

19th. March 2020

Dear PBC family,

Let's come into His holy presence and worship Him.

Lord, we love you. You are our Jehovah-shalom, the Lord our peace. You are our El-Shaddai, our God Almighty.

Thank you for the reminder in Proverbs 19.23

"The reverent, worshipful fear of the Lord leads to life, and he who has it rests satisfied; he cannot be visited with evil."

Psa. 91.3

"Surely he will save you from the fowler's snare and from the deadly pestilence."

Isa. 46.4

Even so to your age and grey hairs, I am He who will sustain you and I will carry you; I will sustain you and I will rescue you."

Thank Lord for the assurance of your word. We can rest in you because you are our sustainer and Rescuer. Come and be the Lord of our lives today. Teach us to fear you and obey you with all our hearts and in all our ways. Help us to spend our day as good stewards of your resources and opportunities even in our home. Bless our homes today, in Jesus name, Amen.

Pastor Isaac Yim

20th. March 2020

Good morning PBC Family,

Let's start the day by thanking Jesus our Great Shepherd.

Dear God, our Good Shepherd thank you for slowing us down, keeping us home, making us rest, forcing us to reconnect with our spouse and children. We are grateful for more time to be with you and with our loved ones. Lord, Give us the grace to enjoy each other. Help us to forgive each other, and let your love rekindle in each of our hearts for you, for our family and the PBC family. Teach us to live with peace, hope and love today. In Jesus name Amen.

Proverbs 20.24

"Man's steps are ordered by the Lord. How then can a man understand his way?"
Yes, sometimes it is difficult to understand the goings of our life. Why things happened to me this way or that way. God doesn't dictate your direction but He guides you. May we make wise choices because your choices make you.

Proverbs. 16.9

"A man's mind plans his way, but the Lord directs his steps and make them sure."

Proverbs 19.21

"Many plans are in a man's mind, but it is the Lord's purpose for him that will stand."

Psalms 37.23-24

"If the Lord delights in a man's way, he makes his steps firm; though he stumble, he will not fall, for the Lord upholds him with his hand."

Lord, we don't fully understand you allow Covid 19 to become a pandemic. Many have died, others are afflicted by it. We are fearful of it. Many are facing financial difficulties. We come to you in faith to ask you to be merciful to us. In the midst of such suffering, may man stop and hear your voice of hope and salvation. May man turn from their wicked ways and turn back to you. Lord, grant us your peace and help us to bring peace and hope to people around us. In Jesus Name, Amen.

Something you can do without leaving home.

1. Read The Bible as a family and pray. Dad, you are the priest and leader in your home. Take the lead.
2. Ask the Lord to burden your heart with someone who need a word of encouragement today. Send a sms or better call and pray on the phone with this person.

Love to hear what God is doing in your life today.

Pastor Isaac Yim

21st. March 2020

Good morning,

Yesterday, I received many messages from family and friends warning me of the worsening Covid-19 situation in our beloved country. Another type of message called for adequate preparation for food and other basic essentials. Of course, repeated reminder of, "DON'T GO OUT."

I thank God for Proverbs 21.31

"The horse is prepared for the day of battle, but deliverance and victory are from the Lord."

This verse tells me to "LOOK UP" in faith to our Almighty God and totally dependent on him for safety, for deliverance, for protection, and for victory. Never underestimate what God can do in the worst situation.

Here, King Solomon is advising his son. Yes, you have the best horses from Egypt. They are well trained and prepared for war.

But don't put all your trust in these war machines. Because the victory rest in the Lord. Safety and deliverance come from Him.

Today, we are all fighting this pandemic Covid-19 worldwide. This is more alarming and threatening our sense of peace and security. Yes, we must do all the preparation we possibly can to protect ourselves and others, but we must trust God for the deliverance.

Please read Psalm 33.17.22

Lord, help us to keep our eyes on you. Forgive us for we depend on our "horses" more than we depend on you. We are frightened by the negative reports of each day. We are frightened by this unseen enemy. Lord, come and be our Deliverer from this pestilence. Teach us to wait upon you and fear you. Thank you Lord, you are our help and our shield. Grant us faith to trust in you and not in the undependable "horses" of today.

Lord, we bring before all our essential workers still hard at work away from their home. Protect them in the places where they work. Grant them wisdom and strength to serve with the joy of the Lord.

Lord, we commit all our loved ones working or studying in different parts of the world. Keep them under your wings, and protect them from all evil and harm.

Lord, we have you and we have nothing to fear. Thank you. In Jesus Name. Amen.

Pastor Isaac Yim

Sunday, 22nd. March 2020

Hi brothers and sisters,

It's Sunday! This is the first time in my life that the church is mandatory to close on Sunday. Sometimes I take Sunday worship for granted. I must admit I missed the gathering of the saints. I miss all of you today. For awhile it was a debatable issue. To close or not to close! What is the right thing to do? Leaders struggle for wisdom to do the right thing. I thank the Lord for the PBC Crisis Management Committee that helps to guide and update the church in the face of Covid-19.

Proverbs 22.3

"A prudent man sees the evil and hides himself but the simple pass on and punished (with suffering)".

The word prudent means sensible, careful, cautious, making sound decision, or being farsighted. A prudent man is a wise man who fear God. All of us need to be a prudent man or woman especially in this time of uncertainty. A prudent man is able to foresee the temporal dangers and calamities. He will find ways that he can escape the impending storm ahead of him. In the Old Testament, in the last night under the bondage of the Egyptian, the Israelites heeded the instructions of the angel of death, they stayed in their homes and their lives were spared. In Noah's time, only Noah and his family of eight were saved. Because they obeyed the instructions of God. But the careless and unbelieving go on, without concern, till they meet destruction. Be prudent! A prudent person foresees the danger ahead. He walks by faith. He sees the danger and runs away. But fools will go on without being aware of the imminent danger that leads to death.

I urge you to stay close to the God by listening to Him from His word. Listen and act on His Word you will be a prudent man. A prudent person will walk with discretion and wisdom, and will be able to see the danger ahead and will avoid it.

Prayer

"Be exalted, O God, above the heavens, let your glory be over all the earth". Psalms 55.11

O Lord, our God, we worship you. We thank you Lord for your Sovereignty, you are still in your throne. You are in full control of everything. We thank you for your steadfast love for us. Lord, how much we miss meeting together as your people to worship you. But we are grateful we can still worship you where we are. We thank you for the PBC Broadcast this morning at 10.00 am. Help us to worship you still as a church, in each of our private homes.

Lord, I thank you for the PBC leadership, for the sacrifices they made to help coordinate all the affairs of the church in this unusual situation. Thank you for all the pastors and CG Leaders to continue to shepherd the flock. Help us all to be on the look out for each other even in isolation that we can be connected in the Lord and his body.

As a church help us to avail ourselves to the cries of the needy in our community.

Have mercy on us, O God, have mercy on us, for in you we take our refuge. We will take refuge in the shadow of your wings until the disaster had passed. Psa. 57.1

In Jesus name. Amen.

Pastor Isaac Yim

Monday, 23 March 2020

Dear PBC family,

Beware of fake news, it causes fear and confusion. Please don't forward them. What is true and what is fake? Be wise!

Proverbs 23.23

"Buy the truth and do not sell it; get wisdom, discipline and understanding. "Buy the truth if you can get a bargain, or if the price is not too much." This is not what it says. "Buy truth and don't sell at any price." This verse is a wonderful guide on how to live, get truth and personal integrity and don't ever sell them away. Truth has three properties, they are wisdom, instruction and understanding.

In this text, truth (emeth) refers to personal integrity; a person's loyalty and faithfulness. Wisdom (chohmah) means practical knowledge and the ability to come up with an opinion based on sound reasons. Discipline or instruction (musar) is the knowledge of how to keep oneself under control. Lastly, understanding (bina) means discernment or the ability to differentiate from right and wrong; from good and evil.

In the New Testament, Jesus said, "I am the truth". God is truth. The truth can set you free. Truth (aletheia) means not hidden. John Piper defines "truth" is the self-expression of God.

If you possess personal integrity and redemptive truth of Jesus Christ, don't you ever sell them away. In our situation, many sell their integrity away for power, for fame, for gain, and for pleasure. For truth and integrity make a real man and woman. Without them we are hollow.

Covid-19 reminds us of how fragile life is. A man's life is not about how much you possess. It will be of no value to you when death dawns on you. Whereas living a life of truth and integrity has intrinsic value. It does not rise or fall in value in changing seasons.

Prayer

Lord, our eyes are fixed on you, O Sovereign LORD, IN YOU WE TAKE OUR REFUGE – DO NOT GIVE US OVER TO DEATH. Keep us from the snare of the Covid-19, while we pass by in safety.

Lord, we suffer together with James, Joyce and Johaan as they are being treated in SG. Buloh Hospital. Lord, protect them and keep them safe. Grant them a speedy and complete recovery. We also pray for others who are infected by this pandemic around the world. Have mercy on them..

Lord, help us to be available to people in need in our community. Open our eyes, ears and our hearts to serve them in Jesus name.

Lord, we give thanks to you for the Sunday worship Broadcast that brought us together in worship as PBC.

Thank you, Lord you are our shelter and refuge. We will hide in you till the storm passes by. In Jesus name. Amen.

Pastor Isaac Yim

Tuesday, 24 March 2020

Good morning,

Proverbs 24.10

If you faint in the day of adversity, your strength is small. (Amplified Bible)

If you falter in a time of trouble, how small is your strength. (NIV)

If you fail under pressure, your strength is too small. (NLT)

Don't give up and be helpless in times of trouble. (CET)

The Covid-19 has surfaced many unsung heroes and heroines. Many medical professionals and essential workers did not quit at the on-slough of this epidemic. They ignored the difficulties, resisted the tiredness and the danger of being exposed to the coronavirus. They are aware of the negative consequences, so they are prepared for them, they fight through them. I thank God for all these men and women in Wuhan, in Malaysia and other affected areas across the world. It is said, when the going gets tough, the tough get going. Only the weak will faint, fail or quit when the going gets tough.

Bad things can happen to both the wicked and as well as good people. Today all perverted version of Christian lifestyle that teaches Christians will be healthy and wealthy is a LIE. Throughout life, we will be tested. This round may be just Coronavirus. The next may be the collapsed of the worldwide economy. It may hit us directly. We may be made redundant. The "stressed test" of life will be an ongoing experience. it will come in different forms and sizes. In this world, there will be troubles, but Jesus promises us, in John 16.33' "I have told you these things, so that you may have peace. In this world, you will have trouble. But take heart! I have overcome the world."

God allows adversities not only to test our strength but also our faith. Don't try to face the adversary with our own strength. we will fail. Self-confidence will make us lose confidence in God. Our faith in God will enable us to defeat the adversity. The Psalmist says, "I am still confident of this: I will see the goodness of God, in the land of the living. Wait for the Lord, be strong and take heart and wait for the Lord."

Psalm 27.13-14.

How well will we stand in times of trouble? Do you faint? Do you falter? Do you fail? My brothers and sisters, Don't give up and be helpless in times of trouble. The Lord is with us, with Him we are more than conquerors.

Duet. 31.6; 8

"Be strong and bold, have no fear or dread of them because it is the Lord your God who goes before you. He will be with you. He will not fail or forsake you. Do not fear or dismayed."

Prayer for today

"My soul finds rest in God alone, my salvation comes from him. He alone is my rock and salvation, he is my fortress, I will not be shaken." Psalm 61.1-2.

"When I called, you answered me, you made me bold and stouthearted." Psalm 138.3

O Lord, our God, we thank you for being the Rock of our salvation. Because you are our fortress will not be shaken by the Covid-19. We are grateful, whenever we called you answered. Thank you for your Holy presence is with us. We are not afraid. Thank you Lord for these days of self-isolation. It makes us stop and reflect on the purpose and the unpredictability of life. This pandemic reminds us that we are all equal in your eyes. It cuts across racial, economic, religious and geographical boundaries. Death is no respecter of person.

Lord, I treasure my family, my siblings, my church family. How thankful I am to be lovingly connected to each of you. How blessed and rich I am because Jesus had made it all possible for me to learn to love and serve.

I am thankful for Malaysia and the current leadership that God will give them the wisdom to put the interest of the people first. I am grateful for all the medical professionals and all the essential workers sacrificially serve the people. Let us cooperate with the authority and together, with the help of our Almighty God, we will put this calamity behind us soon.

Let us not stop doing what is good and right in our family and community. Thank You Lord, for giving us a spirit of power and love for each other in this difficult time. We pray and ask in Jesus Name, Amen.

Pastor Isaac Yim

Wednesday 25 March 2020

Proverbs 25.11

- A word fitly spoken is like apples of gold in a setting of silver. (ESV)
- Timely advice is lovely, like golden apples in a silver basket. (TLV)
- The right word at the right time is like precious gold set in silver. (CEV)
- An idea well-expressed is like a design of gold, set in silver. (GNT)

We have been in isolation for a week. But isolation doesn't stop us from talking. Even when you are all alone, you still talk. Perhaps to the wall! Your self! To God! I am actually talking to you each morning. Mainly we use words to talk. Artists talk with their creative drawings or beautiful sculptures or carvings. Today, the wise man uses both words and art to bring out the importance of using words appropriately. He said that words spoken wisely and appropriately are like a beautiful golden apple set in an intricately crafted silver tray. The term translated "fitly" from Hebrew means "wheels." It can mean "word spoken on his wheels," which means a word that rolled smoothly and pleasantly from the lips of the speaker to the ears of the hearers. Before wheels were invented, the horse cart had no wheels. The things were dragged along on two long poles. There were no roads. The two ends of the poles, of the so-called cart, often left behind two deep ruts on the ground after running over it. We have smooth wheels that leave no ruts on the roads. Our words should flow out smoothly like easy-going wheels. Words that made no deep cuts of hurt and pain in the heart ground of the hearers. J Brown says, "Words. So powerful. They can crush a heart, or heal it, or liberate it. They can shatter dreams, or energize them. They can obstruct, or invite it. They can create defences, or melt them. We have to use words wisely."

We are grateful to the Words of God, the Bible. The truth of the Bible speaks to our hearts, it has the capacity to heal, restore, refresh, and give peace and comfort to us. "Gracious words are like a honeycomb, sweetness to the soul and health to the body." (Pro. 16.24)

May our words always be constructive, positive, building up and encouraging each other. There are many wounded and painful souls. They need a healing word from the Word of God. May the Holy Spirit give us "a word or a message fitly spoken" to those desperately needing to hear from you.

Prayer for today

Proverbs 15.23 (MSG)

"Congenial conversation – what a pleasure! The right word at the right time – beautiful."

Father, you know the exact words, even the number of words we have spoken today. Forgive us for words that we have uttered carelessly and thoughtlessly. Help us to be sensitive to those who need a caring word or an encouraging word. Help us not just be interested in our own interest but also in the interests of others.

We pray for our church, that the preachers will be able to declare your timeless Word in a timely manner for your hungry flock.

We pray for all our families during this lockout time. Helps us to enjoy each other by being kind in our words and our manners. We pray you will remove the invisible wall of unforgiveness. Father, remove this wall of disunity in our home/ church. Lord, grant us your grace to enable us to live in peace and harmony.

Father, we plead with you for the healing of dear brother James Wong in SG Buloh hospital. Also for his wife Joyce, and children Jade and Jo Haan. Give them your comfort, peace and rest.

We pray for others who are exposed to the Coronavirus too, that you will give them deliverance.

Father, give us timely words so that we can build each other up.

We pray in Jesus Name. Amen.

Pastor Isaac Yim

Thursday, 26 March 2020

Proverbs 26.20-22

*Without wood a fire goes out;
without gossip, a quarrel died down.
As charcoal to embers and as wood to fire,
so is a quarrelsome person for kindling strife.
The words of a gossip are like choice
morsels; they go down to the innermost parts.*

It is no more a rumour. It is a fact, lockdown is extended till 14 April. The Coronavirus is still posing a danger to all of us. Let's be good and obedient citizens. Stay home and stay safe! My! what are we going to do with all the time we have. Many are on our handphone. YouTube, Facebook, Twitter, computer games the list goes on with the more IT savvy folks. Let's be on our guard on the media. Watch out for fake news and don't forward it.

We are going to look at Proverbs 26.20-22; These three verses talk about something that spreads fast and can be very destructive to individuals, families and communities. In fact it had been around for ages. We are immune to it. But It is very much alive in our political arena, corporate bodies, churches and even in our homes.

The wise man brings to our attention the destructiveness of "gossip". Basically, gossip is sharing negative information about someone with the intention to tarnish his reputation or to impress the hearers. God hates gossips, (Pro. 6.12-19: Psa. 15.3). Gossips cause great pain and suffering deep inside our heart and it divides family and friends. Gossip ignites the fire of strife and contention. Charles Spurgeon said, "Contention is as fire; it heats the spirit, burns up all that is good and puts families and societies into a flame."

All of us have skeletons in our closet. Every man or woman has secrets – private and confidential matters – such as sins, faults, failures, sicknesses, divorce, criminal records, salary, age and many more. They are private and confidential. They are secrets. No one needs to know. Often people gossip about the secret of another person out of envy, hatred or malice. Have you ever wonder why people gossip? Satan sows the seed of pride in our heart. When we gossip we put others down and jack ourselves up at the expense of another. It comes from hatred and envy as in the case of Abel and Cain because Abel was a much better person. Gossip hurts both ways, the gossip as well as the one who listens to the gossips. The gossip is a troublemaker. The one who listens to gossip is like eating junk food, do you want junk like that in your "belly" your heart and soul. (Pro. 26.22)

"Quarrelsome or troublemaker" is a person who adds "wood to fire" or "coals to

hot Amber” or “Kerosene to fire”. What graphic picture! It describes a person who stirs things up. People like this starts arguments, conflicts, debates and quarrels with everyone wherever he goes.

Am I a peacemaker or a troublemaker? Are you constantly looking for faults or having a critical or judgemental attitude. As children of God, we are called to be peacemakers. We are admonished to use all our spiritual power to live at peace with all men. (Matt. 5.9; Rom. 12.18; Eph. 4.3;

1 These 5.13; James 3.17-18). May we bear fruit of Holy Spirit which is love, joy and peace (Gal.5.22). Those who abide in Jesus and are walking in the light we detest the contentious spirit in ourselves and others.

Prayer for today

Lord, Jesus, we come before you to examine our selves. Take away this quarrelsome and contentious spirit from us, from our home in our church. O Prince of Peace, we invite you to come and clean us up and fill us with your love, joy and peace.

Lord, help us to avoid and reject gossips. Teach us to protect the reputation of others with love. Grant us the ability to protect and build others up. Help us to appreciate, and praise others.

Lord, protect and preserve our country from troublemakers. Grant wisdom to our leaders that they be an example of peacemakers. That we are able to enjoy unity in diversity and live in peace and harmony.

Lord, transform us to be a caring and loving people to glorify your name. O Lord, we are living in troubled times. The whole world is enveloped by this deadly Corona Virus. many have died, many are dying and we are fearful of being infected by it. We hope in you. You are our refuge and strength. Deliverance comes from you.

We continue to lift up our dear brother James to you, deliver him from the jaws of death. Have mercy upon him, O Lord our saviour. We pray for his wife Joy and their children Jade and Jo Han. Protect them and heal all of them. We lift up to you all the front line workers and their families. May your grace be sufficient for them each day.

“Don’t be afraid, for I am with you. Don’t be discouraged for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.” – Isaiah 41:10

Lord, we take comfort and courage from your promise. Give us the faith to walk with you today. In Jesus name. Amen. Pastor Isaac

Friday, 27 March 2020

Proverbs 27.1-2 (ESV)

Do not boast about tomorrow, for you do not know what a day will bring.
Let another praise you, and not your own mouth; a stranger, and not your own lips.

Time is ticking. Yesterday is gone. My family called me long “winded”. Sorry, I cannot take it back. Today, I can do something about it. Tomorrow is yet to come. Tomorrow may not be mine. So let me talk about our text today.

Whenever we talk about tomorrow, there are two common responses. One is worried and anxious and the other is boastful about tomorrow. This is not talking about awareness but our attitude about tomorrow. The word translated as “boast” in English can also be translated as “praise” as in Pro. 27.2. The Hebrew word is the same. “A day may bring forth”, the time of one day can spell life or death. Many are literally hanging on the one day thread of life. One day can change the direction of a lifetime for an individual and his family. If life is so uncertain and so short, why talk about tomorrow. Yes, there are people just live for the day and no plans for tomorrow. The Epicurean believes pleasure is the highest end in life. “Eat, drink and be merry for tomorrow you die.” Sad, indeed, they have no tomorrow or can we say nothing to look forward to.

The wise man said don’t boast about tomorrow. You boast about tomorrow if you think tomorrow is in your control. You boast about tomorrow if you planned your tomorrow without God in the picture. You boast about tomorrow if you believe your plans are fool proof. Our tomorrow is based on the choices you made today. Today you have the freedom to choose whatever, but the consequences of your choice, you have no choice but to accept.

I hope you look at tomorrow with a wider perspective and not with a tunnel vision. May we look at tomorrow with eternal values and not just passing fad.

Prayer for today

We worship you our God, because of who you are. You are Eternal, Immortal, invisible, you alone are God (Psa.90.1-2; Isa. 45.5; 1 Tim. 1.17). You are All-powerful; All-presence and All-knowing. You are Alpha and Omega.

We thank you for our past, you called us from among the multitude to be your chosen people. We thank you for today, a present. Teach us to honour you in all we think, say and do. We commit our tomorrow to you.

Lord, today we are still concerned about the Coronavirus pandemic. The situation is getting out of control but we know you are still in control. Help us to

humble ourselves and seek your face. Forgive us of our wicked ways, restore us back to you. Come and heal your people.

We continue to lift James to you, that you Lord you have seen him through another day. Heal him, his wife and children. We pray for all who are infected by this virus, bring them back to good health. Pray for all who are working sacrificially in the frontline, protect, provide and refresh them. Undergird them with your mighty hands.

Lord, with this pandemic we are uncertain about tomorrow. Hold our hands and walk us through these difficult days. Give us eyes of faith to see them tomorrow and give wisdom and strength to walk with you a day at a time. In Jesus Name, Amen.

Pastor Isaac Yim

Saturday, 28 March 2020

Proverbs 28:13

*He who covers his sins will not prosper,
But whoever confesses them will have mercy.*

This is a fantastic verse of scripture. We will love to talk about prosperity but not sin. But sin and prosperity are linked together. There is no prosperity if you don't deal with sin. This verse speaks of the right way to deal with sins in our lives. We are taught what not to do and then the right thing to. And WHY.

We don't deal with sin if at all possible. If we ever deal with sin, we will follow the way our forefathers have passed on to us. We hide or conceal it. When we are no longer be able to cover up, we blame someone else. You can fool others or even yourself. But God cannot be fooled. We are naked before Him.

Covering your sins is very damaging, for you "will not prosper". The word "prosper" translated in its original language means "to advance, to make progress, to succeed, to be profitable, prosper." In Genesis 39:2, "and the Lord was with Joseph, and he was a prosperous man." It describes him as successful in his endeavours, flourishing, thriving and being victorious. It is not just about money alone. King David kept silent about his sins with Bethsheba for a year. This is how he described his experience. Miserable! His bones were aching. He groaned all day long. God's hand was heavy on him.

What is the right way to deal with sins? Is simple. Just humbly come before God to "confess and forsake" and you will find mercy. "Confess" is "to throw, to shoot, to cast". We need to admit or acknowledge our sin or guilt to God. God will forgive (1 John 1:9). You also receive "mercy". God will show his compassion, love and affection to you. You will be right with God again. Your fellowship is resumed and restored. This is the JOY that David experienced when he acknowledged his sin before the Lord.

We need to be honest with ourselves about our sins and shortcomings. We will not be able to reach our full, God-given potential when we continue to conceal our sin. God can and will reveal the secret sins hidden in our lives but he cannot and will not force us to overcome. That decision is ours.

Prayer for today

Dear Lord Jesus, we come to you with our broken hearts and tears in our eyes as we pray. We don't fully understand your ways in our dear brother James Wong. We miss him dearly. Lord, you must have loved him MUCH MORE to call him home to be with you. The only thing I know is that you don't make MISTAKE. In

our pain and grief, you come and comfort Joy, Jade, Jo Haan, all his family and the PBC family.

We thank you for giving him to us for even though for a short. We appreciate his love for his family and PBC family. We will miss him leading in our worship in songs on Sunday. Help us to continue to love and care his family he left behind. Continue to heal Joy and Jo Haan from the Coronavirus infection. Thank you for Jade's test that was negative. May your Holy Spirit surround them. May you fill that void with yourself.

Lord, as we meditate on the subject of sin, help us to come boldly to your throne of grace to ask you to cleanse us of our hidden sins in our lives. Reveal to us and help us to confess them to you. Lord, we know you will not turn away anyone that comes to you with a broken and contrite heart. You will forgive, restore and renew.

Lord, we pray for our homes, our church and our places of work, where we have failed to live as salt and light for you. As a result, we have caused so much conflict and misunderstanding with one another. Help us to come with humility to ask for forgiveness and also be gracious to forgive each other. O, Holy Spirit come and cleanse and heal us. Grant us love, joy and peace wherever we are.

We need you more than any other time. Help us to fix our eyes on you. For we know you will never leave nor forsake us. We thank you, in Jesus Name, Amen.

Pastor Isaac Yim

Sunday, 29 March 2020

Proverbs 29:18

Where there is no vision, the people perish; but he who keepeth the law, happy is he. (KJV)

Where there is no revelation, people cast off restraint, but blessed is the one who obeys. Wisdom's instructions. (NIV)

When people do not accept divine guidance, they run wild. But whoever obeys the law is joyful. (NLT)

Where there is no prophetic vision the people cast off restraint but blessed is he who keeps the law. (ESV)

Good morning brothers and sisters, I want you to begin the Lord's day by shutting off all the troubling sounds crying out for your attention. Just close your eyes and imagine you are alone sitting at the feet of Jesus. Stop reading and be silent before his Holy presence. Pause! Listen! Speak Lord, your servant is listening! Pause!

Respond to God: pray aloud, in Praise, Thanksgiving, Confession from your heart.

Amen.

I must confess James Wong still keep popping up in my mind. Tears and sadness still fill my eyes and heart. My question is not "WHY GOD!?" I will get to know his wisdom by and by. More important to us, is "HOW?", how do we respond to this devastating attack of Covid-19 worldwide and right here in our midst. Almost every 100 years there was a pandemic that had killed over 100,000 people each time – Bubonic Plague 1720, Asiatic cholera, near Kolkata 1817-24, Spanish flu 1918-20, Coronavirus 2020. They came and gone. The Covid-19 too will be a thing of the past when God restrain s his hand. I believe God is calling our attention. Are you seeing and hearing the Almighty?

Our scripture Proverbs 19:18 "where there is no vision people died" many motivational speakers have misused this text contrary to what Solomon actually wanted to say. The word "vision" in Hebrew means "revelation". This was how God spoke to the prophets in the form of a dream or vision. It was God's word delivered to his people. These words or messages always originated from God. In the Old Testament, there were many periods where God was silent or "no vision".

In 1 Samuel 1:3, it was recorded that God's word or revelation was rare. There was virtually no vision or revelation from God.

God was silent.

"The people perish" – "perish" in Hebrew means to loosen; to let go; to be out of control; to have no restraint; to run wild.

What Solomon said is that when there is no revelation or guidance from God, the people will run wild, go crazy, in a chaotic situation and without restraint. This unrestrained and chaotic lifestyle can and will lead to death.

So this verse is not talking about man's vision for the future, not setting personal goals, church goals or even mission or evangelism goals. Solomon is not talking about vision coming from a man but a revelation from God. In this context, Solomon is saying, Israel as a nation will go wild and unrestrained without the revelation from God.

What is God saying to us today? The world is in a panic mode. Covid-19 has sent the world in a crazy situation. It threatens our lives, our economy, our politics, even our home is not spared. Yet, we seem to have almost anything money can buy. People will perish in their sin when they do not heed the revealed Word of God the BIBLE.

The second part says, "He who keeps the law is happy." The one who hears and obeys God's word lives an orderly and satisfying life. May God create a hunger and thirst for the Word of God that leads to joy and happiness.

Prayer for today

Deuteronomy 8.3 (NLT)

Yes, He humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather we live by every word that comes from the mouth of the Lord.

Psalms 63.1

O God, You are my God; I earnestly search for you. My soul thirsts for you in this parched and weary land where there is no water.

Lord, we thank you we don't have to live a life without you the guidance of your word and the ever-presence of your Holy Spirit. Forgive us Lord, over time we lost the hunger and thirst for you. We have hungered and thirsted for the temporal things rather than things that have long-lasting values. Create a new thirst in our heart for you and your word. May we learn to feast on your word. Let your revealed word guide us to live a Spirit-controlled life.

Lord, as the pandemic drags on, we are confronted with many situations that we have never faced before. We are worried and anxious about the unknown. We are literally out of control watching this pandemic spreading like wildfire. We come to you to plead for mercy. Lord, help the world to come humbly to admit there is a living God who is Sovereign. He is the King of Kings and the Lord of

Lords. Help us to let you be God. Forgive us of our pride and ignorance. Teach us to listen to you attentively and obey you exactly. By doing so you will we will be able to walk this day confidently and joyfully no matter what this day will bring.

We pray for Joy, Jade and Jo Hann as they grieve over the loss of their beloved husband and dad. Holy Spirit come and comfort and heal their sorrowing hearts. We pray for many others who have suffered similar loss be with them.

We pray for many elderly people who are staying alone, many homeless people, many who have lost their jobs, many who are struggling with financial problems. Lord, we will not be able to reach all of them. But help us to do what we can as an individual and as a church. Lord unites our hearts as we seek to meet the multitude of needs.

We lift up our church leaders to you grant them wisdom to unite the people to be a caring and loving church. In Jesus name, Amen.

Isaac Yim

每日灵粮

29/3/20。星期日

（作者：严以撒牧师）

箴言 29: 18

没有异象（或译：默示），民就放肆；惟遵守律法的，便为有福。

弟兄姐妹们早安。我希望你们在主日开始的一天，关闭所有呼吁你们去注意并且令人不安的声音。只要闭上你的眼睛，想象你是独自一人坐在耶稣的脚下。停止阅读，并在祂神圣的面前保持静默。暂停！听着！主请说，祢的仆人在听！暂停！

对上帝回应：大声的祷告，发自内心地赞美，感恩，认罪。

阿们

我必须承认，黄裔强（James Wong）仍然不断在我脑海中浮现。眼泪和悲伤仍然充满了我的眼睛和心灵。我的问题不是“为什么上帝！？”我会逐渐明白祂的智慧。对我们而言，更重要的是“如何？”，我们如何应对全球范围内以及在我们当中新冠肺炎的毁灭性袭击？

几乎每一百年都有一次大流行，每次都会造成超过 10 万人死亡— 腺鼠疫 1720，加尔各答附近的亚洲霍乱 1817-24，西班牙流感 1918-20，冠状病毒 2020。它们来了又走了。当上帝约束祂的手时，新冠肺炎也将成为过去的事情。我相信上帝在召唤我们的注意。你看到及听到全能的上帝吗？

我们的圣经箴言 19:18 说“没有异象，民就放肆。”许多激励人心的演讲者误用了这段经文，违背了所罗门实际上想说的话。希伯来语中“异象”一词的意思是“启示”。这就是上帝以梦或异象的形式对先知说话的方式。这是上帝的话语传递给祂的子民。这些话或信息总是来自上帝。在旧约中，有很多时期上帝是沉默或“没有异象”。

在撒母耳记上 1: 3 中记载着神的话语或启示是罕见的。当时，几乎没有来自上帝的异象或启示。

上帝在当时是沉默的。

“百姓放肆”- “放肆”希伯来语的意思是放松；放手；失控；没有克制；狂奔。

所罗门所说的是，当没有来自上帝的启示或指导时，人们会狂奔，疯狂，在混乱的情况下，没有克制。这种没有克制和混乱的生活方式可以及将会导致死亡。

因此，这节经文不是在谈论人对未来的愿景，也不是在设定个人目标，教会目标甚至宣教目标或传福音目标。所罗门不是在谈论人的异象，而是来自上帝的启示。在这种情况下，所罗门是说，以色列作为一个民族将在没有上帝启示的情况下变得疯狂没有克制。

上帝今天对我们说什么？世界现在是处于恐慌状态。新冠肺炎使世界陷入了疯狂的境地。它威胁着我们的生命，我们的经济，我们的政治，甚至我们的家也无法幸免。

但是，我们似乎拥有一切钱可以买到的任何东西。人们若不听从圣经，上帝所启示的话语，就会在罪中灭亡。

第二部分说，“惟遵守律法的，便为有福。”听到和遵守上帝话语的人过着有秩序和满足的生活。愿上帝赐我们有渴慕祂话语的心，使我们有喜乐的生活。

今日祷告：

申命记 8: 3

他苦炼你，任你饥饿，将你和你列祖所不认识的吗哪赐给你吃，使你知道，人活着不是单靠食物，乃是靠耶和華口

里所出的一切话。

诗篇 63: 1

神啊，你是我的神，我要切切地寻求你，在乾旱疲乏无水之地，我渴想你；我的心切慕你。

主啊，我们感谢你，我们不必活着没有你，或没有你的话语的指导 and 没有你的圣灵随时的同在。主，原谅我们随着时间的流逝，我们失去了渴想你及切慕你的心。我们却渴望了那些暂时的事物，而不是那些具有持久价值的事物。让我们心里从新渴慕你及你的话语。愿我们学习尽情享受你的话语。让您所启示的话语指导我们过圣灵掌管的生活。

主啊，随着大流行的持续，

Monday, 30 March 2020

Proverbs 30.5-6

Every word of God is pure; He is a shield to those who put his trust in Him.

Do not add to His words, Lest He rebuke you, you be found a liar.

Sin has stained everything in this world. Thank God for the lockdown, at least we can see the blue sky and breathe the clean air. Pollution of all kinds is threatening our health. Even the BIBLE is being tempered by the wicked. Let's begin the week by going to the Word of God that is pure.

Yes every word of God is pure. The word pure means to be refined like gold. It has been tried by fire and found 100% pure. The mixtures or impurities no longer exist. The word of God is true. Though the Bible is not a book of science it is scientifically correct. It is not strictly a book of history but all the historical facts are right. The Bible is the inspired word of God. We can put our total trust in God's word because it is tested and tried by the fire of time and circumstances. (2 Tim. 3.16-17; 2 Pet. 1.19-21)

God's word is like God himself. Because of that, we can trust every word that comes from Him. To those who trust in His Word, then God becomes a shield in times of trouble. He becomes a shield of protection for you.

Don't add to the word of God, this is a warning to all man. We have many cultic groups around. The fastest way to detect them is to check whether they add more things to the Bible. They felt the Bible is insufficient. The founders or leaders have added and also deleted the original Bible. China is working on a Bible that is culturally and politically correct for the Chinese people. That is a very bold but dangerous thing to do. This is a constant threat to the purity of God's people. Are you taking pure spiritual milk?

God will rebuke us. We will be found and declared as a liar. If we temper with God's Word. It is a very stern warning. "See that you do all I command you; do not add to it or take away from it (Deut. 12.32). Revelation concludes His Word the greatest of all books with words of comfort and warning.

"I warn everyone who hears the words of prophecy of this book; if anyone adds anything to them, God will add to him the plagues described in this book. And if anyone takes words away from this book of prophecy, God will take away from him his share in the tree of life and in the holy city, which are described in this book."

Rev. 22.18-19.

Yes, the Bible has been under attack for thousands of years and yet it still stands. A great agnostic, Mr Ingersoll wrote a book titled "Some Mistakes of

Moses". In this book, he predicted, "in 25 years...the Bible will be a forgotten book." In less than 20 years his book was forgotten. The Bible remains the best selling book. Unfortunately is the least-read book. Please don't put your Bible on the shelf. It is intended to be read and meditated on day and night.

Prayers for today

Dear God our Father in heaven, we are grateful for the Bible. Give us a desire to love and study your Word. We desire to know the truth. May your Word refresh us daily like the morning dew. May it be a mirror to allow us to have an honest look at ourselves. Reveal to us things that are not pleasing in your sight. Help to confess to you, cleanse us and forgive us. Help us to be holy like you. Lord, we pray for many hard hearts, may your Word be like a hammer and double-edged sword to break and cut through. That they will see the need to ask for forgiveness of sin and invite you to be the Saviour and Lord of their lives.

I like you to pray for specific people who need Jesus as their Saviour and Lord.

Lord, we continue to pray for the pandemic situation worldwide. We plead for your mercy, for protection, for the provision and for the faith that drives away all fears.

We continue to lift up to you the frontline workers and their families. Grant them wisdom and strength; peace and protection for the challenging task each day.

Thank you Lord for this new week, bless our homes. Grant us the grace to grow in love and understanding for each other. May each conflict we experience will draw us closer to you and to others but not tear us apart. We commit this new week to you in Jesus Name, Amen.

Pastor Isaac Yim

每日灵粮

30/3/20

(作者：严以撒牧师)

箴言 30:5 神所说的话句句都是炼净的，投靠他的，他就作他们的盾牌。

罪恶已染污了这世界上的一切。感谢上帝透过封城，我们可以看到蓝天，呼吸清新的空气。各种污染正威胁着我们的健康。圣经也被恶人削弱。让我们以上帝纯净的道来开始新的一周。

是的，上帝的句句话都是炼净的。“炼净”的意思是像金子一样被炼地精致。它已被火试验，是完全的纯净。混合物或杂质不再存在。上帝的话是真实的。虽然圣经不是一本科学书，但它从科学角度是正确的。严格来说，这不是一本历史书籍，但所有史实都是正确的。圣经是上帝所默示的。我们可以完全相信上帝的话，因为它是经过时间和环境的火验。（帖后 3.16-17; 帖后 1.19-21）

上帝的话就像上帝本身。我们可以相信来自他的每一句话。对于那些信靠他的话的人，上帝在患难时成为了盾牌。他成为你的保护盾。

不要添加上帝的道，这是上帝对所有人的警告。我们周围有许多邪教团体。最快的方法来检测邪教团体就是探测他们在圣经中有没有添加了更多东西。他们认为圣经是不足够的。这些团体的创始人或领袖添加并删除原本的圣经内容。有人编写一本对中国人民在文化和政治上正确的圣经。这是一件非常大胆但危险的事情。这是在威胁上帝纯洁的子民。你是否爱慕纯净的灵奶？

若我们擅自改变上帝的话，上帝会斥责我们。这是一个非常严厉的警告。“我吩咐你们的一切话，你们都要谨守遵行，不可加添，也不可减少。（申命记 12.32）。启示录以安慰的话语和警告来总结上帝的道。“我警告所有听见这书上预言的人：如果有人在这些预言上加添甚麽，神必把写在这书上的灾难加在他身上。如果有人从这书上的预言删减甚麽，神必从这书上所记的生命树和圣城删去他的分。”（启示录 22.18-19。）

是的，圣经已经遭受了数千年的攻击，但它仍然存在。一位知名的不可知论者，英格索尔先生写了一本书，《摩西的一些错误》。他在这本书中预言：“在 25 年内……圣经将被遗忘。”不到 20 年，英格索尔先生的书却被遗忘了。圣经仍是最畅销的书。不幸的是，圣经也是读得最少的书。请不要把圣经放在架子上，因为神赐圣经是让我们能够读并昼夜思想神的话。

今天的祷告：

亲爱的上帝，我们天上的父，我们为拥有圣经感谢你。赐我们有颗爱慕和学习你话语的心。我们渴望知道真理。愿你的话语每天像清晨的甘露滋润我们。愿你的话成为一面镜子，使我们能够诚实地看待自己。向我们揭示那些你不喜悦的事物。帮助我们向你认罪，洁净我们及饶恕我们。帮助我们像你一样圣洁。主啊，我们为许多刚硬的心祈祷，愿你的话语像锤子和双刃剑一样折断。他们将看到有需要向你求饶恕，并邀请你成为他们的救主和生命的主。

我邀请你为特定的人，那些需要耶稣作为他们的救主的来祷告。

主啊， 我们继续为世界处在大流行情况祈祷。我们恳求您的怜悯，保护，应供和信心消除一切恐惧。

我们会继续为前线医护人员及他们的家人祷告。赐他们智慧和力量，平安与保护，应对艰巨的任务。

为新的**一周**感谢主，也赐福我们的家人。赐我们恩典，能在爱和相互理解中成长。愿我们在经历每一次冲突中会使我们更加彼此贴近和而非分裂。

我们将新的一周交托。奉主耶稣的名字祷告。阿们。

(巫惠如 译)

Tuesday, 31 March 2020

Proverbs 31:28 (ESV)

Her children rise up and call her blessed; her husband also, and he praises her:

You must be bored having been locked in for two weeks now. Emotions and feelings are hard to gauge. Moods are dictated by our environment. Two weeks, long or short, it all depends whom you are with. If you are with people whom you love, respect and admire, two weeks is not enough. Two weeks can be awfully long if you are with people that are critical, nagging, overbearing stubborn, whining and irritating. Unfortunately, we have no place to run!

What about having a fun time as a family game? I like us to honour our mum/wife today. Give your mum or wife a surprise this evening! Be creative! What about letting her be the Queen for the day? Take over all the house chores, cook up a storm and have a celebration in honour of the Queen of the day. While having dinner let us pay homage to her Royal Highness the Queen of the day. Let daddy starts first followed by the children. It may be a little tough at first. Words of blessing and praise! What about words of gratitude to the Queen. I wonder how the Queen will respond to all these tributes given to her. Of course, the Queen will have the last say. Share with your family how you feel with what you heard. Please capture the evening with your video camera and share it with your group.

This is what our text says, "Children rise up and call her blessed; her husband also, and he praises her:"

Proverbs 31 talks about a godly mother advising his son King Lemuel how to be a good king and how to look for a virtuous woman for a wife. This woman is "a woman who fears God." The best people who know the mother/wife will be the children and husband. When they stand and bless and praise the mother/wife it cannot be wrong unless they do it to keep peace in the home.

"Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised." Proverbs 31.30. (TLV)

Prayer for the day

O Lord, in your wisdom you created man and woman. We give thanks to you that you have instituted the family. We give you thanks for our families. Teach us to treasure our family. Thank you for the lockdown, you created this to enable us to be a family. We are grateful we can sit around the table to enjoy a meal together. Lord, we admit some of our homes are not like that. We find it tough going in the lockdown. We are together but we are like living in a kennel. We bark and bite at each other. Lord, we pray you will cause us to pause and reflect on our relationship and how you can help us to live in peace and harmony. Lord, when you are in control of our lives, things will change. But forgives us, we are a

stubborn people. We have difficulty yielding our control to you. We find it hard to submit to you and to each other. Lord, give us Christian Home. May the hymn, "God gives us Christian Home" be our prayer, In Jesus Name, Amen.

Pastor Isaac Yim

每日灵粮

31/3/20

(作者：严以撒牧师)

箴言 31:28 她的儿女都起来称她是有福的，她的丈夫也称赞她，说：

封城已两个星期了，你肯定感到无聊。情绪和感觉都难以摸索。情绪往往是由我们的环境所定。两周，长或短，都取决于你和谁在一起。如果你与你所爱，尊重和欣赏的人在一起，两个星期是不够的。但如果和你在一起的人常挑剔你所做的事，个性傲慢顽固，常抱怨，使你感到烦躁，那么两个星期是非常漫长。不幸的是，我们没有地方可以逃脱！

在一起玩家庭游戏，你认为如何？我希望我们今天能尊敬我们的妈妈或妻子。今晚给妈妈或妻子一个惊喜吧！要有创意！今天不如就待她如女王般？接管所有的家务，起劲儿地庆祝并纪念你们家的女王。吃晚饭时，让我们向女王殿下致敬！让爸爸先开始，然后孩子继续。起初可能有点困难。祝福和赞美的话！有没有向女王致谢的话呢？我不晓得女王将如何回应对她的所有赞美。当然，女王将拥有最后的发言权。与家人分享你对所听到的感受。请用摄像机记录这一晚，并与小组分享。

这就是我们的经文所说的：“**箴言 31:28 她的儿女都起来称她是有福的，她的丈夫也称赞她，说：**

箴言 31 谈到一位敬虔的母亲，建议他的儿子（利慕伊勒王）如何做个好国王，以及如何寻找贤惠的女人为妻子。这个女人是“敬畏上帝的女人”。最了解母亲或妻子的人就是孩子和丈夫。齐来祝福并赞美母亲和妻子是没有错的，除非他们这样做是为了保持家中的和平。“艳丽是虚假的，美容是虚浮的；唯有敬畏耶和华的妇女，必得称赞”（**箴言 31:30**）

今天的祷告：

主啊，你用智慧创造了男人和女人。我们感谢你设立了家庭。我们为的家庭感谢你。教导我们珍惜我们的家人。感谢你借着封城的这段时间使我们有家庭生活。我们很高兴能围坐在餐桌一起用餐。主啊，我们承认我们的一些家庭并非如此。与家人一同共渡封城的这段期间真的相当困难。我们在一起，但是我们就像住在狗窝里。我们互相吠叫。主啊，我们祈祷你能使我们停下来并反思我们的关系，以及你如何帮助我们以和平及和谐地生活。主啊，当你掌管我们的生活时，情况将会改变。求你饶恕我们，我们是固执的子民。我们很难将主权交给你。我们很难向你降服和彼此顺服。主啊，赐我们基督化家庭。愿赞美诗“愿我家基督化”成为我们的祷告，奉主耶稣的名祷告，阿们。

(巫惠如 译)

Wednesday, 1 April 2020

Proverbs 1:7

The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction. (ESV)

The fear of the LORD is the beginning of knowledge. The word “fear” in Hebrew means “reverence”, the word “knowledge” in Hebrew means “wisdom (discernment)”, and the word “instruction” in Hebrew means “chastening (correction)”. In another word, when we show reverence to God, we will begin to have good discernment in life. However, the fools (perverse) who are proud and scornful would despise God’s given wisdom and correction. In verse 8, God refers to Himself as a loving father and mother to give instruction and law (direction or teaching). HE wants us to hear it (take into our heart) and not to forsake it. To fear GOD is to take HIM seriously, to take HIS teaching into our heart, living it out in our daily living, and never forsake HIS teaching.

I can recall when my son, Carter, was at age 8. We decided to give a valuable I-Pad to him to use for speech training and home-school websites and applications. We gave him clear instructions to use it with care along with many reminders of potential dangers. Carter grew attached to his I-Pad having it in his hand wherever he went. Then one wild afternoon playing an I-Pad game alone on his bed, Carter jumped up and down with his excitement and accidentally landed down to the bedroom floor together with his precious I-Pad. His elbow was greatly hurt and his I-Pad was in undesirable damaged. Carter failed to take heed of our advice and instructions.

God, our Father in Heaven, gives us advice and instructions on how to live our life because He loves us. He teaches us to follow his commands so that we can live a joyful and abundant life. A life that is led by divine wisdom – to make righteous choices, to have clear judgment, and to navigate life-direction.

When we fear God, it means that we are willing to take God as who He really is, take heed of His teaching, and obey His commands. We make His wisdom our wisdom! However, the foolish man, who is self-centred and arrogant, despises the wisdom and instruction of God, goes his own way and eats the fruit of his own foolishness. Have we been taking God seriously? Do we have our hearts filled with the reverence toward HIM? If we do, it would show by coming to receive His word daily by reading the Bible and never forsake HIS instructions by living our life according what the Bible says.

God reminds us in Proverbs 1:25-33 that He has given us the warning if we do not take His words seriously. We will face consequences if we carry on our ignorance.

25 since you disregard all my advice and do not accept my rebuke, 26 I in turn will laugh when disaster strikes you; I will mock when calamity (tragedy) overtakes you— 27 when calamity (tragedy) overtakes you like a storm, when disaster sweeps over you like a whirlwind, when distress and trouble overwhelm you. 28 “Then they will call to me but I will not answer; they will look for me but will not find me, 29 since they hated knowledge (wisdom in the teaching of God) and did not choose to fear the LORD. 30 Since they would not accept my advice and spurned (reject) my rebuke, 31 they will eat the fruit of their ways and be filled with the fruit of their schemes. 32 For the waywardness (disobedience) of the simple (fool) will kill them, and the complacency of fools will destroy them; 33 but whoever listens to me will live in safety and be at ease, without fear of harm. (Proverbs 1:25-33)

Pray:

Dear Jesus,

We confess, if we have not taken Your WORD seriously, and not choosing to FEAR You in absolute reverence. Please, Lord, forgive us!

Lord, I pray that “With my whole heart I seek You; let me not wander from Your commandments! Help me to store up Your WORD in my heart that I might not sin against You. Blessed are You, O LORD; teach me Your commands! With my lips, I declare all the commands of Your mouth. In the way of Your testimonies I delight as much as in all riches. I will meditate on Your WORD and fix my eyes on Your ways. I will delight in Your commands; I will not forget your WORD. (Taken from Psalm 119:10-16)

In Jesus name I pray, Amen.

Ps. Wallace Ong

每日灵粮

1/4/2020

(作者：王振威传道)

箴言 1:7 敬畏耶和华是知识的开端；愚妄人藐视智慧和训诲。

敬畏耶和华是知识的开端。“敬畏”在希伯来语指的是“尊崇”；“知识”在希伯来语指的是“智慧（辨别力）”；“指示”在希伯来语指的是“磨炼（矫正）”。换句话说，当我们尊崇上帝，我们将开始有好的辨别力。然而，傲慢的愚妄人藐视上帝所给的智慧和训诲。在第8节，上帝称自己为仁慈的父母，给予指示和律法（方向或教导）。他希望我们侧耳倾听（耳听心受），而不是放弃训诲。敬畏上帝就是要认真对待他，将他的教导放在心里并活出来，且永远不要放弃他的训诲。

我回想起我的儿子(Carter) 8岁时，我们决定给他使用一个贵重的 i-Pad 来进行语言培训以及下载在家自学的网站和应用程序 (APP)。我们给了他明确的指示，要他谨慎使用，并提醒他关于这部 i-Pad 许多潜在的危险。Carter 越来越喜欢使用 i-Pad 而且随身携带它。有天下午，Carter 独自一人在床上玩 i-Pad 里的游戏。正当他激动地跳来跳去时，一个不小心和他的 i-Pad 一起跌倒在卧室地板上。他的肘部严重受伤，i-Pad 也受到了令人不快的损坏。Carter 显然没有听从我们的建议和指示。

上帝啊，我们天上的父，他之所以给我们生活中的建议和指示是因为他爱我们。他教我们遵循他的命令，使我们可以过喜乐而丰盛的生活。以上帝的智慧过生活-可以做出正确的选择，做出明确的判断，并指引生活方向。当我们敬畏上帝时，这意味着我们愿意接受上帝真实的身份，听从他的教导，并服从他的命令。我们以他的智慧为我们的智慧！然而，自以为是，自大的愚昧人鄙视上帝的智慧和教训，走自己的路，尝自己愚昧的果子。

我们有没有认真对待上帝？我们有没有全心尊崇上帝？若有，我们会每日灵修，读他的话语，按照圣经所说的生活，而绝不会放弃他的指示。

上帝在箴言 1：25-33 中提醒我们，若我们不认真对待祂的话，祂已经给了警告。如果我们不改变愚昧的行为，我们将面临后果。

25 反轻弃我一切的劝戒，不肯受我的责备。26 你们遭灾难，我就发笑；惊恐临到你们，我必嗤笑。27 惊恐临到你们，好像狂风；灾难来到，如同暴风；急难痛苦临到你们身上。28 那时，你们必呼求我，我却不答应，恳切地寻找我，却寻不见。29 因为，你们恨恶知识，不喜爱敬畏耶和华，30 不听我的劝戒，藐视我一切的责备，31 所以必吃自结的果子，充满自设的计谋。32 愚昧人背道，必杀己身；愚顽人安逸，必害己命。33 惟有听从我的，必安然居住，得享安静，不怕灾祸。

祷告：

亲爱的耶稣，

如果我们没有认真地对待你的话语，也没有选择全然敬畏你，我们承认我们的罪。主啊，请你原谅我们！

主啊，这是我的祷告：我一心寻求了你；求你不要叫我偏离你的命令。我将你的话藏在心里，免得我得罪你。耶和华啊，你是应当称颂的！求

你将你的律例教训我！我用嘴唇传扬你口中的一切典章。我喜悦你的法度，如同喜悦一切的财物。我要默想你的训词，看重你的道路。我要在你的律例中自乐；我不忘记你的话。（摘自诗篇 119：10-16）
(巫惠如 译)

Thursday, 2 April 2020

Proverbs 2:1-8

*My son, if you accept my words
and store up my commands within you,
2 turning your ear to wisdom
and applying your heart to understanding—
3 indeed, if you call out for insight
and cry aloud for understanding,
4 and if you look for it as for silver
and search for it as for hidden treasure,
5 then you will understand the fear of the LORD
and find the knowledge of God.
6 For the LORD gives wisdom;
from his mouth come knowledge and understanding.
7 He holds success in store for the upright,
he is a shield to those whose walk is blameless,
8 for he guards the course of the just
and protects the way of his faithful ones.*

Good morning brothers and sisters, I thank Pastor Wallace for sharing the devotion yesterday. Today, let us look at Proverbs 2:1-8. Here you see a loving father teaching his son how to reverence or respect and know God. They are like hidden treasures or like mining for silver. You need to do some exploring, prospecting, and digging to find these hidden treasures. He listed 8 prerequisites as to how to learn to fear God and gain wisdom from Him.

Proverbs 2.1-2 "IF YOU"

- Receive or accept God's Word
- Hide away, store it up, treasure God's commands
- Give, listen intently, incline, tune your ears to wisdom
- Apply your heart to understanding; think what it means

Proverbs 2.3-4 "IF YOU"

- Cry, call out for wisdom and insight
- Cry out aloud, beg, for understanding
- Search, seek, look for knowledge as though it were silver
- Look for, search for knowledge as though it were hidden treasure

Proverbs 2.5-8 "THEN you will"

- Understand what it means to fear the Lord
- Gain knowledge of God
- Obtain from God his wisdom
- Receive protection from God

The Bible often uses the words 'knowledge, understanding, and wisdom' interchangeably, but occasionally they are spoken of as separate and distinct. It may be helpful to attempt to define the differences of meaning.

Knowledge is about storing up of facts, information and memory.

Understanding is the ability to find meaning, principles or reasoning to the knowledge acquired.

Wisdom is the ability to know what to do next; or how to apply the knowledge and understanding in an appropriate manner, time and place.

Our prayer in response to God's word today:

Our Father in heaven, we thank you for you are Wisdom and source of all wisdom. We come to you with humility to cry out, to beg you to grant us wisdom in this unprecedented time. We admit Lord, we are proud to listen; too lazy to search, too stubborn to submit, too easily distracted by the things of the world, to gain wisdom from you daily. Grant us a desire to know you intimately through your Word daily.

Thank you for the lockdown, so that we can be kept safe. More so Lord, we are grateful that we can have time with you and with our families. We pray for our fathers in the home that they will take up their spiritual leadership to be a wise and responsible father to teach our children to fear God and know the wisdom of God. Lord, help our fathers to lead our families in daily worship. May this be the opportune time to strengthen the walls of our families that we leave no room for the evil one to have no foothold in our homes. Lord, bless our homes.

Lord, our hearts are drawn to the complexity of the pandemic that has shaken the world. The world is being awakened to the fact that all our brilliant health plans, economic strategy, our political shrewdness are falling apart. We are thankful, in the midst of turmoil, you are still the Rock of our Salvation; you are our fortress and you are our present help in times of trouble. We praise you Lord.

We pray for all those who are economically and physically at a disadvantage in this critical time. We pray for those who have contracted the Coronavirus, heal them Lord. We pray for wisdom and strength; protection and provision for all the frontline workers and their families. Give our church leadership wisdom as to how we can be actively reaching out to such people where we are.

We praise and thank you in Jesus Name, Amen

Pastor Isaac Yim

每日灵粮

2/4/2020

(作者：严以撒牧师)

箴言 2:1-8

我儿，你若领受我的言语，存记我的命令， 2 侧耳听智慧，专心求聪明， 3 呼求明哲，扬声求聪明， 4 寻找她如寻找银子，搜求她如搜求隐藏的珍宝， 5 你就明白敬畏耶和华，得以认识神。 6 因为耶和华赐人智慧，知识和聪明都由他口而出。 7 他给正直人存留真智慧，给行为纯正的人做盾牌， 8 为要保守公平人的路，护庇虔敬人的道。 9 你也必明白仁义、公平、正直，一切的善道。 10 智慧必入你心，你的灵要以知识为美。 11 谋略必护卫你，聪明必保守你， 12 要救你脱离恶道[a]，脱离说乖谬话的人。

弟兄姐妹们，早上好。我感谢王振威传道昨天与大家分享每日灵粮。今天让我们来看看箴言 2：1-8。在这段经文里，你可以看到一位慈爱的父亲教导他的儿子如何敬畏或尊崇和认识上帝。智慧就像是隐藏的珍宝或银子。你需要探索，勘探和挖掘才能找到这些隐藏的珍宝。这段经文列出了 8 项敬畏上帝和从他那里获得智慧的先决条件。

箴言 2：1-2 ‘你若’

- 领受或接上帝的话
- 隐藏，储存，珍惜上帝的命令
- 给予，专心听，侧耳听来获取智慧
- 全心全意去理解；想一想这意味着什么

箴言 2：3-4 ‘你若’

- 呼求，扬声求智慧和明哲
- 大声呼喊，恳求得聪明
- 搜索和寻找知识，就好像她是银子
- 寻找和搜求知识，就好像她是隐藏的珍宝

箴言 2:5-8 ‘你就’

- 明白敬畏主的意义
- 认识上帝
- 从上帝那里得到他的智慧
- 得到上帝的保护

在圣经，‘知识’，‘聪明’和‘智慧’经常被互换使用，但偶尔口头上这些词常被区分。定义它们含义上的差异或许对我们有所帮助。

知识是累积事实，信息和记忆。

聪明是一种能力，可以从所获得的知识里找意义，原理或推理。

智慧是知道下一步该做什么的能力。或如何以适当的方式，时间和地点应用知识和聪明。

让我们以祷告回应上帝的话语

我们在天上的父，我们感谢你，因为你是智慧，也是智慧的源头。我们谦卑地来到你面前大声呼求，恳求你在这个史无前例的年代赐我们智慧。主，我们承认，我们因骄

傲而不聆听；过于懒惰而不寻求，过度固执而不降服，太容易被世事所困扰，无法每天从你那里得到智慧。让我们每天透过你的话渴慕更深切认识你。

我们感谢你，透过封城使我们受保护。更感恩的是，我们有时间能与你及我们的家人在一起。我们为家里的父亲们祷告，他们将承担属灵的领导，成为一个有智慧和负责的父亲，教导我们的孩子敬畏上帝并了解属天的智慧。主啊，帮助我们的父亲带领我们的家庭进行每日崇拜。愿这是合适的时机来巩固我们家的墙，以便我们不会让恶者在我们的家中有立足之地。主啊，保佑我们的家园。

主啊，我们都很关注这复杂且震撼世界的大流行病。这世界已彻底惊醒，因为我们所有的保健计划，经济策略，政治正在瓦解。我们很感恩，虽在动荡中，你仍然是**我们**的救赎磐石；你是我们的堡垒，及患难中随时的帮助。主，我们赞美你。

我们为在这非常时期，经济上和身体上处于不利的人祷告。我们为那些感染了冠状病毒的人祷告。主，医治他们。我们求你赐下智慧，力量及保护在前线的医护人员及家人。赐下智慧于我们教会的领袖，使我们知道如何在所处之地积极地接触他们。

(巫惠如 译)

Friday, 3 April 2020

Proverbs 3.3-5

*Trust in the Lord with all your heart;
Do not depend on your own understanding.
Seek his will in all you do,
And he will show you which path to take.*

The Coronavirus storm is still battering my little sailing boat in the vast ocean of life. I am thankful Jesus is my pilot. My boat is popping up and down and swaying left and right. I am totally safe when Jesus is in the boat.

To me, this is the picture of trust. Totally and completely putting your life in his hand.

I have learned to trust God watching the lives of my parents. Dad lived up to 75 and mum died at the age of 104. They had gone through many storms together and individually. My dad gave me the compass for life – the Bible. He taught me how to use it. They lived out these truths daily. I am still using this time tested word of God for my life.

My parents taught me Proverbs 3.5-6.

Who should we trust? We must trust the God who created all things and controls all things, including your life. We must trust Jesus the only Son of God who died on the cross of Calvary. He was buried. Three days later, He rose from the dead. Forty days later He ascended back into heaven. Now sitting at the right hand of God interceding for us. We are thankful He gave us the Holy Spirit, who lives in us and guides all through life. Jesus said he is coming again.

The word translated as trust in English means “to lie helpless, face down”.

Warren Wiersbe described, “it pictures a servant waiting for the master’s command in readiness to obey, or a defeated soldier yielding himself to the conquering general.”

How are we to trust? “With all your heart”

If trust in God is to be true, it must be complete. To put half trust in God and half in ourself or something else is really not trusting God at all. It’s a hundred per cent or nothing at all! We must trust God with childlike confidence.

“Do not depend on your own understanding” – when we trust God with all

our we will not depend on our own wisdom. Let’s not lean on a broken clutch, it is not trustworthy. Self-sufficiency and self-dependency have ruined many lives.

It’s true, it is hard to trust a God whom you cannot see. That’s what trust is all about. We walk by faith and not by sight.

How does it look like in real life...

When Abraham and Isaac were walking up the mountain to offer a sacrifice to God.

When Daniel was thrown into the hungry lions.

When Stephen was stoned for preaching Christ.

When one of our loved ones is taken away by Coronavirus.

When a child is born with a hole in the heart or other physical infirmities.

Trusting God and lean not on our own wisdom means living with confidence that God always does what is best even when we can't see it as such.

Jesus says to take up the cross and follow me every day. The life of Joseph, he went from the pit to the prison and from prison to the palace. It was a hard and tedious journey. But God was with him, that was how he journeyed on day by day. "In all your ways acknowledge him; he will make your path straight". Yes, the dark clouds of the Coronavirus are still above our heads. When will it be blown over? I don't know. I just learned to put my trust in the all-wise God.

He will never fail me. He will see me through.

Prayer for today

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious hand. (Isa. 41.10)

Give your burdens to the Lord, and He will take care of you. He will not permit the godly to slip and fall. (Psa. 55.22)

Abba Father, as the Coronavirus ravages on and the lockdown is being prolonged. We become more anxious day by day. Many are out of jobs or taking unpaid leave, many of our offices and businesses are closed. Our financial resources are running low and food supply are being depleted. We are not sure how much longer we can hold on.

Sometimes is hard to think about the birds of the air and flowers of the field that you take care of them. Lord your word still holds true to those who put their trust in you. Lord, we reaffirm our faith in you. Because you are a trustworthy God, you will take care of us until this storm passes by.

Lord, the path ahead of us seems blur and uncertain. Come and hold our hands and lead us on. Help us to recognize your presence, guidance, and grace in all that we do. As we put our trust in you and acknowledge you, you will make our path a lot straighter and our destination much closer.

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! (Isa. 26.3)

We need your peace and your strength and courage to face the future. We give praise and thanks in Jesus Name, Amen

If you need any kind of help please contact me privately. It will be private and confidential. If you have anything you can share to help others, we will use your resources to bless the needy. Have a good day, stay home and stay safe.

Pastor Isaac Yim

每日灵粮

3/4/20

(作者：严以撒牧师)

箴言 3:5-6

你要专心仰赖耶和华，不可倚靠自己的聪明，在你一切所行的事上都要认定他，他必指引你的路。

新冠病毒这场风暴仍在浩瀚的人生海洋击打我的小帆船。我很感恩因为耶稣是我的领航者。我的小船虽左右摇晃，但因为耶稣在船上，我安然无恙。对我来说，这就是仰赖神的画面：完全地，彻底地把你的生命交在他手中。

从观察我父母的生命，我学会了仰赖上帝。**爸爸活到七十五岁**，妈妈享年一百零四岁。他们不但各自，也共同经历了许多风暴。爸爸给了我人生的指南针——**圣经**。他教我如何使用它。他们每天都活出真理。我至今还在使用着经过时间考验的圣经。

我的父母教我箴言 3: 5-6

我们该仰赖谁呢？我们必须仰赖创造万物并掌管万有的上帝，包括你的生命。我们必须仰赖死在各各他十字架上的耶稣，他是上帝的独生子。他被埋葬了。三天后，他从死里复活。四十天后，他回到了天堂。现在坐在上帝的右边为我们代求。我们感谢他赐我们圣灵，他活在我们里面，引导我们的一生。耶稣也说他会再来。

‘**仰赖**’在英文被翻译为‘**无助地躺下，面朝下**’。对于这词，华伦·魏斯比（Warren Wiersbe）表示，‘它描绘了仆人以准备服从的态度，等待主人的命令，又或者像一位败兵将自己屈服于敌军的将军。’

我们如何仰赖？就是‘专心’

如果要真实地仰赖上帝，那么就必须是完全地仰赖。半信上帝，又半信自己或其他事物，实际上根本就不是仰赖他。若不是百分之一百，就是根本没有！我们必须以孩子般的信心仰赖上帝。

‘**不要依靠自己的聪明**’-当我们全心全意地仰赖上帝，我们就不会依靠自己的智慧。我们不要依靠会破碎的事物，因为不值得信赖。自足和自立已经毁了许多生命。的确，很难仰赖一个看不见的上帝。这就是所谓的仰赖。我们凭信心而不是凭眼见而行。

‘**仰赖**’在现实生活中是怎样被展现出来？

当亚伯拉罕和以撒登山献祭

当但以理被扔进饥饿的狮子群中

当司提反因传讲基督而被扔石头

当新冠病毒夺走我们所爱的人

当孩子天生心脏有孔或身体虚弱

仰赖上帝而不依靠我们自己的智慧意味着即使我们处在看不到上帝的情况下，我们仍确信上帝所做的一切都是最好的。

耶稣说，背起十字架，每天跟随我。约瑟的一生，他从深坑到监狱，从监狱到宫殿。这是艰辛而乏味的旅程。但是上帝与他同在，这就是他每天跟随主的旅程。‘**在你一切所行的事上都要认定他，他必指引你的路。**’

是的，**新冠病毒仍像**乌云笼罩着我们。什么时候将平息，我不知道。我只学习仰赖全能的上帝。

他总不撇弃我。他会领我度过难关。

为今天祷告

你不要害怕，因为我与你同在；不要惊惶，因为我是你的神。我必坚固你，我必帮助你，我必用我公义的右手扶持你（以赛亚书 41：10）

你要把你的重担卸给耶和华，他必抚养你，他永不叫义人动摇。（诗篇 55：22）

阿爸父，新冠病毒仍摧残世人，封城的时间也被延长。我们一天天变得更加焦虑。许多人失业，或者休无薪假，我们的许多办公室和企业都关闭了。我们的财政资源渐渐匮乏，粮食供应也渐渐减少。我们不知道我们还能坚持多久。

有时是很难想象你照顾着天空的飞鸟和野地的花。主，对那些仰赖你的人，你的真理依然真实。主，求你再次坚固我们的信心。因为你是值得我们仰赖的上帝，你会照顾我们，直到这场风暴过去。

主啊，我们前面的道路似乎模糊不定。求你来牵着我们手，带领我们前进。帮助我们在我们所做的一切中认出你的同在，引导和恩典。当我们信靠祢，并认定你，你会修直我们所走的路，使我们更加接近目的地。

坚心倚赖你的，你必保守他十分平安，因为他倚靠你（以赛亚书 26:3）

我们需要你所赐的平安，力量来勇敢面对未来。我们奉主耶稣的名赞美和感谢，阿门

如果你需要任何形式上的帮助，请私下与我联系。私下所谈的将会被保密。

如果你想要分享帮助别人，我们会用你所提供的资源来祝福有需要的人。

祝你有美好的一天，留在家里，并注意安全。

（巫惠如 译）

Saturday, 4 April 2020

Proverbs 4:23

Guard your heart above all else, for it determines the course of your life. (NLT)

Be careful how you think; your life is shaped by your thoughts. (GNT)

Keep your heart with all vigilance, for from it flow the springs of life. (ESV)

Keep vigilant watch over your heart; that's where life starts. Don't talk out of both sides of your mouth; avoid careless banter, white lies, and gossip. Keep your eyes straight ahead; ignore all sideshow distractions. Watch your step, and the road will stretch out smooth before you. Look neither right nor left; leave evil in the dust. (MSG)

Reading Proverbs 4, it keeps taking me back to my childhood relationship with my dad. Our age gap is more than 50 years. An old man had a son, he named me Isaac, my given name in Chinese "YEE SART" and Bahasa "ISHAK". He became a Christian pretty late in years. Recognizing his days were pretty numbered. He spent much time teaching me many things to prepared me to resume responsibility as the eldest son when he is no more around. He taught me survival skills for this competitive world.

My earliest experience was memorizing Chinese scriptures. When I was 12 years, I was sent to the kitchen to learn how to use rubber tree wood to start a fire, to boil water, to cook rice, to fry an egg, fried egg with rice, and fried vegetables. He spent time teaching me how to live a Christian life.- biblical values. When I was 15, I started to learn how to keep business accounts. By 16, he took me out to meet suppliers and gave a small amount of "start-up money" without interest to buy and sell anything I wanted. Profits drove me to work very hard. I was going to school in the morning and helping the business after school. I tried to keep up with my school work at the same time as well as serving in church during the weekend. It was tough but the home was my first school. Lord, each time I remember my parents, I give thanks to you.

The whole of chapter 4 is about a father teaching his son. The primary thing he wanted his son to learn is Wisdom. Because wisdom is supreme. He believed that if his son would possess Wisdom, he would have found life, safety and honour. He was focused on getting wisdom more than being successful, or having a reputation or fame. Without wisdom, will bring pain and misery to his son and the family. In this chapter three times, the father says, "listen...or pay attention..." Pro. 4.1; 10; 20. He has three messages for his son, (1) to pursue Wisdom and never let her go vv 1-9, (2) to avoid the wicked by taking the correct path vv 10+19 and (3) to stick to the path of wisdom because it is the source of life vv 20-27.

Proverbs 4.23 the father reminded his son, "Above all else, guard your heart, for it is the wellspring of life?" NIV

Yes, your heart determines your life. Every sin comes from the heart. Our Character and speech reflect the heart. People know our heart by what we say and the choices we make. Our heart is our greatest asset. May we cultivate a heart like David, he has a heart that is after God (Acts 13.22). He will do everything God wanted him to do. This is the priority this father is imparting to his son. Never forget this verse, may God keep our hearts pure and diligent for Him.

Prayer for today

We thank you, Lord for being our heavenly Father. We thank you for our earthly parents you have given to us. All of us come from different background. Some of our experiences are warm and happy. While others remember their childhood with fear and pain. Irrespective of our past experiences in our home, we are now being adopted into your family of God. We can call you Abba, Father. What a privilege and freedom we can have in you. We thank you for the new identity we can have as children of God. Teach us to let go of our painful past by giving us the ability to accept the past that we cannot change. Grant us the strength to be able to forgive those who have intentionally or unintentionally have caused so much pain and suffering to us. Heal us and set us free, to be the person you wanted us to be.

We thank you Lord, for many of us are parents to our children. We admit we often repeat the mistakes of our parents. Change us, change our attitude towards our values and priorities in our lives. Help us to take up parenting seriously, by living godly lives and being a good example to them. Teach us to live a humble and simple lifestyle. Help us to live with your wisdom. Help us to teach our children to treasure your wisdom and knowledge. Help us to guide our children to seek your purpose for their lives. Give us the ability to help them to achieve each of their dreams to glorify your name.

Lord, we bring before you all our children to you. Please keep their hearts pure. Teach us to help them to store up your words in their hearts that they will not sin against you. During this lockdown, many of them are boarded and tired of being kept in the cage. Many have sought to spend long hours on computer games or some may even be tempted to go into phonographic sites or other unhealthy connection on the net. Set them free, O Lord, from any and all unhealthy bondage in Jesus Name! O Lord, protect our children from evil and temptations. Help us to engage them in meaningful and creative family activities that enhance good communication and bonding with each other,

Lord, we thank you for bringing many of our children studying abroad safely home. We pray for those who have waited for their turn to go overseas to pursue their tertiary education. They may feel cheated or frustrated because of the pandemic that may change many a plan for oversea. Lord, comfort them and guide them, give them wisdom to accept changes where they have no control. And grant them the ability to make changes where they can.

Lord, we continue to pray for your protection on all of us. Like the days of old, the Israelites used blood to paint on their door frame all those who are inside were kept safe. Or like Noah and his family, they went into the ark, their lives were spared. Lord, we thank you are our fortress today keep us safe till the pestilence passes by. Lord continue to speak to us throughout this day as we ponder over the issues of the heart.

- In what ways do you need to guard your heart more?
- In what ways do you need to open your heart?
- What is God speaking to your heart and how are you responding?

Thank you Lord for holding our hands and walking with us through the day. In Jesus Name, Amen.

Pastor Isaac Yim

每日灵粮

4/4/20

(作者：严以撒牧师)

箴言 4:23

「你要保守你心，胜过保守一切，因为一生的果效是由心发出。」

每当我阅读箴言第四章，我总会想起童年时我与父亲的关系。我们年龄上的差距超过五十岁。这位老先生了一个儿子，把我取名为以撒；我的中文名字叫「以撒」，国语是「ISHAK」。父亲相当晚才成为一名基督徒。他意识到剩下的时光无多，于是他花了很多时间教我很多事情，让我准备好在他不在的时候能够担任起长子的责任。活在这个竞争激烈的世界，他教我生存技能。

我最早的经历是背诵中文经文。十二岁那年，我被送到厨房学习如何使用橡胶木材生火，烧开水，煮饭，煎鸡蛋，煮蛋炒饭，炒菜。他花时间教我如何过基督徒的生活与圣经的价值观。十五岁那年，我开始研究如何管理业务帐户。十六岁时，他带我出去见供应商，并给了少量的「启动资金」，不随意购买和出售我想要的东西。得来的利润驱使我努力工作。我早上去学校，放学后帮忙做生意。我试图兼顾学校作业及周末的教堂服侍/我试图跟上我在学校的工作，同时在周末在教堂里服事。当时特别艰难，但家是我的第一所学校。主，每当我想起我的父母，我感谢你。

第四章的整体内容是父亲给儿子的教导。他希望儿子所学习的首要观点是智慧。因为智慧至高无上。他相信，如果他的儿子拥有智慧，他将找到生命，安全和荣誉。他专注于获得智慧，而不是追求成功，享有声誉或成名。若没有智慧，儿子和家人将会陷入痛苦和悲惨中。在本章，父亲说了三遍「听」或「留心」。（四章一，十，二十节）他对儿子传达以下三点：（一）追求智慧，永不让她离开（一至九节），（二）走正确的道路，离开邪恶（十和九节），以及（三）坚持走智慧之路，因为这条路是生命的源头。

箴言四章二十三节，父亲提醒儿子，「你要保守你心，胜过保守一切因为一生的果效是由心发出。」

是的，你的心决定你的一生。所犯的每一项罪都来自内心。我们的品格和言语反映出内心。人们都是通过我们所说的话和所做的选择来了解我们的内心。我们的心是我们最大的财富。愿我们培养一颗像大卫的心，他是合神心意的人（徒 13:22）。他会做上帝要他做的一切。这是父亲给他儿子的优先事项。永远不要忘记这节经文，愿上帝帮助我们谨守我们的心，保持纯洁。

今日祷告

我们感谢主因你是我们的天父。我们感谢你赐给我们世上的父母。我们都来自不同的背景。我们的一些经验是温馨和快乐的，但有些人会想起童年时，是带着恐惧和痛苦。无论我们在家里的经历是如何，你给了我们孩子的名分，进入你的家。我们可以叫你阿爸天父。我们在你里面拥有那么多的特权和自由。我们感谢你给我们作为神儿女的新身份。求你教导我们接受改不了的去，因而放下过去所带来的痛苦。赐我

们力量来原谅那些有意或无意地给我们造成如此多的痛苦的人。 **医治我们**，使我们自由，成为你想要我们成为的人。

我们感谢主，因为我们许多人都是父母。 **身为父母**的，我们承认我们经常重复我们父母的错误。 **改变我们！** 改变我们的价值观和我们生活中优先事项的态度。 **帮助我们**认真地养育子女，过着敬虔的生活并成为他们的好榜样。教导我们过谦卑和简朴的生活。 **帮助我们**以你的智慧过每一天。 **帮助我们**教导我们的孩子珍爱你的智慧和知识。**帮助我们**引导孩子寻求你在他们生命中的旨意。 赐我们能力帮助他们实现每一个梦想，来荣耀你的名。

主，我们把所有的孩子带给你面前。 **求你保守他们的心纯洁**。教导我们帮助他们将你的话藏在他们的心里，免得他们得罪你。在这封城的期间，许多人已厌倦被关在笼子般的生活。许多人花费很长的时间在电脑游戏上，有些人甚至会进入色情网站，或进入其他不健康的网站。 **奉主的名**释放他们，哦主！释放他们脱离所有不健康的束缚！求你保护我们的孩子远离邪恶和诱惑。 **帮助我们**让他们参与有意义和有创意的家庭活动，增强彼此的良好沟通和联系。

主我们感谢你使我们许多出国留学的孩子平安回家。 **我们为那些正等待到国外留学的孩子祷告**。他们可能会感到灰心气馁，因为病毒有可能改变他们原本留学的计划。 **主啊，安慰他们**，引导他们，给他们智慧，接受他们无法控制的变化，并在能控制的范围里，赐他们有应对的能力。

主，我们继续恳求你保护我们所有人。 **就像旧约时代**，以色列人把羔羊的血涂在门上，所有在门内的人都平安无事。又 **或者像挪亚和他的家人**，进入了方舟使他们安然无事。 **主**，我们感谢你**是我们的堡垒**，求你保护我们直到疫情缓解。 **当我们思考人心**时，求主与我们说话。

***你可以透过什么方式更加谨守你的心？**

***你在哪方面需要敞开你的心？**

***上帝在对你说什么？你该如何回应？**

感谢主牵着我们手，伴我们走过一天。 **奉主耶稣的名**祷告，阿门。

(巫惠如译)

Sunday, 5 April 2020

Proverbs 5.21

*For the LORD sees clearly what a man does, examining every path he takes.
(NLT)*

The wise father continues to teach his son – this time on sex. This is one subject most people are interested in but very few discuss it openly. I must confess I have never touched on this topic from the pulpit over 50 years as a pastor. Our parents shy away from this topic. We often look for answers in the wrong places. The Bible actually talks about good sex in marriage.

