的宝箱。您也不能打开我的。

我们是否像那老年人一样，把脏石头藏在里面，被压得喘不过气来，陷入无尽的痛苦深渊？或者我们愿像大卫王一样，储存着圣洁智慧的宝石，如鹰展翅上腾，到喜乐丰盛生活的高度翱翔？选择在于您，和我 — 宝石还是垃圾？

祷告

我们的天父，我们祈求祢的赦免。我们内在的心思意念常常令祢忧伤。我们祈求天父以祢的大能保守我们的思想和情感，使它们合乎祢对我们人生的心意和目标。帮助我们扔掉垃圾，并寻求只保留属祢的智慧宝石，使我们获得出人意外的喜乐与平安。我们奉耶稣的名祈求。阿门！

Friday, 11 September 2020

Title: He shall preserve your soul

By: Ps Cheng Cheung

Psalm 121:7 The LORD shall preserve you from all evil;

He shall preserve your soul

Psalm 121 is one of a collection of Psalms known as the Songs of Ascents, used by pilgrims journeying to annual religious festivals. Worshipers sang these hymns on their way to the temple on Mount Zion or en route to a holy observance in Jerusalem.

"I will lift up my eyes to the hills"

The singer of this psalm looked to the hills, likely the distant hills of Jerusalem as he travelled toward the city to fulfil his pilgrimage. However, his gaze did not stop when he looked upward to the hills but he looked beyond them to God, who made the mountains. He is still far from the appointed place of worship, and lifts his eyes toward the distant mountains.

He is not far from Jehovah, however. He knows he is in Jehovah's keeping, even though far from the centre of external worship. The thought that he is safe is wonderfully reassuring to the psalmist; moreover, help for distressed souls comes from Jehovah, maker of heaven and earth. He understood that the group didn't need to arrive at Jerusalem before they came under God's protective care. The Lord would watch over them on the journey. God is just as present during the journey as He would be once they reached their destination.

"1 From whence comes my help?"

These words pose a timeless question for humankind. They echo the deep need, and for some, the most pressing anxieties, of our hearts. How desperately we need help. How utterly limited are our personal resources. How great are our needs and concerns. Personally, this could not be more true: There are sacred tasks for which I feel so inadequate. There are those who are dear to me for whom I carry a heavy burden. There are those who look to me for encouragement in their walk with Jesus – I must not fail them. There are daily tasks for which I need much wisdom. "From whence comes my help?" Does this sound familiar, fellow brethren?

How do I take my frail and finite bag of bones and flesh and put it in Your mighty Hands? How do I do this so that you will be my Helper and my Keeper? Show me, O mighty Jehovah.

The journey the pilgrims were on often took weeks and danger lurked everywhere. At night, a sentry would be posted to keep guard over the band of

travellers. Robbers were a real threat and there was always the possibility that the human sentry, weary from a full day of travel, would fall asleep. However, we are assured that the divine Sentry of our soul is always watching over us. Brothers and sisters, here is the Lord's assurance that He will protect us and guard us from the enemies of our souls. The Lord neither slumbers nor sleeps.

"3 He who keeps you will not slumber.

Behold, He who keeps Israel

Shall neither slumber nor sleep"

Finally, despite its appearance, verse 7, "The LORD shall preserve you from all evil; He shall preserve your soul." does not promise we will be spared from difficulties, danger or even premature death. History is full of accounts of God's servants who have succumbed to illness or even suffered martyrdom for the cause of the Gospel. A careful reading of the verse shows its true, deeper meaning. It is no coincidence that the phrase, "The Lord shall keep/preserve you," appears six times in this short psalm. He may not preserve us from difficulty, but He will preserve us from evil, and He will even bring blessing out of the brokenness of our lives. The point is that no sickness, no adversity, no enemy, can harm or snatch away your soul from God's grasp because God has given His word that He shall preserve His own.

Prayer for Today

Gracious God, may your Name be praised. I feel secure in your love and care, despite my inadequacies. Thank you that I am loved not because of any merit I possess but because of grace and your great immeasurable love.

Help me remember that I am a pilgrim, a wayfaring stranger a-passing through this land. Help me in my quest to encourage as many as possible to join me in my journey.

In Jesus' Name, Amen.

每日灵粮

星期五，2020 年 9 月 11 日

标题：他要保护你的性命

讲员：张祯祥传道

翻译：梁玉萍姐妹

诗 121：7 耶和華要保護你免受一切的災害，他要保護你的性命。

诗篇 121 是称为“上行之诗”的诗篇之一，供前往每年宗教节日的朝圣者使用。在前往锡安山的圣殿或前往耶路撒冷的神圣纪念仪式途中，敬拜者都会唱这些赞美诗。

“我要向山举目。”

这首诗篇的诗人向山举目，可能是遥远的耶路撒冷山丘，因为他前往这城市朝圣。然而，当他抬头向山举目，他的目光并没有停止在山上，而是越过山丘，仰望那造山的上帝。他离所指定的敬拜地点还很远，他举目观看遥远的山脉。

然而，他离耶和華并不远。尽管离外在敬拜的地点很远，他知道上帝看守他。一想到他是安全的，就让诗人放心了；此外，创造天地的耶和華帮助苦恼的人。他明白，这群人不需要到达耶路撒冷才能受到上帝的保护。主会在旅途中照顾他们。无论他们是在旅途中，或是到达目的地后，上帝是与他们同在的。

“我的帮助从何而来？”

这话提到了人类流传百世的问题。它们反映出我们内心的深切需求，对有些人来说，也是心中最紧迫的焦虑。我们多么迫切需要帮助。我们的个人资源是多么有限。我们的需求和关注是多么巨大。就我个人而言，这再正确不过了：我觉得自己多方面不够格，无法胜任一些神圣的工作。还有那些我亲爱的人，我为他们背负沉重的负担。有些人在与耶稣同行的过程中依赖我来鼓励他们——我绝不能辜负他们。每天的日常工作，我需要很多智慧。“我的帮助从何而来？”弟兄姐妹们，这听起来是否熟悉？

我怎样才能把我脆弱而又有限的身体，并把它放在你大能的手中？我该怎么做，让你成为我的帮助者，我的守护者？哦，大能的耶和華，指示我。

朝圣者的旅程往往需要数周时间，危险无处不在。到了晚上，一个哨兵将被派驻，保卫路途中的队伍。强盗是一个真正的威胁，而且哨兵经过一整天的旅途，疲倦了总会睡着。然而，我们确信，我们神圣的灵魂哨兵总是在看顾着我们。弟兄姐妹们，这是主的保证，他会保护我们，免受我们灵魂敌人的伤害。主既不打盹，也不睡觉。

“他必不叫你的脚摇动，保护你的必不打盹。保护以色列的也不打盹，也不睡觉。”

最后，尽管第 7 节说道“耶和華要保護你免受一切的災害，他要保護你的性命”，它却不能保证我们会摆脱困难，危险甚至过早死亡。历史充满了上帝仆人的叙述，他们因福音的原故而病，甚至殉难。仔细阅读这首诗，说明它的真实、更深的含义。”耶和華要保護你”这句话在这稍短的诗篇中出现了六次，这并非巧合。他也许不能保护我们摆脱困境，但他会保护我们免受邪恶的侵害，他甚至会从我们破碎的生命带来祝福。关

键是，没有任何疾病、逆境或敌人可以从上帝的掌握中伤害或夺走你的灵魂，因为上帝已经应许他会保护属他的。

今日的祷告

仁慈的上帝，愿你的名得到称颂。尽管我不够格，但我在你的爱和关怀中感到安全。谢谢你，我之所以被爱，并不是因为我拥有任何的优点，而是因为你的恩典和巨大无比的爱。帮助我记住，我是一个朝圣者，一个穿越这片土地的陌生人。帮助我竭尽所能鼓励他人加入我的旅程。奉耶稣的名祷告，阿们。

Saturday September 12, 2020

Title: Why does God allow suffering?

Author: Pastor Andrew Lim Kim Yee

Translation: Irene Hong

Psalm 116:8 For you, Lord, have delivered me from death, my eyes from tears, my feet from stumbling.

Hebrews 5:8 Although he was a son, he learned obedience from what he suffered.

Suffering is a problem that everyone would face in real life. There are countries around the world where thousands of people are suffering from hunger and illness due to overpopulation and uncultivable land; there are others who are suffering from flooding, earthquakes and after-effects of other natural disasters. Earthquakes, windstorms, hunger and flooding are being referred to as acts of God because mankind has no better explanation on why these natural disasters happened.

If we surpass man's instinct of good and evil behavior to destroy natural disaster, we will discover that both the guilty and innocent people are equally punished:

(1) People live under complex and difficult conditions, God let the situation as it is because He wants people to have a sense of responsibility and use this responsibility to restrict their behavior instead of doing whatever they want.

(2) People's negligence and indulgence in life have not only corrupted their own morality, but also caused the forces of evil to grow day by day and continue to spread from generation to generation.

(3) People's crimes are not intrinsic. The social and political crimes that have often occurred in history leave a heavy burden to future generations.

Job was a devout believer, when the disaster struck, he lost his financial resources. He had to endure the pain of losing all his children. He was also isolated from others due to illness, but he said: "Shall we accept good from God, and not trouble?" (Job 2:10)

Problems that cause great suffering:

Job's friends argued that there must be a direct relationship between a person's suffering and his evil deeds. Therefore, they came to the conclusion that the reason why Job's suffering is great must be because he committed unforgivable sin. But Job was sure of his own integrity: he is a person who could make mistakes, but he knew that he would never have committed any heinous crime which others falsely accused him of.

Did God deliberately choose him as the target of punishment? Because compared to other people, his sufferings are not compatible with any mistakes he made. His pain only indicates that God is avenging him and adding his moral mistakes to his suffering. "Good man is not rewarded with goodness."

Suffering can be a way that God works in mankind. He can let mankind improve and increase knowledge. Job said: "My ears had heard of you, but now my eyes have seen you. Therefore I despise myself and repent in dust and ashes."

People always ask: Why doesn't God try to stop suffering from happening? For example, try to prevent war from happening, try to prevent disease from spreading, etc. God tried to prevent human tragedies from happening. He has shown His power many times in history. People failed to see it because either they have not observed God's action carefully or they have used their own perspective to look at things.

Two thousand years ago, through His beloved son Jesus Christ, God shared to the greatest extent the incurable suffering caused by human sin. Jesus came to live among human with a human nature. He taught mankind the experience of resisting inner temptation and external suffering, it is the precious treasure shared by all mankind.

The suffering caused by Jesus' obedience to God's tells us that suffering is not a great sin. He has overcome the temptation of sins due to human nature. Because his loyalty surpassed all tests, with complete obedience and whole-hearted love to God, he has become a servant of God and a model to all believers.

"To this you were called, because Christ suffered for you, leaving you an example that you should follow in His steps. He committed no sin, and no deceit was found in His mouth. When they hurled their insults at Him, He did not retaliate; when He suffered, He made no threats. Instead, He entrusted Himself to Him who judges justly. He Himself bore our sins in His body on the cross, so that we might die to sins and live for righteousness; by His wounds you have been healed."

Actually God was also entangled in human suffering. He abandoned His family member and let His only son to die for humanity. Jesus also suffered the pain.

"For God so loved the world that he gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him."

No one can have such a great love like God, because He sent His beloved son to the cross for the sake of mankind.

God let you suffer to train you because He values you. If God does not train you, it is because you are of no use to Him.

When suffering comes to us, don't give ourselves up or blame God, but treat it as the experience of growth of faith in our lives. When God allows us to experience suffering, it is through suffering that allows us to learn and grow, to make us strong in suffering and to discipline our lives.

God refines us, such as in the hands of craftsmen, after tempering and forging, we can become fine products.

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. (2 Cor. 4:17)

Dear brothers and sisters, you may be experiencing certain suffering today, or your burdens had made you miserable; or your experience was a great blow to you spiritually; or perhaps your illness had made you fall into despair....do not just look at suffering and sorrow itself. In everything, if it is not approved by God, it will never come to us. Focus on the blessing and grace of God and wait for God to make a way.

The bible told us of the promise of God: No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.

"My grace is sufficient for you, for my power is made perfect in weakness." (2 Corin 12:9)

Prayer: Dear Lord, no matter how much dark clouds hover over my life, You will always bring me through the storms and enter into your presence safely. Only You can cast away all my despair and fill my emptiness. Only You can take my sorrows and sufferings. Please make me strong and not weaker when I am in sorrow, suffering and trial. Thank you for delivering me from death, saving my eyes from tears, saving my feet from stumbling. In my suffering let me not forget your grace and promises. In Jesus's name I pray, Amen.

每日灵修

星期六 2020 年 9 月 12 日

标题：上帝为何允许痛苦？

作者：林金仪传道

诗篇 116: 8 主啊，你救我的命免了死亡，救我的眼免了流淚，救我的脚免了跌倒。

希伯来书 5:8 祂虽然为儿子，还是因所受的苦难学习了顺从。

痛苦是每个人在现实生活中都会遇到的问题。在世上人口众多而土地贫瘠的国家，成千上万的人忍受着饥饿和病痛的折磨。而另部分则正处于洪水、地震、和其他自然灾害所引发的痛苦。地震、风暴、饥荒和洪水之所以被称为“上帝的作为”(acts of God)，是因为人们无法对它们的发生做出别的或更好的解释。

如果我们超越人类行为的善恶去破坏自然灾害，就会发现所有有罪和无罪的人都同样受到惩罚：

(一) 人们生活在错综复杂，困难重重之下，上帝之所以这样安排，是因为上帝想使人们有自觉的责任感，并以此约束自己的行为而非为所欲为。

(二) 人们对生活的疏忽和放纵，不仅使自身道德败坏，而且使邪恶势力日益增长，一代一代延袭下去。

(三) 人们的罪行不是天生就有的。常常历史上所发生的社会和政治的犯罪，遗留给后代一个沉重的包袱。

约伯是虔诚的信徒，在灾难降临时，他失去了经济来源。他还必须忍受失去其所有孩子的痛苦。他还因病身而与他人隔离，然而他却说：“既然我们从上帝那里接收恩赐，为什么我们不能同样从他那里接收苦难呢？”(伯 2: 10)

引发巨大痛苦的问题

约伯的朋友们争议道：一个人的痛苦和他的恶行之间肯定有直接的关系，因此，他们得出接论：约伯之所以痛苦很深，肯定是因为他犯下了不可饶恕的罪过。

但约伯确信他自己的正直：他是个有可能犯错误的人，但他知道，他绝没有犯下别人试图诬陷给他的滔天罪行。

难道是上帝故意选择他做为惩罚目标吗？因为和其他人相比，他所受得苦与他所犯下的任何错误都是不相付的。他的痛苦只能意味着上帝在报复他，并将他在道义上所犯的错误也加之于他的痛苦之中，犹如好人不得好报。

痛苦可以说是上帝对于人类的一种工作方式。他可以使人类进行并且增长见识。约伯说：“我从前风闻由你，现在亲眼看见你。因此我厌恶自己的所作所为，并在尘地和灰烬中忏悔。”

人们时常会问：为什么上帝不设法阻止痛苦产生呢？比如，阻止战争发生，防止疾病蔓延等。上帝当然尽力阻止过人类惨案的发生，他曾多次在历史上显示了他的威力。人们看不到，常常是因为人没有细察上帝的作为或用自己的角度看事情。

在两千年前，上帝通过其爱子耶稣基督以最大限度地分担人类因罪引发的无可救药的痛苦。耶稣来到人的生活之中，并具有入本性。他传授给人类抵御内心诱惑和外来痛苦的经验，这是整个人类所共有的宝贵财富。

耶稣通过服从上帝意愿而引发的痛苦，告诉我们痛苦并不是一种巨大的罪恶，他已战胜了人类本性中具有诱惑力的罪恶。

由于他对上帝经得起考验的忠诚、完全的顺从和全身心的爱而成为上帝的仆人，成为

所有信徒的典范。

“你们蒙召原是为这；因基督也为你们受过苦，给你们留下榜样，叫你们跟随他的脚踪行。他并没有犯罪，口里也没有诡诈；他被骂不还口，受害不说威吓的话，只将自己交托那按公义审判人的主。”

祂被挂在木头上，亲身担当了我们的罪，使我们既然在罪上死，就得以在义上活。因祂受的革命伤，你们便得了医治。

上帝其实也为人类的痛苦所缠绕着，祂舍弃了亲情，让自己的儿子为人类而死，耶稣也承受痛苦。

“神爱世人，甚至将祂的独子赐给他们，叫一切信祂的，不至灭亡，反得永生。因为神差祂的儿子降世，不是要定世人的罪，乃是要叫世人因祂得救。”