God in His wisdom created man. It was not good for man to be alone. He created a woman to be his helpmate. Proverbs says, “The man who finds a wife finds a treasure, and he receives favour from the LORD.” Pro, 18.22. God intends for both the husband and wife to be holy and happy. Solomon shares with his son the best secret recipe for a happy sex life. The Bible contains the best love story. Proverbs itself is a wonderful manual for a happy and satisfying marriage.

*15 Drink water from your own cistern,
running water from your own well.*

*16 Should your springs overflow in the streets,
your streams of water in the public squares?*

*17 Let them be yours alone,
never to be shared with strangers.*

*18 May your fountain be blessed,
and may you rejoice in the wife of your youth.*

*19 A loving doe, a graceful deer—
may her breasts satisfy you always,
may you ever be intoxicated with her love.*

*20 Why, my son, be intoxicated with another man's wife?
Why embrace the bosom of a wayward woman?*

If you do not know the context, you will not be able to grasp the meaning of this lovely passage. Water is a very precious blessing in the dry climate of the Middle East. Here water is used as a metaphor for sexual pleasure with a woman. Water satisfies thirst, is very necessary for survival, and is very pleasant to the thirsty soul. (Pro. 25.25). Every man will draw water from his own well and store water in his own cisterns. He makes sure there is enough for him and his family.

Men need the water of sexual pleasure because God put this desire in them. But the rule is to drink from your own well. (1 Cor.7.2,5,9). God wants husband and wife to have good sex. Make love to her only. You have no right to any other woman. You should not look at another woman, flirt with another woman, or be intimate with another woman. “May you rejoice in the wife of your youth.” She is

a lovely doe. And a graceful deer. Treat your wife as delicately and tenderly as a beautiful female deer. Let your wife's "breasts satisfy you always, may you ever be intoxicated with her love." Pro. 5.19. Treat her like a perfect flower and make sure she has the sunshine of your love, the water of your tender care and she will blossom. If you neglect her, she will dry up and close up. In the New Testament, Paul admonishes husbands to love your wife and to cherish and nourish her, like you do your own body (Eph.25-29). Have you read the Song of Solomon? Here Solomon wrote a love song that describes the passion and details of lovers and lovemaking. Husband and wife read together if you have not done so.

I urge you to rekindle the fire of your first love. Keep your courting days alive! May you enjoy this great blessing intended by God in marriage.

Singles, wait! True loves wait. Finding the Miss Right or Mr Right is challenging and trying at times. Especially if you cannot handle this passion, the Bible says get married. Some of you may have the gift of singlehood. It can be equally as beautiful as God intended for you.

For God sees everything you do and his eyes are wide open as he observes every single habit you have. (TPT)

Prayer for the day

Lord, this is something beautiful but sin has made it "dirty" when we are tempted to use it outside of marriage. You have intended this intimacy to be enjoyed. Sin and temptation had taken some of us away from our own well and we have sinned against you and our spouse. We want to come before you with sorrow and beg you to cleanse and restore us back to you. Give us back the joy that we have lost. Help us to rebuild our broken-down marriages.

Please read Psalms 51

*8 Oh, give me back my joy again;
you have broken me—
now let me rejoice.*

*10 Create in me a clean heart, O God.
Renew a loyal spirit within me.*

*11 Do not banish me from your presence,
and don't take your Holy Spirit[d] from me.*

*12 Restore to me the joy of your salvation,
and make me willing to obey you.*

Lord, we thank you for reminding us of the danger that we can fall easily into the temptation of fornication and adultery. We pray that you will help us to run away from situations where we lay ourselves open to temptation. We pray for our children who are working or studying away from home. Lord, it is so easy

out there by themselves to follow the ways of the world. Lord, prevent them from cohabiting or having premarital sex. Help them to remember you are with them. Deliver them from the pressure of the evil ones.

Lord, we thank you for the younger children at home. Help us to teach them how to keep themselves pure in their heart. Give us the wisdom and ability to help them to have the desire to love your words daily.

Lord, protect all our pastors, elders, leaders that we will to will walk humbly by being accountable to each other. Teach us to love our wives and children, help us to be a good shepherd to your flock.

Thank you for the Lord's day, as we worship in our homes may you be near and real to us. Speak to us and minister to our needs today.

We thank you in Jesus Name, Amen.

每日灵粮

5/4/20

(作者：严以撒牧师)

箴言 5: 21

「因为人所行的道都在耶和华眼前，他也修平人一切的路。」

智慧的父亲继续教导他的儿子，而这次是关于性。这是大多数人感兴趣的一个主题，但很少有人公开讨论。我必须承认，作为一名牧师，五十多年来我从未在讲台上谈到这个话题。我们的父母也回避这个话题。我们经常在错误的地方寻找答案。圣经实际上谈到婚姻中的良好性行为。

上帝以他的智慧创造了人。人独居不好，所以他创造了女人成为他相配的帮手。箴言 18:22，「得着贤妻的，是得着好处，也是蒙了耶和华的恩惠。」上帝希望丈夫和妻子都是圣洁和幸福的。所罗门与他的儿子分享幸福的性生活的最佳秘方。圣经包含了最好的爱情故事。箴言是讲述幸福和满意的婚姻的一个美妙手册。

箴言 5: 15-20

「15 你要喝自己池中的水，饮自己井里的活水。16 你的泉源岂可涨溢在外？你的河水岂可流在街上？17 唯独归你一人，不可与外人同用。18 要使你的泉源蒙福，要喜悦你幼年所娶的妻，19 她如可爱的麀鹿，可喜的母鹿。愿她的胸怀使你时时知足，她的爱情使你常常恋慕。20 我儿，你为何恋慕淫妇，为何抱外女的胸怀？」

如果你不知道上下文，你就无法理解这段经文的佳美含义。水被视为福，在中东干燥气候中是非常珍贵的。在这段经文里，水被隐喻为女人对性的愉悦。水满足口渴，是生存的必需品，使口渴的灵感到畅快。（箴言 25：25）各人要从自己的井里取水，把水储在蓄水池里。他也确保有足够的水给他和家人。

男人需要性愉悦之水，因为上帝把这性欲放在他们身上。但规则是从自己的井里喝水。（哥前 7：2,5,9）上帝希望丈夫和妻子有良好的性行为，只和她发生性关系。你没有权利这样对其他女人。你不应该看另一个女人，与妻子之外的女人调情或过度亲密。箴 5:19:「要喜悦你幼年所娶的妻。她如可爱的麀鹿，可喜的母鹿。」温柔地对待你的妻子如待可爱的麀鹿。让你的妻子「怀使你时时知足，她的爱情使你常常恋慕。」视她如完美的花朵，并确保她有你爱的阳光，关爱之水，使她能容光焕发。如果你忽视她，她会干涸并凋谢。在新约圣经中，保罗告诫丈夫要爱你的妻子，珍惜和滋养她，就像你做自己的身体一样（弗 25-29）。你读过雅歌吗？在这里，所罗门写了情书，描述了爱人和所爱的热情故事。如果丈夫和妻子没有一齐读雅歌，花时间一起阅读吧。

我鼓励你重燃初恋之火，继续如当初谈恋爱时的幸福！愿你在婚姻中享受上帝的祝福。

单身的弟兄姐妹，等一等！真爱需要等待。寻找你生命中的如意郎君或真命天女是具有挑战性的，特别是如果你不能处理激情，依照圣经教导，结婚吧。你们中间有一些人可能有单身的恩赐。在上帝眼中，也是相同地美丽。

因为上帝睁眼看见你们所做的一切，正如他观察你的每一个习惯。

今天的祷告

主啊，性原本是美丽的，但是当我们在婚姻之外试图使用它时，罪恶使它“污秽”。你的用意原本是要人享受这亲密关系。罪恶和诱惑使我们脱离了自己的井。我们得罪了你和我们的配偶。我们悲伤地来到你面前，恳求你洁净并恢复我们与你的关系。让我们得回失去的喜乐。帮助我们重建破裂的婚姻。

请阅读诗篇 51：

8 求你使我得听欢喜快乐的声音，使你所压伤的骨头，可以踊跃。

10 神阿，求你为我造清洁的心，使我里面重新有正直的灵。

11 不要丢弃我，使我离开你的面。不要从我收回你的圣灵。

12 求你使我仍得救恩之乐，赐我乐意的灵扶持我。

主啊，我们感谢你提醒，我们容易陷入通奸和奸淫诱惑的危险。我们祈祷你能帮助我们摆脱容易受到诱惑的局面。我们为在外工作或求学的孩子们祈祷。主啊，他们在外很容易跟随世界的道路。主啊，防止他们同居或发生婚前性行为。帮助他们记住你与他们同在，使他们摆脱邪恶的压力。主啊，我们感谢你在家中的年幼孩子。帮助我们教导他们如何保持内心的纯洁。给我们智慧和能力，帮助他们每天渴望爱慕你的话语。

主啊，保护我们所有的牧师，长老和领袖们，我们将互相负责，谦卑地前行。教导我们爱我们的妻子和孩子，帮助我们成为羊群的好牧人。

感谢主今天是主日。我们在家中敬拜，愿我们能经历你和你的真实。求你向我们说话，满足我们今天的需要。我们奉主耶稣的名感谢与祷告，阿们。

（巫惠如译）

MONDAY, 6 APRIL 2020

Proverbs 6: 16-19.

*These six things the LORD hates,
Yes, seven are an abomination to Him:
A proud look,
A lying tongue,
Hands that shed innocent blood,
A heart that devises wicked plans,
Feet that are swift in running to evil,
A false witness who speaks lies,
And one who sows discord among brethren.*

The six are first stated, and the seventh is that which results, namely, 'he that soweth discord among brethren.'

Friends, lets us look at the seven sins Solomon listed again:

- A proud look
- A lying tongue
- Hands that shed innocent blood
- A heart that devises evil plans
- Feet that are swift in running to evil
- A false witness who speaks lies
- One who sows discord among brethren

Most of these sins are connected to something we do in or through our body. The eyes have a proud look, the tongue lies, and so on. Many of us may probably feel we do not have issues with the above things the Lord hates connected with the body. But we are again reminded of what Paul wrote in Romans about presenting the parts of our body (our members) to God for the work of righteousness, not sin.

Romans 6:13 "Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God."

How strange that this same body can be used as an instrument for evil to serve the prince of darkness, just as it can be, for serving the King of Kings and the Lord of Lords? Perhaps we need to ask, have we presented the parts of our body, indeed surrendered our whole beings for the Master's use, for works of righteousness?

Could we be holding back a gifted hand, not wanting to heal a bruised ego or worst of all, are we reluctant to correct an unwilling heart? Let us ask honest questions. May the Lord deal with us gently as we seek Him intimately in this.

On another sphere, this collection of seven sins is also focused on how we treat others. We must honor God and worship Him in spirit and in truth; yet God also is concerned about our dealings with everyone we come across in our daily lives. All the more so when we consider this: A dear sister shared a devotion a couple of days ago where Acts 17:26 was the central verse

“From one man he created all the nations throughout the whole earth.”

Each of the above are serious sins against others, but perhaps none more serious than the subtle sin of prejudice and discrimination. How easily it is justified. Yes, how important it is for us to conduct self-examination daily in all our dealings with everyone we come across. We may feel we may be discriminated against in this nation, but let us not be guilty of the same.

Verse 19 One who sows discord among brethren: This is presented as the result of the previous six or is viewed as the ultimate among them. It is one of the highest among the things that God hates and regards as an abomination. Let us beware, lest we fall into this category. One way to ensure you do not do this is to make sure the fear of God prevails and rules in our hearts. In addition, let us be guided by the Lord’s words in Matthew 5:9

“Blessed are the peacemakers, for they will be called children of God.”

Prayer

Our Lord and God, thank you for the whole of Proverbs chapter 6. We thank you for its wisdom, its warnings against being surety and against making impulsive promises with one’s mouth.

Help us be humble when there is a need to quickly undo damage our rash ways have inflicted on ourselves, lest we be snared and find no way of escape.

We must learn from that simplest of creatures, the ant, who despite having no captain, or overseer nor ruler, provides for itself and the colony for the winter months. How great is its wisdom and industry!

Help us banish to the ends of the earth, the sluggard within us, O LORD, that we may not be found wanting in our endeavours for the Gospel should you return like a thief in the night.

Thank you for the grave warnings regarding the behaviour and character of the wicked man and his destiny. O Lord, thank you that you want to spare us the calamity which will befall him without warning because of his unrepentant ways. Help us that those seven things which are an abomination to you shall be an abomination to us as well.

Finally, Lord may we bind your Word continually around our hearts and tie your precepts and statutes around our necks, and forsake not our fathers' commands and our mothers' guidance so that we may not fall prey to seductive temptations and thereby bring irreparable damage and disgrace to Your Name.

In Jesus' Name we pray. Amen.

Ps Cheng Cheung

每日灵粮

6/4/20

(作者：张祯祥传道)

箴言 6:16-19

「16 耶和华所恨恶的有六样，连他心所憎恶的共有七样，17 就是高傲的眼，撒谎的舌，流无辜人血的手，18 图谋恶计的心，飞跑行恶的脚，19 吐谎言的假见证，并弟兄中布散分争的人。」

智者先提起前六宗罪，第七宗指的是结果，就是「弟兄之间播下不和」

朋友们，让我们来看看所罗门所列出的七宗罪：

高傲的眼

撒谎的舌

流无辜人血的手

图谋恶计的心

飞跑行恶的脚

吐谎言的假见证

并弟兄中布散分争的人

这些罪大多与我们在身体内或通过身体所做的事情有关。眼睛高傲，舌头撒谎，等等。我们许多人可能会觉得自己与以上主所憎恨的事无关。但是我们再次被提醒，保罗写给罗马教会，就是将我们的身体（教会肢体）献给神，是为了义，而不是罪。

罗马书 6:13 「也不要将你们的肢体献给罪做不义的器具，倒要像从死里复活的人，将自己献给神，并将肢体做义的器具献给神。」

一个身体作为邪恶的工具来服侍黑暗之君，而同时也能服侍万王之王和万主之主，这真是不可思议！也许我们需要问自己，我们有没有把自己完全摆上，全人为主行义？

我们是否正在阻止有天赋的双手，不想治愈受伤害的自尊，或最糟糕的是，我们不愿意改正一颗顽梗的心？让我们诚实地面对这些问题。当我们在这事上寻求亲近主，愿主温柔地帮助我们。

在另一方面，这七宗罪也传达一个重点：如何对待他人。我们必须尊崇神，用心灵和诚实敬拜他；然而神也关心我们在日常生活中遇到的每一个人。前几天，有位亲爱的姐妹分享了灵修资料，而使徒行传 17:26 是其中主要的经文：「他从一本造出万族的人」

上述的每一宗罪都非常严重，但也许没有比偏见和歧视的罪恶更加严重。这是多么合理啊。是的，每天自我反省对人对己的言语行为，是多么地重要。即便我们可能会觉得在这个国家受到歧视，我们也不该犯同样的错误。

第十九节：「并弟兄中布散分争的人」：这是前六宗罪的后果，也能被视为六宗里最严重的。这是上帝最憎恶的其中之一。让我们提高警惕，以免列入这一项。确保你不犯这罪的方法之一就是上帝保持敬畏的心。此外，让主的话语引导我们：

马太福音 5:9

「使人和睦的人有福了！因为他们必称为神的儿子。」

今日祷告

我们的主，我们的上帝，我们为着箴言六章感谢你。我们感谢章节里的智慧，警告我们当心为朋友作保，不要从嘴里说出冲动的承诺。

当我们必须迅速停止自己鲁莽和轻率的举止时，帮助我们能够谦卑求助，免得我们陷入困境，找不到逃生的方式。

我们必须向最平常的生物学习：蚂蚁虽没有队长，监督者和统治者，但它们在冬季为自己和蚁群提供食物。它们的群体分工与智慧是多么伟大！

主啊，求你彻底驱逐我们内在的惰性，免得你像夜间里贼再来的时候，我们在传福音的使命中不亏欠你。

感谢你严重警告恶人的行为，性格和他的命运。哦主，感谢你，因你想免除我们受到灾难，而这灾难将毫无警讯，降临在那些不悔改的人身上。求你帮助我们也憎恶使你所憎恶的七宗罪。

最后，愿我们常常将你的话要系在心上，挂在项上，听父亲的训诲，不离弃母亲的法则，免得我们陷入诱惑羞辱主你的名。

奉主的名祷告， 阿门。

（巫惠如译）

Tuesday, 7 April 2020

Proverbs 7

Good morning PBC family and friends, I thank the Lord that He continues to hold us together as a big family. I thank the Lord for my fellow pastors joining me to share the daily devotion. Pray that we will continue to read a chapter of Proverbs a day and ask God to grant us Wisdom to live victoriously daily for Him.

The wise father continues to hammer in the importance of the word of God that can help us to stay away from sin. His warning is still very relevant for today. Watch out for the subtlety of sexual sins that crouch at our door. Like a roaring lion waiting to swallow us up. The only way to keep safe is to have God's word soak us up. Write it in our heart, tie it on our fingers, keep it between our eyes, walk with it. By doing so, He will protect us from falling into adultery by the flattery of an immoral and promiscuous woman. (Proverbs 7.1-5)

The father then uses a graphic story to teach his son to watch out for the steps that lead to adultery – sins of all kinds. This story starts with a naïve young man wandering down the street in the evening.

"A naïve young man" is one who is devoid of understanding, no common sense, inexperienced, gullible, vulnerable to many temptations.

Satan is described as the angel of light. His best strategy is to make sin seem right and desirable. Sexual sin and temptation are attractive. pleasurable, not bad at all, and nobody will know. Sin conceals the ugliness and destructive power behind a façade of beauty. But behind that beautiful façade is misery, sorrow which will eventually lead to a dead end.

The story in Pro. 7.6-23 reveals to us the fine art of seduction. She dresses to kill. She grabs him and kisses him. She flatters him. She invites this simple guy over to her home. I have done all my religious duty. I have been looking for you. She assures him everything is ready for a night of fun. My bedroom is ready. My husband is gone for a long trip. He did not give a second thought about the offer and went after her. The tempter says, "Come, let's drink our fill of love until morning." Or "You can have sensual pleasure without commitment or responsibility. Stay until morning."

Pro. 7.22-23 describes the sad ending of this story. He was led as an ox to the slaughter; as a fool caught in a trap; and like a bird to the trap. "He did not know it would cost his life." A few minutes of pleasure cost him his life.

We are living in a time where such sexual sins are acceptable. It is even openly practised without guilt or shame. We are still religious people but living without repentance. We enjoy intimacy but without commitment. We have pleasure but not worry about the consequences.

The last section, the father concludes with this reminder. Proverbs 7.24-27
24 Listen to me, young men, and not only listen but obey; 25 don't let your desires get out of hand; don't let yourself think about her. Don't go near her; stay away from where she walks, lest she tempts you and seduces you. 26 For she has been the ruin of multitudes—a vast host of men have been her victims. 27 If you want to find the road to hell, look for her house. (Living Bible)

Prayer for today

Have mercy on us, O God, have mercy, we look to you for protection. We will hide beneath the shadow of your wings until the Covid-19 passes by. Psalm 57.1
Father, we are grateful and thankful for your daily protection and provision for all our needs. Lord, the lockdown makes us stop to relook at our lifestyle and our priority. Grant us your wisdom to make necessary changes in such a way that our lives will please you.

Lord, we confess that we live lives as if you don't exist. Our worldly values have messed up our families. May you have the rightful place in our home as the head of our home. Help us to start the fire of family altar in each of our homes. Where we can read the Bible and pray together as a family.

Lord, we call on you for mercy and forgiveness. Teach us to put our totally trust in you at times like this.

Thank you, Lord, for Proverbs 7, here you have given us clear instructions to walk with you and stay far away from the tempter's snare. Lord give us grace to heed the warning of sexual sin and temptation. We pray that you will keep us from playing with sin. May we at your word flee from adultery and every temptation. Lord, if we are on this slippery road of adultery, please pull us back. O Lord, help us to run away, help us to see the power of sin and not be fooled by it. We pray for wisdom. Help us to make wise decisions every day. Keep our hearts pure and holy. Lord without you we will surely fall.

Father, we commit our family to you. We commit every member of our family to you. Teach us to appreciate each other, spend meaningful time that can build each other up. Help us to resolve our family squabbles and conflicts, help us to

overlook each other faults by forgiving each other. Grant us peace and harmony
In each of our homes as we love one another. In Jesus' Name. Amen

Pastor Isaac Yim

每日灵粮

7/4/20

作者：严以撒牧师

箴言七章

PBC 的家人和朋友，早上好。感谢主，他依旧使这个大家庭能团结一致。我也感谢主我的牧者同工能与我分担每日灵修的服事。求主帮助我们每天持续阅读一章箴言，并求神赐给我们有智慧过得胜的生活。

智慧的父亲不断强调上帝的话语可以帮助我们远离罪。他当年的警告对我们依然非常适宜。他劝告要当心蹲在门外，不易察觉的淫罪，因为它像一只咆哮的狮子等着吞噬我们。被保护的唯一方法就是吸取上帝的话。根据箴言七章一至五节，他嘱咐要把上帝的话系在指头上，刻在心版上；保守他的法则，好像保守眼中的瞳人。这样，他就会保守远离淫妇，远离说谄媚话的。之后，父亲描绘一个故事，教导儿子要注意那些导致行奸淫的事物。这故事始于无知的少年人晚上在街上徘徊。

「无知的少年人」是一个缺乏理解力，没有常识，缺乏经验，轻信，又容易受到许多诱惑的人。撒旦被描述为装作光明的天使。他最好的策略是使罪看起来正确可取。淫行和诱惑具有吸引力；使人愉悦，感觉也不怎么恶，没有人会知道。罪却把丑陋和杀伤力藏在美丽的外表背面。在这假象的背面是痛苦，悲伤也终将止于死胡同里。

故事在七章六至二十三节里揭示了诱惑的艺术。妇人为了杀人而打扮。她拉住那少年人，与他亲嘴。她用谄媚的嘴讨好他。她邀请这无知的少年人到她家，对他说，「我已经尽了我所有的宗教义务。我一直在找你。」她向他保证，为了有趣的夜晚已做了一切准备。「我的卧室已准备好了。我丈夫不在家，出门行远路。」少年人立刻跟随她，完全没有做任何的思考。妇人说：「我们可以饱享爱情直到早晨。我们可以彼此亲爱欢乐，不需要留下承诺或负责任。」

箴言七章二十二至二十三节描述了这个故事的悲惨结局。他被引到牛的宰杀之地，又像愚昧人戴锁链去受刑罚，如同雀鸟急入网罗，却不知是自丧己命。几分钟的快乐让他丧失生命。我们生活在一个可以接受淫行的时代。随心所欲的性行为不会带来内疚或羞愧。我们虽然有信仰，但没有过悔改的生活。我们喜欢享受亲密关系却不想要被承诺束缚。我们感到愉悦，但不担心后果。在本章的最后一段，父亲的提醒作为总结。

「24 众子啊，现在要听从我，留心听我口中的话。25 你的心不可偏向淫妇的道，不要入她的迷途。26 因为被她伤害仆倒的不少，被她杀戮的而且甚多。27 她的家是在阴间之路，下到死亡之宫。」

今日祷告

父，我们感谢你每天的保护和供应我们所有的需要。主，透过封城，我们能停下来重新检讨我们的生活方式和优先顺序。求你赐我们智慧去进行必要的改变，好使我们的生命会讨你喜悦。主，我们承认，我们活得好像你并不存在。我们的世俗价值观也破坏我们的家庭。愿我们把你摆在应有的地位，成为我们一家之主。帮助我们在各人的家庭开始点燃家庭的祭坛。在那里我们可以全家一起读经祷告。

主，我们祈求你的怜悯和宽恕。教导我们在这样的时刻完全的信靠你。

主，感谢你，箴言第 7 章给了我们明确的指示，要我们与你同行，远离诱惑者的网罗。主赐给我们恩典，使我们听从关于淫行和诱惑的警告。我们求你使我们远离罪恶。愿我们听从你的话逃离奸淫和一切试探。主，如果我们走在这条奸淫的湿滑路上，请把我们拉回来。主，帮助我们逃跑，帮助我们看到罪的力量，而不会被它愚弄。我们祈求智慧。帮助我们每天做出明智的决定。保持我们的心纯洁和圣洁。主，离了你，我们一定会跌倒。

父，我们把我们的家庭交托给你。我们将家中的每一位成员交在你手中。教导我们互相欣赏，花有意义的时间一起彼此建立。帮助我们解决我们家庭中的争吵和冲突，帮助我们彼此原谅，互相忽视对方的缺点。赐我们每个家庭享受和平，和谐，彼此相爱的生活。奉耶稣的名，阿门。

巫惠如译

Wednesday, 8 April 2020

Proverbs 8:19

My fruit is better than fine gold; what I yield surpasses choice silver. (NIV)

In today world, many people value intellect, power and wealth above the things of GOD. They seek Google when problems or questions arise, consult social media gurus for opinions and recommendations, follow some renowned book authors for their life directions. The God, who creates Heaven and Earth — who creates all things and mankind created in HIS own image, has given HIS wisdom and advice yet hardly people seek the counsel of His divine instruction. Many even scorned and killed the prophets and servants HE sends to proclaim His wisdom. With their arrogant, they reject HIS Wisdom – Jesus Christ (1Cor 1:24a Christ the power of God and the wisdom of God.)

People pursue silver and gold, joy and happiness, peace and prosperity, love and acceptance, power and fame, from all different venues on earth. For a little while seem like they found it yet in the longer term the fruit of what they pursue proven to be poisonous and never satisfy their soul. They, in return, continue their journey in reckless pursue.

STEVE JOBS, founder of Apple company, gave his last words before he died.
(Taken from his linkedin)

“I reached the pinnacle of success in the business world. In others’ eyes, my life is an epitome of success. However, aside from work, I have little joy. In the end, wealth is only a fact of life that I am accustomed to. At this moment, lying on the sick bed and recalling my whole life, I realize that all the recognition and wealth that I took so much pride in, have paled and become meaningless in the face of impending death. In the darkness, I look at the green lights from the life supporting machines and hear the humming mechanical sounds, I can feel the breath of God and of death drawing closer. Now I know, when we have accumulated sufficient wealth to last our lifetime, we should pursue other matters that are unrelated to wealth. Should be something that is more important: Perhaps relationships, perhaps art, perhaps a dream from younger days...

Non-stop pursuing of wealth will only turn a person into a twisted being, just like me. God gave us the senses to let us feel the love in everyone’s heart, not the illusions brought about by wealth. The wealth I have won in my life I cannot bring with me...”

Wisdom from GOD teaches us to live life to the fullness and will bear the fruit that is better than silver and gold. A life to know HIM and Love HIM is a life to love others, a righteous life to be the blessings to many, and a life that is full of joy, mercy, and peace bless by God.

32 "Now then, my children, listen to me; blessed are those who keep my ways.
33 Listen to my instruction and be wise; do not disregard it.
34 Blessed are those who listen to me, watching daily at my doors, waiting at my doorway.
35 For those who find me find life and receive favor from the LORD.
36 But those who fail to find me harm themselves; all who hate me love death."
(Proverbs 8:32-36 NIV)

A brilliant mind like Steve Jobs eventually realized what he had missed out and catch a small glimpse of "wisdom" while he was on his death bed. While it was too late for him, but it is still in time for many of us.

Pray:

Dear Jesus,

We confess, if we have neglected Your wisdom. Please, Lord, forgive us!
Lord, we thank you for your love. You seek us and urge us to value Your wisdom because You want the best for us. Let us come before You to acknowledge that Your wisdom is better than any gold and silver in this world, Your wisdom is the only true blessing for our lives that will bring eternal love, joy, and peace. Please help us, O-Lord, to have this reality in our hearts, to fear You, and to love Your wisdom.

In Jesus' precious name I pray, Amen.

(by Ps. Wallace Ong)

星期三 08.04.2020

作者：王振威传道

我的果实胜过黄金，强如精金，我的出产超乎高银。(箴言 8:19 和合本)

在当今世界，许多人重视知识，权力和财富，而不是神的事物。他们会在出现问题或有疑问时寻求谷歌的服务，向社交媒体专家咨询意见和建议，并跟随一些著名作家的生活方向。创造天地的上帝——**就是那**创造了万物并以自己的形象创造人类的神，已经把祂的智慧与与忠告给予我们，但人们几乎没有寻求祂神圣的指示。许多人甚至蔑视并杀死了祂派来宣告祂的智慧的先知和仆人。他们以自己的傲慢拒绝了祂的智慧——**耶稣基督**（林前 1：24a **基督总为 神的能力、神的智慧**）

世上的人们追求金与银，喜悦与幸福，和平与繁荣，爱与接纳，权力与名望。短暂间他们似乎找到了，**但是从长远来看**，他们追求的结果被证明是有毒的，永远无法满足他们的灵魂。于是，**他们**将继续不顾一切地去追求。

苹果公司创始人史蒂夫·乔布斯（STEVE JOBS）在死前发表了遗言。（摘自他的 linkedin）

“我达到了商业世界成功的顶峰。在别人眼中，我的生命就是成功的缩影。但是，除了工作之外，我没有什么快乐。最后，财富已成了我的惯常生活。此刻，我躺在病床上，回想起我的一生，我意识到，我引以为傲的所有认可和财富，在即将来临的死亡面前已经黯然失色，变得毫无意义。在黑暗中，我看着生命维持机器发出的绿光，听到嗡嗡作响的**机械声**，我能感觉到上帝的气息和死亡的气息越来越近。现在我知道，当我们积累了足够的财富来维持自己的一生时，我们应该关注与财富无关的其他事务。那应该是更重要的事情：也许是人际关系，也许是艺术，或者是年轻时的梦想……”

不断追求财富只会像我一样，**将自己**变成一个扭曲的人。上帝给我们的感官是让我们感受到每个人心中的爱，而不是财富带来的幻想。我一生所斩获的财富并不能让我带走……”

来自上帝的智慧教导我们过充实的生活，并将结出比银和金更好的果实。一个认识祂及爱祂的生命也是一个关爱他人的生命，**一个公义**的生命将成为多人的祝福，**是充满上帝喜悦**，充满怜悯与和平的生命。

32 **众子阿、现在要听从我，因为谨守我道的、便为有福。**

33 **要听教训、就得智慧、不可弃绝。**

34 **听从我、日日在我门口仰望、在我门框旁边等候的、那人便为有福。**

35 **因为寻得我的、就寻得生命、也必蒙耶和华的恩惠。**

36 **得罪我的、却害了自己的性命。恨恶我的、都喜爱死亡。**

(箴言 8:32-36 和合本)

像**史蒂夫·乔布斯（Steve Jobs）**这样精明的头脑最终意识到他错过了什么，并在他临终的那一刻瞥见了“**智慧**”。**尽管**对他来说已经太迟了，但是对于我们许多人来说仍然是及时的。

祈祷：

亲爱的耶稣，我们承认，如果我们忽略了你的智慧。主啊，请原谅我们！

主啊，我们感谢您的爱。您寻求我们并敦促我们重视您的智慧，因为您想要我们得到最好的。让我们来到您面前，承认您的智慧比这个世界上的任何金银都要好。您的智慧是我们生命中唯一真正的祝福，它将带来永恒的爱，喜乐与和平。上帝，请帮助我们，让我们心中有这样的认知，敬畏您，并爱您的智慧。

我奉耶稣的宝贵名字祈祷，阿们。

Thursday, 9th April 2020

Proverbs 9:1-18

If wisdom and folly was a person, what description would you give to them? In this passage, the author gives a picture of what wisdom looks like in real life. It was described as a woman with certain quality traits.

Firstly, the author tells us in verse 1 that wisdom “has sewn her seven pillars.” This is a description of wisdom’s perfection and prudence in building a house. Secondly, in verse 2 the author says wisdom has “slaughtered her beasts; she has mixed her wine; she has also set her table.” This is a description of wisdom’s delight through a feast. Lastly, verse 3 says wisdom “has sent out her young women to call from the highest places in the town.” This shows us that wisdom is inviting us! In other words, wisdom is just around the corner for us to lay hold on!

What do all these descriptions of wisdom mean for us today? Looking into verses 4-6, we see the author that Lady wisdom is calling and inviting us, who are simple-minded, to feast and grab hold of wisdom in her house! This is not to say we must have Einstein’s IQ. Rather, it is speaking about being simple in the sense of ignorant and not exercising wisdom. Lady wisdom is calling us who lack sense and simple to turn to her and “walk in the way of insight” (verse 6). Wisdom is there for us!

Moving on, verses 7-12 gives us descriptions and contrast between a wise and foolish person. The wise will love you, grow wiser and increase in learning when being corrected or instructed (v8-9). But a foolish person would hate the one who corrects them. This simply shows us what it means for us to be a wise person – do we hate being corrected or do we value it for our growth? Of course, the author goes on to say wisdom is attained through the fear of the Lord. It is not attained by self-discovery (or enlightenment) like how many gurus or motivational speaker described. Neither is it pursued by our own terms. It is pursued by God’s term (or His rule), which is to fear Him!

Lastly, the author describes lady Folly in verses 13-18. It is described that Lady Folly is loud, seductive and knows nothing (verse 1). It is waiting for us outside her doorsteps as we walk past it! That is to remind us that folly is everywhere. Sometimes it does look attractive to our sinful senses. However, verses 16-18 described Lady Folly who calls the simple (ignorant) and those who lack the sense to join her. Lady Folly would make folly look attractive when it is obviously distasteful (verse 17). Ultimately, Lady Folly would lead on into their spiritual death (v18).

As we come to the conclusion, let us as God’s Spirit to help us reflect on these questions in light of the passage we read:

1. Are there any areas of our lives where we are pursuing Lady Folly without us realizing? (i.e. not willing to be corrected)
2. Do we deliberately pursue Lady Folly, despite knowing the consequences, which is spiritual death?
3. How do we respond to people's correction and reproach? Is wisdom exercised as we listen to them?
4. As we pursue Lady Wisdom, do we pursue it by the fear of the Lord by going to His Word in humility and prayer or do we pursue it on our own terms?

Brothers and sisters, wisdom is just around the corner and calling us to grab hold of her. Let us examine ourselves in light of this passage and ask God to give us wisdom in our lives. As James 1:5 reminds us "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him." As we pray, let us ask God for wisdom in faith, trusting and knowing He will give us wisdom as we live our lives in Christ.

Hon Sir Neng

假設智慧與愚蠢如我們人一樣，我們會如何描述他呢？在這篇經文，作者讓我們看到真人智慧與愚蠢的形象。他用了女人的屏隔來描述。

在第一節，作者說到『智慧建造房屋、凿成七根柱子』。這從建築的角度來描述智慧歸人的完美和謹慎。然後，第二節說到智慧『宰杀牲畜、调和旨酒、设摆筵席』這是描述著智慧所欣喜的一段餐。最後，第三節說智慧『打发使女出去、自己在城中至高处呼叫』。這展現智慧在呼叫著我們。也就是說，智慧是我們可以得到的！

這對我們有什麼的含義呢？當我們讀四到六節，我們讀到智慧女人依然在呼叫著我們愚蒙的人去與她共享餐桌。這不代表我們一定要有愛因斯坦的聰明。乃是表示著不應用智慧的人。智慧歸人在呼叫著我們愚蒙人轉向她，使我們『并要走光明的道』。

來到七到十二節，我們讀到一個有智慧的人與愚蠢的人的比較。那裡描述到一位有智慧的人，會因著某某一位人的指著來愛他人，在智慧裡增長，指示义人，增長學問（八到九節）。但一位愚蠢的人會憎恨那與指著他的人。這是讓我們看見有智慧的人是怎樣的：我們到底看不起還是重視人們的指著。作者也理說當然的告訴我們敬畏耶和華是智慧的開端。而並不是來與如許多大師或勵志演說家所描述的個人發現或啟示。也不是在於我們自己的標準而得到的。寧可是在於敬畏耶和華而得到的。

最後，作者也在十三到十八節描述愚蠢歸人。他是喧嚷的，愚蒙和一無所知。他也坐在她人的大門口等著我們。這是提醒我們愚蠢的存在。許多時刻，我們的罪惡肉體裡是的確得對愚蠢的吸引力很大。然而，十六到十八節告訴我們愚蠢歸人呼叫著那愚蒙和無知的人跟隨她。愚蠢歸人的確把令人反感的愚蠢變得非常拿眼。但最後，愚蠢歸人將帶領跟隨她人的進入靈命的末亡。

來到終結，讓我們向神的靈來幫助我們在這段箴言來反思。

1. 我們是否無知的追求愚蠢歸人？（比例：我們是否不願意被人指著）
2. 我們是否知道後果，就是靈命末亡，也故意的追求愚蠢歸人？
3. 我們對指著的反應是如何？我們是否有應用智慧來聆聽他人？
4. 我們是否已敬畏耶和華的心，在他賜給我們的話語和禱告裡追求智慧？還是我們應著自己的標準來追求？

弟兄姊妹們，智慧已在呼叫著我們，以便我們可以得著。讓我們從這段經文來反思，向神祈求智慧，好易我們可以在我們的生活中應用。若雅各書一章第五節所寫的：『你們中間若有缺少智慧的，該求那厚賜與眾人又不斥責人的神，真必賜給他。』當我們禱告，讓我們以信心的來向神祈求智慧，相信他會賜給我們，以便我們可以在可以把智慧基督裡而活。

韓思能

Good Friday, 10 April 2020

Proverbs 10:12 (ESV)

Hatred stirs up strife, but love covers all offences.

Jesus said, "*Father, forgive them, for they don't know what they are doing.*" –

Luke 23.34 (ESV)

I wonder what will we cry out when someone nailed us on the cross when you have done nothing wrong. It will be very natural for us to revile back with words of hatred. The Pharisees and the religious leaders disliked Jesus because Jesus was a friend to sinners. He violated some of the scrupulous religious laws. They were jealous of Jesus' popularity. They hated him when heard Jesus claimed, "I am {the Son of God}." "And you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven." Mark 14.62

The crowd demanded, "Crucify Him! Crucify Him!" They crucified Jesus on the cross. The first thing Jesus said, "Father, forgive them, for they don't know what they are doing." Jesus responded in love and forgiveness.

Our text in Proverbs 10.12 talks about hatred and love. Both of these words are filled with intensity in the opposite ends. Hatred stirs. Love covers. Where there is fighting there is hatred. Where there is conflict there is hatred. Unless love wins, otherwise the strife will go worse. Love pursues peace. Because love covers offences and wrongs. It seeks to end conflicts and fights as soon as possible.

The word strife means antagonism, enmity, discord, contention, or dispute. It is godly to fight against, evil, corruption and injustice. The strife here is caused by people who do not practice love. Wherever envy, strife, enmity conflict or tension exist, underneath it you will find traces of hatred of one or both parties.

The word stir means to raise up, stir up, or to wake up. I am reminded of the Cantonese phrase, "a stick stirring up the dirt" is considered a trouble maker. He will literally rase up problems that were put to sleep a long time ago. Hatred stirs up things that stink. Hatred stirs up contentions and quarrels by gossiping and talking behind others.

But love doesn't stir but covers, all offences, all transgressions, and all sins. Love conceals, clothes and hides the offences other done to us. Love forgives sins and forgets sins, just as God forgives us and forgets them. At the cross, Jesus hides and conceals all our sins when we come to Him to ask for forgiveness. Love covers a multitude of sins. Love keeps no record of wrongs. But hatred just loves to dig deep into the past wrongs and wake them up to create strife and trouble. If anger, envy, jealousy and pride allow lingering in our hearts it will turn into hatred. Hatred stirs up trouble.

Covering sins is not compromise. Sin should be dealt with. The rightful authority should execute judgement swiftly as ordained by God. "but covering sins should occur when the offences are against you, where there is repentance, or you are not in direct authority." (Let God be true)

Prayer for today

Our heavenly Father, we thank you for sending your only Son Jesus to die on the cross for our sins. We praise you Lamb of God. Our Saviour, and our Deliverer. We thank for your forgiveness for all our sins each time we ask you to forgive our sins. Lord, we are ever grateful that you have borne our griefs and carried our sorrows; with your wounds, we are healed.

O Lord, we need you so much each day. We love you Lord. Teach us to love like you love us. Teach us to forgive as you have forgiven us. Loving you is easy. But loving people is just difficult. Especially, the people whom we love so much, hurt us. Practising "Love covers all sins" is almost impossible. Give us the strength and wisdom to love and forgive when we are hurt and offended. Remove all hatred from our homes and replace it with your love. Teach us not only to love you but also to love our spouse and children; children to parents.

In our time of lockdown, give us the wisdom and strength not to stir or wake up the past problems but grant us the ability to exercise love that covers a multitude of sins.

O Lord, we pray you will raise up peacemakers and not troublemakers in our homes, in our church, our community and our multicultural, multireligious country.

Lord as your children, help us to love one another and we will be a good testimony to all the people around us. Help us to take delight in you each day.

May we live our lives in such a way that we will build up each other.

Lord, teach us to deny ourselves and take up the cross to follow you.

In Jesus' Name. Amen.

Pastor Isaac Yim

每日灵粮

受难日

10/4/20

作者：严以撒牧师

箴言 10:12 「恨能挑起争端，爱能遮掩一切过错。」

路加福音 23：34「耶稣说：『父阿！赦免他们；因为他们所做的，他们不晓得。』」

当有人把你钉在十字架上，而你却是无辜的，我不晓得你会大声哭喊什么。我们会很自然地以仇恨的话回骂。法利赛人和宗教领袖不喜欢耶稣，因为耶稣是罪人的朋友。他违反了一些严格的宗教法律。他们嫉妒耶稣的声望。他们恨他因为耶稣声称，「我是神的儿子。你必看见人子坐在大能者的右边，乘着天上的云降临」（马可福音 14：62）

众人要求：「把他钉十字架！把他钉十字架！」他们把耶稣钉在十字架上。耶稣说的第一句话：「父啊，赦免他们，因为他们不知道他们所做的。」耶稣以爱和宽恕回应。

箴言 10.12 谈到恨和爱。这两个词，在两个极端，表达着嫉妒强烈的情感。恨能挑起。爱能遮掩。战斗及冲突之处必有恨。除非爱战胜，否则争端会变得更糟。爱追求和平。因为爱遮掩罪和错误。爱力求尽快结束冲突和战斗。

争端意味着对立，敌意，不和谐和争论。与邪恶，腐败和不公正作斗争是敬虔的。这经文表示，争端始于不实践爱的人。无论嫉妒，纷争，敌意冲突或紧张局势，在这一切的表面下，你会发现仇恨的一方或双方的痕迹。

挑起意味着提高，搅拌，或唤醒。我想起了一句广东话，「搅屎棍」，是指瞎捣乱，搞破坏的人。从字面上来说，这人会故意挑起一些已搁置一旁的问题。仇恨会挑起恶臭的事。通过在别人背后闲聊和谈话，仇恨挑起争论和争吵。

但爱并不挑起，而是遮掩所有的过犯，罪恶和过错。爱隐藏，披上和隐藏别人伤害我们的罪行。爱赦免罪，忘记罪，正如神赦免我们，忘记他们。当我们来到他面前，请求宽恕，在十字架上的耶稣隐藏和遮掩我们所有的罪。爱这该了众多的罪孽。爱不计算人的恶。但仇恨只是喜欢深入挖掘过去的错误，并唤醒问题，挑起争端和麻烦。如果愤怒，嫉妒，和骄傲在我们心中，它会变成仇恨。仇恨会挑起麻烦。

遮盖罪不是妥协。罪应该被处理。正当的权威应该按照神的命令迅速审判。

「但是，遮盖罪应当发生的前提是因为犯罪对你们有害，人心悔改，或者你们没有直接权柄的时候。」（愿上帝的话是真实的）

今天的祷告：

我们的天父，我们感谢你差你唯一的儿子耶稣在十字架上为我们的罪而死。我们赞美你，上帝羔羊，我们的救主，我们的救赎者。感谢你宽恕我们每次向你求饶恕的所有的罪过。主啊，我们永远感激你担负了我们一切的悲伤。你受的伤我们得了医治。

上帝啊，我们每天都非常需要你。我们爱你。教导我们爱你像你爱我们一样。教导我们饶恕如你饶恕一样。爱你很容易。但是，爱人很难。特别是，我们所深爱的人伤害了我们。实行「爱掩盖一切罪恶」几乎是不可能的。当我们受到伤害和被得罪时，给

我们力量和智慧去爱和宽恕。从我们的家中清除所有仇恨，并以你的爱来代替。教我们不仅要爱你，还要爱我们的配偶和孩子。孩子也爱父母。

在我们处于封城的时候，给我们智慧和力量，不会搅动或唤醒过去的问题，而赐我们有锻炼爱能掩盖多种罪恶的能力。

上帝啊，我们祷告你在我们的家庭，教会，社区和多元文化，多宗教的国家中培养出和平使者而不是麻烦制造者。

我们作为你的孩子，请帮助我们彼此相爱，让我们成为周围所有人的良好见证。每天帮助我们以你为乐。愿我们的生活能够彼此建立。

主啊，教导我们放下自己，背起十字架跟随你。

奉耶稣的名求，阿们！

巫惠如 译

Saturday, 11 April 2020

Proverbs 11: 24-25

One person gives freely, yet gains even more;
another withholds unduly, but comes to poverty.

A generous person will prosper;
whoever refreshes others will be refreshed. (NIV)

Chapter 11 of Proverbs generally talks about the righteous life of a person against a person living a wicked life – the former God would bless and prosper but the latter will await God's judgement.

After reading through the 31 verses, two verses 24-25 strike me as approximate and timely as it talks about generosity – the giving away generously what the Lord had blessed us with. As yesterday was Good Friday where God GAVE His one and only Son to die that cruel death on that old rugged cross whereby you and I will have forgiveness of sin and eternal life, I can't help but think of that all-time favourite and much loved John 3:16.

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.

Martin Luther called John 3:16 "the heart of the Bible – the Gospel in miniature." It's so simple a child can understand it, yet it condenses the deep and marvellous truths of redemption into these few pungent words:

- "God" — The greatest Lover
- "So loved" — The greatest degree
- "The world" — The greatest number
- "That He gave" — The greatest act
- "His only begotten Son" — The greatest gift
- "That whosoever" — The greatest invitation
- "Believeth" — The greatest simplicity
- "In Him" — The greatest Person
- "Should not perish" — The greatest deliverance
- "But" — The greatest difference
- "Have" — The greatest certainty
- "Everlasting Life" — The greatest possession

G. Campbell Morgan (1864-1945) said of this verse "this is a text I never attempted to preach on, though I have gone around it and around it. It is too big. When I have read it, and there is nothing else to say. If we only knew how to read it, so as to produce a sense of it in the ears of people, there would be nothing to preach about."

For those of you out there reading this who have not come to know Jesus as your Lord and Saviour, our earnest desire and prayer are that during this MCO, you may come to know Him as your personal Lord and Saviour. He died that cruel death for you and I so that we will have forgiveness of sin and eternal life. There is no sin so big He cannot forgive or sin so small that needs no forgiveness. The Bible tells us "for all have sinned and fall short of the glory of God." Come my dear friends, put your faith and trust in Jesus our Lord and you will find meaning and blessings in your life from this day forth. (John 10:10).

Yes, dear friends, we invite you to put your faith and trust in a risen Saviour. No religion in the world celebrates Easter – the day when our Lord rose from the dead and conquered death!! "Where, O death, is your victory? Where, O death, is your sting? The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ" (1 Cor 15: 55-57"

No apologies for the diversion since its Easter week-end for as Paul says if Christ has not been raised, our preaching is useless and so is our faith and we are still in our sins. (1 Cor 15:14,17). Let's now go back to Prov 11: 24-25 which teach us about generosity against V 26 about a merchant who hoards up his goods to force up the price (so clearly seen as the world faces Covid-19). Our Lord will always bless and prosper us far more than we can ever give away. None of us can out-give God. Of course that must not be the reason why we should be generous. Again another of our Lord's teaching in Acts 20:35 comes to mind. "It is more blessed to give than to receive." The only saying of our Lord not recorded in the four gospels.

The man who gives is more blessed in two ways, materially and spiritually, he is doubly blessed. Materially blessed because one cannot give away something one does not have. The Lord blesses him materially so he is able to bless someone less blessed. Spiritually blessed because there are many who are materially blessed but keep the material blessings to themselves. They don't give to God, they don't give to anyone, no matter how big the need might be. Richly blessed materially but poor spiritually. Our Lord teaches us that in two of His parables – The Rich Fool (Luke 12:16-21) and The Rich Man and Lazarus (Luke 16: 19-31).

We thank God even before Covid-19, our church has the heart to reach out to help those of our members and regular worshippers who are in need. We praise the Lord that our church has also helped those who are neither our church members nor regular worshipers. We try to help anyone in genuine need as the Lord had blessed us – PTL!!

With the MCO, it is a good time for us as Christians to reach out to those who are in any need – may they be material, spiritual, emotional, etc. More blessed is not just about material blessings. Rick Warren reminds us to serve God with the SHAPE that God has given us. S – our spiritual gifts. H – our heart and passions. A – our abilities and talents. P – our personality and E – our experience good or bad. For instance, we can all reach out to the elderly, those staying alone or homebound – only a phone call away. A word of encouragement, a word of care, a word of love & concern can do wonders during this lock-down.

It is also a good time for all our CG leaders to reach out to all their CG members to see how they are doing and whether anyone may need any kind of assistance. This will also be a good time to call those who have not been regulars at CG the past year or so. What better time to live out our Church's mission statement as a loving & caring church. Have a blessed and fruitful Easter weekend.

Prayer:

Dear Lord, thank you for dying on the cross for us that we may have forgiveness of sin and eternal life. Your unworthy children once again ask for your forgiveness for not living a life worthy of your death and suffering. May this Easter weekend as we remember your death, suffering and resurrection, once again help us to rise up to touch as many lives as we possibly can – for Christians that they may be encouraged to love you more and rededicate their lives once again to you. To use the SHAPE that you have blessed us with to bless everyone who comes in contact with us. Help us not to waste the SHAPE that you have blessed us with.

We also pray for those of our family members, relatives, friends, colleagues and neighbours who have not come to know you as their personal Lord and Saviour. We pray even as we invite them to watch and listen to this Easter weekend worship services, videos, films and U-tubes with us or their Christian friends, you may speak to them and touch lives to commit to you.

In Jesus name, we pray all this, AMEN.

Pastor Soong Kok Kee

每日灵粮

11/4/20

作者：宋國基牧师

箴 11：24-25

「有人慷慨好施，财富却更增添；有人吝啬过度，反招致贫穷。乐善好施的人，必得丰裕；施惠於人的，自己也必蒙施惠」

箴言的第十一章大致上在对比一个行义的人与一个过邪恶生活的人。前者上帝会祝福和兴旺，但后者将等待上帝的审判。

阅读这三十一节经文后，二十四至二十五节在谈到慷慨时及时地打动了我—慷慨地赠送别人主所赐给我们的恩典。正如昨天是受难日，上帝赐他的独生子残酷地死在那古旧的十字架上，使你和我罪得宽恕及得永生，让我不禁想起历来最喜欢的约翰 3:16。

「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。」

马丁路德称约翰福音 3:16 为「圣经的心脏-福音的缩影」。这节经文如此简单，连一个孩子也可以理解，然而，它却将救赎深刻及奇妙的真理压缩在几句刺鼻的词里：

“上帝”-最伟大的人

“爱”-最高的程度

“世人”-最大的数目

“赐给”-最伟大的举动

“他的独生子”-最大的礼物

“一切”-最好的邀请

“信”-最简单的回应

“他的”-最伟大的人

“不至灭亡”-最大的拯救

“反”-最大的不同

“得”-最大的确定性

“永生”-最大的财富

坎贝尔·摩根（G. Campbell Morgan（1864-1945）谈到这节经文时说：「尽管我曾经反复地想它，但我从未试图用这节经文讲道。它太伟大了。当我读完它之后，我无话可说。如果我们只知道如何阅读它，让人们听了有共鸣，那就没有什么可讲的了。」

对于那些阅读此文，还没有认识耶稣是你救主的人，我们的渴望及祷告是在这次的行动管制令期间，你能认识耶稣是你的个人救主。他为你我残酷地死了，使我们罪得赦免及获得永生。没有什么罪，大到他无法原谅，也没有什么小的罪，是不需要宽恕的。圣经告诉我们，「人人都犯了罪，亏欠了上帝的荣耀。」来吧，我亲爱的朋友们，相信并信靠我们的主耶稣。从今以后，你会在你的生命找到意义和祝福。（约翰福音 10:10）。

是的，亲爱的朋友们，我们邀请你相信这一位复活的救主。世界上没有任何宗教庆祝复活节-我们的主从死里复活并征服死亡的那一天！「死阿！你得胜的权势在那里？死阿！你的毒钩在那里？56死的毒钩就是罪，罪的权势就是律

法。57 感谢神，使我们藉着我们的主耶稣基督得胜。」（林前 15:55-57）

既然这周末是复活节，我就不为话题转移而道歉，因为保罗说，若**基督没有复活，我们所传的便是枉然，你们所信的也是枉然；17 基督若没有复活，你们的信便是徒然，你们仍在罪里。**（林前 15：14,17）现在让我们回到箴 11：24-25。这两节经文显示对比：**慷慨解囊的人与一个屯粮不卖，以抬高价格的商人**（在全世界面对新冠肺炎的时候如此明显）。**我们的主常常会祝福和兴旺我们，多过于我们所能施舍给人的。我们谁也不可能给多过于上帝给的。当然，那不可以是我们要慷慨的原因。我再次想到使徒行传 20:35 中，主的另一个教导。「施比受更为有福。」**这是我们主唯一的一句话没有被记录在四福音书中。

给的人在两方面，物质和精神上，更有福。他是双倍的蒙福。**物质上蒙福**因为一个人不能给一些自己没有的东西。**上帝在物质上赐福他**，因此他能够祝福一个不是那么蒙福的人。**精神上蒙福**因为有很多人虽然在物质上蒙福，但却把物质的祝福留给自己。无论需求有多大，他们不给上帝也不给任何人。**物质上有丰富的祝福，但精神上却很差。我们的主在他的两个比喻中-无知财主（路加福音 12：16-21）和财主和拉撒路（路加福音 16：19-31）也这样教导我们。**

感谢上帝在新冠肺炎之前，我们的教会有心伸出援手，帮助我们那些需要帮助的会员和定期来崇拜的弟兄姐妹。**我们赞美主**，我们的教会也帮助了既不是我们教会成员也不是定期来崇拜的人。**我们尽力帮助任何有真正需要的人，因为主祝福了我们- 赞美主！**

随着马来西亚行动管制令，这是一个好时机让我们作为基督徒的去接触那些有任何需要的人-**可能他们的需要是在物质上，精神上，情感上，等等。更蒙福不仅仅是在物质上的祝福。**华里克（Rick Warren）提醒我们用神赐给我们的特色事奉神。**S-我们的属灵恩赐。H-我们的心和热忱。A-我们的才能。P-我们的个性和 E-我们的经历，不管好或坏。例如，我们都可以接触到老人，那些独居的或受约束的-只需打一个电话。一句鼓励的话，一句关心的话，一句关爱的话可以在这个封城期间创造奇迹。**

这也是我们所有的关怀小组组长接触他们所有的小组成员的好时机，看看他们状况如何，以及是否有人需要任何的帮助。这时也是打电话给那些在过去一年左右没有经常出席的好时机。**有什么更好的时间来活出我们教会的使命宣言，就是作为一个充满爱心和关怀的教会。愿你有一个蒙福和丰盛的复活节周末。**

祷告：

亲爱的上帝，感谢你为我们死在十字架上，使我们可以得宽恕和得永生。你不配的孩子再次请求你的饶恕，因没有活出值得你为我们死和受苦的生活。愿这个复活节的周末，当我们纪念你的死亡，痛苦和复活时，再次帮助我们被兴起，**接触更多的生命。盼望基督徒可以被鼓励来更多地爱你，并再次将生命献给你。使用你所赐福我们的，祝福所有与我们联系的人。帮助我们不要浪费你所赐福我们的。**

我们也为那些不认识你的家人，亲戚，朋友，同事和邻居来祷告，使你成为他们的个人救主。借著我们邀请他们或他们的基督徒朋友邀请他们一起观看和收听这个复活节周末的崇拜活动，视频和电影，愿你向他们说话，并感动他们将生命委身于你。

EASTER Sunday, 12th. April 2020

Proverbs 12.25

*Anxiety weighs down the heart,
but a kind word cheers it up. (NIV)*

*Worry weighs a person down;
an encouraging word cheers a person up. (NLT)*

*Anxiety in a man's heart weighs him down,
but a good word makes him glad. (ESV)*

HE IS RISEN! Hallelujah! HE HAS RISEN INDEED!

Who was present at the Crucifixion? The scriptures recorded many were following from a distance. Only four women were close by Jesus. John Mark was there. The rest of the apostles most probably ran to hide out of fear of persecution. Anxiety and despair must have filled their hearts. Anxiety and uncertainty sent the disciples back to where they came from. On the third day, Jesus rose from the dead. The resurrection transforms their fear into hope. Praise God as we celebrate Easter today, we thank God for Jesus overcoming death and giving us eternal hope.

We are looking at Proverbs chapter 12. This chapter has four sections. Pro. 12.1-7 This first section contains six two-lines which contrast the behaviour of the wicked with the righteous. The second section, Pro. 12.8-12, this section focuses on the contrast between the diligent person and a lazy person. The third section, Pro. 12.13-23, this section deals with wise speech and silence. It shows the contrast as to how a wise person differs from a foolish person in the manner they speak. The last section, Pro. 12.24.-28, these last few verses summarize the value of diligence over laziness.

I like us to zero in on one verse Pro. 12.5 "Anxiety weighs a person down; an encouraging word cheers a person up." Anxiety in Hebrew is *deagah* which means concern, anxious care. It can also mean fear, heaviness, or sorrow. Anxiety is a nervous preoccupation with what is beyond our control.

The word weighs in Hebrew is *shachah* which means to bow down, to bring homage, or bring down. This nervous preoccupation of anxiety is such a weight that bends us over or brings us down emotionally, physically and even spiritually.

Anxiety is a crippling emotion. It grips a person and causes many other problems, physically, emotionally and spiritually. We feel like we are all alone facing it. We see people with anxiety all around us. We see in our family, our friends, our co-workers, our neighbours and even feel it ourselves. With the announcement of the extension of the Control Movement Order, our anxiety grows heavier. What will happen to my job, my business, how to pay for my

instalments, my food bills, etc? Children's education, the list will go longer and longer.

Where can we hear or find a good word, an encouraging word, a kind word that will lighten the weight in our hearts? Pro. 17.22 talks about "A merry heart is good medicine," and the second half of this verse says "but a broken spirit saps a person's strength." Another version says, "but a broken spirit dries the bones." This is exactly what anxiety does to us. It dries us up, there is not much life flowing through any more. The power of the resurrected Christ is interested in us. He wants to set us free from this bondage of anxiety and uncontrollable fear of our future. If He can overcome death, there is nothing too hard for Him.

On Easter, I am thinking, how can we have an encouraging word for people all around us. My main ministry is the ministry of encouragement. Words of encouragement are free. The ministry of encouragement is best done by words spoken with love and compassion or caring acts for one another. James 2,15-16 says, "Suppose you see a brother or sister who has no food or clothing, 16 and you say, "Good-bye and have a good day; stay warm and eat well"—but then you don't give that person any food or clothing. What good does that do?"

Words are very important. They can do good or evil. They can either hurt or heal, comfort, uplift up or tear down, misled or redirect. As children of God, we can help a brother or a sister whose heart is heavy and burden down with kind words of comfort and strength from the word of God. Today, we can be an encourager.

"So encourage each other and build each other up, just as you are already doing." 1 Thess. 5.11.

Prayer for today

All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. Ephesians 1.3

Holy Father, we thank you for this special day where we celebrate the Resurrection of Jesus Christ from the dead. His death gives us life, gives us purpose and direction with eternal hope. We are grateful.

Lord, we want to lift up many who are down with heavy hearts because of the Coronavirus. Lord, help us to look to you for all our needs today. Grant us peace in our hearts, for we know you will never leave nor forsake us.

Lord, help us to be an encourager today. May we be able to speak kind words of encouragement to each other in our homes. May our words always be able to build each other up and not cut somebody down. May we be able to find words that are loving and compassionate.

Lord, our anxiety at times has caused us to feel depressed. Teach us to trust you, to praise you in all circumstances, give us the ability to look beyond with hope in Christ. (Proverbs 12.25; Psalm 46.1 ; Psalm 34.1; Psalm 37.9; Philippians 4.8)

Can you think of 3 persons in our life that always seem to be an encouragement to you when they talk to you? Thank God for them. Use three words, how friends would describe the way you talk. Stop and reflect for a moment.

Ask God to bring to our mind encouraging words that are refreshing for others. Think of at least three words that will lift someone up today. People right in your home, a friend who is struggling, call or WhatsApp the persons the Lord lays on your heart. Ask the Holy Spirit to help us to develop the ability to speak kind and gentle words of encouragement. May our words always bring life and blessings to those around us.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. Philippians 4.8-9

Amen. Amen. Amen.

Pastor Isaac Yim

复活节 12.04.2020

作者：严以撒牧师

人心忧虑、屈而不伸。一句良言、使心欢乐。(箴言 12:25)

祂复活了！哈利路亚！祂的确复活了！

谁在陪伴着耶稣受难？从所记载的经文，我们看到许多人是在远方跟随着。耶稣附近只有四个女人。约翰·马可在那里。其余的门徒很可能为了躲避迫害而藏了起来。忧虑和绝望一定充满了他们的内心。忧虑和不确定性使门徒回到了原点。第三天，耶稣从死里复活。这个复活把他们的恐惧转变成希望。今天我们庆祝复活节时，我们赞美上帝，我们感谢上帝，因为耶稣战胜了死亡并带给我们永恒的盼望。我们正在看箴言第 12 章。本章分为四个部分。箴言 12:1-7 第一部分包含六条并列的对照，这里将恶人与义人的行为进行了对比。第二部分，箴言 12:8-12，本节着重于殷勤的人与懒惰的人之间的对比。第三部分，箴言 12:13-23，本节讨论智慧的言语和沉默。它显示了一个智慧人与一个愚妄人在说话方式上的区别的对比。最后一个部分，箴言 12:24.-28，最后几节经文总结了殷勤过于懒惰的价值。

让我们集中于箴言 12:25 “人心忧虑、屈而不伸。一句良言、使心欢乐。” 忧虑在希伯来语中是 deagah，是关注，焦虑的意思。它也有恐惧，沉重或悲伤的意思。当我们无法掌控事情的发展时，我们就会忧虑。在希伯来语中“屈”是 shachah，意为低头，致敬或压低。这种紧张的忧虑情绪使我们在情感上，生理上甚至精神上使我们屈服或使我们沮丧。

忧虑是一种畸形的情绪。它会控制一个人，并在其身体，情感和精神上造成许多其他的问题。我们经常觉得只有自己一个人在面对。我们看看我们周围都充满着忧虑的人。我们看看我们的家人，朋友，同事，邻居，甚至我们自己。随着《行动管制令》的延长，我们的忧虑越来越严重。我的工作，我的业务，如何支付分期付款，我的伙食费等将会发生什么变化？还有关于孩子的学业，这份清单会越来越长，越来越长。

我们在哪里可以听到或找到一个好消息，一个鼓舞人心的消息，一个善良的消息，它将减轻我们内心的负担。箴言 17.22 谈到“喜乐的心、乃是良药”，而这节经文的后半部说：“忧伤的灵、使骨枯干。”这正是忧虑对我们的影响。它使我们枯干，再也没有生命的流露。复活的基督的能力将帮助我们。祂要把我们从忧虑和对未来无法掌控的恐惧的束缚中解脱出来。如果祂能战胜死亡，那么这些对祂来说也不是难事。

在这复活节，我在思想着，我们怎么对周围的人说一个鼓舞人心的话。我的主要事工是鼓励事工。鼓励的话是免费的。鼓励的事工，除了透过爱心及怜悯的言语，还要加上关怀他人的行动。雅各书 2: 15-16 说：“若是弟兄、或是姐妹、赤身露体、又缺了日用的饮食“，16 节而你说：“平平安安的去吧、愿你们穿得暖吃得饱。”——但是你不给那个人任何食物或衣服。这有什么用呢？”

言语是很重要的。它们可以做善或做恶。它们可以伤人或使人得医治，安慰人，鼓舞人或令人跌倒，误导人或使人重新获得方向。作为上帝的儿女，我们可以用上帝的话语来安慰和坚固，一些内心沉重和负担沉重的兄弟姐妹。今天，我们就可以成为一个鼓励者。

“所以你们该彼此劝慰、互相建立、正如你们素常所行的。” 帖撒罗尼迦前书 5: 11
陈月妃 译

MONDAY, 13 APRIL 2020

Preamble to Proverbs 13

Proverbs 13 is a collection of twenty-five wisdom sayings, most of which contrast two opposites with each other (e.g. the wise and the foolish, in most cases, joined by 'but'). The difficulty in picking verses from such a chapter is the chapter does not seem to have a single theme. I shall, therefore, concentrate on just one verse.

This is the verse I wish to share a bit on for today.

12 Hope deferred makes the heart sick,
but a desire fulfilled is a tree of life.

In the Holman Christian Standard Bible (HCSB) it reads:

12 Delayed hope makes the heart sick,
but fulfilled desire is a tree of life.

Do we tend to think that when we have to wait for something, God is being unreasonable and testing our patience beyond our ability to handle it? 'Why can't things move a bit faster?', we often ask impatiently.

Will not God strengthen us to wait patiently if we ask Him?

This is what Paul wrote to the saints in Colossae:

Colossians 1:9-11

9 For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives,

10 so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God,

11 being strengthened with all power according to his glorious might so that you may have great endurance and patience.

Modern life with its 'instant' quick-fixes and solutions trains us in the art of impatience. Our culture and (social) media cultivate our taste for ease, comfort, and instant gratification. So when God tells us to wait far longer than we expected for that dream job, approval from a bureaucratic authority or some other agency, how do we avoid becoming like Israel's wilderness wanderers, who "became impatient on the way" and "spoke against God" – Numbers 21: 4-5?

We need God to strengthen us with patience. Patience, as Paul's prayer for the Colossians shows, is not the weakness of people who have no power to get what

they want. Patience is the power to press on through difficulties, discouragements, and detours with a heart full of faith and a mouth full of praise. Are we able to pray 'Strengthen me to wait patiently?'

And secondly, Have we fallen prey to the temptation to take shortcuts?

Too long waiting merely make taking shortcuts more tempting.

The Bible has instances of characters who decided they had enough of waiting. The Israelites, waiting for Moses to come down from Mount Sinai to deliver God's word, decided they would build the golden calf themselves (Exodus 32:1). King Saul, waiting for Samuel to come and offer an animal before the battle, decided to be the priest himself (1 Samuel 13: 8-10). The Israelites, waiting for God to deliver them from enemy armies, decided they would buy Egypt's help instead (Isaiah 30:15-16).

Dear brothers and sisters, are you being tempted by shortcuts today? Or perhaps this pause in the hustle and bustle of your life's routine is the Lord's opportunity for you to re-think options and not take that shortcut which looked so appealing to you four weeks ago.

Read Isaiah 30:15

For thus said the Lord GOD, the Holy One of Israel,
"In returning and rest you shall be saved;
in quietness and in trust shall be your strength."

Finally, what greater area do we need the patience to wait upon God than in the area of the Future God has in Store for Us?

I am sure many of us compose in our minds of how we would like life story to turn out. But do we really, really invite God to be the Author of that essay with us, or do we prefer to go solo?

We need God to help us want the future He has for us — the future he has written in his unsearchable wisdom. Only seasons of patient waiting will train us to relinquish that role as the author of our own story and take up our role as a character in God's story for our lives.

As followers of Christ, we know what our role is in God's story: proclaim his excellencies. For some, God calls us to proclaim his excellencies from positions of plenty. For others, He may call us to do this from places of want and lack, where we live and speak to show that God, no matter what he withholds, is more than enough for us. Are we willing to surrender our wills and wait upon Him to reveal this to us?

We cannot, on this side of eternity, see the meaning of the final act in our own plotlines. But we must play our role as His character knowing that our Author has mastered for our spiritual good, the final twist if there be one.

“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). The God who saved the world through a cross and an empty tomb know how to take our failed stories and turn them into something beautiful. Our role is to trust him and glorify him, even when we can't see the ending.

PRAYER

Our Heavenly Father we pray for Adriel Yim's operation. We trust that the doctors have re-scheduled his operation for Monday so that his medical condition may be attended to promptly. We pray for the team of doctors and support staff in the OT – may they do a complete job and be ready for any eventuality.

We pray for a good and smooth post-op recovery without any side effects. We pray also for Adriel's parents Jun Yung and Siew Hup, that your peace will be upon them throughout this time.

Father, we also pray for the many voluntary organisations, some headed by Your children, who are delivering food and other essentials during this MCO to families which have totally run out of money. We pray O Lord, you will provide for these organisations financially so that their acts of mercy and compassion may continue. May You bless them and the volunteers assisting them.

Our Heavenly Father, thank you for your Word to us today. We pray You will teach us patient faith in times such as these, that we will wait upon you without doubting and complaint.

Help us always to speak words of life, grace, and encouragement, and to guard our mouths to preserve our lives.

Help us to hate falsehood and all forms of deceitful behaviour and hypocrisy, that our interactions with everyone will be sincere and transparent.

We pray we will not be misled by the love of riches and all that it offers; help us beware the pitfalls of wealth.

Help us choose our companions wisely, that we may draw close to and confide only in the righteous.

Finally, we pray we will not only leave a financial inheritance but a spiritual legacy to our children's children, one that will keep them in the Lord's way all their lives.

In Jesus' Name we pray. Amen.

Ps Cheng Cheung

每日灵粮

13/4/20

作者：张祯祥传道

箴 11：24-25

引言

箴言十三章记录了一系列的智慧佳句，其中大部分都是鲜明对比（例如智者和愚蠢的，在大多数情况下加入了「但是」）。从这章挑选经文有一定的难度，因为整章似乎没有单一的主题。因此，我只会专注探讨一节。

这是我今天想分享的经文：

箴言 13：12「所盼望的迟延未得，令人心忧；所愿的来到，好比生命树。

我们是否倾向于认为，当我们必须等待某件事时，上帝变得不讲理，在测试我们的耐心，而且这测试已超乎我们所能承受的？我们经常不耐烦地问，「为什么事情不能快一点？」

如果我们问上帝，那他会不会帮助我们加增忍耐？

保罗这样写给歌罗西的圣徒们：

歌罗西书 1：9-11

「因此，我们自从听见的日子，也就为你们不住地祷告祈求，愿你们在一切属灵的智慧悟性上，满心知道神的旨意， 10 好叫你们行事为人对得起主，凡事蒙他喜悦，在一切善事上结果子，渐渐地多知道神； 11 照他荣耀的权能，得以在各样的力上加力，好叫你们凡事欢欢喜喜地忍耐宽容。」

现代生活所提倡的「速效/即时」可以磨练我们忍耐的艺术。现今的文化和社交媒体逐渐培养我们的品位，使我们追求轻松、舒适和即时的满足感。因此，当梦寐以求的工作迟延未得，或在等待官僚机构或其他机构的批准时，我们如何避免成为以色列旷野的流浪者？他们「心里烦躁」并「反抗上帝」（民数记 21：4-5）

我们需要上帝加强我们的耐心。就如保罗对歌罗西的祈祷，忍耐不是软弱；不代表一个人没有能力得到想要的。忍耐是以充满信心和赞美的嘴，坚持克服困难、挫折和弯路的力量。我们是否祈求主「加增耐心？」

其次，我们是否已沦陷捷径的诱惑呢？

等待的时间太长只会使捷径显得更诱人。圣经中也有一些人物觉得自己等得够久了。以色列人等不及摩西从西奈山下来传扬上帝的话，因此决定自己建造金牛犊（出埃及记 32：1）。扫罗王在战斗前等不及撒母耳献燔祭和平安祭，所以决定自己献祭（撒母耳记上 13：8-10）。以色列人放弃等待上帝将他们从敌军手中解救出来的过程，反而投靠埃及（以赛亚书 30：15-16）。

亲爱的弟兄姐妹们，你今天是否被捷径所迷惑？也许暂停喧嚣繁忙的生活是主赐给你的机会来重新思考，不去选择四周前对你来说看似诱人的捷径。

以赛亚书 30:15

「主耶和华以色列的圣者曾如此说：你们得救在乎归回安息，你们得力在乎平静安稳。你们竟自不肯！」

最后，当我们谈论忍耐，有什么比等待上帝为我们预备的将来更重要呢？

我相信，许多人都在想象我们理想中的未来。但是，我们是否真诚地的邀请上帝与我们一同写生命文章，还是我们宁可独自一人？

我们需要上帝帮助我们渴望他所为我们预备的未来。这未来是上帝以他丰富的智慧所定的。只有耐心等待的季节可以训练我们放弃成为自己生命的作者，并在上帝故事中扮演我们的角色。

作为基督的跟随者，我们在上帝故事中所扮演的角色是：宣扬他的美德。对于某些人来说，上帝呼召我们在充裕中宣扬他的美德。对于其他人，上帝可能要我们从匮乏之处，透过言语行为，表明在主里我们是富足的。我们愿意放弃我们的意愿，等待他所给我们启示吗？

在永恒的这一面，我们无法懂得自己生命最后一幕的含义。但是，我们必须扮演主人公的角色，深信我们生命的作者已经得胜了，一切定会逆转胜。

哥林多前书 2:9 「只有神借着圣灵向我们显明了。因为圣灵参透万事，就是神深奥的事也参透了。」

以十字架和空坟墓拯救世界的上帝能够把我们失败的故事改为美丽的文章。虽然我们看不到结局，但我们的任务就是相信他并荣耀他。

一同祷告：

我们在天上的父，我们为 Adriel Yim 的手术代祷。我们相信医生已将他的手术安排在星期一进行，以便可以及时处理他的医疗状况。我们为手术室的医生团队和支援人员祷告。愿他们能够完成手术，并为任何可能发生的事情做好准备。

我们祈祷手术后 Adriel 能早日康复，不会经历任何副作用。我们也为 Adriel 的父母 Jun Yung 和 Siew Hup 祷告，愿主你赐他们平安。

父神，我们也为许多志愿人员组织祷告，其中一些是由你的孩子所领导的，他们在这次行动管制令期间为那些完全没有钱的家庭提供食物和其他必需品。哦主，我们恳求你帮助他们，使他们有经济能力继续他们的工作。愿你祝福他们和帮助他们的志愿者。

我们的天父，感谢你今天对我们说话。我们祈求你在这段时间教导我们耐心地信靠主，毫无疑问和毫无抱怨地等候你。

帮助我们总是发出恩典和鼓励的话语，并谨守我们的嘴保守生命。

帮助我们憎恨虚假和所有形式的欺骗行为和虚伪，使我们对每个人真诚相待。

我们祈求不爱慕财富，不被财富所能提供的误导；帮助我们提防财富的陷阱。

帮助我们明智地选择我们的同伴，使我们可以亲近义人，只向他们倾诉。

最后，我们祈祷，我们不仅会留下财务遗产，也会留下属灵遗产给我们孩子的孩子，让他们一生都在主的道路上。

奉耶稣的名祷告，阿门。

巫惠如译

Tuesday, 14 April 2020

Proverbs 14.1

A wise woman builds her home, but a foolish woman tears it down with her own hands. (NLT)

A woman's family is held together by her wisdom, but it can be destroyed by her foolishness. (CEV)

The wisest of women builds her house, but folly with her own hands tears it down. (ESV)

Proverbs 14.1-35 there are four sections:

1. Walking in Wisdom vs. Folly vv 1-7
2. Walking by Faith and Not by sight. Vv 8-15
3. Walking before others vv 16-32
4. Walking to impact the nation vv 33-35

The contrast between Lady Wisdom and Lady Folly continues from Proverbs 9.1. The brief statement about the wise woman here will be further discussed in Proverbs 31.10-30. Whereas the second part of verse one, "the foolish woman tears it down with her own hands." Was discussed in Proverbs 7.10-23 and Proverbs 12.4 "A worthy wife is a crown for her husband, but a disgraceful woman is like cancer in his bones." Proverbs continue to say that the disgrace cannot be hidden, it will be like "trying to stop the wind or trying to hold something with greased hands." Pro. 27.15-16

To be wise or foolish is a choice made by a person. Lady Wisdom is calling out, inviting you to come to her, to learn from her and be enriched by her. It's all a choice. We can build up or tear down our homes with the same pair of hands.

The house can mean a building, dwelling or palace, the writer is using figuratively as home, household and family. The picture here is about a wise woman who is able to enlarge or extend her household, teaching her children and be a blessing to her husband in contrast to a foolish woman whose foolishness causes damage to her husband and a detriment to her children and result in breaking up the family.

One of the most common ways to tear down a home is by the words that a woman speaks. Words are very powerful and can be used to build up the family members or tear them down. One way that a woman tears down her home is by being a nagging wife. Webster's Dictionary defines the word "nag": 1) to annoy by continual scolding, fault finding, complaining, urging, etc. 2) to keep troubling, worrying, etc. Therefore, a nagging wife is one who must be in control, not trusting God and living in faith, but is one who tries to get her way by continually complaining. She is never pleased with her husband or children and tells them so.