没有任何人能像上帝这样有如此伟大的爱，因为祂为人类的罪而把自己深爱的儿子送上了十字架。

上帝让你受苦磨炼，是重视你，如果上帝不磨炼你，是觉得你没有什么可用之处。

当苦难临到我们时，不要自暴自弃、埋怨上帝，要把它当成我们生命信心成长的经历。上帝允许我们经历苦难时，是藉着苦难让我们学习成长，让我们在苦难中刚强，生命得到操练。

神炼净我们，如在匠人手中，经过磨炼、打造后，才能成为精品。

林后 4:17 我们这至暂至轻的苦楚，要为我们成就极重无比永远的荣耀。

亲爱的弟兄姊妹，也许今天你正在经历着某些苦难；也许你的重担使你苦不堪言；或者你的经历给你的心灵带来非常大的打击；又或许你的疾病使你陷入绝望当中……请不要只看苦难和悲伤本身。

每一件事情如果不是出于上帝的允许，断然不会临到我们。专注上帝的祝福和恩典，并期待上帝为你开路。

圣经告诉我们上帝的应许：你们所遭受的试探，无非是人所遭受的。神是信实的，祂不会让你们受试探超过你们所能受的；而且在你们受试探的时候，祂会给你们开一条出路，使你们能忍受得住。“我的恩典够你用的，因为我的能力是在人的软弱上显得完全。” 林后 12: 9

祷告：亲爱的主啊，不管我生命有多少乌云笼罩，您都会带领我突破风暴，进入你的同在和平安。只有你能除去我的失落和填满我的空虚。只有你能担起我的悲伤和痛苦。我遭遇悲伤、痛苦或试炼时，求你让我变得更坚强，而不是更软弱；谢谢你救我的命，免了死亡，救我的眼免了流泪，救我的脚免了跌倒。让我在痛苦中不要忘记你的恩典和应许。奉主耶稣的名祷告，阿们。

Sunday, 13 September 2020

Title: A Rainbow in the Cloud

By: Sidlow Baxter (adapted from his devotional 'Awake My Heart')

Psalm 91:15 He shall call upon Me, and I will answer him;

I will be with him in trouble;

What "balm of Gilead" is Psalm 91! Such comforting assurance is given from God in heaven to godly souls on earth! As to its human authorship, it was written by Moses, the man of the Law; yet from beginning to end it breathes the unmerited grace and favour of God. We may say that the psalm as a whole is the gracious response of God to the human heart which truly loves and trusts Him.

At the moment, however, it is that middle sentence of verse 15 which holds our attention: "I will be with him in trouble." It comes with something of surprise, for up to that point there is not a hint that trouble could ever swoop down upon the godly man envisaged in this psalm. He seems to live a charmed life.

10 No evil shall befall you,

Nor shall any plague come near your dwelling;

11 For He shall give His angels charge over you,

To keep you in all your ways.

13 You shall tread upon the lion and the cobra,

The young lion and the serpent you shall trample underfoot.

Angels are given special charge over him. No plague comes near his dwelling.

Even if there are lions and serpents, he tramples them underfoot. Glance through the verses again, and it appears that Providence has all smiles and no frowns for him. So it seems until we reach verse 15 and we are gently jolted from our easy misunderstanding. God loves us too well and too wisely to leave us continually enchanted amid flowery beds of ease.

Yes, mark it well: trouble has a permitted place. All of us find it so as we pilgrimage to our heavenly destination. Often indeed does beaming-faced Joy meet us with hands full of fresh fruits and lovely flowers. But from time to time, also, stern-eyed Duty accosts us, with hard challenges. Sometimes, too, black-draped Sorrow says, "Walk a mile with me," and we can only drag on with heavy feet.

Yet trouble not only has a permitted place; it has a precious ministry (think well over this); and, further, it often gives our Lord His timely opportunity to prove His sympathetic and protective presence with us.

Isaiah 43:2 "When you pass through the waters, I will be with you;

And through the rivers, they shall not overflow you.

When you walk through the fire, you shall not be burned,

Nor shall the flame scorch you."

It was when Shadrach, Meshach and Abednego were flung into the intensified furnace that they suddenly made their most thrilling discovery of the divine companionship. It is when the seas "roar" and the mountains "shake with the swelling thereof", that our heavenly Keeper shows Himself "a very present help in trouble" (Psalm 46). It is "the fourth watch of the night", as the storm lashes most fiercely, that He tramples the billows and scatters the night, and comes to us with His

"Be of good cheer! It is I; do not be afraid." (Matthew 14: 27)

How many married couples, happy in each other's love, will tell us that although they were truly one in heart on their wedding day, they never knew how deeply they loved, nor how much they meant to each other, until they had to go through trouble together! And how many of God's children, whose hearts have found the secret of true repose in the Saviour's love, will tell us with radiant gratitude that it was when they were in trouble that they made their richest discovery of all that Christ can be to a human heart! Dear brothers and sisters, let it be your endeavour neither to cause trouble nor to fear it. Remember, Jesus says, "I will be with him in trouble."

Prayer for Today

Dear Heavenly Father, thank you for the assurance of your presence, that You will be with me when trouble befalls me. Help me to never take good times for granted.

Give me contentment, whatever my circumstances. Help me abide in You daily, Lord Jesus.

In Jesus' Name I pray. Amen.

每日灵粮

星期日, 2020 年 9 月 13 日

题目：云中彩虹

作者：史诺·巴斯德牧师（内容取自他的灵修书籍“醒起吧，我心！”）

翻译：杨仕涵弟兄

诗篇 91：15 他若求告我，我就应允他；他在急难中，我要与他同在。

诗篇 91 正如基列的乳香！上帝赐给世上那些爱祂的灵魂何等安慰的确据！摩西是诗篇 91 的作者，一个遵守律法的人；然而从开始到末了，他写道上帝所赐的无法以功劳获得的恩典。我们可以说，诗篇 91 总体描述了上帝对真正爱和信靠祂的人充满恩惠的回应。

然而，正是第 15 节的中句引起我们的注意：“他在急难中，我要与他同在。”这一句带来一些惊奇，因为诗篇 91 到目前为止，似乎没有任何的患难可临到诗篇 91 中描述的圣人身上。他似乎过着美好的生活。

10 患必不临到你，灾害也不挨近你的帐篷。

11 因他要为你吩咐他的使者，在你行的一切道路上保护你。

13 你要踹在狮子和虺蛇的身上，践踏少壮狮子和大蛇。

上帝吩咐祂的使者保护他，灾害也不挨近他的帐篷。即使有狮子和大蛇，他也要践踏它们。再看一遍这首诗篇，天似乎对他满脸微笑，没有逆境。所以，在我们读到第 15 节时，我们似乎从误会中被轻轻地碰了一下。上帝对我们的爱伟大，上帝的智慧伟大，祂不能让我们不断地在繁花似锦的安逸之床中。

是的，记住：患难是被允许的。我们所有朝着天家的人将遇到患难。的确，我们经常都面对那面带笑容、满手提着新鲜水果和鲜花的喜乐。但时不时，严肃的责任也会给我们带来艰难的挑战。有时，一身黑衣的悲哀也会对我们说，“跟我走一里路”，我们只好拖着沉重的脚走下去。

然而，患难不仅是被允许的；它也有一个宝贵的事工（请好好想想）；而且，我们的主往往接着患难，在祂最美好的时间，向我们证明祂的怜悯、保护和同在。

以赛亚 43：2 “你从水中经过，我必与你同在；

你趟过江河，水必不漫过你；

你从火中行过，必不被烧，

火焰也不着在你身上。”

正是在沙得拉、米煞、亚伯尼歌被扔在烈火的窑中时，他们发现了神圣的伙伴正保护着他们。正是当大海翻腾，山因海涨而战抖时，上帝显示祂是我们的避难所（诗篇 46）。正在“夜里四更天”，风不顺，风暴激烈时，耶稣践踏大浪、使夜晚消失，来救我们并对我们说“放心！是我，不要怕！”（马太福音 14：27）。

有多少对幸福的夫妻会告诉我们，虽然他们在婚礼日真是一心一意，但只有在一同经过患难后才知道自己对对方的爱有多深，对对方的意义有多大！有多少找到救主耶稣的爱而回应的上帝儿女会告诉我们，正是在他们陷入困境的时候，他们才发现基督对

他们心灵是何等大的安慰！亲爱的弟兄姐妹们，愿你们不要制造患难，也不要惧怕患难。记住，耶稣说，”他在急难中，我要与他同在。“

今天的祷告

亲爱的天父，感谢祢给我们祢同在的保障，祢将在患难中与我同在。求主让我珍惜美好的时刻。

叫我在任何情况都知足、喜乐。求主帮助我天天住在祢里面。奉耶稣的名祷告。阿门。

Monday, 14 September, 2020

A PRAYER FOR US

Pastor Soong Kok Kee

Psalm 20: 5-9

Last Monday we looked at the first 4 verses of Psalm 20, entitled A PRAYER FOR YOU. Today we will look at the remaining 5 verses and indeed it's a prayer for all of us. We all need this prayer as we live our lives as brothers and sisters in the Lord and more so in this unprecedented time of the pandemic.

We will shout for joy when you are victorious and will lift up our banners in the name of our God. May the Lord grant all your requests. (v.5).

Victory is never a one-man accomplishment. We do not go into the battle all by ourselves. There are people who love us praying for us, encouraging and strengthening us as we fight the battles ahead of us – difficult ones – perhaps more difficult because of what the whole world is facing now – the pandemic, the political situation of our country, the economy, with millions laid off or losing their jobs and worse days yet to come. But as the family of God, we are all in this together. Paul's exhortation comes to mind "Rejoice with those who rejoice; mourn with those who mourn (Rom 12:15). If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it (1 Cor 12:26)" That's what the Church should be, we are never alone – caring and loving each other as the Lord grants all our requests to the glory of His name.

Now I know that the Lord saves his anointed; he answers him from his holy heaven with the saving power of his right hand. (v.6).

The word "anointed" in this verse means the king, the one anointed king. We all are also God's anointed. What an assurance that is for us. Before we even pray, God our heavenly Father knows our every need and He will provide for us in every circumstance. He will answer us, He will save us – that's the assurance we all have – what a wonderful God we have.

Some trust in chariots and some in horses, but we trust in the name of the Lord our God. They are brought to their knees and fall, but we will rise up and stand firm. (v.7-8).

The psalmist knows that horses and chariots are needed for battles but that alone is not enough. The world too has its sources of confidence and there's nothing wrong with that, except that it is not enough. As we face the uncertain future, what do we trust in? What do we rely upon? There are many modern equivalents to these horses and chariots. Some trust in missiles and tanks, some in ancestry and education, some in connections and politicians, some in wealth

and possession and one can go on and on. But the psalmist has learned through experience, probably painful experiences, that the only sure thing is to trust in the name of the Lord our God, for His promise to all who trust in Him is "I will never leave you nor forsake you" (Josh 1:5). I have often stressed that if we trust in ourselves or our horses and chariots, we will be responsible but if we trust in the name of our Lord our God, He will be responsible.

O Lord, save the King! Answer us when we call! (v.9).

We see here an implied promise of continued prayer. The people are saying "Give victory to the king, as we keep calling upon you, O Lord". This is the promise and reminder to all of us to keep on praying for one another. As we pray for one another, God will continue to supply us with what is needed to take us through our problems, the perils, the dangers, and the battles of the years that lie ahead of us. No one knows what lies ahead for our family, our church, our country, and the world. But we know for sure our God will hear us and answer our prayers as we call upon Him. So let us constantly, without ceasing, keep one another in prayer.

PRAYER:

Dear Lord God, thank you once again for reminding us that in our day of trouble, we can call upon you and you will hear us. May the name of the Lord of Jacob protect us. May you send us help from the sanctuary and give us support from Zion. May you remember all our offerings, and regard with favour our burnt offerings! May you grant our heart's desires, and fulfil all our plans! May we shout for joy over our victory and in your name lift up our victory banners. May you dear Lord, answer all our prayers. In the precious name of our Lord Jesus Christ we pray.

AMEN.

每日灵粮

星期一, 2020 年 9 月 14 日

标题：为我们的一个祈祷

作者：宋国基牧师

翻译：郑振隆弟兄

诗篇 20：5-9

上周一，我们看了诗篇 20 的前四节经文，题为“为你祈祷”。今天我们将看剩下的五节经文，这的确是对我们所有人的祈祷。我们在主里称为兄弟姐妹，生活里都需要如此的祷告；而在这个前所未有的大流行疫情时期，更是如此。

【诗 20:5】我们要因你的救恩夸胜，要奉我们 神的名竖立旌旗。愿耶和华成就你一切所求的！

胜利从不是来自一个人的成就。我们不会独自一人上战场。当我们在前方争战时，有爱我们的人在为我们祷告、鼓励和坚固我们 – 艰难的 – 由于全世界现在正面临的挑战，也许会是更加艰难的 – 大流行疫情、我们国家的政治局势、经济、数百万人被解雇或失去工作，更糟的日子还没来到。但是在上帝的大家庭里，我们是同舟共济的。我想起了保罗的劝告：**【罗 12:15】**要与喜乐的人同乐；要与哀哭的人同哭。**【林前 12:26】**假如一个肢体受苦，所有的肢体就一同受苦；假如一个肢体得光荣，所有的肢体就一同快乐。教会本应如此，我们永远不会孤单 – 我们彼此关怀和相爱，主按照祂的荣耀应允我们所有的祈求。

【诗 20:6】现在我知道耶和华必救护他的受膏者，从他神圣的天上应允他，用右手的能力救护他。

在这节经文中，“受膏者”一词的意思是君王，一位受膏的王。我们也是上帝的受膏者。这对我们来说是何等的确据。在我们祷告之前，我们在天上的父，早已经知道我们的一切需要，在任何情况下祂都会供应我们的需要。祂会应允我们、祂将拯救我们 – 这就是我们所有人的确据 – 我们的上帝是多么的奇妙。

【诗 20:7】有人靠车，有人靠马，但我们要提耶和华 – 我们 神的名。

【诗 20:8】他们都屈身仆倒，我们却起来，坚立不移。

诗人知道战争中需要马匹和战车，但仅此还不够。世界也有自己的信心之源，这也没有什么不对的，只不过这还是不够的。当我们面对不确定的未来时，我们信靠什么？我们要依靠什么？

这些马匹和战车有许多现代的等效配备。有些人信赖导弹和坦克，一些人信任祖先和教育，有人倚靠人脉和政客，另有些人依靠财富和产业，不胜枚举。但是，诗人通过经验，可能是痛苦的经验，已经了解到，唯一确定的事情就是相信主我们上帝的名，因为祂对所有信靠祂的人的承诺是**【书 1:5】**“我必不撇下你，也不丢弃你。”我经常强调，如果我们倚靠自己、马匹和战车，我们将为自己负责。但如果我们信靠我们的主，我们的上帝，祂将会负责到底。

【诗 20:9】耶和华啊，求你拯救；我们呼求的时候，愿王应允我们！

我们在这里看到了继续祷告暗示的应许。百姓说：“主啊，我们不断呼求你，赐国王胜利。这是提醒我们互相代祷的应许。当我们互相代求时，上帝将继续向我们提供所需的，以使我们可以渡过面前的问题，危险和前面岁月的各类战争。没有人知道我们

家庭、教会、国家和世界的未来。但是我们可以肯定知道的，当我们求告祂时，我们的上帝会听见，并会应允我们的祈祷。因此，让我们继续不断地彼此代祷。

祷告：

亲爱的主，再次感谢祢提醒我们在艰难的日子里，我们可以向祢呼求，祢会垂听。愿雅各之上帝的名保护我们。愿祢从圣所向我们发出祢的帮助，并从锡安向我们提供支持。愿祢记念我们向祢所有的奉献，并悦纳我们向祢献上的供物！愿祢赐我们内心的渴望，并实现我们所有的计划！愿我们为胜利而欢呼，并奉主的名，举起我们的得胜旌旗。亲爱的主，愿祢应允我们所有的祷告。 奉主耶稣的宝贵名字祷告。

阿们

Tuesday, 15 September 2020

Title: God's Protection Against Satan's Deception

By: Pastor Isaac Yim

Psalm 91:11-13

Psalm 91 is a beautiful Psalm that promises God's protection in the midst of danger. Christians are not sheltered from dangers and sufferings but God promises to help us whenever we are in the midst of danger and suffering.