Buildings don't just pop up from the ground on its own. Neither are homes built on their own. A house is built with brick and mortar; wood and nails. But a home is built with love, kindness, beauty, orderliness, discernment; instructions and disciplines; harmony; unity and stability. A wise woman creates an environment where the husband and children will love to come back to. A place where the family plays and prays together; where Christ is honoured; and a place where everyone is love and accepted. The Biblical pattern for building a home is to follow the command of God. The father leads with example and love for his wife. The wife submits to the husband and the children obey their parents.

A plain marble stone, in a churchyard, bears this brief inscription: "She always made home happy." This epitaph was penned by a bereaved husband, after sixty years of wedded life. What a rare combination of virtues and graces this wife and mother must have possessed! How wisely she must have ordered her house! In what patience she must have possessed her soul! How self-denying she must have been! How tender and loving! How thoughtful for the comfort of all about her! (Christian Treasury.)

1 Peter 3:8-12 (NLT)

8 Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters.[a] Be tenderhearted, and keep a humble attitude. 9 Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing. 10 For the Scriptures say, "If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies. 11 Turn away from evil and do good. Search for peace, and work to maintain it. 12 The eyes of the LORD watch over those who do right, and his ears are open to their prayers. But the LORD turns his face against those who do evil."[b]

Prayer for today

Heavenly Father, Thank you for your love and grace that empowers us to overcome the fear of the pandemic. We thank you for each of our families. We are grateful that you have kept us safe and provided all our needs. We thank you for the family time you have given to us. Lord, we also feel that we are bored being locked up in our home for such a long time. There are times our pride comes between our relationship. Give us patience and forbearance with one another. Help us to be gentle and kind especially now. Help us to guard our mouths so that we speak gracious and kind things about one another. Help us to

build up one another and never to tear down others with our mouths. We are anxious about the future. With this indefinite lockdown, we are faced with much uncertainty of the unknown. We come humbly before you, asking you to be merciful to us and all of our families.

We thank you for all our wives and mothers. Grant them the wisdom to daily choose Wisdom over Folly to build our homes. We commit every member of our home to play our role responsibly to make our home a place we love to be.

We pray for the frontline workers, protect them, renew their strength and provide their daily needs. We pray for all those who are infected by the Coronavirus and are under treatment, heal them, Lord.

We pray for the Government, that they be wise in distributing help to the needy people. We pray that they be able to come up with effective financial plans to help the lower-income group to survive in the lockdown period. Traders and businesses will receive help so that they can provide jobs for workers. Watch over the migrant workers, where they live in crowded areas.

We pray for Adriel Yim, as he is not to go for the operation today, but will go for further tests. Doctors are still studying all the details and come up with an effective plan to help him. Thank God, he went through the Echo and CT Scan. The heart surgery date is still uncertain. Lord, your time is the best time. Lord, we are grateful you are there to listen to our prayers. In Jesus' Name. Amen.
Pastor Isaac Yim

每日灵粮

14/4/20

作者：严以撒牧师

箴 14:1

箴言 14:1 智慧妇人建立家室，愚妄妇人，亲手拆毁。

箴言 14. 1-35 有四个部分：

- 1、智慧与愚妄中行走 1-7 节
- 2、凭信心而不是凭眼见行走 8-15 节
- 3、在人前面行走 16-32 节
- 4、为影响国家而行走 33-35 节

智慧妇人和愚妄妇人的对比由箴言 9:1 开始，此段经文的智慧妇人也将在箴言 31:10-30 中进一步被讨论。而箴言 14:1 的第二部分“愚妄妇人，亲手拆毁”已在箴言 7:10-23 和箴言 12:4 中讨论过：“才德的妇人是丈夫的冠冕；貽羞的妇人如同朽烂在她丈夫的骨中。”箴言继续说到，耻辱不能被掩盖，如箴言 27:15-16 “想拦阻她的，便是拦阻风，也是右手抓油”。

成为智慧人或愚妄人是一个选择。智慧妇人正在呼唤，邀请您到她跟前，向她学习。这一切都是选择。我们可以用同一双手建立或拆毁家室。

“家室”可以代表建筑物，住宅或宫殿，作者把家室比喻为家或家庭。经文的意思是一个有智慧的妇人可扩展家庭、教导儿女、成为丈夫的祝福，因此使家庭更密切；而一个愚妄的妇人能因为自己的愚妄，给丈夫、儿女带来伤害，导致家庭破裂。

拆毁家室最常见的方法之一是妇人或妻子的话语。言语的功效极大，能使家庭成员被建立或拆毁。唠叨的妻子是家庭拆毁的方法之一。韦氏词典对“唠叨”（nag）的定义是：1）通过不断地责骂，挑错误，抱怨，敦促等方式来烦恼他人；2）不断的烦恼，担忧等。因此，一个唠叨的妻子跋扈、喜爱辖制别人、不依靠上帝、不活在信心中，总是利用唠叨为自己夺取利益。她未曾对丈夫或儿女满意，并告诉（拆毁）他们。

建筑物不可能从地面上突然弹出来。房屋也不是自然被建造的，而是用砖、灰泥、木和钉子所造成的。建立一个家必须有爱、良善、美丽、有序、辨别、教导与责备、合一与稳固。有智慧的妻子为丈夫和儿女创造一个受欢迎、他们愿意、喜爱归回的环境。这地方能让一家人一起玩耍、祷告；一起高举、尊重基督的地方；家庭成员被爱、被接纳的地方。根据圣经的教导，建立家庭必须遵循上帝的命令。父亲以身作则、爱妻子，妻子顺服丈夫，儿女听从父母。

在一个教堂墓地的一块普通大理石上刻有简短的题词：“她总是使家庭幸福。”经过六十多年的婚姻生活，这个墓志铭是一位丧亲的丈夫写的。这位妻子和母亲拥有的美德与优雅是何等的稀少！她安排处理家庭事务是何等的有智慧！她心中的耐心是何等的多！他是何等的舍己！何等的有温柔和爱心！对她是何等的安慰！（摘自 Christian Treasury）

代祷事项

天父，感谢您的爱与恩典，使我们有能力克服疫情的恐慌。我们为的家庭感谢您。我们感谢您保守我们，满足我们的需要。感谢您给予我们有家庭的时间。主啊，我们在这期间少出门也感到无聊无奈。有些时候我们的骄傲影响了我们之间的关系。赐给我们彼此忍耐和宽容的信。如今特别帮助我们变得更温柔友善。保守我们的口，帮助我们彼此说恩慈善良的话。求主使我们彼此建立，不用我们的口拆毁对方。主，由于目前面临着封国，未得知何时结束，我们感到忧虑。我们谦卑地来到您面前，求您怜悯我们和我们的家人。

我们为的妻子和母亲们感谢您。赐给她们智慧，每天选择智慧过于愚妄来建造我们的家庭。我们交托我们的家庭成员，让他们在家中负责任，使家成为我们喜爱的地方。我们为一线工人祷告，保护他们，恢复力量并满足他们的日常需求。我们为所有被冠状病毒感染并正在接受治疗的人祷告，求主医治他们。

我们为政府祷告，使他们有智慧把资源分配于有需要的人民。我们求主赐给他们智慧能够提出有效的财务计划，以帮助低收入群体在封国期间得以过活。贸易商和企业可以获得帮助，以便他们可以继续为员工提供工作。看顾外籍人士，因他们住在拥挤的地方。

我们为 Adriel Yim 祷告，因为他今天不参加手术，但将进行进一步的测试。医生仍在研究所有细节，并提出有效的计划来帮助他。感谢上帝，他已进行了超声心动图和 CT 扫描。心脏手术的日期仍不确定。主啊，您的时间是最好的时间。主啊，我们感谢您总是愿意聆听我们的祷告。奉主耶稣的名，阿们。

杨仕涵译

Wednesday, 15 April 2020

Proverbs 15:15 – *For the despondent, every day brings trouble; for the happy heart, life is a continual feast. (NLT)*

"Woe is me!" or "why me?" Have you ever heard someone say that? Life is full of troubles; family member gets sick, the car breaks down, and the roof leaks. Sometimes our complaints begin with "If only I had..." and so on. The list of woes can be endless. Many times, there is a reality for our wishes. However, if we allow our hearts to wallow in all the complaints, we put ourselves on a path of becoming continually discontented. The word "despondent" has the meaning of "in low spirits from loss of hope or courage." Christians know that God hears the pleas of the believers. He understands our troubles and provides in time of need. In fact, God reminds us through the Bible that every day has trouble in it. This is part of life since the fall of man. But if our hearts are hopeful and joyful, the verse says, "life is a continual feast."

Apostle Paul taught the believers how to achieve the joyful heart in the Book of Philippians;

4 Always be full of joy in the Lord. I say it again—rejoice! 5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. 8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. (Philippians 4:4-9 NLT)

A heart that only think about things that are excellent and worthy of praise is a grateful heart. Because when we submit to GOD and are thankful for what He has done, our hearts will learn not to be anxious about anything, but in every situation by prayer and petition, with thanksgiving, we present our requests to GOD knowing that our good Father knows best. A heart that submits to God and righteous before GOD will help us to have good wisdom to guard our words, attitude, and actions. How we look at our troubles makes all the difference in the world. Do we complain about them, feel bitter toward them, blame others on them, and imagine a few extra? Do we allow the devil to drag our spirit down to the pit of despair and live a defeated life? Even bring others to fall along with us? Or do we set our eyes on God and in prayer, thanking Him for the numberless blessings HE has graciously given, and trusting Him to deliver us from all

troubles – the righteous may have many afflictions, but the Lord delivers him from them all (Psalm 34:19).

Dear Jesus,

We confess if our hearts have not been submitting to You, though we know that You love us so much and You want us to live a cheerful life. You, O Lord, sovereign in our troubles and affairs. Please, Lord, forgive us if we forget the truth and need to be reminded. Lord guides us daily on how to submit to You in order that we may live a joyful life in Christ. As we know that all things work together for good to those who love You, to those who are called according to Your purpose as written in Romans 8:28, so we say, "In everything ... give thanks — no matter what situation we face."

In Jesus' name I pray, Amen.

Ps. Wallace Ong

每日灵粮

15/4/20

作者：王振威传道

箴 15:15

困苦人的日子、都是愁苦，心中欢畅的、常享丰筵。

“我真是不幸！”或“为什么是我？”你有听人如此说过吗？生活总是充满了烦恼；家庭成员生病，汽车发生故障，屋顶漏水。有时，我们总是如此的抱怨“只要我有……”等等。麻烦的清单可能是无止境的。但是，如果我们让自己的心沉溺于这些抱怨中，那么我们会陷在无尽的不满的道路中。“失望者”一词的含义是“由于失去希望或勇气而情绪低落”。基督徒知道上帝听到信徒的恳求。祂了解我们的麻烦并及时提供帮助。实际上，上帝通过圣经提醒我们每天都会有麻烦。自从人类堕落以来，麻烦已成为我们生命的一部分。但是如果我们的内心充满希望和喜乐，那么就会如这句经文所说的：“我们的生命就常享丰筵”

使徒保罗在腓立比书中教导信徒们如何获得喜乐的心。

腓立比书 4:4-9

4 你们要靠主常常喜乐。我再说、你们要喜乐。5 当叫众人知道你们谦让的心。主已经近了。6 应当一无挂虑、只要凡事借着祷告、祈求、和感谢、将你们所要的告诉神。7 神所赐出人意外的平安、必在基督耶稣里、保守你们的心怀意念。

8 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、若有甚么德行、若有甚么称赞、这些事你们都要思念。9 你们在我身上所学习的、所领受的、所听见的、所看见的、这些事你们都要去行。赐平安的神、就必与你们同在。

一个感恩的心就是一个经常思想值得赞美的事物的的心。因为当我们顺服神并为祂所成就的事而感恩时，我们的心就学会一无挂虑，并且在任何情况下，我们会借着祷告，祈求和感谢，将我们所要的告诉神。因为我们知道我们的天父最了解我们。在上帝面前顺服上帝和义的心将帮助我们拥有最高的智慧来保守我们的言语，态度和行为。我们如何看待自己的问题将使世界变得与众不同。我们是否抱怨别人，对他人有苦毒的心，责难他人？我们是否允许魔鬼将我们的灵魂拖到绝望的境地，过着失败的生活？甚至把别人也一起绊倒？抑或我们注目于上帝，并祈祷，感谢祂所赐予的无数的祝福，并相信祂能将我们从所有的麻烦中拯救出来-义人多有苦难。但耶和華救他脱离这一切。（诗篇 34:19）。

让我们祈祷：

亲爱的耶稣，

我们承认，我们的心没有降服于你。尽管我们知道你是如此爱的我们，并且你希望我们过一个喜乐的生活。耶和華啊，你是掌管我们所有的问题与事情的主。主啊，求你原谅我们，如果我们忘记了真理并需要你的提醒。上帝啊，求你每天指导我们如何降服于你，好使我们可以 在基督里过着喜乐的生活。就如罗马书 8: 28 所说的“我们晓得万事都互相效力、叫爱神的人得益处、就是按他旨意被召的人。”所以，“凡事谢恩-无论我们面对任何的境遇。”

我奉耶稣的名祷告，阿们。

Thursday, 16 April 2020

Proverbs 16:1-9

As sinful human beings, we enjoy being in control. Even if we cannot control, we would like to think we are in control of the situation. But here in Proverbs 16:1-9, we are told that God is in ultimate control of all situation, no matter how much we have in control. So here we can learn 3 things summed up in 3 phrases: (1) trust in God's outcome, (2) "just do it!" and (3) do the right thing.

1 Trust in God's Outcome

What does it mean for us to trust in God's outcome? In this passage, we are told in verse 1 that "the plans of the heart belongs to man, but the answer of the tongue is from the Lord." Verse 4 becomes even more shocking because it says everything has its purpose, including the day when wicked people receive their deserved punishment. But what does all these have to do with our lives? It reminds us that we are not in ultimate control of all things, but God is. Because we are finite and God is so much wiser than us. But does it mean we are not responsible?

2 "Just do it!"

Yes, we are nonetheless responsible for all our actions as well. This is a very famous line from Nike, but it rings true for all of us. We have already read that God is in control of every outcome. However, we are still responsible for doing what we have to do because God uses us to accomplish His outcomes. Verse 3 tells us "commit your work to the Lord" We have to plan as well. We cannot blindly say "God is in control" and not do anything about it. This passage itself reminds us that we have to do something as well! In other words, we have to play our part in doing what we need to do. Of course, we do it by committing our work to the Lord, trusting Him. How then should we "do it"?

3 Do the right thing correctly

We have to do the right thing correctly as well. We plan and we execute our plans, but we do so in a humble spirit trusting God. Verse 5 tells us that "everyone who is arrogant in heart is an abomination to the Lord." As we do what we are called to do, we don't do it in the spirit of pride. But we do so in the spirit of humility, trusting God to bring the final outcome. Verse 6 also commands us to fear the Lord, because it is by fearing God where we turn from evil. The fear of the Lord is the beginning of wisdom as well! Verse 7 says when we please God, He will even make our enemies to be at peace with us. Lastly,

Verse 8 reminds us that "better is a little with righteousness than great revenues with injustice."

In conclusion, let us ask God to give us wisdom in navigating different plans in our lives. As we plan our lives, may we remember that God is in control and that He has the final outcome. At the same time, we should never use God's control over all matters as an excuse to be lazy, but we should just do it. Above all, let us do the right thing correctly. Let us fear God and ask Him for wisdom as we navigate through different parts of our lives. As you pray, ask God to help you in these 3 areas: (1) to trust Him for all outcomes, (2) the diligence to carry out our plans, and (3) to have God-fearing wisdom in carrying out the different plans.

Hon Sir Neng

每日灵粮
16/4/20
作者：韩思能

箴言 16: 1-9

作为有罪的人，我们喜欢控制自己的生命。即使我们无法控制，我们也想以为我们可以控制局势。但是在箴言 16: 1-9 中，我们被告知，无论我们有多少控制权，上帝都将最终控制一切情况。所以在这里我们可以学习的 3 件事：（一）相信上帝的控制，（二）做好我们的本分，（三）正确地做正确的事。

（一）相信上帝的控制

对于我们信任上帝的控制是什么意思呢？在这段经文，我们在第 1 节读到 “心中的筹谋在乎人，舌头的应对出于耶和华。” 第 4 节变得更加令人震惊 “耶和华造万物各适其用，就是恶人也为祸患的日子所造。” 但是所有这些与我们的生活有什么关系？它提醒我们，上帝掌控但我们没有万能的最终控制权。因为我们是有限的，上帝比我们智慧得多。但这是否意味着我们不负责任？

（二）做好我们的本分 (just do it!)

尽管如此，我们仍然对我们的所有行为承担责任。这是耐克公司非常著名的引用句 (just do it!)，但对我们所有人来说都是如此。我们已经读到，上帝控制着每一个结果。但是，我们仍然有责任做我们必须做的事情，因为上帝利用我们来完成他的结果。第 3 节说到 “你所做的，要交托耶和华，你所谋的，就必坚立。” 我们还必须计划。我们不能盲目地说 “上帝掌控”，也不做任何事情。这段经文提醒我们，我们也必须拿起责任！当然，我们是通过将工作交托给主，信任主来实现的。那么我们如何做我们的本分呢？

（三）正确地做正确的事

我们必须正确地做正确的事。我们计划并执行计划，但是我们以谦卑的心来相信神的掌控。第 5 节说到 “凡心里骄傲的，为耶和华所憎恶；击掌保证，他难免受罚。” 当我们是不是应着骄傲的心来做为我们的本分。我们应当一个谦卑的心来相信神掌控着所有，带来最终结果。第 6 节也命令我们敬畏耶和华，因为 “敬畏耶和华的，远离恶事。”。敬畏耶和华是也是智慧的开端。第 7 节也说到 “人所行的若蒙耶和华的喜悦，耶和华也使仇敌与他和好。” 来带最后，第 8 节也说到 “少获利，行事公义，强如多获利，行事不义。”

最后，让我们请上帝赐予我们智慧，使我们行走我们的生命。当我们计划自己的生活时，让我们记得上帝在掌控之中，并且他会完成他的结果。同时，我们不应该以上帝对所有事情的掌控为借口懒惰。但我们必须做好我们的本分。然后，让我们正确地做正确的事情。当我们穿越人生的不同部分时，让我们敬畏上帝并向他祈求智慧。当你祈祷时，请神在这三个方面帮助你：（一）相信祂的一切掌控，（二）努力执行我们的计划，（三）有一颗敬畏神的心来成全所有的计划。

韩思能

Friday, 17 April 2020

Proverbs 17.14

*The beginning of strife is like letting out water,
so quit before the quarrel breaks out. (ESV)*

The beginning of strife is as when water first trickles [from a crack in a dam]; therefore, stop contention before it becomes worse and quarrelling breaks out. (AMPC)

Two days ago, Rosie and I give thanks to God for His mercies and grace that enable us to celebrate our 48th Wedding Anniversary. As we reflect on what kept us going all these years. There are countless things we can give thanks to God. Unless the Lord build our marriage, we labour in vain. We too have to do our part in the building up of our marriage. There are many but I just touch on one.

This brings me to the text of the day. "The start of an argument is like the first break in a dam; stop it before it goes any further." (GNT) It is easier to put off a match stick fire than to put out a forest fire. Stop it before it goes out of hand. Better still don't even start it – Strive, contention, arguing, disputes, discord or quarrel!!!

The word "strife" or "contention", occurs some 15 times in Proverbs to describe the kind of person who is apt to cause an argument or a conflict, one who is predisposed to quarrelling or dispute. Strive is like driving a wedge between two persons or two parties.

We are painfully aware that arguments DO occur. We have all been engaged in them repeatedly. We are sinners. It's a given that all of us will sometime be involved in strife and conflict with different degree and in different settings. Disputes happen in our home, in our church, among our friends, in the school, in the workplace, in politics.

Solomon observes that all disputes and strive has a beginning. There is a point in time when the strife begins. The funny or sad thing is that in a family fight there is a starting point but no finishing line. While reading this, some of our fights is still raging on with no sight of the end.

Solomon is a master teacher. He uses an analogy to help us see every argument or dispute can be traced back to its beginning. It is like a tiny hole in the wall of a dam. It started with a trickle of water but it gets bigger and bigger. It is like "letting out water." It is like the emptying of one's bladder. The point is once it begins to flow, it can be impossible to stop. Watch out for the little crack in your relationship, if you are careless and allow anger, envy, hatred and unforgiveness to flow, before long it will collapse the wall of your marriage. Water is very

powerful and destructive. Arguments and strife can ruin a home, a business, friendship and even the local church. Stop the leak!!!

“Therefore” is the beginning of the second part of this verse. Solomon gives us additional advice. Continuing the analogy, water starts to flow and strife, contention, argument continue to rage, he admonishes, “Don’t let it start!” Where is the little crack in our dam? It is easier to do something about it. We can mend it back with love and forgiveness. By doing so you will prevent the bursting of the dam and causing untold pain and destruction. If you don’t stop it right away, it will get bigger and bigger and more and more powerful. Finally, there will be no stopping it.

“Stop” in the original context it means to leave; forsake; cast off; reject, abandon or quit. In our “kiasu” culture, to be a man is to show that we are strong and powerful. We don’t want to be a loser. We will stand our ground. We demand our way or no way. We become hard and obstinate. Don’t let that first trickle of a fight to begin. Drop the issue before the contention begins. Regardless as to who is to be blamed for starting the first spark of contention, let’s be quick to forgive or to say, “I’m sorry” before irreparable harm is done.

Prayer for the day

Lord, I thank you for preserving our marriage for these last 48 years. Lord, you are our God for all seasons of our lives. You have seen us through it all. We are ever grateful for your unfailing love, your forgiveness, your gracious leading, your unending supply for all our needs, you have given us a purpose to live for. Lord, our hearts are still burdened for little Adriel. You have given us Adriel to love and to cherish him. We know you have your wonderful plan for him and his parents, Jun Yung and Siew Hup. We know you will do all things so that your name be glorified. Grant us faith to trust when we don’t see the way ahead. For we know you never make a mistake. We want to thank and praise you because you are a trustworthy God. We cast all our burdens and cares upon you for you care for us.

Oh, God, we pray for each of our relationship with you. Teach us to be totally dependent on you. The pressure and stress of this prolong Coronavirus is getting on to us. With all these immense stress on us, it often wears us out. We feel we are no more in control and we are frightened of tomorrow. O Lord, we need you daily to stand by us and give us the courage to shoulder on.

Lord, protect our relationship at home, in the church, in the workplace and in the world. Often time under great stress, we lose control of ourselves. We let strife and argument flare-up. Lord, give us the wisdom to put out the match fire and not allow it to be a forest fire. Help us deflect anger with gentle words. May our words be a tree of life. May our words bring healing. May we practice the words of Jesus, “Do for others what you would like them to do for you.” Matt.

Lord, have mercy on us. We bring this pandemic of the Coronavirus to you. This fire has gone out of control. Lord, create a holy fear in mankind, cause us to come with humility and a contrite heart to seek your forgiveness for we have rebelled against you. We have turned our back on you. We have just been disobedient to you. Lord, forgive us and bring us back to you. Only in you, there is forgiveness and hope. There is no other name that we can call on and be saved, besides the Name of Jesus. As you children may we be your ambassadors of your love, joy, peace and hope in these trouble times.

Lord, we submit to you. We surrender our all to you. Lord, come and lead and guide us through this day as we wait upon you. We praise and thank you in Jesus' Name. Amen.

Pastor Isaac Yim

每日灵粮

17/4/20

作者：严以撒牧师

箴言 17:14

「纷争的起头如水放开，所以在争闹之先，必当止息争竞。」

感谢上帝的怜悯和恩典，两天前，我和 Rosie 能够庆祝我们第四十八周年的结婚纪念日。当我们在回想我们为什么能够走到此时此刻，我们就有数不清的事情要感谢上帝。我们的婚姻若少了神，那我们将徒劳无功。我们当然也必须在建立婚姻中尽起自己的本分。的确是有许多方面，但我只会谈一件。

这把我带到了今天的经文。“纷争的起头如水放开，所以在争闹之先，必当止息争竞。”要扑灭火柴的火比要扑灭森林的大火来的更加容易。在它失控之前就要将它停止。最好甚至不要开始—冲突，争论，争执，不和或争吵！！

在箴言中，“冲突”或“争执”出现了约 15 次，用以描述那种容易引起争执或冲突的人，倾向于争吵或争执的人。“冲突”或“争执”就像在两个人之间挑拨离间。我们知道争执是难免的。我们所有人都曾经与别人有过争执。我们都是罪人。我们所有人有时都会以不同的程度或在不同的环境下与别人发生冲突。在我们的家中，在教会中，在我们的朋友当中，在学校中，在工作场所中，在政治里都有可能发生争执。

所罗门指出，所有争执和冲突都是有开端的。在某一刻，争执和冲突就好像突然开始了。很可悲的是，在家庭的争执中虽有一个起点，但却没有终点。在阅读这经节时，可能我们正处在某种争执，看不到结局。

所罗门是一位出色的老师。他用一个比喻好让我们能够看到每一个争执或冲突都可以追溯到它的启发点。它就像水坝壁上的一个小洞。它从一滴水开始，但是会变得越来越来。就好比“把水放了”。这也有点像排空膀胱。关键是水一旦开始流出，就有可能停不下来。请注意你的婚姻关系中的小裂痕，如果一不下心，让愤怒，嫉妒，仇恨和不饶恕持续下去，不久后它就会使你婚姻破裂。水非常强大且具有破坏性。争执和冲突会毁坏家庭，生意，友谊，甚至毁坏当地的教会。要阻止泄漏！！

“所以”是本节第二部分的开始。所罗门给了我们其他建议。继续刚才的比喻，水开始泛滥，争执，冲突继续盛行，他告诫：“别让它开始！”大坝的小裂缝在哪里？对症下药比较容易。我们可以用爱和宽恕来弥补它。这样做可以防止水坝爆裂而造的痛苦和破坏。如果你不立即阻止它，它将变得越来越强大。最后，它将会停不了。

在原文中，“止息”表示离开，摆脱，拒绝，放弃或退出。在这“输不起”的文化中，很多人都想证明自己的强大和能力。我们不想成为失败者。我们会坚定不移。我们要求自己做主或根本不采取行动。我们变得很固执。不要让争执和冲突开始。在争执和冲突开始之前，删除该问题。不管是谁先开始的争执和冲突，在造成无法弥补的伤害之前，让我们迅速地饶恕或说“对不起”。

今天的祷告

上帝，感谢你在过去的 48 年中维护了我们的婚姻。主啊，你是我们生命中所有季节的上帝。你伴随着我们经过重重阻碍。我们感谢你坚定不移的爱，你的宽恕，你满有恩典的领导，你无止尽地满足我们的需要，以及你给了我们生命目标。

主啊，我们的心仍担忧 Adriel。你给了我们 Adriel 来爱护和珍惜他。我们知道你对他和他的父母 Jun Yung 和 Siew Hup 有一个美丽的计划。我们知道你所做的都是为要荣耀你的名。当我们看不到前进的道路时，请赐给我们信心。因为我们知道你永远不会犯错。我们要感谢和赞美你，因为你是一位信实的上帝。我们将所有的负担都交拖给你，因为你爱我们。

哦，主啊，我们为我们与你的关系祷告。教导我们完全信靠你。这新冠病毒带来的压力正在逐渐加剧。这些巨大的压力使我们感到疲惫不堪。我们已无法掌管许多事，我们也对明天感到恐惧。上帝啊，我们需要你与我们同在，并给我们勇气继续前进。

主啊，求你保护我们在家庭、教堂、工作场所和世界上的关系。通常，在巨大的压力下，我们会失去了自我。我们让争执和冲突变得更加激烈。主啊，给我们智慧熄灭火柴，不要让它成为森林大火。帮助我们用温柔的言语来转移愤怒。愿我们的话成为生命之树。愿我们的言语带来疗伤。愿我们实践耶稣的话：“你们愿意人怎样对待你们，你们也要怎样对待人。”

主啊，怜悯我们。我们将这新冠病毒交托给你。这场大火已经失控了。主啊，求你使世人敬畏你，使我们以谦卑的态度来寻求你的宽恕，因为我们得罪了你。我们也拒绝了你。我们不听你的话。主啊，请原谅我们，并将我们归回向你。只有在你里面有宽恕和盼望。除了耶稣的名，我们没有其它的名可以呼求。作为你的孩子，但愿在这困难的时期，我们将成为你爱、喜乐、和平与盼望的大使。

主啊，我们服从你。我们降服与你。主啊，我们等候你，求你今天引导、带领我们。我们奉耶稣的名祷告。阿们！

胡斐译

Saturday, 18th April 2020

Proverbs 18: 10

"The name of the Lord is a strong tower; the righteous run to it and are safe."

How comforting this verse is for all of us as we face Covid 19 with so many questions with no apparent answers and multiple uncertainties – the safety of family members abroad and some working as front-liners, job securities after the lock-down, health issues, finance, relationships, studies and so many more – these questions and uncertainties can go on and on and different for different families – we ask and worry and anxious because we are only human.

But this verse tells us that our Lord is fully able to protect us for He is our "strong tower" where we can "run" to and feel safe. The first line establishes this truth, and the second focuses on the trust of the righteous. This is the only place in Proverbs where "the name of the Lord" is found; it signifies the attributes of God, here the power to protect (Exodus 34:5-7). The metaphor of "strong tower" (migdaloz) sets up the imagery of the second clause: "running" metaphorically describes a wholehearted trust in God's protection (see Isa 40:31) and "safely on high" (nisgab; NIV, "safe"), a military term, stresses the effect. Other Scriptures also tells us how our God and Heavenly Father actually protects His people in a different circumstance.

Let's all be reminded it's a "wholehearted trust" in our Lord's protection. Same with the greatest commandment "Love the Lord your God with all your heart and with all your soul and with all your mind." (Matt 22:37). The dictionary says whole-hearted means "without doubts or reservations". Completely trust Him with everything we have, with no reservation, no questions.

Again, because we are human, it's easier said than done. Even for a Pastor like me. Our eldest daughter Grace is studying in Taiwan and almost every day we call her up to find out how she is doing. Our daughter-in-law and grandson are in Shangdong and every day my son Simon would video call to see how they are doing. Our younger son Alex had the high fever the other day and even after calling so many of you to pray that it would not be Covid 19, we still spent a sleepless night praying for him. Thanks for all your prayers who our God answers and the next day he was tested negative for Covid 19. Yes, dear brothers and sisters in the Lord, we are all still learning to trust our God "wholeheartedly", completely in every area of our life. It's a process none of us can say we have "arrived".

If the Apostle Paul can say "Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” (Phil 3: 12-14). If Paul who wrote almost half the New Testament and so mightily used by God for the furtherance of His Kingdom especially among the Gentiles and still considers himself the chief among sinners can say he has not “arrived” or in his own words “not already been made perfect”, how far are you and I? Yes, dear brothers and sisters, none of us will ever “arrived” this side of eternity.

Someone had put it nicely in layman’s term: Sanctification is a process whereby we sin less and less and slowly but surely becoming more and more like Christ. Yes, dear brothers and sisters, sanctification is a process, a step by step process, a day by day process. And thus in our walk with Christ, we may falter, we may fall, we may back-slide, we may sin, we may rebel and we may even walk away from God. But like the father in the parable of the Prodigal Son, He is always looking out of His window hoping to see us coming back to Him. “But while he was still a long way off, his father saw him and was filled with compassion for him, he ran to his son, threw his arms around him and kissed him.” (Luke 15:20). That’s what our Heavenly Father would do for all His wayward children, you and I.

God is always a God of second chance. If the Apostle Peter can deny Him not once, not twice but three times and yet be forgiven and restored, I know and believe our God would do the same for us. On Peter’s third deny, when the rooster crowed. “The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: ‘Before the rooster crows today, you will disown me three times.’ And he went outside and wept bitterly.” (Luke 22: 61-62) Those tears of Peter were tears of repentance.

For those of you who have for whatever reason not been going to church, or reading His Word, or praying or having any fellowship with brothers and sisters in the Lord, dear brothers and sisters, your Heavenly Father is calling you home right now. For those of you who don’t feel like going to church, that is when you need to go to church when you don’t feel like reading His Word or praying, that is the time you need to read His Word and pray. In times like this, our verse today reminds us that the name of our Lord is the “strong tower” where we, His children can run to for safety. Come back to our Lord dear brothers and sisters.

There is no perfect Church in this world. The reason is the Church is you and me, “called out people” of God, we are all not perfect, even though we are His children. If our Church has failed you in any way, we apologise and pray and hope in God’s grace, you can forgive us and give us another chance to love and care for you. If you are already happily worshipping and serving in another Church, our blessings go with you. Wherever we are, as a believer, we need to

find a Church whereby we can grow and serve Him with all that God has bless us with. Then one day when we stand before the Lord, we can say like the Apostle Paul "I have fought a good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award me on that day – and not only to me, but also to all who have longed for his appearance." (2 Tim 4: 7-8).

PRAYER

Dear Lord, in times like this, we thank you for reminding us that You will always be our "strong tower" and you will always be there where we can run to for safety and protection. We know deep in our hearts that You will never leave us nor forsake us.

Dear God, we want to commit all our front-liners into your hands. Protect them and keep them safe as they risk their lives to save so many others. We pray for your peace that transcends all understanding to be with them and their wholehearted trust in You for all their family members. We want to pray also for all those who are being affected one way or another by this lock-down – the elderly; the home-bound; the sick; those separated from their family members – some here, some oversea; employers whose business are affected; employees who may face a pay-cut or even lose their job; those facing so many uncertainties after the lock-down; those who have lost their loved ones recently.

We also want to remember those who are not well physically and ask for your healing to be upon them. We also want to pray especially for those who are down with Covid 19 for their speedy recovery and protection for their family members. We want to pray for our government to have the wisdom to make all the best decisions for the safety and welfare of all Malaysians.

Last but not least Lord, we also want to remember those for whatever reason may not have been to church for a while. May the Holy Spirit in them prompt them to go back to You as they need You now more than in any other time of their life. Speak to them Lord and bless and protect them and their family members.

In Jesus name we pray all this, AMEN.

Pastor KKSoong

每日灵粮

18/4/20

作者：宋国基牧师

箴言 18:10

“耶和华的名是坚固台，义人奔入便得安稳。”

当我们面对这问题重重且无显着解决方法，同时又充满许多不确定性的新冠病毒时，这句经文对我们来说是多么的令人欣慰。在国外的家庭成员和前线人员的安全、就业保障、健康问题、财务、人际关系、学业等等，这些问题和未知数可能会不断地发生在不同的家庭。我们会提问、担心、焦虑、因为这都是人之常情。

但是这节经文告诉我们，我们的主完全有能力保护我们，因为他是我们的“坚固台”，我们“奔入便得安稳”。经文的上文证实了这个真理，而下文关注义人的信心。这是箴言中唯一能找到“耶和华的名”的地方；它意味着上帝的属性，能保护的力量的（参出埃及记 34: 5-7）。“坚固台”（migdaloz）这个比喻设立了下文的另一个意象：“奔入” 隐喻全心全意地信任上帝的保护（参撒母耳记下 40:31）。“安稳”

（nisgab）”是军事术语，以此强调效果。根据其他经文，我们也晓得神和天父实际上是如何在不同情况下保护他的子民。

让我们再次被提醒，要“全心全意地相信”主的保护。这也相同于遵循最大的诫命“尽心，尽性，尽意爱主你的上帝”（太 22:37）。字典对“全心全意”的定义是“毫无疑问或保留”。毫无保留，毫无疑问地完全相信祂。

我们只不过是凡人，要全心全意依靠上帝，谈何容易。身为牧师，我也一样。我们的长女 Grace 正在台湾念书，几乎每天我们都会打电话给她，了解她的生活状况。我们的媳妇和孙子都在山东，我儿子 Simon 每天都会跟他们视讯。前几天，我们的小儿子 Alex 发高烧，即使已召集了许多人为他代祷，希望病因不是新冠病毒，我们仍然彻夜未眠为他祈祷。感谢大家的祈祷，上帝应允了祷告，测试结果呈阴性。是的，主里亲爱的弟兄姐妹，我们所有人都在学习，在生活的各个方面，全心全意地信靠我们的上帝。在这个过程中，我们没人能说我们已经“抵达终点”。

使徒保罗说：“这并不是说我已经得着了，已经完全了，而是竭力追求，好使我可以得着基督耶稣所以得着我的（“所以得着我的”或译：“要我得着的”）。弟兄们，我不以为自己已经得着了，我只有一件事，就是忘记背后，努力前面的事，向着目标竭力追求，为要得着 神在基督耶稣里召我往上去得的奖赏。（腓 3: 12-14）。如果保罗写了近一半的新约圣经，并且上帝如此重用他，特别是在外邦人中扩展神国，他却觉得自己是罪人中的罪魁，认为他还没有“抵达终点”或“已经完全了”，那你和我呢？是的，亲爱的弟兄姐妹，我们谁也不会“抵达”永恒的这一面。

有句俗话说得好：“成圣是一个过程，在这个过程中，我们越来越少地犯罪，但必定变得越来越像基督。”是的，亲爱的弟兄姐妹，成圣是一个过程，一个逐步的过程，一个日复一日的过程。因此，与基督同行时，我们可能步履蹒跚，我们可能跌倒，我们可能倒退，我们可能犯罪，我们可能叛逆，甚至可能离开上帝。但是，就像浪子和父亲的比喻，天父总是望窗外，希望看到我们回到他身边。“于是起来，往他父亲那里去。相离还远，他父亲看见，就动了慈心，跑去抱着他的颈项，连连与他亲嘴。”

（路加福音 15:20）这就是我们的天父会为所有奔向他的孩子，也就是你和我，所做的。

上帝永远是给第二次机会的上帝。如果使徒彼得一次、两次、三次地否定他，却也得到主的原谅，关系也被修复，我知道并相信我们的上帝会为我们做同样的事。当彼得第三次起誓否认主时，鸡就叫了。“主转过身，直望彼得。然后彼得想起了主对他说的一句话：“主转过身来看彼得，彼得就想起主对他说过话：“今天鸡叫以前，你要三次说不认得我。” 他就出去痛哭。（路加福音 22：61-62）彼得流下的眼泪是忏悔的眼泪。

出于任何原因没有去教堂、读圣经、祈祷、团契的弟兄姐妹，天父正呼唤你回家。对于那些不想去教堂的人，就是当你需要去教堂，但你却不想，也不愿意读经或祈祷时，那正是你最须要读经并祈祷的时候。在这样的时代，今天的经文提醒我们，主的名字是“坚固台”，我们的孩子们可以安全地奔入。亲爱的弟弟姐妹，回家吧。

这个世界上没有完美的教会，因为教会是你和我。虽然我们是上帝“所拣选的”，是他的儿女，但我们都不是完美的。如果我们的教会在某方面令你失望，我们深表歉意并祈祷，透过上帝的恩典，你可以原谅我们，并给我们另一个机会去爱护你。如果你已欢喜地在另一个教堂里崇拜和服事，我们也祝福你。无论身在何处，作为一个信徒，我们都需要在一所可以帮助我们成长的教会，用我们的恩赐服侍主。那么有一天，当我们站在主前时，我们可以像使徒保罗一样说：“总要弃绝世俗以及老妇的无稽之谈；要操练自己达到敬虔的地步。因为操练身体，益处还少；唯独操练敬虔，凡事有益，享有今生和来世的应许。（提摩太前书 4：7-8）。

今日祷告

亲爱的上帝，在如此时刻，我们感谢你提醒我们，你将永远是我们的“坚固台”。当我们寻求平安与保护时，你永远都在那里。我们深知，你永远不会离开我们，也不会抛弃我们。

亲爱的上帝，我们将所有的前线人员交托在你手中。保护他们使他们安全，因为他们冒着生命危险去拯救许多人。我们求上帝你赐给他们那高过一切理性的平安，求主让他们及他们的家人能够完全信靠你。我们也要为所有受封城所影响的人祈祷，不管是年长的，在家隔离的，生病与家人分离的（国内和海外），受其业务影响的雇主；可能面临减薪甚至失业的员工；那些在封城之后将面临许多不确定性的人；那些最近失去亲人的人。我们也纪念那些身体不佳的人，求主使他们康复。我们也特别为那些患上新冠病毒的病人祈祷，求主让他们迅速康复并保护他们的家人。我们也要为政府祈祷，有智慧为所有马来西亚人的安全和福利做出最佳决定。

主啊，最后，我们纪念那些可能有一段时间没去教堂的人。愿圣灵感动他们回到你身边，因为他们现在比一生中任何时候都更需要你。求主与他们说话，保护他们和他们的家人。

奉耶稣的名祷告，阿们。

巫惠如译

Sunday, 19 April 2020

Proverbs 19.17

*If you help the poor, you are lending to the LORD—
and he will repay you! (NLT)*

Announcing the best investment in the worst of time! Are you looking for a full-proof investment that guarantees perpetual returns? Stock Markets around the world has been badly affected by the Coronavirus. The market is very uncertain. Some governments are offering bonds for people to invest in. Are you willing to “lend to the Lord?” Proverbs 19.17 says, that when you give to the poor, you are lending to the Lord, and with the assurance of paying back with interest. King Solomon is telling us about a fully secure investment that yields huge profit now and for eternity. This investment scheme is very simple.

“Help the poor = lending to the Lord.” Who are the poor? In the Old Testament, the poor is referred to as weak, lean, needy poor (man) weaker. In the New Testament poor is used as least (in size, amount, dignity, etc) – least, very little (small), smallest. First, there is material poverty. The poor are those who are hungry, homeless, the naked or lacking adequate clothing. The second, spiritual poverty is something good. A person who is poor in the spirit recognizes our utter dependence is on God, acknowledging that He is the Creator and in Him, we live, move, and have our being. Everything we have and own is graciously given to us from Him. The spiritually poor person will say “Amen” to what Jesus says, “Apart from me you can do nothing.” The third poverty is relational in nature. As described in Proverbs 19:4, 6, 7 (NLT), it says,

*4 Wealth makes many “friends”;
poverty drives them all away.
6 Many seek favors from a ruler;
everyone is the friend of a person who gives gifts!
7 The relatives of the poor despise them;
how much more will their friends avoid them!
Though the poor plead with them,
their friends are gone.*

These three verses talk about relational poverty. When we are poor, our social network collapses, and our friends disappear. This leads to loneliness. Nobody wants to hang out with us. Our voice is silent. We cry for help but no one hears. People tend to close their eyes and their ears to the poor. The rights of the poor are trampled upon. The poor are side-lined and often despised. Being alone they have poor interpersonal skill. Not only they need help but no one wants to help them. Therefore, there are three types of poverty, material, spiritual and relational in nature. (CJ Brown)

Solomon appeals to us, to be on the lookout for the poor and be generous to them. "Whoever is generous to the poor lends to the LORD, and He will repay him for his deed." Pro. 19.17 (ESV)

With what attitude should we give to the poor? Be a generous person, he gives cheerfully and willingly. Generosity is the ability to give freely and help gladly to meet a need for someone else out of your own pocket or resources. It is easy to give away other persons or organizations resources. But we hold on tightly to our own. Giving grudgingly is not generosity. By the way, giving tithes to God is not generosity, because the tithe is what we owe to God. It is not a gift we give him. It is what is due to Him. As your pastor, I appeal to you to give freely, cheerfully and generously to real needs in our country and beyond during this pandemic.

When you give to the poor, God becomes our debtor. Giving to the poor is lending to God or He is the borrower. Now having given to the poor, God will have to repay you. This is God's promise. He will repay you here and hereafter. The King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." – Matthew 25:40 (NIV)

There is this recorded incident in 1 Samuel chapter 1 and 2. Hannah prayed to God to give her a son. And God did. She brought young Samuel to Eli the priest and left her son with Eli. Hannah said, "Now I am giving him to the LORD, and he will belong to the LORD his whole life." And they worshipped the LORD there. 1 Sam.1.28

Hannah gave her only son then back to God. God in return gave her more than ever. Hannah's experience is a way that God blesses a cheerful giver. This is what the Bible says,

Before they returned home, Eli would bless Elkanah and his wife and say, "May the LORD give you other children to take the place of this one she gave to the LORD." And the LORD blessed Hannah, and she conceived and gave birth to three sons and two daughters. Meanwhile, Samuel grew up in the presence of the LORD. 1 Sam. 2.20-21

I pray that you will discover the joy of giving to the Lord. You can never out-give God. "You can give without loving but you cannot love without giving." Harold Sala

Luke 6:38 New Living Translation (NLT)

38 Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back.[a]"

Prayer for today

Dear Heavenly Father, we thank you for the Lord's Day. We have set aside this day for corporate worship. Due to the Coronavirus, we are not able to be physically together. We praise you, even we are physically separated in each of our homes. We are still together worshipping in the unity of spirit. Help us to come with clean hands and clean hearts to worship you. We lift up the worship team and brother Prathab to you as he ministers to us with your word. We yearn to have a fresh encounter with you in worship.

We thank you, Lord, the whole world is yours and all who live in it. You watch over everyone, the rich and the poor. Forgive us, Lord, there are times, we fail to see the needs of the poor around us. You love to see us share with those who are in need. Make us be generous persons who would seek to fill other people with good things. When we give to the poor and needy, we give to you. We are grateful you have given your Son Jesus Christ to us we are forever indebted to you.

Heavenly Father, we are thankful for blessing us! Make us a blessing to the people around us! Open our eyes, Lord, to the opportunities for sharing Your blessings, may it be in time, money or words of encouragement, knowing that there is plenty more for me stored up in Heaven.

Matthew 25:35-40 New Living Translation (NLT)

35 For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. 36 I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.' 37 "Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? 38 Or a stranger and show you hospitality? Or naked and give you clothing? 39 When did we ever see you sick or in prison and visit you?' 40 "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters,[a] you were doing it to me!'

Lord, thank you for the joy and privilege to serve you by helping the poor and needy during this difficult time of the pandemic. Use us, for your glory!

In Jesus' Name. Amen

Pastor Isaac Yim

每日灵粮

19/4/20 星期日

作者：严以撒牧师

箴言 19:17 怜悯贫穷的、就是借给耶和华。他的善行、耶和华必偿还。

在最坏的时间宣布最好的投资方案！你是否正在寻找可确保长期回报的无风险投资呢？冠状病毒严重影响了世界各地的股票市场。市场非常不稳定。一些政府正在提供债券供人们投资。你愿意“借给耶和华”吗？箴言 19:17 说，当你怜悯贫穷的、就是借给耶和华，并保证可以获得利息。所罗门王告诉我们有一个十分安全的投资计划，这投资能让我们在现今和永恒获得庞大的利润。这个投资方案非常简单。

“帮助穷人=借给耶和华。”谁是穷人？在旧约中，穷人被称为弱者，瘦弱者，有需要的穷人。在新约中，穷人是指最小的（体积，数量，身份等）- 最少，很少，最小。首先，就是指物质上的贫乏。穷人是指那些饥饿者，无家可归者，赤身裸体或缺乏足够衣物的人。第二，灵命上的贫乏其实是一件好事。一个灵命贫乏的人将认识到我们最终的依靠乃是耶和华，承认他是创造者，在祂里面我们能够活着，行动。我们所拥有的一切，都是祂所赏赐的。当耶稣说，“离了我，你们不能做什么”时，一个灵命贫乏者将说“阿门”。

第三种是关系上的贫乏。

箴言 19: 4, 6, 7 说到：

4 财物使朋友增多。但穷人朋友远离。

6 好施散的、有多人求他的恩情。爱送礼的、人都为他的朋友。

7 贫穷人弟兄都恨他。何况他的朋友、更远离他。他用言语追随、他们却走了。

这三节经文谈到了关系上的贫乏。当我们贫穷时，我们的社交网络崩溃了，我们的朋友也消失了。这将导致孤独。没有人愿意和我们一起玩。我们的声音是沉默的。我们哭喊着寻求帮助，但却没人听到。人们倾向于对穷人闭上眼睛和耳朵。穷人的权利受到践踏。穷人被边缘化，经常被鄙视。一个人时他们的人际交往能力很差。他们需要帮助，然而没人愿意帮助他们。因此，存在着三种类型的贫乏：物质贫乏，灵命贫乏和关系贫乏。（CJ Brown）

所罗门呼吁我们，要看顾穷人，要对他们慷慨解囊。箴言 19:17 “怜悯贫穷的、就是借给耶和华。他的善行、耶和华必偿还。”

我们应该以什么态度来对待穷人？一个大方的人，他乐于奉献。慷慨就是按着对方的需要，你自掏腰包，自由并乐意的给与。通常我们送出他人或机构的资源是一件容易的事。我们都会紧紧抓住自己所拥有的。勉强的付出是不慷慨的。顺便说一说，将十分之一奉献给上帝也不算是慷慨的，因为什一奉献是我们欠上帝的。这不是我们给祂的礼物。这是祂应得的。作为你们的牧师，我呼吁你们在这病毒大流行期间，你们自由，乐意和慷慨的付出，以满足我们国家及其他国家的需求。

当你给予穷人时，上帝就成为我们的债务人。给予穷人就是借给耶和华，或是祂就是借款人。现在，当你给予穷人时，上帝就必须偿还你。这是上帝的应许。祂会在此刻或是将来偿还你。

王要回答说、我实在告诉你们、这些事你们既作在我这弟兄中一个最小的身上、就是作在我身上了。（马太福音 25:40）

在撒母耳记上第一章和第二章中记录了这一事件。哈拿向上帝祈祷，求神给她一个儿子。而上帝做到了。她把小撒母耳交给祭司以利，并把她的儿子留下给以利。哈拿

说：“所以我将这孩子归与耶和华、使他终身归与耶和华。”于是在那里敬拜耶和华。撒母耳记上 1：28。

哈拿把她唯一的儿子交给了上帝。作为回报，上帝比以往任何时候都给了她更多。哈拿的经历说明了上帝如何的祝福一个甘心乐意奉献者。圣经是这样说的

在他们回家之前，以利为以利加拿和他的妻祝福、说、“愿耶和华由这妇人再赐你后裔、代替你从耶和华求来的孩子。”

耶和华眷顾哈拿、他就怀孕生了三个儿子、两个女儿。那孩子撒母耳、在耶和华面前渐渐长大。（撒母耳记上 2：20-21）

我祈祷你会发现奉献给主的喜悦。“你可以无爱心的付出，但是若你没有付出就不能爱。” Harold Sala

路加福音 6：38 你们要给人、就必有给你们。并且用十足的升斗、连摇带按、上尖下流的、倒在你们怀里。因为你们用甚么量器量给人、也必用甚么量器量给你们。

2020 年 4 月 19 日，星期日（第二部分）

今天的祷告

亲爱的天父，我们为着今天的主日感谢你。我们把今天分别出来参加崇拜。由于冠状病毒，我们无法聚集在一起。我们称颂你，即使我们待在各人的家中。我们仍然同感一灵的来敬拜你。帮助我们，让我们手洁清心的来敬拜你。我们把敬拜团队，及 Prathab 弟兄高举在你面前，让他用你的话语来帮助我们。我们渴望在这崇拜中与你相遇。

我们感谢您，主，这个世界及世上的人都是属于你的。你看顾所有人，无论贫富。主啊，请原谅我们，有时我们看不到周围穷人的需要。你希望看到我们与有需要的人分享。使我们成为一个慷慨的人，使我们去寻找并为他人提供美好的事物。当我们给予穷人和有需要的人时，我们就是给予你。我们感谢你因你将你的儿子耶稣基督给了我们，我们永远感激您。

天父，我们感谢你的祝福！让我们成为他人的祝福！主啊，睁开我们的眼睛，让我们看到与别人分享你的祝福的机会，也让我们能够及时的，把金钱或是鼓励的话分享出去。我们知道当我们这么做时，就是储存财宝在天上。

马太福音 25：35-40

35 因为我饿了、你们给我吃。渴了、你们给我喝。我作客旅、你们留我住。

36 我赤身露体、你们给我穿。我病了、你们看顾我。我在监里、你们来看我。

37 义人就回答说、主阿、我们甚么时候见你饿了给你吃、渴了给你喝。

38 甚么时候见你作客旅留你住、或是赤身露体给你穿。

39 又甚么时候见你病了、或是在监里、来看你呢。

40 王要回答说、我实在告诉你们、这些事你们既作在我这弟兄中一个最小的身上、就是作在我身上了。

上帝，感谢你在这病毒大流行的困难时期，让我们能够因着你而有喜乐的帮助穷人和需要的人。为了你的荣耀，使用我们！

奉耶稣的名阿门

陈月妃译

Monday, 20 April 2020

Proverbs 20

*3 It is to one's honor to avoid strife,
but every fool is quick to quarrel. (NIV)*

*3 Avoiding a fight is a mark of honor;
only fools insist on quarrelling. (NLT)*

Abraham avoided a quarrel with his nephew, Lot, when they reached the Negeb. According to Genesis 13, it was Abraham who reached the land between Bethel and Ai first, with his vast herds of cattle plus his accompanying herdsmen. Abraham built an altar to the Lord and worshipped. Thereafter, Lot and his herds arrived. Presumably, he set up a tent nearby. But there was a problem: The land could not support both Abram and Lot with all their flocks and herds living so close together. So disputes broke out between the herdsmen of Abram and Lot. Moreover, at that time Canaanites and Perizzites were also living in the land, adding to the congestion of land use.

Abraham, being the uncle of Lot, could have exercised his seniority and ordered Lot to move away and settle elsewhere. Moreover, Abraham had arrived at that location first.

Yet, Abraham did the unthinkable – Citing the fact that they were close relatives, he allowed Lot to choose the grazing pastures where he would like to settle and he offered to take his herds and resettle his entourage away from Lot's.

Such behaviour is rare today, where a party that is clearly in the right does not insist on his rights, but instead, to avoid conflict or an unnecessary argument remains composed and chooses to settle matters amicably. The KJV put it even more broadly "It is an honour for a man to cease from strife: but every fool will be meddling." Here, we are advised to NOT ONLY NOT QUARREL, but TO NOT MEDDLE! lest it leads to misunderstanding and thence a quarrel.

See the warning in Proverbs 17:14

*"Starting a quarrel is like breaching a dam;
so drop the matter before a dispute breaks out." (NIV)*

Brother, sister, can you envisage a situation where you would behave in a similar way as Abraham? Would you do it to preserve the peace?

Proverbs 20

*5 The purpose in a man's mind is like deep water,
but a man of understanding will draw it out. (RSV)*

*5 A plan in the heart of a man is like deep water,
But a man of understanding draws it out. (NASB)*

This verse is profound indeed, but very real. Sometimes, for various reasons, a person who has a purpose or plan may deliberately throw up a smokescreen and avoid revealing the full truth. On the other hand, the person himself may not be aware of what his real plans and motives are. This is because this lies in his subconscious or he has some baggage which he has been dragging around with him for years. He himself is not aware this needs to be dealt with or needs healing. Those who care for him are in the dark how best to help him.

So, the picture is of a well whose waters are far beneath the surface of the ground so that one must use a bucket with a long rope to draw water to the surface. Thus, the person's real motives/plans are 'deep' in that they are difficult to extract. BUT, "a person of understanding" and insight will draw it out.

Would you consider yourself a person of understanding? Many are trained and certified and qualified and knowledgeable, but the increasing need today is for those who possess spiritual discernment coupled with a genuine deep love for those who need help. May God give us the gift of discernment and a shepherd's heart to help those with particular needs. It is a noble ambition to want to render help which heals the most hurting wounds.

Proverbs 20

27 The LORD's light penetrates the human spirit, exposing every hidden motive. (NLT)

27 The spirit of a man is the lamp of the LORD, Searching all the inner depths of his heart.

Finally, here is an encouragement to know God's Word, so that it will work within our lives and the lives of those we want to touch using God's Word. There are truths of the inner man (the spirit of a man) that only the lamp of the LORD can expose. For God's Word is living and active, a lamp and a light, exposing the depths of a man's heart.

May every deceitful and selfish thought in our hearts be laid bare by the searching light of his lamp into the darkness of our souls, so that our intentions be made pure. If the Lord reveals impure motives, let confess our sin. May the truth set us free so that the evil one no longer has a hold on us!

Prayer for Today

Father, we want to start by praying for Adriel Yim, Ps Isaac's grandnephew. We praise you for your love for Adriel. Father, you are the Everlasting God, Who gives life. You have given new hope through bringing medical expertise together. Even the gifting of that expertise comes from You. We pray now for Doctors Sivakumar and Masni as they lead the team to operate on Adriel tomorrow.

Father, in You we have hope and Adriel has Hope. His parents, Jung Yung and Siew Hup have hope. We pray and commit them to you too. May they experience your peace. We thank you and commit Adriel's healing to You, as You will. All glory, Lord, we give you with grateful hearts.

Father, thank you for your Word to us today. Remove all strife, contentiousness and a quarrelsome spirit from us. May we seek always to live in peace with those around us and with whom we have dealings regularly.

Our loving Heavenly Father, give us a gentle spirit of discernment in addition to spiritual insight enabled by the Holy Spirit so that we are able to minister to brothers and sisters amongst us.

Most of all, as You have commanded us, let us love one another as You have loved us first. Give us the love of the Heavenly Father for brothers and sisters. May the truth that we are but forgiven sinners, saved by grace, be embedded in our minds always, as we go forth to serve one another.

Finally, we pray the Lord's searching light shine into the inmost recesses of our souls. May the lamp of God expose hypocrisy and selfish intention so that we may confess and deal with these sins regularly.

In Jesus' Name, Amen.

Ps Cheng Cheung

每日灵粮

20/4/20

作者：张祯祥传道

箴言 20:3

平息纷争就是人的荣耀；

只有愚妄人个个都爱争执。

亚伯兰避免和侄子罗得在南地争吵。根据创世记十三章，先抵达伯特利和艾城中间的，是亚伯拉罕和他所带的牲畜和牧养的人。亚伯兰为耶和华筑了一座祭坛并在那里敬拜。此后，罗得和羊群、牛群到达那地。据推测，他也在附近搭了帐篷。随之而来的问题出现了：这片土地同时容不下亚伯兰和罗得。因此，牧养亚伯兰牲畜的和牧养罗得牲畜的，起了纷争。此外，当时迦南人和比利洗人还居住在那地，加剧了土地拥挤的状况。

亚伯兰作为罗得的长辈，大可使用他的辈分，命令罗得迁居其他地方。况且，是亚伯兰先到达那地方的。

然而，亚伯兰做了一件不可思议的事。他引用了他们是近亲的事实，允许罗得选择自己想定居的地方，并提出带走牧人并离开罗得的家。

这种行为如今罕见：显然是对的一方却不坚持自己的权利，而是为了避免冲突或不必要的争论而保持沉默，并选择友好地解决问题。英王詹姆士译本更宽泛地表明：“停止冲突是一种荣誉。但每个愚昧人都会干涉。”这里建议我们不但是不要争吵，而且不要干涉、扰乱，以免引起误会，从而引起争吵。

请参阅箴言 17:14 中的警告：

纷争的开始，如同决堤的水；

所以在争执发生以前，就要制止。

弟兄姐妹，你能想象在哪个情况下，你也会和亚伯兰有相同的处理方式？你会为了维护和平而这样做吗？

箴言 20:5

人心里的谋略如同深水，

唯有聪明人能汲引出来。

这节经文确实深奥，但也很真实。有时，出于各种原因，有目标或计划的人可能会故意抛出烟幕，掩盖真相。另一方面，也有可能有些人不知道他的真正计划和动机是什么，因为被埋藏在潜意识里，或者他多年来背着一些负担。他本人并不知道这需要处理或他极需要被治愈。那些照顾他的人不知情，也不知道如何最好地帮助他。

因此，情景是一口井，水位远低于地面，因此必须使用带有长绳的水桶将水汲引出来。因此，人最真实的动机或计划是“深层的”，因为它们很难被提取。但是，有理解力和有见识的人会把它提取。

你认为自己是一个通情达理的人吗？经过培训和认证，许多人在各方面合格且知识渊博，但如今更需要的是有属灵洞察力，又真诚地爱弱势群体的人。愿上帝赐我们能力分辨是非，也赐我们牧者心肠来帮助那些有需要的人。帮助别人治愈最痛的伤口是一种崇高的志向。

箴言 20: 27

人的灵是耶和华的灯，
探照人的脏腑。

最后，鼓励大家了解上帝的话语，这样他的话将在我们的生活和那些我们想用上帝的话语触摸的生命中工作。有一些内在的事实（人的灵魂），只有主的灯才能揭发。因为上帝的话语是活泼、有功效的，是一盏灯、一道光，露出人心的深处。

愿主的光照射到我们灵魂的黑暗中，照射我们心中每一个欺骗和自私的想法。求主使我们的意图变得纯洁。如果主揭示了不纯洁的动机，那就认罪吧。愿真理使我们自由，使恶者不再束缚我们！

今日祷告

父啊，首先我们要为严牧师侄儿的儿子 Adriel 祷告。我们因你对 Adriel 的爱赞美你。父，你是永在的父，你赐生命。通过结合一群专业的医护人员，你带来了新希望。这些专业知识的才能也是你所赐的。我们现在为明天将为 Adriel 动手术的 Sivakumar 和 Masni 两位医生及他们所领导的团队祷告。

父啊，在你里面我们有盼望，Adriel 也一样。他的父母 JungYung 和 Siew Hup 有盼望。我们祷告并将他们交托在你手里。愿他们经历你的平安。我们感谢你，并按你的旨意医治 Adriel。我们以感恩的心将荣耀归给主。

父，谢谢你今天对我们说话。除去我们所有争执、争议、和争吵的意念。愿我们常常追求与周围以及与我们经常打交道的人们和平相处。

我们慈爱的天父，赐我们属灵的洞察力，也赐我们有柔和的辨别力，使我们能够服侍在我们中间的弟兄姐妹。

最重要的是，按照你的命令，让我们彼此相爱，像你先爱我们一样。赐我们天父的爱去爱弟兄姐妹。当我们彼此服侍时，愿我们常记得，我们是被恩典所救赎，被宽恕的罪人。

最后，我们祈求主那鉴察人心的光射入我们灵魂的最深处。愿上帝的光揭发我们虚伪和自私的意图，使我们可以经常承认和处理这些罪恶。

奉主的名祷告，阿们。

巫惠如译

Tuesday, 21 April 2020

Proverbs 21.9, 19 ESV

*It is better to live in a corner of the housetop
than in a house shared with a quarrelsome wife. Pro. 21.9, 25.24*

*It is better to live in a desert land
than with a quarrelsome and fretful woman. Pro. 21.19*

*A foolish son is ruin to his father,
and a wife's quarrelling is a continual dripping of rain. Pro. 19.13*

*An excellent wife is the crown of her husband,
but she who brings shame is like rottenness in his bones. Pro. 12.4*

Talking about women and wives, the most qualified person I believe is none other than King Solomon. He had 700 wives and 300 concubines. Solomon must have experienced and felt the pain of living with quarrelsome and contentious wives. God inspired Solomon to write on this difficult subject to give advice to men and women on marriage. He wrote these to warn his sons about the seriousness of an unhappy marriage and foolish children. Either of this problem will eventually destroy a man.

For a man to marry the right woman spells success or living heaven on earth, the wrong person can be a life sentence. Solomon in the above verses warns us about a type of woman whom he calls quarrelsome or contentious.

Who is a quarrelsome woman? She is one who likes to fight, argues, criticizes, disagrees, opposes, or question. She can't control her anger; easily agitated, dissatisfied, irritated. She is very negative and resentful. She talks a lot and must express her opinions, openly corrects others, questions everything, and constantly gives suggestions no one asked for. She has difficulty thinking, speaking or acting graciously, because she just cannot see the good in another person and to appreciate people around her. She is an arrogant, haughty, irritating and obnoxious person. Some men too who behave in similar ways. Whenever quarrelsome people are around, they will be contention and strife. There will be no peace and harmony.

Solomon repeated this issue many times. It must have been a common problem in the home setting. This issue is disruptive in the home in the context of these scriptures. What are you to do if you have a wife like this? He recommends that "It is better to live in a corner of the housetop." Or "It is better to live in a desert land." Yes, living with a contentious person, it will literally drive you up the roof. If she still comes after you, you may have to run a little further into the solitary desert. It is still better out in the sun, rain and storms than living in a comfortable home, nice bed and delicious food. Unfortunately, during the Coronavirus, there is no place to run. The next course of action is to stop her from nagging, and provoking. Rain in the Middle East is a welcome thing. It refreshing and helps helpful for the vegetation. But the continual drip is inside

the house. The constant dripping drives you crazy. A nagging woman is similar. Forget about stopping her, it is like restraining the wind and grasping oil with your hand. If you want to reason with her, you might as well try to reason with a bear whose cubs were taken away.

*A continual dripping on a rainy day
and a quarrelsome wife are alike; Pro. 27.15
to restrain her is to restrain the wind
or to grasp oil in one's right hand. Pro. 27.16*

Solomon observes there that there are many virtuous or excellent wife too. He says.

*"An excellent wife is the crown of her husband,
but she who brings shame is like rotteness in his bones." Pro. 12.4*

Who is a virtuous wife/woman? A virtuous woman is one who fears God. She is a noble, gracious, diligent and loving woman. She seeks to do things to please God and her husband. She is a cheerful and loving companion. She is a loyal and faithful supporter. She is his ardent friend, most trusted confidant and tireless helper. She is his love for life. She is thankful and grateful to God for giving her a warm and harmonious family. She lives in contentment and rejoices each day God has given her. Such a woman is the crown of her husband.

What is this "crown" to the husband? Solomon uses this as a metaphor. A crown is for the king. It is a sign of honour. A crown is also commonly used to honour the excellent achievements of athletes. An excellent wife brings honour and esteem to her husband when she lives in the fear of the Lord, being respectful for the husband and a good example to her children. Such a woman receives praise and blessings from her husband and children.

On the other hand, a quarrelsome wife brings shame to the husband. It is like cancer to his bones. It will slowly but surely destroy him from the inside.

Wives! The Bible is like a mirror. Examine yourself in the light of God's word. You may be concerned about what the world thinks about you. You may be more concerned about the outward aspect of you. But God looks deep into the recesses of your heart. Am I a quarrelsome or gracious person? May you desire to be a person who wants to fear God and want to please Him above all else.

Husbands! If you are married to a quarrelsome wife, what can you do? You may have to move to the attic to have some peace and quietness. But a better alternative is to seek help from a Pastor or Elder to honestly look at the instructions given in the Bible to help you to live in joy and harmony.

Singles! Don't rush into marriage! In fact, not all are suitable to get married, being single and getting married is a gift. Make sure the person whom you marry is a person who fears God and walk in way of the Lord daily.

Prayer for today

O, gracious heavenly Father, we praise and thank you for your steadfast love and faithfulness. We thank you for Adriel's successful cardiac operation. We thank you for the wisdom and skills of Drs. Sivakuma and Mansi and the rest of the medical team. Father, we give praise to you for answering our prayers for Adriel. We continue to commit his life into your precious hands. Watch over him, strengthen him, protect him from evil and harm, that he will grow up to testify to your mercy and greatness. We commit his parents to you, help them to look up to you for courage and strength to help Adriel to grow up into your likeness.

O Lord, we thank you for each of our homes. We are grateful for homes that we enjoy each other. The lockdown is a wonderful time to strengthen the bonds of relationship in the home. Lord, we commit homes that are not functioning well as a family. We are constantly in strife and contention. There are times it is almost unbearable. Literally, there is no place to run. O Lord, we ask you will help us to look at today's Proverbs, you reveal to us things that are not pleasing in your sight. Help us to repent and ask for your forgiveness. Grant us the humility to seek forgiveness, and help us to overlook the wrongs of each other in the past. Remove the guilt and restore the joy in our homes, grant us homes that are filled with warmth and love that Christ can shine through our lives for your glory.

Lord, we pray for many who are singles in our midst. We pray for wisdom as they seek you for a life companion. Deliver them from following the worldly ways in their search. Guide them with your Holy Spirit and grant them their heart's desire.

O Lord, bless our homes where fathers love their wives and children as you love us. Help our mothers to be submissive to their husbands and children be obedient to their parents. Forgive us, Lord, when we try to change these principles as taught by you. Give us the wisdom and humility to obey your word and be obedient children to you. Lord, you taught us that wise people are those who not only listen but obey your words. You promise us that homes built on the solid rock of Christ will be able to withstand the storms of life.

We thank you in Jesus' Name. Amen.

Pastor Isaac Yim

21/4/20

作者：严以撒牧师

箴 21:9, 19

箴言 21: 9 宁可住在房顶的角上，不在宽阔的房屋与争吵的妇人同住。

箴言 21: 19 宁可住在旷野，不与争吵使气的妇人同住。

箴言 19: 13 愚昧的儿子是父亲的祸患；妻子的争吵如雨连连滴漏。

箴言 12: 4 才德的妇人是丈夫的冠冕；贻羞的妇人如同朽烂在他丈夫的骨中。

论到妇女和妻子，我相信所罗门王是最有资格的人。他有 700 个妻子和 300 个妾。所罗门王肯定经历并感受过与争吵和有争议的妻子生活的痛苦。上帝感动所罗门王写下这个难题，给男人和女人婚姻提出建议。他写这些话来警告他的儿子们关于不幸的婚姻和愚蠢的孩子的严重性。两者之一都可毁掉一个人。

一个男人若娶了一个对的女人，生命就成功、甚至可形容“活在人间天堂”；若娶了错的女人，就如终身监禁。所罗门王在上述经文中警告我们关于一种类型的女人，他称之为争吵或争议的女人。

争吵的女人是怎么样的？她把战斗、争论、批评、反对、质疑为喜爱。她轻易发怒、不满、恼怒。她非常消极和怨恨。她很唠叨、忍不住表达自己的意见、公开批评别人、质疑一切、在任何事上都提出不利的意见。她不善长思考、说话、优雅做事，因她看不见别人的好，也不珍惜她周围的人。她很傲慢、烦人和令人讨厌。这不仅限于女人，也有这类行的男人。争吵的人不会使一个环境和平与和谐。

所罗门王多次重复这个问题。这可能是他家庭环境中的常见问题。从经文可以看出这个问题对一个家庭有极大的破坏性。如果你有这样的妻子，你该怎么办？他建议，“宁可住在房顶的角上”，或“宁可住在旷野”。是的，跟一个争吵的人生活在一起真会把你的气上你房顶的角落。她若仍然跟随你，你可能不得不跑得更远一点进入孤独的旷野。在太阳底下暴晒，雨淋风吹还胜于跟一个争吵的女人在同一个舒适的家，有漂亮的床和美味的食物。不幸的是，在这疫情期间，我们没有地方可以逃。下一个步骤就是阻止她唠叨和挑衅。雨在中东地区是受欢迎的。雨使环境清新，也对植物有利。但是那在房子里不停的滴水让你疯狂。一个唠叨的女人就是如此。别想阻止她，阻止她便是等于拦阻风，也是右手抓油。想跟她有理沟通，还不如跟失去了小熊的母熊沟通。

箴言 27: 15 大雨之日连连滴漏，和争吵的妇人一样。

箴言 27: 16 想拦阻他的，便是拦阻风，也是右手抓油。

所罗门王观察到，也有许多贤良、才德的妻子。他说：

箴言 12: 4 才德的妇人是丈夫的冠冕；贻羞的妇人如同朽烂在他丈夫的骨中。

谁是一个贤淑或才德的妻子/女人？才德的女人是一个敬畏上帝的人。她是有才德，有恩慈，勤奋和爱心的人。她做事为上帝和她丈夫的喜悦。她是一个开朗和充满爱心的伴侣。她是一个忠诚和忠实的支持者。她是他热心的朋友，最值得信赖的知己和不懈的帮手。她是他一生的爱人。她感谢上帝给她一个温暖和谐的家庭。她每天对生活满足和欢喜。这样的女人是她丈夫的冠冕。

这丈夫的“冠冕”究竟是什么？所罗门用这个词为一个比喻。冠冕是给国王的。这是荣誉的标志。冠冕也通常用于表彰运动员的优秀成就。一个优秀的妻子对上帝敬

畏，她给丈夫带来荣誉和尊重，给孩子一个很好的榜样。 她的儿女和丈夫都称她有福、赞美她。

另一方面，一个争吵的妻子给丈夫带来耻辱，如同丈夫骨中朽烂，从内摧毁丈夫。妻子们！ 圣经就像一面镜子。在神的话语审查自己。 你可能会担心世界对你的看法。 你可能更关心你的外在。但上帝深深地监察你内心深处。 我究竟是一个争吵的人，还是一个有恩慈的人呢？ 愿你渴望成为一个想要敬畏上帝，想要使祂喜悦过一切的人。

丈夫们！如果您已经娶了一个争吵的妻子，您该怎么办？您可能必须搬到阁楼上才能保持平静与安宁。但是，更好的选择是寻求牧师或长老的帮助，诚实地看待圣经中给出的指示，让他们帮助您过上喜乐与和谐的生活。

未婚的弟兄姐妹们！不要着急结婚！实际上，并非所有人都适合结婚，单身和结婚是一种礼物。确保您所嫁、娶的人是一个敬畏上帝并每天行在主的道路上的人。

今天的祷告

哦，仁慈的天父，我们赞美和感谢你坚定的爱和信实。 我们为 Adriel 成功的心脏手术献上感恩。我们为 Sivakumar 和 Mansi 医生以及医疗团队的智慧和技能感谢您。天父，我们赞美您回应我们为 Adriel 的祷告。 我们将继续将他的生命交付给您宝贵的手中。 看守他，坚固他，保护他脱离凶恶和伤害，使他成长，见证您的怜悯和伟大。我们把他的父母交托给你，帮助他们仰望您，得到从您而来的勇气和力量，以帮助 Adriel 成长，效法主。

哦主，我们为我们每个家庭感恩。 我们感谢您我们享受彼此的陪伴。婚姻是加强家庭关系的好机会。主，我们把破碎的家庭交托在您的手中。 我们经常处于冲突和争吵之中。 有时几乎无法忍受，确实无路可逃。 主啊，我们恳求您帮助我们看见今天的箴言，您向我们指出您不喜悦的事。帮助我们悔改，求您的饶恕。赐予我们谦卑寻找宽恕，并帮助我们原谅彼此过去的错误。消除内疚，恢复我们家中的喜乐，赐予我们充满温暖和爱的家庭，让基督透过我们的生命把荣耀归给您。

主，我们为我们中间单身的弟兄姐妹祷告。我们祈求您赐给他们智慧寻找生活伴侣。

不要让他们跟着世界的做法，求您的圣灵引导他们，并赋予他们心里所求的。

主啊，求您祝福我们的家庭，求您让父亲爱妻子和孩子，像您爱我们一样。 帮助我们的母亲顺从丈夫，孩子顺从父母。 当我们不顺从圣经的教导时求您饶恕我们。让我们如孝顺的儿女，有智慧和谦卑服从你的话。 主您教导我们，聪明的人是那些不仅听您的话，他们也服从。 您向我们保证，建在基督坚固的磐石上的房屋能够抵御生命的风暴。

我们感谢您，奉主耶稣的名，阿门。

杨仕涵译

Wednesday, 22 April 2020

Proverbs 22:4

The reward for humility and fear of the LORD is riches and honor and life. (ESV)

There are only two ways to live our lives in this world — either we submit ourselves to be the slave of this world or to be the slave of God. The first COMES from pride while the second from humility because of the REVERENCE TO GOD leads to submission to GOD. Paul wrote in the epistle, “19 I am using an example from everyday life because of your human limitations. Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness. 20 When you were slaves to sin, you were free from the control of righteousness. 21 What benefit did you reap at that time from the things you are now ashamed of? Those things result in death! 22 But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life. 23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord”(Romans 6:19-23).

C.S. Lewis, in his book “Mere Christianity,” wrote a great chapter on pride. He made a brilliant observation about biblical humility at the very end of the chapter saying, “If anyone would like to acquire humility, I can, I think, tell him the first step. The first step is to realize that one is proud.”

We must know that, as humans, we are NOT naturally humble, but we are naturally prideful. The prideful life says to God, “We know better for our lives than God does.” So, we choose our own ways instead of His way. That is ultimate pride in a man’s life. Humility is when we say to God, “I love You, I trust You, my Lord and my God, more than I trust myself. And I know that You love me, You will never forsake me, and You will never make a mistake.” When our love for GOD is greater than our love for this world, we will be able to overcome our pride and learn to humble ourselves before HIM. Our Father in Heaven is real and faithful, HE will reward us – riches and honor and life.

Matthew 6:19-20, “... lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.”

Romans 8:17, “Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.”

John 10:10b, “...I came that they may have life and have it abundantly. ”

Pray:

Dear Jesus,

We confess, if we let our pride gets in the way of trusting You and obedience to Your Word. Please, Lord, forgive us!

Please help us, O-Lord, to have humility in our lives. Help us to grow in humility and to grow rightly before You. Please help us to fix our eyes on You with the fear of You and love for You that we may have a proper perspective of ourselves so that we think more about You and others, and think about ourselves less. We pray in Jesus' precious Name. Amen.