11 For he will command his angels concerning you to guard you in all your ways.

12 On their hands they will bear you up, lest you strike your foot against a stone.

13 You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.

This morning, I experienced the coolness of God's protection under the shadow of a big tree at the burial of our beloved brother Ho Wing Loon. Family members and friends were seated under the tree in the coolness of the morning. Before long, the sun shone through the dark clouds and it was hot. Thank God that under the shadow of the big tree, we enjoyed the cool breeze of God's presence and blessings as we bid farewell to brother Ho Wing Loon.

"Under the shadow of the Almighty God" is about the protection and covering of God in the midst of the cunning ways of Satan – like the fowler who ensnares us and the pestilence like Covid-19 all around us. In the midst of all these, God is our Refuge and our Fortress.

The world we are living in is not a playground, but a spiritual battlefield planted with spiritual land mines. Paul in Ephesians 6:12 (NIV) says, "Our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." We are urged to put on the whole armour of God to stand firm against the assaults of Satan. Psalm 91:11 says, "For he will command his angels concerning you to guard you in all your ways." Here God sends angels to be our powerful spiritual allies in the spiritual battle. The protection of the angels is for "He who dwells in the shelter of the Almighty God" (Psalm 91:1) and also ".... for all who love me I will rescue him, I will protect him, for he acknowledges my name" (Psalm 91:14). This means that when you put your faith and trust in the Lord Jesus, He promises to guard and to protect you.

The Messianic part of this Psalm 91:11-12 was misquoted and misused by Satan in the temptation of Jesus in Matthew 4:5-7.

5 Then the devil took him to the holy city and had him stand on the highest point of the temple.

6 "If you are the Son of God," he said, "throw yourself down. For it is written:

'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'"

Satan twisted and quoted out-of-context, leaving out the words, "... to keep you in all your ways." To ward off Satan's trap, Jesus answered him, "It is also written: 'Do not put the Lord your God to the test'" (Matthew 4:7). We must resist the temptation to take scripture out-of-context to mean whatever best serves our selfish purposes, but to rather allow God to teach us its meaning within its original context.

Satan is the serpent in the Garden of Eden, or the roaring lion waiting to devour; and Jesus has already crushed Satan at the Cross of Calvary. He will trample them – the serpent and the lion – under His feet. His death and resurrection give us His authority to walk over Satan. If we are in Christ, we can walk in Christ's authority and trample Satan underfoot.

Prayer for today

Thank you, Lord Jesus, for You have great power in overcoming death. You have triumphed over Satan – Your enemy and ours – by dying on the cross, then rising in three days as You said You would! We are grateful forever, and we love You forever! In Jesus' Name. Amen.

星期二，2020 年 9 月 15 日

标题：上帝的保护抵挡撒旦的诡计

作者：严以撒牧师

翻译：陈晓佩姐妹

诗篇 91:11-13

诗篇 91 篇是一首美丽的诗篇，应许在危险当中有上帝的保护。基督徒并不被庇护不遭危险和苦难，但是上帝承诺每当我们处于危险和苦难当中，祂会帮助我们。

11 节 因他要为你吩咐他的使者，在你行的一切道路上保护你。

12 节 他们要用手托着你，免得你的脚碰在石头上。

13 节 你要踞在狮子和虺蛇的身上，践踏少壮狮子和大蛇。

今天早上，在我们亲爱的 Ho Wing Loon 弟兄的葬礼上，我在一棵大树的荫庇底下经历到上帝的保护的一阵凉快。清凉的早上，家人和亲友们都坐在树荫下。不久之后，太阳穿过黑云照射就热起来了。感谢上帝，在与 Ho Wing Loon 弟兄道别的同时，我们在大树荫蔽下享受着上帝同在的凉风和祝福。

“在全能上帝的荫下”是指在撒旦的狡猾伎俩当中，上帝给与的保护和掩护——就像猎人诱捕我们和新冠疫情环绕着我们一样。在这一切当中，上帝是我们的避难所和堡垒。

我们所居住的世界不是一个游乐场，而是一个埋着属灵地雷的属灵战场。保罗在以弗所书 6:12 说：“因我们并不是与属血气的争战，乃是与那些执政的，掌权的，管辖这幽暗世界的，以及天空属灵气的恶魔争战。”我们被敦促要穿上上帝所赐的全副军装，站稳抵挡撒旦的攻击。诗篇 91:11“因祂要为你吩咐他的使者，在你行的一切道路上保护你。”在这里，上帝差派天使作我们属灵争战里的强大属灵盟军。天使的保护是给予那些“住在至高者隐密处的”（诗篇 91:1）和“。。。他专心爱我，我就要搭救他。因为他知道我的名，我要把他安置在高处。”（诗篇 91:14）。意思是当您把信心放在主耶稣里，祂承诺会守护和保护您。

这部分的弥赛亚诗篇（91:11-12）在（马太福音 4:5-7）耶稣受试探时被撒旦错误引用和滥用了。

5 节 魔鬼就带他进了圣城，叫他站在殿顶上，

6 节 对他说，你若是神的儿子，可以跳下去。因为经上记着说，主要为你吩咐他的使者，用手托着你，免得你的脚碰在石头上。

撒旦扭曲并断章取义地引用，略去了这些字，“。。。在你一切的道路上。”为要避开撒旦的陷阱，耶稣回答他，“经上又记着说，不可试探主你的神。”（马太福音 4:7）我们必须抗拒把经文断章取义以满足我们私欲的诱惑，而应该让上帝教导我们其根据上下文的原意。

撒旦是伊甸园里的蛇或是那吼叫、等着吞吃的狮子；耶稣已经在各各他的十字架上粉碎了撒旦。祂将践踏他们——那蛇和那狮子——在祂脚下。祂的死和复活给了我们权柄彻底地击败撒旦。如果我们在基督里，我们就可以行在基督的权柄里并把撒旦践踏在脚下。

今日祷告

感谢祢，主耶稣，因为祢伟大的能力胜过了死亡。祢已经战胜了撒旦 — 祢的仇敌，也是我们的仇敌 — 借着十字架上的死，然后如祢所说第三天复活！我们永远感激祢，我们永远爱祢！奉主耶稣的名。阿们！

Wednesday, 16th September 2020

Title: His Steadfast Love Endures Forever

Author: Pastor Wallace Ong

Psalm 136: 1 (ESV)

Give thanks to the LORD, for he is good, for his steadfast love endures forever. When I read the entire Psalm 136, I cannot help but thinking that this Psalm was penned in such a special way for some reason. At the time when there were no technology- printing presses, projectors or any other tools to reproduce the copy for the usage in group reading/singing at the same time, the repeated phrases must have been intentionally used in order for the leader to read aloud and lead the group to repeat after as to respond. The selective words/phrases that they would say together must be important words that they could all learn and remember swiftly.

In this Psalm, God's people learn and say this one very important phrase together; "His steadfast love endures forever!"

May I encourage you to read through the whole Psalm 136 today? This Psalm is a simple expression that the psalmist wrote as a responsive song of praise for who God is and of His goodness. Each time this Psalm is sung, those who are singing will be reminded of God's creation, His power and His deliverance of the Israelites out of slavery through the wilderness into the Promised Land. The phrase "His steadfast love endures forever!" is repeated twenty-six times through the whole Psalm as to remind us over and over again of what is important and we shall not forget: God's love will endure forever for all of us.

If we are honest, we may realize that we are the same as the Israelites in the Old Testament time that seem to forget about God and His love at times. And if we are not careful, we might wander, disobey God's Word, and even worship other gods or idols. By repeating the same phrase over and over, we too can learn that we need to remember this truth every day – even through tough time when we face the enemy or when God seems to be silent. This truth will strengthen our faith.

Hebrews 11: 6 says; "And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him."

God is pleased when we acknowledge who He is, His love for us, and how He's blessed us.

Prayer:

Dear Heavenly Father,

We thank You for You are great and that You are the reason the believers around the world can read and sing this Psalm. We thank You each time we are reminded of Your love and goodness. We thank You that Your people for generations are able to stand together and proclaim this truth "His steadfast love endures forever!" because of your grace and mercy toward us. Please help us today, Lord, to remember and spread Your love to many others who have not yet known You. We pray in Jesus' mighty name. Amen.

每日灵粮

星期三,2020 年 9 月 16 日

标题：祂的慈爱永远长存

作者：王振威传道

翻译：陈健萍姐妹

【诗 136:1】[和合本] 你们要称谢耶和華，因他本为善，他的慈爱永远长存。

当阅读整篇诗篇 136 的时候，我不禁在想，这篇诗篇是基于某些原因以如此特殊的方式写成的。在没有技术 – 印刷机、投影仪或任何其他工具复制副本供集体同时诵读/吟咏的当儿，反复的词句必定是刻意地运用，以便领导者大声诵读，并引导会众重复作为回应的。他们所挑选一起说的语词/短语必是他们都能迅速学习并记住的重要用语。

在这诗篇中，上帝的子民一起学习并说这句非常重要的话：“他的慈爱永远长存。”

我可否鼓励您今天诵读整篇诗篇 136？这篇诗篇是诗人简明的表达，写为一首赞美上帝（因为祂是上帝）和祂的恩惠的回应式的诗歌。每次咏唱这篇诗篇时，唱诗的人就会想起上帝的创造、祂的能力，以及祂对以色列人从奴役中的拯救，且领他们经过旷野进入应许地。“他的慈爱永远长存！”在整篇诗篇中重复了二十六遍，反复地提醒我们重要的事情，我们将不会忘记：上帝的爱对于我们所有人将永远长存。

我们若是诚实，我们会意识到我们和旧约时代的以色列人一样，有时似乎忘记了上帝和祂的爱。如果我们不谨慎，我们可能会偏离、不听从上帝的道，甚至崇拜其他神灵或偶像。通过一遍又一遍地重复同一句话，我们也得知，我们需要每天记住这个真理——即使是在我们面对敌人或上帝似乎沉默的艰难时刻。这真理将会坚定我们的信心。

【来 11:6】“人非有信，就不能得神的喜悦；因为到神面前来的人，必须信有神，且信他赏赐那寻求他的人。”

当我们承认上帝因为祂是上帝，并祂对我们的爱，以及祂多么祝福我们的时候，祂会喜悦。

祷告

亲爱的天父，

我们感谢祢，因祢是伟大的；祢是全世界信徒能够阅读和咏唱这篇诗篇的原因。每当想起祢的爱与恩惠，我们都感谢祢。我们感谢祢，因为祢对我们的恩典与怜悯，使祢的子民世代都能一致地宣扬这真理：“他的慈爱永远长存！”主阿，求祢今日帮助我们，记念祢的爱，并将祢的爱传扬给许多尚未认识祢的人。奉耶稣大能的名祈求。阿门。

Thursday, 17 September 2020

Title: Good Stewardship

Author: Arnold Lim

Psalm 24:1

The earth is the Lord's and everything in it, the world and all who live in it.

In Psalm 24:1, David states that the entire earth belongs to God, for He created the heavens and the earth. The ownership extends to our lives and our blessings – material and spiritual. The corollary is we are only stewards of His blessings.

In Luke 19:11-27 (Parable of the Ten Minas) and Matthew 25: 14-30 (Parable of the Talents)

Jesus teaches that we should be good stewards of His blessings. Our abilities and material possessions are to be used for His work here on earth while awaiting His return. An important takeaway, although not the only takeaway, is: Do you make your money work for you?

You may be surprised to know that the Bible even talks about investments.

Ecclesiastes 11:1-2

Ship your grain across the sea; after many days you may receive a return. Invest in seven ventures, yes, in eight; you do not know what disaster may come upon the land.

Exporting grain in a sailing ship was definitely risky in those days. The ship could be sunk in a storm or raided by a pirate in the Caribbean. Still the verse encourages investing. More interestingly, in verse 2 it encourages diversification by investing in seven or eight ventures. In other words, to not to put all of one's eggs in one basket. This is the Bible mind you, talking of diversification of investments.

So, let me ask the question: Is placing all one's funds in fixed deposits at 1.7% being a good steward?

We are now living in a period of record low interest rates and the situation looks like it will persist. Retirees depending upon interest income from their fixed deposits are finding it more and more difficult to make ends meet, as the cost of living rises due to inflation. For millennials preparing for the future – to buy a house or finance their children's education – they will find it difficult to achieve retirement goals by placing all your monies in fixed deposits.

I would like to put to you: In this environment, you will have no choice but to take on some risk to achieve a higher potential return. You will need to invest in a combination of the following:

- property for rental income and price appreciation
- bonds for interest income
- Real Estate Investment Trusts (REITS)
- stocks for dividend income and capital gains.

If you do not possess the necessary expertise, take steps to acquire the expertise. Alternatively, consult a financial planner.

Finally, when your investments are generating a steady income stream, do not forget to serve Him. And do tithe. It reads in Deuteronomy 8:10, *"When you have eaten and are satisfied, praise the Lord your God for the good land He has given you. Be careful that you do not forget the Lord your God, failing to observe His commands, His laws and His decrees that I am giving you this day"*

Prayer

Our Lord and Heavenly Father, You are great and awesome God. You deserve all glory, honor and praise.

Grant us opportunities to honor You with the abilities and material possessions that You have blessed us with. Help us to be good stewards of your blessings; grant us wisdom to invest in this uncertain economic environment.

We pray in Jesus name, Amen!

每日灵粮

星期四, 2020 年 9 月 17 日

标题: 好的管家职责

作者: 林文礼弟兄

翻译: 薛秀合姐妹

诗篇 24:1

地和其中所充满的, 世界和住在其间的, 都属耶和华。

大卫在诗篇 24:1 中指出, 整个地球都属于上帝, 因为祂创造了天地。此所有权延伸到我们的生活和我们的祝福 – 物质和属灵的。其必然的结果是我们只是祂的祝福的管家。

在路加福音 19:11-27 (十锭银子的比喻) 和马太福音 25:14-30 (按才干接受托付的比喻), 耶稣教导我们应当成为祂的祝福的好管家。在等候主再来的期间, 我们的才干和物质财富是要用于祂在地上的工作。重点是, 尽管不是唯一的, 就是: 您是否会让金钱为您效力?

您可能会对圣经竟在谈论投资而感到惊讶。

传道书 11:1-2

当将你的粮食撒在水面, 因为日久必能得着。你要分给七人, 或分给八人, 因为你不知道将来有甚麽灾祸临到地上。

以往利用海运出口谷物绝对是有风险的。船只可能会在暴风雨中沉没, 或者在加勒比海遭到海盗袭击。但这节经文依然鼓励投资。更有趣的是, 在第二节经文中, 它甚至鼓励多元化地进行七或八项的投资。换句话说, 不要孤注一掷。请留心, 这是圣经在谈及多元化的投资。

那么, 请允许我问一个问题: 一个人将所有资金以 1.7% 的利率存放在定期存款中是个好管家吗?

我们现在生活在创纪录的低利率时期, 而这种情况看起来还会持续下去。随着生活费因通货膨胀而上涨, 依赖于定期存款利息收入的退休人员越来越难以维持生计。对于为未来做准备的千禧一代 – 买房子或资助子女的教育费, 他们会发现将所有款项存入定期存款是很难实现退休目标的。

我想告诉您: 在这种环境下, 您别无选择, 只能承担一些风险, 以获得更高的回报。您需要投资在以下项目的组合:

- 物业, 以获取租金收入和会升值的价格
- 债券, 以取得利息收入
- 房地产投资信托基金 (REITS)
- 股票, 以取得股息收益和资本增值

若您未具备必要的专业知识, 请采取步骤以获取专业知识。或者, 您也可以咨询理财规划师。

最后, 当您的投资产生稳定的收入来源时, 请不要忘记事奉祂; 且要奉行十一奉献。申命记 8:10 记载, “你吃得饱足, 就要称颂耶和华—你的神, 因他将那美地赐给你

了。你要谨慎，免得忘记耶和华—你的神，不守他的诫命、典章、律例，就是我今日所吩咐你的。”

祷告

我们的主及阿爸天父，祢是伟大又令人敬畏的上帝。祢配得一切荣耀、尊贵与颂赞。

愿主赐予我们机会，以祢所赐的才干和物质财富的祝福来荣耀祢。帮助我们成为祢的祝福的好管家；求赐我们智慧在这不稳定的经济环境中进行投资。

我们奉耶稣的名祷告，阿门！

Friday, 18 September 2020

Title: 'Only the Wounded...'

By: Ps Cheng Cheung

Psalm 138:8: "The LORD will perfect that which concerns me..."

You know this story in John 5 – Jesus heals a paralyzed man sitting by the pool of Bethesda in Jerusalem.

"In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had." (John 5:3-4, NKJV)

There is a short play written by American playwright Thornton Wilder called The Angel that Troubled the Waters. It takes place at this very pool.

The plot involves a physician who finds himself at the pool. He is sick and unable to heal himself. His only hope is to be the next one in the pool once the healing angel arrives. He sits at the edge of the water, waiting for any sign of movement. The angel arrives and asks the physician to step back and let someone else receive the healing. The doctor, in turn, argues that if he were healed, he could help more people.

The angel responds: "Without your wound where would your power be? It is your very remorse that makes your low voice tremble into the hearts of men. The very angels themselves cannot persuade the wretched and blundering children on earth as can one human being broken on the wheels of living. In Love's service only the wounded soldiers can serve. Draw back, soldier, draw back."

God wants to work through us, but that only happens when we are empty and let Him fill us. Don't you realise when God wants to minister to broken people, He uses other broken people to do it?

"And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore, I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."

If you've been broken on the wheels of living, you've got what it takes to reach the broken. The world doesn't need a strong you, it needs a strong Jesus. A strong Jesus in a weak you. The cleverer you are, the more worldly-wise, the

more well-endowed and self-sufficient you are... the 'stronger' you will think you are. Will it be possible for God to bring about miracles through you?

Brother, sister, this sharing is not to bash you for all your God-given strengths, gifting and blessings. Remember, these are God-given and He was pleased to bestow these. They are meant to keep us humble and give thanks. Verse 6, "Though the LORD is on high,"
"Yet He regards the lowly;"
"But the proud He knows from afar."

Do you bear some wounds? Could these be painfully preparing you for some precious service to Jesus and to His people? A follower of Christ may be baffled where the suffering is all heading. Stand firm. The psalmist testifies:

7 "Though I walk in the midst of trouble, You will revive me;...And Your right hand will save me."

We will then and only then understand:

8 "The LORD will perfect that which concerns me". God Himself says, "I wound and I heal; there is not one who delivers from my hand!" (Deuteronomy 32:39)
There is a divine mystery in suffering. "The LORD will perfect...". When a person who suffers reaches a point where he is no longer asking God to be delivered from it, then the suffering has accomplished its blessed ministry. Only those who have been wounded in the region of their human confidence, whose self-sufficiency has been shattered by the knowledge it is carnal, only they can be the healers of this ailing world.

Prayer for Today

Father, I confess I take pride in my ability in this and that. And the evil one is the first to congratulate me just to boost my ego when things go well. Ah, the vanity of it all!

Thank You, Lord Jesus, that You allow suffering to fulfil the purpose of God in my life. Help me see beyond that suffering. Show me that purpose, so that my entire being might be perfectly still under the Hand of the Almighty. Give me the calm assurance that You are sovereign over everything to work "for the good of those who love Him" In Jesus' Name, I pray. Amen.

每日灵粮

星期五，2020 年 9 月 18 日

标题：「只有受伤的人...」

讲员：张祯祥传道

翻译：巫惠如姐妹

诗篇 138:8 耶和華必成全关乎我的事

约翰福音第五章讲述了一个故事，那就是耶稣医治了一位坐在耶路撒冷毕士大水池，瘫痪已久的人。

约 5:3-4「在那里躺着许多病人，有瞎眼的、瘸腿的和瘫痪的。（有些抄本有下一段：“他们等候水动，因为有主的使者按时下去搅动池水，水动之后，谁先下去，无论甚么病，必得痊愈。）」

美国剧作家桑顿·怀尔德写了一部短剧名叫《搅动水池的天使》，而这部剧的背景就是设在上述的池。

剧中情节是一名医生来到水池。他病了，无法治愈自己。他唯一的希望就是，使人康复的天使到来的那一天，他能成为下一个幸运儿。他坐在池边，等待水动的迹象。天使终于来了，却请医生退后一步，让别人接受治疗。而医生立即辩驳，如果他痊愈了，他可以帮助更多人。

天使回答：「没有你的伤口，你的力量会在哪里？正是你的懊悔才使你的低声细语进入人的心中。天使无法说服可怜不幸的孩子，他们开导人的力量远不如一个受过伤的人。在爱里，只有受伤的士兵才能服役。退后吧，士兵，退后。」

上帝要使用我们，但我们必须先倒空自己，让他来填满。你难道没发现，当上帝要帮助伤心的人，他会使用同病相怜的人吗？

「他对我说：“我的恩典够你用的，因为我的能力是在人的软弱上显得完全。”所以，我更喜欢夸自己的软弱，好叫基督的能力覆庇我。我为基督的缘故，就以软弱、凌辱、急难、逼迫、困苦为可喜乐的，因我什么时候软弱，什么时候就刚强了。」

如果你曾伤心悲痛，那么你就能帮助忧伤的人。这个世界不需要一个强大的你，它需要一个强大的耶稣。软弱无力的你住着无比强大的耶稣。你越聪明，越睿智，天赋越高，越能自立.....你会越认为自己很「强」。上帝有可能使用你创造奇迹吗？

弟兄姐妹，这则分享不是用来抨击上帝所赐给你的优点、才干和祝福。请记住，这些是上帝赐予的而他也欢心赐予。透过这些，他让我们学习谦卑及感恩：第六节「耶和華虽高，仍看顾低微的人，他却从远处看出骄傲的人」。

你正忍受一些伤痛吗？它们是否能以如此难受的方式，装备你服侍耶稣和他子民呢？基督的跟随者可能会困惑于苦难的走向。当站稳。诗人在第七节作证：「我虽行在患难中，你必将我救活。我的仇敌发怒，你必伸手抵挡他们，你的右手也必救我。」

也只有到那时，我们才会真正明白：「耶和華必成全关乎我的事」（第八节）上帝说，「我使人死，也使人活；我打伤，我也医治；」（申命记 32:39）

痛苦是有奥秘的。「耶和华必成全」。当一个受苦的人不再要求上帝拯救他时，苦难就完成了它神圣的事工。只有那些自信心受创，明白人类的自给自足也只不过是肉欲，他们才能治愈这病态的世界。

今日的祷告：父啊，我承认我为自己的一些本事感到自豪。恶者总是第一时间祝贺我，只为了在顺境中提高我的自负。啊，全是虚荣！

感谢你主耶稣，你允许痛苦，为的是要成全上帝在我生命中的目标。帮助我不注视痛苦，乃是望远。求你让我看见人生的目的，使我全人得以在大能者的手中安稳。求主赐我平安的确据，相信在万事都在你掌权之中，「叫爱神的人得益处」。奉耶稣的名祷告，阿门。

Saturday 19 September 2020

Trusting Jesus in shadowy times

By Wong King Wai (黄经为)

Psalm 23: 4 "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

In this popular Psalm we are introduced to Jesus our shepherd who guides us through life. We, his children, are likened to sheep. If you have done any research on sheep, you will know they are not very bright. For example, if a sheep somehow rolls onto their back, they are not able to turn themselves back upright and if no one helps them, they will die.

Of course, no one purposely tries to do something that would kill themselves or put themselves in a difficult situation. However, sometimes a wrong choice is made and suddenly fear, doubts and uncertainty engulf them. During these times, it can feel like the very life breath of God has been taken away and the pressure is coming on all sides. It might even feel like they are dying. Ever felt that way yourself?

In verse 4 of the twenty-third Psalm, it highlights a very important thing: Jesus never leaves you on our own. I know you have heard that said many times, but do you truly believe that? And what is more amazing is that even through tough and dark times, Jesus, using his rod and staff, is there to guide you through the shadows; through the moments you can't see more than a few feet ahead of you.

His rod and staff, which you might think is to strike at you and prod you mercilessly is actually a great comfort. How I came to see this is during a holiday where I had to climb up to the Tiger Nest Monastery in Bhutan.

It is a five hour hike all in all and I had to climb two mountains to reach the monastery. Before the climb, I was given a branch of a tree to use as a walking stick. The path up the mountains are along the sides of the mountain. I shudder to think what would happen if anyone would fall over.

As I started to trek, I was greatly comforted to have the branch with me because as I ascended I could use it to help push me up a step and it also provided me stability when I was descending the mountain. It was after a particularly challenging patch of descending a mountain and taking a rest break that Psalm 23:4 came to mind and I knew now what Jesus' rod and staff was all about.

Jesus is our help in all circumstances. He loves you and me so much that he will give us his shoulder to lean on and be that staff of support and help when we walk into dark places in our lives – which could be financial, relational,

emotional, physical or psychological dark pits or situations. It may not be intentional that we walk down these paths but as the verse implies, it is a personal choice to go down those paths. We as sheep, who aren't the smartest animals around, sometimes make a wrong turn and end up in the valley of the shadow of death.

Thankfully it is only shadow and the best way to get rid of shadow is to shine a light. Jesus is our light and he is our shepherd. May we realise that we are his precious children and that he will never leave us in a lurch even though we behave like sheep and go our own way at times. Let us rejoice and be glad that we are led by a loving, gracious and ever present Lord and Saviour!

PRAYER: I thank you Jesus for dying on the cross for my sins and for taking me as I am, warts and all. Thank you for never leaving me, forsaking me or abandoning me even when I make silly decisions that cause me to get really depressed and afraid that I feel like dying. Help me to trust your heart that you are guiding me through these challenging times because I don't trust myself to get me out of this mess that I am in. Show me the way and guide me to where I should be so I can glorify your name and be a better disciple of Jesus. In Jesus' name I pray.
AMEN.

每日灵粮

星期六 2020 年 9 月 19 日

题目：在阴郁时期信靠耶稣

作者：黄经为弟兄

翻译：巫惠如姐妹

诗篇 23: 4 我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在，你的杖、你的竿都安慰我。

这首颇受欢迎的诗篇介绍耶稣为我们的牧羊人，他引导我们度过人生。身为他的孩子，我们被比作为羊。如果你对羊有一些研究，你会知道羊并不是很聪明。例如，如果羊一不小心摔得四脚朝天，它们无法自己转身，而且如果没人帮助，它们就会死在原地。

当然，没有人会自愿自害或让自己陷入困境。然而，当我们做了错误的选择时，恐惧、怀疑和不确定性会席卷而来。在当下，会感觉上帝所赐的生命气息已经消失了，四面八方的压力向你袭来。他们甚至会觉得自己快撑不住了。你有过这种感觉吗？

诗篇 23:4 强调了一件非常重要的事：耶稣从不让你独自一人。我知道你听过很多次，但你真的相信吗？更奇妙的是，即使在艰难黑暗的时刻，或当你看不到前方时，耶稣会用他的杖和竿指引你走过幽暗。

你可能认为他的杖和竿是用来无情地鞭打你，但实际上它们却是很大的安慰。我之所以会领悟到这一点，是因为在某个假期，我爬了不丹的虎巢修道院。

整段步行共五小时，我必须爬两座山才能到达修道院。我用一根树枝作为登山杖。上坡的路是沿着山边的。若是有人摔倒，后果真的不堪设想。

当我开始徒步登山时，我非常欣慰拥有树枝，因为当我上山时，它协助身体上升；当我下山时，它也给我足部助力，保持身体平衡。当我走完一段特别具挑战性的山坡并休息了一段时间后，我想起了诗篇 23:4，我知道耶稣的杖和竿是为了什么。

耶稣是我们随时的帮助。他非常爱你我，以至于他愿意与我们肩并肩，在黑暗的地方（也许是经济、个人关系、情感、身体或心理上的黑暗）成为我们的支持和帮助。也许我们并不是有意要走这些路，但正如诗篇所暗示的，沿着这些路往前走是个人的选择。身为羊群，我们不是最聪明的动物，有时会做出错误的决定，最终落入死荫的幽谷。

值得感恩的事，这只是阴影，而摆脱阴影的最佳方法是照一束光。耶稣是我们的光，他是我们的牧羊人。愿我们意识到，我们是他的宝贝孩子，他永远不会让我们陷入混乱，尽管我们的行为举止像羊一样，有时会偏行己路。让我们欢欣快乐，因为慈爱的救主引导我们。

祈祷：我感谢耶稣因我的罪行而死在十字架上，也感谢你接受我全部的优缺点。即使我做出愚蠢的决定，导致我非常沮丧，惶惶不安，谢谢你从来不开离我，不放弃我，或者抛弃我。帮助我相信你会引导我度过这些充满挑战的时刻，因为我自己不能摆脱

目前的困境。指教我，指引我到该去的地方，这样我才能荣耀你的名，成为更好的门徒。我奉耶稣的名祈祷，阿门。

Sunday, 20 July 2020
Confidence in God
By Elder Tan Seng Kee
Psalm 71:5

The first line of Psalm 71 begins with a call to trust in the Lord. We put our trust in many things in our daily lives. We get into our car trusting it to take us to our destination. We trust our hand phones and many third parties apps to direct our road routes and to do all kinds of banking transactions including to trade in Bursa Malaysia's shares. Millions of Ringgit is spent on advertisement to persuade us to use and trust these third parties apps, which sometimes fails us but we quickly go back to using them again because in this modern day technology driven world, we can't do without them and often I suspect we want to give it another chance and hope they will do better. Through the many years God has given us whether we have lived 20 years, 40 years, 60 years or 80 years as in many PBC's Karis members, we have seen the goodness of God in our respective journey of life in many situations but often intermingled with other days of silence when we walk in despair through difficulties seemingly all alone.

In Psalm 71:5, the Psalmist tells us "For You are my hope, O Lord, God; You are my trust from my youth." God reminds us that we must put our hope in God and place our trust in Him. 4 take- away lessons from this verse.

1. We hope for better days. We hope for the Covid-19 vaccine. We hope our Malaysian economy will not deteriorate further. The hope list goes on and its urgency differs from individuals. We hope because we do not have all we wish for and there are problems we cannot solve. The Bible tells us that Jesus is our hope. Instead of struggling in fear and desperation, we can put our hope in Jesus. It means we pray and look to God for the solution and the answer. God will always 'feed' us more than we ask, our last Sunday's children devotion speaker reminded us.
2. Trust means a belief in someone or something. As Christians my trust in God means a firm belief in the reliability of God. The Bible contains many promises of God we can rely on in times we need to trust Him most. The promise I hold on most assuredly is Psalm 89:34 – "No, I (God) will NOT break my covenant. I (GOD) will not take back a single word I said." Whatever God has promised He will do it. Read the Bible to know God's promises and trust Him to deliver.
3. So after we put our hope in God and place our trust in Him, do I just sit back and wait for Him to deliver on His promises? The answer is No. I must continue to think through the issues, take actions and

put in efforts to attempt resolution. I will do my best but I also will whole heartedly trust and depend on God to provide His best for my life. Psalm 90:17- "And may the Lord our God show us His approval and make our EFFORTS successful."

4. I will pray that I will be confident in my God. It is difficult to pray through all issues in our lives, in our church, in our nation and in everywhere else that matters to us. A more reliable approach is to ask God to help me have confidence in Him so that whatever challenges may come, I remain steadfast and sure my God is there with me and for me. Psalms 27:13- "Yet I am CONFIDENT I will see the goodness of the Lord here in the land of the living."

Prayer

Lord, God creator of heaven and earth, please give me confidence in You. Help me to put my hope in Jesus and to trust Jesus. In Jesus' name I pray. Amen.