Ps. Wallace Ong

每日灵粮

22/4/20 星期三

作者：王振威传道

箴言 22:4 敬畏耶和华心存谦卑、就得富有、尊荣、生命为赏赐。

在这个世界上我们只有两种生活方式—要么让我们自己成为这个世界的奴隶，要么成为上帝的奴隶。第一种是出自于骄傲，而第二种是出自于谦卑，这是由于对敬畏上帝而产生的顺服。保罗在书信中写道：“19 我因你们肉体的软弱、就照人的常话对你们说、你们从前怎样将肢体献给不洁不法作奴仆、以至于不法。现今也要照样将肢体献给义作奴仆、以至于成圣。20 因为你们作罪之奴仆的时候、就不被义约束了。21 你们现今所看为羞耻的事、当日有甚么果子呢。那些事的结局就是死。22 但现今你们既从罪里得了释放、作了 神的奴仆、就有成圣的果子、那结局就是永生。23 因为罪的工价乃是死。惟有 神的恩赐、在我们的主基督耶稣里、乃是永生。（罗马书 6: 19-23）。

刘易斯（C. S. Lewis）在他的著作《纯粹的基督教》（Mere Christianity）中写了一篇关于骄傲的精彩文章。在本章的最后，他对圣经中的谦卑作了一个美妙的评论，他说：“如果有人想获得谦卑，我想我可以告诉他第一步。第一步就是要意识到每一个人的本性都是骄傲的。”

我们必须知道，作为人类，我们并非天生谦卑，我们的本性是骄傲的。这个骄傲的生命对上帝说：“我们比上帝更了解自己的生活会。”因此，我们选择自己的方式而不是祂的方式。这是一个人最大的骄傲。谦卑就是当我们对上帝说：“我爱你，我信任你，我的主我的上帝，比我信任自己更多。并且我知道你爱我，你永远不会抛弃我，你永远不会犯错。”当我们对上帝的爱大于对这个世界的爱时，我们将能够克服我们的骄傲，学会在祂面前谦卑自己。我们的天父是真实和信实的，他会奖赏我们——富有，尊荣与生命。

马太福音 6: 19-20, “……只要积攒财宝在天上、天上没有虫子咬、不能锈坏、也没有贼挖窟窿来偷。”

罗马书 8:17, “既是儿女、便是后嗣、就是 神的后嗣、和基督同作后嗣。如果我们和他一同受苦、也必和他一同得荣耀。”

约翰福音 10: 10b, “……我来了、是要叫羊（或作人）得生命、并且得的更丰盛。”

祈祷:

亲爱的耶稣，

我们承认，如果我们让我们的骄傲阻碍了对你的信任和对你话语的顺服。主啊，请原谅我们！

主啊，请帮助我们在生活中懂得谦卑。帮助我们在你面前学习谦卑与公义。请帮助我们注目于你，让我们存着敬畏及爱你的心，让我们能够更多的为你及为他人着想，而更少考虑自己。我们奉耶稣的宝贵名字祷告。阿们。

陈月妃译

Thursday, 23 April 2020

Proverbs 23:19-28

Today's devotion is going to be focused on verse 19-28, about the author's advice to his son. Living in an Asian household, one of the most common things to say to your children is "I've eaten more salt than all the amount of rice you've eaten." Yes, that is true. Here we see the author giving advice to his son (or even children) like typical Asian parents.

The author starts off from verse 19-21 by telling his son to stay away from drunkards or gluttons. That is the wise thing to do, as the author tells him in verse 19. The reason is because they will "come to poverty, and slumber will clothe them with rags." It is implied that by doing so, the son will be influenced in a bad manner by these group of unwise folks.

Verse 22-25 becomes the more interesting part. Maybe it is something some parents might quote it for their children. Here we see the commands for the son to "Listen to your father who gave you life, and do not despise your mother when she is old." By doing so, one will acquire truth, wisdom, instruction and understanding (verse 23). By doing so, this results in the parent's rejoicing and gladness (verse 25). The reason for the parent's rejoicing is because the father gave him life (verse 22) and the mother was the one who bore him (verse 25). It is normal for every parent to rejoice and be glad when their children grow in maturity. In honouring our parents, we acquire wisdom.

Lastly in verse 26-28, the author writes in a very "deep" level, where he calls the son to give his heart to the father, which is the deepest core of the child's inner life. He calls the son to observe his ways (verse 26), which assumes the father himself also embody the virtues which he calls his son to follow. Otherwise, the father would be a hypocrite. Here, the author reminds his son of the importance of distance himself from prostitutes, because it will ruin his life (verse 27, 28). The whole book of Proverbs has a lot to say about prostitutes, and it is emphasized here again by the author to remind us the importance of distancing ourselves from prostitution. Of course, don't deceive yourself by thinking the author is only speaking about prostitution. By implication, he is speaking about sexual immorality.

So here we have a few questions for all of us to ponder upon.

1. How often do we exercise the wisdom of staying away from drunkards or gluttons (or even any unwise people)? These people could potentially influence our lives in a negative manner.

2. How many of us here have stopped listening to advice given by our parents (or those above us)? Yes, they might have a different mindset. However, we must be reminded that one of the ways we acquire wisdom is through honouring our parents (or even those above us!).
 3. Are there areas of your life where you need to embody certain virtues that you constantly remind your children to live up to? If there are, ask God to give you the grace and strength to live up to it, because we will never be able to live up to that on our own.
 4. Are there areas where you can guide your children in the way which the author does, by offering godly advice and wisdom upon them? If there are, ask God for wisdom to guide your children.
- This passage has helped us see the importance of children obeying and honouring their parents. It is also a reminder for adults as well. I highly encourage you to speak to your children today about this devotion. If you can, hear what they have to say about the areas where you can improve as their parent in Christ. Of course, also help them see how they can improve as children in Christ.

And for the children who are reading this with their parents, remember the importance of honouring your parents. There might be disagreements, but you would benefit a lot by obeying and honouring your parents (of course, this assumes the parent's decisions are reasonable). You would gain much wisdom in the long run of life.

Hon Sir Neng

每日灵粮
23/4/20 星期四

作者：韩思能

箴言书 23:19-28

今天的灵修将集中在 19-28 节。这是关于提交人对儿子的建议。生活在亚洲家庭中，对孩子说的最常见的事情之一是“我吃的盐比你吃的米还要多” 是的，那是真的。这里我们看见作者就如一位平凡的亚洲式的管教。

作者从 19-21 节开始，告诉儿子要远离醉汉和馋嘴。就在第 19 节，作者说到那是明智的。那是因为”好酒贪食的，必致贫穷。好睡觉的，必穿破烂衣服” 这是在暗示着暗示这样做将使这些不明智的人对儿子产生不良影响。

22-25 节成为更有趣的部分。也许有些父母可能会为孩子引用它。这里我们看到对儿子的命令“你要听从生你的父亲。你母亲老了，也不可藐视她“这样，人们将获得真理，智慧，指导和理解（23 节）。这样，可以使父母感到欣喜（25 节）。父母之所以高兴，是因为父亲给了他生命，也因为儿子是母亲生的。每个父母在孩子长大后都会感到高兴和高兴是正常的。在尊重父母的过程中，我们获得了智慧。

最后在第 26-28 节中，作者写得很“深” 感情。他叫儿子将自己的心交给父亲，这是孩子内心深处的最深处。他打电话给儿子观察他的行径（26 节）。这也说到父亲本人也体现了他叫儿子遵循的美德。否则，父亲将是个伪君子。作者在这里提醒儿子，远离妓女很重要，因为这会毁了他的生活（27 和 28 节）。整本箴言书中有很多关于妓女的话，作者在这里再次强调要提醒我们远离妓女的重要性。当然，不要以为作者只是在谈论卖淫而欺骗自己。言外之意，他也在谈论性不道德行为。

因此，在这里我们有几个问题需要我们大家思考：

1. 我们多久行使一次远离酒鬼或嘴的智慧？这些人可能以负面的方式影响我们的生活。
2. 我们中有多少人已经停止听父母的建议了（或者上司）？是的，他们可能有不同的心态。但是，必须提醒我们，获得智慧的方法之一是通过孝敬父母（或者上司）。
3. 您的生活中是否有某些地方需要体现某些美德，这些美德你也不断提醒您的孩子们实现自己的生活？如果有的话，请上帝赐给你恩典和力量来实现它，因为我们将永远无法独自实现它。
4. 您是否需要如作者指孩子的引神忠告和智慧们的方式？如果有的话，向上帝求智慧，以引导孩子。

这段经文帮助我们看到了孩子服从和尊重父母的重要性。这也提醒成年人。我强烈建议您今天就这个灵修与孩子们讨论。如果可以，请听听他们对您作为基督里的父母可以改善的方面的评价。当然，也可以帮助他们孩子了解如何在基督里成长。

对于与父母一起阅读本文的孩子，请记住尊重父母的重要性。可能会有分歧，但是服从和尊重父母会使您受益匪浅(假设父母的决定是合理的)。从长远来看，您将获得很多智慧。

韩思能

Friday, 24 April 2020

Proverbs 24.3-4 ESV

*By wisdom a house is built,
and by understanding it is established;
by knowledge the rooms are filled
with all precious and pleasant riches.*

King Solomon is also well known for his grandeur in building the Temple of God, his many palaces, stables to all his collection of horses and chariots, and the numerous beautiful palaces for his wives and concubines. He is not just talking about building just structures. He is talking about building homes, families, and individuals. He boils down to three very important elements to be successful in building our houses our homes and our lives or our church. These three elements are Wisdom, Understanding and Knowledge. The most wonderful thing is that they are freely available to all who search for them.

Here Solomon says we not only build, but also maintain, and furnish a physical house or a home. The word, "build" means to set up, to erect, to construct, or it can mean to rebuild or repair.

Proverbs 8:12-14 (NIV)

*12 "I, wisdom, dwell together with prudence;
I possess knowledge and discretion.
13 To fear the LORD is to hate evil;
I hate pride and arrogance,
evil behavior and perverse speech.
14 Counsel and sound judgment are mine;
I have insight, I have power.*

By wisdom a house is built. Wisdom is prudence. It also refers to wisdom in handling practical matters with good judgement or common sense. People with wisdom also have the ability to plan ahead. They have the ability to keep themselves from being misled. Jesus instructed the disciples, "be wise as serpents and harmless as doves" and this is prudence. Be wise and not be naïve as we go about building our homes and our lives.

By understanding a house is established. Understanding is referred to as intelligence, insight, skill, reasoning, and discernment. It takes planning, effort, thought, skill, and understanding to build and maintain a house or a home. Established means to be firm, be stable, make secure, make ready, to stand in an upright position. This house is built to withstand, the storms of life. If our home is built and established with wisdom and understanding, we as a family will be able to go through the tests and trials of life.

By Knowledge, a house is filled with valuable things. Once the house is built and is maintained, it also needs to be tastefully furnished. A house that is filled with valuable and pleasant riches not by greed, and dishonesty but by wisdom, understanding and knowledge. Material wealth is never spoken as evil in the Bible. The Bible is not against the possession of wealth but it cautions us not to be possessed by WEALTH. The warning is against loving these precious treasures, hoarding them, being selfish with them and making idols out of them. Material possessions are themselves neutral. The real issue is our heart's attitude towards them. Is easy to build but hard to maintain, just look around our once beautiful public buildings but a few years later they became dilapidated and falling apart due to neglect. This is true with many marriages. We started well but due to lack of loving maintenance, our families are falling apart.

When you see someone with a beautiful, well-constructed, well-furnished house or home, we know they must have put in a lot of hard work of wisdom, understanding and knowledge, to be what it is today.

Applications:

Maintenance: One of the big issues of maintenance in the home is relationship. Husbands love, wives submit and children obey. These scriptural injunctions that cause much conflict in the home. This past week in our devotion on wives' submission and children's obedience, may have ignited some interesting discussion in your home or homegroup. It is easier to see results when we as children of God set a good example to those we talk to. We must walk the talk. We must submit in the Lord when the submission is not against the scripture. I know of a young Christian girl was asked by the mother to put a charm to the suspected lover of the father. This young Christian lady told her mom, "Sorry, I can't do it because I am a Christian." There is much conflict in obedience between parents and children is in the area of choosing of career. This is a very tricky one. I understand my role as a father to two lovely girls is not to dictate to them what I want for them. My job is to guide them to seek the mind of Christ for their lives together with them. Once they have decided that's what God wants them to do, I will give my best to help them to achieve it with the help of God. Parents let us be careful! Please don't impose our unrealized dream on your children.

Wealth: This is another area of great contention and strife in the home. Is not so much as to what we have or don't have. The real issue is what is wealth to us. We must recognize all that we have belong to God. We are but stewards or managers of the wealth God has given to us. How do we gain our wealth? How do we use it? Are we contented with what we have? In our current situation many of us are facing, the reality of losing our jobs, pay cuts, and if the MCO

prolongs, we might run out of money. I pray that we will not fret but trust God and his providence. In reality, this is where the family is so important. PBC is a family of God's people. We are here to support each other. I know many are shy to share their needs. It is difficult to read minds if we don't share. No one will know what to do to help. I assure you that we will not embarrass you when we try to come alongside you during this is a difficult time. Please call me or any of the pastors, elders, deacons and deaconesses. We count it a privilege to walk alongside with you.

Pastor Isaac Yim

每日灵粮

24/4/20

作者：严以撒牧师

箴言 24 章 3- 4 节

24:3 房屋因智慧建造、又因聪明立稳。

24:4 其中因知识充满各样美好宝贵的财物

所罗门王以建造了宏伟圣殿，许多的宫殿，所有的马匹和战车以及给他的妻子和姬妾众多美丽的宫殿居住而闻名。在这几节经文中，他不仅在谈论建造一个建筑物。反而，他正在谈论如何建立一个家，家庭和个人的建立。所罗门给了三个非常重要的因素，如何成功地建立我们的房屋，家庭和我们的个人生活或我们的教会。这三个要素是智慧，聪明和知识。最奇妙的是，所有想要拥有这三点的人都可以免费地得到它们。所罗门在这里说，我们不仅要建造，而且还要维护和装修我们的房屋或家庭。

“建造”这词是指建立，架设，也可能意味着重建或修理。

箴言 8 章 12 - 14 节

8:12 我智慧以灵明为居所、又寻得知识和谋略。

8:13 敬畏耶和华、在乎恨恶邪恶。那骄傲、狂妄、并恶道、以及乖谬的口、都为我所恨恶。

8:14 我有谋略、和真知识。我乃聪明。我有能力。

房屋因智慧建造。智慧需要谨慎。这里，智慧也指着要有良好的判断能力或以常识处理实际问题。有智慧的人有能力计划未来。他们有能力防止自己被误导。耶稣指示门徒说：“要灵巧像蛇、驯良像鸽子”，这是谨慎的做法。在建设家庭和生活时，我们要有智慧而不是傻乎乎的。

房子又因聪明立稳。聪明是指智力，洞察力，技能，推理和辨别力。建造和维护房屋或家庭需要计划，努力，思想，技巧和理解。建立指的是要牢固，稳定，安全，准备就绪和直立。这所房子的建造是为了抵御生活的风暴。如果我们的房子是用智慧和聪明建立的，那么我们一家人将能够经受住生活的考验和实验。

通过知识，房屋里充满了有价值的东西。房屋建成和维护后，还需要高雅的布置。一个充满价值的房子，里面不会有贪婪和不诚实，而是装满着智慧，聪明和知识。在圣经中，物质的财富从未被说成是邪恶的。圣经并不反对拥有财富，但它告诫我们不要被财富而收买。圣经告诫我们不要贪爱这些财富，对它们有私心并且把他们当成偶像。物质财产本身是中立的。真正的问题是我们内心对他们的态度。建造比维护来得容易，看一看我们周边曾经美丽的公共建筑，但却在几年后由于疏忽而变得残破不堪。许多婚姻也是如此。起步虽好，但是由于缺乏热心的建立，我们的家人分崩离析。

当您看到某个人拥有一栋美丽，结构合理，布置精良的房屋或家时，我们知道他们一定付出很多智慧，聪明和知识，才能成为今天的样子。

应用范围：

维护：家庭维护的其中大问题是关系。丈夫的爱，妻子的顺服，孩子们的服从。这些属灵的命令在家庭中引起很多冲突。在过去的一周的灵修中我们有谈到妻子的顺服和孩子们的服从，这些话题可能在您的家庭或家庭小组中引发了一些有趣的讨论。当我

们作为上帝的儿女为与我们交谈的对象树立好榜样时，看到的结果就容易多了。我们必须言行合一。当顺服不违背圣经时，我们必须顺服主。我知道有一位母亲曾要求她一个年轻的基督徒女儿为父亲可疑的外遇下降头。这位年轻的基督徒女儿告诉妈妈，“对不起，我做不到，因为我是基督徒。”在职业选择方面，父母与子女之间的顺服也存有很多的冲突。这是一个非常棘手的问题。我了解我作为两个女儿的父亲所扮演的角色并不是要向她们指示我对她们的要求。我的工作而是引导她们并且和她们一起追求基督的样式。一旦她们决定了那是神要她们做的，我会尽力帮助她们并在神的带领下一起实现这一目标。父母，要当心！请不要将我们未实现的梦想强加给您的孩子。

财富：这是家庭中另一个引起激烈争执的问题。与其说我们拥有或没有，不如说真正的问题是我们对财富的定义是什么。我们必须知道我们所有的一切都属于上帝。我们只不过是上帝给我们所得的财富的管家。我们如何获得财富？我们如何使用它？我们满足于我们所拥有的吗？在我们目前的情况下，我们许多人都面临着失业，减薪的可能，如果行动管制令延长，我们甚至有可能用花光我们的金钱。我祈祷我们不会烦恼，而是要相信上帝和祂的供应。实际上，这是家庭如此重要的地方。PBC是上帝子民的家庭。我们在这里互相支持和鼓励。我知道有许多人都不好意思分享他们的需要。如果你们不分享出来，是很难得到帮助的。没有人会知道该怎么做才能提供给你们所需要的帮助。我向您保证，在这个困难时期，当我们尝试伸出援手时，我们不会让您感到尴尬。请打电话给我或任何牧师，长老，执事和女执事。我们很荣幸与您同行。

今天的祷告：

我们在天上的父，愿人都尊你的名为圣。我的心和凡在我里面的都当赞美祢。我们感谢祢耶和华以勒，因为祢看到我们的需要并供应我们。上帝啊，我们当赞美祢，耶和华拉法，我们的医治者，你使苦难变为甜美。祢原谅我们所有的罪过，并且治愈了我们所有的疾病。圣洁是祢的名字！

主啊，我们感谢祢在我们中间建立的所有家庭。我们感谢我们的家人。我们有一个好的开端。但是一路上，我们却用我们自私和犯罪的方式破坏了它。怜悯我们，帮助我们回到祢身边，愿意服从祢的指示，建造一个幸福快乐的家庭。主啊，请给我们谦卑的心来求祢的宽恕，也原谅我们身边的人。帮助我们彼此和解，让我们坦然无惧地重新生活在祢里面，让祢来改变我们，并让我们活得越来越像祢。

主啊，我们在这段漫长的封城中为家庭和谐生活祷告。当我们家庭在一起生活时，给我们谦卑，幽默感和仁慈。帮助我们使用这段在家的时间来加强与祢以及彼此之间的关系。

父啊，我们对我国以至全世界的疫情深感担忧。祢的话提醒我们，在这个世界上会有苦难，但是在祢里面，我们将拥有祢赐的平安。让我们定睛在祢，完全依靠祢过每一天。主啊，我们感谢祢在这个关键时期内保持Adriel的平安以及他不断的好转。我们会继续将他交给祢，求祢完全地医治。我们也为我们当中许多身体不舒服的人祷告，求祢医治他们并祝福他们。

谢谢主，祢是我们的耶和华罗伊，祢是我们的大牧羊人，在你里面我们有我们所需要

的一切。我们赞美祢的圣名！
我们奉主耶稣的名祷告，阿们。胡斐译

Saturday, 25th April 2020

Proverbs 25: 21-22

If your enemy is hungry, give him food to eat;

if he is thirsty, give him water to drink.

In doing this, you will heap burning coals on his head,

and the LORD will reward you.

Paul quoted this in Romans 12: 20 "On the contrary: 'If your enemy is hungry, feed him: if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.'"

William Hendriksen in commenting on this verse says it's a way of making the enemy ashamed of himself. He is also of the view that it's also a deed of benevolence (giving live coals to those in need). He says Romans 12: 21 "Do not be overcome by evil, but overcome evil with good." To be overcome by evil means (a) to allow the enemy to get you down, and (b) to plan and return evil for evil.

To overcome evil by good means (a) to continue living a life of faith in, and love for, God and for everyone, not excluding the person who has injured you, the kind of life marked by transformation into the image of Christ and then and only then can you by humility, helpfulness and peace to go out of your way, by word and deed, to show kindness to the one who has injured you.

In Romans 12 Paul again and again, with slight variation, repeat this exhortation "Bless those who persecute you ... Do not return evil for evil ... Do not take revenge, beloved ... overcome evil with good." (vs 14, 17, 19 21). Because he knew that returning good for evil was something against which sinful human nature violently rebels but from his experience as an Apostle of our Lord, he knew that the only way to overcome evil is with good which would fill the heart of an opponent with shame and penitence.

Hendriksen cited an example from a pastor friend of his. It was "under a cloud" that the former pastor had left. With part of the congregation, he was, however, still popular. So, when his successor arrived, one of the members told the latter, "I do not recognise you as my pastor." The pastor to whom these words were spoken to received grace to remain calm. Afterwards he took special pains to perform his pastoral duties when sickness entered the home of the disgruntled church member. Result: the day came when that man told the pastor, "I now fully and gladly recognise you as my pastor." That is what overcoming evil with good that Paul talks about and also what our two verses in Proverbs teach us.

There was this sister in one of the former churches that I pastored many years ago who was always against almost everything I proposed. Sometime after I left

the church, I heard she was pretty sick in the hospital. The moment I walked in to visit her, with tears in her eyes, she said, "Pastor, I never expected you will come to visit me." That's another incident of overcoming evil with good.

The Old Testament teaches (Ex 21:24; Lev 24:20; Deut. 19:21) an eye for an eye and tooth for tooth, but nowadays it is more an eye for both your eyes and a tooth for your whole set of teeth so your oppressor can only eat Tau Foo Fa and Yong Tau Foo the rest of his life!! But our Lord's teaching is if someone strikes you on your right cheek, turn to him your left, if someone wants your tunic, let him have your cloak if someone forces you to go a mile, go with him two. Love your enemies and pray for those who persecute you. (Matthew 5:38-41; 44). Hard teaching and even harder to practice and only those who have Christ in their life can do that.

Yes, this Christian virtue of never returning evil for evil but always good for evil is a hard and difficult lesson to learn. We should pray for God's blessings on our persecutors, and by means of kindness strive to "heap coals of fire upon their heads" of those who are cruel to us. Yes, we should try to make these bitter opponents ashamed of themselves. Joseph did that (Gen. 45: 1-15; 50: 15-21); so did Elisha (II Kings 6:20-23); Stephen too (Acts 7:59,60) and of course, above all, our Lord and Saviour (Luke 23:34.)

They all can do that not only because they have God in their lives, above all they have a much closer walk with our God and Saviour. More spiritual and mature Christians always take the first step to say sorry, apologise and make peace in any conflict even though they may be in the right. "Blessed are the peacemakers, for they will be called the sons of God." (Matt 5: 9). Our Lord teaches us that "when your brother has something against you" (Matt 5: 23-24) and "If your brother sins against you" (Matt 18: 15) we who are more spiritual and mature must always make the first move to make peace and reconcile.

After that when Peter asked "Lord, how many times shall I forgive my brother when he sins against me? Up to seven-time? Jesus answered, I tell you, not seven times, but seventy-seven times" (Matt 18: 21-22). Yes, my dear brothers and sisters, if we want a closer walk with our Lord, if we want to grow and mature in our Christian life, if we want our Lord to bless and reward us (Prov 25:22) for our obedience to His Word, then we need to reach out in love and grace and forgiveness to those who have intentionally or unintentionally hurt us.

And what better time than this? Just a call or Whatsapp message as to how they are doing in this MCO. Let's surprise them and wish them and their family well and safe. Let's scatter lots of "burning coals" on their heads, not to hurt them but to bless them. Then we will see the floodgates of heaven thrown open and our

heavenly Father will pour out so many blessings that we and they will not have room enough for it.

Prayer

Dear Lord, we thank you for this reminder to not only to have the grace to forgive our enemies but more so to bless them with food when they are hungry and drink when they are thirsty. Help us to be the channel to bring them the "bread of life" (Jn 6:35) if they have yet to hear about You so they will never grow hungry again. Help us also to help them to come to you to drink the water that you give and they will never thirst again (Jn 4:13).

Above all Lord, help us to draw closer to you and to do all the things that you have taught and commanded us to do in order to be more like you.

In your precious Name, we pray all this, AMEN.

Pastor KKSoong

每日灵粮

25/4/20

作者：宋国基牧师

箴言 25:21-22

“你的仇敌若饿了，就给他饭吃；若渴了，就给他水喝。因为你这样行，就是把炭火堆在他的头上，耶和华也必赏赐你。”

保罗也在罗马书 12:20 引用了这一节：所以，“你的仇敌若饿了，就给他吃；若渴了，就给他喝。因为你这样行，就是把炭火堆在他的头上。”

威廉·亨德里克森（William Hendriksen）表示，这是一种让敌人自己感到羞耻的方式。他也认为这是仁慈的行为（提供炭火给有需要的人）。他也赞同“不可被恶所胜，反要以善胜恶。”（罗马书 12:21）“被恶所胜”是指（一）因敌人而感到沮丧（二）谋算以恶报恶。

以善胜恶是指（一）继续以信心及爱上帝的心过每一天，别把伤害你的人拒之门外。这种生活标志着转变，变成基督的样式。也只有这样，你才能以谦卑、乐于助人的心及和平的方式，言行一致地怜悯伤害你的人。

在罗马书第十二章，保罗一次又一次，略有变化地重复这劝告：“迫害你们的，要为他们祝福；不可以恶报恶；不要报仇；亲爱的啊，以善胜恶。”（参十四，十七，十九，二十一节）。他知道以善还恶是罪人极力反对的，但是作为主的使徒，他认为战胜恶的唯一方法就是善，敌人会因此蒙受无比的耻辱和后悔。

威廉·亨德里克森采用他牧师友人的经历为例子。因着一些丑闻，前任牧者被迫离开。但是，有部分的会众仍然很喜欢他。因此，当他的接班人到达时，其中一位成员告诉他：“我不认你为我的牧师。”刚接棒的牧师听了这番话，却领受了上帝的恩典，保持镇定。此后，心怀不满的成员家里遭受疾病来袭，但这位牧师费尽心思地履行牧职。结果：那天他告诉牧师，“我现在全心，高兴地认你为我的牧师。”这就是保罗所说的以善胜恶，也是箴言的这两节经文所教导我们的。

我多年前曾经牧养的一所教堂有一位姐妹，她总是反对我提出的几乎所有建议。我离开教会后，听说她病倒在医院。我去拜访她的那一刻，她眼含泪水说：“牧师，我没想到你会来拜访我。”这也是以善胜恶的例子。

旧约教导以眼还眼，以牙还牙（参出 21:24；利 24:20；申 19:21）。但如今更像是以“双眼”还眼，以“全牙”还牙，使你的敌人一生只能吃豆腐花和酿豆腐！但是我们主的教导是，有人打你的右脸，连左脸也转过来由他打。若有人要拿你的里衣，连外衣也由他拿去。有人强逼你走一里路，你就同他走二里。爱你的敌人，为那些逼迫你的人祈祷。（马太福音 5：38-41；44）。这是如此严格的教导，甚至难以实践，只有那些生活中有基督的人才能做到。

是的，不以恶报恶而是以善胜恶的基督徒美德是一项难以实践的功课。我们应该祈求上帝祝福我们的敌人，并善待那些对我们残酷无情的人，努力将“火炭堆在他们的头上”（参箴言 20:22）。是的，我们应该想办法让敌人因自己的所作所为感到羞耻：如约瑟（参创世纪 45：1-15；50：15-21），以利沙也一样（参列王纪上 6：20-

23），司提反（参使徒行传 7：59,60），当然还有我们的救主（参路加福音 23:34）。

他们所有人都能做到这一点，不仅因为他们的生命中有上帝，而且最重要的是，他们与我们的上帝和救主走得更近。尽管他们是对的，但属灵成熟的基督徒总是迈出第一步，对任何冲突表示歉意，与人和好。“使人和平的人有福了，因为他们必称为上帝的儿子”（太 5：9）。我们的主教导我们：“如果弟兄对你不满”（太 5：23-24）和“如果你的弟兄犯了罪”（太 18:15），灵性更加成熟的人必须先主动求和解。

那时，彼得前来问耶稣：“主啊，如果我的弟兄得罪我，我要饶恕他多少次？七次吗？”耶稣对他说：“我告诉你，不是七次，而是七十个七次（“七十个七次”或译：“七十七次”）”（太 18：21-22）。是的，我亲爱的弟兄姐妹，如果我们想与主亲密同行，在主里成长，并希望主能赏赐我们遵行他的话（箴 25:22），那么我们需要向那些有意或无意伤害我们的人给予爱心，恩典和宽恕。

还有比现在更好的时间吗？在行动管制令的期间关心他人只需要一通电话或 WhatsApp 短信。给他们一个惊喜，并祝福他们和家人安然无恙。让我们散布许多“炭火”在他们的头上，不是要伤害他们，而是要祝福他们。然后，我们将看到天窗敞开，天父会倾福于我们，甚至无处可容。

今日祷告：

亲爱的上帝，感谢你提醒我们不仅要有宽恕仇敌的恩典，倘若他饿了，就给他饭吃；若渴了，就给他水喝。如果仇敌尚未听闻你，请帮助我们成为你的流通管，带给他们“生命的粮”（约 6:35），这样他们就永远不会再饿了。帮助我们也能够带领他们来喝你所赐的水，使他们再也不渴（约 4:13）。最重要的是，请帮助我们亲近你，并完成你所教导、托付我们要做的所有事，使我们更像你。

奉主宝贵的名祷告，阿们。

巫惠如译

Sunday, 26 April 2020

Proverbs 26.4-5

*4. Answer not a fool according to his folly,
lest you be like him yourself.*

*5. Answer a fool according to his folly,
lest he be wise in his own eyes.*

These two verses seem to be a glaring contradiction. If you examine these two verses, they are complementary and not contradictory to each other. The purpose of Proverbs is to teach then the sons of Solomon and now to all of us who read so that we can be wise in the Lord. The beginning of wisdom is to fear the LORD. How to read Proverbs and how to apply it calls for wisdom. Proverbs provide guidelines or a recommended way of action in living. Proverbs are general observations but no guarantees. Proverbs don't make you wise themselves. But how you use and apply Proverbs wisely and appropriately makes you wise.

*7 Like a lame man's legs, which hang useless,
is a proverb in the mouth of fools.*

*9 Like a thorn that goes up into the hand of a drunkard
is a proverb in the mouth of fools.*

In Proverbs 26.7 and 9, Proverbs are good but in the mouth of fools are useless. In answering or not answering a fool calls for discernment and wisdom. "Answer not a fool according to his folly, lest you be like him yourself." Proverbs has much to say about fools. Fools despise wisdom (Pro. 1.7, 22, 10.21, 23.9); they are right in their own eyes (Pro. 12.15); they are deceitful (Pro. 14.8) and scornful (Pro. 10.23, 14.9).

Proverbs gives the wise instruction as to how to deal with fools. Instructing a fool is pointless because his speech is full of foolishness (Pro. 15.2, 14) and he does not want wisdom and understanding (Pro. 18.2). It is futile to try to answer a fool. Do not stoop to the fool's level by answering his silly questions or arguing with him as if he were a sensible man.

The next verse Pro. 26.5 says, "Answer a fool according to his folly, lest he be wise in his own eyes." Here, it says, "Answer a fool ... lest he be wise in his own eyes". There is a time and place for us to answer a fool and not be silent. There are situations where the wise need to appropriately respond to a fool's foolishness with words of rebuke and instruction. To let a fool speak his nonsense without reproof encourages him to remain wise in his own eyes. In this way, it exposes the foolishness of his folly.

Therefore, there is no contradiction in verses 4 and 5. Both principles are right. There are two English idioms that we are very familiar with. These two idioms are true for different people during this lockdown. Especially, when the person

you love very much is away during this lockdown, most likely it is appropriate to say, "Absence makes the heart grows fonder". On the other hand, if a couple has just a platonic relationship, well the separation is "Out of sight out of mind". In Ecclesiastes 3.7b, it says, "a time to be quiet and a time to speak". Jesus used both approaches. When the leading priests and the elders, accused Jesus, "Jesus remained silent." (Matt. 27.14). The religious authority demanded to know by what authority Jesus was doing all the miraculous things. "I'll tell you by what authority I do these things if you answer one question," replied Jesus. (Matt. 21.23). Jesus being Christ, He used both these principles to silence his adversaries.

There are a few things we can learn from these two verses of Proverbs.

1. We need to ask God for wisdom and discernment in a given situation to know when to be silent and when to speak up.
2. When we do speak, may our aim be always to build up or to bring someone closer to Jesus, even when correcting or reprimanding a person. May our speech always be gracious and seasoned with salt, that what we say, will be like "a golden apple served on a silver platter."
3. Keeping silent is not as simple and easy when you are under attack. It takes God's wisdom and will power to be silent. Even in silence, you are speaking.

*27 Whoever restrains his words has knowledge,
and he who has a cool spirit is a man of understanding.*

*28 Even a fool who keeps silent is considered wise;
when he closes his lips, he is deemed intelligent. Proverbs 17.27-28*

4. The real wisdom comes from the fear of the Lord, and that wisdom gives us the ability to know how to apply the Proverbs appropriately in our daily lives.

Prayer for today

Father, it is very comforting to know that You are highly lifted up, You reign over all the universe that you have created. We are eternally grateful, puny as we are You know our names. Lord, we are encouraged that You take care of the birds of the air and flowers of the fields, and surely You will take care of us, your children too.

Father, we thank You for the homes you have given to us. We are thankful for the roof over our heads, food on the table, clothes to keep us warm and shoes to protect our feet. We thank you for harmony in the home.

Father, in your wisdom you allow the Coronavirus to become a pandemic. Lord, in this pandemic, You have given us extra time to reflect on many things of which we have taken for granted. Forgive us, Lord, be it in our business, or living our lives as if You are not around. We do things just to please ourselves. Our

selfishness has caused so much brokenness in our homes, in places where we work, our church and in our community. O Lord, we pray for awakening and quickening of your spirit in each of our lives. Thank YOU that we belong to You, teach us to live lives that is pleasing to you. May You be the centre of our lives.

Lord, we confess that we are foolish but we often think we are wise. In our foolish ways, we have caused so much pain to one another in our homes. With the new extension of the MCO, grant us your wisdom as we relate to each other. Give us grace when we talk to each other, grant us wisdom and discernment as to when to speak and when not to speak. If we do speak, Lord, give us words that are loving and gracious both the speaker and the listeners be encouraged and build up.

Father, thank for answering our prayers for baby Adriel. Thank you for sustaining him day by day, strengthen his heart and his lungs, give him the ability to breathe normally without the help of the oxygen mask. Grant him, complete healing Lord. We praise you for the miracle you have done and continue to do. We want to give You all the praise and glory.

Thank you for the Lord's Day. Help us to worship Jesus, our resurrected Lord and Saviour, in each of our homes. Bless the worship team, the technical team and the Speaker, Dr. George Tee. Use him, Lord, to minister to each of our hearts. May we have a satisfying worship by having a fresh encounter with You.

We ask and give thanks in Jesus' Name. Amen.

Pastor Isaac Yim

每日灵粮

26/4/20 星期日

作者：严以撒牧师

箴言 26:4-5

4 不要照愚昧人的愚妄话回答他、恐怕你与他一样。

5 要照愚昧人的愚妄话回答他、免得他自以为有智慧。

这两节经文似乎自相矛盾。但如果你细察这两节经文，它们其实是互补的，并不相互矛盾。箴言起初的目的是教导所罗门的儿子们，如今也教导我们这些读箴言的人，以便我们可以在主里得着智慧。敬畏耶和华是智慧的开端。如何阅读箴言以及如何运用箴言都需要智慧。箴言为我们的生活提供指引及建议。箴言只是一个普遍性的准则，并不是非遵从不可的规条。箴言并不会使你聪明。但是，如何明智而适当地应用箴言会使你充满智慧。

7 瘸子的脚、空存无用。箴言在愚昧人的口中也是如此。

9 箴言在愚昧人的口中、好像荆棘刺入醉汉的手。

在箴言 26.7 和 9 中，箴言是美好的，但在愚昧人的嘴里却是无用的。在回答或不回答愚昧人时，我们需要敏锐和智慧。“不要照愚昧人的愚妄话回答他、恐怕你与他一样。”箴言中有许多关于愚昧人的教导。愚妄人藐视智慧和训诲（箴言 1.7, 22, 10.21, 23.9）；愚妄人所行的、在自己眼中看为正直（箴言 12.15）；愚昧人的愚妄、乃是诡诈（箴言 14.8）和愚妄人犯罪、以为戏耍。（箴言 10.23, 14.9）。箴言对如何应付愚昧人提供了一个明智的指导。教导一个愚昧人是没有意义的，因为他的言语充满愚昧（箴言 15.2, 14），并且愚昧人不喜爱明哲（箴言 18.2）。试图回答一个愚昧人是徒劳无功的。当你把愚昧人当着是明理人一样，而去回答他的愚蠢的问题或与他争吵时，你就是降到与他一样的愚昧级别了。

下一节箴言 26.5 说：“要照愚昧人的愚妄话回答他、免得他自以为有智慧。”在这里，说：“要照愚昧人的愚妄话回答他、免得他自以为有智慧”。有时候我们需要回答愚昧人，而不只是一味的沉默。在某些情况下，明智的人需要用斥责和指示的言语适当地回应愚昧人的愚蠢。放任愚昧人去胡言乱语，而不去指责他们的话，就是纵容他们自以为有智慧。这样，就暴露了他自己的愚蠢。因此，第 4 节和第 5 节没有相互矛盾。这两个原则都是正确的。有两个我们非常熟悉的英语短句。在这封城期间，这两个短句对某些人来说是这样的真实。尤其是，在封城期间，你非常心爱的人不在身边时，很可能应该说：“久别情更深”。另一方面，如果一对夫妇的关系并不是那么好时，那么这种分离就是“眼不见为净”。在传道书 3.7b 中，说：“静默有时、言语有时”。当大祭司和长老指责耶稣时，耶稣使用了两种方法。“耶稣仍不回答、连一句话也不说。”（马太福音 27.14）。宗教领袖们要知道耶稣是仗着什么权柄行神迹时，耶稣回答说、我也要问你们一句话、你们若告诉我、我就告诉你们我仗着甚么权柄作这些事。”（马太福音 21.23）。耶稣是基督，他用这两个原则使他的对手沉默。

我们从箴言的这两节经文中可以学习一些东西。

1. 我们需要向上帝祈求智慧和识别能力，以便我们知道在何种情况下应保持沉默和何时发言。

2. 当我们说话时，即使是在纠正或谴责一个人时，我们的目标应该是造就人或使某人更亲近耶稣。愿我们的言语总是充满和气，用盐调和，让我们所说的话就像是“金苹果”。

果放在银盘上”。

3. 当遭受攻击时，依然保持沉默并不是那么简单和容易的事。它需要上帝的智慧和自制能力去保持沉默。那么即使在沉默中，你也像在说话。

27 寡少言语的有知识，性情温良的有聪明。

28 愚昧人若静默不言、也可算为智慧，闭口不说、也可算为聪明。（箴言 17. 27-28）

4. 真正的智慧来自于对主的敬畏，而这智慧使我们能够知道如何在日常生活中适当地运用箴言。

今天的祷告：

天父，我们要高举你，你统管你所创造的宇宙万物。我们是如此的微不足道，但你却知道我们的名字，我们永远感激不已。主啊，我们何等的受到激励，你照顾空中的飞鸟和田野的花朵，你也一定会看顾我们，你的孩子们。天父，我们感谢你为我们提供的房屋。我们感谢上头的屋顶，桌上的饮食，温暖的衣物和保护双脚的鞋子。我们感谢你赐给我们和谐的家庭。

天父，你允许冠状病毒成为大流行病。主，在这场病毒大流行中，你给了我们额外的时间来思考许多我们认为理所当然的事情。原谅我们，无论是在我们的生意中，还是在我们的生活中，你似乎都不存在。我们做事只是为了取悦自己。我们的自私在我们的家中，工作场所，教会和社区中造成了太多的破坏。上帝啊，求你的灵甦醒我们。谢谢你，因为我们是属于你的，教导我们过讨你喜悦的生活。愿你成为我们生活的中心。

主啊，我们承认自己是愚蠢的，但我们却常自以为聪明。我们以愚蠢的方式在家里给彼此造成了极大的痛苦。随着行动管制令的延长，我们求你赐给我们你的智慧好让我们晓得如何来和家人相处。让我们能够温和的彼此交谈；赐给我们智慧和洞察力，让我们知道何时该说何时沉默。主啊，我们说话时，请赐给我们充满仁爱与温和的言语，好让说的和听的双方都得到激励和造就。

天父，感谢你垂听我们为宝贝 Adriel 的祈祷。感谢你日复一日地延续他的生命，增强他的心脏和肺部功能，让他能够在没有氧气罩的帮助下正常的呼吸。主啊，求你完全的医治他。我们为着你已成就的神迹并将要成就的颂赞你。愿一切的赞美与荣耀都归于你。

我们感谢你所赐下的主日。帮助我们在各自的家中来敬拜耶稣，我们复活的主和救主。祝福敬拜小组，技术小组和讲员 George Tee 博士。主啊，使用他来向我们每个心灵说话。让我们在这美好的敬拜中与你有个全新的相遇。

我们奉耶稣的名祈求和感谢。阿们

陈月妃 译

MONDAY, 27 April 2020

PROVERBS 27: 5

5 Better is open rebuke than hidden love. (NIV)

5 Open rebuke is better Than love carefully concealed. (NKJV)

Brothers, sisters, would you say you are hesitant to rebuke others, especially those in God's family? But would you agree that there is a time and place where rebuke is not only good, it is better than the alternative. We must turn, though, to other Scriptures to obtain a bit more guidance in exercising this, such as Ephesians 4:15. We must "Speak the truth in love", wanting the best for the person in question, that his walk with the Lord will become more vital and his love for God's people grounded in genuine care and concern. So, rebuke which is kindly, considerately, and prayerfully administered cement friendship rather than weakens it.

On the other side of the coin, when one receives a warranted reproof, though it may initially be painful, this can lead to good results when heeded. It is far better to experience the unpleasant effect of the rebuke that can be beneficial than to be left unaware. We are often the last to know of chinks in our armour until pointed out by those looking from the outside.

My dear wife has consistently been my most honest critic, and in the most gentle way, she has chided me and urged me to do better in many areas of my life. Thank God for our marriage vows for we love each other "for better, for worse"! And we believe with all our hearts we want each other to be daily transformed and drawn closer to the Lord.

What about Matthew 7, you say? 1 "Do not judge, or you too will be judged. 2 For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you".

3 "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

4 "How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye?"

Brothers and sisters, let us leave passing judgement of behaviour to the Lord. Speak only out of concern for the person's well-being. Let us also seek God in honest self-examination before we pursue such an exercise and be very conscious of the reminder in Ephesians.

Yes, it is a rough medicine from a close friend who tells you your shortcomings (perhaps a blind spot?) freely but to spare you, he does not reveal such rebuke to others.

Than love carefully concealed : Love does little good when it is concealed. The honest love of an open rebuke can be much better than carefully concealed love. Perfect love expresses itself, does not hide, does not profess not to see, does not remain silent.

*6 Faithful are the wounds of a friend,
But the kisses of an enemy are deceitful.
6 Wounds from a friend can be trusted,
but an enemy multiplies kisses.*

Verse 6a complements verse 5a. Faithful are the wounds of a friend. A 'true friend' is willing to 'wound' us with loving correction. The correction may not feel good – as genuine wounds will hurt or even sting emotionally – but it will be an expression of the love and faithfulness of a friend.

Think – who might be your 'true friend'? Or who might you be a 'true friend' to? Parent, would you consider yourself your child's 'true friend'? Or husband, your wife's? Or vice versa?

The unspoken presumption or condition precedent in order for one to speak words which may wound is a close relationship based on honesty and trust. One needs to speak words, though such words may wound, of life, of appreciation, of sincere reconciliation and forgiveness.

If this deep relationship is missing in your life, pray and ask God how such a relationship can be nurtured. It is never too late to start. It is never too late to pray and ask.

Who would not choose this faithful wound, however painful at the moment of infliction, rather than the multiple kisses of an enemy?

The kisses of an enemy are deceitful: This cautions us that not all kisses are the greetings of friends. They may come from an enemy and be deceitful.

To sum up, value genuine friends, sincere and Godly men and women who would not hesitate to "call a spade a spade" and point out our shortcomings to us. Let us too, be such to those around us that they find us loyal, true, and sincere, and thereby earn the right to give them hearty counsel.

Prayer

Our gracious Heavenly Father, we thank you for the week that has passed and the start of a new week. We thank you for this new day. Lord help us to count our days and recall what the Psalmist wrote:

*10 Our days may come to seventy years,
or eighty, if our strength endures;*

*yet the best of them are but trouble and sorrow,
for they quickly pass, and we fly away.*

11 If only we knew the power of your anger!

Your wrath is as great as the fear that is your due.

12 Teach us to number our days,

that we may gain a heart of wisdom. Psalm 90

Help us Father to not waste these MCO days, but count each one as precious, for each has been ordained by You for a purpose in our lives. We pray we will seek Your will in this for us. For the time will come when the MCO will be lifted and the opportunities given by it may not come again.

May your Word today speak to us in respect of all the relationships in our lives. We thank you for each of them – our parents, our spouse, our children, our grandparents, our siblings, our relatives, our office colleagues, whether superiors or subordinates, our employees, our neighbours. Lord, we want to make things right with them if things are not right. Teach us how Lord.

Thank You Lord for Your mercies shown toward Adriel and his parents. We give You thanks. May He grow to be a wonderful witness of Your faithfulness in his life, all the days of his life.

In Jesus' Precious Name we pray. Amen.

Ps Cheng Cheung

每日灵粮

27/4/20

作者：张祯祥传道

箴言 27: 5

坦白的责备，
胜过暗中的爱。

弟兄姐妹，对于责备别人，你是否会犹豫不决，尤其是当对象是主内的家人？但是，你是否也会同意，在某些时间和地点，责备不仅好，而且比其他的选项更好？不过我们必须查看其他经文，获得更多的指导，例如以弗所书 4:15。我们必须“用爱心说诚实话”，希望对方能得到最好的，使他更看重与主同行，并以真诚的关心去爱上帝的子民。因此，仁慈的、体贴的、祈祷式的责备，可以巩固友谊，而不是削弱友谊。

另一方面，当一个人得到有必要的责备，虽然最初可能是痛苦的，但是若听取，可能会得到良好的结果。与其被蒙在鼓里，不如听逆耳忠言，因利于行。我们往往是最后一个不知道自己小而致命的弱点，除非局外人指出。

我亲爱的妻子一直是我诚实的评论者，她以最温柔的方式责备我，并鼓励我在生活的许多方面做得更好。感谢上帝，我们在婚姻誓言里承诺彼此相爱，“不论好坏，不论祸福”！我们全心相信及希望彼此每天蜕变，并与主更加亲近。

也许你会问，那马太福音第七章呢？“不可判断人，免得你们被判断。你们怎样判断人，也必怎样被判断；你们用甚么标准衡量人，也必照样被衡量。为甚么看见你弟兄眼中的木屑，却不理会自己眼中的梁木呢？你自己眼中有梁木，怎能对弟兄说：‘让我除掉你眼中的木屑’呢？”

弟兄姐妹们，让我们把判断交给主。仅出于关心对方的福利而说话。在实践之前，让我们寻求上帝，诚实地自我检讨，并谨记以弗所书中的提醒。挚友告诉你的缺点或盲点的确是苦口良药，为了避免你受伤，也不告诉别人。

“胜过暗中的爱”：被隐藏的爱并没有好处。当面责备的爱强如背地的爱。完美的爱善于表达，不隐瞒，不宣称不看，也不保持沉默。

箴言 27: 6

爱你的人加的创伤是出于忠诚；
恨你的人却与你连连亲吻。

第六节的上文补充了第五节的上文：“爱你的人加的创伤是出于忠诚。”一位真正的朋友是愿意以爱‘伤’我们。被纠正的当下可能不好受，因为真正的伤口会痛甚至刺痛心灵，但这是朋友爱和忠诚的表现。

想想：谁是你真正的朋友？还是你有可能和谁成为真正的朋友？父母，你是否认为自己是孩子真正的朋友？丈夫，你是妻子真正的朋友吗？太太呢？

说出具有杀伤力的话的主要条件，是与对方有诚实和信任的密切关系。一个人需要说有生命、欣赏、真诚和宽恕的话，虽然这有可能给对方带来伤害。如果你的生活中缺少这种深刻的关系，请祈求上帝帮助你培养。向上帝求吧，他永远不嫌晚。

无论当下多么痛苦，谁会宁可选择敌人多次的亲吻，而不选择忠诚的创伤呢？敌人的亲吻来自于欺骗。这告诫我们，并非所有的亲吻都是朋友的问候。他们可能来自敌人，是欺诈。

总而言之，重视真正的朋友，真诚和虔诚的兄弟姐妹，他们会毫不犹豫地实话实说，并指出我们的缺点。让我们也这样对待周围的人，当他们发现我们忠诚和真实，我们将赢得给他们忠诚建议的权利。

今日祷告：

满有恩典的天父，我们为过去的一周和来临的一周感谢你。我们为新的一年献上感恩。主，帮助我们数算自己的日子，回想诗人所写的：

我们一生的年日是七十岁，若是强壮可到八十岁，但其中所矜夸的不过是劳苦愁烦；转眼成空，我们便如飞而去。

谁晓得你怒气的权势？谁按着你该受的敬畏晓得你的愤怒呢？

求你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： 10-12 ）

求天父帮助我们不要浪费行动管制令的日子，珍惜每一天，因为每日你已预定我们生命的目的。我们寻求你的旨意。因为或许行动管制令被解除后，它所带来的机会也可能不会再现。

愿主你今天的话渗入我们生命的每部分。我们感谢每个人：我们的父母，我们的配偶，我们的孩子，我们的祖父祖母，我们的兄弟姐妹，我们的亲戚，我们的同事，无论是上司还是下属，我们的邻舍。

主，如果我们与他们的关系紧绷，我们想纠正错误。求主教我们。

感谢上帝怜悯小衡溢和他父母。我们感谢你。愿他一生见证你的奇妙和信实。

奉主耶稣的名祷告，阿们。

巫惠如译

Tuesday, 28 April 2020

Proverbs 28.13

*People who conceal their sins will not prosper,
but if they confess and turn from them, they will receive mercy. TLV*

This verse of scripture teaches us the right attitude to deal with sin in our lives. None of us is exempted from this issue of sin. How do we deal with the issue of sin will directly affect our lives now and for eternity. This verse tells us what not to do and what to do with sin and why.

“Whoever conceals his sins will not prosper”

All men sin. When we sin, we have a choice. We can keep the sin to ourselves, hide it from others, not mention even to God, and most likely we will do it again when the opportunity or temptation comes again. Charles Spurgeon in his sermon on this Proverb, listed seven ways how men attempt to cover their sins, all of them in vain.

1. Excuses and justifications
2. Secrecy
3. Lies
4. Schemes to evade responsibility
5. Time
6. Tears
7. Religious ceremonies

Since Adam and Eve, human instinct leads us to cover or hide our sins. Nobody likes to admit sin, guilt, and shame. It is much easier to conceal it. We run and hide. We cover it up. We blame others. We pretend it never happened. Or pretend that it wasn't that bad. We have almost perfected the art of concealing our sin. To the extent, we think we can even hide it from God. One other way to deal with sin is to do some good things or works to counteract our sinful deeds. We will try very hard to make sure our good deeds will ease our guilt and cover our shame. But this Proverb states that covering up our sins is not the right way to deal with sins.

In the Old Testament, we see Adam and Eve tried to cover up their sin and shame by making leaves to cover themselves. Adam blamed Eve and Eve blamed the snake. They run and hide (Gen. 3.7-8). Saul tried to hide his sin from the Prophet Samuel. Saul lied, he obeyed God only partially. It was convenient to lie, but God was not fooled and neither Samuel was fooled.

“Will not prosper” is the result of hiding or concealing our sins. This word “prosper” is not just limited to financial prosperity. This word literally means “to come on mightily; to be forceful” that is to say “to have an overpowering force, with the resultant successful action.” It speaks of succeeding at an endeavour, flourishing, thriving, and being victorious. It is often used of God causing a

person's ways to prosper. In Gen. 39.2 "And the Lord was with Joseph, and he was a prosperous man." This speaks of Joseph being a successful man – not just wealthy." The point is when we hide our sins, we will not be successful.

Not only we are unable to hide our sin from God, but hidden sin also brings misery to us. King David committed adultery with Bathsheba and murdered her husband Uriah. For about a year, David "kept silence." He did not repent before God. He was out of fellowship with God. After a year or so David wrote this Psalm 32.

David described his misery when he was out of fellowship with God

Psalm 32.4-5.

- My body wasted away,
- I groaned all day long
- God's hand of discipline was heavy on him
- He dried up
- Life was miserable

The second part of this verse says, "but he who confesses and forsakes them will obtain mercy."

Praise God! God wants all to have fellowship with Him, but sin must be removed before the sweet fellowship begins. "Confess" is to acknowledge or admit our sin or guilt.

1 John 1:9 New Living Translation (NLT)

9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

We must come humbly to accept sin as sin. No more excuses, no rationalization, and no attempt to justify our actions. We have sinned against God. With our confession, we not only received God's grace and mercy, but we turn away from sin. We forsake sin. That's what true repentance is all about. When we come to God for mercy, He will graciously show us His mercy. Immediately our relationship is restored and fellowship resumes.

Psalm 32 New Living Translation (NLT)

*1 Oh, what joy for those
whose disobedience is forgiven,
whose sin is put out of sight!*

*2 Yes, what joy for those
whose record the LORD has cleared of guilt,[b]
whose lives are lived in complete honesty!*

Please read Psalm 51 and 32.

Prayer for today

I prayed to the LORD my God and confessed:

"O Lord, you are a great and awesome God! You always fulfil your covenant and keep your promises of unfailing love to those who love you and obey your commands. 5 But we have sinned and done wrong. We have rebelled against you and scorned your commands and regulations. 6 We have refused to listen to your servants the prophets, who spoke on your authority to our kings and princes and ancestors and to all the people of the land." Daniel 9.4-6

O Lord God, we humbly come before you to confess our sins as individual, as a family and as a church. We confess to you our pride, our stubbornness, our rebellious attitude towards you. Because of this we have broken our relationship with you, with members of our families. We ask for your forgiveness. Restore us back to you and to one another. Help us to increase our love for Jesus and our family. Help us to grow into spiritual maturity.

James 5:16 New Living Translation (NLT)

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

Confession is not limited to God. Confession of sin before others and asking others to pray for us to get right before God. Real, deep, genuine confession of sin has been a feature of every genuine awakening or revival in the past 250 years. (Trapp)

O Lord, we yearn for a fresh revival today. With this pandemic, we pray all people will humble themselves to seek your face and turn from our wicked ways, and you will hear from heaven and will forgive our sins and heal our land.

O Lord, sin has caused so much misery in our lives and in our homes. May your Holy Spirit come and reveal these hidden sins in our hearts. Help us to confess to you, remove these sins and set us free. Grant us humility to confess our sins to each other and heal our homes. O Lord, remove the guilt and shame and restore your joy and fellowship with you and our loved ones.

We asked this in Jesus' Name. Amen

Pastor Isaac Yim.

每日灵粮

28/4/20

作者：严以撒牧师

箴言 28: 13

遮掩自己罪过的，必不亨通；

承认离弃罪过的，必蒙怜恤。

这段节经文教导我们应对生活中罪恶应该有的正确态度。没有人能免于这个罪恶的问题。我们如何处理犯罪的问题将直接影响我们现今和永恒的生活。这段节经文告诉我们如何处理我们的罪，什么是应该和不应该做的事，还有为什么要如此行。

“遮掩自己罪过的，必不亨通”

所有人都犯罪。当我们犯罪时，我们有选择。我们可以将罪恶躲藏起来，向他人隐瞒，甚至不向上帝提起，当机会或诱惑再次出现时，我们很大几率会再次犯罪。查尔斯·司布真（Charles Spurgeon）在这段箴言的讲道中，列出了人类掩盖自己的罪过的七种方式，所有都是徒劳的。

- 1、 借口和理由
- 2、 保密
- 3、 谎言
- 4、 逃避责任的计划
- 5、 时间
- 6、 眼泪
- 7、 宗教仪式

自从亚当夏娃以来，人类的本能常常引导我们掩盖或隐藏我们的罪恶。没有人喜欢承认自己的罪恶，内疚和羞耻。隐藏是个更容易的方法。我们躲藏自己的罪恶。我们掩盖我们的罪恶。我们责怪别人。我们假装从未犯过罪，或者假装犯的罪不严重。我们几乎已经完善了隐藏罪恶的艺术。在某种程度上，我们还认为我们甚至可以隐瞒上帝。我们人处理罪恶的另一种方法就是将功补过，做一些善事来抵消我们的罪恶。我们尽力确保我们的善行减轻我们的内疚并遮盖我们的耻辱。但是这段真言说明掩盖我们的罪过不是处理罪恶的正确方法。

在旧约中，我们看见亚当和夏娃用树叶掩盖自己的罪恶和耻辱。亚当责怪夏娃，夏娃责怪蛇。他们逃跑并躲藏起来（创世记 3: 7-8）。扫罗向先知撒母耳隐瞒自己的罪过。扫罗撒谎，他只部分地顺服上帝。撒谎很方便，但上帝并没有被欺骗，撒母耳也没有被欺骗。

“必不亨通”是隐藏我们罪过的结果。“亨通”不仅限于金融繁荣。这个词的字面意思是“勇往直前”；“变得有能力”，就是说“拥有极大的力量，即获得成功”。这里说的是成功完成任务、繁荣昌盛、取得胜利。经常用于上帝使一个人“亨通”。在创世记 39: 2 中：“耶和华与他同在，他就百事顺利”或“耶和华与他同在，使他凡事亨通（CCB 当代译本版本）”这说明约瑟是一个成功的人，而不仅仅是富裕。关键是当我们隐藏自己的罪过时，我们不会顺利。

我们不仅无法向上帝隐瞒我们的罪过，而且隐藏的罪恶会给我们带来痛苦。大卫王与拔示巴同房，犯了奸淫，谋杀了她的丈夫乌里亚。大约一年，大卫“不做声”。他没有在上帝面前认罪悔改。他不与上帝相交。大约一年后，大卫写了诗篇 32 篇。

大卫描述他没有与上帝相交的痛苦。

诗篇 32：4-5

- 骨头枯干
- 终日哀叹
- 上帝管教的手在他身上沉重
- 他如同夏天的干旱
- 他的生命痛苦

这节经文的第二部分说到：“承认离弃罪过的，必蒙怜恤”。

赞美神！上帝希望所有人与他相交，但必须消除罪恶，才能与神有甜美的相交。“承认”就是承认我们的罪过或内疚。

约翰一书 1：9

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。

我们必须谦卑地接受罪就是罪。不要再给更多的借口、不要把罪过合理化、更不要为我们的罪过辩护。我们得罪了上帝。通过认罪，我们不仅获得了上帝的恩典和怜悯，我们也远离了罪恶。我们放弃罪恶。这就是真正的悔改。当我们来到上帝面前求怜悯时，祂会以恩慈怜悯我们。我们的关系立刻得以恢复，与神相交。

诗篇 32

1 得赦免其过、遮盖其罪的，这人是有福的！

2 凡心里没有诡诈、耶和华不算为有罪的，这人是有福的！

请读诗篇 51 和 32。

今天的祷告

“我向耶和华—我的神祈祷、认罪，说：主啊，大而可畏的神，向爱主、守主诫命的人守约施慈爱。5 我们犯罪作孽，行恶叛逆，偏离祢的诫命典章，6 没有听从祢仆人众先知奉祢名向我们君王、首领、列祖，和国中一切百姓所说的话。”但以理 9：4-6

上帝啊我们的主，我们谦卑来到祢面前，承认我们个人，家庭和教会的罪过。我们向祢承认我们的骄傲，固执和对祢叛逆的态度。我们因此中断了与祢以及家人的关系。我们恳求祢原谅我们，使我们回到祢和彼此之间有的关系。帮助我们增加对耶稣和我们家庭的爱。帮助我们在灵里成长、成熟。

雅各书 5：16

所以你们要彼此认罪，互相代求，使你们可以得医治。义人祈祷所发的力量是大有功效的。

认罪不仅限于上帝。在别人面前认罪，要求别人为我们祈祷能使我们和上帝恢复关系。真实、深透和真诚的认罪一直是 250 年中每一次复兴的特征。（Trapp）

上帝啊，今天我们渴望复兴。面对疫情，我们祈祷所有人会谦卑、祷告，寻求祢的面，转离他们的恶行，祢必从天上垂听，赦免我们的罪，医治我们的地。

主啊，罪恶在我们的生活和我们的家庭中造成了极大的痛苦。愿祢的圣灵降临，并在我们心中显露这些隐藏的罪过。帮助我们向祢认罪，除去这些罪过，使我们自由。让我们谦卑自己，互相承认自己的罪过，医治我们的家庭。上帝啊，除去我们的内疚和羞耻，恢复我们与亲人和祢的喜乐和相交。

我们奉主耶稣的名祈求。阿门。

杨仕涵译

Wednesday, 29 April 2020

Proverbs 29:25

25 The fear of man lays a snare, but whoever trusts in the LORD is safe. (ESV)

25 Fearing people is a dangerous trap, but trusting the LORD means safety. (NLT)

Do we care so much of what others think of us or can do to us rather than GOD? Actually when we try to protect ourselves with the wisdom that leaves GOD out of the picture, it will be a dangerous trap to us. We can be pushed or fall into sin by fearing man rather than fearing GOD. When we allow man to affect our decisions that actually according to the guidance of GOD, we will be tempted to compromise.

Fearing man will definitely conflict with fearing God. We would be concerned about pleasing people in order to gain their agreements, friendship, and favors. When we can be intimidated by people's disapproval or rejection, we will do what we could to gain their approval and acceptance. We care more of others' opinions, agreements, or popular trends instead of submitting our lives according to the teaching and guidance of the Scripture, and we will walk ourselves into a dangerous trap. We, however, should put our trust in God and His WORD to guide us, and we will be safe – whoever trust in the LORD is safe.

In the bible we learned that; because of the fear that Aaron had for the people of Israel that they might kill him, he allowed them to make the golden calf while Moses went up to Mount Sinai (Ex 32:22-24). Because of Herod's fear of people in order to maintain his popularity and power, he killed John (Matt 6:6-11). Pilate feared of the people that might affect his political position, he surrendered Jesus to be prosecuted (John 19:11-16). Because of Peter's fear of being judged by men about his association with Jesus, he denied his own Master (Matt 26:69-75) and, furthermore, because of his fear to be judged by fellow Jews about his association with the gentiles, Peter almost compromised the Gospel (Gal 2:11-13).

On the other hand, we also learned that; David did not let his brothers' defeated discouragement and fear get into him nor he feared of Goliath (I Sam 17:28-50). Daniel's friends did not fear men even with the threat of being thrown into fiery furnace (Dan 3:16-18). Daniel did not fear men even with the threat of being thrown into the lions' den (Dan 6:10). John the Baptist did not fear man that he rebuked Herod's sins to the point he was killed by doing so. Yet Jesus called him the greatest among those born of women (Luke 3:19, Matt 6:6-11, Luke 7:28). Steven did not fear man speaking out the truth before high priest, even though he was stoned to death. Yet he saw Jesus came to receive him (Luke 7). After witnessing the ascension of Christ, Peter and all the apostles did not fear man,

but boldly proclaimed the Gospel of Jesus Christ and surrendered their lives for the sake of the Gospel (ACTS).

We should obedient to GOD instructions and guidance instead of being fearful of man and compromise ourselves. We should never fear man and keep ourselves from speaking out for Christ and share HIS Gospel. When holy boldness is needed, and if we trust Christ, holy boldness will be given.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:1-2)

(Revelation 21:7-8) – All who are victorious will inherit all these blessings, and I will be their God, and they will be my children. "But cowards, unbelievers, the corrupt, murderers, the immoral, those who practice witchcraft, idol worshipers, and all liars—their fate is in the fiery lake of burning sulfur. This is the second death."

(Matthew 10:28) – And do not fear those who kill the body but cannot kill the soul. Rather fear Him who can destroy both soul and body in hell.

We should put our trust in God and His WORD to guide us, and we will be safe – whoever trust in the LORD is safe.

Pray:

Dear Jesus,

We confess, if we have gone astray from Your commandments because the fear of man. Please forgive us O-Lord! Dear Lord Jesus, Your Word says, "Let not our heart be troubled neither let it be afraid. Therefore, we come to You to pray and ask for boldness and for the strength to overcome the fear of man. We cast all our fear and worries concerning whatever issues and problems in life caused by men that stand as a giant against us on to You. We trust that You will help us because You cares for us (1Peter 5:7). We praise You O-Lord for being with us even when we walk through the valley of the shadow of death. We know that You are with us and Your rod will comfort us. We will not fear what man can say, reject, or against us when we choose to walk righteous before You. You are our light and our salvation. O-Lord Jesus, Your Name is a strong tower and the righteous run into it and they are safe. In Your protection, You have taught us to observe Your commands and hold on to Your promises that You will be never forsake us. Therefore, in trusting You, we are safe. We praise You and forever our heart rejoice with gladness!

We pray in Jesus' Name. Amen!

Ps. Wallace Ong

每日灵粮

29/4/20 星期三

作者：王振威传道

箴言 29:25

惧怕人的、陷入网罗。惟有倚靠耶和华的、必得安稳。

我们是否太在乎别人对我们的看法，过于上帝如何看待我们？实际上，当我们尝试摆脱上帝并依靠自己的智慧来保护自己时，我们将步入一个危险的陷阱。我们将因为惧怕人过于敬畏神，而陷入罪恶当中。当我们允许别人来影响我们做决定时，我们将很容易做出妥协。

惧怕人肯定与敬畏神相互冲突。我们将更顾虑于取悦人们以获得他们的认同，友谊和好感。当我们被人们的反对或拒绝吓倒时，我们将尽我们所能以获得他们的认可和接受。若我们更在乎别人的意见，赞许或大众化，而不是按照圣经的教训和指引来委身，我们将步入一个危险的陷阱。因此，我们应该相信上帝并让祂的话语来引导我们，那么我们必得安稳——惟有倚靠耶和华的、必得安稳。

在圣经中我们学习到：亚伦因为惧怕以色列民可能会杀害他，他就在摩西上西乃山时允许他们铸造金牛犊（出埃及记 32：22-24）。希律王因为惧怕人民，及为了维持声望和权力，他杀死了约翰（马太福音 6：6-11）。彼拉多害怕百姓可能会影响他的政治地位，他把耶稣起诉了（约翰福音 19：11-16）。由于彼得担心人们会评论他与耶稣的交往，所以他否认了自己的主人（马太福音 26：69-75），此外，由于他害怕被犹太同胞评论他与外邦人的交往，彼得几乎危及了福音（加拉太书 2：11-13）。

另一方面，我们也学习到：大卫没有被他的兄弟们的拦阻而影响自己，也没有惧怕歌利亚（撒母耳记上 17：28-50）。但以理的朋友们虽然面对被将被丢进火炉的威胁也不害怕（但以理书 3：16-18）。但以理虽然被威胁将被丢进狮子坑也不惧怕（但以理书 6：10）。施洗约翰并不惧怕人，他甚至因为斥责希律王的罪而被处死。耶稣形容他说，凡妇人所生的，没有一个大过约翰（路加福音 3：19，马太福音 6：6-11，路加福音 7：28）。司提反在大祭司面前也不惧怕的传讲真道，虽然他被石头砸死了。但他看到耶稣来接待他（使徒行传 7）。在见证了基督的升天之后，彼得和所有使徒们都不再惧怕，而是大胆传讲了耶稣基督的福音，并为福音而舍弃了自己的生命（使徒行传）。

我们应该顺服上帝的指示和引导，而不要因为惧怕人而让步。我们绝不应该惧怕人，而拦阻了我们传讲基督，及分享祂的福音。当我们需要从神而来的勇气时，如果我们相信基督，就会得到神所赐的勇气。

所以弟兄们、我以 神的慈悲劝你们、将身体献上、当作活祭、是圣洁的、是 神所喜悦的。你们如此事奉、乃是理所当然的。不要效法这个世界。只要心意更新而变化、叫你们察验何为 神的善良、纯全可喜悦的旨意。（罗马书 12：1-2）

（启示录 21：7-8）得胜的、必承受这些为业。我要作他的 神、他要作我的儿子。惟有胆怯的、不信的、可憎的、杀人的、淫乱的、行邪术的、拜偶像的、和一切说谎话的、他们的分就在烧着硫磺的火湖里。这是第二次的死。

（马太福音 10:28）那杀身体不能杀灵魂的、不要怕他们，惟有能把身体和灵魂都灭在地狱里的、正要怕他。

我们应该相信上帝并让祂的话语来引导我们，那么我们必得安稳——惟有倚靠耶和华的、必得安稳。

祈祷：

亲爱的耶稣，

我们承认，如果我们因为惧怕人而偏离了你的诫命。主啊，请原谅我们！亲爱的主耶稣，你的话语说：“你们心里不要忧愁，也不要胆怯。”因此，我们向你祈祷，祈求你赐给我们勇气和克服惧怕的力量。我们把生命中所面对的问题，恐惧和忧虑卸给你，它们就如同站在我们面前的巨人。我们相信你必帮助我们，因为你顾念我们。

（彼得前书 5：7）。主啊，我们赞美你，即使我们经过死荫的幽谷，你都与我们同在。我们知道你与我们同在，你的杖你的竿都安慰我们。当我们选择在你面前公义的行走时，我们不会担心别人会拒绝或反对我们。你是我们的明灯和我们的救赎。主耶稣啊，你的名字是一座坚固台，义人跑入这台，我们必得安稳。在你的保护下，你已教会我们遵守你的诫命并抓住你的应许，那就是你永远不会丢弃我们。因此，惟有倚靠耶和华的、必得安稳。我们赞美你，你让我们心灵充满喜乐！

我们奉耶稣的名祷告。阿们！

陈月妃译

Thursday, 30 April 2020

Proverbs 30:1-6

How does it feel like when we challenge someone to do something which they are an expert at? As a sensible person, we dare not even imagine it. It would be foolish to do so. But when it comes to God, all of us are, at one point of life, are guilty of “challenging” God. We all know ourselves, and we have done it one way or another (or maybe even still at it). We do so frequently by indirectly saying we know better than Him. But that is a rather unwise thing to do.

In this passage, we read that the man declares that he is weary and worn out (v 1). He continues to lament about his stupidity and lack of understanding (v 2). He goes on to tell us he has no wisdom and knowledge of the Holy One. It is interesting to point out that wisdom comes through fear and knowledge of our God. If we want wisdom, we must go to Him. This theme is repeated over and over throughout the book. Wisdom comes through fearing God and it is for everyone.

But what is this wisdom? Here we see Agur asking rhetorical questions (v 4). The answers to these questions are easy, God is the one who does all these things. He is the only who has ascended and descended from heaven. He was the only one who is in control of all nature. Because He was the one who established all the ends of the earth! He ends the remark by asking us if we know this person (who can know these things) and his son! “Surely you know!” But we don’t know. All this is to help us see our inability to grasp things beyond ourselves. What more when it comes to all that God is doing around the world! We are unable to grasp it and we will never be able to.

Finally, Agur reminds us that all of God’s word proves true and that He is a shield to those who take refuge in Him (v 5a)! We are being reminded that God is true to Himself because of who He is. He does all that He says and all that He says He will do. Because of this, God can be trusted and He is reliable. Because of all these, He is a shield to those who take refuge in Him (v 5b) and He will always be! Agur also reminds us not to add to God’s word, lest He rebukes us and we be found as a liar (v 6) This friendly advice is a rather fierce one because if we add unto God’s Word we would be rebuked by the living God and become a liar! In other words, we become a liar if we are to add unto all that God has said and all that He did not say!

As we conclude, let us go back to the question that was raised at us earlier. How does it feel like to challenge God? As sinful human beings, we fall into this trap, especially when things do not go our way or as we expected. In light of all these, especially when things don’t go our way, here are some few pointers for us to reflect upon our lives:

1. Are we weary, worn out and in need of God's wisdom in our lives today? If we do, let us come before God in humility and in fearful reverence and ask Him to give us the wisdom we need. God's wisdom is not only for those who are "worthy." Rather, it is for all of us who are weary, worn out and in need of wisdom, especially in trusting God for all situations in life.
 2. Have you challenged (or you are still challenging) God about certain things that did not work out in your life? As this passage reminds us, how much do we know about all that God is doing in this world? Let us come to God in prayer with humble hearts, asking Him for forgiveness for challenging Him.
 3. Even as we come to God in genuine questioning, may we ask in humility. Most importantly, may we not add unto all that God has said and not said. We tend to insert words into God's word, and it is unwise. May God give us the wisdom we need as we direct some of our questions towards God and go to Him in humility.
- Let us be assured that we can find our wisdom, forgiveness and refuge in Christ. Our plans might not go the way we planned or imagined, especially in this season. But we can always find our refuge in Christ, trusting and knowing He is all that we ever need in our lives. We can always go to Christ for wisdom in navigating all of these because He is the wisdom of God made manifested.

Hon Sir Neng

每日灵粮
30/4/20 星期四
箴言 30:1-6

当我们挑战某人去做他们擅长的事情时，感觉如何？作为一个明智的人，我们甚至不敢想象。这样做是愚蠢的。但是当涉及到上帝时，我们所有人在人生的某一时刻都对“挑战”上帝有罪。我们都了解自己，我们已经以一种或另一种方式做到（或甚至仍在）。我们这样做是说我们比他更了解。但这是一件相当不明智的事情。

在这段经文中，我们读到该人宣称他感到疲倦和疲惫（第1节）。他继续为自己的愚蠢和缺乏理解而感叹（第2节）。他继续告诉我们，他对圣者一无所知和没有智慧。有趣的是，智慧来自对我们神的敬畏和知识。如果我们要智慧，就必须去找他。在整个书中，这个主题反复出现。智慧来自所有敬畏上帝的人。

但是，这是什么智慧呢？在这里，我们看到亚古珥问了一些反问（第4节）。这些问题的答案很简单，上帝是做所有这些事情的人。他是唯一从天上升下来的人。他是唯一控制一切自然的。因为他是那个立定地的四极的。接近尾声，他通过询问我们是否认识这个人（他能知道这些事情）和他的儿子！“你知道”！但是我们不知道。所有这些都是为了帮助我们看到我们无法掌握超越自己的事物。关于神在世界各地所做的一切，还有什么呢！我们无法掌握它，我们将永远不能。

最后，亚古珥提到：神的言语，句句都是炼净的，投靠他的，他便作他们的盾牌（第5节）。我们被提醒说，上帝是真实的，因为他是上帝。他做了他说的一切以及他说他会做的一切。因此，上帝是可以信赖的，他是可靠的。因此，投靠他的，他便作他们的盾牌（第5节）。他将永远是！亚古珥也提到“他的言语，你不可加添。恐怕他责备你，你就显为说谎言的。”（第6节）。这种友好的建议是相当猛烈的，因为如果我们在神的话语上加上我们，我们就会被永生的神斥责，成为骗子！换句话说，如果我们要加添上帝所说的一切和他没有说的一切，我们就成了骗子！

最后，让我们回到前面提出的问题。挑战上帝感觉如何？作为有人，我们总是陷入这个陷阱，尤其是当事情没有按照我们的预期或我们期望的那样进行时。尤其是当事情进展不顺利时，以下是我们反思生活的一些提示：

1. 我们今天的生活中是否感到疲倦，并需要上帝的智慧？如果是这样，就让我们谦卑谦卑地敬畏上帝，并求他赐给我们我们所需要的智慧。上帝的智慧不仅是配的人。相反，这是给我们所有人的疲倦，疲惫和需要智慧的，尤其是在生活中所有情况下信靠上帝。
2. 您是否曾就某些人生中无法解决的事情向上帝挑战（或仍在挑战）？正如这段经文提醒我们的那样，我们对神在这个世界上所做的一切了解多少？让我们来神在祷告中与谦卑的心，请求他的原谅。
3. 即使我们是在真正的询问中来到上帝面前，让我们谦卑地提问。最重要的是，让我们不要添加上帝所说的和没有说的。我们倾向于在上帝的话语中插入文字，这是不明智的。当我们将一些问题引向上帝并谦卑地去寻求上帝时，愿上帝赐给我们我们所需要的智慧。

让我们放心，我们可以在基督里找到我们的智慧，宽恕和庇护。我们的计划可能不会去，我们计划的或想象的方式，尤其是在这个季节。但是我们总能在基督里找到自己

的避难所，相信并知道他是我们生命中所需要的。我们在航行所有这些方面时总是可以向基督寻求智慧，因为祂是上帝所彰显的智慧。

韩思能

Friday, 1 May 2020

Proverbs 1:1-4 English Standard Version (ESV)

The Beginning of Knowledge

1 The proverbs of Solomon, son of David, king of Israel:

2 To know wisdom and instruction,
to understand words of insight,

3 to receive instruction in wise dealing,
in righteousness, justice, and equity;

4 to give prudence to the simple,
knowledge and discretion to the youth—

Dear brothers and sisters, We have been locked down for the last 45 days. It is my joy and privilege to daily pray for all of you and to share from Proverbs. Since the beginning of April, Pastors Wallace Ong, Cheong Cheng Cheung, Soong Kok Kee and Hon Sir Neng helped to write once a week. I am very grateful to Pastor Yang Siew Choo, of Bethel Seria, Brunei and her translating team members, Shirley Moo, Sharon Moo, Tan Yueh Fei, Jed Yong and Fu Fui. I am ever grateful God is encouraging us to learn from Proverbs to live wisely for His glory and praise. We are back to Proverbs Chapter 1. One of our church goals this year is to read a chapter of Proverbs a day.

It is amazing God created us and now teaching us how to live and what to pursue in life. The primary purpose of Proverbs is to teach WISDOM which guides us to live meaningful and purposeful lives. Proverbs is a book of comparisons between common observations of nature, concrete life images and profound truths for living. Proverbs provide simple, moral statements or illustrations, that highlight and teach fundamental realities about life. These Proverbs are short and catchy sayings which express timeless truth and wisdom. They capture our imagination and cause us to reflect and apply these divine principles to our daily living. King Solomon seek and received wisdom and knowledge from God which led him to wealth, honour and fame.

Solomon reveals to us two key principles to obey in order to be wise. The first one, is to “Trust in the Lord with all your heart’ (Pro. 3.5), and the second is, “The fear of the Lord is the beginning of knowledge (Pro. 1.7, 9.10).