每日灵粮

星期日，2020 年 9 月 20 日

题目：对上帝有信心

作者：陈诚基长老

翻译：杨仕涵弟兄

诗篇 71：5

诗篇 71 的第一行是一个信靠上帝的呼吁。我们日常生活把信心放在很多事情上。我们坐上车，相信车能带我们到达目的地。我们信任我们的手机和许多第三方的应用软件来指导我们的公路路线，并进行各种银行交易，包括以马来西亚股票交易所交易。各种公司投资一大笔钱透过广告来说服我们使用和信任它们的应用软件。即使这些应用软件有时会失败，但我们很快又会再次使用它们，因为在这个现代科技驱动的世界里，我们离不开它们，我怀疑我们且想再给它们一次机会，希望它们能更加进步。如我们 PBC 教会的 Karis 成员（乐龄团契小组），上帝在祂赐给我们多年的岁月中，20 年、40 年、60 年甚至 80 年，我们在人生旅程中都见到了上帝的良善，也有困难、沉默之时。

诗篇 71：5 写道：“主耶和华啊，你是我所盼望的，从我年幼你是我所倚靠的。”上帝提醒我们对祂有盼望和信心。这段经文教导我们 4 个点。

1. 我们盼望有更好的日子。我们盼望能得到 Covid-19 的疫苗。我们盼望马来西亚经济不会进一步恶化。我们盼望的事情往往没完没了，其紧迫性与个人不同。我们盼望，是因为所盼望的一切没有实现，而有一些问题是我们无法解决的。圣经告诉我们耶稣是我们的盼望。我们把盼望定于耶稣身上，就不必在恐惧和绝望中挣扎。这说明我们要祷告并向上帝寻求解决方法 and 答案。我们教会儿童崇拜的牧师在他的灵修分享提到：上帝喂养我们，常常喂得比我们所寻求的多。
2. 信任/信靠就是对某人或某种东西的信心。作为基督徒，我对上帝的信任意味着我对上帝的可靠性的坚定信心。圣经中有许多上帝的应许。我们在最需要信靠祂的时候，我们可以靠着这些应许继续。我最确信的应许是诗篇 89:34 — “我（上帝）必不背弃我的约，也不改变我（上帝）口中所出的。”上帝必定按着祂所应许的行事。读圣经，了解上帝的应许，相信祂必成就。
3. 所以，我们把盼望放在上帝并信靠祂之后，我们是不是就可以坐下来等祂成就祂的应许？答案是不可。我必须继续深入思考问题，采取行动，并努力解决问题。我会尽我所能，但我也会全心全意地相信并依靠上帝为我的一生提供祂知道为最好的。诗篇 90:17- “愿主我们神的荣美归于我们身上，愿你坚立我们手所做的工。”
4. 我会祷告祈求上帝使我对祂有信心。我们很难在我们生活、教会、国家以及所有我们关心的地方，完全交托上帝。一个较可靠的方法是求上帝帮助我们对祂有信心，这样，无论面临什么挑战，我们都会坚定不移地，确信上帝在我身边，与我们同在。诗篇 27:13- “我若不信在活人之地得见耶和华的恩惠，就早已丧胆了。”

祷告

创造天地的主，求祢赐给我对你的信心。帮助我把祢成为我的盼望并信靠祢。奉主耶稣名求。阿门。

Monday 21st September 2020
Praise the Lord for His Love and Faithfulness
Pastor Soong Kok Kee
Psalm 117: 1-2

Psalm 117 is the shortest chapter in the Bible with just two verses. The psalmist starts by calling all nations and all people to praise the Lord. "Praise the Lord, all you nations; extol him, all you peoples." Apostle Paul quotes from this psalm in Romans 15:11 to show that God's salvation is for all people and not just the Jews. "Praise the Lord, all you Gentiles, and sing praises to him, all you peoples." Paul quotes from this Psalm to prove that the gospel was to be preached to all the Gentile nations which was at that time such a stumbling-block to the Jews. Paul had to use the Old Testament then as Acts 1:8 and the Great Commission of Matthew 28: 18-20 had yet to be put on paper.

In verse two the psalmist gives the reason why all nations and all peoples should praise the Lord "For great is his love towards us, and the faithfulness of the Lord endures forever. Praise the Lord." The NLT translation says "For he loves us with unfailing love". One commentator says even if he did nothing else, he would still be worthy of our highest praise. His great love or unfailing love and his faithfulness – the two reasons why all people and nations should praise the Lord.

His great or unfailing love for us, that we understand, but what is his faithfulness? Unger's Bible Dictionary says "Faithfulness is an attribute ascribed to God in many places, especially in the Psalms (36:5; 89:2; Isa. 11:15, etc.) which exhibits his character as worthy of the love and confidence of man, and assures us that he will certainly fulfil his promises, as well as execute his warnings against sin." Yes, a faithful God to the end, whether we are faithful or not, he still remains faithful to us. Whether we love him or not, he still loves us. No wonder Paul says "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us"(Rom 5:8).

My dear brothers and sisters, none of us is worthy of his love and faithfulness and yet he keeps on loving us ever so faithfully. Like the Father in the parable of the prodigal son he keeps looking out of the window daily, hoping one day his son would come back. Are you that prodigal son or daughter who had run far away from his love? He awaits you my friend, he awaits you.

PRAYER:

Father God, thank you for reminding us of your great and unfailing love and your faithfulness. We come once again before you to confess our unfaithfulness, our sins. Thank you for loving us in spite of all our sins and unfaithfulness. Thank

you for welcoming us back into your loving presence.
In Jesus precious name we pray, AMEN.

每日灵粮

星期一，2020 年 9 月 21 日

标题：赞美耶和华的慈爱与信实

讲员：宋国基牧师

翻译：郑振隆弟兄

诗篇 117:1-2

诗篇 117 是圣经中最短的一章，只有两节经文。诗人首先呼吁万国和万族都要颂赞上帝。【诗 117:1】“万国啊，你们要赞美耶和华！万族啊，你们都要颂赞他！”使徒保罗在罗马书 15:11 中引用了这首诗篇，以表明上帝的救恩是为着世人而不仅仅是犹太人。“列邦啊，你们要赞美主！万民哪，你们都要颂赞他！”。保罗引用这首诗篇来证明福音是要传给所有外邦国家的；这对当时的犹太人是一个绊脚石。保罗当时只能使用旧约，因为使徒行传 1:8 和马太福音 28:18-28 的大使命，当时还没有写下。

在第二节中，诗人告诉了我们万国和万族都要颂赞上帝的原因：“因为祂向我们大施慈爱，耶和华的信实存到永远。你们要赞美耶和华。”NLT 译作：“因为祂以不朽的爱来爱我们”。有一位评论员说，即使祂什么也没做，祂仍然配受我们给予最高的颂赞。祂伟大和不朽的爱，以及祂的信实 – 就是万族万国都应当赞美主的两个原因。

我们明白祂对我们的伟大和不朽的爱，但祂的信实又是什么？昂格尔（Unger）的圣经字典说：“在许多方面，信实是关乎上帝的属性，尤其是在诗篇（36:5; 89:2; 赛 11:15 等），展现出祂配得世人的爱戴和信任的性格；并向我们保证祂一定会履行应许，且会执行祂对罪恶所发出的警告。”是的，一位信实到底的上帝，无论我们是否忠于祂，依然信实待我们；无论我们是否爱祂，祂仍然会爱我们。难怪保罗说：“惟有基督在我们还作罪人的时候为我们死，神的爱就在此向我们显明了。”（罗 5:8）。

亲爱的兄弟姐妹们，我们没有一人配得祂的爱和信实，但祂一直如此信实地爱着我们。就像圣经浪子故事中的父亲一样，祂每天都向窗外望去，希望有一天儿子会回来。您是那位已经远离祂的爱浪子吗？祂在等您，我的朋友，祂在等您。

祷告：

父神，感谢祢提醒我们祢伟大且不朽的爱和信实。我们再次来到祢面前，承认我们的不忠，我们的罪过。感谢祢，尽管我们有过失和对祢不忠，祢仍然爱我们。感谢祢，欢迎我们回到祢爱的同在中。我们奉耶稣的名祷告，阿们。

Tuesday, 22 September 2020

Title: The Rejected Stone Became The Cornerstone

By: Pastor Isaac Yim

Psalm 118:22

22 The stone the builders rejected has become the cornerstone;

Jewish tradition says the rejection of the cornerstone took place when King Solomon was building the temple in Jerusalem, where the Dome of the Rock now stands. All the pieces of rock were carefully and exactly crafted to fit into each location for the glorious temple. All these were done in Solomon's quarries beneath the Temple Mount. The stones were transported piece by piece to the temple site. Each would fit perfectly in its proper place. The whole process of construction was to be done in silence without hammering or sawing or pounding of any kind. It was said that a huge piece was quarried and shaped, then sent to the temple. When this huge rock arrived at the temple site, the builders could find no place to use it. It did not seem to match any of the blueprints, so they discarded it aside. Over time, this huge rock became a stumbling block for the builders. They decided to push it over the edge of the bank, and it rolled down into the Kidron Valley and was forgotten.

When the temple was about to be completed, they discovered the cornerstone or keystone that held everything in place was missing. They sent word to the quarry to immediately deliver this cornerstone to the site. The masons replied that the cornerstone had already been delivered. Then someone remembered that a huge rock had been pushed over the cliff. When the workers finally retrieved the huge rock and hoisted it into place, it fit perfectly as the keystone of the temple.

The Old Testament description of the cornerstone being the rejection of Jesus as the Messiah by the Jewish leaders, is the second most quoted verse in the New Testament.

42 Jesus said to them, "Have you never read in the Scriptures: "'The stone that the builders rejected has become the cornerstone; this was the Lord's doing, and it is marvellous in our eyes'? 43 Therefore I tell you, the kingdom of God will be taken away from you and given to a people producing its fruits. 44 And the one who falls on this stone will be broken to pieces; and when it falls on anyone, it will crush him.'" (Matthew 21: 42-44 ESV).

Please also read Isaiah 8:14-15 in addition to the following:

4 As you come to him, a living stone rejected by men but in the sight of God chosen and precious,....7 So the honor is for you who believe, but for those who

do not believe, "The stone that the builders rejected has become the cornerstone," 8 and "A stone of stumbling, and a rock of offense." They stumble because they disobey the word, as they were destined to do. (1Peter2:4; 7-8 ESV)

32 Why? Because they did not pursue it by faith, but as if it were based on works. They have stumbled over the stumbling stone, 33 as it is written, "Behold, I am laying in Zion a stone of stumbling, and a rock of offense; and whoever believes in him will not be put to shame." (Romans 9:32-33 ESV)

I just marvel at the accuracy of the prophecy of Jesus as the Messiah long before He walked on the earth. The meanings of the above verses are very clear. Those who reject the Gospel, instead of building on the "Living Stone", will stumble and fall. Both references in Psalm 118:22 and Matthew 21:42-44 give a very clear picture of the Stone meant for the foundation, but the builders did not place it and later found it could fit no place. So, they "rejected" it and cast it aside. Then it became a stumbling block to them. They stumbled and fell over it.

Listen to the preaching of Peter in Acts 4:8-12 and how he interpreted Psalm 118:22

- Verse 10 the Stone is Jesus Christ of Nazareth
- Verse 8 the builders were the rulers and elders
- Verse 10 the rejection of Christ was the crucifixion of Jesus Christ
- Verse 10 the resurrection of Jesus Christ became the Cornerstone
- Verse 12 there is no salvation in anyone else

Today, as we ponder, Jesus is the Messiah and the Saviour of the world. Don't be like the builders! You and I have been given a choice; to choose and build our lives on the Cornerstone, or reject it and become your stumbling block all through life.

Prayer for Today

Lord Jesus, we want You to be the Cornerstone of our lives. Forgive us when we build our lives on something else. We know that anything we build without You will not last. We have tried and we have failed. We want You to be the foundation of our lives. We need You. You make our life worth living. You give us strength and purpose for each and every day. Thank You for Your life, Lord. We love You. In Jesus' Name. Amen.

2020 年 9 月 22 日星期二

标题：所弃的石头成了房角石

作者：严以撒牧师

翻译：陈晓佩姐妹

诗篇 118:22

22 节 建筑工人所弃的石头，成了房角的主要石头。

按犹太传统说法，被弃掉的房角石是发生在所罗门王在耶罗撒冷建造圣殿之时，就是现在的圆顶清真寺的所在地。每一块石头都是按照那辉煌圣殿的每个部位精雕细琢的。这些石块都是在圣殿山下所罗门的采石场制做的。石头是一块一块地运送到圣殿的地点。每一块都是精准地安装在正确的位置。整个的工程都是安静的操作，没有任何打制、拉锯或重击的声音。据说一块巨石被开采后就塑形，之后送去圣殿。当这块巨石到达圣殿地点，建筑工人找不到地方可以安置它。它并不对应任何的蓝图，他们就把它遗弃一旁。过了一段时间，这巨石变成了建筑工人的障碍。他们就决定推它到崖边，把它滚下汲沦谷，之后它就被遗忘了。

当圣殿即将竣工的时候，他们发现支撑一切的房角石不见了。他们就通知采石场，要求立刻把这基石送去工地。石匠回复说那房角石早已经送过去了。那时，有人记起有一块巨石曾被推下悬崖。当那些工人最后找回了那巨石，把它吊装到位，它正合宜作这圣殿的奠基石。

旧约描述的房角石就是那被犹太领袖拒绝的弥赛亚耶稣，这是第二最多引用在新约里的经文。

42 耶稣说、经上写着、『匠人所弃的石头、已作了房角的头块石头。这是主所作的、在我们眼中看为希奇。』这经你们没有念过么。43 所以我告诉你们。 神的国、必从你们夺去。赐给那能结果子的百姓。44 谁掉在这石头上、必要跌碎。这石头掉在谁的身上、就要把谁砸得稀烂。（马太福音 21:42-44）

除了以下经文，也请读以赛亚书 8:14-15

4 主乃活石。固然是被人所弃的、却是被 神所拣选、所宝贵的。7 所以他在你们信的人就为宝贵、在那不信的人有话说、『匠人所弃的石头、已作了房角的头块石头。』8 又说、『作了绊脚的石头、跌人的磐石。』他们既不顺从、就在道理上绊跌。（或作他们绊跌都因不顺从道理）他们这样绊跌也是预定的。（彼得前书 2:4, 7-8）

32 这是甚么缘故呢。是因为他们不凭着信心求、只凭着行为求。他们正跌在那绊脚石上。33 就如经上所记、『我在锡安放一块绊脚的石头、跌人的磐石。信靠他的人必不至于羞愧。』（罗 9:32-33）

我惊叹于早在耶稣还没有来到世上以前就已预言祂就是弥赛亚的准确性。以上的经文的意思很明确。那些拒绝福音的，不是在“活石”上建造，而是将会绊倒。诗篇 118:22 和马太 21:42-44 的引文里已清楚地说明了那就是奠基的石头，但是建筑工人没有把它

安放，而之后也找不着适当的地方可以置放。所以，他们“丢弃”它并把它撇在一旁。它便成了他们的绊脚石，他们就绊跌仆倒了。

听听彼得在使徒行传 4:8-12 里的讲道和他如何解释诗篇 118:22

- 10 节 那石头是拿撒勒人耶稣基督
- 8 节 建筑工人是官长和长老
- 10 节 拒绝基督就是把耶稣基督钉死在十字架上
- 10 节 复活的耶稣基督成了那房角石
- 12 节 除他以外、别无拯救

今天，当我们思考，耶稣是弥赛亚和世上的救主，我们不要像那些建筑工人！您和我都有个选择：是选择在房角石上建造我们的生命，还是拒绝它而让它成为我们一生的绊脚石。

今日祷告

主耶稣，我们要祢作我们生命中的房角石。当我们在别的事物上建造我们的生命时，求祢赦免我们。我们知道在祢以外建造的都不会长久。我们尝试过了并且失败了。我们要祢作我们生命的根基。我们需要祢。祢使我们活得有价值。每一天祢都赐我们力量和目的。主啊，谢谢祢的生命。我们爱祢。奉主耶稣的名。阿们。

Wednesday, 23rd September 2020

Title: Where Do Our Help Come From?

Author: Pastor Wallace Ong

Psalm 124: A Song of Ascents. Of David.

124 If it had not been the LORD who was on our side – let Israel now say –
2 if it had not been the LORD who was on our side when people rose up against us,
3 then they would have swallowed us up alive, when their anger was kindled against us;
4 then the flood would have swept us away, the torrent would have gone over us;
5 then over us would have gone the raging waters.
6 Blessed be the LORD, who has not given us as prey to their teeth!
7 We have escaped like a bird from the snare of the fowlers; the snare is broken, and we have escaped!
8 Our help is in the name of the LORD, who made heaven and earth.

This song of Ascents, Psalm 124, is one of the songs King David composed for the Israelites to sing along as they were on their way to Jerusalem for the annual feast. King David is certain in his answer to the question, "Where do our help come from?" In this Psalm, he declared that the Israelites – the people of God, received their help from the Lord regardless of whatever circumstances they faced, the trouble they experienced or the danger they encountered. It is in the name of the Lord, the creator of heaven and earth that they would be delivered from harm.

King David spelled out clearly in this Psalm how the Israelites escaped the dangers of their enemies all around them like a bird escaped from a broken snare of the fowlers. This Psalm was sung by God's people as a reminder that their only hope is in the Lord because God alone can save His people from all situations. Praise be to God! We are never left alone without His help. There is no place too isolated God is unable to reach us.