The book of Proverbs 1.1-4, will teach wisdom, justice, judgement and equity. Their purpose is to teach people wisdom and discipline, to help them understand the insights of the wise. Pro. 1.2

Wisdom is the keyword in the Book of Proverbs. Here Wisdom refers to living a successful life. It is the ability to make the right judgement. Wisdom looks beyond the surface of things to go to the real nature of a thing or a given situation.

Discipline or instruction refers to moral values.

Understanding means the capacity to distinguish between true and false, good and bad, foolish or wise, what matter matters most, and what does not matter at all. To the Hebrew mind, wisdom was not knowledge alone, but the skill of living a godly life as God intended for man to live. To be wise, we need knowledge that enables us to have spiritual discernment. The book of Proverbs is not about lofty theological truths. Proverbs deal with how one makes moral choices. In the light of God's truth, we must think, live and manage all of our daily affairs as God intended.

Their purpose is to teach people to live disciplined and successful lives, to help them do what is right, just, and fair. Pro. 1.3

Generally, those who are wise or righteous, live longer, prosper, and experience the goodness of God and fools will suffer shame and death. However, this general principle must be balanced by the reality that the wicked sometimes prosper too, at least temporarily. The life of Job shows us that the righteous or wise or godly can experience disaster and suffering too.

Justice is translated as "doing what is right". Justice always condemns the wicked and justifies the righteous. It knows what is right and lives it out with faithful integrity. In Proverbs, the writer teaches justice by defining what is right and wrong.

Judgment is closely linked with justice. The wise simply has the ability to make good judgment. He has the ability to differentiate right from wrong; and what is true or false.

Equity or fair: it means thinking and acting without bias, fair, impartial and even-handed. A man who is fair is not easily moved by emotions, friendships, or compensation to compromise. He doesn't practice double standards.

You notice there are some overlapping and repetition in these four goals. It is interesting these important ethical aspects of wise living are not taught or emphasized in the world. Wise living always brings us back to the fear of God. By doing so God gives us the power to think and live rightly before God and man. DO NOT STOP reading Proverbs!

Prayer for today

Now, Israel, what does the LORD your God require from you, but to fear the LORD your God, to walk in all His ways and love Him, and to serve the LORD your God with all your heart and with all your soul. Deuteronomy 10.12

I make a decree that in all the dominion of my kingdom men are to fear and tremble before the God of Daniel;

For He is the living God and enduring forever,

And His kingdom is one which will not be destroyed,

And His dominion will be forever. Daniel 6.26

O Lord, God, let all the earth fear the Lord, Let all the people of the world in awe of You. Lord, we want to ascribe to You all glory and praise due to your Holy Name. We stand in awe in your Holy presence.

We confess to you that it takes us a long time to recognize you as the Lord of the universe and as the Lord of our lives. We have so quickly forgotten what miraculous grace you have showered on our lives. We ask for your forgiveness. Help us to remember daily to count our blessings and name them one by one.

Lord, we come to beg of you to teach us to fear you. With humility, we come to you with fear and you promise us that is the beginning of knowledge that makes us wise. Lord, our pride and arrogance often stand in the way, to seek you. We go into wandering in the desert of life. Fools ignore you but Lord we seek after you. Grant us your wisdom and strength to follow you closely today.

Lord, we bring before you all our senior citizens. Many feel the loneliness of isolation from children, and grandchildren and friends. Some of them are facing health issues, Lord, stretch out your hands and heal them. Grant them your peace and comfort, may they experience your presence daily.

Lord, we want to bring before you many of our single moms. Pray that you will give them added wisdom, strength and patience as they carry the heavy load of being both dad and mom in the home. Give them good rest that they can carry on day by day. Lord, you invite them, "Come unto to me and I will give you rest".

Lord, I thank you for the church where we try to be on the lookout for one another during this lockdown. We are thankful you have given us the burden to look beyond our walls to see the many poor and needy in Malaysia and beyond. We thank you for those who are serving the poor among our people in the remote areas and villages in Sabah, Sarawak and in West Malaysia. We are grateful for mission partners together we are able to meet the needs of many of the poor and needy. (Mission Board and Benevolent are working with El-shaddai, HISTEAM, foreign students, mission partners in Sabah etc)

We thank you for all the dedicated frontline medical personnel and other essential workers, Lord, protect and provide for them and their families.

We want to just thank and praise you. "Let them give thanks to the LORD for His lovingkindness, And for His wonders to the sons of men! For He has satisfied the thirsty soul, And the hungry soul He has filled with what is good". Psalm 107.8-9

Pastor Isaac Yim

每日灵粮

1/5/20

作者：严以撒牧师

箴言 1：1-4

1:1 以色列王大卫儿子所罗门的箴言。箴1:2 要使人晓得智慧和训诲，分辨通达的言语。箴1:3 使人处事，领受智慧、仁义、公平、正直的训诲。箴1:4 使愚人灵明、使少年人有知识和谋略。

亲爱的兄弟姐妹们，目前为止已经是封城的第四十五天。每天能够为你们所有人代祷并分享箴言是我的荣幸和喜乐。自四月初以来，张祯祥传道，王振威传道，韩思能弟兄，宋国基牧师，都各自每周一次分享灵修。我也非常感谢文莱伯特利教会的杨秀珠牧师及翻译团队梁玉萍，陈月妃，巫惠如，杨仕涵和胡斐。我非常感谢神鼓励我们从箴言中学习，用智慧来荣耀祂及赞美祂。我们回到箴言书第一章。今年我们教会的目标之一是每天阅读一章箴言。

上帝创造了我们，现在也教我们如何活，以及在生活中要追求什么，这真是何等奇妙。箴言的主要目的是教导我们智慧，好叫我们能够活出有个有意义和有目标的生命。箴言是一本用了比拟自然界的常见事物，具体生活形象和生活真理之间的对照书。箴言提供了简单的道德陈述或比喻，并教导了有关生活的基本现实。这些箴言简短并引人注目，表达了永恒的真理和智慧。箴言也启发了我们的想象力，使我们反思这些神圣的原则并运用在我们的日常生活中。所罗门王寻求并从上帝那里获得智慧和知识，这使他也因此而获得了财富，荣誉和名望。

所罗门向我们揭示了要有智慧的两个关键原则。第一个是“你要专心仰赖耶和华”（箴 3：5），第二个是“敬畏耶和华是智慧的开端（箴 1：7、9：10）”。箴言 1：1-4 节将教导我们智慧，正义，判断和公义。箴言的目的是要使人晓得智慧和训诲，分辨通达的言语（箴 1：2）。

智慧是箴言中的关键词。这里的智慧是指着活出一个成功的生命，并可以做出正确判断的能力。智慧可以看过一个事物的表面，反而智慧可以看透一个事情或事物的本质。

纪律或指导是指道德价值观。

理解是有能力区分真与假、好与坏、愚蠢或智慧、最重要的是什么、不重要的是什么。在希伯来人的心中，智慧不单单是知识，而是一个能够活出上帝所旨意的敬虔生命。若要得着智慧，我们需要有属灵洞察力的知识。箴言书不是关于崇高的神学真理。箴言涉及人们如何做出一个道德的选择。我们必须按照上帝的真理来过我们的生活和管理我们的所有日常事务。

箴言使人处事，领受智慧、仁义、公平、正直的训诲（箴 1：3）。

一般来说，那些有智慧或有公义的人，寿命更长，成功，并能够经历上帝的恩典。相反的，愚昧人通常会蒙受耻辱和死亡。可是，也不能完全这么说，因为那些作恶的人虽过得繁荣，但只是暂时的。约伯的生命也向我们表明，义人、智慧者或虔诚的人也可能遭受灾难和痛苦。公义被定义为“做正确的事”。公义总是谴责恶人，为正义辩护。它知道什么是对的，并以诚实正直地活出来。在箴言中，作者通过定义对与错来教导公义。

约伯的生活告诉我们，义人或聪明人或敬虔人也可以经历灾难和痛苦。

审判与公义息息相关。有智慧的有能力做出明智的判断。他有能力区分是非，什么是真什么是假。

公平或公正：这意味着没有偏见，不偏不倚的思考和行动。一个公正的人不容易因情感、友谊或妥协而动容。他没有实行双重标准。您会注意到这四个目标存在一些重叠和重复。有趣的是，世界并没有教导或强调这些重要的属灵道德和有智慧生活。智慧的生命总是使我们回到对上帝的敬畏。这样，上帝就会赋予我们能力在上帝和人类面前活得有意义。千万不要停止阅读箴言！

今日祷告

以色列阿、现在耶和华你 神向你所要的是甚么呢、只要你敬畏耶和华你的 神、遵行他的道、爱他、尽心尽性事奉他。申命记 10: 12

现在我降旨晓谕我所统辖的全国人民、要在但以理的 神面前、战兢恐惧、因为他是永远长存的活 神、他的国永不败坏、他的权柄永存无极。但以理 6: 26

耶和华啊，我的上帝啊，让全地都敬畏祢耶和华。让世界上所有的人民敬畏祢。主啊，因祢的圣名，我们要把荣耀和赞美都归于祢。在祢的至圣所，我们站立敬畏你。

主啊，我们向祢承认，我们花很长的时间才认清祢是宇宙之主和我们生命的主宰。我们很快的忘记了祢给我们生命带来的奇妙恩典。我们请求祢原谅。帮助我们每天能够记住和数算我们的恩典，并一一列举。

主啊，我们求祢教我们怎样来敬畏祢。我们带着敬畏的心来到祢面前因经上記着说敬畏耶和华是智慧的开端。主啊，很多时候我们因着自己的骄傲而妨碍了我们来寻求祢。我们走进了生命的沙漠。愚人无视祢，但主我们寻求祢。求祢给我们智慧和力量来跟随祢。

主啊，我们把长辈交在祢手中。他们因着要与孩子、孙子和朋友隔绝而感到的孤独。主啊，其中一些的人也在面临健康的问题，求祢伸出手来治愈他们。给他们祢的平安与安慰，让他们每天可以经历到祢。

主啊，我们也要把我们中间许多的单亲母亲带到祢面前。祈求祢多给她们智慧，力量和耐心，因为她们在家中要担任父亲和母亲的双责任。给她们良好的休息，好叫她们可以过每一天。主啊，祢告诉她们，“到我这里来、我就使你们得安息”。

上帝，我感谢祢在这次封锁期间我们有不同的教会可以互相守望。我们很感谢祢给我们的负担，让我们能够看到在马来西亚及其他地区的许多贫困者的需求。我们感谢祢为着那些在沙巴，砂拉越和西马的偏远地区村庄中服事的人祷告。我们也很感恩我们的差传合作伙伴可以满足许多穷人和有需要的人的需求。

我们感谢所有在前线的医务人员和其他重要工作人员，上帝求祢保护并提供给他们和他们的家人的需要。

我们要感谢和赞美祢。

但愿人因耶和华的慈爱、和他向人所行的奇事、都称赞他。因他使心里渴慕的人、得以知足、使心里饥饿的人、得饱美物。（诗篇 107: 8-9）

奉主耶稣的名祷告，阿们。

胡斐译

Saturday, 2nd May 2020

Proverbs 2: 9 – 15

*9 Then you will understand what is right and just
and fair—every good path.*

*10 For wisdom will enter your heart,
and knowledge will be pleasant to your soul.*

*11 Discretion will protect you,
and understanding will guard you.*

*12 Wisdom will save you from the ways of wicked men,
from men whose words are perverse,*

*13 who have left the straight paths
to walk in dark ways,*

*14 who delight in doing wrong
and rejoice in the perverseness of evil,*

*15 whose paths are crooked
and who are devious in their ways.*

Pastor Isaac had already written on Proverbs 2: 1-8 last month on April 2. For the benefit of those who have missed that, to recap, those eight verses say if we accept God's Word, store up His commands, turn our ears to wisdom, apply our hearts to understanding, call and cry out for insight and understanding, look and search for it like silver or hidden treasure, THEN we will understand what it means to fear God, gain knowledge of God, obtain His wisdom and His protection.

Verse 9 also starts with the word THEN we will understand what is right and just and fair – every good path. The fear of God occurs 11 times in Proverbs (and "fear the Lord" occurs 4 times). The fear of the Lord means an affectionate reverence to recognise God's character and respond by revering, trusting, worshiping, obeying and serving Him. The essence of true knowledge is fearing God. Apart from Him, a person is ignorant of spiritual things (Rom. 1:22; Eph. 4:18; 1 Peter 1:14).

These seven verses remind us that when we look and seek and search for God's wisdom, knowledge and understanding, it will protect, guard and save us from those who are wicked and crooked. People who are out there to lead us astray or to harm us. Yes, my dear brothers and sisters, as God's children we all need to have an "affectionate reverence" for Him who gave His one and only Son to die for us so we will have forgiveness of sin and eternal life. And our response to that should be trusting, worshiping, obeying and serving Him with all that He has blessed us with. Are we all doing that? Are we drawing ourselves closer to Him or living our lives any way we want?

As the MCO has been extended to 12th May and maybe even beyond that, do we continue to trust God for our uncertain future? Our family? Our job? Our business? Our health? Our church? Our brothers and sisters? Our friends? Are we worshipping, obeying and serving Him more now than before the MCO? The answer to all those questions may throw a little light on our relationship with our heavenly Father.

PRAYER

Dear God, help us to have an affectionate reverence for you. Help us all to seek Your wisdom, Your understanding and Your knowledge. Thank you Lord for your reminder that when we ask, it will be given to us, when we seek, we will find and when we knock, the door will be opened to us for your promise is that "For everyone who ask receives, he who seeks finds; and to him who knocks, the door will be opened." (Matt 7: 8).

Lord, we want to remember those who have not been to church for a while for whatever reason. Speak to them Lord and impress upon them their need for you, for apart from You, we can do nothing.

We want to also remember those who are not well, homebound and staying alone. Please protect them, Lord, from harm and keep them safe. Provide all their needs Lord, may that be spiritual, physical, financial, emotional or any other. Help us to be a channel of blessing to them.

We want to remember those front-liners who are daily risking their lives to save others. Give them good health and protect them from Covid 19 and any other form of illness. Protect and take care of their families while they are at work. Pray also for those who have contacted Covid 19 and those who are recovering from it. Protect all of us Lord and keep us safe and healthy.

In Jesus Name we pray all these. AMEN

Pastor KKSoong

每日灵粮

2/5/20

作者：宋国基牧师

箴言 2:9-15

9 这样，你就明白公义、公正、正直，
以及一切善道。

10 智慧必进入你的心，
知识必使你欢悦。

11 明辨的能力必护卫你，
聪明必看顾你；

12 要救你脱离邪恶的道路，
脱离说话乖谬的人。

13 那些人离弃正道，
走上黑暗的道路。

14 他们喜欢行恶，
喜悦恶人的乖谬。

15 他们的道路弯曲，
他们的行径偏离正道。

9 这样，你就明白公义、公正、正直，
以及一切善道。

以撒牧师已经在四月二日分享了箴言 2: 1-8。 简要地说，这八节经文讲述如果我们接受上帝的话语，将他的命令存记在心，侧耳听智慧，专心求聪明，寻找它如同寻找银子和宝藏，那么我们将明白何谓敬畏上帝，也能够更认识他，得着他的智慧和保护。

第 9 节以‘这样’为开头：“这样，你就明白公义、公正、正直，以及一切善道”。在箴言中，‘敬畏上帝’出现了 11 次（“敬畏耶和华”则出现了 4 次）。敬畏耶和华意味着深切地尊崇他，也因认识他的属性而敬畏、信任、敬拜、顺服和服侍他。智慧真正的本质是敬畏上帝。除非靠主，否则人不能理解属灵的事物。（罗 1: 22；弗 4: 18；彼得 1: 14）

这七节经文提醒我们，当我们寻找和搜寻上帝的智慧、知识和聪明，我们便得保护和拯救，脱离邪恶的人，走弯曲路的人或是使我们误入歧途的人。是的，我亲爱的弟兄姐妹，作为上帝的儿女，我们所有人都需要深切地尊崇他，因为他赐下唯一的儿子为我们而死，使我们得宽恕和永生。对此，我们应当以他所赐给我们的一切来信靠、崇拜和事奉他。我们是否这样呢？我们是更贴近主还是以我们想要的方式生活？

行动管制令已延长至 5 月 12 日，甚至可能将会再延长，我们是否在面临无法预料的未来仍信靠上帝？我们的家庭？我们的工作？我们的生意？我们健康？我们的教堂？我们的弟兄姐妹？我们的朋友？现在的我们是否比在行动管制令前，更敬拜，更顺服，更服事主呢？这些问题的答案也许可以阐明我们与天父的关系。

今日祷告

亲爱的上帝，请帮助我们能深切地尊崇你。帮助我们所有人寻求你的智慧，知识和聪明。谢谢主的提醒，当我们祈求，你就给我们；寻找就寻见；叩门，就给我们开门；因为这是你的应许（太 7：8）。

主啊，我们纪念那些出于某种原因，有一段时间没有去教堂的弟兄姐妹。求主与他们说话，也让他们铭记在心他们需要你，因为除你以外，我们什么都不能做。

我们也纪念那些身体不舒服，不方便出门和独自一人的弟兄姐妹。求主保护他们，满足他们的所有需求，不管是精神上、身体上、财务上、情感上或其他方面。帮助我们成为祝福他们的管道。

我们也要纪念那些每天冒着生命危险拯救他人的前线人员。赐他们健康，并保护他们免受新冠病毒和任何其他疾病的伤害。求主在他们工作期间保护并照顾他们的家人，也为那些已患上了病毒以及正在康复的病人祈祷。愿主保护我们每一位，使我们安康。

奉主耶稣的名祷告，阿们。

巫惠如译

Sunday, 3 May 2020

Proverbs 3:21-24 New Living Translation (NLT)

21 My child, don't lose sight of common sense and discernment.

Hang on to them,

22 for they will refresh your soul.

They are like jewels on a necklace.

*23 They keep you safe on your way,
and your feet will not stumble.*

*24 You can go to bed without fear;
you will lie down and sleep soundly.*

DON'T LET WISDOM OUT OF YOUR SIGHT

In the earlier chapters, King Solomon advises his son to find wisdom and get understanding like seeking for silver or hidden treasure. In these few verses, he advises his son when once you found it keep it or retain it. Hold on to it tightly, don't let them out of your sight wherever you go.

Over the years, we have listened to many wonderful sermons. We often forget them. It is easy to acquire things but is hard to hold on to it. Is not enough to have a good start but we must also finish well. Solomon says if you continue to retain sound wisdom and discretion it will be real blessing all through your life. With wisdom from the Lord, we will be able to see through things. It will help us to say and do thing appropriately in a given situation.

When you keep sound wisdom and discretion or have common sense and discernment, the result "will be life for your soul." On the other hand, when you do not have wisdom and discernment, there is no life for your soul. Many individuals and families live literally in death. They usually live in depression, dysfunctional, fear, anxiety, hopelessness, strife, misery and sleeplessness. But true wisdom and discernment give life. It refreshes your soul. With wisdom and discernment accompanying you daily, they will make you look good "like jewels on a necklace". In the Old Testament, when a king honours a person. He will place a beautiful necklace of expensive jewellery on him. This denotes glory and honour. Similarly, when we walk with wisdom and discernment from the Lord, he will exalt our reputation.

There are many more benefits that will be ours when we live with common sense and discernment.

- They will keep us safe and secure.
- We will not slip or stumble.
- We can go to bed without fear.
- We will have sound and sweet sleep.

Psalms 119:165

Those who love your instructions have great peace and do not stumble.

Psalm 4:8

In peace I will lie down and sleep, for you alone, O LORD, will keep me safe.

John 14:27

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

It is one thing to achieve great fame, wealth and power. It is another thing to continue to keep them. We can learn many words of wisdom very quickly, but it takes a lifetime of faithfulness to retain them. This is what Solomon is telling his son in Proverbs 3:21. Keeping wisdom requires us to practice it daily. It requires us to be disciplined in making tough choices with the help of God. It is not going through the motion of being a Christian. We are just keeping a routine of knowing all the right words, pray, reading of Bible and going to church. To really retain the wisdom of God requires us to be a doer of His word rather than just hearers only. We keep God's wisdom in our heart and using it in all the things we do in our lives.

Prayer for today

Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Matt. 7:24

We praise You, Lord, for being the everlasting God, the Creator of all things. We praise You, Lord, for your way is perfect and You are holy. Lord, You are our shield, our fortress and our refuge during this pandemic. We don't understand the situation but we trust your ways and your thoughts are higher than ours. We ask Lord to grant us much wisdom and discernment in all the confusion that has dawned on us. Hold our hands and lead us through this temporal storm of the Coronavirus.

We ask for your forgiveness for not consistently holding on to your word of wisdom. Help us to be faithful not only be hearers but doers of your word. Some of us have started well but along the way, we have been distracted by the things of the world. Help us to fix our eyes on you and be faithful to the end. Help us to finish well.

Lord, fear and anxiety of the future have robbed us of our peace, hope, joy and even our sleep. Give us wisdom and discernment so that we be able to make wise decision to plan for the future. Give us the humility to seek the wise counsel of older brothers and sisters so as to grow into maturity. Grant us your wisdom, increase our faith in You and we know fear will be driven away.

On this Lord's Day, as we gather in each of our homes to worship, we ask that you will refresh and strengthen us to live in hope. As we partake of the Lord's Supper, remind us of your love and sacrifice on the cross at Calvary.

Let's make the Lord's Supper a personal time with God.

Lord Jesus, I bow before you in humility and ask you to examine my heart today. Reveal to me anything that is not pleasing to You. Reveal any secret pride, any unconfessed sin, any unforgiveness that may be hindering my relationship with You. I know I am your child because I have received you into my heart and life as Lord and Saviour

As I take the bread and the cup, I am reminded of the agonizing pain You have gone through as the supreme sacrifice for my sin. Thank you, Jesus, you have overcome the power of death. You are my Living God and Saviour.

Lord, I want to recommit my life to you as a living sacrifice. Fill me with the Power of your Holy Spirit, so that I can live for you. Help me to stay close to you. Help me to love You more and more, to love my family to love the lost people around me. Teach me to be faithful in sharing what Christ has done for me till you come again. In Jesus Name, Amen.

Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Jude 24-25. Amen.

Pastor Isaac Yim

每日灵粮

03/05/20

星期日

作者：严以撒牧师

箴言 3:21-24

21 我儿、要谨守真智慧和谋略。不可使他离开你的眼目。

22 这样、他必作你的生命、颈项的美饰。

23 你就坦然行路、不至碰脚。

24 你躺下、必不惧怕。你躺卧、睡得香甜。

不要让智慧离开你的眼目

在前面的章节中，所罗门王劝告他的儿子寻找智慧和聪明，当如寻找银子和隐藏的珍宝一样。在这几节经文中，他劝告他的儿子，一旦你发现了它，你就要保有它或留住它。要紧紧地抓住它，无论你走到哪里，总不要让它们离开你的眼目。多年以来，我们听了许多精彩的讲道。但我们却经常忘记这些讲道的内容。通常我们很容易就能获得一些东西，但我们却很难留住它们。拥有一个完美的开端并不足够，我们还需要完美的完成它。所罗门说，如果你继续保有这些真智慧和谋略，那将是你一生真正的祝福。有了主的智慧，我们就能看透万事。这将帮助我们在特定的情况下适当地说和做事。

当你保有这些真智慧和谋略或具有常识和识别能力时，那个结果就是“他必作你的生命”。另一方面，当你没有智慧和谋略时，你就没有生命。许多个体和家庭实际上活着就如死了一般。他们经常沮丧，失去生活的功能，恐惧，焦虑，绝望，冲突，痛苦和失眠。但是真智慧和谋略却能赋予生命。它使你精神焕发。每天生活上伴随着智慧和谋略，它们将使你看起来“像颈项的美饰”。在旧约中，当国王要赐尊荣给一个人时。他将给他戴上一条镶着昂贵珠宝的美丽项链。这象征着荣耀和尊荣。同样的，当我们靠着从主而来的智慧和谋略过活时，我们的声誉也将被高举。

当我们以智慧与谋略来过生活时，还有许多的好处。

- 它们将确保我们的安全。
- 我们不会失足或绊倒。
- 我们躺下、必不惧怕。
- 我们躺卧、睡得香甜。

诗篇 119:165

爱你律法的人、有大平安。甚么都不能使他们绊脚。

诗篇 4:8

我必安然躺下睡觉、因为独有你耶和华使我安然居住。

约翰福音 14:27

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。

获得极好的声誉，财富和权力是一回事。继续保有它们又是另一回事。我们可以很快地学到很多有关智慧的词语，但是却要用一生的忠诚来保有它们。这就是所罗门在箴言 3:21 中告诉儿子的。要保有智慧是需要我们每天操练的。我们在面对艰难的选择时需要来自上帝的帮助。这不单是成为一个基督徒那么简单。我们不是只是例行公事的去祷告，读经和去教会。要真正的保有上帝的智慧，我们需要成为一个实践者，而不

仅仅是成为一个聆听者。我们应该把上帝的智慧保存在我们的心中，并在我们的生活中运用出来。

今天的祷告：

所以凡听见我这话就去行的、好比一个聪明人、把房子盖在磐石上。马可福音 7.24
我们赞美你上帝，因你是永恒上帝，是万物的创造者。我们赞美主你，因为你的道路是完美的，你是圣洁的。主啊，在这病毒大流行期间，你是我们的盾牌，我们的堡垒和避难所。我们不知道情况将会是如何，但我们相信你的道路，你的意念是高过我们的。我们求主在我们面对这一切的混乱中，给我们更多的智慧和谋略。握紧我们的双手，带领我们度过此冠状病毒的短暂风暴。

我们请求你的宽恕，因为我们没有经常地抓紧你智慧的言语。帮助我们成为一个你话语的忠诚实践者而不仅是个倾听者。我们当中的一些人有不错的起步，但在过程中，我们却被世界的事物所转向分心了。帮助我们注目于你，并忠诚到底。帮助我们顺利的完成。

主，对未来

Monday, 04 May 2020

PROVERBS 4

Son, listen to your father's instruction, as he listened to his. Take hold of it with all your might, mind and will, and you will live.

v 1-4

Get wisdom at any cost and do not forsake it; she will protect you

v 5-7

Wisdom will never let you down, she will not dishonour you.

v 8-9

Receive and take firm hold of wisdom's lessons so your steps will be true always.

v 10-13

Keep your heart away from the path of evildoers.

v 14-15

Avoid the way of the wicked because their end will be destruction.

v 16-19

Follow the life-giving words of my plea, . . .

v 20-22

. . . decide to give your heart to God, guard it . . .

v 23

. . . beware the words of your lips . . .

v 24

. . . and stay firmly focussed on the path of righteousness.

v 25-27

Last month when looking at Proverbs 4, the emphasis was on verse 23, which is arguably one of the key verses in the whole of Proverbs.

23 Above all else, guard your heart,
for everything you do flows from it. (NIV)

I would like to share a thought on verse 23 and the next verse, verse 24.

24 Keep your mouth free of perversity;
keep corrupt talk far from your lips. (NIV)

24 Remove from yourself deceitful speech,
and abolish devious talk from yourself. (LEB)

Do you think there is a reason why verse 24 comes after verse 23 in the way it does?

The Lexham English Translation is interesting and eye-opening. For 'deceitful speech' the literal phrase is "crookedness of mouth" and for 'devious talk' it is "deviousness of lips". I wonder whether the fact that this verse with a stern warning comes right after the verse regarding one's heart is significant. The exhortation in verse 23 is to guard one's heart.

What does this mean?

To digress briefly, the original language Proverbs was written in was Hebrew. And the word heart in Hebrew context is very different from how it is used in English. In Hebrew, the heart consists of the seat of thinking (cognition), the affective element (feeling) and choosing (volition). The heart is the mind, the emotions, and the will. In the Bible when a person lacks insight or judgment, he is said to lack heart. The heart, in other words, thinks and feels. But the heart also plans, makes decisions, and renders judgment. In the Bible and in Proverbs, anxiety, bitterness, peace, good cheer, the attraction of a beautiful woman, envy, love, hatred and so on are all motions or states of the heart. In other words, the heart is one's innermost self. [Adapted from "The Place of the Heart in Godly Living by Rev Dr Robert S Rayburn"]

So, verse 23 reads:

With all vigilance, keep your heart,
for from it comes the source of life. (LEB)
Keep your heart with all diligence,
For out of it spring the issues of life. (NKJV)

There is almost a caution here, as it were, that if one does not keep one's heart, does not guard one's heart, that is, one's whole inner being, out of it will spring the issues of life. We need to guard the things we look at with our wandering eyes, the things we read which appeal to our desires, the words and songs we allow ourselves to listen to, which may draw our worship away from the Lord Jesus. And, of course, the company we keep, as has been repeatedly stressed in Proverbs.

If we are not careful, most imperceptibly, ever so subtly, when one's guard is down, one does not even know that values have changed in one's innermost core, one's heart.

A friend shared this story:

You are holding a cup of coffee when someone clumsily comes along and bumps into you, making you spill your coffee everywhere. Strong words come from your lips and reactions follow.

Someone who did not see the incident asks "Why did you spill the coffee everywhere? Why the reaction?"

"Because someone bumped into me!!!"

Wrong answer.

You spilt coffee because there was coffee in your cup. The other thing you spilt was also because you had in you.

Had there been tea in the cup, you would have spilled tea. Had there been in you, you would also have spilled, not.

Whatever is inside (whatever!) of your cup, of you, is what will spill out. Sometimes very loudly.

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So, we need to ask ourselves... "What's really in my cup, my heart?"

Joy, gratitude, peace and contentedness? OR

Anger, bitterness, impatience, harsh words?

Today, let us work towards filling our cups, our hearts with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others. Let us re-affirm the Lord's great commandment: 37 'Love the Lord your God with all your heart and with all your soul and with all your mind.' 38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbour as yourself.' Matthew 22:37-39. (NIV)

May we revive our hearts afresh if the MCO and the swirling rumours regarding Covid 19 have taken away from us the joy of our salvation and replaced it with some anxiety. Let us rekindle our love for reading God's Word daily and spend time in prayer for our loved ones, unsaved friends, the church and the nations where the pandemic is still raging.

On a personal level, let us reconcile with one another if you know there is someone with anything against you, or there be any unforgiveness between parent and child, husband and wife, brother and brother and brother and sister.

– Matthew 5: 23-24

And let us forgive our brother or sister who may have wronged or sinned against us – Matthew 18: 21-22.

If you think you have grown cold and indifferent, seek God, ask God for forgiveness and restore to you your first love. Take steps. Seek counsel; we always have a listening ear.

Do not let the opportunity accorded by these special circumstances pass.

Prayer for Today

Our gracious Heavenly Father, once again, thank you for the dawn of a new week. This week will be so different for so many of our brothers and sisters, and indeed for the whole nation after 47 days of the Movement Control Order.

Bless those brothers and sisters and loved ones who will be returning to work. Lord, we cannot be under the mistaken notion that the virus has been defeated. It is still very much out there, still very active. So we pray for caution and that absolutely no risks will be taken which might result in infection.

Protect those brothers and sisters and loved ones daily as they go back to work. Bless the labours of their hands because there is much to catch up on, many business associates to re-connect with. May you give them success.

We thank you that during these past almost 7 weeks, we have had to opportunity to draw closer to our family members at home. Thank you for the many meals we had together and times of sharing which have been meaningful. Help us cherish, appreciate and be grateful to each other more and more. Going forward, we pray we will make time for each other as we embrace the new normal with its unpredictable demands.

Thank you Lord that you created us with the individual capacity to decide, to feel and to assess using our hearts. Thank you for combining this capacity so wonderfully in us that we can make choices. We pray always that we will discern your best choice for us and that we will make that right choice. Help us in this Lord, for we are weak, and prone to go our own way and make choices with bad consequences.

Once again, we commit this week to you, our Father.
In Jesus' Name we pray. Amen.
Ps Cheng Cheung

每日灵粮

4/5/20

作者：张祯祥传道

箴言 4

一至四节：孩子们，要听父亲的教训。你若全心全意持守他的诫命，就可以存活。

五至七节：不惜任何代价求取智慧，不可离弃智慧，智慧就必护卫你。

八至九节：你要怀抱智慧，智慧就必使你得尊荣。

十至十三节：接受父亲所说的便使你行正直的路。

十四至十五节：保守你的心，不可踏上恶人的道路。

十六至十七节：避免恶人的道路因为他们必灭亡。

二十至二十二节：遵守赋予生命的话。

二十三节：把你的心献给神并保守它。

二十四节：当心你所说的话。

二十五至二十七节：坚定地行义人的路。

上个月我们读了箴言四章，专注二十三节，这可以说是箴言的关键经文之一。

第二十三节：‘你要谨守你的心，胜过谨守一切，因为生命的泉源由此而出。’

我想与大家分享关于第二十三节和下一节，第二十四节的心得。

第二十四节：‘你要除掉欺诈的口，远离乖谬的嘴唇。’

第二十四节被排序在二十三节之后，你认为这有原因吗？

The Lexham English Translation 很有趣也令人大开眼界。对于‘欺诈的口’，字面意思是”口的歪曲”，而对于‘乖谬的嘴唇’，字面意思是‘嘴唇的狡猾’。紧接着关于人心的经文就是这句带有严厉警告的第二十四节。我在想，这是否有什么特殊意义？第二十三节的劝诫是要谨守自己的心。

这意味着什么？

来谈个题外话：箴言的原文是希伯来语。希伯来语的“心”与英语的使用方式非常不同。在希伯来语中，心由思维（认知），情感元素（感觉）和选择（意志）组成。心是头脑、情感和意志。在圣经中，当一个人缺乏洞察力或判断力时，那他就是‘缺乏心’。心，换句话说，就是思考和感受。但心也计划，做决定，并判断。在圣经及箴言中，焦虑，痛苦，平安，欢呼快乐，美丽妇人的吸引力，嫉妒，爱，仇恨等等都是心的动态或状态。换句话说，心是一个人的内心。（改编自 The Place of the Heart in Godly Living by Rev Dr Robert S Rayburn）

二十三节：‘你要谨守你的心，胜过谨守一切，因为生命的泉源由此而出。’

这里几乎显着警告：如果一个人不谨守他的心，也就是说，一个人若不谨守整个内心，那生活的问题就由此而出。我们需要注意到处漫游的双眼，那些吸引我们目光的读物，那些我们允许自己听的话语和歌曲，这一切都有可能使我们远离敬拜主耶稣。当然，箴言也不断强调益友与损友之分。

如果我们不注意，在不知不觉中卸下心防，那么一个人的价值观将渐渐地、隐约地在最内心深处，有所改变。

有个朋友分享了一个故事：

你手里拿着一杯咖啡杯。这时，有个人笨拙地走向你，碰到你，咖啡也因此洒到你全身。你说了一些难听的话，也做出了强烈的反应。

没有目睹这一切的人问道：“你为什么把咖啡洒到全身？你这是什么反应？”

“因为有人撞到我了！！！”

回答错误。

你把咖啡洒在身上因为杯子里有咖啡。而且这是因为你内心有 。

如果杯子里有茶，茶会洒到你身上。如果有爱在你里面，你也会溢出 ，而不是

。

你的杯子有什么，你的内心有什么，那什么就会溢出来。而且有时还大声地溢出来。

因此，当你遇到不如意的事（这一定会发生），藏在内心里的就会溢出来。假装若无其事很简单，直到你感到不知所措。

所以，我们需要问自己，“我的杯子里和我的心里到底有什么？”

喜乐、感恩、平安和满足？或愤怒、痛苦、急躁、苛刻的话？

今天，让我们努力地以感激、宽恕、喜乐、肯定的话、仁慈、温柔和爱，填补我们的杯子。让我们重申主最大的诫命：“你要全心、全性、全意爱主你的 神。这是最重要的第一条诫命。第二条也和它相似，就是要爱人如己。”（马太福音 22:37-39）

如果行动管制令和关于新冠肺炎的谣言使我们焦虑，夺走了我们得救的喜乐，愿我们的心再次被复兴。让我们重新点燃每日读经的热情，花时间为我们的亲人、未得救的朋友、教会和受病毒威胁的国家祷告。

在个人层面上，如果有人得罪了你，或者有父母和孩子、丈夫和妻子、兄弟姐妹之间怀怨，让我们彼此和好。（参马太福音 5:23-24）让我们原谅得罪我们的弟兄或姐妹。（参马太福音 18:21-22）

如果你认为你已经变得冷漠和冷淡，寻求上帝，请求上帝宽恕并重燃起初的爱。 采取步骤，寻求建议。我们总是有倾听的耳朵。

千万不要流失特殊现状所给予的机会。

今日祷告

我们仁慈的天父，再次地为新的一周感谢你。 经过行动管制令第四十七天，对于我们许多弟兄姐妹，实际上对于整个国家来说，本周是如此不同。

赐福那些将要重返工作岗位的弟兄姐妹和亲人。 主，我们不能错误地认为病毒已经被击败了。 它仍然存在，仍然非常活跃。 因此，我们要谨慎祷告，绝对不会冒任何可能导致感染的风险。

每天保护那些回去工作的弟兄姐妹和亲人。 祝福他们手所做的，因为有很多事物要赶上，需要重新联系许多业务伙伴。 愿你让他们成功。

我们感谢你，在过去的七周，我们在家里有机会更加亲近我们的家庭成员。 感谢你，我们共享很多餐饭以及有时间有意义地彼此分享。 帮助我们越来越珍惜、欣赏和感激彼此。 展望未来，我们祷告在面对这新常态有其不可预测的需求，我们会抽时间在一起。

感谢主，你创造我们有个人的能力，用心来做决定，感受和评估。 感谢你将这种能力如此奇妙地结合在我们身上，使我们可以做出选择。 我们祷告我们常常能辨别你给我们的最佳选择，并且我们能做出那正确的选择。 求你在这方面帮助我们，因为我们软弱，容易走我们自己的路，做出不良后果的选择。

再次，我们的父，我们将这星期交托给你。

奉耶稣的名祷告。 阿门。

巫惠如译

Tuesday, 5 May 2020

Proverbs 5:21-23 New Living Translation (NLT)

*21 For the LORD sees clearly what a man does,
examining every path he takes.*

*22 An evil man is held captive by his own sins;
they are ropes that catch and hold him.*

*23 He will die for lack of self-control;
he will be lost because of his great foolishness.*

In Proverbs Chapter 5, Solomon continues to warn his sons of the deadly enticement to sin with immoral women (5.1-14), and then he reminded them not to neglect the wives of their youth by keeping and protecting the sacred bond of marriage (5.15-20); Today, we look at the last 3 verses 5.21-23. Solomon warns of the consequences of not listening to the warning, will result in bondage and death.

There are many reasons why we should not fall into the temptation and sin, in this context is sexual sin. GOD IS WATCHING! "For the Lord sees clearly what a man does, examining every path he takes." V 21. God sees all we do. He will bless our appropriate decisions but he will also deal with inappropriate ones. The knowledge of His watching should affect our conscience. He walks with us too. Whenever we forget the Omnipresence of God, our thoughts and ways will easily stray from Him. Solomon in Ecclesiastes 12.14 the last verse of this book, reminds us all, there will be judgment. "God will judge us for everything we do, including every secret thing whether good or bad."

We like to say, "I am free to do what I like." God gives us this precious freedom to choose but the consequences of our choice we have no choice but to accept. Sin is very attractive. But once we fall into sin we lose your freedom. "An evil man is held captive by his own sins; they are ropes that catch and hold him." Pro. 5.22. Once we sin, we are tied up with ropes. We are bound or under bondage by that sin. We become addicted and enslaved to that sin. Sin brings suffering. We suffer not because of God but our own folly. It is the natural result of our own foolish decisions. We cannot blame anyone except ourselves.

The sad reality is that we will die for living the way we want. When we refuse to listen to Wisdom we will "die for lack of self-control, and will be lost because of his great foolishness." Our demise is not due to the lack of wisdom but the lack of personal discipline.

That is why it is so important for us to ponder carefully over what we do and where we go. All of us have made bad decisions and have gone on to forbidden paths. But we don't have to keep on living that way. We can turn to God for deliverance. Jesus is the only One who can set us free from the bondage of sin. "Therefore, if the Son makes you free, you shall be free indeed" (John 8.36)

The scripture says that the Devil is like a roaring lion waiting to pounce on us. Jesus taught us to pray, this way, "And lead us not into temptation, but deliver us from the evil (one)" (Matt. 6.13). Our failure to watch and pray will land ourselves in the snares of our own making. Keep our heart and minds on Jesus by doing so the Holy Spirit will lead us to walk in paths that please Him.

Prayer for today

Abba, Father, we thank you for making us your children. We thank you for giving us the privilege to call you our Father, in heaven. We praise you for you are Omnipresent. You are with us daily. We are not out of your sight even for a second. Forgive us, Father, often we live our lives as if you don't even exist, because of this, we stray into sinful ways. We ask for your forgiveness.

Lord, we come to you to ask you to set us free from the bondage of sin or different kinds of addictions that affect our relationship with you and the people around us. Lord, forgive us and set us free from the bondage of addiction, In Jesus Mighty Name, we pray.

Let's pause for a moment. Let's us examine this past week, where did our minds wander, in our loneliness and isolation what type of websites we go into? Are there moments that you have forgotten His presence? Prayer is not always talking to God, but is also being quiet before God and listening to what He is saying to us. Let's remain silent before God a little longer until we feel that God impresses His thoughts on us.

Lord, we thank you for the MCO, today many may have to go back to work and while others have to continue to stay at home. Many are just bored and tired like being locked up in a cage. Some of us are enjoying having a wonderful time with our family. Lord, we know life will never be the same again. Help us to know how to adapt to the new things you are doing in and around us.

Lord, the thought of change, will be tough for some families where both mom and dad have to work. While children still have to stay home. Lord, some may have no work to go back to, we may be made redundant. Oh, Lord, we are anxious about our finances to keep things going. Grant us the wisdom as to how to juggle with our limited resources.

Remind us Lord of your promise, "FEAR NOT FOR I AM WITH YOU".

Philippians 4:6-7 New Living Translation (NLT)

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace,

which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Amen. Amen. Amen.

Pastor Isaac Yim

每日灵粮

5/5/20

作者：严以撒牧师

箴言 5: 21-23

21 因为，人所行的道都在耶和华眼前；他也修平人一切的路。

22 恶人必被自己的罪孽捉住；他必被自己的罪恶如绳索缠绕。

23 他因不受训诲就必死亡；又因愚昧过甚，必走差了路。

在箴言第 5 章中，所罗门继续警告他儿子们关于跟淫妇/不道德的女人行淫致命的诱惑（5: 1-14），然后提醒他们不要忽略幼年所娶的妻，要保护并遵守婚姻神圣的约（5: 15-20）；今天，我们来看最后三节经文 5: 21-23。所罗门说到，不听警告的后果将导致奴役和死亡。

我们为什么不应该陷入诱惑和犯罪的原因有很多，这里说的罪是性。神在看！“因为，人所行的道都在耶和华眼前；他也修平人一切的路”。（5: 21）上帝看见我们的所作所为。上帝会按照我们所做的对错选择祝福或管教我们。知道上帝正在观看应该对我们的良心有所影响。每当我们忘记上帝是无所不在时，我们的思想和行为就会轻易地偏离上帝。所罗门在传道书 12: 14 中提醒我们，将来必有审判：“因为人所做的事，连一切隐藏的事，无论是善是恶，神都必审问。”

我们喜欢说：“我有自由做自己喜欢做的事。”上帝赋予我们这种宝贵的选择自由，但是我们选择的后果是我们不得不接受的。罪恶非常诱人。但是一旦我们陷入犯罪，我们就失去了自由。“恶人必被自己的罪孽捉住；他必被自己的罪恶如绳索缠绕。”箴 5.22。一旦犯罪，我们就将被绳索缠绕。我们被那罪束缚。我们沉迷于这个罪恶。罪恶带来痛苦。我们受苦不是因为上帝，而是因我们自己的愚蠢。这是我们自己愚蠢决定的自然结果。除了自己，我们不能怪任何人。

可悲的现实是，我们将为自己想要的生活（犯罪的生活）而死。当我们拒绝智慧时，我们将“因不受训诲就必死亡；又因愚昧过甚，必走差了路”。我们的灭亡不是因缺乏智慧，而是因缺乏个人纪律。

这就是为什么认真考虑我们的工作和去向是那么的重要。我们所有人都做出了错误的决定，并走上了神禁止的道路。但我们不需要继续这样活下去。我们转向神释放我们。唯有耶稣能够使我们摆脱罪恶束缚。“所以天父的儿子若叫你们自由，你们就真自由了”。（约翰 8.36）

圣经记载，魔鬼如同吼叫的狮子，等待攻击我们。耶稣教导我们要如此祷告：“不叫我们遇见试探；救我们脱离凶恶（恶者）”（太 6: 13）。不警醒祷告将导致我们陷入自己创造的陷阱。当我们在主里保守我们的心怀意念时，圣灵必领我们走神喜悦的道路上。

今天的祷告

阿爸天父，我们感谢祢使我们成为祢的孩子。我们感谢祢赐我们称呼祢我们在天上的父的权柄。我们赞美祢，因为祢无所不在。祢每天与我们同在。没有一秒祢的注意力

不在我们身上。天父求祢原谅我们，我们的生活过得似乎祢不存在一样，因此我们走入了罪恶的道路。我们求祢的饶恕。

主啊，我们到祢面前求祢把我们从各种影响我们跟祢和众人关系的罪恶的沉迷和束缚中释放。主啊，求祢原谅我们，使我们摆脱束缚或成瘾，我们奉耶稣伟大的名祷告。

让我们暂停片刻。让我们省察我们过去的一周，我们的思念飘荡何处，在孤独中进入了哪种类型的网站？是否有片刻你已经忘记了上帝的存在？祷告并不总是与上帝交谈，而是在上帝面前保持沉默，并倾听祂对我们说的话。让我们在上帝面前保持沉默，直到我们能够感受到上帝感动为止。

上帝，我们为行动管制令（MCO）感谢祢，今天许多人可能不得不复工，也有些人不得不继续待在家里。许多人就像被关在笼子里一样无聊无力。我们中间也有人享受与家人在一起的美好时光。主啊，我们知道生活将不再一样。帮助我们适应祢在我们里面和周围所做事情。

主，“改变”对于某些工作夫妻是艰难的，因为孩子们必须待在家里。主啊，有些人可能已经没有工作了，也许也有一些人工作职位已经变得多余、可有可无。主啊，我们为我们的经济状况感到忧虑。赋予我们智慧，有善地利用我们有限的资源。

提醒我们祢赐给我们的应许：“不要害怕，因为我与你同在”。

腓利比 4: 6-7

6 应当一无挂虑，只要凡事藉着祷告、祈求，和感谢，将你们所要的告诉神。**7** 神所赐、出人意外的平安必在基督耶稣里保守你们的心怀意念。

阿门。阿门。阿门。

杨仕涵译

Wednesday, 6 May 2020

Proverbs 6:12-14

*12 A troublemaker and a villain, who goes about with a corrupt mouth,
13 who winks maliciously with his eye, signals with his feet and motions with his fingers,
14 who plots evil with deceit in his heart—he always stirs up conflict.*

Proverbs 12-14 teaches us to be aware of perpetrators that are perverse and disastrous. For when we meet this kind, we need to recognize them quickly, deal with them, or steer clear from them.

Proverbs 6:12 – They are troublemakers and villains in which both hardly bring forth constructive values into a community or toward others. Those that with their deceiving mouth speak with the things that are not from the wisdom of God. They have their own wicked agendas using lies, flattery, slanders, or perjuries to keep themselves in their evil courses. Because of their corrupted ambitions, they have no worth in the eye of God. Theirs' heart void of God's truth, goodness, righteousness, and justice.

Proverbs 6:13 – tells us that those troublemakers will use their body language to signal and communicate maliciousness and corruption – Most often one with impure motives, he would communicate or signal with winks of eye, signal of feet, or motion of finger.

In Proverbs 6:14, we are told that frowardness is in the villain's hearts as they plot evil with deceit. Their hearts are full of perverse thoughts because they nourish their jealousy, greed, bitterness, malice, and their ill will as they plan out their evil plots continually.

The Word of God teaches us to IDENTIFY THEM by the outcome of their deeds which they would always bring CONFLICT and DISTRESS among people — We learn this from the Book of James chapter 3 as well; 14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 15 Such “wisdom” does not come down from heaven but is earthly, unspiritual, and demonic. 16 For where you have envy and selfish ambition, there you find “disorder” and “every evil practice” (James 3:14-16).

Further in James 3:17-18 — we read, 17 But the wisdom that comes from heaven is first of all pure; then PEACE_LOVING, considerate, submissive, full of mercy and good fruit, impartial and sincere. 18 “Peacemakers” who sow in peace reap a harvest of righteousness.

On the contrary, the true LOVER of God that walks righteous before HIM, would seek to be a peacemaker even through suffering from adversity. They would

persevere without peevish complaints or purposes of revenge, because they are the followers of the PRINCE of PEACE – Jesus Christ.

1 Peter 2:19-21 — 19 For it is commendable if someone bears up under the pain of unjust suffering because they are conscious of God. 20 But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God. 21 To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.

John 13:34-35 — Jesus commands us, “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

Pray:

Dear Heavenly Father,

Together we praise you for your grace and love for us. You are the true source of love and peace. We praise you and thank you for filling our hearts with your pure love and peace.

You have made us and call us your children, please help us to commit our walk in your kind love and help us not to live in arrogance continuing to follow the wicked ways but always seek your face and submit to the authority of your Word.

Help us O-Lord to be away from the evil one and all the temptation comes unto us, also help us to commit ourselves to bring peace wherever we go.

Strengthen our hearts, O-Lord, to be bold and courageous as we walk in love and peace in this perverted world. May your love and peace overflow from us inside out to all the people around us.

In the wonderful and precious name of Jesus Christ, we pray.

Amen.

每日灵粮

06/05/20 星期三

作者：王振威传道

箴言 6:12-14

12 无赖的恶徒、行动就用乖僻的口。

13 用眼传神、用脚示意、用指点画。

14 心中乖僻、常设恶谋、布散分争。

箴言 6:12-14 教导我们应当提防那些乖戾的恶徒。当我们遇到这些人时，我们需要快速的识别他们，与他们打交道或是避开他们。

箴言 6:12-他们都是惹是生非者和恶棍，他们几乎不会给某个社区或是他人带来任何建设性的价值观念。从他们那充满欺诈的嘴里所说出的每句话都不是来自上帝的智慧。他们利用谎言，谄媚，诽谤或假见证来进行自己的邪恶计划。因着他们乖僻的志向，他们在上帝眼中没有任何的价值。他们的内心也没有上帝的真理，良善，公义和正义。

箴言 6:13 -告诉我们这些恶徒使用他们的肢体语言来示意和传达他们的恶意和腐败—通常这些居心叵测的人，他会用眼传神、用脚示意、用指点画。

在箴言 6:14 中，我们被告知，当这些恶徒设计恶谋或行欺诈时，他们的心中充满着刚愎。他们的内心充满乖戾的思想，因为当他们不断地筹划自己的邪恶阴谋时，就孕育他们的嫉妒，贪婪，苦毒，怨恨和邪恶。

上帝的话语教导我们，我们可以透过他们的所作所为来辨认他们，那就是他们经常会给人们带来冲突和困扰。我们从雅各书第 3 章也可以看到；14 你们心里若怀着苦毒的嫉妒和分争、就不可自夸、也不可说谎话抵挡真道。15 这样的智慧、不是从上头来的、乃是属地的、属情欲的、属鬼魔的。16 在何处有嫉妒分争、就在何处有扰乱、和各样的坏事。（雅各书 3: 14-16）。

此外，在雅各书 3: 17-18 中，我们读到，17 惟独从上头来的智慧、先是清洁、后是和平、温良柔顺、满有怜悯、多结善果、没有偏见、没有假冒。18 并且使人和平的、是用和平所栽种的义果。

相反的，那些在上帝面前行公义的真正的上帝追随者，就算处在逆境的苦难中，也会想方设法成为一个和平使者。他们会忍耐且绝不抱怨或报仇，因为他们是和平之君—耶稣基督的追随者。

彼得前书 2:19-21

19 倘若人为叫良心对得住 神、就忍受冤屈的苦楚、这是可喜爱的。

20 你们若因犯罪受责打、能忍耐、有甚么可夸的呢。但你们若因行善受苦、能忍耐、这在 神看是可喜爱的。

21 你们蒙召原是为。此。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。

约翰福音 13:34-35

34 我赐给你们一条新命令、乃是叫你们彼此相爱。我怎样爱你们、你们也要怎样相爱。

35 你们若有彼此相爱的心、众人因此就认出你们是我的门徒了。

祈祷：

亲爱的天父，

我们要一同赞美你的恩典和你对我们的爱。你是爱与和平的真正根源。我们赞美你，并感谢你用纯洁的爱与和平充满我们的心。

你已经使我们成为我们的孩子，并称我们为你的孩子，请帮助我们以你的慈爱行事，并帮助我们不要追随诡诈，而是始终仰望你的面孔并顺服你的话语。

主啊，帮助我们，使我们远离那恶者，及所有临到我们身上的诱惑，也帮助我们致力于把和平带到我们所去之处。

主啊，坚固我们的心，让我们在这弯曲的世代中，能大胆与勇敢的活出爱与和平。愿你的爱与和平从我们的身上流露出来给我们周围所有的人。

我们以耶稣基督的奇妙而宝贵的名字祷告。

阿们

陈月妃译

Thursday, 7 May 2020

Proverbs 7

Sexual immorality has been present as early as the Old Testament period. Israel's neighbouring countries participated in orgies as part of their worship rituals. It was present throughout the New Testament period as well. It is not an issue that makes the 21st century distinct. But it manifests itself in different forms. In this chapter of Proverbs, the author writes as a father giving advice to his son about wisdom and how to respond to adultery. Before you go on, I encourage you to read the whole chapter before moving on from here. Take note of the descriptions which the author gives.

In verses 1-5, the author urged his son to keep his words and treasure up his commandments. The attitude should be one of diligence and wholeheartedness. The son is to look at the teaching as the apple of his eye, something bound upon his fingers and written on his heart. He is to also treat wisdom as his sister and insight his intimate friend and to keep away from an adulteress, who is a forbidden woman. We see the author reminding us to practice wisdom when it comes to sexual immorality.

Moving on, we see verses 6-20 describing about a young man who is "simple" and lack sense, as well as the "attraction" of an adulteress woman. Due to the young man's lack of sense, he walks near to the adulteress's corner, near to her house. Here we see a description of a man who does not practice wisdom by putting himself near-sexual temptations. Of course, the adulteress catches him off guard with her "attraction." Verses 10-20 describes her attraction in such a manner that would draw the man towards her and how she would seduce him.

Verses 21-23 describe the consequences. As the adulteress seduces and attracts her, the man is likened to an ox to be slaughtered, a stag being caught fast and a bird running into a snare. Even worse, the last phrase says "he does not know that it will cost him his life." This speaks about the danger and the threat which sexual immorality brings if one does not exercise wisdom. The consequences come unknowingly. It spares no one and it does not care about your awareness.

The father ends with an advice to the son at verses 24-27. He calls the son to be attentive to his father's advice and not to let his heart turn to her ways. The reason is because there are many victims, even those who are "seemingly" mighty or strong. Her destructivity is not just within this life, but even the life to come. The last verse tells us that "her house is the way to Sheol, going down to the chambers of death." It estranges us from our God.

In conclusion, let us remember the words of this proverb. Let us all exercise wisdom in dealing with all sorts of sexual immorality (in thought, speech and different kinds of acts). By doing so, may we flee from our sexual pleasures that are worldly and immoral. May we as God's people be found far away from the corner where the adulteress (and sexual immorality) stays. This is not just for the men; it is for the women also.

The Gospel calls us to live for Him and not for the pleasures of this world, because our bodies belong to Him. Ultimately, those who dwell in sexual immorality will not inherit the Kingdom of God (1 Cor. 6:9-11). Let us all as God's people, by His grace, flee from sexual immorality. Because Christ purchased our body by His blood and His Spirit dwells within us. May we glorify God with our bodies (1 Cor. 6:18-20).

Hon Sir Neng

每日灵粮

7/5/20

作者：韩思能弟兄

箴言 7

淫乱的现象早在旧约时代已存在。以色列的邻国参加狂欢活动，这是他们崇拜仪式的一部分。新约时代也盛行淫乱。这不仅仅是二十一世纪的问题。它呈现于不同的形式。在箴言第七章，身为父亲的作者劝告儿子关于智慧以及如何应对淫行。我建议你先阅读箴言第七章，然后再阅读今天的灵修短篇。请留心观察作者所描述的细节。

作者在一至五节敦促他的儿子遵守他的话语，珍惜他的诫命。他应有的态度是勤奋和全心全意。他应当视法则如同眼中的瞳人，系在指头上，刻在心版上。他也应该把智慧当作他的姐妹，称呼聪明为亲人，远离被禁止的淫妇。作者提醒我们要以智慧处理淫乱的问题。

往下看，六至二十节描述无知，缺乏理智的少年人，以及一个淫妇的魅力。由于少年人缺乏理智，他走近淫妇的住处，向着她的家走去。这里形容一个男人没有操练智慧，反而接近性的诱惑。当然，淫妇趁少年人不警惕时吸引他。十至二十节描述她如何以不同的方式引诱对方。

二十一至二十三节记述了后果。当淫妇诱惑他时，少年人被比喻为将被宰杀的牛，又像戴锁链的愚昧人，又如同雀鸟急入网罗。更糟糕的是，最后一节说道：“却不知是自丧己命。”这说明淫乱所带来的危险和威胁。如果一个人不操练智慧，后果不堪设想。它不会放过任何人，也不管你有没有意识到危机。

父亲在二十四和二十七节给了儿子一个忠告。他呼吁儿子注意父亲的建议，不要让他的心转向她的手段。这是因为有很多受害者，即便是那些看似强大的人。她的破坏性不单单是在今生，甚至是在永恒。最后一节告诉我们，“她的家是在阴间之路，下到死亡之宫。”它能疏远我们与上帝。

最后，让我们记住这箴言。让我们都运用智慧来处理各种不道德的性行为（思想，言语和行为）。这样，我们可以脱离不道德、属世的性愉悦。愿人人看出来我们作为神的子民，远离淫妇（和淫乱）所停留的角落。男人、女人都要注意。

福音要求我们为上帝而活，而不是为了属世的快乐，因为我们的身体属于他。最终，那些活在淫乱当中的不能承受上帝的国（哥前 6:9-11）。让我们作为神的子民，靠着他的恩典，逃离淫乱。因为基督用他的宝血买了我们的身体，他的灵住在我们里面。愿我们用我们的身体荣耀他。（哥前 6:18-20）

巫惠如译

Friday, 8-May-2020

Proverbs 8

*32 "Now then, my children, listen to me;
blessed are those who keep my ways.*

*33 Listen to my instruction and be wise;
do not disregard it.*

*34 Blessed are those who listen to me,
watching daily at my doors,
waiting at my doorway.*

*35 For those who find me find life
and receive favour from the LORD.*

*36 But those who fail to find me harm themselves;
all who hate me love death."*

Proverbs is essentially divinely inspired Hebrew poetry. Hebrew poetry is very different from English poetry.

Most of us reading Proverbs in English might be tempted to interpret it in the way we know best – in English. But the original tongues of the Old Testament (OT) are Hebrew and some Aramaic. Hence, some understanding of how Hebrew poems are structured will help.

Some Bible readers also make the mistake of misunderstanding personification of inanimate objects or abstractions, since they are given human qualities, such as wisdom. It is interesting that wisdom is personified as a woman in Proverbs 8 (v1-3).

But why is wisdom personified as a woman? Does this mean men are not wise? While most men would wonder why this is so, women readers might simply respond by asking: "Why? Isn't it obvious?" I dare not answer that question! However, I would like to point to the way the Hebrew language works with nouns.

In Hebrew, every noun has a gender. Wisdom ("Chokmah" in Hebrew) is a noun, and it is in the feminine gender. Some Jewish Rabbis say that this is mainly because, just like women who give birth, wisdom also gives birth to more wisdom. In other words, wisdom can reproduce. It spreads and makes people wiser, reproduced in others.

This morning, let us look at Proverbs 8:32-36. The writer emphasises that those who keep the ways of chokmah will be blessed (v32). But to be wise, we need to listen and not disregard chokmah (v33). But is this wisdom accessible to all? Can everyone attain wisdom?

It appears that wisdom is not far from us. Wisdom waits at the doorway of the house (v34). Hence, wisdom is accessible to all of us. We can be wise, if only we listen and obey.

With wisdom, we receive life and favour from God (v35). However, those who hate wisdom, a tragedy awaits them.

This reminds me of an interesting antagonist in John Bunyan's fictional Christian allegory, *The Pilgrim's Progress*. The main character, Christian, was going to the Celestial City, as per the directions given by another character called The Evangelist. As Christian was on his journey, he meets Mr Worldly Wiseman who hailed from the great town of Carnal Policy. The man tries to entice Christian to abandon his journey to the Celestial City and instead live a contented secular life of enjoyment and materialism.

"Hear me, I am older than thou; thou art like to meet with, in the way which thou goest, Wearisomeness, Painfulness, Hunger, Perils, Nakedness, Sword, Lions, Dragons, Darkness, and in a word, Death, and what not? These things are certainly true, having been confirmed by many Testimonies. And why should a man so careless cast away himself, by giving heed to a Stranger (The Evangelist)?" asks Mr Worldly Wiseman.

Swayed by the logic, Christian followed the counsel of Worldly Wiseman, to his later suffering. The Evangelist then comes, rebukes and rescues Christian. Yes, the wisdom of the world can distract us from God. It causes us to doubt our faith. Causes us to stray away. But the wisdom from God's Word daily calls out to us and shows the Way. So, let us turn our backs to the wisdom of the world and seek God earnestly. The Holy Scriptures are able to "make us wise unto salvation" (2 Tim 3:15). Avoid all evil, hate and pride. Instead, let us seek chokmah that comes by daily reading and obeying His instructions to gain prudence, discretion and sound judgment (v 12-14).

Prayer: O Lord Almighty. Your Word alone is a lamp unto my feet and a light unto my path. Help me to avoid the wisdom of the world. Instead, help me to seek Your wisdom daily and walk obediently before Your Holy presence. In Jesus name, I pray. Amen.

每日灵粮

8/5/20

作者：帕拉他伯(Prathab V.)

箴言 8: 32-36

8:32 众子阿、现在要听从我，因为谨守我道的、便为有福。

8:33 要听教训、就得智慧、不可弃绝。

8:34 听从我、日日在我门口仰望、在我门框旁边等候的、那人便为有福。

8:35 因为寻得我的、就寻得生命、也必蒙耶和华的恩惠。

8:36 得罪我的、却害了自己的性命，恨恶我的、都喜爱死亡。

箴言本质上可以说是受希伯来语启发的诗。希伯来诗与英语诗是有很大的差别。我们大多数人都用英语来阅读箴言，这样以来我们就可能会以我们最熟悉的方式来了解箴言-英语。但是旧约的原始语言是希伯来语和一些阿拉姆语。因此，如果我们对希伯来诗的结构有一些理解的话那我们阅读箴言时就会比较容易。

一些圣经读者也误解了无生命物体或抽象的人格化，因为它们被赋予了人类特质，例如智慧。有趣的是，在箴言 8: 1-3 节中智慧被人化为女人。但是为什么智慧会被人化为女人呢？这是否意味着男人并不明智？虽然大多数男人会想知道为什么会这样，但是女性读者可能会简单地回答：“有什么好奇怪的？这还不明显吗？”我本人是不敢回答这个问题！但是，我想指出的是希伯来语与名词配合使用的方式。在希伯来语中，每个名词都有性别。智慧（希伯来语中的“**Chokmah**”）是一个名词，以女性性别表示。一些犹太人拉比说，这主要是因为，就像在生产的妇女一样，智慧也能孕育更多的智慧。换句话说，智慧可以“生产”。她散发并使人们变得更有智慧，并在他人当中生产。

今天早上，让我们看看箴言 8: 32-36。作者强调，那些遵守神的道的人（32 节）。但是，智慧的做法是，我们需要倾听而不是弃绝“**chokmah**”（33 节）。但是，是不是所有人都能获得这种智慧吗？

看来，智慧离我们并不遥远。智慧在房屋的门口等候（34 节）。因此，我们所有人都可以获取智慧。只要我们听从并顺服，我们就能得到智慧。凭着智慧，我们从上帝那里得到生命和恩惠（35 节）。然而，那些讨厌智慧的人，悲剧正在等待着他们。

这让我想起了约翰·班扬（John Bunyan）虚构的基督教寓言诗《天路历程》

（**Pilgrim's Progress**）中一个有趣的角色。主角基督徒（**Christian**）按照另一个名为宣道师（**Evangelist**）的角色所指示前往天界之城去。基督徒（**Christian**）旅途中，遇到了老世故（**Worldly Wiseman**）先生，他是来自繁华的享乐主义城（**Carnal Policy**）。老世故试图诱使克里斯蒂安放弃前往天界之城的旅程，而是来享受在世俗的生活中。

“我年纪比你大，你听着：在你走的这条路上，你还会碰到疲乏、痛苦、饥饿、艰险、无衣无食、刀剑、黑暗、狮子、毒龙，总而言之，死亡，以及其他的一切。这些事情完全是真实的，因为许多人都曾证实过。为什么去听一个陌生人的胡扯而随便把自己毁了？”老世故说。基督徒安在逻辑上摇摆不定，最终跟随老世故的忠告而受苦。然后，宣道师来了，斥责并营救了基督徒。

是的，世界的智慧会分散我们对上帝的注意力。它使我们怀疑自己的信仰，使我们流浪。但是从神的话语中所获得的智慧向我们指明了道路。因此，让我们背弃世界的智慧，认真的寻求上帝。圣经能够“使你因信基督耶稣有得救的智慧”（提摩太后书 2：3：15）。避免一切邪恶，仇恨和骄傲。让我们寻求日常阅读和服从祂的指示来获得智慧，谋略、和真知识（第 12-14 节）。

祷告：万能的主啊。祢的话是我脚前的灯路上的光。帮助我避免世界的智慧。相反的，帮助我每天寻求祢的智慧，并顺服地来跟随祢。我奉主耶稣的名祷告。阿们

胡斐译

Saturday, 9th May 2020

Proverbs 9 :1

"The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding." NIV

All the 18 verses of Proverbs 9 had been shared in detail by Bro Sir Neng on 9th April 2020. For those of you who have somehow missed that, you can find it on our PBC Website under Resources – Daily Devotions.

It has been shared earlier in many of our devotions that Proverbs 1: 7a "The fear of the Lord is the beginning of knowledge" is the theme of the Book of Proverbs. The writer Solomon again repeats it here in Proverbs 9: 10a "The fear of the Lord is the beginning of wisdom".

King Solomon was not the first to give this advice as Job and his father King David had also said the same thing in Job 28: 28 "And he said to man, 'The fear of the Lord – that is wisdom and to shun evil is understanding.'" And David in Psalms 111:10 "The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise."

Solomon again at the conclusion of his life reminded us "Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the whole duty of man." (Eccles 12:13. The fear of the Lord occurs 11 times in Proverbs and "fear the Lord" occurs 4 times. The Bible Knowledge Commentary pointed out that the fear of the Lord means an affectionate reverence to recognise God's character and respond by revering, trusting, worshiping, obeying and serving Him. The essence of true knowledge is fearing God. Apart from Him a person is ignorant of spiritual things (Rom.1:22; Eph. 4:18; 1 Peter 1: 14).

The dictionary defines "fear" as "an unpleasant emotion caused by the nearness of danger or expectation of pain etc." This is the type of fear we all know like the fear of contacting Covid 19, fear of sickness, fear of death, fear of losing our loved ones, fear of losing our job, fear of the uncertain future. But my dear brothers and sisters, this is not the fear mentioned here in the book of Proverbs. Like mentioned earlier it is an "affectionate reverence" for God. Respectful reverence for our God who gave His one and only Son Jesus Christ to die for us on the cross so that we will have forgiveness of sin and eternal life.

Don't you think my dear brothers and sisters, if we truly and really have this "affectionate reverence" for God and love Him with all our heart and with all our soul and with all our mind (Matt 22: 37), is there anything we will not do for Him? Our right response for our fear and love for Him should be revering, trusting, worshiping, obeying and serving Him with everything we have.

Let us all pray to God for that type of fear and love and not just be a Sunday Christian or a Christian in name and not in practice.

PRAYER:

Dear Lord, we confess before you that we do not fear and love you with everything we have. We know that all we have comes from you – our life, our family, our health, our job, our career, our business, our possessions – every single thing that we now own comes from you as we all came into this world empty handed and we will leave the same way we came – empty handed – no matter how rich or powerful or brilliant we may be. Lord, help us to realise that we are all only stewards of what you have entrusted us with and we all must stand one day before you to give an account of what you have blessed us with.

Lord, help us to live a life that would be a blessing to others. Protect us, our family, our brothers and sisters in the Lord, all our friends. Keep us safe and healthy.

Help us to fear you and love you Lord with everything we have for the rest of our lives. In Jesus name we pray all this. AMEN.

Pastor KK Soong

每日灵粮

9/5/20

作者：宋国基牧师

箴言 9:10

箴 9: 10 敬畏耶和华是智慧的开端； 认识至圣者便是聪明。

思能弟兄在 2020 年 4 月 9 日已详细分享了箴言第九章的所有十八节经文。错过了的人可以到我们 PBC 网站上的资源-每日灵修搜寻。在我们之前的许多灵修中都分享过箴言 1: 7 上，“敬畏耶和华是知识的开端”，是箴言书的主题。作家所罗门在箴 9:10 上再次重复了这一点：“敬畏耶和华是智慧的开端”。

所罗门王不是第一个提出这个建议的人，因为约伯和他的父亲大卫王在约伯记 28:28 也说过同样的话。“他对人说： 敬畏主就是智慧； 远离恶便是聪明。”大卫在诗篇 111: 10 中说：“敬畏耶和华是智慧的开端； 凡遵行他命令的是聪明人。耶和华是永远当赞美的！”所罗门在生命的尽头再次提醒我们：“你们一切都听见了，总而言之，应当敬畏 神，谨守他的诫命，因为这是每一个人的本分。”（传 12:13）。在箴言中，‘对主的敬畏’出现了十一次，对‘敬畏主’出现了 4 次。《圣经知识评论》指出，对主的敬畏意味着深切地尊崇上帝的品格，并以崇敬、信靠、敬拜、顺服和服侍祂来回应。真正知识的本质是敬畏上帝。除祂以外，一个人对属灵的事物是一无所知的。（罗 1: 22；弗 4: 18；彼得 1: 14）。

词典定义“恐惧”为“由于危险临近或预期痛苦等引起的不愉快情绪。”这是我们大家都知道的那种恐惧，例如对患上新冠病毒的恐惧，疾病的恐惧，死亡的恐惧，失去亲人的恐惧，失去工作的恐惧，对不确定的未来的恐惧。但是，亲爱的兄弟姐妹们，这不是箴言书中所提到的恐惧。如之前所述，这是对上帝的“深切敬畏”。对上帝的崇敬，因祂赐给我们祂独生子耶稣基督，为我们死在十字架上，使我们罪得赦免和得永生。

我亲爱的兄弟姐妹们，你是否认同，如果我们真的对上帝有这种“深切敬畏”，并且你尽心、尽性、尽意爱祂（马太福音 22:37），我们能有什么事情不会为祂做呢？我们对祂的敬畏和爱的正确反应应该是以我们所拥有的一切来崇敬、信靠、敬拜、顺服和服侍祂。让我们所有人向上帝祈求这种敬畏和爱，让我们不做一位“星期天的基督徒”或只是名义上而不是在实践中的基督徒。

祷告：亲爱的上帝，我们在祢面前承认，我们没有用我们所拥有的一切来敬畏和爱祢。我们知道，我们所有的一切都来自祢-我们的生命，我们的家庭，我们的健康，我们的工作，我们的职业，我们的生意，我们的财产-我们现在拥有的每件事物都来自祢，因为我们都是空手而来到这世界，无论我们多么富有，强大或出色，我们也会空手离开。主，请帮助我们认清我们只不过是管家，管理祢所托付给我们的。我们有一天必须站在祢面前向祢交账，说明我们如何使用祢所赐福于我们的。主，帮助我们过一个使别人蒙福的生活。保护我们，我们的家人，我们在主里的兄弟姐妹，我们所有的朋友。让我们安全和健康。帮助我们敬畏祢，用我们余生所拥有的一切爱主。奉耶稣的名祷告。阿门。

梁玉萍译

Sunday, 10 May 2020

Proverbs 10.4-5; 26

Lazy people have been around for a long time. I am sure we can recognize one when we see one because we cannot miss them. Proverbs says a lazy person will irritate you like “vinegar to the teeth and smoke to the eyes.” The trouble is that lazy people are everywhere. They are found in homes, the market place, the schools, and even in the churches. Wherever they are, they are irritants and unpleasant ordeal to others but they feel nothing about it.

Proverbs describe a lazy person as a sluggard. Laziness is slothfulness. He moves slowly, with no sense of urgency, loves to sleep, wants more without any effort to work for it. He always out-argues with his reasons to excuse himself. He is easily defeated by minor obstacles or hindrances to get things done. As vinegar causes teeth to ache and smoke causes eyes to burn, so a lazy person irritates and hurts his boss or employer, or anyone else depending on him.

Proverbs 10:26 (NLT)

*Lazy people irritate their employers,
like vinegar to the teeth or smoke in the eyes.*

One of the many excuses of a lazy person is: not fair with so much discrimination, for race, religion, sex, lack of connection with the higher-ups, etc. In the Old Testament, Joseph and Daniel, both of these young men were in places not of their choosing. They lived in a foreign country, but with hard work and wisdom AND the fear of God, they climbed to the very top of their careers. They seized every opportunity of the day to do their best, as they succeeded.

Procrastination is another form of laziness. It often starts right early in the morning of each day. Lazy people turn over in bed. They get no farther than a door swinging on its hinges (Pro. 26.14). If you can do it today, don't push it for tomorrow.

Laziness has no place in the life of a disciple of Jesus. The consequence of a lazy person is heart-breaking. Hence, poverty is the result of the continuous sin of laziness. Lazy children bring disgrace to their parents. Lazy parents make their children suffer in want. Laziness can cause us to lose our jobs. Laziness deprives us of our right to eat.

Proverbs 10:4 (NLT)

Lazy people are soon poor;
hard workers get rich.

10.5 A wise youth harvests in the summer,
but one who sleeps during harvest is a disgrace.

12.11 A hard worker has plenty of food,
but a person who chases fantasies has no sense.

12.24 Work hard and become a leader;
be lazy and become a slave.

13.4 Lazy people want much but get little,
but those who work hard will prosper.

As children of God, we are richly blessed with abilities and opportunities to love and serve God and people. Let us be good stewards of the Time, Talents and Treasures God has blessed us with. Let us use them freely.

“FREELY RECEIVED, FREELY GIVE”.

He said, Freely, freely you have received, freely, freely give.

Go in my name, and because you believe others will know that I live.

Ecclesiastes 9:10 (NLT)

Whatever you do, do well. For when you go to the grave,[a] there will be no work or planning or knowledge or wisdom.

Colossians 3:23 (NLT)

Work willingly at whatever you do, as though you were working for the Lord rather than for people.

Prayer for today

Gracious God, our heavenly Father, today we especially thank you for our mothers. They are special to us. We thank you Lord, for their care and nurture; for love and support, wisdom and sacrificial giving; for tears and smiles; for encouragement and correction; thank you Lord, that in such love we see a reflection of your own love for us.

Thank you, Lord, for blessing us with children, help us to raise them with you in mind. Help us to teach them the right values and to raise them up to love You, to seek Your heart to guide them to pursue the path that you have laid before them. Lord, help us to follow the path, even as we face difficult patches and navigate uncharted waters.

There are times, we feel we are at the end of the rope. We commit our rebellious teenagers to you. Lord, show our children the race You have marked out for them to run. Teach them to run their race with perseverance, fixing their eyes always, and only on You. Hebrew 12.1-2. Teach our children not to copy to the ways of this world, but to be transformed into new persons by the way they think. Then they will know that God's will for them is good and pleasing and perfect. Rom. 12.2. Grant them strength to resist temptations and direct their steps to follow you daily.

Lord, protect our relationship with our spouse. Help us to walk the talk before our children. Forgive us when we lost control when we were under stress. Our words have caused hurt to each other, forgive us and heal us. O Holy Spirit, help us to let you saturate our lives. May your Holy Spirit give us the fruit of the Holy Spirit.

Lord we Praise You and Bless Your Holy Name for our mothers, grant them good health, spiritual vitality and much joy each day. We thank you in Jesus' Name.
Amen.