"In God is rest, but in none else. Let us commit ourselves, and all that we are, and all that we have, and all that we have to do, and all that we have to suffer, to the care of our loving God, casting all our care upon Him, for He careth for us. Here we are in God, and here we mean to abide. To rest in God's Word, to rejoice in God's covenant, to trust in the divine sacrifice, to be conformed to God's will, to delight in God's self – this is to stay yourself upon God, and the consequence of it is perfect peace." ~ from (www.spurgeon.my)

Prayer:

Dear Heavenly Father, we are grateful for Your word. You have shown Your love towards all of us through the Bible – and today as we read Psalm 124, we are reminded that You are the Lord who is always there for Your people even in the time of battle. If You were not on your people's side, they would have been swallowed up alive by their enemies.

Therefore, we pray O Lord that the Holy Spirit will help us to remember your precious Word and hide them in our heart that "Our help is in the name of the Lord, who made heaven and earth!" so that we will rest completely in Your name alone. In Jesus' most precious name, we pray. Amen.

每日灵粮

星期三,2020 年 9 月 23 日

标题：我们的帮助从何而来？

作者：王振威传道

翻译：陈健萍姐妹

【诗篇 124:1-8】[和合本]

1（大卫上行之诗。）以色列人要说，若不是耶和华帮助我们，

2 若不是耶和华帮助我们，当人起来攻击我们，

3 向我们发怒的时候，就把我们活活地吞了。

4 那时，波涛必漫过我们，河水必淹没我们，

5 狂傲的水必淹没我们。

6 耶和华是应当称颂的，他没有把我们当野食交给他们吞吃（原文作“牙齿”）。

7 我们好像雀鸟，从捕鸟人的网罗里逃脱；网罗破裂，我们逃脱了。

8 我们得帮助，是在乎倚靠造天地之耶和华的名。

诗篇 124，这首上行之诗，是大卫王为以色列人谱写的诗歌之一，供他们在前往耶路撒冷参加一年一度的节日途中一起唱。大卫王对“我们的帮助从何而来？”这个问题的回答是肯定的。他在诗中宣告，以色列人——上帝的子民，无论面临什么境况，经历过什么困难，或遭逢什么危险，都从主那里得到了帮助。他们是奉创造天地之主的名得拯救，免至遭害的。

大卫王在这诗篇中清楚道出，以色列人如何像雀鸟从捕鸟人破裂的网罗里逃脱一般，逃离四面八方敌人的危害。这首诗是上帝的子民所颂唱的，以提醒他们，他们唯一的希望是在主里，因为唯独上帝才能将祂的子民从一切处境中拯救出来。赞美归于上帝！我们从不孤立无援，没有祂的帮助。没有任何地方隐僻至上帝不能找到我们。

“在上帝里面有安息，除祂以外，无处可觅。让我们交托自己，我们的一切，一切所拥有的、一切所必须做的，以及一切我们必须遭受的，都交在我们慈爱的上帝的庇荫下；将我们一切的忧虑卸给祂，因为祂顾念我们。而今我们在上帝里面，我们意欲常在祂里面。安息在上帝的道，在上帝的圣约中欢欣，信靠上帝神圣的牺牲，遵从上帝的旨意，以上帝自己为乐——如此就保守自己常在上帝里面，其结果便是完全的平安。”

～取自 www.spurgeon.my

祷告

亲爱的天父，我们为祢的话语感恩。透过圣经，祢显明向我们众人的爱——今天，当我们阅读诗篇 124 时，我们被提醒，祢是那位即使在战争中也始终与祢的子民同在的主。若祢没有帮助祢的子民，他们就被他们的敌人活活地吞灭了。

因此主啊，我们向祢祈求，求圣灵帮助我们谨记祢宝贵的话语，将“我们得帮助，是在乎倚靠造天地之耶和华的名。”藏着我们心里，好使我们单靠祢的名得以全然地安息。我们奉耶稣至宝贵的名祷告。阿门。

Thursday, 24 September 2020

Title: God's Spectacular Handiwork!

By: Cecilia Tan 陈俊芳

Psalm 19:1

"The heavens declare the glory of God; the skies proclaim the work of His hands."

Petronas Twin Towers are the world's tallest twin towers, rising some 1,483 feet (452 metres) into the air, surpassing the Sears Tower in the USA. Now, if someone were to say to Argentine architect, Cesar Pelli, that the Petronas Towers "just happened", he would be undoubtedly insulted and outraged!

When he was commissioned to design the monument, Cesar Pelli must have toyed with many ideas as to how the Towers should look like. Then, the ideas became architectural designs on paper which developed into a blueprint and eventually became a concrete reality. It probably took countless revisions of the design to arrive at a building that would be identifiably Malaysian, was of world class standard and which Malaysians could be proud of. In other words, it is impossible for the Petronas Twin Towers to have "just happened"!

On a dark night, the shepherd of ancient Israel, David, lifted his eyes towards the skies above Bethlehem hills and declared, "the heavens declare the glory of God; the skies proclaim the work of His hands." Indeed, only a fool would say, "there is no God." When David lifted up his eyes and gazed at all the glories and beauties of the universe, it is no surprise that he would burst forth in a psalm of praise of God, the author, architect and creator of it all.

David used the plural form of the word "heaven". This is so because three heavens exist. The first is what we call the "sky" where birds and aircrafts fly. The second heaven refers to "outer space"- the location of the sun, moon, planets and stars. The third heaven is where God's throne is – this is situated above outer space, or outside of our universe.

It is not surprising that David was overwhelmed with awe when he gazed at the night sky and beheld the Milky Way, the Galaxy in which we live. It is a spiral shaped galaxy containing several hundred billion stars, including our sun. We can sometimes see the Milky Way as a thick band of stars in the sky – there are over 100 billion stars which make up our galaxy, and there are 100 billion other galaxies just like ours in the universe!

My first experience of the Milky Way happened in the late 50s. As a little girl growing up in the small town of Kulim, in the northern state of Kedah, (yes, I am a small-town girl, not an "Uptown Girl"!) I would look forward to after-dinner walks to the Kulim Clock Tower which was located very near to the house where

I stayed. I would hold my late Dad's hand as we walked, looked upwards and beheld the Milky Way in all its brilliance, flowing across the sky with many constellations forming spellbinding patterns for the spectator to gaze at. What an awesome sight with millions of stars blazing in the darkness – a sight and a childhood memory forever to be cherished!

Over a period of twenty-four hours, the sky provides for all who would bother to look at it, a stunning display of colours. At the break of dawn, the night's darkness is gradually dispelled as the sun rises slowly but surely, turning the sky into a magnificent panorama of light and colours.

During the day, the sky loses its reddish glow of the morning. It takes on a bluish hue and is often bedecked with fluffy white clouds of varying shapes and sizes forming delightful patterns.

The evening brings forth a magical sunset – the sky is aflame with awe inspiring fiery shades of crimson and orange, mellowing into soothing hues of purple and blue, leaving an afterglow of smiles, as it were, at the close of day.

Truly, "the earth is the LORD's and the fullness thereof, the world and those who dwell therein, for He has founded it upon the seas and established it upon the rivers." (Psalm 24:1-2)

Our Creator God has not only revealed Himself to us through the heavens and the other wonders of nature. He also reveals Himself, His person, His power and His plans for the world through the Bible. The patriarchs, psalmists, prophets and apostles were given special insights about God and have recorded them for the benefit of generations after them.

The supreme revelation of God to mankind comes in the person of our Lord Jesus Christ. In John 14:9, Jesus said to His apostle, Philip, "Have I been with you so long, and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'?" Jesus was God in human flesh who visited the earth that people might know what God is like.

The responsibilities and challenges of modern living can easily rob us of a sense of wonder and the desire to bask in God's wondrous beauty. The sky is everywhere within sight of everyone. May we constantly gaze upwards at the heavens, like David did, look at the heavenly bodies with our eyes, but see with our hearts... and be filled with wonder, awe and reverence for GOD'S SPECTACULAR HANDIWORK!

Prayer:

Our Heavenly Father, when we consider the heavens, the work of Your fingers, the moon, the sun and the stars which You have set in place, we bow before Your majesty, Your power and Your creativity! For in Your hand are also the depths of the earth, and the mountain peaks belong to You. The sea is Yours, for You made it and Your hands formed the dry land. We praise You from the rising of the sun to the place where it sets! In Jesus' name, Amen!

每日灵粮

星期四，2020 年 9 月 24 日

标题：上帝壮观的杰作

作者：陈俊芳姐妹

翻译：薛秀合姐妹

诗篇 19：1

诸天述说神的荣耀；穹苍传扬他的手段。

双峰塔是世界上最高的双塔，高约 1,483 英尺（452 米）直入云端，超过美国的西尔斯大厦（Sears Tower）。现今，如果有人要对阿根廷建筑师西萨·佩里（Cesar Pelli）说国油双峰塔仅是“偶然形成”的，那他肯定会受到侮辱并会无比愤怒！

当他被委托设计此摩天大楼时，西萨·佩里（Cesar Pelli）一定是对双峰塔的外观多方思索和筹划。之后，这些想法成为纸上的建筑设计，并发展成为一个蓝图，而最终成为一个具体的现实。这想必需要无数次地修改设计，才能得出一个被识别为具马来西亚风格、有世界一流水准及令马来西亚人引以为傲的建筑物。换句话说，双峰塔绝不可能是“偶然形成”的！

在一个漆黑的夜晚，古代以色列的牧羊人，大卫，在伯利恒山上向天空举目，宣称：“诸天述说神的荣耀，穹苍传扬祂的手段。”确实，只有愚拙的人会说：“没有上帝。”当大卫举起双眼凝视着宇宙的所有荣耀和美丽时，难怪他会不自禁地在赞美上帝的诗篇中颂赞上帝，宇宙间一切的作者和设计师。

大卫使用“天”一词的复数形式（诸天）。这是因为三层天的存在。首先是我们所谓的“天空”，即是鸟类和飞机飞翔的层面。第二层天指的是“外太空”，即日月星辰所处的层面。第三层天是上帝宝座所在之处-它位于外太空之上或我们的宇宙之外。

大卫凝望着夜空看到我们所处的银河系时感到敬畏不已，这并不足为奇。它是一个螺旋形的星系，包含了数千亿颗恒星，也包括我们的太阳。有时我们可以将银河看成是天空中厚厚的恒星带 – 具有超过 1000 亿颗恒星组成了我们的银河系；宇宙中还有 1000 亿个其他类似我们的银河系的星系！

我对银河系的第一次体验是发生在 50 年代后期。作为一个在吉打州北部的居林小镇长大的小女孩（是的，我是一个小镇女孩，不是“大家闺秀”），我会期待着晚餐后到距离我家不远的居林钟楼（Kulim Clock Tower）去散步。一路上我会握住已故父亲的手步行，抬头观望天空，看见了光彩夺目的银河系与许多星宿漫天飞舞而形成一幅供观众凝注的引人入胜的图案。数不胜数的星宿在黑暗中闪耀的景象实在令人敬畏 – 一个值得永远珍惜的景象和童年的回忆！

在二十四个小时内，天空为所有愿意观赏它的人提供了令人惊叹的色彩展示。在黎明时分，夜晚的黑暗将随着太阳缓缓地升起而逐渐消失，把天空变成一幅光彩斑斓的壮丽全景。

日间，天空失去它早晨的微红光芒。它呈现淡蓝色调，且经常点缀着形状和大小各异的蓬松白云，形成令人愉悦的图案。

傍晚带来了奇幻的日落 – 天空燃起了令人惊叹的深红色和橙色的炽烈色彩，并渐融入柔和的紫色和蓝色，一如往常地在一天结束时留下微笑的余辉。

的确，“地和其中所充满的，世界和住在其间的，都属耶和华。他把地建立在海上，安定在大水之上。”（诗篇 24：1-2）

我们的创造主不仅通过诸天和其他自然奇观向我们彰显了祂自己，祂还通过圣经来启示祂自己，祂的位格、祂的能力以及祂对世界的计划。当时的族长、诗人，先知和使徒被赋予了关于上帝的特殊洞见力，并将其记录下来以造福他们的后代。

上帝给人类的最高启示是让神子耶稣基督亲自来到世上。耶稣在约翰福音 14:9 中对祂的使徒腓力说：“耶稣对他说：腓力，我与你们同在这样长久，你还不认识我麼？人看见了我，就是看见了父；你怎麼说将父显给我们看呢？”耶稣是道成肉身来到世上的上帝，好叫人得以认识祂。

现代生活的责任和挑战很容易就剥夺了我们的惊羨之心，并我们沐浴在上帝美妙的创造中的渴慕之心。天空是无处不在并在每个人的视线范围内。愿我们像大卫一样经常观看天空，用我们的眼睛来看天体，但是却要用我们的心去领会……对上帝的壮观的杰作充满惊叹，敬畏和敬佩！

祷告

我们在天上的父，当我们考量到天空、祢手指的作为、祢所设定的日月星辰的位置时，我们就向祢的威严、能力和创作力屈膝！因为大地的深处在祢手中，山的高峰也属于祢。海洋属祢，因是祢所造的；旱地也是祢手造成的。我们从日出之地到日落之处都要赞美祢！奉耶稣的名，阿门！

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By: Ps Cheng Cheung
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And I shall keep it to the end.
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"And you will seek Me and find Me, when you search for Me with all your heart."

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The lyrics of this song express the sentiment well:

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May I be like You.

The thought then turns to matters of the heart again in verses 34 and 36, with a reference to covetousness in the latter verse. There must be a strong inclination in our human nature to covet, since "you shall not covet" is one of the ten commandments. Inherent in the idea of covetousness is the irrepressible yearning for something which belongs to another.

The psalmist asks God to turn his heart toward God's Word rather than allowing him to pursue selfish gain. Is he confessing a potentially divided pull in the wrong direction? Beware, brothers and sisters, the subtle urge to acquire your neighbour's possession is subtle indeed. Covetousness has ruined many people:

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What does the Word say is the way of escape from covetousness? "Turn away my eyes from looking at worthless things."

These things are worthless because:

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They distract from things that are truly worthy.

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The more positive steps to defeat an inclination to covet would be to ask God to
37 "revive me in Your way.

38 Establish Your word to Your servant,
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And at the end of the section, the psalmist reaffirms his love for God's Word
again "Behold, I long for Your precepts;"

May we ask God for contentment and not look enviously at others' possessions.
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righteousness and reckon as dead those worthless things which used to pull at
our heartstrings.

At the end of this section in verse 39, the psalmist is brutally honest and asks
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"Turn away my reproach which I dread,"

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星期五，2020 年 9 月 25 日

标题：上帝的道路和上帝的话语

讲员：张祯祥传道

翻译：梁玉萍姐妹

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Saturday, 26 September 2020.

Baker or Milkman?

By: Ong Hwee Soo (翁辉赐)

Psalm 68: 4-6 (ESV) 4 Sing to God, sing praises to his name; lift up a song to him who rides through the deserts; his name is the LORD; exult him! 5 Father of the fatherless and protector of the widows is God in his holy habitation. 6 God settles the solitary in a home; He leads out the prisoners to prosperity.

On 30 August 2020, arising from my devotion on Psalm 146:6-10, entitled "Quartet of the Vulnerable", I received two immediate responses that Sunday itself. One was from a couple leading a Care Group (CG) and the other were from two sisters. Both requested for more information on vulnerable people who they could consider helping.

I immediately furnish them a list of nine needy individuals or families. It's really amazing how these two groups responded separately and promptly, and, unbeknown to each other, decided to support three single-mother families named in the list.

Since both groups shared the same burden for single-mothers, I connected them for discussion. Arising from their discussion both the CG and the sisters decided to pool their resources together to 'adopt' the three single-mother families for a year.

As these 'first responders' have a heart for the fatherless, it prompted me to write a second devotion that reflects our Heavenly Father's heart as "Father of the fatherless".

Psalm 68 is one of the most magnificent songs of triumph in the whole Old Testament, which makes it an outstanding portion of the Psalm. It is possible that King David composed and sang it when he triumphantly brought the Ark of God into Jerusalem (2 Samuel 6). Thereafter, it was used to celebrate the annual commemoration of this great procession wherein God's kingship would be portrayed and praised.

At the outset of this exuberant Psalm (which includes prayer, praise, thanksgiving and historical narration), the psalmist points us to the compassionate heart of God. Verse 4 exhorts us to "Sing to God, sing praises to his name" and immediately pinpoints "his name is the LORD".

'LORD' rendered in capital letters in the Bible refers to the original Hebrew word 'Jehovah' (Eternal, Self-existing God). This Psalm also parades other names of God to portray His attributes. Verse 1 begins with 'God' – 'Elohim' (Sovereign, Creator). Verse 11 and 20 point to 'Lord God' – 'Adonai' (Master-Ruler-Owner).

Verse 14 names 'the Almighty'-'El Shaddai' (All powerful), and Verse 18 directs us to 'Yahweh God'.

In exhibiting His names and concomitant characteristics, the Psalmist expresses a pride in Jehovah God for His care over His people and His majesty over the nations. In exhorting the faithful to sing praises to God, the Psalmist hastens to show in the next two verses the reason for the praises, that is, God has shown Himself kind and compassionate, especially to the helpless: orphans, widows, the lonely and prisoners.

This is exactly what we have seen in Psalm 146:6-10, where the reason to "Praise the LORD" is that the Almighty Creator uses His power to "execute justice for the oppressed, gives food to the hungry, sets the prisoner free" (v7), and "upholds the widow and the fatherless" (v9).

Another Psalm which highlights this heart of God is Psalm 10: "the helper of the fatherless" (v14) who "hear the desire of the afflicted" (v17), to "do justice to the fatherless and the oppressed" (v18).

I reckon most have read about George Mueller (1805–1898), the Christian Evangelist/Missionary who founded the Ashley Down Orphanage in Bristol, England. He cared for 10,024 orphans in his lifetime. Many times, he received unsolicited food donations only hours before they were needed to feed the children. One well-documented story is as follows:

"Three hundred hungry children were dressed and seated for breakfast and a prayer offered for the food. But there was no food on the table. Situations like this was not unusual for the orphanage founder/director. Here was another opportunity to see how God would provide.

Within minutes of Mueller's prayer, a baker who couldn't sleep the night before showed up at the door with sufficient bread to feed everyone. Shortly afterwards, the town milkman appeared. His cart had broken down right in front of the orphanage. Not wanting to let the milk go spoilt he offered it to the orphanage."

The Bible has many direct injunctions (both in the Old Testament and New Testament) for us to take care of this marginalised, underprivileged group. To quote just two: Isaiah 1:27, "Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause." and James 1:27: "Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows..."

Not everyone would have the Georg Mueller vision to start an orphanage ministry, but each one of us could be the 'baker' or 'milkman' and be an answer to the prayer of the needy.

Helping one person or family might not change the world, but it could change the world for that one person or family.

PRAYER: Heavenly Father, we praise you with the Psalmist today for You are the Father of the fatherless and protector of the widow. Lord, as we look around us, helps us discern the needs of the disadvantaged and help us realise how You have uniquely prepared each of us to help and care for others. In Jesus name we pray, Amen.

每日灵粮

星期六，2020 年 9 月 26 日

题目：面包师或送牛奶的人

作者：翁辉赐弟兄

翻译：林良億姐妹

诗篇 68：4-6

你们当向神唱诗，歌颂他的名，为那坐车行过旷野的修平大路——他的名是耶和華，要在他面前欢乐！神在他的圣所做孤儿的父，做寡妇的申冤者。神叫孤独的有家，使被囚的出来享福，唯有悖逆的住在干燥之地。

从分享每日灵粮于 8 月 3 日，题为“脆弱者的四重奏”，经文取自诗篇 146：6-1，那个周日即收到了两个答复。一个来自一对夫妇，关怀小组的组长，另一个来自两个姐妹。两者都要求提供更多信息来帮助与提供脆弱人群。

我立即提供了他们九个有需要的个人或家庭的清单。令人惊讶的是这两个小组如何迅速分别做出回应，而且同时决定支持名单中的三个单亲家庭。

由于这两个群体对单身母亲都有相同的负担，因此我联系他们一起来讨论。经过讨论，关怀小组的组长和姐妹们决定将集中他们的资源，来“收养”这三个单亲家庭一年。

由于这些“第一响应者”对无父之子怀有一颗诚挚的心，这促使我写出第二份每日灵粮，反映出我们天父的心是“孤儿之父”。

诗篇 68 是整个旧约中一个最宏伟的凯旋歌曲，也是诗篇中很杰出的一部分。大卫王很有可能在他胜利地将上帝的约柜带入耶路撒冷（撒母耳记下 6），创作并歌颂这凯旋歌曲。此后，在一年一度的纪念庆祝大游行中，它就被用来描绘和赞扬上帝的王权。

在这个充满活力的诗篇（包括祈祷、赞美、感恩和历史叙述），诗篇作者指向上帝的慈悲心。第 4 节还劝说：“歌颂上帝，歌颂赞美祂的名”，并立即指出“祂的名是耶和華”。

圣经中以大写字母表示的“主”是指希伯来语的原始词“耶和華”（永恒存在的上帝）。这首诗篇还列出其他神的名字来描绘祂的神性。第一节以“上帝”——“神”（君主，造物主）开头。第 11 节和第 20 节指“主上帝”——“Adonai”（统治者主人）。第 14 节将“全能的”命名为“全能者”（El Shaddai），第 18 节则将我们引向“永恒主”。

诗人列出神的名字和伴随的特征，以表现出耶和華上帝的关心和对各国的威严为荣。在劝诫信徒向上帝歌颂时，诗人在接下来的两节中表明赞美的理由，也就是说，上帝是富有仁爱仁慈的心，特别是对无助的人：孤儿、寡妇、孤独和囚徒。

这正是我们在诗篇 146：6-10 中看到的，“赞美耶和華”的原因是，全能的创造者利用祂的能力“他为受屈的申冤，赐食物于饥饿的。耶和華释放被囚的”（第 7 节），“扶持孤儿和寡妇”（第 9 节）。

另一个彰显上帝心意的诗篇是诗篇第 10 篇：“帮助孤儿的”（第 14 节），“侧耳听他们的祈求”（第 17 节），“给孤儿和受欺压的人伸冤”（第 18 节）。

我认为大多数人都读过有关一个传道者/传教士 George Mueller（1805-1898）的故事，他在 Bristol, England 成立了 Ashley Down 孤儿院。他一生中照顾了 10,024 名孤儿。很多时候，他在需要喂孩子的几个小时前就收到了匿名寄来的食品捐赠。一个有据可查的故事如下：

“三百个饥饿的孩子穿好衣服，坐在那里吃早餐，并为食物祈祷。但是桌上没有食物。对于孤儿院的创始人/董事来说，这种情况是惯例。这是另一个机会，看看上帝会如何提供。

在 Mueller 祈祷的几分钟内，一位无法入睡的面包师出现在门前，有足够的面包来喂养所有人。此后不久，镇上的送牛奶者出现了。他的手推车在孤儿院前抛锚了。他不想让牛奶变质，就给了孤儿院。”

圣经有许多直接的禁令（在旧约和新约中都有），让我们来照顾这些弱势群体。仅举两个例子：以赛亚书 1:17，“学习行善，寻求公平，解救受欺压的，给孤儿申冤，为寡妇辨屈。”雅各书 1:27：“在神我们的父面前，那清洁没有玷污的虔诚就是看顾在患难中的孤儿寡妇……”

并不是每个人都有 Georg Mueller 的异象来创办孤儿院，但是我们每个人都可以成为“面包师”或“送牛奶工人”，并成为有需要者祈祷的答案。

帮助一个人或家人不会改变这个世界，但它可能会改变一个人或一个家庭的世界。

祷告：

亲爱的天父，我们今天用诗篇赞美你，因为你是孤儿之父，寡妇的保护者。主啊，当我们看着四周围时，帮助我们辨别弱势群体的需求，并帮助我们认识到你如何独特地装备了我们每个人来帮助和关心他人。我们奉主耶稣的名祷告，阿们。

Sunday, 27 September 2020

A thousand years or a day?

By Abraham Verghese 亚伯拉罕·韦尔盖塞

Psalm 90:4 (Read the whole Psalm for the overall context)

2 Peter 3:8 (For the context read 2 Peter 3:1-13)

Psalm 90:4 For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.

2 Peter 3:8 But do not overlook this one fact, beloved, that with the Lord one day is as a thousand years, and a thousand years as one day.

It would be reasonable to interpret Psalm 90:4 to mean that God's perspective on time is very different than humanity's perspective on time. The Eternal God knows the end from the beginning; we see the present – though yet many a time dimly -, and the future is just guess work. A thousand years is nothing to God, but is far beyond our personal experience. A thousand years are nothing to God's eternity: between an hour and a million years there is some proportion but between whatever length of time and eternity there is none. All the events of a thousand years whether past or to come or a combination are more present to the Eternal God than some done in the last couple of hours to us.

Ps 90:4 is a widely quoted biblical verse because it comforts us when we are frustrated with God's timing. Time moves slowly for us. God, who inhabits all of eternity, sees all of history in a single moment – his timetable will not match our own. The psalm's author, Moses, seems to look at life from the vantage point of old age, from where we can finally see, as God does, that our time here is short. Let this verse make us wise now, hopefully well before our time is about to expire. We can now decide not to waste our lives on trifles as soon it will be too late. So what are the trifles in our lives? When all is said and done, when we even think as though we are looking into eternity – to start with maybe just a few hundred years -, does anything in this transitory human life really matter?

In 2 Peter 3:8, Peter references Psalm 90:4: "For a thousand years in [God's] sight are but as yesterday when it is past, or as a watch in the night." His point is that God is not bound by counting days from a human perspective. Time does not hold Him. He does not wait or rush in the same sense that mere humans do, locked as we are into minutes and hours and months. What seems like poor timing to us, as limited people, has a plan and purpose known only to God. As Peter will reveal in the subsequent verses, God will keep all of His promises in His perfect time and motivated by His perfect love. We should not stumble at the length of time since the promise of the coming of Christ was given but keep up our faith and expectation of the coming of Christ.

Christians should look forward to the new heavens and earth which surely WILL come. Peter reminds us not to lose heart because God is working on a different

timetable. For us, as human beings, if something does not happen within a matter of years, then we may miss it. God, however, is not limited by the same constraints of time because "with the Lord a day is like a thousand years, and a thousand years are like a day."

As people with eternal life, we Christians need to adopt an eternal perspective on time. We have all eternity before us to experience and enjoy "....what no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him" (1 Corinthians 2; 9). So brothers and sisters, let us look forward to eternity with joy we cannot even yet begin to understand.

Prayer

Heavenly Father, life is passing by so fast. Our human lives are as grass that wither away. We will be blown about all our lives unless You are our dwelling place. In You we are home. We are limited in time. You are eternal with no limitation of time.

Thank you that You have given to us a window into the perspective of eternity and time. Thank you that what we have in You we can never lose and will have forever. Praises be to You for the comfort that You give to us. We praise You and give thanks in Jesus' name. Amen.

每日灵粮

星期日, 2020 年 9 月 27 日

标题：一千年还是一天？

作者：亚伯拉罕·韦尔盖斯弟兄（Abraham Verghese）

翻译：杨惠光弟兄

诗篇 90：4（阅读整篇诗篇以了解整体背景）

彼得后书 3：8（上下文请读彼得前书 3：1-13）

诗篇 90：4 在你看来，千年如已过的昨日，又如夜间的一更。

彼得后书 3：8 亲爱的弟兄阿，有一件事你们不可忘记，就是主看一日如千年，千年如一日。

将诗篇 90：4 解释为上帝的的时间观与人类的时间观非常不同是相当合理的。永恒上帝从一开始就知道结局。我们看到了现在——尽管有很多时候模糊不清——对未来也只是猜测。一千年对上帝来说不算什么，但是远远超出了我们的亲身经历。一千年对于上帝的永恒来说是微不足道：一个小时到一百万年之间是有一定的比例，但是一段时间与永恒相比却是没有比例的。比起过去几个小时发生在我们身上的事，一千年来所发生的事件，无论是过去、将来、还是两者的结合，对于永恒的上帝来说都是现在式。

诗 90：4 是被广泛引用的圣经经文，因为当我们对上帝的时间观感到沮丧时，它可以让我们感到安慰。时间对我们来说是缓慢的。居住在永恒中的上帝一瞬间便能看到全部历史——他的时间表与我们的时间表是不相同的。诗篇的作者摩西似乎是从晚年的角度审视生命，那时，我们终于可以像上帝一样，最终看到我们在世上的时间是短暂的。让这节经文在生命还没有结束之前，使我们变得明智。现在，我们可以决定不浪费生命在那些琐碎的事上。那什么是生活中琐碎的事呢？总而言之，当我们认为我们正在寻找永恒时——就从几百年开始吧——在这种短暂的生命中，真的有什么是我们认为重要的事情吗？

彼得在彼得后书 3:8 中，彼得提到诗篇 90：4：“在你看来，千年如已过的昨日，又如夜间的一更，或者是夜间的守望。”神的观点是，从人的角度来看，上帝不受天数的束缚。时间不能限制他。他不会像单纯的人类那样等待或匆忙，就像我们在几分钟，几小时甚至几个月的时间里那样被锁住。作为有限的人，对我们而言似乎是时机不佳，但它的计划和目的只有上帝知道。正如彼得在随后的经文中所揭示的那样，上帝将在他完美的时间中遵守他所有的应许，并受到他完美的爱的激励。自从基督复临的应许被赐予以来，我们不应该在我们认为漫长的时间里迷迷糊糊，而要保持我们对基督再来的信心和期望。

基督徒应该期待新的天地肯定会到来。彼得提醒我们不要灰心，因为上帝有祂的时间表。对于我们人类来说，如果几年之内没有发生任何事情，那么我们可能会错过它。但是，上帝并不受相同的时间限制，因为“与主同在一日就像一千年，而一千年又像一日。”

作为一个有永生生命的人，基督徒要有一个永恒的时间观。因为我们拥有永恒的生命去体验和享受“神为爱他的人所预备的是眼睛未曾看见，耳朵未曾听见，人心也未曾想到的。”（哥林多前书 2：9）。因此，弟兄姐妹们，让我们期盼一个我们都无法开始理解的永恒的快乐。

祷告

天父，生命过得如此之快。我们的生命就像枯萎的草一样。除非你是我们的住所，否则我们将一无所有。在你里面，我们有了一个家。我们时间是有限的，但你是永恒的，不受时间的限制。谢谢你为我们提供了一个了解永恒和时间的窗口。谢谢你，我们拥有你，我们永远不会失去，将永远拥有。感谢你给予我们的安慰。我们赞美你，感谢是奉主耶稣的名。阿们。

Monday, 28th September 2020

REPENTING AND REJOICING

Pastor Soong Kok Kee

Psalm 51: 12-15

Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, and sinners will turn back to you. Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness. O Lord, open my lips, and my mouth will declare your praise.

A Christian woman asked another believer how he was doing. With a broad smile he replied, "Repenting and rejoicing, sister!" I believe this brother was walking in a spirit of repentance – daily confessing and turning from sins and rejoicing in God's forgiveness. Because honest repentance involves sorrow, we may sometimes forget that repenting leads to rejoicing. When we first repented and became new believers, we experienced great joy. But if we then choose to live with unconfessed sin in our life, our joy is lost.

David believed his joy could be restored. After pouring out his prayer of repentance to God in Psalm 51, he made this humble plea: "Restore to me the joy of my salvation" (v.12). As David turned back to the Lord, his sense of purpose returned: "Then I will teach transgressors your ways, and sinners will turn back to you" (v.13). Through his faith in a forgiving and merciful God, David began rejoicing again in his salvation (vv.14-15).

Do we sometimes lose the joy of our salvation because we fail to deal with our sins? If we confess them, God will forgive us (1 John 1:9). He will restore your joy and help you overcome sins that trouble you. That's what it means to be repenting and rejoicing.

Psalm 51 records David's repentance after God sent prophet Nathan to point out his sin of adultery with Bathsheba and the murder of her husband Uriah (2 Sam 11). The last sentence of 2 Samuel 11 says "But the thing David had done displeased the Lord". Our holy God is not happy with sin, not the sinner. No matter how big a sin we have committed, as long as we are willing to come to God in repentance and ask for his forgiveness, he will forgive. It had troubled me for quite a while as to how God had allowed the wisest man who ever lived, Solomon, to be born of such parents. The only answer I can think of is Ps 103:12 "as far as the east is from the west, so far has he removed our transgressions from us." And Jer 31:34 "I will forgive their wickedness and will remember their sins no more". He hates the sin but not the sinner.