Pastor Isaac Yim

每日灵粮

10/05/20 星期日

作者：严以撒牧师

箴言 10:4-5； 26

10:4-5 手懒的、要受贫穷。手勤的、却要富足。夏天聚敛的、是智慧之子。收割时沉睡的、是貽羞之子。

10: 26 懒惰人叫差他的人、如醋倒牙、如烟薰目。

懒惰人一直以来都存在着。我很肯定当你看到这种人时，你一定能够认得出他们，因为我们绝对不会错过他们。箴言书说，一个懒惰的人会像“如醋倒牙、如烟薰目”那样让你恼怒。问题是这些懒惰人无处不在。他们会出现在家里，市集，学校，甚至教堂中。不论他们身在何处，都让他人难受及折磨他人，但他们却对此无动于衷。

箴言书将懒惰人形容成一个游手好闲的人。懒惰就是怠惰。他行动缓慢，没有迫切感，喜欢睡觉，想要不劳而获。他总是有许多的借口为自己辩解。他很容易被微小的障碍或拦阻打败，而不能完成工作。就如醋会使牙齿疼痛，烟熏会使眼睛灼伤一样，懒惰的人总会激怒并伤害他的上司或老板，或其他身旁的人。

箴言 10:26 懒惰人叫差他的人、如醋倒牙、如烟薰目。

懒惰的人的借口不外如是：由于种族，宗教，性别，与上流社会缺乏联系等等原因而遭受到许多的歧视是不公平的。在旧约圣经中，约瑟和但以理这两个年轻人都是生活在非他们选择的地方。他们虽生活在异国他乡，但由于他们的勤奋和智慧以及对上帝的敬畏，他们登上了事业的巅峰。他们每天都尽最大的努力，用尽一切的机会以取得成功。

拖延症是懒惰的另一种形式。它通常在每天清晨开始。门在枢纽转动、懒惰人在床上也是如此。（箴言 26: 14）。如果你今天能做好，那就不要拖延到明天。

一个耶稣的门徒的生命不应是懒惰的。懒惰人的下场是令人心碎的。因此，持续性懒惰所导致的罪带来贫穷。懒惰的孩子给父母带来耻辱。懒惰的父母让孩子遭受匮乏之苦。懒惰可能导致我们失业。懒惰剥夺了我们进食的权利。

箴言 10: 4 手懒的、要受贫穷。手勤的、却要富足。

10.5 夏天聚敛的、是智慧之子。收割时沉睡的、是貽羞之子。

12.11 耕种自己田地的、必得饱食。追随虚浮的、却是无知。

12.24 殷勤人的手必掌权。懒惰的人必服苦。

13.4 懒惰人羡慕、却无所得。殷勤人必得丰裕。

作为上帝的儿女，我们充满了许多的祝福，我们拥有能力和机会去爱和事奉上帝与人们。让我们成为上帝所赐福于我们的时光，才干和财富的好管家。让我们白白地使用它们。

“白白的得来，白白的舍去”。

祂说：白白的，你们白白的得来，也要白白的舍去。

以我的名义，因为你的相信别人就会知道我活着。

传道书 9:10 凡你手所当作的事、要尽力去作。因为在你所必去的阴间、没有工作、没有谋算、没有知识、也没有智慧。

歌罗西书 3:23 无论作甚么、都要从心里作、像是给主作的、不是给人作的。

今天的祷告

亲爱的上帝，我们的天父，今天我们特别为我们的母亲感谢你。她们对我们来说很特别的。我们感谢主，她们的关心和养育；爱与支持，智慧和奉献；眼泪和微笑；鼓励和纠正；谢谢主，在这种爱中，我们看到了你对我们的爱的反映。

上帝，谢谢你赐予我们孩子，当我们在养育他们的时候，让我们不忘记你。帮助我们教导他们正确的价值观，并教导他们爱你，寻求你的心意，并引导他们走在你摆在他们面前的道路。主啊，即使我们面对艰难的小路并穿越未知的水域，也要帮助我们沿着这条道路前进。

有时候，我们觉得自己处在困难的尽头。我们将这些叛逆的少年人仰望在你手中。上帝，请向我们的孩子指示你已为他们准备的当跑的路程。教导他们存心忍耐、奔那摆在他们前头的路程，永远把他们的眼光注目于你。希伯来书 12：1-2。教导我们的孩子不要效法这个世界。只要心意更新而变化、叫他们察验何为 神的善良、纯全可喜悦的旨意。罗马书 12：2。赋予他们抵抗诱惑的力量，并引导他们每天跟随你。

主啊，保守我们与配偶的关系。帮助我们在孩子面前身体力行，知行合一。当我们在压力下失去控制时，请原谅我们。我们的言语互相伤害，原谅我们，医治我们。哦，圣灵，请帮助我们让你来充满我们的生命。愿你的圣灵赐给我们圣灵的果实。

主啊，我们为我们的母亲赞美你，每天赐给她们健康，活泼的灵命和喜乐。我们奉耶稣的名感谢你。阿们

陈月妃译

Monday, 11 May 2020

PROVERBS 11

*1 The LORD detests dishonest scales,
but accurate weights find favor with him. (NIV)*

*1 Dishonest scales are an abomination to the LORD,
But a just weight is His delight. (NKJV)*

Honesty and integrity are not easy subjects to put a handle on nowadays. The marketplace has become increasingly more complex, especially that which has been digitalised. Therefore, unless one is an expert, an obtuse technical report or dialogue can easily hide or mask disclosure and total truthfulness.

Transparency is an ideal, yet in the public arena, it is not always forthcoming.

For those who confess Christ as Lord, though, the standards are clear: the pursuit of holiness is an expectation and total integrity and honesty is the goal. The test is simple, "Was the speaker totally honest?", "Was there an intention to deceive or conceal?", "Was there less than full disclosure?" Leviticus 19:11 commands that we are not to lie to one another.

Because God is holy, He can never excuse or overlook any sin we commit, however small it may seem. Repentance and confession (1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness) after one realises he has committed a sin, is necessary. Sometimes it will be before the aggrieved party or before caring brothers or sisters who help hold us accountable.

It is a journey, no doubt, and the expectation is not perfection by any means. But because God is holy, He hates sin. Hate is such a strong word and some may dislike its tone.

That is where verse 1 comes in. It tells us an aspect of God's character. In short, it reads:

The LORD detests dishonesty (NIV)

Dishonesty (is) an abomination to the LORD (NKJV)

This word, abomination is the most widely used word in the various translations I looked at.

We should hate the sin of dishonesty or, as some may call it, shading the truth if it is an issue in our lives. It might be a habit which we find hard to shake. But God can and will help us overcome it if we are willing. Identify it. Admit it. Ask Him for the strength and desire to honour Him with a life of total integrity. With the enabling of the Holy Spirit, you can emerge victorious in this battle.

*7 Hopes placed in mortals die with them;
all the promise of their power comes to nothing. (NIV)
7 When a wicked man dies, his expectation will perish,
And the hope of the unjust perishes. (NKJV)*

His expectation will perish: The wicked man or woman often expects blessing and goodness, but that expectation will perish when they die and face the judgment to come to all men and women (Hebrews 9:27). Whereupon was that hope placed? Mere mortals.

The hope of the unjust perishes. The hopes of the wicked end up only being wishes and wishes that are bitterly disappointed.

Upon whose promises have you placed your hopes for spiritual salvation? Do you abound in that hope? Be very sure that your hopes are not based on hearsay or wishful thinking. The consequences will be everlasting.

Those who believe in Christ look forward to the day when Christ shall return to wipe every tear from our eyes and put an end to evil and suffering (Revelation 21:4).

It is the Lord Jesus Christ who is our real hope. He is the one who has conquered the problems of sin and death that plague humankind—by defeating these at the cross and by His resurrection. Let us look to Him and be encouraged even as the storm gathers. He has overcome the world.

John 16:33 – “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

PRAYER

Our Gracious Heavenly Father

Let our souls rise up to meet You,
as the day rises to meet the sun.

Psalm 9

*1 I will praise You, O LORD, with my whole heart;
I will tell of all Your marvelous works.*

2 I will be glad and rejoice in You;

I will sing praise to Your name, O Most High.

*9 The LORD also will be a refuge for the oppressed,
A refuge in times of trouble.*

*10 And those who know Your name will put their trust in You;
For You, LORD, have not forsaken those who seek You.*

*19 Arise, O LORD,
Do not let man prevail;
Let the nations be judged in Your sight.
20 Put them in fear, O LORD,
That the nations may know themselves to be but men.*

Selah

We thank you Lord, that you are a righteous judge and that the upright and honest have no reason to fear you. We are grateful that you are our rock and fortress, our refuge and redeemer. You will not go back on your promises, on Your Word; you will never forsake us.

Father, grant us perseverance and steadfastness as our nation enters four more weeks of conditional MCO. We pray the risks identified with the 'red zones' will be well under control by the end of this period. We pray also that other potential clusters will be dealt with promptly by the authorities. We pray for the families undergoing additional hardship in these areas.

We commit the well-being of our PBC worshippers and friends to you. For those who do not know the Lord Jesus, speak to them, O Lord, in the clearest way possible. May they discover new life in Christ that leads to life everlasting during this difficult time.

In Jesus' Name, Amen.

Ps Cheng Cheung

每日灵粮

11/5/20

作者：张祯祥传道

箴言 11: 1

诡诈的天平是耶和华所厌恶的，

准确的法码是他所喜悦的。

诚实和正直都是现今不容易掌握的课题。市场变得越来越复杂，尤其是数字营销。因此，除非一个人是专家，否则愚钝的报告或人与人之间的对话很容易隐藏、掩盖或披露真理。透明度是一种理想，但在公共舞台上，它并不常发生。

对于那些认基督为主的人，标准是明确的：追求圣洁是一种期望，完全正直和诚实是目标。测试很简单：“说话的人是否完全诚实？”，“有没有意图欺骗或隐瞒？”，“有没有完全揭发？”利未记 19:11 命令我们不要彼此说谎。

因为上帝是圣洁的，他永远不能原谅或忽视我们犯下的任何罪，无论它看起来多么小。当一个人意识到自己犯了罪，悔改和认罪是必要的（约翰一书 1:9 我们若承认自己的罪，神是信实的、公义的，必定赦免我们的罪，洗净我们脱离一切不义。）有时我们要在受害人面前认罪，或者是在关怀及帮助我们承担责任的弟兄姐妹姐妹面前悔改。

毫无疑问，这是一段旅程，我们的期望不该是奢望十全十美。但因为神是圣洁的，他恨恶罪。仇恨是一个如此强烈的词，有些人可能不喜欢它的语气。这就是 11 章第 1 节。它告诉我们神属性的一方面。简而言之，它的意思是：“耶和华憎恶诈骗”

这个词，憎恶是我看过的各种翻译中使用最广泛的词。我们应该厌恶不诚实的罪。不诚实就像有些人所说，如果我们生活中有问题，那就遮蔽真相。这可能是一种常犯的习惯，很难改变。但如果我们愿意，上帝可以并且会帮助我们克服它。先找出错误，再认罪。祈求他给力量和赐你意愿以正直的生活荣耀他。随着圣灵的大能，你可以在这场战斗中取得胜利。

箴言 11:7

恶人一死，他的希望就幻灭；

有能力的人的盼望也消灭了。

他的期望会幻灭：邪恶的男人或女人常常期许祝福和良善，但是当他们死了，面对审判，这种期望会灭亡（希伯来书 9: 27）。那盼望寄存在哪里呢？只不过是凡人。

恶人的希望会幻灭：恶人的希望最终只是愿望，而且是令人极度失望的愿望。

你把属灵的救赎希望寄存于谁呢？你满有盼望吗？你要非常肯定你的希望不是基于道听途说或一厢情愿的想法。后果将是永恒的。

“他要抹去他们的一切眼泪，不再有死亡，也不再有悲哀、哭号、痛苦，因为先前的事都过去了。”（启示录 21:4）。

主耶稣基督才是我们真正的希望。透过十字架和他的复活，他战胜了困扰人类的罪和死亡的问题。即使风暴来临，让我们仰望主也备受鼓舞，因他已经战胜了世界。

约翰福音 16:33”我将这些事告诉你们，是要叫你们在我里面有平安。在世上你们有苦难，但你们可以放心，我已经胜了世界。”

今日祷告

我们感谢你主，你是一个公正的审判官，正直和诚实的人没有理由畏惧你。我们感恩，因你是我们的磐石和山寨，我们的避难所和救赎主。你不会违背你的诺言和你的话。你永远不会离弃我们。

父啊，请帮助我们有坚定的毅力，因为我们全国将进入第四个星期的‘有条件’行管令。我们祈祷在这一期结束后，”红色区域”所确认的风险能够得到控制。我们也祈求有关当局能够迅速处理潜在的病毒感染集群。我们为在这些地区经历困难的家庭祷告。

我们为 PBC 崇拜者的健康代求。对于那些不认识主耶稣的，哦主，让他们清楚地听到你说的话。在这艰难的时刻，愿他们发现在基督里带来永恒的新生命。

巫惠如译

Tuesday, 12 May 2020

Proverbs 12.1

Whoso loveth instruction loveth knowledge: but he that hateth reproof is brutish. (KJV)

Whoever loves discipline loves knowledge, but he who hates reproof is stupid. (ESV)

To learn, you must love discipline; it is stupid to hate correction. (NLT)

Proverbs 12:1 means "He who loves discipline, instruction, reproof, and correction is also one who loves knowledge, but he who hates reproof, rebuke, and chastening is stupid."

For learning to take place one must be teachable. Teachability is an attitude which can only be cultivated through humility. A progressive learner always is ready to be corrected by his teacher or his mentor. The inability to admit error and confess mistakes means we hate knowledge because we don't accept discipline. Knowledge will grow if you love discipline, instruction and correction.

Those who are too proud to be corrected, Wisdom says, we are brutish or stupid. Albert Barnes, in his commentary of this verse, said, "Dumb as a brute beast. The difference between man and brute lies chiefly in the capacity of the former for progress and improvement, and that capacity depends upon his willingness to submit to discipline and education." Those who hate correction is plain stupid, not ignorant but stupid. There is a difference between ignorance and stupidity. Ignorance is due to a lack of information or instruction. Stupid in this context is the deliberate rejection of instruction or information. If we continue to be stubborn and refuse to be corrected, we will slip down to a path of pride until we finally get into a position which is irreversible. We are all children of God, we are still kids under construction. If we fail to welcome criticism and correction, we will never be able to become the people God desires for us to be.

As we ponder over this verse, we must admit that we are only human and imperfect in many areas of our lives. We are not always right, we don't know it all, and we must resist the prideful impulses to believe that we do. We need to ask God to humble ourselves to be able to "esteem others better than ourselves." Learning doesn't stop with age. Learn to love discipline and submit ourselves to the process of life-long learning in the fear of God. It is never too late to make the change that changes everything! Let God continue to do new things in our lives each day.

Few things bothering me as I observe our interaction with each other as members of a family and members of the church. There are many unresolved

problems with the relationship that were directly related to giving correction or criticism and receiving of correction or criticism.

Those of us who are giving correction or criticism, we need to check our motives and our attitudes. Parents I appeal to you that your children though are very secure in your love for them, still you must avoid harsh correction or criticism. The intention of correction is always to bring the person back to the right path. Correction is not scolding or nagging. It is loving and guiding and literally hold their hands to lead them back. Prayer, love and patience will bring far better results than otherwise.

What about in the church? How do we wisely give correction and criticism? Don't try to correct or criticize if we don't love the person. It will not work. We must first earn the right to correct and criticize. On a person to person level, correction or criticism is best done in private. Unless it involves others. If it is just in the care group, it is best to be kept at that level, if it concerns the entire church, then it has to be at that level. We must keep in mind the purpose is always to build up never to embarrass or to put down someone. It is always done in love with a genuine desire to help a brother or sister to grow in the Lord.

What about how we receive correction. It is not always pleasant to be corrected or criticised. Let us not react, nor be defensive, or be angry but listen with humility which is very hard but necessary. Then evaluate what is being said. If it is true, we must correct ourselves and thank the person for pointing it out to you. If not, talk to the person who directed the criticism or correction, to understand why or even explain why.

Most of all, ask God for grace to forgive and not harbour anger and hatred in your heart.

Prayer for today

Father in heaven, we thank you for You are our All Wise God. We are ever grateful for the Holy Spirit who leads us into the truth. We thank you for Your Living Word, that we feed on each day. May Your Word be like a mirror. Help us to take some moments to reflect on your Word, may we be quiet to allow the Holy Spirit to reveal to us what you are saying today.

Father, grant us the discipline and humility to submit to a daily routine of personal development. Lord, train us to be both students and teachers at the same time. We thank you for providing us with loving parents, teachers in the church, in school and in places where we work. Grant us a humble attitude to learn from others, so that we can share with others what we have learned.

Lord, we ask for wisdom and love to teach and correct our children or students under our care. As students, give us the humility to listen and learn from others.

May there be mutual respect between both teachers and students. Help us always to be able to create exciting teaching and learning moments whenever you give us the opportunity.

Father, we confess at the time, we have been harsh and unreasonable. What we said was sharp and unkind. O Lord, help us that we will always speak words of encouragement that will build others up. May our words always be seasoned with grace and love.

Lord, remind us that we still have a long way to go. Teach us to have a humble spirit to accept Your discipline and instruction so that we can become the person you desire us to be.

Speak Lord, your servant heareth! In Jesus' Name. Amen.

Pastor Isaac Yim

每日灵粮

12/5/20

作者：严以撒牧师

箴言 12: 1

喜爱管教的，就是喜爱知识；恨恶责备的，却是畜类。

箴言 12: 1 的意思是：一个爱纪律、指示、管教和改正的人也是一个爱知识的人，但一个讨厌受管教和责备的人是愚蠢的。

一个人要学习，就当愿意受教。只有谦卑自己才能产生可受教的态度。一个有进取心的学者总是准备好自己受老师的改正。我们若无法承认错误就意味着我们讨厌知识，因为我们不接受管教。喜爱管教、指导和纠正，就能使知识增长。

智慧称那些自傲不纠正的人为愚蠢或畜类。以下是 Albert Barnes 给这段经文的解释：“如同野兽愚蠢。人与畜类的区别主要在于人对于进步和改进方面的能力，而这能力取决于他愿意服从管教和教育”。讨厌改正的人不是无知，而是愚蠢。无知和愚蠢有所区别。无知是缺乏信息或指示。在此，愚蠢是故意拒绝指示或信息。如果我们继续固执己见，拒绝改正，我们将跌入骄傲之路，直到最终进入不可逆转的地步。我们都是上帝的孩子，我们仍在成长过程中。如果我们不迎接批评和指正，我们将永远无法成为上帝希望我们成为的人。

当我们默想这段经文时，我们必须承认我们是人，在我们生活的许多领域中都不完全。我们不在一切决定上都对，我们也不是无所不知，我们必须抵制骄傲的冲动，承认自己不完全。我们需要上帝谦卑我们，是我们能够“看别人比自己强”。学习不限于年龄。学会喜爱管教纪律，把自己委身于终生学习敬畏上帝。我们还来得及做一个改变一切的改变！让上帝在我们生命中不断有新的成就。

当我观察到我们作为家庭成员和教会成员彼此之间的互动时，有一些事情困扰着我。关系中有许多未解决的问题，这些问题直接与给予和接受纠正或批评有关。

我们当中那些提出纠正或批评的人，我们需要检查我们的动机和态度。父母们，我呼吁你们，尽管您的孩子对您的爱心非常坚定，您仍要避免严厉的纠正或批评。纠正的目的必须使人回到正确的道路上。纠正不是责骂或唠叨。纠正时必须充满爱心，牵着他们的手引导他们回正路。祷告、爱心和忍耐会比其他方式带来更好的果效。

在教会里呢？我们如何有智慧地给予纠正和批评？不要尝试纠正或批评一个我们不爱的人，这不会起作用。我们首先必须获得纠正和批评的权利。在人与人层面上的批评，最佳为私下纠正或批评，除非涉及别人。如果发生在小组中，尽可能保持在小组内；如果涉及整个教会，就将在教会的层次解决。我们必须牢记，批评的目的永远是建立他人，不是使人尴尬或受到压制。批评总要以真诚的心，帮助弟兄姐妹在主里成长。

那么当我们被纠正时该如何？被别人纠正或批评不是一个愉快的事。让我们不要感到反感，也不要生气，而要谦卑地倾听，这是一件非常困难而必要的。我们必须先听，后评估批评内容。如果对方是对的，我们必须纠正自己，并感谢对方指出我们的短处。如果对方错了，我们应该于对方沟通，以了解批评的原因。

最重要的是祈求上帝赐予我们恩典宽恕别人，不要叫我们在心中存放愤怒和仇恨。

今天的祷告

我们在天上的父，我们感谢祢因为祢无所不知。我们感谢圣灵带领我们进入真理。我们感谢祢每天提供我们生命灵粮。愿祢的话像镜子一样。求主帮助我们花一些时间来默想祢的话语，我们安静让圣灵光照祢今天对我们说的话。

天父，赐给我们纪律和谦卑，愿意每日提高自己。主啊，训练我们同时成为学生和老师。感谢祢为我们预备了充满爱心的父母、教会、学校和我们工作场所。赐我们谦卑的态度向他人学习，以便我们能与他人分享所学的。

主啊，我们要求智慧和爱来教养我们所照顾的孩子和学生。作为学生，求祢给我们谦卑的心，倾听他人的意见并向他人学习。希望老师和学生之间相互尊重。求主常常给我们机会学习并教导他人。

天父，我们承认有时候很苛刻、很不合理。我们的言语没有爱心，伤害了他人。主啊，求祢帮助我们常常说鼓励人的话。愿我们的话语总是充满恩典和爱。

主啊，提醒我们，我们还有很长的路要走。教导我们要以谦卑的心接受祢的管教和指示，好让我们能够成为祢愿我们成为的人。

主啊请说，仆人敬听！奉主名求。阿门。

杨仕涵译

Wednesday, 13 May 2020

Proverbs 13:10 – *Pride only breeds quarrels, but wisdom is found in those who take advice.* (NIV 1984)

There is always this connection between strife and pride. Pride will drive us toward self-importance which lures us to fight for favorable outcomes and unfair advantages for ourselves. That is the reason strife always happens when pride is involved.

When two persons with differing or conflicting opinions come together and refuse to consider the feelings and viewpoints of the other party, such a situation will usually breed strife. However, when someone is able to value and accept others who may hold different viewpoints as equally valid opinions for consideration – not necessarily in full agreement, such conciliatory gestures usually promote peace.

Wise people pay attention to advise. Not that all advice and counsel are good and applicable, but when we listen to others, we are given the opportunity to look at another point of view for further consideration and evaluation; Lest we miss out considering other possibilities. Rarely there is only one way to resolve a particular situation.

Jonathan Edwards wrote an excellent essay on the issue of “Undetected Pride”. In his writing, he listed 7 symptoms of spiritual pride which would bring about quarrels and strife among brethren.

1. Fault-finding: Pride causes us to overlook our shortcomings and find faults on others.
2. A harsh spirit: Pride causes us to be frustrated and annoyed by the failings of others and hinders us from treating them with love and gentleness.
 (“Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.”- Galatians 6:1)
3. Superficially: Pride causes us to put forward a good outward appearance with little concern for the inward condition of our heart. We would then far more concern with others’ perceptions of us than the reality of our hearts with God.
4. Defensiveness: Pride causes us to protect ourselves from hurt which would result to hurt others and not trust God.
5. Presumption before God: Pride causes us to feel entitled, yet not adequately mindful of God.
6. Desperation for attention: Pride causes us to seek the attention of others to boost our self-esteem rather than seek to please God.

7. Neglecting Others: Pride causes us to prefer some people over others.

“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!” (Psalm 139:23-24 ESV)

Pray:

Dear Heavenly Father,

We confess that if we have neglected your teaching, please forgive us.

Thank You for the words of wisdom which are found in the Scripture. Keep us from prideful insolence and destructive strife and teach us to walk in your way. Grant us wisdom from above and help us to be willing to learn from your godly counsel. Help us to take to heart all the teachings found in Your Word, and enable us, in the power of Your Holy Spirit, to apply all we have learned in our everyday life – so that we are not only good and faithful witnesses of Your love and grace – but also worthy members of Your body honoring Your holy name.

In Jesus’ name, I pray, Amen.

Ps. Wallace Ong

每日灵粮

13/05/20 星期三

作者：王振威传道

箴言 13:10 骄傲只启争竞，听劝言的，却有智慧。

冲突与骄傲之间总是有着密不可分的关系。骄傲会驱使我们变为自大，这会诱使我们为了对自己有利的成果及不正当的利益而奋斗。这就是为什么当人骄傲时就会引起冲突的原因。

当两个人来到一起考量事情出现相左或相抵触的意见，而拒绝考虑对方的感受和观点时，这种情况通常会引起冲突。但是，当某人能够尊重并接受他人可能持有不同观点而进行考量时——不一定完全同意，但是这种和解姿态通常会促进和平。

明智的人留心听从忠告。并不是所有的建议和劝告都是有益和适用的，但是当我们听取其他意见和建议时，我们就有机会考虑另一种观点，以供进一步考量和评估；以免我们错过考虑其他可能性的机会。因为通常解决某种特定情况的方式不会只有一个。

乔纳森·爱德华兹（Jonathan Edwards）就“未被发现的骄傲”的课题撰写了一篇出色的文章。在他的著作中，他列举了七个属灵骄傲的症状，这会在肢体之间引起争吵和冲突。

1.吹毛求疵：骄傲使我们忽略了自己的缺点，而挑剔他人的毛病。

2.刻薄的心灵：骄傲会使我们对他人的失败感到沮丧和恼怒，并阻碍我们以爱和温柔对待他们。

（“弟兄们、若有人偶然被过犯所胜、你们属灵的人、就当用温柔的心、把他挽回过来，又当自己小心、恐怕也被引诱。”（加拉太书 6：1）

3.肤浅的：骄傲使我们在人前表现出良好的外貌而很少关切我们的内心状况。这样一来，我们会顾虑别人对我们的看法，而不是我们对上帝的真实心意。

4.防备心：骄傲会使我们保护自己免受伤害，但这可能导致他人受伤害及不相信上帝。

5.在上帝面前自义：骄傲会使我们自视过高，而缺乏考虑到上帝。

6.渴望得到关注：骄傲使我们寻求他人的关注，以提高我们的自尊心，而不是取悦上帝。

7.忽视他人：骄傲使我们偏爱某些人。

诗篇 139:23-24 “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。”

祈祷：

亲爱的天父，

我们承认，如果我们忽略了你的教导，请原谅我们。感谢你在圣经中赐下智慧的话语。让我们远离骄傲自大和毁灭性的冲突，并教导我们走在你的旨意中。从上头赐下智慧给我们，并帮助我们愿意学习你神圣的教导。帮助我们牢记《圣经》中所有的教训，使我们能够靠着圣灵的能力，将我们所学习的，运用在我们的日常生活中。让我们不仅成为你慈爱与恩典的见证人——同时也是你的身体中一个尊崇你圣名的肢体。

我奉耶稣的名祷告，阿们。

陈月妃译

Thursday, 14 May 2020

Proverbs 14:15-18

How would you characterize a simple person? Typically, we think of a simple person as one who is easy going. Of course, that has its benefits and blessings. Sometimes, the more simple-minded people are happier than those who are sophisticated. They tend to appreciate life more. However, in this passage that we are reading, the author offers a different perspective of “simple” for us to see.

In verse 15a, we are told that “the simple believes everything.” Especially living in an age of social media, where any fake news can spread just with a tap from the finger. Against a simple person, the author tells us something about a prudent person, “but the prudent gives thought to his steps.” Compared to the simple person, the prudent one would think or give thought to his steps, rather than just doing things “with the flow.”

Verse 16 continues with the comparison, the verse says “One who is wise is cautious and turns away from evil, but a fool is reckless and careless.” Building upon the idea from verse 15, those who are wise are more “alert,” especially pertaining to evil. But the fool is the exact opposite, he is reckless and careless. He does not give a second thought to all of his actions. This seems to give the idea that a fool would be reckless and careless in their conduct, falling into evil.

Interestingly, verse 17 draws out something that relates to all of us, especially when our “blood boil.” The verse says “A man of quick temper acts foolishly, and a man of evil devices is hated.” Whenever we act too hastily when we are angry, we can be sure that our folly would be shown. With that, it certainly does affect the way people perceive us. It is a terrible result of our own folly.

Lastly, verse 18 tells us that “The simple inherit folly, but the prudent are crowned with knowledge.” Now the question ends with this, how do we inherit knowledge or folly? The author provides us with an answer here. The author reminds us that being “simple,” we would inherit folly. That is not to say we cannot be simple-minded in certain things. However, the “simple” here is speaking about the mentality of not exercising wisdom. Whenever we do not exercise wisdom, the only thing we would reap is folly.

However, as God’s people, we ought to be prudent in every way we can. To be prudent in everything we do is to exercise the wisdom God has given to us. By doing so, we would acquire knowledge. Not just “head knowledge,” but also the knowledge that will help us navigate through every area of our lives as God’s people. Even more so living in the 21st century, when life is significantly faster

paced. It forces us to slow down to think prudently about our responses to the crazy circumstances around us.

As you reflect and pray, ask God's Spirit to help you apply this wisdom in your life. In your own prayer, ask God to help you to be prudent in every area of your life, especially in the way you respond to the crazy circumstances. Times are indeed hard. It is in these hard times when we need even more of God's wisdom and prudence in our lives, and not be the "simple" person who is reckless and careless.

Hon Sir Neng

每日灵粮

14/5/20

作者：韩思能弟兄

箴言 14:15-18

15 愚昧人什么都信，^[15] 明哲人步步谨慎。^[16] 智者小心谨慎，远离恶事；^[17] 愚人骄傲自负，行事鲁莽。^[18] 急躁易怒的人做事愚昧，^[19] 阴险奸诈之人遭人痛恨。^[20] 愚昧人得愚昧作产业，^[21] 明哲人得知识为冠冕。

你会如何描述一个愚昧人？我们一般会认为他们个性随和。当然，有时候所谓的愚昧有好处和福气。‘头脑简单的人’比见多识广的人更快乐。他们更能体会人生的可贵。然而，当我们阅读今天的经文，作者提供不同的角度去看待‘愚昧’。

第 15a 节：“愚昧人什么都信”。尤其是社交媒体时代，我们只需轻触屏幕就能传播假新闻。以愚昧人为对照，作者在下文描述明哲人：“明哲人步步谨慎”。与愚昧人相比，明哲人会思考或计划该采取的步骤，而不是让一切顺其自然。

16 节继续进行一番比较：“智者小心谨慎，远离恶事；愚人骄傲自负，行事鲁莽”。基于 15 节所表达的概念，智者提高警惕，特别是对邪恶的事物。但愚昧人却完全相反，既鲁莽又粗心。他总是轻举妄动。因行事轻率马虎，愚昧人将陷入恶事。

有趣的是，17 节提出了一些引起读者共鸣的细节，特别是当我们怒火中烧。经文说道：“急躁易怒的人做事愚昧，阴险奸诈之人遭人痛恨”。每当我们怒气之下仓促做决定，我们肯定会露出愚蠢，也因此影响人们对我们的看法。这可怕的后果都是自己的愚蠢所造成的。

最后，第 18 节告诉我们，“愚昧人得愚昧作产业，明哲人得知识为冠冕”。现在的问题是，我们如何继承知识或愚昧？作者在这里提供了答案。作者提醒，愚昧人将继承愚昧。这并不代表我们不能在某些事情上有着简单的想法。然而，这里的愚昧是指不运用智慧的心态。每当我们不运用智慧，那唯一的收获就是愚昧。

作为神的子民，我们应该尽一切可能保持谨慎。谨慎就是在我们所做的一切事上，运用上帝给我们的智慧。这样，我们将获得知识。这里所指的不仅仅是‘头脑上的知识’，也是指能引导神国子民生活领域的知识。再说，我们活在 21 世纪，生活节奏明显急促。它迫使我们慢下来，谨慎地思考我们对混乱环境的反应。

当你反思和祈祷时，求神的灵帮助你在生活中运用这智慧。在祷告中，求神帮助你步步谨慎，特别是在应对混乱不堪的环境。我们确实活在一个艰难时代。但正是在艰难时刻，我们的生活更需要神的智慧和谨慎，而不是愚昧人的鲁莽和粗心。

巫惠如译

Friday, 15 May 2020

Proverbs 15

*16 Better a little with the fear of the LORD
than great wealth with turmoil.*

*17 Better a small serving of vegetables with love
than a fattened calf with hatred.*

Doing the little things matter. In God's economy, the little things, done sincerely, matter more to Him than the big, hairy, audacious achievements.

In 1987, the Danish movie *Babette's Feast* premiered. Surprisingly, the low-budget movie went on to win an Oscar for the Best Foreign Language Film the following year. Set in the 19th century, the movies tell the story of a French woman, Babette, who works as a servant in a small remote, religious Danish village.

Since the village was poor, Babette, was willing to work without wages. She laboured willingly for 14 years. She lived and served for two kind-hearted sisters, who happen to be spinsters. Their father, now dead, was then the pastor of the village. As the story unfolds, it was about kindness and love overcoming prejudices.

One day Babette received a letter from her nephew in Paris. Reading the letter, Babette was stunned – she had won a lottery for 10,000 francs! Taking inflation into consideration, it would amount to about RM18,000 today. That is a huge sum of money then! The money could have changed Babette's life entirely. To celebrate, Babette offers to cook a special French dinner for the village elders at her expense, in memory of her hosts' father. Though initially reluctant, the spinsters agreed.

The night of the dinner was special. They also had a special guest – a French Army general, known to the villagers. The dinner went well. Everyone enjoyed the dishes with some of the finest wine from France.

After the guests have left, the spinsters were appreciative and thanked Babette sincerely for the wonderful dinner. However, the sisters now expected Babette to leave them, and return to France with the money she won.

It was then Babette revealed (sorry for the spoiler) that she had used her entire winnings on the dinner. She didn't spare any money for herself! What a shocker! Now, some might say that is a wasteful thing to do. But she simply wanted to show her gratitude to the two sisters.

Proverbs 15:16-17 tells us that it is better to have little, with fear of the Lord, than much wealth. Yes, great wealth can cause distress, leading to the fear of losing it all (v16).

But when one has little, there is nothing to fear as there's not much to lose. In the same vein, it is better to cook a simple meal of vegetables, as long as it is done with love (v17). I am certain that none of us will really be able to enjoy a sumptuous, delicious meal if we know it was done with hatred and contempt. I enjoy the simple things in life. I would rather a simple meal with a smile than a delicious dinner with the finest French wine served with a scowl.

Babette did an amazing thing. She cooked the best French dinner, with the finest of wines, wearing a smile. Unfortunately, none of the dinner guests, knew about Babette's sacrifice, except for the hosts. What Babette did, came from her heart. Babette didn't hold back. She was just grateful to her two willing hosts who took care of her.

What about us? How will we show our appreciation to our Maker? Our God doesn't need meals to be served. He only requires a cheerful heart. A heart filled with gratitude. A heart that loves Him and obeys Him only. Is that too difficult for us? Rest assured, the little things that we do, matter a lot to God.

Prayer: O Lord, I confess I have sometimes looked at doing the big things. Sometimes I wanted human praise. Now I know all I need is praise from You, and You alone. Forgive me, Lord. Help me to be faithful in little things. Help me to serve You willingly, not grudgingly. In Jesus' name, I ask. Amen.

By Prathab V

每日灵粮

15/5/20

作者：帕拉他伯(Prathab V.)

箴言 15: 16-17

少有财宝、敬畏耶和华、强如多有财宝、烦乱不安。

吃素菜、彼此相爱、强如吃肥牛、彼此相恨。

做小事其实很重要。在上帝的眼中，真诚做的小事对祂而言比重大、胆大包天的成就更为重要。1987 年，丹麦电影《巴贝特之宴》首映。出人意料的是，这部成本不大的电影在第二年获得了奥斯卡最佳外语片奖。这部电影发生在 19 世纪，讲述了一个法国女人巴贝特的故事，她在一个偏远的小村庄里当仆人。

由于村里很穷，巴贝特愿意无薪工作。她乐意工作了 14 年。她为两个善良的未婚姐妹服务。她们已过世的父亲曾经是该村的牧师。随着故事的发展，这讲述了一部关于善良和用爱克服了偏见的电影。

有一天，巴贝特收到了她侄子在巴黎来的信。读了这封信，巴贝特却吓呆了—她赢得了 10,000 法郎的彩票！如果将通货膨胀因素考虑在内，这数目将达到今天的约 18,000 令吉。那真是一笔巨款！这笔钱可以彻底的改变巴贝特的生命。为了庆祝，巴贝特愿意自掏腰包，为乡村长者做一顿特别的法国晚餐，以示纪念她主人以死去的父亲。尽管最初不情愿，但那两姐妹最终还是同意了。

吃晚宴的那天很特别，来了一个特别的来宾-那就是村民们都认识的一名法国将军。晚宴进行得很顺利。当晚的菜肴配上法国最好的葡萄酒，每个人都很享受。当晚宴结束后，那两姐妹表示赞赏，并衷心感谢巴贝特的晚餐。但是姐妹们现在却知道巴贝特将要离开她们，并返回法国用她赢得的钱来开始她新的生活。后来，巴贝特（这里透剧一下，不好意思！）透露她已经把全部的奖金都用在了晚宴上。她已没钱留给自己！这真是令人震惊！现在，有人可能会说这是一件多浪费的事情，但是对她来说她只想对那两姐妹表示感恩。

箴言 15: 16-17 告诉我们，少有财宝、敬畏耶和华、强如多有财宝。的确，巨大的财富会引起困扰，烦乱不安并导致害怕失去全部财富（16 节）。

但是，当一个人拥有很少的东西时，就没有什么可担心的，因为没有太多的可以损失。同样的，最好是简单地煮一顿菜，只要是用心来做（17 节）。我敢肯定，如果我们知道有一道美味佳肴是用了仇恨和鄙视来煮的，那么我们谁都无法真正的享受那佳肴。我喜欢生活中的简单事物。我宁愿一顿带微笑的简餐，而不是一顿丰富但却皱着眉头吃的一餐。

巴贝特做的很棒。她带着微笑，烹制了一顿最好的法国晚餐在配上法国最好的葡萄酒。不幸的是，除了主人之外，所有晚宴嘉宾都不知道巴贝特的牺牲。巴贝特的所作所为来自她的内心。巴贝特没有保留。她就只有对她两位主人的感恩。

那我们呢？我们将如何表达对创造者的感恩？我们的上帝不需要什么晚宴。祂只需要一颗喜乐的心。一颗充满感恩的心。一颗爱祂并且顺服于祂的心。这对我们来说会太难吗？放心，我们所做的任何小事对上帝的而言都很重要。

祷告：

上帝啊，我承认我有时只想做大事。有时我只想要别人的赞美。但现在我知道我所需要的只是祢的肯定，就唯独祢。主啊，请原谅我。帮助我在小事上忠心。帮助我乐意的服事祢，而不是心不甘情不愿地服事祢。我奉主耶稣的名祷告，阿们。

胡斐译

Saturday, 16th May 2020

Proverbs 16: 20

Whoever gives heed to instruction prospers, and blessed is he who trusts in the Lord.

Those who listen to instruction will prosper. (NLT) This reminds me of a young boy of 16 named William who left home to seek his fortune and his only possession was tied up in a bundle carried in his hand. He met an old canal-boat captain. William told him his father was too poor to keep him and the only trade he knew was soap and candle making.

The old man then kneeled and prayed earnestly for the boy and advised; "Someone will soon be the leading soap-maker in New York. It can be you as well as someone else. Be a good man, give your heart to Christ, pay the Lord all that belongs to Him, make an honest soap; give a full pound, and I'm certain you'll be a prosperous and rich man."

In the city, he remembered the captain's words, and though poor and lonesome, he joined a church. The first dollar earned, he gave 1/10 to God. Ten cents of every dollar were sacred to the Lord. Having regular employment, he soon became a partner and later sole owner of the business. He made an honest soap, gave a full pound and instructed his bookkeeper to open an account with the Lord of 1/10 of all income. The business grew, so he gave 2/10, 3/10, 4/10, 5/10 and finally he gave all his income. This is the story of William Colgate who has given millions to the Lord's ministry, all because he listened to the instruction of the old canal-boat captain.

In some of my Chinese New Year messages through the years, I have often said it's OK to wish each other "Kong Hei Fatt Choy" which means may you prosper. While some brothers and sisters would nod their heads in agreement while some would pop their eyes as big as ping pong balls and swing their heads in disagreement, I would then gently read them Joshua 1:8 "Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." Isn't prosperity and success promised here by our Lord? Indeed my dear brothers and sisters, take heed, those who listen to instruction will prosper, whether it's from a godly man or from our Lord.

The second part of the verse says "and blessed is he who trusts in the Lord" NIV. The NLT says "those who trust the Lord will be happy" similar to KJ "and whoso trusteth in the Lord, happy is he." My dear brothers and sisters, again blessings and happiness are promised here when we put our trust in the Lord. It's good to be reminded that when we put our trust in the Lord, He will be responsible as He has promised but when we put our trust in ourselves, then we alone will be

responsible. Do we want our Lord to be responsible for everything we do or do we want to be responsible ourselves?

We have often heard it said lately that our world will never be the same again after Covid-19. But no one is even sure whether there is going to be an “after Covid-19” or Covid-19 is here to stay. Only our good Lord knows. But whatever it is, with all the uncertainties about everything, let us as God’s children once again come before Him and humbly TRUST Him for everything. “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” (Phil. 4: 6-7)

PRAYER

Dear Lord, we your humble children once again come before you to confess our disobedience and lack of faith and trust in you. Like Paul, we always have the desire to do what is good, but we cannot carry it out. For what we do is not the good we want to do; no, the evil we do not want to do – this we keep on doing. (Rom. 7: 18-19). Have mercy on us, Lord, help us Lord to overcome those struggle in our lives. Help us not only to read your commands and instructions but to take heed and do them, for in doing them we will be blessed, we will be happy. Help us to remember that we can only do everything through you who gives us strength. (Phil 4: 13). For without you we can do nothing.

Help us also to put our trust in you and you alone Lord. We want to commit all our cares and worries and anxieties into your hands. We thank you, Lord, for keeping all of us and our family safe and healthy all this while and for providing everything that we need.

We pray and give thanks in the name of our Lord Jesus Christ, AMEN.

Pastor KKSoong

每日灵粮

16/5/20

作者：宋国基牧师

箴言 16:20

留心听训言的必定得益；倚靠耶和华的是有福的人。

那些听训言的会亨通。这让我想起了一个十六岁叫威廉的男孩离开家去寻找他的财富，而他手里紧握着唯一所有的。他遇到了一位运河船的老船长。威廉告诉他，他的父亲太穷了，无法留住他，他唯一会从事的贸易就是制作肥皂和蜡烛。

老人之后跪了下来，恳切地为男孩祷告，并建议，“有人很快就会成为纽约领先的肥皂制造商。他可以是你也可能是其他人。做一个好人，把你的心献给基督，把属于主的一切都还给祂，做不偷工减料的肥皂。给足够的一磅，我相信你会成为一个富有的人”。

在城里，他记得船长的话，虽然贫穷和寂寞，但他加入了一个教会。赚的第一块美元，他给了上帝十分之一。对上帝，每一块美元的十分钱是神圣的。经常就业后，他很快就成为合伙人，后来也成为企业的唯一老板。他制造不偷工减料的肥皂。给足够的一磅，并指示他的簿记员开一个帐户，专为收入的十分之一献给主。当业务逐渐增长，他给了十分之二、十分之三、十分之四、十分之五，直至最后他给了他所有的收入。这是威廉·高露洁（William Colgate）的故事，他为主的事工奉献了数百万，都是因为他听了运河船老船长的指示。

在我多年来的一些农历新年的信息中，我经常说，彼此恭贺“恭喜发财”是可以的，意思就是愿你亨通。有的弟兄姊妹会点头表示同意，而有些人睜眼像乒乓球一样，不同意地摇摇头，然后我会轻轻地念约书亚书 1: 8: “这律法书不可离开你的口，总要昼夜思想，好使你谨守遵行这书上所写的一切话。如此，你的道路就可以亨通，凡事顺利”。在这里，我们的主不是应许亨通和顺利吗？的确，我亲爱的弟兄姐妹们，请留意，那些听教导的人会亨通，无论是听从一个虔诚人或是听从我们的主。

这节经文的第二部分说：“倚靠耶和华的是有福的人”。New Living Translation 说：“那些信靠主的人会快乐”，类似于 King James Version，谁信靠主，他就快乐。亲爱的弟兄姐妹们，当我们信靠主，再次在这里应许祝福和快乐。这是很好的提醒，当我们信靠上帝，祂将负责，因为祂已经承诺，但是当我们依靠自己时，那么我们将独自承担责任。我们是希望主负责我们所做的一切，还是我们要自己承担呢？

最近常听到，我们的世界在新冠肺炎之后将永远不再一样。但是，没有人确定是否有“在新冠肺炎之后”。或许新冠肺炎会在此停留。只有我们的上帝知道。但是，无论如何，在难以预测未来的情况下，让我们作为神的儿女，再次来到祂面前，谦卑地在一切事上信靠祂。

“应当毫无忧虑，只要凡事借着祷告祈求，带着感恩的心，把你们所要的告诉神。这样，神所赐超过人能了解的平安，必在基督耶稣里，保守你们的心思意念。”（腓 4: 6-7）

祈祷

亲爱的主，我们，你卑微的孩子，再次来到你面前，承认我们不顺服及缺乏信心信靠你。像保罗一样，我们总是渴望做善事，但我们却行不出来。“所以我愿意行的善，我没有去行；我不愿意作的恶，我倒去作了”(罗 7: 18-19)。主，怜悯我们，帮助我们克服这些生活上的挣扎。帮助我们不仅要阅读你的命令和指示，而且要注意并遵行，因为当我们遵行，我们会蒙福，会快乐。帮助我们记住，我们靠着你的加给我们力量凡事都能做（腓 4:13）。因为离了你，我们什么也不能做。

主，帮助我们只单单信靠你。我们要把我们所有的挂虑、烦恼和焦虑交在你的手中。我们感谢主一直保护我们所有人和我们家人的安全和健康，同时也供应我们所需要的一切。

我们祷告感谢是奉我们的主耶稣基督的名，阿门。

梁玉萍译

Sunday, 17 May 2020

Proverbs 17.6, 21, 25 NLT

Grandchildren are the crowning glory of the aged;

parents are the pride of their children.

It is painful to be the parent of a fool;

there is no joy for the father of a rebel.

Foolish children bring grief to their father

and bitterness to the one who gave them birth.

These three verses of scriptures picture a family can be most joyous and blessed when we instil godly fear or wisdom in our children when we are young. If we don't train them in the way of the Lord. Life can be painful, with no joy, much grief and even bitterness when we are old. God's wisdom desires to see blessedness in our family, where grandchildren are the crowning glory for aged grandparents, and where children are proud of their parents.

If parents do not make the raising of children a priority and if children do not honour their parents, both risk losing the greatest joy that life can offer. If we do not spend time training, loving and nurturing our children, we will miss out the joy in our old age. No amount of success in other areas will make up for the failure of having foolish children.

The next two verses, 21 and 25 describe us as grieving parents and explain the reason for our grief. FOOL (kes.eek) denotes a person that is stupid, arrogant, dull, complete lack of understanding, rebellious and usually unable to deal with life in a successful and practical way. A fool lives a life of sorrow that he brings upon himself. He also brings sorrow into the life of his father. The sad thing is that the sorrow doesn't go away even if the son is grown and moved out on his own. A father will always be a father to his son, throughout his adult life too.

The father of a fool has no joy. The word FOOL (NABAL) is a different Hebrew word. Abigail husband's name is Nabal. He was a fool because he won't listen. This word Nabal defines a fool as a senseless, lack of capacity to understand, implying being rude and disrespectful; and thoughtless and disobedience to the Law of God. This is the type that says "there is no God". Therefore a father of a foolish son will have no joy.

He has pain and sorrow instead of joy. This does not mean he has no joy in his life at all. Each time he thinks of his son, there is no joy. It causes him sorrow. This foolish son keeps on stumbling over again and again by making poor choices in his life. It grieves the father. GRIEF is an emotion caused by the sadness in a distressing situation. It agitates, stirs up or provokes the heart to anger. It keeps a man up at night feeling frustrated and upset, foolishly

mourning over a wayward son or daughter. The reason is that the father loves his child.

This foolish son or daughter also deeply affects the mother too. A foolish son or daughter is bitterness to the mother. It expresses tragic, unpleasant experiences of the bitter taste. It is a mental state of regret, grief, anguish and regret. It is a bitter pill to swallow for having a foolish son/daughter.

Prayer for today

Parents, make sure your source of joy is in the Lord Jesus Christ. His love is steadfast. He never changes. No one, not even a wayward son or daughter can rob you of the joy that Jesus gives. Remember, the joy of the Lord is your strength. Ask God for the forgiveness of our negligence and grace to go on loving our prodigal son or daughter till they turn around.

Father, we praise you for answering our prayers that our wayward children have come home to you. Lord, many of our children are still wandering in the wilderness of sin and darkness. We ask that you will set them free. Lord, break their hearts of stone with the hammering of your Words. Lead them out of darkness into the light of your salvation. Lord, don't let us rest till they come back to you.

Our Father in Heaven, we thank you for Jesus our perfect example of an obedient son. Help us to love you by daily obeying you and honouring you with our thoughts, our speech and our actions. Grants us as fathers to be a spiritual leader and teacher in our homes. Help us as husbands and wives to bring up our children to have godly values from you. Protect them from the wiles of the evil one, and help them to put on the full armour of God daily to withstand the attack of the evil one. We give praise and thanks in Jesus' Name. Amen.

Pastor Isaac Yim

每日灵粮

17/05/20 星期日

作者：严以撒牧师

箴言 17: 6, 21, 25

6 子孙为老人的冠冕。父亲是儿女的荣耀。

21 生愚昧子的、必自愁苦。愚顽人的父、毫无喜乐。

25 愚昧子使父亲愁烦、使母亲忧苦。

这三节经文描绘了当一个家庭向年轻一代灌输属神的敬畏与智慧时，这家庭将可获得最大的喜乐与祝福。若是我们不以属神的方式训练他们，那么当我们年老时，我们的生命将充满愁苦，没有喜乐，许多的愁烦，甚至是悲痛。上帝渴望看到我们的家庭蒙受祝福，那就是，儿孙们成为年老祖父母的荣耀的冠冕，父母亲则以子女为傲。

如果父母不把抚养孩子的责任放在首位，另外如果孩子们不尊重父母，那么这两者将失去生命中最大的喜乐。若是我们不花时间训练，关爱和养育孩子，我们将在晚年时失去这份喜乐。没有任何其他领域的成功可以弥补一个拥有愚昧孩子的失败。

接下来的 21 和 25 节将我们描述为一个愁烦的父母，并解释了我们愁烦的原因。愚昧

的意思就是指一个愚蠢，自大，愚钝，完全缺乏理解能力，叛逆且通常无法过着成功与实际生活方式的人。愚昧人过着悲伤的生活。他也为父亲的生活带来悲伤。可悲的是，即使儿子长大并搬走了，悲伤也不会消失。在整个逐渐成长的生活中，父亲永远都是儿子的父亲。

愚昧人的父亲毫无喜乐。愚昧（拿八）一词是另一个希伯来语单词。亚比该的丈夫名叫拿八。他是个愚顽人，因为他不会倾听。拿八这个词将愚昧人定义为无知的，不通情达理，含有鲁莽与无礼的意思；并且不关心及不顺从神的律法。这就是那说“没有上帝”的人。因此，一个愚顽人的父亲、毫无喜乐。

他只有痛苦和悲伤而不是喜乐。这并不意味着他一生都没有喜乐。只是每当他想到他的儿子时，就没有喜乐。这使他感到悲伤。这个愚昧的儿子一生都在做出错误的选择，一遍又一遍地犯错。这令到父亲很愁烦。愁烦是在伤心及烦恼的情况下所导致的情绪反应。它会激起并引起内心的愤怒。它会令人彻夜感觉不安与心烦意乱，为一个刚愎自用的儿子或女儿悲伤。这是因为这父亲爱他的孩子。

这个愚昧的儿子或女儿也深深地影响着其母亲。一个愚昧的儿子或女儿使母亲忧苦。其表达了苦涩滋味中的悲惨与不愉快的经历。这是一种后悔，愁烦，痛苦和遗憾的精神状态。拥有一个愚昧的儿子/女儿就像吞咽一个苦涩的药丸。

今天的祷告

父母，请确保你的喜乐源于主耶稣基督。祂的爱坚定不移。祂从不改变。哪怕是一个刚愎自用的儿子或女儿，也不能剥夺耶稣所赐予你的喜乐。记住，主的喜乐是你的力量。求上帝宽恕我们的过失，并赐予恩典让我们继续爱我们那浪荡的儿子或女儿，直到他们回转。

天父，我们感谢你应允了我们的祷告，让我们那任性的孩子已经回到你的家中。主啊，我们许多孩子仍在罪恶与黑暗的旷野中徘徊。我们恳求你释放他们。主啊，用你

的话语锤碎他们的石头心。带领他们脱离黑暗，进入救恩的光明。主啊，在他们回到你身边之前，让我们不要松懈。

我们的天父，我们感谢耶稣，因祂成为一个顺服儿子的完美榜样。帮助我们每天在心思意念上，言语上，行动上，来顺从你，尊崇你，敬爱你。让我们身为父亲的，成为家中属灵的领袖及教师。帮助我们身为丈夫及妻子的，以从神而来的价值观养育我们的孩子。保护他们免受恶者的祸害，并帮助他们每天穿上上帝的全副军装来抵御恶者的攻击。我们奉耶稣的名赞美和感谢。阿们

陈月妃译

MONDAY, 18 May 2020

Proverbs 18: 1, 2, 6, 7 and 21

*1 An unfriendly person pursues selfish ends
and against all sound judgment starts quarrels.*

*2 Fools find no pleasure in understanding
but delight in airing their own opinions. (NIV)*

*1 A man who isolates himself seeks his own desire;
He rages against all wise judgment.*

*2 A fool has no delight in understanding,
But in expressing his own heart. (NKJV)*

Proverbs 18 starts with verses 1 & 2 about a person who is quarrelsome and rather self-opinionated. On top of that, he is unfriendly and needless to say, understanding is not one of his virtues.

*6 The lips of fools bring them strife,
and their mouths invite a beating. (NIV)*

*6 A fool's lips enter into contention,
And his mouth calls for blows. (NKJV)*

*7 The mouths of fools are their undoing,
and their lips are a snare to their very lives. (NIV)*

*7 A fool's mouth is his destruction,
And his lips are the snare of his soul. (NKJV)*

The scene moves quickly to verses 6 & 7 where this other person is foolhardy and his words are so contentious that he is asking for a beating (NLT). Indeed, the mouth of this fool is his destruction, and he traps himself with his lips. His lips are a snare to his very life. How utterly tragic!

*21 The tongue has the power of life and death,
and those who love it will eat its fruit. (NIV)*

*21 Death and life are in the power of the tongue,
And those who love it will eat its fruit. (NKJV)*

*21 Death and life are in the power of the tongue,
and those who love her [that is, the power of the tongue] will eat of her fruit.
(LEB)*

Finally, still on the subject of words coming forth from one's mouth, the tone in verse 21 is no longer expressed narrowly, but more broadly. The impact of this very tongue, the tongue of this person now has consequences not only for the speaker but for other lives as well:

those of the immediate listener, for those around him and those whom he has influence or authority over. How imperceptibly things sometimes move and take a turn for the worse if one is blind to the responses and reactions of those nearby.

“Death and life are in the power of the tongue”

“AND those who love her, that is, the power of the tongue (literal translation) will eat her fruit.”

The following was extracted from an article written in a Christian website four years ago, in March 2016. It was written prior to the election of a major head of state. How true these words are, in the light of what is happening in that country now. Perhaps one may describe the author of the article as a prophet of sorts.

The futures of millions of people will hang in the balance in policies that our next (leader) will advocate or obstruct. And when that (leader) speaks, quite literally death and life will at times be in the power of his or her tongue.

Today, we say things in many ways. Our hands write and type, including onto social media platforms, we record our voices, we sing, and express ourselves by painting or other forms of art.

Tongues can be the death of marriages, families, friendships, cooperation in churches, careers, hopes, peace efforts, gospel endeavours, reputations, and, of course, governments. Tongues can stir fanatical nationalistic fervour, incite riots, cause racist polarisation, persuade the manufacture of weapons of mass destruction, start wars. People die because of things that are said.

But people also live because of things that are said.

Tongues can make marriages sweet, families strong, and churches healthy. Tongues can give hope and encouragement to the despairing, teach the unlearned, convey forgiveness and share God’s love.

At the start of each day, do you determine that you shall intentionally speak ‘words of life’ to those around you? Or words that pierce like a sword?

Proverbs 12:18 “There is one who speaks like the piercings of a sword,
But the tongue of the wise promotes health.”

Jesus said, “For out of the abundance of the heart [the] mouth speaks” (Luke 6: 45). A critical heart produces a critical tongue. A self-righteous heart produces a judgmental tongue. A bitter heart produces a caustic tongue. An ungrateful and discontented heart produces a grumbling tongue.

On the other hand, a kind heart produces an accepting, gracious tongue. A faithful heart produces a truthful tongue. A peaceful heart produces a reconciling tongue. A trusting heart produces a tongue full of hopeful anticipation.

Brothers and sisters, we encourage you all to immerse yourself in God’s Word. Make passages such as Matthew 5, 1 Corinthians 13, Psalm 119, Ephesians 2 and

Romans 12 part of your life. Let the beauty and refreshing power of God's Word fill your mind and transform your inner life. Beware spending too much time reading unsubstantiated things on social media, unhelpful articles in the newspapers and the like, which say things via words which are not life-giving.

The world is full of the words of death. Jesus is the "Word" (John 1:1), the truth and the life (John 14:6), and He alone has "the words of eternal life" (John 6:68).

PRAYER

Heavenly Father, help make these two verses of Psalm 141 a daily prayer

*3 Set a guard over my mouth, LORD;
keep watch over the door of my lips.
4 Do not let my heart be drawn to what is evil
so that I take part in wicked deeds
along with those who are evildoers;
do not let me eat their delicacies.*

I pray you teach me how to encourage more than criticize.

May I seek to only speak words that are "helpful for building others up according to their needs" that "it may benefit those who listen" – Ephesians 4: 29.

Most of all, let my speech be kind, tender hearted and forgiving to those around me daily. – Ephesians 4: 32

Give me the opportunity, especially, to genuinely express words of appreciation to my loved ones.

Help me be a person whose mouth is full of words that encourage and build up and not tear down.

In Jesus Precious Name, Amen.

Ps Cheng Cheung

每日灵粮

18/5/20

作者：张祯祥传道

箴言 18: 1, 2, 6, 7 and 21

1-2 节

离群独处的，只顾自己的心愿；

他抗拒一切大智慧。

愚昧人不喜欢明白事理，

只喜欢显露自己的心意。

箴言 18 以 1&2 节开头，形容一个爱争吵并自以为是的人。最重要的是，他不友善，明白事理更不是他的美德之一。

6-7 节

愚昧人的嘴引起纷争，

他的口招来责打。

愚昧人的口自取灭亡，

他的嘴唇是自己性命的网罗。

场景迅速移到第 6 和 7 节。这人是鲁莽的，而且他所说的话引起争议。据 New Living Translation 圣经译本，他自讨被殴打。这愚昧人的口使他毁灭，他的嘴唇是网罗，也是他生命中的陷阱。多么悲惨！

21 节

生与死都在舌头的权下；

爱把弄这权柄的，必自食其果。

最后，21 节不再狭义地表达，而是更广泛地探讨口所出的言语。这人的舌头不单影响说话的人，也影响着他人，例如当下的听众，他周围的人和那些深受他影响的人。一个人若不察觉周围的反应，那很多事情将在不知不觉中急速恶化。

以下内容摘自四年前 2016 年 3 月在某个基督教网站撰写的一篇文章。这是一位重量级的国家元首在选举之前写的。鉴于我国正在发生的事情，这些话显得多么真实。也许有些人会认为文章的作者仿佛一名先知：

我们下一任领导者将倡导或阻挠的政策使百万人前景未卜。当领导者说话，毫不夸张地，他或她舌头的力量大足以让许多人命悬一线。

今天，我们以不同的方式说话。我们手写和打字，包括在社交媒体平台上，我们记录我们的声音、歌唱，并通过绘画或其他形式的艺术表达自己。

舌头可以摧毁婚姻、家庭、友谊、教会、事业、希望、和平协调、福音事工，声誉及政府。舌头可以激起狂热的民族主义热情、煽动骚乱、引起种族主义两极分化、说服制造大规模毁灭性的武器，也能发动战争。人们会因所说的话而死亡。

但人们也会因所说的话而活着。

舌头可以使婚姻甜蜜、家庭强大、教会健康。舌头可以给绝望的人带来希望和鼓励，教导未学会的人，传达宽恕和分享上帝的爱。

在每个新的一天，你是否下定决心向你周围的人说”生命之言”？还是你所说的话如锋利的剑？

箴言 12:18

有人说话不慎，好象利刀刺人，
智慧人的舌头却能医治人。

耶稣说，“因为心中所充满的，口里就说出来。”（路 6:45）一颗爱批判的心产生爱批判的舌头。自以为是的心产生爱判断的舌头。苦毒的心产生苛刻的舌头。忘恩负义和不满的心产生一个抱怨的舌头。

另一方面，一颗善良的心会产生接纳和亲切的舌头。忠实的心产生诚实的舌头。和平的心产生求和解的舌头。信靠的心产生充满盼望的舌头。

弟兄姐妹们，我们鼓励你们浸在神的话语中。把这几篇经文，马太福音 5、哥林多前书 13、诗篇 119、以弗所书 2 和罗马书 12，成为你生活的一部分。让上帝美妙和令人耳目一新的话语充满你及改变你的内心。不要花费太多时间在社交媒体上，阅读未经证实的讯息、新闻或无益的文章。这些文章都在使用不赋予生命的文字。

世界充满了死亡的话语。耶稣是”道”（约 1:1），”真理和生命“（约 14:6），唯独他是”永生之道”（约 6:68）。

今日祷告

天父，愿诗篇 141 的这两节经文成为我每日的祷告：

耶和華啊！求你看守我的口，
把守我的嘴。

求你不要容我的心偏向恶事，
免得我和作孽的人一同行恶，
也不要使我吃他们的美食。

恳求主教我如何鼓励别人，而不是批评他们。

愿我“适当地说造就人的好话，使听见的人得益处”-以弗所书 4:29。

最重要的是，求主使我友善及温柔地说话，每天宽容待人。

求主赐我机会真诚地感谢我所爱的人。

帮助我口中充满鼓励和建立性的话，而不是摧毁性的话。

奉主名求，阿们。

巫惠如译

Tuesday, 19 May 2020

Proverbs 19.18

Discipline your children while there is hope.

Otherwise you will ruin their lives. 19.18

God's Word tells us that all discipline is necessary for training toward righteousness. No one likes to be disciplined or to give discipline. The Bible tells us whenever God disciplines his children it is always done out of love even the discipline is painful. The word "discipline" is given as a command (Proverbs 19.18). It is not a suggestion but a command from God for parents to discipline our children with love. What is discipline? To disciple a child is to teach, correct and to punish to improve wrong behaviour. Discipline is also to give instruction to our children. It can be informal or formal instruction. The instruction often focuses on warning of consequences for bad behaviour. Solomon is giving a command for parents to discipline our children to walk in Godly ways.

The stress is the need for wise and loving discipline in the home. I believe many problems we face today in the society can be traced largely to the lack of discipline in the home. Certainly, there are many other problems in the home, broken families; permissive parents; and many children grow up without boundaries and supervision. The Bible is very clear God commands parents to discipline their children. Discipline is the responsibility of parents.

How long, O simple ones, will you love being simple?

How long will scoffers delight in their scoffing

and fools hate knowledge? Pro. 1.11 ESV

In this verse, Solomon deals with three types of children:

1. The Simpleton has nothing to do with intelligence but describes the child who is young, gullible and naïve. They tend to believe everything. They are young and unable to discern from right and wrong. (Pro. 14.15)
2. Scoffers or mockers are what we call "Smart Alecs" who think they have all the answers. They will not listen and are rebellious. They have made up their minds. Whatever their parents tell them falls on deaf ears.
(Pro. 15.12; 9.7-8)
3. Fools – if parents fail to get across to the scoffers or mockers, they will become fools and there is no hope for fools. (Pro. 1.22; 14.19)
Proverbs 19.18 "Discipline your children while there is hope".
Discipline cannot be given evenly with all your children because every child is so different. There is timing too to carry out discipline. "While there is hope" or when the child is still young, it is easier to

train them from birth. If the child has committed an offence or act that calls for discipline, don't threaten the child, "wait till your daddy or mommy comes home", most effective discipline should be done as soon as possible with love and firmness. The child needs to know the reason for his discipline. The rod is to inflict pain on the child but not to abuse or injure or damage the child. The discipline by using spanking is to make it sting (painful).

Those who spare the rod of discipline hate their children.

Those who love their children care enough to discipline them. Pro.

13.24

Don't fail to discipline your children.

The rod of punishment won't kill them.

Physical discipline

may well save them from death. Pro. 23.13.14

Love uses the rod; hate spares the rod. Solomon commands parents to use the rod. The word spare is to withhold, refrain or to keep from doing something. What Solomon wants to emphasise is this, when the child needed firm and loving discipling and you withhold it, you don't really love the child. You are easy-going, he cannot know his boundaries. There is room for the use of the rod at appropriate times and situations.

The earlier we instil discipline and instruction on our children, the lesser will be needed when they grow older. Below are simple but workable ways to give discipline and instructions.

4. Show and tell them what is right and wrong.
5. Set consistent and clear boundaries or rules to follow.
6. Don't discipline when you are angry.
7. Make time to hear them out.
8. Give them your attention.
9. Reward them for being good.
10. Know when not to respond.

Why do we discipline our children? Solomon give us these goals for discipline.

Direct your children onto the right path,

and when they are older, they will not leave it. 22.6

To discipline a child produces wisdom,

but a mother is disgraced by an undisciplined child. 29.15

Discipline your children, and they will give you peace of mind

and will make your heart glad. 29.17

God is more interested in building our character than He is in our comfort. I believe all of us parents want our children to grow up to be a balanced person, that they be healthy and wise; they be honest and productive citizens where they live. This can be a reality when we dispense discipline while they are still young. Our children will be proud of us as parents. Our grandchildren will bring great joy and satisfaction to us in old age.

Prayer for today

O God, like a mother who comforts her children, You sustain, nurture and strengthen us; like a father who cares for his children, you look upon us with compassion and goodness. Thank you for your great love and sacrifice so that we might have life abundantly. Forgive us for when we don't thank you enough, for who You are, for all that You do, for all that You've given.

Lord, we humbly confess to you our negligence in our past where we failed to discipline our children. We beg you to forgive us for some of our children already past the point of hope. We plead for mercy that you will have us to recover the lost opportunity. We thank You, there is always hope in You. Help us to take heed of your command to discipline our children when they are still young, so when they grow up they will not depart from You.

Lord, we need You. Give us grace each day to love our children and see them with your eyes. Help us to find in Your Word the wisdom we need to lead our kids well and to train them diligently. We are so thankful we don't have to rely on our own wisdom to parent our children. Thank you for the guidance, discernment and truth your Holy Spirit provides. Help us live in utter dependence on you in all things, particularly in our parenting. Renew our spirits, and fill us with your peace and joy. We love you, We need you today and every day.

In Jesus' name, Amen.

Pastor Isaac Yim

每日灵粮

19/5/20

作者：严以撒牧师

箴言 19: 18

趁有指望，管教你的儿子；你的心不可任他死亡。

上帝的道告诉我们，所有纪律和管教都是塑造我们朝向正义的必要条件。我们都不喜爱被管教或管教别人。圣经告诉我们，每当神管教祂的儿女时，即使很严厉，总是出于爱。箴言 19: 18 的“管教”是一个命令。这不是上帝的建议，而是上帝的命令，父母要用爱来管教自己的孩子。管教是什么？管教孩子包括教导，纠正和惩罚以改善他的错误。管教也有指导孩子的用意。这种指导主要是警告关于不良行为的后果。所罗门命令父母管教自己的孩子，保守孩子走在正道上。

这里所强调的是需要一个家需要有带智慧和慈爱的管教。我相信我们今天社会面临的许多问题在很大程度上可以归因于家庭管教的缺乏。当然，家庭中还有许多其他问题，如家庭破裂、过度宽容的父母、还有许多孩子在不受限制和监督的情况下长大。圣经很清楚记载上帝命令父母管教自己的孩子。管教是父母的责任。

箴言 1: 22 你们愚昧人喜爱愚昧，褻慢人喜欢褻慢，愚顽人恨恶知识，要到几时呢？

所罗门在此段经文论到三种孩子：

1. 愚昧人 – 愚昧与智力无关，但是用于描述一个年轻，轻易上当和幼稚的孩子。他们轻易相信一切事情。他们年轻，无法分辨是非。（箴言 14: 15）
2. 褻慢人 – 褻慢/嘲笑者是所谓自作聪明的人，他们认为自己万事都有答案。他们不听从意见却喜爱造反。他们决定不考虑别人的提议。他们对父母的劝勉总是置若罔闻、视而不见。（箴言 15: 12; 9: 7~8）
3. 愚顽人 – 如果父母失败把褻慢的孩子纠正，孩子们就将成为了愚顽人，这样就毫无希望了。（箴言 1: 22; 14: 19）

箴言 19: 18“趁有指望，管教你的儿子”。每个孩子都不一样，因此我们不能单采用同一个管教方法来对待他们。管教也需要合适时间。“趁有指望”或孩子还小的时候，从孩子出世就开始训练是较容易的。当孩子犯错时，不要威胁孩子说“等到你爸/妈回来就怎么样”，最有效的管教法应该要即时、以爱和稳重施行。孩子必须知道自己受管教的原因。管教的“杖”是要给孩子感受到错误带来的痛，而不是虐待或伤害孩子。使用“打屁股”来管教孩子不过是使孩子感到刺痛的感觉。

箴言 13: 24 不忍用杖打儿子的，是恨恶他；疼爱儿子的，随时管教。

箴言 23: 13~14

不可不管教孩童；你用杖打他，他必不至於死。

你要用杖打他，就可以救他的灵魂免下阴间。

疼爱孩子就必须用杖管教；恨恶孩子的不忍用杖管教。所罗门命令父母使用杖。“不忍用”指的是保留，克制或不作某事。所罗门所强调的是，当孩子需要坚定而充满爱心的

管教而父母却不忍心管教时，父母就不真的爱孩子。父母随和，孩子就因此不晓得孩子的界限。在适当的时间和情况下，仍有使用杖的必要。

我们对孩子灌输管教和指导的时间越早，他们长大后需受管教的时刻就越少。以下是提供孩子管教和指导的一些简单可行的方法。

1. 告诉他们对与错并成为他们的好榜样。
2. 设立明确和一致的界限规则要求他们遵守。
3. 父母生气时不要管教他们。
4. 花些时间聆听他们的感触、感想。
5. 把专注力给予他们。
6. 孩子们行为好的时候奖励他们。
7. 知道何时不该回应。

我们为何要管教我们的孩子？所罗门给我们管教孩子的最终目的。

箴言 22：6 教养孩童，使他走当行的道，就是到老他也不偏离。

箴言 29：15 杖打和责备能加增智慧；放纵的儿子使母亲羞愧。

箴言 29：17 管教你的儿子，他就使你得安息，也必使你心里喜乐。

上帝更愿意塑造我们的品格过于让我们舒服。我相信我们所有父母都希望我们的孩子长大成为一个平衡、健康、聪明、诚实和对社会有贡献的公民。如果我们从小就管教孩子，这些都能够实现。我们的孩子将为我们父母感到自豪。我们的孙子将给我们带来极大的欢乐和满足。

今天的祷告

上帝啊，就像一个安慰孩子的母亲一样，祢维持，养育并是我们刚强；就像一个照顾孩子的父亲一样，祢充满同情心和善良看顾我们。感谢祢伟大爱和牺牲，以便我们过一个丰盛生命。我们没有感谢祢、没有感谢祢所做的一切、没有感谢祢所赐的一切，求主原谅我们。

主啊，我们谦卑地向祢承认我们过去对孩子管教方面的疏忽。我们恳求祢原谅我们，因为我们的一些孩子似乎已经没有指望了。我们恳求祢让我们再次拥有所失去的机会。我们感谢祢，在祢里面总是有盼望。帮助我们顺服祢的命令，在孩子小的时候管教他们，使他们长大后不会离开祢。

主啊，我们需要祢。赐给我们恩典爱我们的孩子，使我们每天能够用祢的角度看待他们。帮助我们在祢的话语中找到我们需要的智慧，带领我们的孩子们，好好地训练他们。我们非常感恩，我们不必依靠自己的智慧来养育孩子。感谢祢的圣灵提供的指导，分辨力和真理。帮助我们在所有事情上都完全依赖祢，尤其是在我们为人父母方面。更新我们的灵，使我们充满平安与喜乐。我们爱祢，我们每天都需要祢。

奉主耶稣的名，阿门

以撒牧师

Wednesday, 20 May 2020

Proverbs 20:7: *The righteous who walks in his integrity – blessed are his children after him! (ESV)*

How could our children be abundantly blessed while we are still living – and more so after we have left this world? Some people think that by leaving them with a huge inheritance of money, business enterprises, and real estate is correct answer. However, the reality is that children of godly men usually will be blessed with greater wisdom and favor from God regardless of their status or economic positions.

Proverbs 20:7 tells us that the best thing we can do for our children is to live with integrity because godliness should first and foremost be exhibited in the home and modelled through our daily living. Living life with integrity refers to a person who walks the talk and not just talks the talk. They live by the fear of God, and faith in Christ, and keeping all the commandments. They do what is right and holy in the sight of God. Their focus and affections are set on heaven above, constantly seeking the Lord with their whole beings and daily crucify their sinful lusts with Christ.

They are not self-righteous. They do not have a high opinion or inflated ego of themselves. They gladly condescend to men of low estate (Romans 12: 16); to love and serve in any way and every way they can. They rejoice in God's forgiveness of their sins and readily forgive others because of the grace they have received from God. They frequently examine their hearts and reject all kinds of sinful attributes such as bitterness, pride, envy, jealousy etc.

They know their relationships with others are one of God's measures. They carefully and fervently fulfil their duties to the church, employers, parents, wives, and children. They are encouragers and peacemakers to the people around them.

Psalm 112:1-2 – "Praise the LORD! How joyful are those who fear the LORD and delight in obeying his commands? Their children will be successful everywhere; an entire generation of godly people will be blessed."

May we be wise parents, teaching and imparting the things of God to our children. Let us also learn to walk our talk so that they may learn from us by our examples. Let us grasp the promise of this proverb. Live humbly and walk justly before God, and our children will be blessed according to the wisdom of Proverbs 20:7.

Pray:

Dear Heavenly Father,
Help us to live with integrity every day of our life. We thank you for Jesus who is our perfect example. Help us each day to walk in such a way that we will be worthy witnesses for Jesus to the people around us. Grant us strength to lead our lives with integrity especially pertaining to our words, actions, and conduct. In Jesus' name, we pray. Amen

Ps. Wallace Ong

每日灵粮

20/05/20 星期三

作者：王振威传道

箴言 20:7 行为纯正的义人、他的子孙、是有福的。

在我们仍然活着的时候，我们都想着要如何让我们的孩子得到丰盛的祝福——而在我们离开这个世界之后更是如此。有些人认为，让他们继承大量的金钱，企业和房地产是正确的解决方案。然而，事实上，敬虔人的孩子通常会蒙受上帝所祝福的真智慧和喜悦，无论他们的身份或经济地位如何。

箴言 20: 7 告诉我们，我们能够带给孩子最好的东西就是行为纯正，因为我们首先最要紧的是在家庭中展现出我们的敬虔，并在日常生活中以此为榜样。生活中行为纯正乃是指一个人言行一致，而不是空言无补。这些人敬畏上帝，信靠基督，并遵行所有的诫命。他们行神眼中看为正直且圣洁的事。他们的焦点与情感都放在天国的事上，用他们的一生恒切的寻求神，并每天把他们罪恶的情欲与基督同钉十字架。

他们并不是自以为是。他们对自己没有过高的评价或自我膨胀。他们乐于俯就卑微的人（罗马书 12: 16）。尽他们一切的可能去关爱和服务他人。他们因上帝赦免自己的罪而喜乐，就欣然的原谅他人，因为他们已从神那里领受了这个恩典。他们经常审查自己的内心，拒绝各种罪恶，例如苦毒，骄傲，嫉妒，猜忌等。

他们知道他们与他人的关系是上帝所衡量的标准之一。他们谨慎且热心地履行对教会，雇主，父母，妻子和孩子的职责。他们是人们的鼓舞者和调解人。

诗篇 112: 1-2 你们要赞美耶和华。敬畏耶和华、甚喜爱他命令的、这人便为有福。他的后裔在世必强盛。正直人的后代、必要蒙福。

愿我们成为有智慧的父母，向我们的孩子们教导并传授上帝的事物。让我们也学会言行一致，好让他们可以学习我们的榜样。让我们抓紧箴言的应许。在神面前谦卑的生活和行为正直，那么我们的孩子就蒙受箴言 20: 7 里所祝福的智慧。

祈祷：

亲爱的天父，

帮助我们在日常生活中行为纯正。我们为耶稣这个完美的榜样感谢你。每天帮助我们以这样的方式活出来，使我们成为耶稣的见证人。赋予我们能力，让我们行为纯正，尤其是在我们的言语，行为和举止上。

我们奉耶稣的名祷告。阿们。

陈月妃译

Thursday, 21 May 2020

Proverbs 21:3, 27

What does it mean to live for God? The list goes on and on and it will never end. There are many ways which we can live for God. But in these two verses that we will be reading today, the author helps us to see how one ought to truly live for God in light of one's worship towards God. To phrase it differently, how are we to live our lives in order for God to say "I approve?"

The one thing in common for these two verses is on the topic of sacrifice. The Old Testament Christians worshipped God through sacrifices. Unlike us today, sacrifice is one of the biggest act of devotion and piety towards Yahweh. They are to do so in faith, trusting and revering Him as their Lord who brought them (and their fathers) out of Egypt and also making them His own people. Sacrificing animals have their basis on the final plague, where the sacrificial lamb becomes their "substitute." So that was the worship instituted to them by God.

However, these two verses was a wisdom saying with a reminder to the Israelites of what it is to truly worship God as they bring their sacrifices. Verse 3 says "To do righteous and justice is more acceptable to the Lord than sacrifice." From the first glance, it seems to give the idea that sacrifices are "bad" and it is useless. But if we are to examine it carefully, the aim of this proverb is to help them see that a genuine sacrifice (or worship) towards God would lead one to do righteous and justice. To put it in more modern day terms, there is no point if we lift our hands during worship when we do not do righteous and justice.

The reason is because Yahweh is a righteous God, and He is a God that is just. True worship for the Old Testament believers was not just limited to bringing sacrifices to Yahweh. Rather, it involves every area of their lives, like doing righteous and justice. If they only worshipped God with sacrifices and do not do what is right, they are merely going with the motions. Of course, Solomon calls us to exercise wisdom and not to allow ourselves to be deceived into thinking we are worshipping God while our lives speak the total opposite.

Verse 27 also says "The sacrifice of the wicked is an abomination; how much more when he brings it with evil intent." This verse helps us see how an evil person's sacrifice is an abomination to the Lord. It is basically saying God abhors or hates worship that is not genuine. This is because this is not how worship should be. But not misunderstand this as God does not desire sacrifice as a whole. Rather, genuine worship and piety require one's acts within daily lives to be aligned with their act of worship. In other words, the worship we give towards God must be aligned with the way we live our lives. It cannot be separated from one another and it should never be.

In conclusion, are we offering true worship before God? Do we lift our hands and sing aloud on the weekends while our lives throughout the week is lived differently, where we do not display any signs of holiness and love for God by loving those around us? There are many more examples, but we know ourselves best. It is easy to just worship God on weekends and live another set of lives throughout the weekday. This form of worship and piety is unacceptable before God. As we take some time to reflect on our lives and pray, may we ask His Spirit to work in us to examine our lives.

Hon Sir Neng

每日灵粮

21/5/20

作者：韩思能弟兄

箴言 21:7； 7

3 行仁义、公平比献祭更蒙耶和华悦纳。

7 恶人的强暴必将自己扫除，因他们不肯按公平行事。

为上帝而活意味着什么？例子不胜枚举，清单永远不会结束。我们可以有很多方式为上帝而活。但是，在我们今天将要阅读的这两节经文中，作者帮助我们从小敬拜的观点来看一个人该如何真正为上帝而活。换句话说，为了让上帝说“我赞成”，我们该如何生活？

这两节经文的共同之处是关于献祭的话题。旧约时期的基督徒通过祭物敬拜上帝。与我们不同的是，献祭在当时是对耶和华的爱和虔诚最大的行为之一。他们凭着信心如此行，信靠和尊崇祂为主，因祂曾带领他们（与祖先）出埃及并使祂成为祂子民。牲畜祭是因最后一灾而开始的，在那里，牺牲的羔羊成为它们的“替代品”。此后，他们以这方式敬拜上帝。

但是，这两节经文是明智的，提醒以色列人何谓在献祭时真正敬拜上帝。第 3 节说：“行仁义公平比献祭更蒙耶和华悦纳”。乍一看，似乎可以认为献祭是“不好的”，没有用的。但是，如果我们仔细地研究，那么这句箴言的目的是帮助他们看到向上帝真正地献祭(或敬拜) 会使人们行仁义和公平。用更现代的话来说，如果我们不行仁义和公平，那我们在敬拜中举起双手是毫无意义的。

原因是因为耶和华是公义的上帝，也是公平的上帝。对旧约信徒而言，真正的敬拜不仅限于为耶和华献祭。相反，敬拜包含生活的各个方面，例如行仁义和公平。如果他们只以献祭敬拜上帝，却没有做对的事，那他们就是在敷衍了事。当然，所罗门呼吁我们运用智慧，不要自认为是在敬拜上帝，而生活却完全相反。

27 节还说：“恶人的强暴必将自己扫除，因他们不肯按公平行事。” 这节经文帮助我们看到上帝恨恶恶人的祭物。基本上，这是在说上帝厌恶或憎恨不真实的敬拜。因为这不是敬拜应有的方式。但请不要误以为上帝不喜悦我们献祭。真正的敬拜和虔诚是需要人们在日常生活中的行为与他们的敬拜行为保持一致。换句话说，我们对上帝的敬拜必须与我们的生活方式保持一致。两者不能被分隔，也永远不该被切割。

总结，我们有在上帝面前献上真正的敬拜吗？在这整个星期，我们是否在周末举手，大声唱诗，平日却过着完全不同的生活？没有透过爱护我们周围的人而表现出对上帝的圣洁和爱的迹象？还有更多的例子，但我们最了解自己。在周末敬拜上帝并在工作日过着另一套生活很容易，然而这种敬拜和虔诚的形式在上帝面前是无法被接受的。当我们花一些时间反思自己的生活并祷告时，让我们祈求圣灵在我们里面工作，监察我们的生活。

胡赐良 译

Friday, 22-May-2020

Proverbs 22 (HCSB)

*24 Don't make friends with an angry man,
and don't be a companion of a hot-tempered man,
25 or you will learn his ways
and entangle yourself in a snare.*

As a pre-teen boy, I admired various comic superhero characters. Then, I sometimes wished that God would supernaturally endow me with powerful abilities. Those days, I usually go to bed and dream of being a superhero – helping people, protecting the weak and halting evil.

One of the classic superhero characters that really impressed me was The Incredible Hulk. When the 80s Hulk TV series was first aired, I accidentally missed most of the pilot episode and caught only the ending part -just in time to see the emergence of the huge green monster. I was so charged up! My eyes opened wide. "God, I want the same power!" I would ask. I wanted the same strength of Hulk! He was awesome.

Since that night, I prayed hard. Daily hoping to be transformed into Hulk. Sadly, nothing happened. My prayers went unanswered.

Back in school, my friends told me that the Hulk emerged due to a laboratory accident (yes, there's always a lab accident!). The accident transformed Dr Bruce Banner, a scientist, into the Hulk. As a result, whenever Dr Banner gets angry, he transforms into the powerful Hulk. But Hulk's anger is uncontrollable. He smashes and causes much damage to anything or anyone around him. Only when he is calm, the Hulk transforms back into the gentle scientist, Dr Banner.

Seeing the carnage and danger the Hulk can cause to people and property, Dr Banner began a search for a cure to control anger. To control the Hulk. I still recall the famous quote in the TV series. When an annoying investigative journalist relentlessly hunted the Hulk, Dr Banner cautioned him: "Mr McGee, don't make me angry. You wouldn't like me when I am angry!" That was a classic, unforgettable quote then.

This morning, we read Proverbs 22 verses 24-25. Here the writer cautions us on the dangers of anger. Proverbs is essentially Hebrew poetry. As I wrote before, we should not read Proverbs the way we read English poems.

The style of poetry employed in verses 24-25 is known as 'synonymous parallelism'. Here the first line of the poem is similar to the second line. In addition, the second line intensifies the meaning of the first line. We are not to think that being angry (v 24a) and hot-tempered (v 24b) are the same. The

second line is merely intensifying the meaning of the first line. Here the writer is cautioning us against being friends with those who cannot control their anger.

Verse 25 explains the reason. By being friends with those who cannot control their anger, we can be ensnared. We can fall into a trap. A common English idiom says that “a man is known by the company he keeps”. This is also true of women. If you mingle with those who love to gamble, chances are, you would be a gambler. If you keep the company of drunkards, chances are, you will be a drunkard. If you keep company with those who love to gossip, chances are, you are a gossip too.

In the same vein, we must be careful whom we accept as our close companions. Mingling with angry folks, can lead to danger and loss of good witness for Christ. Though a fictional character, Dr Banner’s aim to find a cure for anger is admirable. But on earth, the only way to control anger is by abiding in Jesus daily. Abiding with Jesus, the Spirit of Christ grants us gentleness and self-control (Galatians 5:23). Then, we will slowly transform to be more like Jesus.

Prayer: Lord, I admit that there are times where my temper is short. I sometimes lose control. Forgive me Lord. Help me in those moments to seek You first and humble myself at Your feet. Help me to be gentle and to exercise self-control. Lord, I want to be like You. Teach me to control my anger. In Jesus name I ask. Amen.

Prathab V

每日灵粮

22/05/20

作者: Prathab V.

箴言 22: 24 – 25

24 好生气的人、不可与他结交。暴怒的人、不可与他来往。

25 恐怕你效法他的行为、自己就陷在网罗里。

当我还是一个小男孩时，我很欣赏漫画里的超级英雄。我有时还希望上帝能赋予我超级能力。那些日子，我通常上床睡觉而梦想自己成为一名超级英雄-帮助人们，保护弱者和阻止邪恶。

真正令我印象深刻的经典超级英雄角色之一是《無敵浩克》（The Incredible Hulk）。当 80 年代的《無敵浩克》电视连续剧首次播出时，我不小心错过了前面的几集，只看了后面的几集。但正好来的及看到了这巨大的绿色怪物出现。我当时是如此的兴奋！我向上帝求，“上帝，我想要同样的力量！”他真的很厉害。从那天晚上开始，我努力地祷告，希望有一天能变身为無敵浩克。可悲的是，什么都没有发生。我的祷告没有得到回应。

回到学校后，我的朋友告诉我，無敵浩克是由于实验室的一场意外而出现的。那场意外使科学家布鲁斯·班纳（Dr Bruce Banner）变成了無敵浩克。因此，每当班纳博士一生气时，他都会转变为强大無敵的浩克。但是無敵浩克的愤怒是无法被控制的。他摧毁并对其周围的任何东西或任何人造成很大伤害。只有当他冷静时，無敵浩克才会变回温柔的科学家班纳博士。

班纳博士看到無敵浩克可能对人和事物造成的屠杀和危险，所以他开始寻找控制愤怒的方法。

我仍然记得电视连续剧中的名言。当一个令人讨厌的调查记者无情地追捕無敵浩克时，班纳博士警告他：“麦吉先生，请不要惹我生气。当我生气时，你一定会后悔的！”那是一个经典及令人难忘的台词。

今天早上，我们读箴言 22 章 24-25 节。在这里，作者提醒我们注意生气与愤怒的危险。箴言本质上是希伯来诗。如我之前所写，我们不应该像阅读英语诗那样来阅读箴言。第 24-25 节中采用的诗歌风格被称为“同义平行性”。这首诗的第一行类似于第二行。另外，第二行增强了第一行的含义。我们不该认为生气（24 上）和暴怒（24 下）是一样的。第二行只是增强了第一行的含义。在这里，作者告诫我们，不要与无法控制自己的脾气的人做朋友。

第 25 节向我们解释了原因。与无法控制自己的脾气的人成为朋友，我们会陷入网罗里。我们可能陷入陷阱。常见的一个谚语说：“观其友，知其人”。如果您与喜欢赌博的人打成一片，那么您很大的机会也是名赌徒。如果您与酒鬼打成一片，很可能，您也是名酒鬼。如果您与那些热爱八卦的人相处，那么很大机会你也是个喜欢八卦的人。

同样，我们必须慎选朋友。与脾气坏的人混在一起，可能会导致危险以及对会丧失基督做美好见证的机会。

虽然是虚构人物，但班纳尔博士寻求治愈愤怒的目标真令人钦佩。但是在地球上，控制愤怒的唯一方法是每天仰望耶稣。遵守耶稣的道，圣灵将赐予我们温柔和节制（加拉太书 5:23）。然后，我们将慢慢地变得更像耶稣。

祷告：主啊，我承认有时候我脾气不好。我有时会失控。请原谅我。请帮助我每当我生气时，先谦卑的来寻求祢。帮助我保持温柔并且有节制。主，我愿更像祢。教我控制我的愤怒。我俸主耶稣的祷告。阿们

胡斐译

Saturday, 23rd May 2020

Proverbs 23: 4-5

Do not wear yourself out to get rich; have the wisdom to show restraint. Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle.

"For 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

Our Lord also reminded us "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy and where thieves do not break in and steal. For where your treasure is, there your heart will be also. No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money." (Matt. 6: 19-21, 24).

In 1923 a group of the world's most successful financiers met at the Edgewater Beach Hotel in Chicago.

Collectively, these tycoons controlled more wealth than there was in the United States Treasury, and for years newspapers and magazines had been printing their success stories and urging the youth of the nation to follow their examples. Twenty-seven years later, let's see what happened to them.

- (1) CHARLES SCHWAH – The president of the largest independent steel company – lived on borrowed money the last five years of his life, and died penniless.
- (2) ARTHUR CUTTEN – the greatest wheat speculator – died abroad insolvent.
- (3) RICHARD WHITNEY – president of the New York Stock Exchange – was released some time ago from Sing Sing Prison.
- (4) ALBERT FALL – the member of the President's Cabinet – was pardoned from prison so he could die at home.
- (5) JESSE LIVERMORE – the greatest bear in Wall Street – committed suicide.
- (6) LEON FRASER – the president of the Bank of International Settlement – committed suicide.
- (7) IVAR KRUEGER – the head of the world's greatest monopoly – committed suicide.

All of these men had learned how to make money, but not one of them had learned how to live. Indeed all their riches have sprouted wings and flew off to the sky like eagles and they all died penniless like Job said, "Naked I came from my mother's womb, and naked I will depart." Job 1:20.

King Solomon, the richest man of his time and the wisest who ever lived said in Eccl. 5:10 "Whoever loves money never has money enough; whoever loves

wealth is never satisfied with his income." The word "serve" in Matt. 6: 24 translates "to be a slave to, literally or figuratively, voluntarily or involuntarily."

Money has the power to rule our lives and make slaves of us – it will work us till we die! Remember the parable of the Sower? Jesus said the seeds, that's the Word of God sown "among the thorns is the man who hears the word, but the worries of his life and the deceitfulness of wealth choke it, making it unfruitful" (Matt 13:23). Money is so deceitful. It all started out with us as the Master. We say to ourselves: we will make some money so we can make our money work for us. After a while, we have our fingers in so many pies, along with so many commitments, we end up working for money. Money is now our Master. We don't own money anymore, money owns us!! Albert Schweitzer said, "If you have something you can't live without, you don't own it, it owns you."

Paul is warning about idleness says "If a man will not work, he shall not eat." (2 Thess 3:10) He also says we need to provide for our relatives and especially our immediate family, otherwise, we are worse than an unbeliever. (1 Tim 5:8). So as Christians we all of the need to work hard to provide for our family and even our relatives and however may need our help. It's more blessed to give than to receive. But we must not wear ourselves out just to get rich. Remembering the love of money is the root of all kinds of evil. Some people are willing to do anything for the sake of money. Let that not be us.

PRAYER: Dear Lord, thanks for reminding us about not being slaves and lovers of money. Keep us all safe and healthy so we can provide our family and whoever we can help and bless. We want to remember those who will be affected financially by Covid-19, the loss of job and income. You are our Jehovah Jireh, the God who provides and we now look to You for your blessing and guidance so we may continue to love and serve you the rest of our lives. In Jesus Name we pray all these. AMEN.

每日灵粮

23/05/20

作者：宋国基牧师

箴言 23: 4-5 不要劳碌求富，休仗自己的聪明。你岂要定睛在虚无的钱财上麼？因钱财必长翅膀，如鹰向天飞去。

提前 6:10 贪财是万恶之根。有人贪恋钱财，就被引诱离了真道，用许多愁苦把自己刺透了。

我们的主也提醒我们：“不要为自己积攒财宝在地上；地上有虫子咬，能朽坏，也有贼挖窟窿来偷。只要积攒财宝在天上；天上没有虫子咬，不能朽坏，也没有贼挖窟窿来偷。因为你的财宝在那里，你的心也在那里。

“一个人不能事奉两个主；不是恶这个，爱那个，就是重这个，轻那个。你们不能又事奉神，又事奉玛门（玛门：财利的意思）”（太 6:9-12；24）

1923 年，一群世界上最成功的金融家在芝加哥的埃奇沃特海滩酒店会面。这些富豪共同控制着比美国国库更多的财富。多年来，报纸和杂志也一直印刷他们的成功故事，并督促国家的年轻人效法他们的榜样。

27 年后，他们的情况又如何？

(1) 查尔斯施瓦（CHARLES SCHWAH）– 最大的独立钢铁公司的总裁：在他生命的最后五年靠借贷为生，囊空如洗地离世。

(2) 亚瑟卡滕（ARTHUR CUTTEN）– 最伟大的麦子投机者：在国外破产去世。

(3) 里查德惠特尼（RICHARD WHITNEY）– 纽约证券交易所总裁：前一阵子从纽约新新监狱获释。

(4) 阿尔伯特法尔（ALBERT FALL）– 总统内阁成员：从监狱被赦免，以便他可以在家中离世。

(5) 杰西利弗莫尔（JESSE LIVERMORE）– 华尔街最伟大的交易家（大熊）：自杀身亡。

(6) 莱昂弗雷泽（LEON FRASER）– 国际清算银行行长：自杀身亡。

(7) 伊瓦尔克鲁格（IVAR KRUEGER）– 全球最大专卖企业的负责人：自杀身亡。

这些人都学会了如何赚钱，但没有一个人学会了如何生活。确实他们所有的财富都如鹰腾空而飞升，可他们也全都囊空如洗而亡，就像约伯所说：“我赤身出於母胎，也必赤身归回”（约伯记 1:21）

所罗门王是他那个时代的首富，更是有史以来最有智慧的人，在传道书 5:10 说“贪爱银子的，不因得银子知足；贪爱财富的，也不因得利益知足。”马太福音书中 6:24 “事奉”一词译为“成为奴隶，不管是自愿或非自愿。”金钱有威力统治我们的生命并让我们成为它的奴隶。它驱使我们一直工作直到我们死亡！还记得撒种者的比喻吗？耶稣说过种子就是上帝的道被散播“在荆棘中是听到这道的人被他一生的忧虑和钱财的迷惑把道挤住了，使它不能结果实”（太 13:22）。

钱财使人迷惑。一切都以我们是主人开始。我们对自己说：我们来赚一些钱，让钱为我们工作。过了一阵子，我们染指多项领域，附加多项承诺，我们最终为了钱而工作。金钱也成为了我们的主人。我们不再拥有金钱，金钱拥有我们！阿尔贝特施韦泽

（Albert Schweitzer）说：“如果你拥有你生命中没有了就不能活的东西，那么不是你拥有它，而是它拥有你。”

保罗在警告懒惰的人时说：“若有人不肯做工，就不可吃饭。”（帖撒罗尼迦后书 3:10）。他也说我们需要为亲属，尤其是我们的直系亲属提供他们所需，否则我们会比不信的更不好。（提前 5:8）。因此，作为基督徒，我们所有人都需要努力工作来为我们的家庭提供所需，也竭尽帮助我们的亲属。施比受更为有福。但是我们决不应该为了致富而疲于奔命。记住贪财是万恶之根。有些人为了钱愿意做任何事情。让那不是我们。

祷告：亲爱的主，感谢祢提醒我们不要成为金钱的奴隶和爱人。保守我们的安全和健康，这样我们就可以为我们的家人提供所需，也可以帮助和祝福那些有需要的人。我们要记住那些受新型冠状病毒肺炎影响而失去工作和收入，财务受影响的人。祢是我们的耶和华以勒，是供应我们的上帝，我们仰望祢向祢寻求祝福和指引，以便我们一生都能爱祢事奉祢。我们奉耶稣的名祈祷这一切。阿们

方美珠译

Sunday, 24 May 2020

Proverbs 24:15-16 ESV

*15 Lie not in wait as a wicked man against the dwelling of the righteous;
do no violence to his home;*

*16 for the righteous falls seven times and rises again,
but the wicked stumble in times of calamity.*

Proverbs 24:15-16 NLT

*15 Don't wait in ambush at the home of the godly,
and don't raid the house where the godly live.*

*16 The godly may trip seven times, but they will get up again.
But one disaster is enough to overthrow the wicked.*

Can bad things happen to good people? The answer is yes. Many of us are God-fearing. We love God and obey his commands. We have done nothing wrong to be where we are now? Covid-19, has put many Godly people in trouble. Some are forced to close their business; take pay cuts; voluntary separation; no jobs to go back too. Our college-going children's dreams are shattered because circumstances prevented them from going overseas or even continuing to study. Some of us are fighting with severe or life-threatening diseases. Calamity just strikes us without any warning or explanation. Good people will also go through bad times, but the only difference is that "he may trip seven times, but he will get up again".

Somehow many have taken Proverbs 24.16 out of context. When I was a young Christian, I witnessed to many of my classmates. Non-Christian friends used to laugh at me saying, "You Christians are very smart; you sin in the morning and at night you ask God for forgiveness. You are off the hook." This verse is taken out of context. In fact, God hates daily confession for the same sin. It will be like, "a dog returns to its vomit, so a fool repeats his foolishness." Pro. 26.11, and also 2 Pet. 2.22. Repentance is a change of heart, a turning away from sin and walking towards God. "No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation, he will also provide the way of escape, that you may be able to endure it." 1 Corinthians 10:13 ESV.

We must read scripture in its context. These two verses must be linked together. Solomon is still comparing the wicked and the righteous. When he says "the righteous may trip or fall seven times", he is referring to the wicked waiting in ambush for the righteous. This verse is given as an encouragement to the righteous who live in a wicked world. We have to deal with the wicked and their evil intentions. The righteous do fall, that is a reality! One scholar noted that this fall is not due to moral failure or sin, but rather falling into unfavourable circumstances. Yes, when the righteous fall into calamities and difficult times,

they will rise again. The point is, the wicked can wait and pounce on us, our wealth may be taken, our reputation, our property, our children, even our health. The wicked may be successful in stripping us of all that we have. But they cannot keep us down. We can see this in the life of Job. Daniel's three friends have gone through fire and Daniel was thrown into the lion's den. They came out unscratched. The wicked Haman built the gallows for Mordechai, instead, it was used for Haman, himself. Yes, "one disaster is enough to overthrow the wicked."

God's grace gives us the strength to continue to go on even when we are down. The Psalmist says, "Though he falls, he shall not be utterly cast down; for the Lord upholds him with his hand." Psa. 37.24. When we walk with the Lord, his grace is more than sufficient for each day. His grace enables us to rise up above the unfavourable circumstances that keep us down. This is certainly true of Paul's life, "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed." 2 Cor. 4.8-9. What an encouragement for all of us! We have now fallen into very difficult circumstances, none of us in our living memory have encountered such a situation. I believe the situation can get even worse before it gets better. Do not assume when we are down, we will not be able to bounce back again. Even if we do fall, the Lord will never forsake us nor leave us. His grace is sufficient for us daily. His Almighty hands will enable us to get back on our feet, to go forward in His strength.

WHAT GOD HAS PROMISED

By Annie J. Flint, 1902

God has not promised skies always blue,
Flower-strewn pathways all our lives through;
God has not promised sun without rain,
Joy without sorrow, peace without pain.

Refrain: But God has promised strength for the day,
Rest for the labor, light for the way,
Grace for the trials, help from above,
Unfailing kindness, undying love.

Yes, we are living in challenging times like never before. We may be down for the moment. God will raise us up again in due time. Let us turn to God and keep going, He will make a way when there seems to be no other way. Amen.

Prayer for today

Dear heavenly Father, we thank you for being our Fortress, our Refuge and our strength, our very present help in time of trouble and uncertainty. The Coronavirus is still foaming and roaring globally but we are not fearful. We come face-to-face with so much uncertainty. Lord, you know the details of this situation, and you know how it will end before it ends. We are grateful you love

and care for us, you guide our thoughts, our steps each day. Help us to focus on you daily in the midst of uncertainty. Grant us faith and trust when we do not see what the future will be like. We are of little faith. Increase our faith, that we can totally commit all our uncertainties into your capable hands, for in you all things are possible. Help our unbelief, grant us your strength for today. We thank you and rest in your loving hands.

Lord, we thank you for the Lord's day. We are grateful we can still worship you Online as your people. Be gracious to us, allow us to have a fresh encounter with You. Speak to us through songs, prayers, reading and preaching of your word Through our brother Wong Yoke Ming. Refill our empty spiritual tank, so that we can have strength to run and not be weary in this uncertain time. We praise and thank You, In Jesus' Precious Name Amen.

Pastor Isaac Yim

每日灵粮

24/05/20 星期日

作者：严以撒牧师

箴言 24: 15-16

15 你这恶人、不要埋伏攻击义人的家。不要毁坏他安居之所。

16 因为义人虽七次跌倒、仍必兴起。恶人却被祸患倾倒。

好人会经历坏事吗？答案是肯定的。我们当中有许多是敬畏神的人。我们爱上帝，并服从他的命令。我们现在在这种状况中，是不是因为我们做了什么错事？新冠肺炎让许多义人陷入困境。有些人的生意被迫收盘；减薪；自愿隔离；也没有工作需要回去做。我们即将上大学的孩子们的梦想破灭了，因为大环境阻止他们出国甚至继续深造。我们当中有些人正在与严重或威胁生命的疾病作斗争。灾难袭击了我们，没有任何的警告或解释。好人也会经历困难时期，但唯一的区别是“他们虽七次跌倒，仍必兴起。”。

不知何故，很多时候我们对箴言 24: 16 断章取义了。当我还是年轻的基督徒时，我对许多同学做见证。非基督徒的朋友曾经嘲笑我说：“你们基督徒都很聪明；你在早晨的时候犯罪，然后在晚上你祈求上帝的宽恕。你就可以摆脱困境了。”这节经文被断章取义了。实际上，上帝不喜悦我们每天为同样的罪过忏悔。就像是“愚昧人行愚妄事、行了又行、就如狗转过来吃它所吐的。”箴言 26: 11，及彼得后书 2: 22 所记载的。悔改是一颗转变的心，转离罪恶而走向神。“你们所遇见的试探、无非是人所能受的、神是信实的、必不叫你们受试探过于所能受的。在受试探的时候、总要给你们开一条出路、叫你们能忍受得住。”哥林多前书 10:13。

我们读经时必须上下文一起阅读。这两节经文必须联系在一起。所罗门仍在进行恶人与义人的比较。当他说“义人虽七次跌倒”时，他指的是义人遭到恶人的伏击。这节经文是对生活在邪恶世界中的义人的鼓励。我们必须应付恶人及他们的邪恶意图。义人也会跌倒，那是现实！作者指出，这个跌倒不是由于道德上的失败或犯罪，而是因为陷入了不利的境地。是的，当义人陷入祸害和艰难的处境时，他们将再次兴起。关键是，恶人可以等待并袭击我们，我们的财富，声誉，产业，孩子，甚至健康都可以被夺走。恶人可能会成功地剥夺我们拥有的一切。但是他们不能打败我们。我们可以在约伯的生命中看到这一点。在但以理的一生中，他经历了烈火的窑，被扔进了狮子坑。他毫发无损地走出来。邪恶的哈曼为末底改建造绞刑架，最终反而是哈曼自己使用。是的，“一场祸害就足以让恶人倾倒。”

上帝的恩典赋予我们力量，即使我们沮丧时也能继续前进。诗人说：“他虽失脚、也不至全身仆倒。因为耶和华用手搀扶他。”诗篇 37: 24。当我们与主同行时，祂每天所给予的恩典绰绰有余。祂的恩典能够让我们在不利的环境中被打击时再次的兴起。保罗的一生确实是如此：“我们四面受敌、却不被困住。心里作难、却不至失望。遭逼迫、却不被丢弃。打倒了、却不至死亡。”哥林多后书 4: 8-9。这对我们所有人来说是何等大的鼓励！我们如今陷入了非常困难的境地，在我们的记忆中从未有人遭遇过如此的情况。我相信不经历黎明前的黑暗，就难以见到灿烂的朝阳。不要以为当我们跌倒时，我们将无法再次反弹。即使我们跌倒了，主也永远不会舍弃我们或离开我们。祂的恩典够我们日常需用。祂的全能之手将使使我们重新振作，以祂的力量前进。

神未曾应许

安妮·弗林特（Annie J. Flint），1902 年

神未会应许 天色常蓝

人生的路途花香常漫

神未曾应许 常晴无雨

常乐无痛苦 常安无虞

（副歌）

神却曾应许 生活有力

行路有光亮 作工得息

试炼得恩勛 危难有赖

无限的体谅 不死的爱

是的，我们生活在前所未有的充满挑战的时代。我们可能会有片刻的沮丧。然而上帝会在预定的时候再次让我们兴起。让我们转向上帝，继续前进。神为你开路，即使前方疑无路。阿们

今天的祷告

亲爱的天父，我们感谢你成为我们的堡垒，我们的避难所和我们的力量，当我们遇到困难和无法掌握的状况时，你都及时地帮助我们。冠状病毒仍在肆虐全球，但我们并不担心。我们面对着许多不确定性。主啊，你知道这种情况的来龙去脉，并且你已经清楚此事的结局。我们感谢你的爱与关怀，你每天保守我们的心思意念和步伐。在这样的不确定性中，帮助我们每天注目于你。当我们看不到未来时，给予我们信心和依靠。我们是如此的小信。增强我们的信心，好让我们能够把我们所有无法把握的事情都交托在你大能的手中，因为在你里面凡事都能。帮帮我们这些缺乏信心的人，请赐予我们今天的力量。我们感谢你，并在你的慈爱的手里得安息。主啊，我们感谢你因为今天是主日。我们感谢你，因为我们仍然可以在线上敬拜你。求你恩待我们，让我们与你有一个全新的相遇。透过歌曲，祈祷，读经和黄玉明弟兄的讲道与我们说话。灌满我们空虚的灵池，以至于我们能够有力量在这个不确定性的状况中奔跑却不困倦。我们赞美和感谢你，奉耶稣宝贵的圣名，阿们。

陈月妃译

MONDAY, 25 MAY, 2020

Proverbs 25: 6 & 7

*6 Do not exalt yourself in the king's presence,
and do not claim a place among his great men; (NIV)
7 it is better for him to say to you, "Come up here,"
than for him to humiliate you before his nobles. (NIV)*

*6 Do not exalt yourself in the presence of the king,
And do not stand in the place of the great;
7 For it is better that he say to you,
"Come up here,"
Than that you should be put lower in the presence of the prince,
Whom your eyes have seen. (NKJV)*

The first seven verses of Proverbs 25 appear to be directed at those who serve in the courts of kings and royalty. In brief, the verses 6 & 7 contain advice on how to keep a low profile and avoid self – exaltation. When a man or woman humbles himself before kings, he or she may be invited to a higher place by that king. How embarrassing it would be for that man or woman if it were the other way around, arrogantly setting himself/herself high and then being put lower by his royal employer. The lesson is clear: avoid self-assertion and presumption if one is engaged at the royal courts for it is better to be lifted up than put down.

Jesus told a parable in Luke 14: 8-11 with very much the same point, although the circumstances were different. While Proverbs refers to behaviour in a royal court, the setting here is a wedding banquet, with admonitions to not be presumptuous that one has been allocated a "place of honour". The final verse in this parable is telling. Jesus warns "11 For all those who exalt themselves will be humbled, and those who humble themselves will be exalted." Perhaps this parable is pointing to the wedding banquet on the last day and the surprising revelations that will take place.

Similar concluding warnings may be found at the end of two other narratives in the Gospels:

(1) The parable of the Pharisee and Tax Collector in Luke 14: 11 "... For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.", and

(2) A passage where Jesus strongly warned the scribes and pharisees against hypocrisy in Matthew 23: 12 "And whoever exalts himself will be humbled, and he who humbles himself will be exalted."

Humility is such a difficult quality to grasp. Tim Keller says " Humility is so shy. If you begin talking about it, it leaves. To even ask the question, "Am I humble?" is

to not be so. Examining your own heart, even for pride, often leads to being proud about your diligence and circumspection.”

After reading Proverbs 25: 6 & 7 how would you answer these questions which only your own heart is able to address, hopefully without conceit or deceit:

Before whom do you seek honour? Are you aware you are serving the King of Kings and the Lord of Lords and those of the household of faith? Are you willing to seek places of humble service until that day when you face the heavenly King and He says to you, “Come up here, good and faithful servant... I know you have humbled yourself, you shall be exalted . . .”

The late Ravi Zacharias had this to say on the subject of leadership and humility, although his comments have broad application for all Christians, leaders or otherwise:

Quote

If you go through the New Testament, you will find the word leader hardly ever comes, but the word servant comes hundreds of times. We are really called to serve. . . .

Remain humble. You did not arrive where you are because of your own skill. Remember that the Word of God tells you that you are called there by His grace and by His mercy . . .

Everything is fragile and vulnerable. I am not here by virtue of my strength. We are hereby virtue of God’s call and God’s strength. That alone ought to remind us of why we need to be humble. The very voice (we possess), the very ability to stand and speak, the very gift of language, the very calling is the gift of God. And if that’s not enough to keep us humble, I don’t know what will.

God is able to bring you to a place where He wants you and the best way to get there is to be an imitator of Christ, not a manufacture of some sense of celebrity in yourself. If you are humble, God will use you. If you are arrogant, He will know how to break you.

Unquote

A Humbling Prayer

Lord Jesus, we can only have a glimpse of what it took for you to empty yourself, take on human form, and become a servant for our sakes, knowing it would end in death on a humiliating wooden cross.

Ephesians 2

7 rather, he made himself nothing

by taking the very nature of a servant,

being made in human likeness.

8 And being found in appearance as a man,

he humbled himself

*by becoming obedient to death—
even death on a cross!*

Even now, I confess swells of pride flow over me for what little work I do, including this, whether for God's family or for anyone for that matter. The evil one is unceasing in His spiritual darts, whether to praise with flattering choruses of "Well Done!" or accuse and condemn mercilessly "You don't deserve to call yourself a Christian! You hopeless hypocrite!"

Lord Jesus, I take comfort in knowing you know me with my flaws and shortcomings that are inherent in me better than I know myself – and You love and accept me all the same. Thank you for taking all my guilt and shame away. The truth has set me free! Thank You Lord Jesus.

In Jesus' Name, Amen.

Ps Cheng Cheung

每日灵粮

25/05/20

作者：张祯祥传道

箴言 25:6-7

你在君王面前，不可妄自尊大；

也不可擅自站立在大人物中间。

宁可让人对你说：“请上座！”

胜过在你覬见的显贵面前，

被人叫你退下去。

箴言 25 的前七节经文似乎是指那些在皇室宫廷工作的人。简而言之，6 和 7 节劝勉读者如何保持低调和避免自高自大的态度。当一个男人或女人在国王面前谦卑，他或她可能会被国王邀请上更高的座位。相反，若一个男人或女人骄傲自大地将自己抬高，却被指使退下，场景将是多么尴尬难堪呀！明确的教训：处在皇室宫廷的人应当避免自我主张和擅自作主，因为被升高比被降卑光彩。

耶稣在路加福音 14: 8-11 中讲了一个与以上箴言类似的比喻，虽然情景不同。箴言指的是在皇室宫廷的行为，而这里的设置是一个婚宴。作者警告不要冒昧地给自己分配在‘高位上’。这个比喻的最后一节真是震撼人心。耶稣警告，“因为凡高抬自己的，必要降卑；自己谦卑的，必要升高。”也许这个比喻是指在末日的婚宴和令人惊讶的启示。

福音书另外两个故事的结尾有着相同的警告：

(1)路加福音 18:9-14 法利赛人和税吏的比喻 “...因為凡自高的，必降為卑；自卑的，必升為高。”

(2)耶稣在马太福音 23:12 强烈警告文士和法利赛人不要伪善：“凡自高的，必降為卑；自卑的，必升為高。”

谦卑是个难以领悟的特性。蒂姆·凯勒 (Tim Keller) 说, “谦卑是如此害羞。如果你开始谈论它，它便离开。当一个人问自己‘我是否谦卑？’，其实就表示他并非谦卑。审视自己的内心，即使是为了自尊，往往会使你为自己的勤奋和谨慎感到骄傲。”

在阅读箴言 25:6-7 之后，你会如何坦诚地回答这些只有你自己内心才能解决的问题呢？

你在谁面前寻求荣誉呢？你知道你在事奉万王之王和万主之主，也服侍信徒们吗？你是否愿意寻求谦卑的事奉，直到一天，当你见天上的君王，他对你说，“来这里，良善又忠心的仆人...我知道你已谦卑，现在你将被升高。”

已故的拉维·撒迦利亚 (Ravi Zacharias) 对领导和谦卑的课题有这样的一个说法，虽然他的评论都适合所有基督徒、领导人或其他人应用：

如果你阅读新约，你会发现‘领袖’这个词几乎从来没出现过，但‘仆人’出现了数百次。我们真的是被主呼召来服事...

保持谦卑。你不是因个人的技能而达到今天的位置。请记住，上帝的话语告诉你，他以恩典和怜悯召你。

一切都是脆弱易碎。我不是凭我的力量而在这里。我们在这里都是因着上帝的呼召和他的力量——就凭这一点，我们应当谦卑。我们所拥有的声音、站立和说话的能力、语言和呼召都是上帝所赐的礼物。如果这还不足以让我们谦卑，我不知道什么可以。

上帝能带你到他旨意的地方。到达那里的最佳方式就是效法基督，而不是塑造自己成为有名气的人。如果你谦卑，上帝会使用你。如果你傲慢，他会使你破碎。

谦卑地祈祷：

主耶稣，我们只能瞥见，你虽然知道必受辱，死在十架上，却愿意为了我们的缘故，倒空自己，取了人的形象，成为奴仆。

以弗所书 2：7-8

要将他极丰富的恩典，就是他在基督耶稣里向我们所施的恩慈，显明给后来的世代看。你们得救是本乎恩，也因着信。这并不是出于自己，乃是神所赐的。即使是现在，无论是对上帝的家人或任何人所做的好事，我承认我会为自己所做的小事居功自傲。恶者总是不断地射飞镖，用好听的话恭维人，“干得好”，或者无情地指责，“你不配称自己为基督徒！你这个无可救药，假冒为善的人！”

主耶稣，我感到安慰，因为我知道你认识我，也知道那些我生来就有的缺点。你比我更了解自己。你虽知道我的一切，你仍爱我，接纳我。谢谢你拿走了我所有的内疚和羞耻。真理使我自由！感谢主耶稣。

奉耶稣名求，阿们。

巫惠如译

Tuesday, 26 May 2020

Proverbs chapter 26, the major theme is on the nature of a fool.

1. Describes the nature of a fool. Pro. 26.1-12
2. Describes the nature of a sluggard or a lazy person. Pro. 26.13-16
3. Describes a person who stirs up controversy or quarrel. Pro. 26. 17-22
4. Describes a hypocrite. Pro. 26.23-26
5. Describes a fool who is caught by his own trap that he sets for others. Pro. 26.27-28

Proverbs 26:23-26 The Message (MSG)

Smooth talk from an evil heart

is like glaze on cracked pottery.

Your enemy shakes hands and greets you like an old friend,
all the while conniving against you.

When he speaks warmly to you, don't believe him for a minute;
he's just waiting for the chance to rip you off.

No matter how cunningly he conceals his malice,
eventually his evil will be exposed in public.

One of the most painful experiences in my life working on mission fields, is trusting the wrong person. Directing the ministry of Friends of Pastors International for the last 20 years, has taken me to many poor countries in the region. One of the most welcome ministries we offer to the poor pastors and leaders is Micro Financing. Over the 20 years, I have encountered two distinct cases of trusting the wrong persons. Is painful!

Solomon is describing the lips and heart of this person is like the cheap clay vessel covered with lovely glaze. It looks good on the outside but is cheap clay on the inside. This was what Jesus did when he was exposing the Pharisees and the Scribes during His earthly ministry. They were hypocrites, like filthy cups, were washed clean on the outside but dirty on the inside Matt. 23.25-26. They were hypocrites, like the whitewashed tomb that appeared nice and clean on the outside but inside was a rotting corpse Matt. 23.27-28. Jesus is pointing out the hypocrisy of these religious leaders who put on a good holy front but the inside are all filth.

"Burning lips" Solomon illustrate the same point of hypocrisy, these men speak with great zeal and literally on fire in talking about the things of God and spiritual things or beautifully crafted words of affection, love and friendship. However, Solomon warns us that this man has a "evil or wicked heart" This evil or wicked heart seeks to sweet talk and convince people.

Proverbs 26:23-26 Amplified Bible (AMP)

"Like a [common] clay vessel covered with the silver dross [making it appear silver when it has no real value]

He who hates, disguises it with his lips, but he stores up deceit in his heart.

When he speaks graciously and kindly [to conceal his malice], do not trust him, For seven abominations are in his heart.

Though his hatred covers itself with guile and deceit,

His malevolence will be revealed openly before the assembly."

The Star paper reported several cases of Casanovas who cheated many women of tens of thousands of Ringgits. Solomon's warning is very straight forward.

Don't fall for sweet, gracious, and charming talk! Don't believe him! This man is a hypocrite; a liar; and a deceiver. Beware of preachers too!

"Seven abominations" that's how Solomon describes the heart of a hypocrite or the wicked. Seven in the Bible is used symbolically as complete or fullness.

"Abominations" means disgusting, detestable; repulsive; that which is offensive.

The two words together, means the wicked heart is full of evil thoughts, intentions, designs and motives. The hypocrite will cover all these evil intentions with a lovely mask.

This hypocrisy has crept into our lives too. We have perfected the use of a mask in our daily life. All our lives are full of scars, pains and insecurities but we have learned to hide them so well with beautiful veneer that is acceptable to the world. This is a tragedy of living. Our values are so much fashioned by the glamorous world of success. The so-called success of the world is all about the now and what meets the eyes. It is temporal and fleeting. Real life begins when we dare to take off the mask and remove the veneer and boldly receive freedom, honesty and meaning in Jesus Christ. Jesus is the Way. the Truth and the Life.

Pray for today

Our heavenly Father, we thank you in spite of the dark clouds of the Corona Virus which has brought about the downturn of all the economic affairs of the world. We are grateful there is still light in you in the so- called dark time that covers the world is just a passing phase. It will not last forever.

We are thankful, for this unusual time that we are forced to take a closer look at life and it's meaning. What is actually most precious and valuable in life.

Relationship has taken on new meaning. We appreciate the intimate time we can spend with you and with our spouses and our children, which we have taken a back seat. It used to be our bank account; the mighty dollar is top priority in our lives. In just two to three months, we experienced great losses from our investments, businesses, our jobs.

Thank you, Lord, you have reminded us of who You are during this time of Covid-19. We thank you for selfless frontline workers who make such great sacrifices to save lives everywhere. The doctors, nurses, all types of medical personnel and a host of other essential workers. We have forgotten many real heroes and heroines that have contributed so much to enrich our lives of which we have taken for granted. Our fathers and mothers; our teachers; pastors/elders, farmers, police and many who serve us daily.

Lord, we are thankful, you allow us to take off our masks. It is frightening to do that. We dare to because you have accepted us as we are. You have given us confidence to be ourselves rather than trying to be someone else. We ask for your forgiveness for this sin of hypocrisy, dishonesty and living with double standards. Help us to live in confidence with the new identity we have in Jesus Christ, who makes all things new when you come in to reside in our hearts.

Lord, teach us to live with love, kindness, generosity, honesty and simplicity. We thank you for making this type of lifestyle possible through the indwelling of the Holy Spirit. This kind of lifestyle will result in unity and harmony in our homes and in our church.

We pray and ask in Jesus' Mighty Name! Amen.

Pastor Isaac Yim

每日灵粮

26/5/20

作者：严以撒牧师

箴言 26: 23-26

箴言第 26 章的主要主题是愚昧人的性质。

1. 描述愚昧人的性质。箴 26: 1-12
2. 描述懒惰的人的性质。箴 26: 13-16
3. 描述煽惑争端的人。箴 26: 17-22
4. 描述伪君子（假冒为善的人）。箴 26: 23-26
5. 描述一个为别人设置网罗却自己受害的人。箴 26:27-28

箴言 26: 23-26

23 火热的嘴，奸恶的心，好像银渣包的瓦器。

24 怨恨人的，用嘴粉饰，心里却藏着诡诈；

25 他用甜言蜜语，你不可信他，因为他心中有七样可憎恶的。

26 他虽用诡诈遮掩自己的怨恨，他的邪恶必在会中显露。

我在宣教工场上最痛苦的经历之一就是信任了错的人。作为“国际牧者的朋友”机构（Friends of Pastors International）20 年的主任，我有机会去到不少贫穷的国家。我们机构提供的筹资微化管理，是贫穷牧者领袖们最受欢迎的事工之一。在过去的 20 年中，我遇到了两个独特的“信任错人”的案例。很痛苦！

所罗门形容一个人的嘴和心像便宜的瓦器，表面包上美丽的银渣。瓦器外表漂亮，却是低价值的陶瓷。耶稣在世传道期间也同样显露了文士和法利赛人。他们是假冒为善的，他们如肮脏的杯盘，杯盘外面洗净了，里面却盛满了勒索和放荡（马太 23: 25-26）。他们如同粉饰的坟墓。外面好看，里面却装满了死人的骨头和一切的污秽（马太 23: 27-28）。耶稣指出了这些虚伪的宗教领袖，外表虔诚，内心却全是污秽。

所罗门也用“火热的嘴”指出伪善的人，这些人热情洋溢地说话，热心的谈论上帝和属灵的事，精心制作有关爱与友善的话语。但是，所罗门警告我们这类人内心邪恶。这种邪恶的心善长利用甜言蜜语说服人。

马来西亚星报曾经报道好几个好色男人骗钱案件。所罗门的警告非常直接。不要被甜言蜜语、亲切迷人的话语而被骗！不要相信这类人！这些人是伪君子、骗子。也请小心注意传教士！

所罗门描述伪君子和邪恶的人的内心为“七样可憎”。圣经中“七”象征完整或完全。“所憎恶的”是指令人恶心的、可憎的、丑恶的、令人反感的。“七样可憎”就说明了内心充满恶念、诡诈。伪君子会用可爱美丽的面具遮盖所有这些恶念。

这种伪善也已经渗入了我们的生活。我们在日常生活中已经完善了使用面具的技巧。我们的一生充满了疤痕，痛苦和不安全感，但我们学会了用社会公认的漂亮单板隐藏这一切。这是生活的悲剧。世界的辉煌成就塑造了我们的价值观。世界所谓的成功关乎眼前的一切。这都是短暂的。只有在我们愿意摘下面具、拆掉单板勇敢地接受耶稣基督里地自由、诚实和意义时，我们才真正开始体会生命。耶稣是唯一的道路、真理、生命。

今天的祷告

我们的天父，在这新型冠状病毒肺炎病毒与经济衰退的乌云之下，我们仍要感谢祢。我们感恩，在这所谓黑暗时期中，在祢里面仍有光明，这只是一个将要过去的阶段。

我们为这非常时期感恩，这段时间让我们不得不仔细寻找生活及其意义，何是生命的最珍贵。人与人的关系有了新的定义。我们感谢祢给我们机会陪伴配偶和孩子们的亲密时光，我们时常没有把陪伴家人当着最重要。我们曾经把银行帐户当成最重要；钞票是我们生活中的优先。但在短短的两三个月内，我们的投资，业务和工作受了巨大的损失。

主我们感谢祢因祢在这疫情中提醒我们祢是谁。我们为在世界各地挽救生命的前线工作人员感谢祢。医生、护士、各类医务人员和许多其他不可少有的工作人员。我们已经忘记了许多真正的英雄，他们为我们的生活做出了巨大的贡献，之前我们把他们当着理所当然。这些人包括我们的父母、老师、牧师、长老、农民、警察和许多每天为我们服务的人。

主啊，我们很感恩，祢允许我们脱下面具。脱下面具显露真实的自己是一件困难的事。我们勇敢因为祢已经接受了我们。祢赐给我们信心做自己，而不是假装做别人。我们恳求祢赦免我们虚伪、不诚实和双重标准生活的罪。主当祢进入我们的心，祢使一切更新。帮助我们以信心活出我们在耶稣基督里的新身份。

主啊，教导我们以爱、恩慈、慷慨、诚实和朴素过我们的生活。我们感谢祢通过圣灵的居住使这种生活方式成为可能。这种生活方式将导致我们的家庭和教会有团结与和谐。

我们奉主耶稣得胜的名求，阿门！

杨仕涵译

Wednesday 27 May 2020

Proverbs 27:1

Do not boast about tomorrow, for you do not know what a day may bring. (ESV)

13 Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"— 14 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. 15 Instead you ought to say, "If the Lord wills, we will live and do this or that." 16 As it is, you boast in your arrogance. All such boasting is evil. (James 4:13-16)

Do you ever wonder why in James 4:13 and 16, the Bible tells us that when we talk and plan for tomorrow independently on our own, it is considered as boasting, demonstrating our arrogance which is evil? The same train of thought is also reiterated in Proverbs 27:1 "Do not boast about tomorrow, for you do not know what a day may bring". Such exhortation is timely and true because we do not have control of tomorrow. By boasting of our future plan we fail to give the due reverence to God who is sovereign and has the absolute control over our life. That is why James says "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 vanishes." Proverbs 27:1b repeated the same piece of advice "for you do not know what a day may bring." Therefore, we are considered arrogant and boastful when we brag about the things we want to do without acknowledging the fact that we actually have no control over them. Our life is always in the mercy of God's hand. When we fail to give such recognition and reverence to God, it is boastful which is evil.

Instead, James teaches us to say, "If the Lord wills, we will live and do this or that." With this attitude, we give reference to God; fully acknowledging He is the Almighty God who has sovereign control over all creation and every aspect of our life. When we have that kind of awareness and acknowledgement of HIS existence and control over our lives and everything we do, we will give Him the reverent fear as we ought to. We will not take things into our hands but come to Him in prayer in every area of our life.

Years ago, an earnest Christian doctor was called to see an elderly man whom he had frequently visited before. He had shared the Gospel with his patient many times, but on each occasion, his patient would reply, "Not now, Doc. Some other time." In this visit, the elderly man was suffering from a severe bronchial attack. The doctor examined him and after promising to get some medicine ready, he was about to say "Good-bye" when the patient's wife asked, "Doctor, when John should start taking the medicine?" "Well, let's see, he is not very ill now. Suppose you begin a month from now."

The couple looked at him in astonishment because this infection was quite serious. "Maybe a month from today? Surely you're not serious!" said the man's wife.

"Well, why not? Is that too soon?"

"Too soon! Why I may be dead by then!" said the patient.

"Hmm...that might be true. But remember, you really aren't very bad yet. Still, perhaps you had better begin to take it – say, in a week."

"Doctor," John said in great perplexity, "I don't mean to question your advice, but I might not live even a week in the condition I am in."

"Well, that is true, John, but very likely you will. And the medicine will be in the house. If you find yourself getting worse, you could take some then."

Very seriously, John said, "Doc, this is the worst illness I have ever had. To be honest with you, if I don't get some medicine soon, I may be dead tomorrow!"

"Well, when would you propose to begin, John?"

"Well, I thought you would tell me to begin now."

"John, begin now by all means," said the doctor. "I only want to show you how false your own reasoning is when you keep putting off taking the medicine which the Great Physician has provided for your sin-sick soul. For years you have turned away from the Lord and Savior Jesus Christ. You have said to yourself 'next week,' or 'next year' or 'when I am ready'; any time rather than the now. And yet "now" is the only time that you can be sure of."

Pray:

Dear Heavenly Father,

We acknowledge that all our tomorrows are in your hands. We ask that we can be useful to you today; courageous enough not to worry about tomorrow, and loyal enough not to waver in our love for you and our commitment to you.

In Jesus' name, I pray, Amen.

Ps. Wallace Ong

每日灵粮

27/05/20 星期三

作者：王振威传道

箴言 27:1 不要为明日自夸、因为一日要生何事、你尚且不能知道。

13 噫、你们有话说、今天明天我们要往某城里去、在那里住一年、作买卖得利。14 其实明天如何、你们还不知道。你们的生命是甚么呢。你们原来是一片云雾、出现少时就不见了。15 你们只当说、主若愿意、我们就可以活着、也可以作这事、或作那事。16 现今你们竟以张狂夸口。凡这样夸口都是恶的。（雅各书 4:13-16）

你是否曾经想过，为什么在雅各书 4:13 和 16 中，圣经告诉我们，当我们独自为明天筹划时，其可被视为是夸口，显露了我们的张狂，而这都是邪恶的？箴言 27: 1 也重申了同样的思路：“不要为明日自夸、因为一日要生何事、你尚且不能知道。”。这种劝告是适时且合宜的，因为我们无法掌握明天。通过夸耀我们的未来计划，我们无法把应有崇敬给予神，当知祂是至高无上的，对我们的生命有绝对的控制权。这就是为什么雅各说：“其实明天如何、你们还不知道。你们的生命是甚么呢。你们原来是一片云雾、出现少时就不见了。”箴言 27: 19（下）重复了同样的劝告：“因为一日要生何事、你尚且不能知道。”因此，当我们吹嘘自己想做的事情，而却不承认我们实际上无法掌控它们时，我们就是张狂的夸口。我们的生命乃是在上帝怜悯的手中。当我们不承认和敬畏上帝时，凡这样夸口都是恶的。

雅各却教导我们说：“主若愿意、我们就可以活着、也可以作这事、或作那事。”当我们抱着这种态度时，我们就是想到上帝；完全承认祂是全能的上帝，并且祂对所有的创造物和我们生命的各个层面拥有绝对的主权。若是我们对祂的存在有这样的觉醒，并知道祂掌控我们的生命及所有事情时，我们就应当敬畏祂。我们不会将事情掌握在自己手中，而会在我们生活的每个方面向祂祈祷。

好几年前，一位敬虔的基督徒医生被叫去看一个他以前经常出诊的老人。他曾多次与患者分享福音，但每次患者都会回答：“不是现在，医生。再过一段时间。”这次的出诊，这位老人严重的支气管疾病发作。医生对他进行了检查，并在准备好药物后，当他正要再说“再见”时，患者的妻子问“医生，约翰什么时候应该开始服药？”

“好吧，让我们看看，他现在病得不是很严重。可能现在开始算起一个月后吧。”

这对夫妇惊讶地看着他，因为这次染病非常严重。“可能现在开始算起一个月后？你一定是在开玩笑！”男人的妻子说。

“嗯，为什么不呢？是不是太早了呢？”

“太早了？为什么，到那时我可能已经死了！”病人说。

“嗯……那可能是真的。但是请记住，你确实还不算情况太糟糕。不过，也许你可以在一周后开始服用。”

“医生，”约翰非常困惑地说道，“我不是要质疑你的建议，但就我现在这种状况，我也可能甚至连一个星期都活不过啊。”

“好吧，确实如此，约翰，你说的是对的。我会把药放在屋子里。如果你发现自己越来越糟，那么你就可以服用一些。”

约翰非常认真地说：“医生，这是我患过的最严重的疾病。老实说，如果我不马上服药，我明天可能就死了！”

“好吧，约翰，你打算什么时候开始？”

“嗯，我以为你会告诉我现在开始。”

“约翰，无论如何一定要现在开始，”医生说。“我只想告诉你，当你继续推迟服用“大医师”为你患病的灵魂所提供的药物时，你的理由是多么的错误。你已离弃神和救主耶稣基督多年。你對自己說“下周”，或“明年”或“当我准备好时”；任何时候，而不是现在。但是，“现在”却是唯一可以确定的时间。”

祈祷：

亲爱的天父，

我们承认，我们所有的明天都掌握在你的手中。我们恳求今天就被主所用；有足够的勇气不用担心明天，也有足够的忠诚不致动摇我们对你的爱和对你的委身。

我奉耶稣的名祷告，阿们。

陈月妃译

Thursday, 28 May 2020

Proverbs 28:4-5

Imagine having a friend who has supposedly known you for many years and claims to be your good friend. Then all of a sudden, that friend of yours would ask you to do something that you dislike doing. What would be the thought that comes to your mind? The first thought would definitely be “wait I thought you should know this since you’ve been my friend for so long?” In a sense, you would start wondering about his effort, because that action seems to indicate something. Likewise, it is with our Christian wisdom, the manner in which we act indicates certain things, especially how much we know about God.

Here in verse 4a, we are told that “Those who forsake the law praise the wicked.” This verse is indicating a certain aspect of our lives and certain indications that it makes. It specifically speaks about our attitude towards God’s law. This verse mentions that those who praise the wicked, is in a sense, the result of forsaking the law.

We all know what forsaking the law is. However, the line becomes a bit more blurred when it comes to praising the wicked. Praising the wicked comes in many different forms, such as indirectly condoning of certain willful sinful acts (i.e. buying pirated digital products or counterfeit goods) or even directly doing it (i.e. bribing the police/officials for certain business requirements).

Then in verse 4b, it draws a contrast by stating “but those who keep the law strive against them.” The contrast is that those who go against praising the wicked are those who keep the law or those who uphold the laws in which God has given or placed above us. As God’s people, we ought to exercise wisdom by keeping the law, lest we are praising the wicked directly or indirectly with our subtle actions.

Moving further down into verse 5a, the author tells us that “evil men do not understand justice.” This is the natural outcome and outlook of those who forsake God’s law, they do not understand justice because they are blinded by their own sinful ways. More specifically, they do not understand what true justice is.

BUT those who seek the Lord understand it completely, as indicated as a contrast in verse 5b. The only reason why we are able to understand justice is due to the fact that we seek God through obeying His laws, where God’s holy character is revealed to us. If we want to truly know and understand justice, we have to go to God’s revealed law. Because God’s law is the only law that is perfectly righteous and just, that shows no partiality. Whereby our justice is imperfect.

So, what do all these mean to us today? It is important to note that we as Christians ought to exercise wisdom by upholding God's law in our own personal lives. Not in the manner where we obey God to earn our way to heaven, but in such a way where we, as God's subject, submit ourselves to Him (and His laws), who is the King who saved and called us to be His own people.

Secondly, we as humans all want perfect justice. The only way for us, as God's people, to truly know perfect justice is to exercise wisdom by upholding and the obeying God's law. This calls us to examine our lives, especially our actions. Are there any actions in our lives that praise the wicked? Have we truly understood justice by seeking God's law? If we claim to love and know God, may we be quick to act in ways that are pleasing towards God, by obeying His laws. Lest our lives indicate otherwise.

As we come to the Lord in prayer, may we ask God's Spirit to work in us, so that we can exercise the God-given wisdom to us in our lives, by seeking to please Him in every way we live. Let us think and look through every areas and action of our lives, and ask God's Spirit to change our hearts to exercise wisdom by keeping and upholding God's revealed laws.

Hon Sir Neng

每日灵粮

27/05/20 星期三

箴言 28:4-5

韩思能

想象一下，有一个朋友据称已经认识您很多年，并声称自己是您的好朋友。然后突然，您的那个朋友会要求您做您不喜欢做的事情。您会想到什么？首先想到的肯定是“我以为您应该知道这一点，因为您已经成为我的朋友很久了？”从某种意义上讲，您会开始怀疑他的努力，因为这种行动似乎表明了某些事情。同样，以我们的基督徒智慧来说，我们的行事方式可以表明某些事情，尤其是我们对上帝的了解程度。

在第 4a 节，我们被告知“离弃律法的，称赞恶人。”这节经文表明了我们生活的某些方面，并表明了这一点。它专门谈到我们对上帝律法的态度。这节经文提到，赞美恶人的人在某种意义上是放弃法律的结果。

我们都知道放弃法律是什么。但是，当赞美邪恶的人时，这条线变得更加模糊。赞美邪恶的人有多种形式，例如间接纵容某些故意的犯罪行为（例如即购买盗版数字产品或假冒商品）甚至直接做（例如即为某些业务要求贿赂警察/官员）。

然后在第 4b 节中，通过陈述“遵守律法的，却与恶人相争。”相比之下，反对称赞恶人的人是遵守法律的人，或者是奉行上帝赋予我们或高于我们的法律的人。作为神的子民，我们应该通过遵守法律来行使智慧，以免我们直接或直接以微妙的行动来赞美邪恶的人。

进一步讲到第 5a 节，作者告诉我们“坏人不知公正是什么。”这是那些放弃上帝律法的人的自然结果和看法，他们不了解正义，因为他们对自己的犯罪方式视而不见。更具体地说，他们不了解什么是真正的正义。

但寻求主的人完全理解它，如第 5b 节中的对比所示。我们能够理解正义的唯一原因是因为我们通过遵守上帝的律法来寻求上帝，上帝的圣洁性格向我们彰显了出来。如果我们想真正地了解和理解正义，就必须遵循上帝所启示的律法。因为上帝的律法是唯一完全公义，公正的律法，所以没有偏见。因此，我们的正义是不完善的。

那么，所有这些对今天如何适用？重要的是要注意，我们基督徒应该通过在自己的个人生活中维护上帝的律法来行使智慧。并非以我们服从上帝去通往天堂的方式，而是以我们作为上帝的臣民服从于他（和他的律法）的方式，他是拯救并称呼我们为他自己的国王人。

其次，我们所有人都希望拥有完全的正义。作为上帝的子民，我们真正了解完美正义的唯一方法是通过坚持和遵守上帝的律法来行使智慧。这要求我们审视我们的生活，尤其是我们的行动。我们的生活中有没有什么举动赞美恶人？我们通过寻求上帝的律法真正了解正义吗？如果我们声称爱并认识神，那么我们可以通过服从神的律法而迅速采取使神喜悦的方式行事。以免我们的生活另有说明。

当我们向主祈祷时，我们可以祈求上帝的灵在我们里面工作，以便我们可以通过说谎的各种方式取悦上帝，从而在生活中运用上帝赋予我们的智慧。让我们思考并审视我

们生活中的各个方面和行动，并要求上帝的灵改变我们的心，通过遵守和遵守上帝所揭示的律法来行使智慧。

Friday, 29 May 2020

Proverbs 29

*23 A person's pride will humble him,
but a humble spirit will gain honour.*

Today, many people will easily recognise and remember Mother Theresa. She was the famous Catholic nun from Albania, working in the slums of Calcutta, India. Mother Theresa helped the poor and the sick. She showed the love and compassion of God to countless people who encountered her.

But before Mother Theresa, there was one Amy Carmichael. Perhaps, not many may know or recall Amy's legacy. Her life and humility is such that she can be easily eclipsed by many other more famous missionaries.

Amy was an Irish, who dedicated her life to missionary work in South India. There she worked tirelessly to rescue children, mired in poverty and societal abuse, until her death in 1951 at the age of 83.

Make no mistake, Amy was a spiritual giant. She had an indomitable spirit within her, standing up against prejudice to rescue little girls from abuse. At that time, poverty drove many Indian parents to sell their little girls into prostitution. Amy was shocked when she learned about such practices. She immediately decided to rescue these girls.

Often, Amy would walk miles just to rescue one child from abuse. Her hands and feet were used mightily by God to save many little girls. I am convinced that her love for the children was only possible because of her first love for Jesus first. Because of her dedication and commitment to the gospel, Amy remained single her entire life.

Missionary work is tough. Various challenges, bitterness and pain can become major obstacles to overcome. Sometimes loneliness can also overwhelm missionaries in the mission field.

Despite the challenges, Amy remained steadfast. According to her, there is only one way to overcome bitterness. "There is only one way of victory over the bitterness and rage that comes naturally to us-To will what God wills brings peace." Amy also says that there is no such thing as "loving too much!"

Reading Proverbs 29:23 reminds me of Amy's humility and unselfish attitude. Her ministry impacted hundreds of children. When she died in 1951, she was buried without any gravestone, as per her request. She did not seek any recognition for her work.

Looking at Amy's sacrifice, non-Christians may be tempted to call her a fool. In Latin, the word fool originates from words to describe "windbag" or a "large

inflated ball". It appears that a fool is one who thinks too much of himself or herself.

When we are inflated by our arrogance and ego, we can think too highly of ourselves. The remedy for pride and arrogance is humility. Verse 23 says that "pride will humble us". This is interesting. It is very reassuring to know that God is immensely resourceful, that he can use even one of the worst human attitudes, pride, to humble us.

I have learned that the only way to learn humility is to love first and speak less. The less spoken, the better. Bible teaches us to show humility by acting out in love.

Amy was humble right to the end. She was unselfish, loving, controlled her pride and remained humble. According to her, "One can give without loving, but one cannot love without giving".

This morning, let us consider our ways. Ask God to show the pride in our lives. Confess it before the Lord. Ask God to teach us to remain humble and not to seek self-promotion in any way. Let us look to John the Baptist, who said: "He must increase, and I must decrease" (John 3:30).

Amy Carmichael did not care much for her name and reputation. She was only concerned about the love of God and promoting the message of her Great Saviour, Jesus. Can we do the same?

Prayer:

Lord, forgive me for the times when I have shown arrogance. Please take away the stench of pride in my life. Let me not seek my own will, but only Yours Lord. Let me decrease, so that Jesus may increase in my life. In Jesus' name I ask.

Amen

Prathab V.

每日灵粮

29/05/20

星期五

作者: Prathab V.

箴言 29:23

人的骄傲必使他卑微；

心里谦卑的，必得尊荣。

特蕾莎修女如今是个家喻户晓的名字。她是来自阿尔巴尼亚的著名天主教修女，在印度加尔各答的贫民区工作。特蕾莎修女帮助穷人和病人。无数遇到她的人都从她的身上看到上帝的爱和怜悯。

但除了特蕾莎修女，也有一位名叫贾艾梅(Amy Carmichael)的女士。也许没有多少人认识贾艾梅和她在世时的事工。她的生命与谦卑的心很容易在许多较著名的宣教士名单中被遗忘。

艾梅是爱尔兰人，她一生竭力于南印度的宣教事工。在那里，她不懈地拯救陷入贫困和受社会虐待的儿童，直到 1951 年去世，享年 83 岁。

艾梅无疑是一位属灵的巨人。她内心有一种不屈不挠的精神，反抗偏见与不公，拯救小女孩免受虐待。当时，贫困迫使许多印度父母卖女儿，让她们成为妓女。当艾梅得知这样的手法，她很震惊，立即决定拯救这些女孩。

艾梅平常会走好多里路，只为了拯救一个孩子免受虐待。她的手和脚被上帝用来拯救许多小女孩。我深信她能这么爱孩子们，是因为她对耶稣起初的爱。由于艾梅献身忠于福音，她也守独身。

传教工作是艰难的。各种挑战、苦毒和痛苦都有可能成为需要克服的障碍。有时孤独也会压倒宣教士。

尽管面临挑战，艾梅仍坚持不懈。对她而言，只有一种方法能克服苦毒。“只有一种方式能够战胜我们自然产生的痛苦和愤怒，那就是：履行上帝的旨意会带来平安。”艾梅还说，没有所谓的“爱得太深！”

阅读箴言 29:23 让我想起艾梅的谦卑和无私。她的事工影响了数百名儿童。当艾梅 1951 年去世时，她要求不要墓碑。她没有为自己的工作寻求任何认可。

非基督徒可能会认为艾梅是个傻瓜。在拉丁语中，“傻瓜”起源于一些描述“喋喋不休的人”或“大气球”的词语。看来，傻瓜就是个自以为是的人。

当我们傲慢和自夸，我们会高估自己。解除骄傲和傲慢的药方就是谦卑。第 23 节说，“骄傲必使他卑微”。这相当有趣。令人宽慰的是，上帝可以用人最糟糕的态度之一，骄傲，使我们学习谦卑。

我了解到，谦卑的唯一方法，就是先爱对方，而且少说话。说得越少越好。圣经教导我们，谦卑首先要有爱的行动。

艾梅谦卑至死。她不自私，爱人，控制她的骄傲和保持谦卑。她曾说过，“为别人付出不一定是出于爱，但一个人若爱，就肯定需要付出。”

今早，让我们省思。求神让我们看见生活中的骄傲。在上帝面前认罪。求他教导我们谦卑，不高举自己。让我们看看施洗约翰，他说：“他必兴旺，我必衰微。”（约翰福音 3: 30）。

贾艾梅并不在乎成为有名望的人。她只关注上帝的爱和宣传她伟大救主耶稣的信息。我们是否也能够如此？

祈祷：

主，求你原谅我的傲慢。请除去我生命中骄傲的恶臭。让我只寻求你的旨意。恳求主兴旺，使我衰微。奉主名祷告，阿门。

巫惠如译

Saturday, 30th May 2020

Proverbs 30: 7-9

"Two things I ask of you, LORD; do not refuse me before I die: Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown you and say, 'Who is the LORD?' Or I may become poor and steal, and so dishonor the name of my God.

The first of the two things Agur pray for is the spiritual side of his life – that God would keep falsehood and lies far from his life. Indeed, what a wise man he was – that if our walk with our Lord is right and proper, we will always have His blessing, guidance and protection. If we build our lives with falsehood and lies, God would withhold His blessing, guidance and protection from us. As Christians, we need to build our lives with truth, integrity and honesty.

The second part of Agur's prayer is a prayer many of us would more than ready, if not already prayed, against poverty. But following that would hardly one in ten thousand pray "give me not riches". Praying not to be given riches? Who would want to pray a prayer like that? Who wouldn't want to be rich? – "but give me only my daily bread".

Isn't that what our Lord teaches us to pray "give us today our daily bread" (Matt 6:11). Bread represents our basic necessities, but not our luxuries of life, our needs and not our wants. Note carefully too, it's plural "us" and not singular "me". So if God gives us two loaves of bread, the extra is meant for someone who doesn't have, giving us an opportunity to live out – it's more blessed to give than to receive. Remember the manna some Israelites gathered more than they needed and the next morning it was full of maggots and began to smell. (Exodus 16: 20). In giving others, God will continue to provide and we will have more, in hoarding, what we have will turn bad.

Agur prayed against riches because he is afraid that when he had too much, he will disown God and say "Who is the Lord?" Or, "Why should I serve Him? (Job 21: 14-16). Generally, it is easier to forget God when we are rich than when we are poor. Too often, the more we receive from God, the less He receives from us. The twining thorns choke the heavenly plant. (Matt 13:22). And as we prosper in the flesh, we are impoverished in the spirit. Prosperity makes people proud and forgetful of God, as it they had no need of him. That was exactly what Moses warned the Israelites against in Deut 8: 12-17; 31:20.

Agur also prayed against poverty less he steal and dishonour God's name. Poverty is indeed a strong temptation to dishonesty. So how do we pray? Perhaps it's best to leave this matter entirely to God. Both riches and poverty are His appointments, His prerogative. It may please Him to place us in a high

condition; to entrust us with much riches, or to exercise us with the trials of poverty. Many of His children are in both conditions. Let us rather seek for grace to glorify Him in either condition. Or if it seem right for us to pray for a change of condition, let us not forget to pray that His will, not ours, be done. "Whithersoever God gives" – said the pious Bishop Hall – "I am both thankful and indifferent; so as, while I am rich in estate, I may be poor in spirit; and while I am poor in estate, I may be rich in grace."

PRAYER: Dear Lord, you know us best. No matter what condition you put us in, rich or poor or in-between, we just want to live a life to glorify your name. You are the potter, we are the

clay, mould us anyway you want. Help us to pray like Paul "I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength." In Jesus name we pray Amen.

每日灵粮

30/05/20

作者：宋国基牧师

箴言 30：7-9

我求你兩件事，在我未死之先，不要不赐给我：求你使虚假和谎言远离我，使我不贫穷也不富足，赐给我需用的飲食。免得我饱足不认你，说：「耶和华是谁呢？」又恐怕我贫穷就偷窃，以致亵渎我神的名。

亚古珥在他祷告中祈求的第一件事是为他人生的属灵层面求上帝使虚假谎言远离他的生活。确实，他是一个非常有智慧的人因他知道如果我们能正确和适当的与主同行，我们就常有祂的祝福，引领和保护。如果我们用虚假和谎言来建立我们的人生，上帝将挪去祂的祝福，引领和保护。身为基督徒，我们需要以真理，正直和诚实来建立我们的人生。

亚古珥第二部分的祷告，我们许多人也都祈祷过，是关于反贫困。可是接下来一万个人当中却很难可以找到一个人可以像亚古珥一样祷告“使我不富足”。祷告求上帝不赐他财富？谁愿意祈求这样的祷告？谁不想致富？

“但只给我日用的饮食”。这难道不就是我们的主教导我们的祷告“我们日用的饮食，今日赐给我们”（太 6:11）。饮食代表我们的基本需要，而不是我们生活的奢侈品，是我们所需要的而不是我们所渴望的。仔细注意，它是以复数形式的“我们”而不是单数形式的“我”。所以，如果上帝给我们两个面包，那么多余的那一个是要给没有食物的人的，这是给我们可以活出“施比受更有福”的一个机会。记住当初有些以色列人收集了超过他们所需要的吗哪，第二天早晨，吗哪生虫变臭。（出埃及记 16: 20）。在给予别人时，上帝会继续供应我们更多，在滞积给自己时，我们所有的将变坏。

亚古珥祷告反财富因为他担心当他有过多时他会撇弃上帝并说“谁是主？”或者，“我为什么要服事他？”（约伯记 21:14-16）一般上我们在富有时会比我们在穷时更容易忘记上帝。很多时候我们从神那里得到的越多，神就从我们这里得到的越少。缠绕的荆棘把天国的福音植物给挤住了。（太 13:22）。当我们在俗世肉体中繁荣时，我们在灵命上就变得贫困。俗世繁荣使人们变得骄傲也对上帝健忘，好似他们不需要上帝。这正是摩西在申命记 8:12-17; 31:20 中警告以色列人的。

亚古珥为反贫困祷告，免得他偷窃以致亵渎上帝的名。贫困确实是不诚实的极大诱惑。所以我们应当如何祷告？也许最好就是把这件事完全交给上帝。富裕和贫困都由祂来委派，是祂的特权。随祂意愿使我们处于高台，委托我们很多财富，或使我们经受贫困的考验。祂的许多孩子都处于这两种情况。不管是在任何一种情况下我们都应当寻求祂的恩典荣耀祂。或者，在对的情况下我们祷告上帝改变我们的情况，让我们不要忘记祷告祂的旨意而不是我们的旨意行成。虔诚的主教霍尔说：“上帝给的任何一切，我既感恩又无所谓。因为当我财产丰富时，我在灵里可能很贫穷；当我财产贫乏时，我可能恩典丰富。”

祷告：亲爱的主，祢最了解我们。不管祢让我们处于什么情况，无论是贫富或介于两者之间，我们都只是想要过一个荣耀祢的名的生活。祢是陶匠，我们是黏土，随心所欲的塑造我们。帮助我们像保罗一样祈祷。“我无论在甚麽景况都可以知足，这是

我已经学会了。我知道怎样处卑贱，也知道怎样处丰富；或饱足，或饥饿；或有馀，或缺乏，随事随在，我都得了秘诀。我靠着那加给我力量的，凡事都能行。”我们奉耶稣的名祷告，阿们。

方美珠译

Sunday, 31 May 2020

Walking with God through Psalms

The Prince of Preachers, Charles Spurgeon called Psalms the "Treasury". The book of Psalms is a gold mine. (Samuel Whitefield). How should we go about discovering this treasure? There are many golden nuggets embedded in PSALMS. Psalms is very unique Book compare to the rest of the books of the Bible. The Bible is God's Word speaking to us. Psalms is human responses to God in all its expressions of real life. In the Psalms we find honest, sometimes brutal, expressions of the human heart. The songs and poems express the highest joy and the deepest pain and sorrow. The authors plead with God, shout at God, and beg God for forgiveness. The writers exalt virtues and righteousness, and they condemn with harshness the ugly abuses people sometimes carry out. Psalms contains the deepest expression of pain, hopelessness, and despair and the highest expressions of praise. No matter where a Psalm begins, the Psalms end with a profound sense of hope and confidence in God's faithfulness.

The Book of Psalms is believed to be the most widely read of all the books in the Old Testament. Psalms is a collection of poems, songs, and prayers that express the feelings of the Israelites throughout their journey in the history of the Jews. The original meaning of the word "PSALMS" means to "pluck" the strings of an instrument, such as a harp or lyre. Later, it came to refer to the lyric poem sung to the accompaniment of string instruments. The Psalms becomes the Hymnbook of the Hebrew people in the Old Testament.

Majority of the Psalms were written by King David (73), Asaph (12), the Songs of Korah (12), Solomon (2), Moses(1), Heman(1), Ethan(1), and 48 others were anonymous.

The Book of Psalms is divided into five books, each closing with a doxology or benediction. These five books were probably introduced to imitate the five books of the TORAH.

Introduction Psalms 1 -2

Book 1. Psalms 3-41; "Blessed be the Lord God of Israel! From everlasting to everlasting! Amen and Amen."

Book 2. Psalms 42-72; "And Blessed be the glorious name forever! And let the whole earth be filled with His glory. Amen and Amen."

Book 3. Psalms 73-89; "Blessed be the Lord forevermore! Amen and Amen."

Book 4. Psalms 90-106; "Blessed be the Lord God of Israel. From everlasting to everlasting! Praise the Lord."

Book 5. Psalms 107-145. "Let everything has breath praise the Lord. Praise the Lord!

Conclusion Psalms 146-150

The Psalms can be identified into few basic types.

LAMENTS, An expression of grief, pain, loss, incomprehension, confusion, or dissatisfaction directed to God. Laments brings a troubled situation before the Lord, asking Him for help. There are community (Psa 2) and individual (Psa 13) laments. This is the largest by far, up to a third of all the Psalms are lamentations.

PRAISE, which call God's people to celebrate His great attributes and deeds. (Psalms 8, 93, 145)

THANKSGIVING, as an expression of joy and thankfulness to God in response to some gracious act of God. There are individual as well as community thanksgiving Psalms, community Psa. 9 and individual Psa. 30.

WISDOM Psalms which give advice about responsible living, (Psa. 1, 37, 49, 73, 112 and 128), which reflect the themes from the Wisdom Books (Job, Proverbs, Ecclesiastes, and Song of Solomon).

How do we meditate on the Psalms?

1. Read Psalms slowly and deliberately in order to take in the sights and sounds, taste, touch and smell in which the truth of God is contained.
2. It is very important to know, who is speaking and to whom?
3. Psalms is poetry. Poetry is using words to draw pictures. Identify the environment of the text, for example is in the battle front; in the temple or in the tent of the Lord, in the farm, etc.
4. What is the main theme of the text?
5. What does it say about Jesus?
6. What it means to be in the presence of the Holy God?
7. Reading Psalms is never completed until we response in prayer to God.

Why do we read Psalms? (from the Life Application Bible)

When we want:

To find comfort Psalm – 23

To meet God intimately – Psalm 103

To learn a new prayer – Psalm 136

To learn a new song – Psalm 92

To learn more about God – Psalm 24

To understand yourself more clearly – Psalm 8

To know how to come to God daily – Psalm 5

To be forgiven for your sins – Psalm 51

To feel worthwhile – Psalm 139

To understand why you should read the Bible – Psalm 119

To give praise to God – Psalm 145

To know God is in control – Psalm 146

To give thanks to God – Psalm 136

To please God – Psalm 15

To know why you should worship God – Psalm 104

As we read and memorize the Psalms, we will gradually discover how much they are already part of us. They put words into our deepest hurts, longings, thought, and prayers. They gently push us toward being what God designed us to be – people loving and living for Him. (Life Application Bible)

Prayer for today

Our Father in Heaven, we thank You for giving us the Psalms. From the Psalms we can learn from the Psalmist there is no shame to bare ourselves before you with both our joys as well as our sorrows. O Lord, help us to express ourselves freely in your presence. Help us to cultivate a closer relationship with You. Teach us devote ourselves to You. Open our mouth and enable us to pray and worship You. As we gain a clearer picture of who You are, teach us to love you with all our heart, with all our soul, with all our mind and with all our strength.