The unhappiest person on earth is a Christian living in sin. That's the reason David lost the joy of his salvation although he now has Bathsheba as his wife

and 2 Sam 11:2 records her as "The woman was very beautiful". The Holy Spirit in us will not allow us to enjoy the fruit of our sin. He will hound us till we come repenting before our God. That's the reason some Christians confess their sins even before they are found out. They have lost the joy of their salvation and the only way they can gain back that joy is to come before God, repent and ask for his forgiveness, like David did. Praise the Lord for the work of the Holy Spirit.

My dear brothers and sisters, do you still have that joy of salvation in your life? If not, is there something in your life that needs to be put right before God? Do it right now, unlike the man who wrote to the Income Tax Department and said "I have not been able to sleep for the past few weeks because I under declared some income of mine. I am enclosing a cheque for RM1,000/-, and if I still can't sleep, I will send you the rest." Let's pray you will not be able to sleep until you make it right with God and regain back the joy of your salvation.

PRAYER:

Dear Lord, thank you for reminding us that if there is something in our life that displeases you, we will never be happy this side of eternity. Help us to have the courage to own up to our sin or mistake. We know you will always love us in spite of our sins for while we were yet sinners, you died for us. You hate our sin, not us sinners. Thank you Lord. We pray all these in the precious name of our Lord Jesus Christ. AMEN

每日灵粮

星期一，2020 年 9 月 28 日

标题：悔改和喜乐

讲员：宋国基牧师

翻译：郑振隆弟兄

诗篇 51: 12-15

以你救赎的喜乐复兴我，赐我一颗愿意的灵，来承接它。然后，我将教导犯罪者您的道路，罪人将回转向您。上帝啊，拯救我的上帝啊，救我脱离原罪，我的舌头必歌颂你的公义。耶和華啊，张开我的嘴唇，我的口便宣告称赞你。

一名基督徒妇女问另一位基督徒他过得怎么样。他面带笑容，回答道：“姐妹，悔改与喜乐啊！”我相信这位兄弟正行走在悔改的灵里 – 每天认罪悔改，脱离罪恶，欢庆在上帝的宽恕中。因为真诚的悔改涉及悲伤，所以有时我们可能会忘记悔改会带来喜乐。当我们第一次悔改成为基督徒时，我们经历了大喜乐。但是，如果我们依然选择活在不认罪的生活时，我们的喜乐就会消失。

大卫相信上帝可以恢复他的喜乐。在诗篇 51 中，大卫向上帝倾吐悔改的祷告之后，他做了一个谦卑的恳求“求你使我重得救恩之乐”（12 节）。当大卫回转向上帝时，他的使命又得以恢复：“我就把你的道指教有过犯的人，罪人必归顺你。”（13 节）。

我们是否有时会因无法处理自己的罪而失去救赎的喜乐？如果我们向上帝承认自己的罪，上帝必要赦免我们的罪（约翰一书 1: 9）。上帝会恢复您的喜乐，并帮助您克服困扰您的罪过。这就是悔改和喜乐的意思。

诗篇 51 篇记录了大卫的悔改，因为上帝派先知拿单指出大卫与拔示巴的通奸罪和大卫谋杀她丈夫乌利亚的罪（撒母耳记下 11）。撒母耳记下 11 的最后一句说：“但是上主对大卫所做这事十分不悦。”圣洁的上帝恨恶罪，但不恨恶罪人。无论我们犯了多大的罪，只要我们愿意来到上帝面前认罪悔改，并请求祂的宽恕，上帝必会宽恕。上帝为何让如此父母生下世界上最聪明的人，所罗门，这困扰了我好一阵子。我能想到的唯一答案就是【诗 103:12】“东离西多远，他使我们的罪离开我们也那么远。”以及【耶 31:34】“我要赦免他们的罪，不再记住他们的过犯。”上帝恨恶罪，但不恨恶罪人。

地球上最不幸的人是生活在罪中的基督徒。这就是大卫失去了救赎之乐的原因，尽管他现在拥有拔示巴作为他的妻子，【撒母耳记下 11: 2】记录“那妇人容貌非常俊美”。我们里面的圣灵将不允许我们享受罪恶的果子。祂将追逼我们，直到我们在上帝面前认罪悔改。这就是为什么有些基督徒在被发现犯罪之前就认罪的原因。他们已经失去了得救的喜乐，而唯一能重获这喜乐的途径就是像大卫一样，来到上帝面前，认罪悔改，并祈求祂的宽恕。为圣灵的工作赞美主。

亲爱的兄弟姐妹们，您生命中仍然有得救的喜乐吗？如果没有，您生命中有什么事情需要在上帝面前得到正确的处理吗？现在就做吧，不要像那位写给所得税部的人所说：“过去几周我一直无法入睡，因为我没有申报自己的一些收入。随函附上一张

RM1,000 /-的支票，如果我仍然无法入睡，我会把剩下的寄给您。”让我们祷告您睡不着觉，直到您与上帝和好，并重新获得救恩的喜乐之时。

祷告

亲爱的上帝，谢谢祢提醒我们，生命中若有任何不讨祢喜悦的地方，我们进入永恒之前永远不会幸福。帮助我们勇于承认自己的罪或过失。我们知道，尽管我们会有罪过，但祢永远都爱我们，因为惟有祢在我们还作罪人的时候为我们死。祢恨恶我们的罪，却不是我们罪人。感谢上帝。奉主耶稣基督的宝贵名祷告。阿门

Tuesday, 29 September 2020

Title: Under His wings

By: Dorothy Teoh

Recently, a friend who was having a minor sore throat from eating too much fried and spicy food commented that we would not have noticed things like these prior to Covid-19, but suddenly, they have become an issue. I know how that feels. Last month, a friend and I arranged to meet up for lunch with some other friends; an event that I had been looking forward to after months of little social interaction.

I was feeling particularly warm that morning. Normally, I would just have put it down to the hot weather. But a few days before that, I had gone for a meeting with someone who was not wearing a mask in the car and who had coughed several times during the ride.

I could not find my digital thermometer so before my friend picked me up, I walked out to the guardhouse at my condo and asked the guard to take my temperature, not once but twice. Both times were normal. But maybe I was asymptomatic! My friend came along and I got into the car, still worried. After travelling less than a kilometre, I called our other friend, cancelled the lunch appointment and asked the friend who was driving to send me home.

Once home, I went to bed – in the middle of the day – and was sure that I would awaken with a sore throat, a symptom of Covid-19. That didn't happen, but the experience led me to turn to Psalm 91.

With its references to “deadly pestilence” and “plague”, Psalm 91 could have been written for the times we live in. I want to focus on just the first four verses.

1 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

2 I will say of the LORD, “He is my refuge and my fortress, my God in whom I trust.”

3 Surely he will save you from the fowler's snare and from the deadly pestilence.

4 He will cover you with his feathers, and under his wings, you will find refuge; his faithfulness will be your shield and rampart.

The Psalm is not a magic incantation that gives us immunity against illness or adversity. But it reassured me and freed me from irrational fear because it speaks of God's protection over those He loves, and those who love and trust Him. Verses 1 and 2 speak of a God who is not just pre-eminent, majestic and all-powerful, but one who is personal and who cares for us. They also speak of God's sovereignty over our lives and that nothing can touch us without His say-so.

It may not be the fear of Covid-19 but another situation that threatens to overwhelm us. Are we dwelling in our own fears or self-doubt or in the shelter of the Most High? I think of a child walking beside his or her parent and trying to match his/her own small steps to the parent's strides to keep in the parent's shadow. The child is secure because he/she is holding onto the parent and is shielded from the scorching sun. In fact, the imagery in verse 4 is of the warm and intimate protectiveness of a faithful mother bird.

This is the God in whom the Psalmist trusts, the same God who is our refuge and our fortress even as the pandemic continues to rage around us and uncertainties and fears abound.

Prayer

Abba Father, thank you for loving us and protecting us on a daily basis, not just from Covid-19 but from all harm. But we also know that bad things do happen even to those who love you. When they do, help us to be able to say as the Psalmist does, "You are my refuge and my fortress, my God in whom I trust". Help us to hold fast to you, in good times and bad, in joy and in sorrow. in sickness and in health. In Jesus' name. Amen.

2020 年 9 月 29 日星期二

标题：在祂的翅膀底下

作者：Dorothy Teoh

翻译：陈晓佩姐妹

最近，有一位朋友因为吃了太多煎炸和辛辣的食物而出现轻微的喉咙痛，她说在发生新冠肺炎之前我们不会多加留意，可现在突然成了一个问题。我知道那种的感受。上个月，我和一位朋友安排了和另一些朋友相约吃午餐；这是我期待的聚会因为我已经好几个月很少社交互动了。

那天早上我感觉到特别热。通常，我会归咎于炎热的天气。但是几天前，我和一位没有戴上口罩的人士一起乘车去开会，这位人士在路途中咳嗽了好几次。

我找不到我的电子温度计，所以在朋友还没有来接我之前，我步行到公寓的警卫室要求保安人员替我测量体温，不是一次而是两次。两次都是正常的体温。但可能我是无症状的！朋友到了我上车后，我还在担心。行驶不到一公里的路程，我致电另一个朋友取消午餐约会，之后要求驾驶的朋友送我回家。

到家后，我就在床上歇着——在中午时分——肯定自己会因喉咙痛（一个新冠病毒的症状）而醒过来。上述情况没有发生，但是，这经历却引领我阅读诗篇 91 篇。按着所提到的“瘟疫”和“毒病”，这诗篇可能就是为我们生活的这个时代写的。我主要集中在前四句的经文。

- 1 住在至高者隐密处的、必住在全能者的荫下。
- 2 我要论到耶和華說、他是我的避难所、是我的山寨、是我的神、是我所倚靠的。
- 3 他必救你脱离捕鸟人的网罗、和毒害的瘟疫。
- 4 他必用自己的翎毛遮蔽你。你要投靠在他的翅膀底下。他的诚实、是大小盾牌。

这诗篇不是一个让我们有抵抗疾病或逆境免疫力的咒语。但是它再次使我安心，把我从非理性的恐惧中释放，因为这诗篇说上帝保守祂所爱的人和那些爱祂且信靠祂的人。第一和第二节不只说祂是为首的，有威严并全能的上帝，祂也是一位与我们有个人关系而且看顾我们的上帝。这些经节也论及上帝在我们生命中的主权，若不是经过祂的许可，没有什么事可以临到我们。

新冠病毒可能不是那造成惧怕的因素，而是另一种的情况在威胁打压着我们。我们是沉湎在自己的惧怕或自我怀疑中，还是沉浸在那至高者的庇护里？我想到一个走在父母身旁的小孩，他尝试以自己的小步配合父母的步伐，好让自己留在父母的影子下。这孩子是安全的因为他紧握着他的父母，而且被护着避开灼热的阳光。其实，第 4 节的意象是一只忠实的母鸟温暖而贴心的保护。

这就是诗人所信靠的上帝。这位上帝也是我们的避难所和我们的山寨，哪怕疫情持续地在我们周围肆虐，变幻、疑惧比比皆是。

今日祷告

阿爸天父，感谢祢不只是在新冠病毒上而是在所有的危害中都天天的爱顾和保护着我们。但是我们也知道有时候不好的事情也会发生在那些爱祢的人身上。当这些事情发生时，帮助我们可以像诗人一般地说：“祢是我的避难所、是我的山寨、是我的神、是我所倚靠的。”无论在好或坏、喜乐或悲伤、病痛或健康的光景里，求祢都帮助我们牢实地握住祢。奉耶稣的名。阿们。

Wednesday, 30th September 2020

Title: The Lord Surrounds His People

Author: Pastor Wallace Ong

Psalm 125 (ESV)

A Song of Ascents.

1 Those who trust in the LORD are like Mount Zion, which cannot be moved, but abides forever.

2 As the mountains surround Jerusalem, so the LORD surrounds his people, from this time forth and forevermore.

3 For the scepter of wickedness shall not rest on the land allotted to the righteous, lest the righteous stretch out their hands to do wrong.

4 Do good, O LORD, to those who are good, and to those who are upright in their hearts!

5 But those who turn aside to their crooked ways the LORD will lead away with evildoers! Peace be upon Israel!

Here is another Song of Ascents that King David composed for the Israelites to sing along as they made their way to the city of Jerusalem to celebrate the feast of Jehovah. This Psalm was sung as prayer and praise once they started to ascent the holy Hill of Zion. We can read from the first verse: "Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides forever".

Through the passage of time, God has proven Himself to be faithful to His people. King David declared his confidence in the Lord because of His continuing goodness and grace toward him and the nation of Israel. This Psalm of praise allows the Israelites to sing together in unity as a tribute to God's patience and thanksgiving for His everlasting mercy. They come together to show reverence to God's holy name.

Like Israel, we can look back in our lives and see how God's unfailing love and mercy has sustained us. We are able to journey with our Lord thus far only because of His grace and mercy for us. With God's faithfulness, we also can look forward to the day when the good works He has started in us will be completed in Christ Jesus. Shall we not give grateful thanks and praise to Him and rejoice in His forbearance towards us! And like Israel, we too can sing together in unity: "As the mountains surround Jerusalem, so the LORD surrounds his people, from this time forth and forevermore."

Prayer:

O God, Heavenly Father, we thank you for the victory we found in Jesus Christ, our Lord. We are so thankful for your faithfulness towards us. As we abide in You and Your love, You promise not to forsake us, nor leave us as orphans.

We pray today, O Lord, that the Holy Spirit will be our guide as we live our lives for your glory. Give us the humility to surrender ourselves to allow the Holy Spirit to fill our hearts, minds, and souls. Help us not to forget that we need You every hour of the day. Use us, O Lord, to help others to live for You. Give us wisdom to use our words wisely in order to build up and never to tear down. Help us never to resort to the wicked ways which are not pleasing in Your sight. We pray in the precious name of Jesus Christ our Saviour and our Lord. Amen.

每日灵粮

星期三, 2020 年 9 月 30 日

标题: 耶和华围绕祂的百姓

作者: 王振威传道

翻译: 陈健萍姐妹

【诗篇 125】[和合本]

- 1 (上行之诗。)倚靠耶和华的人, 好像锡安山, 永不动摇。
 - 2 众山怎样围绕耶路撒冷, 耶和华也照样围绕他的百姓, 从今时直到永远。
 - 3 恶人的杖不常落在义人的分上, 免得义人伸手作恶。
 - 4 耶和华阿, 求你善待那些为善, 和心里正直的人。
 - 5 至于那偏行弯曲道路的人, 耶和华必使他和作恶的人一同出去受刑。愿 平安归于以色列。
- 这是大卫王所谱写的另一首上行之诗, 供以色列人前往耶路撒冷向耶和华守节时在途中咏唱。当他们开始登上锡安的圣山时就唱这首诗歌作为他们的祈祷与赞美。我们可以从第一节读到: “倚靠耶和华的人, 好像锡安山, 永不动摇。”

日久年深, 上帝已证明自己对其子民是信实的。大卫王宣告他对耶和华的信心, 因为耶和华向他并以色列国民不断地施与慈爱与恩惠。这篇赞美诗让以色列民团结一致地歌唱以赞颂上帝的忍耐, 并感谢祂长存的怜悯。他们一同崇敬上帝的圣名。

像以色列一般, 我们可以回顾我们的生命, 看看上帝永恒不朽的爱和怜悯是如何扶助护佑我们。我们之所以能与主同行至今, 仅因祂对我们的恩典与怜悯。靠着主的信实, 我们也可以期待有一天, 祂在我们身上开始的善工将会在耶稣基督里完成。我们岂不因祂对我们的宽容而欢欣、向祂献上感恩与赞美! 同样如以色列一般, 我们也可以齐心颂唱: “众山怎样围绕耶路撒冷, 耶和华也照样围绕他的百姓, 从今时直到永远。”

祷告

阿爸父上帝, 我们为在耶稣基督里的得胜感谢祢。我们衷心感激祢对我们的信实。当我们常在祢以及祢的爱里面, 祢应许总不离弃我们, 也不撇下我们如孤儿。

主啊, 我们今天向祢祈求, 当我们为祢的荣耀而活时, 求圣灵作我们的向导。赐我们谦卑, 愿意摆上自己, 容让圣灵充满我们的心、意志与灵。帮助我们不忘记我们每天每时刻都需要祢。主啊, 使用我们帮助他人, 为祢而活。赐我们智慧, 明智地用我们的言语去建立而决不拆毁。帮助我们永不要弄祢眼中看为不悦的恶行。我们奉耶稣基督我们的救赎主宝贵的名求。阿门。