Let everything that has breath praise the Lord. Praise the Lord! Psalm 150.6

Amen and Amen.

Pastor Isaac Yim

每日灵粮

31/05/20 星期日

作者：严以撒牧师

布道王子查尔斯·司布真（Charles Spurgeon）把诗篇称为“宝库”。诗篇书卷是个金矿。（Samuel Whitefield）。我们应该如何去发掘这个宝藏呢？诗篇中镶嵌了无数的金块。诗篇与圣经中其他的书卷比较起来是非常独特的一本书。圣经是神对我们说的话。诗篇则是人类在现实生活中对上帝的回应。在诗篇中，我们发现了人类内心真实的、有时是残酷的表达。歌谣和诗歌表达了最高的喜悦和最深的痛苦及悲伤。作者向上帝恳求，对上帝呐喊，并祈求上帝的宽恕。作者们推崇美德和公义，他们也严厉地谴责人们的丑陋举止。诗篇包含了痛苦、绝望和失望的最深刻的表达，同时也发出了最崇高的赞美。无论诗篇从何处开始，诗篇的结尾总是对神的信实充满希望和信心。

诗篇被认为是所有旧约书卷中最被广泛阅读的。诗篇是诗歌，歌谣和祈祷文的汇集，其表达了以色列人在犹太历史中的感受。“诗篇”一词的本义是指“弹奏”诸如竖琴或七弦琴之类的乐器的弦。后来，这是指在丝弦乐器伴奏下演唱的抒情诗。诗篇成为旧约中希伯来人的赞美诗。

多数诗篇是由大卫王（73），亚萨（12），可拉后裔的诗（12），所罗门（2），摩西（1），希幔（1），以探（1）以及 48 位匿名作者所撰写。

《诗篇》分为五卷，每卷书以荣耀颂或祝福作为结束。这五卷书的选编也许是为了仿效摩西五经的五卷书。

引言，诗篇 1-2

第一卷，诗篇 3-41：“耶和华以色列的神、是应当称颂的、从亘古直到永远。阿们、阿们。”

第二卷，诗篇 42-72：“他荣耀的名、也当称颂、直到永远。愿他的荣耀、充满全地。阿们、阿们。”

第三卷，诗篇 73-89：“耶和华是应当称颂的、直到永远。阿们、阿们。”

第四卷，诗篇 90-106：“耶和华以色列的神、是应当称颂的、从亘古直到永远。愿众民都说、阿们。你们要赞美耶和华。”

第五卷，诗篇 107-145。“凡有气息的、都要赞美耶和华。你们要赞美耶和华。”

结尾，诗篇 146-150

诗篇可以分为几种基本类型。

‘哀歌’，向上帝表达悲痛，痛苦，失落，不理解，困惑或不满。哀歌乃是把一个困境带到主的面前，并向祂求助。例如，全民（诗篇第 2 篇）和个人（诗篇第 13 篇）的哀歌。诗篇中多达三分之一的诗篇属于哀歌。

‘赞美’，呼唤神的子民来称颂祂伟大的属性与作为。（诗篇 8，93，145）

‘感恩’，是对上帝的恩典表达了对上帝的喜乐与感恩。其中有个人以及全民的感恩诗，全民（诗篇第 9 篇）和个人（诗篇第 30 篇）。

‘智慧’诗篇，提供有关尽责生活的劝告（诗篇第 1、37、49、73、112 和 128 篇），反映了智慧书卷（约伯记，箴言，传道书和雅歌）的主题。

我们该如何默想诗篇？

1.缓慢而慎重地阅读诗篇，以了解其中包含上帝真理的景象，声音，滋味，触碰和气

味。

2.要知道是谁在说话以及向谁说话，这是非常重要的。

3.诗篇是诗歌体的写作方式。诗歌体乃是用文字来表达一个景象。确定经文的环境，例如在战争前线；在圣殿或耶和华的会幕中，在农场中等等，

4.经文的主题是什么？

5.关于耶稣它怎么说？

6.与圣洁的神同在意味着什么？

1. 我们需在祷告中回应上帝才算把诗篇阅读完毕。

为什么我们要读诗篇？（摘自生命应用圣经）

当我们想要：

找到安慰-诗篇 23

亲密接触上帝-诗篇 103

学习新的祷告-诗篇 136

学习一首新歌-诗篇 92

进一步了解上帝-诗篇 24

更加清楚地了解自己-诗篇 8

每天来到上帝面前-诗篇 5

为自己的罪求赦免-诗篇 51

感到有价值-诗篇 139

理解为什么你要读圣经-诗篇 119

赞美上帝-诗篇 145

知道上帝在掌权-诗篇 146

感谢上帝-诗篇 136

取悦上帝-诗篇 15

知道为什么你应该敬拜上帝-诗篇 104

当我们阅读并背诵诗篇时，我们将逐渐发现它们已经成为我们生命的一部分。它们在我们最深的伤痛，渴望，思想和祈祷中向我们说话。它们温柔地把我们塑造成上帝要我们成为的样式—成为一个爱神并为祂而活的人。（摘自生命应用圣经）

今天的祷告

我们的天父，我们感谢你给我们的诗篇。从诗篇中，我们在诗人的身上学习到，在你面前敞露自己的喜乐与伤痛并不是什么羞耻的事。主啊，帮助我们在你面前坦率的表达自己。帮助我们与你建立更亲密的关系。教导我们为你摆上自己。开我们的嘴，让我们可以向你祷告与敬拜你。当我们更认识你的时候，教导我们尽心，尽性，尽意与尽力的爱你。

凡有气息的、都要赞美耶和华。你们要赞美耶和华。诗篇 150.6

阿们、阿们。

王月妃译

Monday, June 1 2020

Psalm 25 (I) – God's Covenant

The Lord is faithful, upright and full of lovingkindness. He will teach those who are humble His ways and will bless those who keep His covenant.

We have often observed worshippers lift up their hands, perhaps with their eyes closed, as an act of worship. The NKJV and LEB versions translate what David says in verse one and two as "To you Lord, I lift up my soul. O my God, I trust (in) You"

'I lift up my soul' is a figure of speech describing how David in addition to his outstretched hands, offers his soul in total surrender and submission to the Lord in heaven. The phrase does not mean a temporary raising of one's heart to God, but a permanent setting of the affections on him.

For David, it was 'all or nothing'. His devotion to the Lord was total and complete and he held nothing back. Should this surprise us? In order for his enemies not to have the opportunity to find a chink in his armour, his commitment to the Lord was one hundred per cent. We have read Jesus' conditions for following Him have we not? Matthew 16: 24 "Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me.'"

David appeals in v 6 and 7 to God's tender mercies and lovingkindness from of old and to not remember the sins of his youth. The word 'lovingkindness' is the Hebrew word *hesed*. But why does David say "For they are from of old"?

To give some brief background, the core idea of this term communicates loyalty or faithfulness within a relationship. Thus, *hesed* is closely related to God's covenant with His people, Israel. In Exodus 20:6, God says that He lavishes His *hesed* "for a thousand generations" on those who love Him and obey His commands. This trustworthy, ever-enduring, loyal aspect of God's covenantal love resonates throughout the Old Testament (Nehemiah 1:5; Daniel 9:4; Jeremiah 32:18)

In the Bible, *hesed* often describes the mercy and compassion of God. As it relates to the concept of love, *hesed* is the term which expresses God's steadfast love and faithfulness to His people as expressed in His covenant with His chosen people. But the covenant was conditional. The overriding condition was obedience on the part of God's people.

Leviticus 26: 3 "If you follow my decrees and are careful to obey my commands" I will bless you.

Leviticus 26: 15 "If you reject my decrees and abhor my laws and fail to carry out all my commands and so violate my covenant," I will curse you.

So, we see David declare his recollection of God's covenant promise with His people, in verse 10:

"All the paths of the LORD are mercy and truth,
To such as keep His covenant and His testimonies.

In the context of the covenant terms, what David writes is fully understandable. To him, it was of utmost importance to keep the demands of God's covenant. Can we identify with what David wrote in verse 10? Do we follow the decrees of our new covenant with Jesus?

With that background underpinning Psalm 25, David, in verses 7, 11 and 18 expresses repentance and confession of sin.

David is openly honest with God and does not deny the existence of his sins. He asks God for forgiveness ("pardon my iniquity, forgive all my sins"), to take them away and "remember not the sins of my youth"

For each of us, perhaps there are those transgressions which overcame us before or even after we came to the Lord, possibly many years ago. Do the memories of those acts still haunt us? Take heart, brother, sister, all of us approach the cross with soiled hands and deceitful hearts. Though long since committed, these acts must not be remembered with such regret and guilt that it paralyzes our service for the Lord.

Going forward, as a body of believers, we need to acknowledge that brothers and sisters, family members (spouses, parents and children, etc.,) in our midst do wrong each other or those outside the community of believers from time to time. As part of restoration, the public and private confession of our sins, asking for, and granting and receipt of forgiveness before accountability partners needs to be a regular Christian practice. When we forget our need for forgiveness, we forget the wonder of God's grace.

Prayer for Today

Gracious Heavenly Father, thank you for the start of a new month. Thank you for the new lessons You will be teaching us from the book of Psalms. We are grateful for the frank manner in which the authors wrote the Psalms, pouring out their hearts to the Lord

Help us learn how to develop such a close honest relationship with You as well, O Lord. Let there be authenticity and genuineness in our relationship with You, and therefore with all our fellow human beings.

May we keep short accounts with You and confess our sins of commission and omission as soon as the Holy Spirit convicts us of any wrong. Thank You for David's total commitment to the Lord God; thereby he had full faith that God would vindicate him against his enemies.

We pray for those who continue to be affected adversely by the effects of Covid-19. We pray for families whose breadwinners have lost jobs, businesses and their sources of income. May your grace be upon them. We pray against the evil one who continues to draw believers away from the faith. Help them to trust You Lord, despite tremendously discouraging circumstances. May your Holy Spirit strengthen them to fight the good fight, finish the race and I keep the faith.

In Jesus' precious Name, Amen.

Ps Cheng Cheung

每日灵粮

01/06/20

作者：张祯祥传道

诗篇二十五（I）-神的约

耶和華是信實的，正直的，充滿慈愛的。他要教導那些謙卑的人，並且要祝福那些遵守他約的人。

當崇拜者舉起雙手，也許是閉著雙眼，我們會認為這是一種崇拜的行為。新國王詹姆斯版本（NKJV）和萊克瑟姆英語聖經（LEB）版本將大衛在第一節和第二節中所說的話翻譯為「主啊，我的心仰望你。我的上帝啊，我信靠你。」

「我的心仰望你」是一種修辭手法，不單描述大衛伸出手，也形容他以完全的交托及順服將心獻給天上的主。這句話的意思不是一個人暫時性地仰望上帝，而是永久性地愛他。

對大衛來說：要么全有，要么全無。他對主的奉獻是完全和完整的，他沒有任何保留。這應該讓我們感到驚訝嗎？為了使他的敵人沒有機會在他的盔甲上找到一個縫隙，他對主的承諾是百分之百的。我們已經讀過跟隨耶穌的條件，不是嗎？馬太福音十六章二十四節「於是，耶穌對門徒說：若有人要跟從我，就当舍己，背起他的十字架來跟從我。」

在第六節和第七節，大衛求上帝顧念自古以來就存在的怜悯和慈愛，並不要記念他幼年的罪愆。「怜悯和慈愛」是希伯來詞「hesed」。但為什麼大衛說它是「自古以來就存在的」？

簡單的背景介紹：這詞的核心思想傳達了關係中的忠誠或信實。由此可見，「hesed」貼切地表達神與他子民以色列的盟約。在出埃及記第二十章六節中，神說，他將他的「hesed」丰盛地賜給那些愛他、聽從他的命令的人直到「千代」。上帝這份可信、永恒、忠誠的盟約之愛也是舊約聖經顯而易見的。（尼 1: 5；但 9: 4；耶 32: 18）

在聖經中，hesed 經常描述上帝的怜悯和慈悲。因為它與愛的概念息息相關，hesed 表達上帝對他子民堅定的愛和信實，正如他與選民所立的約。但盟約是有條件的。最重要的條件是上帝的子民要順服。

利未記 26:3 「你們若遵行我的律例，謹守我的誡命」，我就賜福給你們。

利未記 26:15 「厭棄我的律例，厭惡我的典章，不遵行我一切的誡命，背棄我的約」我必咒詛你們。

因此，我們看到大衛在第十節中宣告他對上帝與他子民所立約的應許：

「凡遵守他的約和他法度的人，耶和華都以慈愛誠實待他。耶和華的一切道路都是慈愛和真理。」

根據盟約條款的背景，大衛所寫的是完全可以理解的。對他來說，最重要的是遵守上帝的約條。我們是否也能體會大衛在第 10 節所寫的呢？我們有沒有遵守與耶穌所立的新約？

以上述的背景為基礎，大衛在第 7，11 和 18 節表達悔改和認罪。

大卫诚实地到上帝面前，不否认自己犯罪。他请求上帝宽恕（「求你赦免我的罪孽，因为我的罪孽重大。」），也求主「不要记念我幼年的罪恶和我的过犯」

对我们每个人来说，不管是信主之前或之后，也许有一些罪辖制我们。记忆中所犯的罪仍然困扰着我们吗？弟兄姐妹，别灰心，我们所有人都以污秽的手和诡诈的心靠近十架。虽然早已犯下这些罪，我们不能扩大罪所带来的遗憾和内疚，拦阻我们事奉主。

身为信徒，我们需要承认，弟兄姐妹、家庭成员（配偶，父母和子女等）或非信徒，都会得罪我们。因此，私下或公开地认罪，请求、给予和接受宽恕，都是基督徒需要实践的。当我们忘记我们需要宽恕时，我们也就忘记了神奇妙的恩典。

今天的祷告

仁慈的天父，我们为新的开始感谢你。感谢你将透过诗篇教导我们新的领悟。我们感谢作者们以坦率的方式写下诗篇，向主倾诉心声。

哦主，帮助我们学习如何与你建立亲密和坦诚的关系。让我们实心实意地对你和我们身旁的人。

若圣灵指证我们犯罪，愿我们不长篇大论，乃是立即承认我们的罪和疏忽。感谢大卫对主的全心全意。他充满信心，相信神会为在敌人面前为他辩护。

我们继续为遭受新冠肺炎影响的人祷告。我们为养家糊口的家庭祷告，他们失去了工作、生意和收入来源。愿主你施恩。恶者不断吸引信徒离开信仰，我们为这事祷告。尽管处在逆境中，求主帮助他们信靠你。愿圣灵坚固他们打美好的仗，完成当跑的路，持守信仰。

奉主耶稣的名祷告，阿们。

巫惠如译

Tuesday 2 June 2020

Psalm 1 TWO WAYS OF LIFE (Introduction 2)

"Walk with God, and you cannot mistake the road; you have infallible wisdom to direct you, permanent love to comfort you, and eternal power to defend you."

Charles H. Spurgeon.

I love reading Psalms again and again because Psalms is a book for all seasons of my life. I can identify myself so easily in every situation of my life. It is a songbook of the Jews in the Old Testament. It is written in poetry. The language of the Psalms is very illustrative known as the figures of speech that paint pictures in the minds of the readers. Hebrew poetry uses vivid images, similes, metaphors and parallelism to communicate thoughts and feelings.

Psalms 1 is the door to the whole Book of Psalms. This Psalm presents two ways of life. The blessed life of a righteous man in contrast to the wicked, like chaff, a life without stability and ending in God's judgement.

"Blessed is the man" let us look at this word "blessed". What makes a man blessed, joyous or happy? This word is used by the Psalmist and Jesus in the Beatitudes. The Psalmist experienced blessedness when God forgave his sins, Psalm 32.1-2, when God kept him safe Psalm 34.8; when God choose him to be in the presence in His holy Temple Psalm 65.4; and when he joyfully worshipped and walked in the light of the presence of God Psalm 89.15. Similarly, we can be blessed or be joyous when our sins are forgiven and we become His children. He gives us access to His presence anywhere and anytime.

The original meaning of blessed means "to be straight" or "to be right." This word is in plural form. So a blessed man or woman who walks straight and right with God, He or she is supremely happy or fulfilled or contented in life. Jesus talks about when He lives in us, he gives us abundant life. That is blessedness. In this Psalm, the Psalmist points out there are three things a blessed or righteous person will not do.

Blessed is the man

Who walks not in the counsel of the ungodly,

Nor stands in the path of sinners,

Nor sits in the seat of the scornful;

The blessed person's character and attitude are vastly different and separated from the wicked. The blessed person and the wicked are very different in the way they think, behave and the people they associate with. There are three groups of progress words "walks, stands and sits," "counsel, path, seat," and "ungodly, sinners, scornful." The blessed will refuse to be influenced by the ungodly. Watch out for what occupies your thought, what you read, what you see or hear! The negative influence of the ungodly constantly attacks our daily

walk with God. May the Holy Spirit grant us wisdom and discernment to see through the scheme of the wicked. May we choose to walk with integrity, humility, dependence upon God, and live a life of self-control. May we carefully set ourselves apart from sin.

How can that be done? The Psalmist reveals the secrets that set us apart from the wicked and their ways. The positive things that a blessed person does. "But his delight is in the law of the Lord, and on his law, he meditates day and night." Psalm 1.2. Instead of walking standing and sitting around with the wicked, sinners and scoffers, he chooses to spend time with God. He has a heart and love for God's Word. He immerses himself in the Word, spends time reading it, and thinking about it all day long. Yes, how do we spend our time? Psalm 63, is a wonderful Psalm describes the true longing of David's heart for God. "O God, you are my God; earnestly I seek you, my flesh faints for you, as in a dry and weary land where there is no water ... when I remember you upon my bed and meditate on you in the watches of the night; ... for you have been my help, ... My soul clings to you; your right hand upholds me." Psa. 63.1,7,8). David was in the wilderness of Judah. But he was in the sweet presence of God worshipping and meditating on the goodness of God. So delight is born from a deep personal intimate experience with God. God becomes our preoccupation. His words continue to linger on throughout the day. The experiences with Him through thick and thin of life's situation cause us to burst out in praise and thanksgiving. The object of our desire is God and His Word.

The "Day and night" or constantly, consistently, and regular meditation on God and His Word will produce a productive life. His life will be "like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers." Psa. 1.3. Like a tree with deep roots in the word of God. It is strong and sturdy. It will grow in wisdom and strength. The leaves will not dry up because it is planted by the stream. It will bear fruits of the Holy Spirit. This strong tree will give shade to many weary people to rest and be refreshed to journey on. To crown it all is "all he does, he prospers." What a lovely picture of a blessed person! That is a very graphic picture of what Jesus talks about, abundant life in Jesus Christ.

The character and destiny of the wicked are totally different. "The wicked are not so, but are like chaff that the wind drives away." Psa. 1.4. The word wicked occurs 4 times in this Psalm 1. The picture of the wicked is like chaff. The basic idea of the wicked is light and unstable, restless running here and there without direction, no peace and happiness. There is no peace for the wicked. It is like the tossing sea, which cannot rest, whose waves cast up mire and mud. He will not be able to stand before his judgement. He has no place among the blessed. The two contrasting lifestyles lead to two distinctly different destinations. The

blessed are stable, fruitful and greatly blessed. The wicked are unstable, unfruitful and will be judged.

Prayer for today

Dear God, we praise and thank you for calling us to be your children. We are truly blessed because your Son Jesus Christ has died for our sins. You have changed our destiny from the wicked way to the way of the Cross. Thank you, Lord, you are great and mighty God, yet you can live in us as we live in you. It is hard to comprehend. Your holy presence in our lives constantly reminds us to walk in your way rather than the way of the wicked. Help us to seek you first daily, give us wisdom and help keep our feet from evil influence. Give us a deep desire to delight in You and your word.

Help us to honour you each day through our lives in all that you lead us to do, in places you lead us to go and in the words you want us to speak. We need you every moment of every day. Help us to stay strong in faith, love others genuinely and lead us Holy Spirit that we will follow obediently. In Jesus' Precious Name. Amen.

Pastor Isaac Yim

每日灵粮

2/6/20

作者：严以撒牧师

诗篇 1

诗篇 1 生命两条路（引言二）

“与神同行，就不会走错路；有完全的智慧指导你，永远的爱安慰你，并有永恒的力量护卫你”。— 查尔斯·司布真（Charles Spurgeon）

诗篇是我很爱重复读的书，因为诗篇适用于我人生的每个季节。我可以轻松地识别自己在生活中的每种情况。这是旧约中犹太人的诗歌书卷。诗篇是以诗歌的方式写成的。诗篇以修辞手法表达信息，使读者心中产生画面。希伯来诗歌使用生动的图像、比喻、隐喻和平行性来传达思想和感情。

诗篇第一篇是整本诗篇的门。这一篇介绍了两条路（两种生活方式），对比了义人蒙福的生命，和恶人像糠秕不稳定并在神的审判将结束的生命。

“这人便为有福”，让我们看一下“有福”这个词。是什么使一个人有福，喜乐或快乐？诗篇和耶稣在八福中使用了这个词。诗人在以下几个情况下使用了“有福”来形容自己的感受：诗篇 32：1~2 – 被神赦免，诗篇 34：8 – 投靠神、受神的保佑，诗篇 65：4 – 当上帝拣选他住在圣殿，诗篇 89：15 – 欢心敬拜神、在上帝脸上的光里行走。同样，当我们的罪孽得到赦免并成为神的儿女时，我们也会蒙福、喜乐。上帝许可我们随时随地与祂亲近。

蒙福/有福的本意是“在正道上”或“在对的道上”。这个词是复词。因此，当人走在上帝正确的道上时，他们在生活中将得到至高的喜乐和满足。耶稣说当祂住在我们里面时，我们就得到丰富的生命。这就是蒙福/有福。

诗篇第一篇指出三件有福的人不会做的事。

有福的人

不从恶人的计谋，

不站罪人的道路，

不坐傲慢人的座位；

有福之人的性格和态度与恶人有很大的差别。有福的人和恶人在思维、行为和交往的人方面都很大的不同。这里有三组词：“从、站、坐”、“计谋、道路、座位”和“恶人、罪人、傲慢人”。有福的人一定拒绝被恶人影响。注意你头脑思想的事情、阅读的内容、观看和聆听的内容！恶人的负面影响不断攻击我们每天与上帝的同行。愿圣灵赐给我们智慧分辨并看穿恶人的计谋。愿我们选择正直、谦卑、依靠上帝的生活，过个节制生活。愿我们小心，远离罪恶、分别为圣。

我们如何行出以上的教导？诗人揭示了可以使我们与恶人生活方式分别的秘诀，就是一个有福的人所做的事情。诗篇 1：2“惟喜爱耶和华的律法，昼夜思想”。有福的人选择与上帝花时间，过于与恶人、罪人、傲慢人一同行事。他喜爱上帝的话语，他投入于圣经，花时间阅读，并整日思考。是的，我们如何度过时间呢？诗篇 63 篇是一首美妙的诗歌，它描述了大卫心中对神的真实渴望。“神啊，祢是我的神，我要切切地寻

求祢，在干旱疲乏无水之地，我渴想祢；我的心切慕祢”；“我在床上纪念祢，在夜更的时候思想祢，因为祢曾帮助我，我心紧紧地跟随祢；祢的右手扶持我”（诗篇 63：1、5~8）。大卫在犹大旷野，但他仍有上帝甜美的同在，敬拜并默想上帝的恩典、美善。因此，喜乐来自与上帝的亲密经历。上帝成了我们的重点。上帝的话昼夜留在我们的生活中。与神同行，一起经历人生的风风雨雨，使我们向神发出赞美和感恩。我们渴望的对象是上帝和祂的话语。

“昼夜”代表了持续，不断地和定期的。昼夜思想神的话将带来丰满的生活。“他要像一棵树栽在溪水旁，按时候结果子，叶子也不枯干。凡他所做的尽都顺利”（诗篇 1：3）。就像一棵树，扎根在神的话语上，坚固又结实，智慧和力量一同成长。树栽在溪水旁，因此叶子不会枯干，并结出圣灵的果子。这棵强壮的树将给许多疲倦的人隐蔽，让他们安歇并得力。经文的高潮是“凡他所做的尽都顺利”。这是一个有福的人何等美丽的图画！这是耶稣所描述的图画，在耶稣基督里丰盛的生活。

恶人的性格和命运是完全不同的。“恶人并不是这样，乃像糠秕被风吹散”（诗篇 1：4）。在诗篇第一篇中，“恶人”出现了 4 次。恶人的画面如糠秕，主要表达不稳重、不稳定、无目标前进、无平安和喜乐。恶人没有平安。就像汹涌的大海，无法平静。他在审判台前无法站立得稳。他在有福的人当中没有份。

这两种截然不同的生活方式领至两个不同的结局。有福的人是稳定的、能结出果子并有受大祝福。恶人是不稳定的、结不出果子、将受到审判。

今天的祷告

亲爱的上帝，我们赞美并感谢祢称我们为祢的儿女。我们真正的蒙福因祢的儿子耶稣基督为我们的罪而死。祢已将我们的命运从恶人的道路改变成十字架的道路。感谢主，祢是伟大和全能的上帝，但当我们住在祢里面时，祢就住在我们里面，这并不容易理解。祢在我们生活中不断提醒我们要行在祢的道上，远离恶人的道路。帮助我们每天先寻求祢，给我们智慧，帮助我们的脚免受邪恶的影响。让我们在祢里面喜乐、渴望祢的话语。

帮助我们在祢带领我们去的地方、祢要我们说的每一句话上尊荣祢。我们每天每时每刻都需要祢。求主帮助坚定我们的信心，真诚地爱别人。圣灵求祢引导我们，我们愿意顺从。奉耶稣宝贵的名。阿们。

杨仕涵译

Wednesday, 3 June 2020

Psalms 4:3-8

Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer!

2 O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies? 3 But know that the LORD has set apart the godly for himself; the LORD hears when I call to him. 4 Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Selah 5 Offer right sacrifices, and put your trust in the LORD.

6 There are many who say, "Who will show us some good? Lift up the light of your face upon us, O LORD!" 7 You have put more joy in my heart than they have when their grain and wine abound. 8 In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

There were two painters; each has drawn a painting with the theme of "Peace and Joy". One of them drew a beautiful painting of a lake with calm water, surrounded with big trees, with birds singing; animals drinking water and fishes swimming beneath its surface. Another painter drew a roaring waterfall with the weather of stormy rain and raging wind. Next to the waterfall was a huge rocky outcrop and an eagle's nest was perching on it. Inside the nest, there were a few eaglets securely protected under their mother's wings. Which painting do you think truly represents "Peace and Joy"?

For Christian, our peace and joy will not come from the world, but from God alone. Jesus told His followers in John 14:27 and John 16:33 "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. (John 14:27)" "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. (John 16:33)" Jesus has given us this assurance because HE knows the things of the world are transient. They are fragile and temporal. We should not put our trust in the things which would not last but in God who alone is eternal. Today we are still in the midst of this global pandemic of Covid-19, We begin to see the folly of man clinging on to all kinds of worldly possessions to give them the security and "Peace and Joy". Some put their trust in the knowledge they have acquired, others on business enterprises and the wealth they have accumulated. Some define their own values based on the titles and positions they have achieved. All these hard-earned possessions may just vanish in a twinkling of an eye! Overnight we have a new normal. This pandemic has taught us that the "Peace and Joy" promised by the world are vain words and lies, but the true solid promise of "Peace and Joy" can only be found in God alone (vv2).

In Psalms 4:7, the psalmist acknowledged that the kind of joy God had put into his heart is much more satisfying than the richness of the world (grain and wine abound). He continued in Psalms 4:8 by telling us that we can ONLY have peace to rest and sleep when God is with us, because only God can truly give us the security. HE is like the mother eagle having us (as His children) hiding under HIS wings regardless of the adverse external environment with raging wind, stormy rain, and roaring waterfall. The joy and peace that surpasses all understanding will guard our hearts and our minds in Christ Jesus. It is not solely providence of material needs, but also the love, security, hope, wisdom, and practical help that come from God in Christ Jesus.

All this can only happen when God lifts up the light of His face upon us (vv7). God will set apart the godly for Himself, and He would hear them when they call on Him (vv3). Therefore, the psalmist advised us not to sin against God; even when we become angry or frustrate, we should not sin. We should lie down and be silent, ponder in our hearts by praying to God, think about His words, draw wisdom from Him, and ask for His guidance and comfort. Regardless of what the final outcome might be; let us put our trust in God, and be sure our decision is righteous before Him. When we place our trust in God and make decisions according to His righteousness, we should believe in faith that all the things will turn out to be good for us in the long run because God's favor will be upon those who love Him in obedience (vv4-5).

Pray:

Dear Heavenly Father,

We thank you for your grace given to us through Jesus Christ, Your only begotten Son and our Savior. We are ever grateful for your mercy shown to us because of your great love with which you have loved us. We are thankful that all the authority in heaven and on earth has been given to Jesus Christ our Lord and Savior. Today, we can come to you with confidence to ask anything in Jesus name and you will hear our prayer. Thank you for blessing us with the very best, even though we may not fully comprehend it at times. Use us to do your will and to serve others as and when opportunity arises. Forgive us when we have failed to be what you want us to be and give us strength to witness for Jesus in our daily lives.

We pray in the name of Jesus Christ our Lord. Amen.

Ps. Wallace

每日灵粮

3/06/20 星期三

作者：王振威传道

诗篇 4: 3-8

你们要知道耶和华已经把虔诚人分别出来，归他自己；

我向耶和华呼求的时候，他就垂听。

你们生气，却不可犯罪；

在床上的时候，你们要在心里思想，并且要安静。（细拉）

你们应当献公义的祭，

也要投靠耶和华。

有许多人说：“谁能指示我们得甚么好处呢？”

耶和华啊！求你仰起你的脸，光照我们。

你使我心里喜乐，

胜过人在丰收五谷新酒时的喜乐。

我必平平安安躺下睡觉，

因为只有你耶和华能使我安然居住。

有两位画家以“和平与欢乐”的主题各自画了一幅画。其中一位画了一幅美丽的湖水画，静水的周围是大树，鸟儿在歌唱。动物饮水，鱼儿水里游。另一位画家绘画了在暴风雨和狂风中咆哮的瀑布。瀑布旁边是一个巨大的岩层，鹰巢栖息在上面。在巢内，有几只小鹰被安全地保护在母亲的翅膀下。您认为哪幅画真正代表了“和平与欢乐”？

对于基督徒来说，我们的平安与喜乐不会来自世界，而只会来自上帝。耶稣在约翰福音 14:27 和约翰福音 16:33 中告诉跟随他的人：“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。”（约翰福音 14:27）“我将这些事告诉你们，是要叫你们在我里面有平安。在世上你们有苦难，但你们可以放心，我已经胜了世界。”（约翰福音 16:33）耶稣给了我们这种保证，因为他知道世间的万物都是暂时的。他们是脆弱而短暂的。我们不应该相信那些不会持久的事物，而要相信只有永恒的上帝。今天，我们仍处于新冠肺炎的全球大流行之中，我们开始看到人的愚蠢行为依附于各种世俗财产，为他们提供保障和“平安与喜乐”。有些人相信自己获得的知识，另一些人则相信商业企业及其积累的财富。有些人根据所获得的头衔和职位定义自己的价值。所有这些来之不易的财产可能在眨眼间就消失了！一夜之间，我们有了新常态。这种大流行告诉我们，世界所承诺的“平安与乐”是徒劳的话和谎言，但“平安与喜乐”的真正可靠承诺只能在神中找到（2 节）。

在诗篇 4: 7 中，诗人承认上帝赋予他内心的那种喜悦比世界的丰富（谷物和酒）带来更大的满足感。他在诗篇 4: 8 中继续告诉我们，只有在上帝与我们同在时，我们才能安息和睡觉，因为只有上帝才能真正给我们安全。他就像母鹰一样，使我们（作为他的孩子）躲在祂的翅膀下，不受恶劣的外部环境的影响，包括狂风，暴雨和咆哮的瀑布。超越一切理解的喜乐与平安将在基督耶稣里捍卫我们的心灵。这不仅是物质需求的满足，而且是上帝在基督耶稣里带来的爱、保障、希望、智慧和实际帮助。

这一切只有在神仰脸光照我们时才会发生（7 节）。上帝会为把虔诚人分别出来，归祂自己，当祂们呼吁祂时，祂会听见他们。因此，诗人劝告我们不要对上帝犯罪。即使当我们生气或沮丧时，我们也不应犯罪。我们应该躺下，保持沉默，向上帝祈祷，

思考上帝的话，从上帝那里吸取智慧并寻求上帝的指导和安慰，从而在心中思考。不管最终结果如何；让我们信靠上帝，并确保我们的决定在上帝面前是义的。当我们信任上帝并根据他的公义做出决定时，我们应该依靠神的信心，即从长远来看，万事万物对我们都是有益的，因为上帝的恩惠将落在那些顺服爱他的人身上（4-5 节）。

祈祷：

亲爱的天父，

我们感谢你透过耶稣基督，祢的独生子和我们的救主给予我们的恩典。我们永远感激祢爱并怜悯我们。我们感谢天上地下所有的权柄都交给了我们的主救主耶稣基督。今天，我们可以充满信心地以耶稣的名，向祢提出任何要求，祢将听我们的祈祷。感谢祢祝福我们最好的，尽管有时我们可能并不完全了解。当机会出现时，请使用我们来履行祢的旨意并为人服务。当我们未能成为你希望我们成为的人时，请原谅我们，并赐我们力量为我们的日常生活见证耶稣。

我们奉主耶稣基督的名祷告。阿们

杨惠光译

Thursday, 4 June 2020

Psalm 5

How does one enter into the presence of God, into His dwelling place? This psalm describes to us what it means for us to enter it. Throughout the whole of history, no man has ever entered into the presence of God, by the means of going towards Him. In fact, it has always been the other way round, where God comes and reveals Himself to us. So let us examine what is the content of this psalm.

The psalmist starts with the question "O LORD, who shall sojourn in your tent? Who shall dwell on your holy hill?" Throughout Old Testament history, God dwells among His people in the Tabernacle, also known as the Holy of Holies. Even the high priest that enters it will never be able to see God's face, as it will be covered with smoke, lest the one who looks upon God would die. Coming to today's psalm, what more is required of us in order to sojourn in God's tent and dwell in God's holy hill, where His presence is when seeing God's face is already something seemingly impossible?

The psalmist then shows us the ideal person who is able to enter into God's presence. This person ought to walk blamelessly and do what is right, as being truthful all the time (v2). He is not to gossip (if you are using the ESV, it says slander with his tongue). This is another way of saying not to bear false witness against their neighbors (9th commandment). Even the way the person ought to treat his neighbors must be pure, with no evil intentions (v3). The manner in which that person perceives evil matters as well, as he should be one which "in whose eyes a vile person is despised, but who honors those who fear the LORD." (v4a) Furthermore, this person is also the man of his/her own words; he does what he says in a truthful manner and takes God as his/her very own witness.

Finally, this person is one who deals with people generously and fairly, especially when it comes to money. After all, the love of money is the root of all evil. How one utilizes their money matters as well. They are not to use it with evil intentions such as bribing and using money for more gain! As the psalmist ends with his last sentence, only such a person who does all these things perfectly will not be moved. Such is the person that is able to claim God to be their refuge, as the place they meet the terms of the Covenant which God gave them.

Only such is the person who is able to enter God's presence! It seems only a perfect person who does no evil can enter into God's presence! You might ask wouldn't that already disqualify you? So then what's the point of this psalm? Beyond just telling us what is the expectation of a Christian, this psalm magnifies the perfect holiness of God. Only a person who is perfectly holy is able to enter

God's holy hill and dwell with Him in His holy presence. Such is the holiness of God, this is He whom we worship!

In light of this psalm, how then are we to respond? This is a call for us to place our faith and trust in Christ as we come to God in worship. We have no way of attaining this perfect holiness to dwell in God's presence. Our holiness belongs to Christ. To attain it is to place our faith and trust in Christ and Christ alone, and acknowledge that He brings us into God's presence on our behalf with all His perfect holiness. What a blessedness to know we can go into God's presence in worship through Christ! This is also a call for us to live our lives according to His laws because we are God's holy people. May we come and examine our lives before our holy God.

Prayer

As you pray, ask God to continue to help you place your faith and trust in Christ, knowing that it is Him who brings you into God's presence, and not our own sinful and self-righteous actions. Do ask God to help you acknowledge His perfect holiness as well, as that is who God is, the holy God, which cannot tolerate any small bit of evil. Lastly, ask God to reveal certain evil in your hearts as well, and ask His Spirit to work in you. You pray best when you reflect about your life in light of who God is and what He has said in His Word. Do take this time to reflect and pray on your own or even with your family members.

Hon Sir Neng

每日灵粮

4/06/20 星期四

作者：韩思能

诗篇 5

一个人如何进入上帝的同在，进入他的居所？这篇诗篇向我们描述了如何进入神的同在。在整个历史上，从来没有人通过走向神的方式，进入神的同在。实际上，这一直是相反的，上帝来向我们展示自己。因此，让我们思考一下此诗篇的内容。

诗人以这个问题开始“耶和华啊！谁能在你的帐幕里寄居？”在旧约的整个历史中，上帝居住在会幕中的祂的子民中，也称为至圣所。甚至进入它的大祭司也将永远看不见上帝的脸，因为它会被烟熏覆盖，以免看着上帝的人死。来到今天的诗篇中，我们还需要什么才能住在上帝的帐棚里，并住在上帝的圣山上？上帝的存在似乎已经不可能了？因为看上帝的面貌已经看起来有些不可能了？

然后，诗人向我们展示了能够进入上帝同在的理想人选。这个人应该一直无懈可击，做正确的事，始终如一（第 2 节）。他不是不会闲话的。这是另一种不对邻居作虚假证词的说法。甚至该人应该对待邻居的方式也必须是纯洁的，没有邪恶的意图（第 3 节）。这个人对邪恶的看法也很重要，因为他是一位“眼中藐视卑鄙的人，却尊重敬畏耶和华的人。”（第 4 节）此外，说话算数的人。他以诚实的态度行事，并以上帝为自己的见证。

最后，这个人是一个慷慨而公正地与人打交道的人，尤其是在金钱方面。毕竟，热爱金钱是万恶之源。一个人如何利用他们的钱也很重要。他们不可将其用于恶意目的，例如行贿和利用金钱谋取更多收益！诗篇作者以他的最后一句话结尾时，只有这样完美地完成所有这些事情的人才不会动摇。这样的人能够以上帝为他们的避难所，因为他们所处的位置符合上帝所赐给他们的约的条款。

只有这样的人才能进入上帝的同在！似乎只有没有邪恶的完美人才能进入上帝的同在！您可能会问，这是否已经取消了您的资格？那么，这首诗有什么意义呢？这首赞美诗不仅告诉我们基督徒的期望是什么，还扩大了上帝的圣洁性。只有一个完全圣洁的人才能进入神的圣山并与他同住。这就是上帝的圣洁，这就是我们敬拜的上帝！

有鉴于此，我们该如何回应？这是呼召我们在敬拜上帝时相信基督的信心。我们无法获得这种完美的圣洁，无法住在上帝的同在中。我们的圣洁属于基督。实现它就是将我们的信仰和信任单独放在基督和基督身上。承认他以他所有的圣洁将我们带入上帝的同在。知道我们可以通过基督进入神的敬拜中，这真是多么幸福！这也是我们要按照祂的律法生活的呼吁，因为我们是上帝的圣民。愿我们来在我们的圣神面前审视我们的生活。

当您祈祷时，请上帝继续帮助您对基督充满信心和信任，知道是他带你进入神的同在，而不是我们自己的有罪和自以为是的行为。求神帮助你承认他的圣洁。因为上帝就是圣洁的上帝，不能容忍任何一点邪恶。最后，请上帝也要在你心中彰显某些邪恶，并请上帝的灵在你里面工作。当您祈祷，根据神和神在话语中所说的来反思自己的生活。请花点时间来反思自己或与家人一起祈祷。

Friday, 5 June 2020

Psalm 91: 14-16

14 "Because he holds fast to me in love, I will deliver him;

I will protect him, because he knows my name.

15 When he calls to me, I will answer him;

I will be with him in trouble;

I will rescue him and honour him.

16 With long life I will satisfy him

and show him my salvation."

In university, a senior once told me that he's found the ultimate answer to understanding women. "Do you know what women want in a relationship?" he asked me. "Of course, I don't know!" I confessed sheepishly. Then with a smile of wisdom, he proudly proclaimed: "A woman will seek assurance. She wants assurance that you will love her only, and no one else. That you will defend and protect her. That you will not abandon her."

I was then in my early 20s, and I had no clue what he was talking about! But now, after being married for 22 years, I am beginning to understand the truth in his words. I believe, deep down, the desire for assurance is something that is innate in both men and women. We seek assurance of love, safety and provision. With that, we find great encouragement in life.

Some of us may be facing a tough time. Life may seem harsh, and you may be seeking some encouragement.

In such times, I turn to Psalm 91. The entire poem is truly comforting and gives assurance of deliverance. It tells of how we can be delivered from the snare of the fowler, how to evade deadly pestilence and to be delivered from the terror of the night.

But God encourages us. According to the El Shaddai (v1: God Almighty), those who abide in Him, and take shelter in His shadow will receive protection. The Psalmist used the word "shadow" to tell us that God will provide us with rest and protection from the harsh sun. Those who put their trust in God (v2), will receive great blessings.

Verses 14-16 is worth meditating. Those who hold fast to God, will be delivered. Those who know the name of the living God, will be protected (v14). Moreover, you will find great comfort in knowing that God promises to answer your prayers and rescue you. More than that, God also promises "I will be with him in trouble" (v15b). Isn't that fantastic? God promises to be WITH US when we are troubled and facing various challenges!

The fact that Emmanuel, which means "God with us", also tells us that God will never abandon us. Indeed, God is with us. If God is with us, who can be against us? (Rom 8:31).

Perhaps this is why the Psalm also ends with Jesus. The Psalmist writes "...and show him my salvation" (v16b). The word "my salvation" is translated in the Orthodox Jewish Bible as "My Yeshuah". This is the name of Jesus, which is an anglicised translation of "Yeshua", meaning "salvation". Taking some liberty in scriptural interpretation here, I believe we can be comforted in knowing that Jesus will encourage and comfort us when we cry out to Him.

I believe that God, the Ancient One, Our great Saviour, is here with you now as you read these words. He's there in the mountains, and He's there in the valleys. He will not let you go. So be encouraged today. Jesus is with you now, listening to your prayers. And what an assurance that is, in troubling times such as these.

Prayer:

Almighty God, thank You that You are with me always, even in times of calamity. I thank You that You have promised to deliver me from troubles and challenges. Teach me to dwell and abide in You. Teach me Lord, not to waver in faith but to trust You in the darkest of days. Deliver me and let me feel your assurance that You will be with me always. In Jesus name alone I ask. Amen.

By Prathab V

每日灵粮

05/06/20

作者：帕拉他伯(Prathab V.)

诗篇 91：14 – 16 节

91:14 神说、因为他专心爱我、我就要搭救他。因为他知道我的名、我要把他安置在高处。

91:15 他若求告我、我就应允他。他在急难中、我要与他同在。我要搭救他、使他尊贵。

91:16 我要使他足享长寿、将我的救恩显明给他。

在大学里，一位大四的学生曾经告诉我，他找到了要理解女性的最终答案。“你知道女生在恋爱中最想要什么吗？”他问我。“我当然不知道！”我回答。然后他带着微笑自豪地宣称：“一个女人会寻求保障。她希望你保证你只会爱她，而不会爱别人。你会捍卫和保护她。你永不会抛弃她。”

那时我才 20 多岁，我不知道他到底在说什么！但是现在，在结婚 22 年之后，我才开始理解他当时所说的。我相信其实从内心深处，对拥有保障的渴望是男人和女人所想要的。我们寻求对爱，安全感和供应的保障。有了这些保障我们才在生活中得到鼓励。

我们当中有些人可能正在面临着艰难的时期。生活似乎很艰难，你可能正在寻找一些鼓励。在这种情况下，我会翻开诗篇 91 篇。整首诗确实令人感到安慰，并且能在其中得到保障。诗篇 91 篇讲述了我们如何从捕鸟笼中逃避出来，如何逃避脱离致命的瘟疫，如何从黑夜的惊骇中解脱出来。

上帝鼓励我们。根据《El Shaddai》的说法，那些住在他里面并在他荫下庇护的人将得到保护。诗人使用了“荫下”一词告诉我们，上帝将为我们提供安息和保护，免受烈日的侵袭（1 节）。那些依靠上帝的人将会得到极大的祝福（2 节）。

14-16 节值得我们沉思。那些专心爱祂的人将被搭救。那些知道永生上帝之名的人将受到保护（14 节）。此外，上帝应许回答我们的祷告并拯救我们，这真是极大的安慰。不仅如此，上帝还应许“他在急难中、我要与他同在”（15 节）。那不是很棒吗？当我们遇到困难并面临各种挑战时，上帝应许与我们同在！

以马内利（Emmanuel）的意思是“神与我们同在”，这也告诉我们上帝永远不会丢下我们不管。确实，上帝与我们同在。神若帮助我们、谁能敌挡我们呢（罗 8:31 节）

也许这就是为什么这段诗篇也以耶稣为结尾。诗人写道：“将我的救恩显明给他”（16 节）。“我的救恩”一词在东正教犹太圣经中被翻译为“我的耶稣”。这是耶稣的名字，是“Yeshua”的英语翻译，意思是“救赎”。我相信这是很大的安慰，因为我们知道当我们向耶稣哭泣时祂会鼓励和安慰我们。

我相信当您阅读这些话时，上帝，我们的伟大救主，就在这时刻与我们同在。祂在山上，在山谷里。祂不会抛开我们。所以今天我们应当被鼓励。耶稣现在与我们同在，听着我们的祷告。在现在这样艰难的时刻，这是极大的保障。

祷告：

全能的上帝，我要感谢祢，即使在灾难的时期，祢也始终与我同在。我感谢祢因祢应允搭救我脱离困境和挑战。教我常住在祢里面。教导我信心不要动摇，而要在最黑暗的日子里信靠祢。拯救我，让我感到祢的保障，即祢将永远与我同在。我们奉主耶稣的名祷告，阿们。

胡斐译

Saturday, 6th June 2020

GOD KNOWS US AND IS WITH US

Psalm 139

*1 You have searched me, LORD,
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, LORD, know it completely.
5 You hem me in behind and before,
and you lay your hand upon me.
6 Such knowledge is too wonderful for me,
too lofty for me to attain.
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.
11 If I say, "Surely the darkness will hide me
and the light become night around me,"
12 even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.*

Psalms 139 is divided into 4 paragraphs of 6 verses each. We will be looking into the first 2 paragraphs today and leave the other two for next Saturday. In each paragraph the psalmist King David asked a question about himself in relationship to God. The first 6 verses ask the question, "How well does God know me?"

God knows everything about us. He understands and knows us in our conscious life. He knows when we sit down (our passive life) and when we rise up (our active life). When we are resting or when we are acting, He knows us. He even knows our deepest thoughts – how we think and what we think.

Verse 3 says you know the way I choose to go, and you know the habits of my life. "You know me, Lord," says the psalmist, "intimately – inside and out". Then in verses 4 and 5 he says even before he says anything, God already knows what

he is going to say. The psalmist discovers that God has been active in his past, his future and his present – in the past “behind”, future “before” and now “laid your hand upon me”. Knowing this simply overwhelmed him – “Such knowledge is too wonderful for me, too lofty for me to attain” – verse 6.

In the 2nd paragraph verses 7 to 12, he asks the question “Where can I go from your Spirit? Where can I flee from your presence?” The psalmist may be trying to run from his guilt or sin. Lord, how can I get away from you? Is there any way in my guilt that I can escape?” Haven’t we asked that question ourselves many times? Times that for some reason we just do not want to be near God at all. But the psalmist finds out soon enough that our God is not only all-knowing (omniscient), He is also present everywhere at one and the same time (omnipresent) – in heaven, in the depths (hell –KJ; Sheol – Hebrew), the far side of the sea, He will still be there to guide us and hold us fast. What an amazing God we have. The more we try to run away from His presence, the closer He will stay and stick with us.

So my dear brothers and sisters, just two things for us to remember today:-

(1) God knows everything about us, inside out. There is nothing we can hide from Him, so don’t even try. He knows our past, our present and our future.

(2) He will follow us everywhere we go – there is no hiding from Him. There is no place on earth, in heaven, in hell or anywhere in the universe, we can hide from Him. And He is there not to punish or harm us, but to guide and hold us fast. So my dear brothers and sisters, friends, if you have been running from God all these years, come back to Him. Confess your pride, your sins before Him. Find someone to pray with you and for you. Find a fellowship of brothers and sisters to walk together with you. None of us can walk alone.

PRAYER:

Dear Lord, thank you for reminding us that you know everything about us, the good and the ugly side of us. We do not need to hide anything from you. And no matter how far or long we run, you will always be there for us – not to punish or harm us but to guide and hold us. Thank you, Lord, for your unconditional love for all of us –though so undeserving we are. Help us to love you back the same way. In Jesus name, we pray AMEN.

Pastor KK Soong

每日灵粮

6/6/20

作者：宋国基牧师

上帝认识我们，与我们同在

诗篇 139

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 耶和华啊，我舌头上的话，你没有一句不知道的。

5 你在我前后环绕我，按手在我身上。

6 这样的知识奇妙，是我不能测的；至高，是我不能及的。

7 我往哪里去躲避你的灵？我往哪里逃躲避你的面？

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。

11 我若说“黑暗必定遮蔽我，我周围的亮光必成为黑夜”，

12 黑暗也不能遮蔽我使你不见，黑夜却如白昼发亮，黑暗和光明在你看都是一样。

诗篇 139 分为四段，每段共 6 节。我们今天将研究前两段，剩下两段留到下星期六。诗篇中的每一个段落，诗人大卫王都问了一个关于自己与上帝关系的问题。前六节经文提出这样的问题：“上帝有多认识我？”

上帝知道关于我们的一切。在我们有意识的生活中，他理解和认识我们。他知道我们什么时候坐下（我们的被动生活），什么时候我们起来（我们的主动生活）。当我们休息或当我们采取行动，他都知道。他甚至知道我们最深的想法-我们如何思考和他的想法。

第三节说道，你知道我选择的去向，你知道我的生活习惯。诗人说“主，你彻底认识我，知道关于我的一切”。然后，在第四和五节中，他说甚至在他说什么之前，上帝已经知道他要说什么了。诗人发现，上帝一直在他的过去、他的未来和他的现在 — 在过去“前”、未来“後”，现在“按手在我身上”。当他意识到这一点，他完全不知所措 — 第六节：“这样的知识奇妙，是我不能测的，至高，是我不能及的。”

在第二段第七至十二节，他问：“我往哪里去躲避你的灵？我往哪里逃、躲避你的面？”诗人可能试图逃避他的罪责或罪恶。“主啊，我怎么能摆脱你？我有什么方法可以逃脱我的罪恶感？”我们不是多次问过自己这个问题吗？有时候由于某种原因我们根本不想靠近上帝。但诗人很快就发现我们的上帝不仅是无所不知的，而且同时是无处不在的 — 在天堂、深处(地狱 — KJ; 阴间-希伯来语)，在大海的远方，他仍然会指引我们并紧紧握住我们。我们有一位多么了不起的上帝啊！我们越想逃避他的同在，他就越会留下来并坚持与我们同在。

因此，亲爱的弟兄姐妹，今天我们只要记住两件事：

（1）上帝彻底了解我们的一切。我们无法对他隐瞒任何事，所以没必要试着隐瞒。他知道我们的过去，我们的现在和我们的未来。

（2）无论我们到哪里，他都会跟随我们-我们无法躲避他。没有任何在地上、天堂、

地狱或宇宙中的地方我们可以躲避他的。他的同在不是要惩罚或伤害我们，而是要引导并紧紧握住我们。因此，我亲爱的兄弟姐妹、朋友们，如果这些年来您是一直逃离上帝，请回到他身边。在他面前承认您的骄傲和罪过。寻找某人与您并为您祷告。寻找能与兄弟姐妹一起同行的团契，我们谁也不能独行。

祷告：亲爱的上帝，谢谢你提醒我们，你知道我们的一切，或善或恶。我们不需要瞒你任何事。无论我们跑多远或多久，你都会一直在我们身边—不是要惩罚或伤害我们，而是要引导并握住我们。感谢主无条件地爱护我们所有人 — 尽管我们太不配了。帮助我们以同样的方式爱你。我们奉耶稣的名祷告，阿们

梁玉萍译

Sunday, June 7 2020

Psalm 56: 3 & 4

*3 When I am afraid,
I put my trust in you,
4 In God, whose word I praise,
In God I trust; I shall not be afraid.
What can flesh do to me?*

I was reading Psalm 56 last week when Pastor Isaac asked the elders to contribute a devotion once a month. Immediately the message I wanted to share came to my mind. It is from a passage of scripture I had read and meditated upon in my morning quiet time from Psalm 56:3-4 quoted above.

Psalm 56, specifically v 3 & 4b, had been a source of great comfort and hope to me when at the time, about 20 years ago, I was having a stressful time at work. I am sure all of us at one point in time, even now, have been fearful or afraid. It is part of what we experience and feels as humans which not many have overcome from young to even now when we are at a more advanced age. When we were young, we feared whether we will ever pass our exam and do well to get our dream job, later whether we will ever get to marry our desired life partner or get married at all. When we first started in our careers, we feared whether we will do well to provide for our family or whether our kids will do well in their exams. Some fears are real and some imaginary. Fears are real when we are being confronted with actual situations like when we have to go for an open heart operation and we worry whether we could make it through the procedure. Now most of us are fearful of the Covid 19 pandemic. Fearful of being infected and have to be hospitalised and perhaps put under a ventilator which is like a death sentence. Many are fearful of the future. Some have already lost their jobs or have pay cuts while others have businesses that face the prospect of closure. All these fears are legitimate and hence we need an antidote to overcome this feeling of fear.

I believe Psa 56:3 & 4 is as relevant to us now as was then when David was fearful for his life when he was pursued by King Saul who wanted to kill him and when the Philistines had seized him in Gath.

The one powerful and effective antidote we can learn from King David when faced with fearful situations is – to Trust Him v 3. To repeat – When I am afraid, I put my trust in you (God). Often when we are afraid, we seek advice from man or used whatever resources at our disposal to overcome the fear like reading up all the news from social media on how to prevent ourselves from being infected with Covid 19.

What is involved in trusting God?

Simply put, trusting God is likened to a child trusting his father. The child has no qualms in completely trusting his earthly father to always be there to protect him and keep him safe. This is being reinforced to me when I see my two year old grandson, Josiah in Adelaide so totally trust his dad, David to protect him whenever he is with someone he is not so familiar. He will let you carry him but he knows the moment he feels unsafe, his dad is there to take over.

Similarly, we have our Heavenly Father to be always there for us, more than our earthly father can ever be. More than that, our Father in Heaven is the sovereign God who is all-powerful and nothing is impossible to Him and He loves us.

Last week many of us have been praying for Pastor Allan Webb who went for a major open-heart surgery in Gold Coast, Australia. He had an aortoplasty procedure and a mitral valve replacement surgery. At the age of 81, there is certainly an element of fear and who wouldn't. Pastor Webb has blessed many in his years of student ministry at Swanston Street Church of Christ, Melbourne and later with the OMF. His friends organised a prayerathon for him on May 27-28 to cover him in prayers. Praise God he had a successful operation and recovering very well. It was really encouraging to note on the second day post surgery, he managed to call his wife and son with the aid of a nurse and his son reported: "he sounded very alert and quoted Ephesians 3:20"

I am sure Pastor Webb has been claiming the promise and affirming his trust in Jesus Christ with his meditation on Eph 3:20 which many of us would have memorised – Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us.

Another beautiful image of trust is found in Psalm 57:1b "I will take refuge in the shadow of your wings until the disease (Covid 19 pandemic) has passed.

The outcome of putting our trust in God

I shall not be afraid!

Prayer

Heavenly Father, we confess at times and even now, many of us are fearful over many things. Our health, our finances, our jobs, our businesses, our investments and families. We thank you from what we learn from King David. When we are afraid, we put our trust in you. Please grant us your protection, presence, peace and joy during this period of uncertainty.

In Jesus name, we pray

Amen

Elder Yu Chin Shie

星期日，2020 年 6 月 7 日

诗篇 56: 3-4

作者：余清熹长老

翻译：方美珠姐妹

3 我惧怕的时候要倚靠祢。

4 我倚靠神，我要赞美祂的话。我倚靠神，必不惧怕，血气之辈能把我怎么样呢？

上周，当以撒牧师要求长老们每个月提供一个灵修题材时我正在读诗篇 56 篇。我想分享的信息立即就浮现在我的脑海。信息来自于我早晨灵修时所阅读及冥思的经文，取自诗篇 56: 3-4 节。诗篇 56，特别是第 3 和第 4 节下半段，在大约 20 年前带给我极大的安慰和盼望，当时我正处在巨大的工作压力下。

我可以肯定即使是在现在，我们所有人都会在某个时间点，甚至是此刻，都曾经或正在感到恐惧和害怕。这是我们身为人类的经历和感觉的一部分，更是我们从年轻到年老都还没能克服的问题。当我们年轻时，我们担心我们是否会考试及格并成功获得我们梦想的工作，后来又担心我们是否会结婚或会嫁娶我们想要的伴侣。当我们开始了我们的职业生涯时，我们担心我们能否养家糊口，或是我们的孩子在考试中能否表现得很好。有些恐惧是真实的，有些是虚构的。当我们面对现实情况时，恐惧是真实的，例如当我们须要进行心脏手术时我们会害怕我们是否能手术成功。

现在我们大多数人都害怕新冠肺炎流感。害怕被感染而必须住院，也可能需要使用呼吸机器，好似被判死刑一样。许多人担心未来。有些人失业了或被减薪，有些人的企业则面临着倒闭的可能。所有这些恐惧都是合乎常理的，因此我们需要一味解药剂来克服这种恐惧感。

我相信，诗篇 56: 3-4 对现今的我们和当初被扫罗王所追杀，并被非利士人在加特所抓住并为自己的生命感到恐惧的大卫，是非常有关联的。我们可以向大卫王学习面对恐惧与害怕的时候最有能力及有效的解药剂是在第 3 节“倚靠祂”。我惧怕的时候要倚靠祢（上帝）。经常当我们恐惧的时候，我们向人寻求劝告或利用任何我们可以支配的资源来克服恐惧，例如阅读社交媒体上有关如何防止自己感染新冠肺炎的所有新闻。

信靠上帝会涉及什么？

简单的说，信靠上帝就好像一个信任父亲的孩子。孩子全然不质疑并全然相信自己在世的父亲会永远在身边保护他确保他安全。当我在澳洲阿德莱德看到我两岁的孙子约西亚（Josiah）与我这一个不太熟悉的人在一起时，因着他全然的信靠他的父亲大卫（David）会保护他，他会让我抱住他，但他也知道当他感到不安全的那一刻时，他父亲就会在那里接应他，这使我更加确信这个信靠。同样的，我们有天父一直在我们身边，比我们尘世的父亲在我们身边更多。不仅如此，我们在天上的父亲是全能的主宰上帝，在祂凡事都能，祂爱我们。

上周，我们当中有许多人在为艾伦韦布牧师（Allan Webb）祈祷，他在澳洲黄金海岸进行了一次重大的心脏直视手术。他进行了主动脉成形手术和二尖瓣置换手术。他已经 81 岁，和大家一样，肯定会有恐惧的元素。韦布牧师多年来在墨尔本市旺斯顿街基督教堂服事学生群体并祝福了许多人，后来他也在海外基督使团（OMF）任职。他的朋友们于 5 月 27 日至 28 日为他组织了一场马拉松祈祷，以祷告掩护他。赞美上帝，他的手术成功并康复得很好。令人鼓舞的是手术后第二天，他在护士的帮助下竟

能给妻子和儿子打电话，据他儿子说：“他听起来非常警戒，并摘引以弗所书 3:20”。我确定韦布牧师一直在申告上帝的承诺，并以我们大家都熟悉的经句 以弗所书 3:20 的冥思来肯定他对耶稣基督的信靠 – “神能照着运行在我们心里的大力，充充足足地成就一切，超过我们所求所想的。”

另一个美丽的信任图象可以在诗篇 57: 1b 中找到：“我要投靠在你翅膀的荫下，等到灾害（新冠肺炎流感）过去。

我们相信上帝的结果：我不害怕！

祷告

天父，我们承认有时，即使现在，我们当中许多人都对许多事情感到恐惧。我们的健康，我们的财务，我们的工作，我们的生意，我们的投资和家庭。感谢祢我们从大卫王那里学到当我们感到恐惧时，我们能信靠祢。在这个疑惑的时期，请赐给我们祢的保守，同在，和平与欢乐。

我们奉耶稣的名祈祷

阿门

Monday, June 8 2020

Psalm 25 (II)

9 The humble He guides in justice,

And the humble He teaches His way.

12 Who is the man that fears the LORD?

Him shall He teach in the way He chooses.

If you recall, last week I mentioned one of the themes in Psalm 25 was the consequence of obedience or disobedience of the national covenant (also known as the Sinai covenant) which God made with his people Israel. In Leviticus 26 and Deuteronomy 28, God emphasized the specific terms of that covenant: obedience will lead to blessing from God, including abundance and prosperity for His people, security, victory over their enemies and God's own abiding Presence.

However, God warned that disobedience and violation of His covenant will lead to disease amongst the Israelites, fruitless harvests, defeat by their enemies, pestilence, sevenfold discipline by the Lord and scattering of God's people amongst the nations.

We saw how David, recalling this covenant, recognises the need to get his spiritual life in order before the Lord, by confessing his sins. – Psalm 25 verses 7, 11 and 18.

Verses 1-7 appears to be one unit of thought in this Psalm. It begins with David affirming his trust in God and he asks that he not be put to shame before his enemies. What could be behind this request? He had probably committed a sin – a misstep with serious consequences or an impulsive act. He appeals sincerely to God to show him the way back. He waits. He cries out, he appeals, as we saw last week, that God be faithful to His covenant of old and that God not remember the sin of his youth.

He will teach the humble

David then asks the Lord to "Teach me your paths" (verses 4, 5, 9 and 12)

9 The humble He guides in justice,

And the humble He teaches His way.

David declares "Good and upright is the Lord; . . he instructs sinners in the way" and explains how the Lord patiently deals personally with His beloved children in His way.

His children, on their part, need to humble themselves and the Lord will surely teach them His ways. The humble, the submissive, the contrite, the teachable – these God will take in hand and teach. The proud and perverse he will leave to

their own devices, but the meek he will guide in the paths of righteousness, and the meek will He teach them his way.

The way of mercy and the way of truth. He will not bring out His rod of correction and punishment, for he is gentle. But He will reveal to His children the truth of their innermost beings, those areas of their lives that need to be transformed to the image and character of the Lord Jesus. Perhaps "John, you need to be more patient with your son. Don't correct him so harshly" or "Kathy, your subordinate is a slow learner. Explain the procedure again, she will appreciate it"

10 All the paths of the LORD are mercy and truth

This is the way of our God. He deals with us in this way, teaching us to imitate Him in all His ways. Many years later, the Lord Jesus echoed this same gentle spirit when He invited the unrepentant townsfolk of Chorazin and Bethsaida to come to Him.

29 "Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light." Matthew 11: 29-30

He will teach the God-fearing

In addition to the humble, verse 12 says the Lord shall teach the God-fearing man "in the way He chooses". The humble, reverent person can expect the gift of God's guidance and instruction. The Lord shall shape him and mould him in such a manner that he will be an instrument fit for the Master's use. Moreover, God will reward and bless him spiritually. Every such man shall have favour shown him by the Lord. See what else verses 13 and 14 say:

*13 "He himself shall dwell in prosperity,
And his descendants shall inherit the earth"*

*14 "The secret of the LORD is with those who fear Him,
And He will show them His covenant."*

The phrase "dwell in prosperity" should strike a chord with what was said above in relation to blessings which accompany those who keep God's covenant. In other words, the humble, God-fearing man is the man whom the Lord God Almighty will prosper. In addition, his descendants shall inherit the earth. The Lexham English Bible (LEB) translates verse 14a thus:

14 "Intimate fellowship with Yahweh is for those who fear him," which is quite amazing. For a person to know the Living God is truly a blessing, but to have intimate fellowship with Him is astounding!

May these truths stir our hearts to strive harder to glorify our Lord Jesus. Let us desire to know our God intimately!

PRAYER FOR TODAY

O Lord, let our souls rise up to meet you, as the dawn emerges to meet the sun. We commit ourselves to you at the start of this week. May we experience You in very real ways daily this week.

We pray for our loved ones, for the church family, for those who have lost family, for those who have lost friends. We pray for those adversely impacted by the pandemic. Your grace and mercy be upon them.

Our Heavenly Father, thank you for the life of David. Thank you that despite the sins he committed, he repented sincerely and when he sought forgiveness from you, you granted it to him.

We are confident that if we confess our sins, you are faithful and just to forgive us our sins and cleanse us from all unrighteousness. Thank you that your anger is but for a moment, and your favour is for a lifetime. Help us learn true humility; help us learn what it means to be God-fearing, that we may seek to do Your will in our lives always.

In Jesus Name we pray. Amen.

Ps Cheng Cheung

每日灵粮

星期一，2020 年 6 月 8 日

诗篇 25(II)

作者：张祯祥传道

翻译：胡斐弟兄

25:9 祂必按公平引领谦卑人、将祂的道教训他们。

25:12 谁敬畏耶和华、耶和华必指示他当选择的道路。

如果你们还记得，上周我提到了诗篇 25 篇中的其中一个主题，那就是上帝与祂的百姓以色列人服从或不服从立约（也称为西奈之约）的后果。在利未记 26 章和申命记 28 章中，上帝强调了该约的具体条件：顺服将带来上帝的祝福，这包括了给予祂子民丰盛与繁荣，战胜他们的敌人，以及上帝永久的同在。

但是，上帝警告说，不服从和违反祂的约将导致以色列人面临疫情的问题，如收成未果、被敌人击败、瘟疫、主的七次管教以及在最终民族分裂。

我们看到当大卫回想起这个约时，他意识到若要回到主面前，他必须认罪，整理好自己的属灵生活。（参诗篇 25 章 7、11 和 18 节）

在本篇中，第 1-7 节似乎传达着统一的想法。首先，大卫肯定了他对上帝的信靠，并恳求主不要在仇敌面前羞辱他。此请求的背后是什么原因呢？他可能犯了罪——犯了有严重后果的失误或一个冲动的行为。他真诚地向上帝呼求祂指示如何归向上帝。他在等，他在呼喊。正如我们上周看到的那样，他求上帝忠于祂的旧约，并且恳求上帝忘了他年轻时的罪过。

祂必引领谦卑人

然后，大为求主“将祢的道指示我”（4、5、9 和 12 节）

诗篇 25:9 祂必按公平引领谦卑人、将祂的道教训他们。

大卫宣告，“耶和华是良善正直的。所以祂必指示罪人走正路。”，并且解释了主如何以祂的方式耐心地对待自己心爱的孩子。

对上帝的孩子而言，他们需要谦卑自己，那主肯定会指示他们当选择的道路。那些谦卑的、顺从的、降服的、可教的——上帝都会指示与教导。那些骄傲自大的，上帝就任他们放纵自己，但那谦卑降服的上帝就会指示他们走向义人的道路。

仁慈的方式和真理的方式。神不会拿出管教的杖，因祂是温柔。但祂会向祂的儿女揭示他们内心深处的真相，即他们生活中那些需要活得更像耶稣的地方。也许就如，“约翰，你需要对你儿子有更多的耐心。不要对他太苛刻”或“凯西，你的下属是个学习缓慢的人。再次说明程序，她会感激不尽。”

诗篇 25:10 凡遵守祂的约和祂法度的人、耶和华都以慈爱诚实待他。

这是我们上帝的方式。祂以这种方式对待我们，好叫我们可以活的更像祂。多年以后，当主耶稣邀请不愿悔改的哥拉汛和伯赛大城的乡亲来到他身边时，他也有着同样的柔和精神。

马太福音 11: 29-30 节

我心里柔和谦卑、你们当负我的轭、学我的样式、这样、你们心里就必得享安息。
因为我的轭是容易的、我的担子是轻省的。
祂必引领敬畏耶和华的

除了谦卑外，第 12 节还说，“耶和華必指示他当选择的道路”教导敬畏神的人。谦卑、虔诚的人可以得到上帝的指导和指示。主将塑造他，使他成为神可重用的仆人。此外，上帝会在属灵上奖励并祝福他。每个这样的人都应蒙主的恩宠。看看第 13 和 14 节还怎么说：“他必安然居住，他的后裔必承受地土。耶和華与敬畏他的人亲密，他必将自己的约指示他们。”

“安然居住”一与上述遵守上帝的约之人的祝福有关。换句话说，谦卑敬畏上帝的人就是全能的主上帝会祝福的人。此外，他的后代将继承地土。第 14 节说：“耶和華与敬畏祂的人亲密”这真是太奇妙了。一个人能认识永生的上帝确实是一个福气，但是能与祂亲密的团契真是令人震惊！愿这些真理激起我们内心，更加努力地荣耀我们的主耶稣。让我们渴望能够更加亲密地认识我们的上帝！

今日祷告

上帝啊，就如黎明升起，让我们的心也能迎接祢。在这来临的一周，我们将自己献上。愿我们本周的每一天真正地经历祢。我们为亲人、教会家庭、失去家庭的人们、失去朋友的人们祷告。我们为受到疫情影响的人们祷告。愿祢的恩典和怜悯临到他们。

我们的天父，我们因着大卫的一生感谢祢。谢谢祢，尽管他犯了罪，但他仍然真诚地悔改，当他向祢寻求宽恕时，祢原谅了他。

我们相信，如果我们承认自己的罪过，那么祢是信实公义的，祢会原谅我们的罪过，并赦免我们所有的不义。谢谢祢的愤怒只是暂时的，但祢的厚爱是一生的。帮助我们学习真正的谦卑；帮助我们了解敬畏上帝的真真含义，使我们可以一生活出祢的旨意。

我们奉主耶稣的名祷告，阿们。

Tuesday, 9 June 2020
WHEN LIFE FALLS APART
Pastor Isaac Yim

Psalm 3.1-

A Psalm of David, when he fled from Absalom his son.

3 O LORD, how many are my foes!

Many are rising against me;

2 many are saying of my soul,

"There is no salvation for him in God." Selah[a]

*3 But you, O LORD, are a shield about me,
my glory, and the lifter of my head.*

*4 I cried aloud to the LORD,
and he answered me from his holy hill. Selah*

"If all the trials which come from heaven, all the temptations which ascend from hell, and all the crosses which arise from the earth, could be mixed and pressed together, they would not make a trial so terrible as that which is contained in this verse. It is the most bitter of all afflictions to be led to fear that there is no help for us in God." Psalm 3.2 (Spurgeon)

The daily news seems to indicate the world is like falling apart. None of us has anticipated the onslaught of the Coronavirus pandemic. The pandemic has caused havoc with Governments, businesses, employment, family life, even religious gatherings. The climatic changes have caused natural disasters in flooding in some areas and extreme dryness in other regions. Social, racial and political riots spread like wildfire. The world is like falling apart. That is the global picture.

What really concerns me greatly, is individuals young and old feel their lives are falling apart during this pandemic. Many have become emotionally disturbed and are unable to think calmly to be able to deal with the difficult situation they are in. What do we do when life is caving in?

King David was in such a situation. David went through the most trying situation in his life and came out stronger and better. The background of Psalm 3 is recorded in 2 Samuel 15-18. Absalom just cannot wait to be the king. The only way to usurp the crown from David is to start a rebellion against his father. He was forced to run for his life with a small group of faithful soldiers as compared to the large followers of Absalom. Beside Absalom, there were a host of traitors going against him. While on the run, David came to Bahurim, a man called Shimei from the family of Saul, cursed him and threw stones at him and his followers. The situation was so bad that many people said, "God will never

rescue him!" When the chips are down, looks like even God is unable to rescue or deliver you. Psalm 3.1-2.

Yes, when life falls apart, everywhere we look, all we can see is our enemies in increasing numbers. Nothing but darkness! Not only physically we are down. We are also spiritually attacked. Even God will not listen to our prayers. "There is no salvation for him in God." Absolutely no way out!

At the end of verse 2, there is a word "Selah" this Hebrew word occurs 74 times in the Old Testament, of which 71 times is in Psalms and 3 times in Habakkuk (3.3, 9, 13). "Selah" is translated in English as pause or interlude. The precise use and meaning are not certain. It is like a rest note in our musical score. In Psalm 3 alone "Selah" is used three times at the end of verses 2,4 and 8.

We must remember, David is praying to God. After verse two, he took a reflective pause to meditate on the words just spoken. It may even be a musical interlude of some kind. After a few moments, he reminded himself, and said to God "But". The world around me may say that I am doomed. They said, "Even God cannot save you." My God is not like that. He will never leave me nor forsake me even in the worst of time. When David focused on God rather than the broken pieces of his life, he found God is his comfort, his protection and his joy and deliverance. For God is our shield. We think of the shield is just the protection in the front. The shield of God surrounds us when God is our shield we are totally protected. God is our glory. When we are down, everyone treats us like dirt, but God put on true honour on us. He bore our sin and shame. He holds up our heads as we experience the joy of deliverance that comes only from God. When we fix our eyes on God, our faith is strengthened and our confidence grows. We are not afraid. David cried out with a loud voice in praise because God answered his prayers.

2 Samuel 22.7 "But in my distress I cried out to the Lord; yes, I cried to my God for help. He heard me from his sanctuary; my cry reached his ears." NLT
He took a pause again "Selah". His faith in God gives him peace to sleep at night. Others were taunting him of his past sin committed with Bathsheba. He murdered Uriah the husband of Bathsheba. God had forgiven him. When you are down Satan and many fair-weather friends will try to bring up the sin of your past that are already forgiven and forgotten by God. When we are saved, our sins are already be cleansed by the blood of Jesus the Lamb of God. Don't let ourselves or anyone else take us back and drag out our past again. Praise God we are set free from our sinful past when we repented of our sins by our Lord and Saviour Jesus Christ.

How can one sleep when one's life is falling apart? David lay down and slept knowing that he will wake up in safety. This is what we need to do in these tough

times. He put his confidence in God. Having done all he could, he prayed and let God take over. This sleep is not fitful sleep but peaceful rest in God. We need to ask ourselves do I have the confidence that David had in his God. Yes, the broken pieces are still strewn all over but we know that God will help us pick them up and He will put them together in His own way and time. When God answers our prayers, He gets the glory, we get the joy and the blessing.

Psalm 3.5-8 ESV

I lay down and slept;

I woke again, for the LORD sustained me.

*6 I will not be afraid of many thousands of people
who have set themselves against me all around.*

7 Arise, O LORD!

Save me, O my God!

*For you strike all my enemies on the cheek;
you break the teeth of the wicked.*

*8 Salvation belongs to the LORD;
your blessing be on your people! Selah*

Prayer for today

Our Father, we thank you that you have led us through many storms in the past. We thank you have been our shield, our provider and our deliverer in time past. Lord, we ask for your forgiveness that we look at the raging storm all around us more than we look at you. Help us to put our confidence in you and leave all the tomorrows to you. Lord, we thank you in the midst of the storm, we can find peace in you, by laying hold of you in prayer.

We commit these concerns to you, Lord, Make your prayer personal and specific.

1. Those who have lost their jobs and look for new ones
2. Those who have a pay cut, facing financial constraints
3. Those who are in business facing cash flow problems
4. Those who are schooling adjusting to the New Normal
5. Those who are taken ill

Tell God the crisis you are facing and ask God to give you faith in your time of need.

There is power in Jesus' Name! Amen.

每日灵粮

当生活分崩离析时

星期二，2020 年 6 月 9 日

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 3：1-4

大卫逃避他儿子押沙龙的时候作的诗。

1 耶和華啊，我的敵人何其加增！有許多人起來攻擊我。

2 有許多人議論我說：“他得不着神的幫助。”（細拉）

3 但你耶和華是我四圍的盾牌，是我的榮耀，又是叫我抬起頭來的。

4 我用我的聲音求告耶和華，他就從他的聖山上應允我。（細拉）

“凡是天上的審判，凡是从地獄上升的誘惑，凡是地球上的十字架，要是混在一起、壓在一起，也不會像這首詩所寫的那么可怕。痛苦中的痛苦就是人懼怕得不着上帝的幫助。”（司布真）诗篇 3：2

每日的新闻似乎表明世界正在分崩离析。我们中间没有人预料到新型冠状病毒的爆发。这次的疫情给政府、企业、就业、家庭生活、甚至宗教集会造成了严重破坏。气候的变化引起在一些地区发生洪涝灾害，其他地区造成极端干旱。社会、种族和政治骚乱像野火一般蔓延。世界好像分崩离析，这就是全球的图景。

真正让我非常担心的是，年轻人和老年人都感觉到他们的生活在这个疫情中正在崩溃。许多人情绪不安，思维不平静，无法应付困难。当生命崩溃时，我们该怎么办？

大卫王曾经处在这样的境地。大卫度过了他一生中最艰难的阶段后变得更加强壮。诗篇第三篇的背景记录在撒母耳记下 15-18 章中。押沙龙迫不及待地登上王位。从大卫手中夺下王冠的唯一办法是造反，推翻他父亲的王国。由于随从押沙龙的人民势派甚大，大卫只好与一小群忠心的士兵一起逃生。除押沙龙，也有不少叛徒攻击他。大卫在逃亡期间来到巴户琳，扫罗族的一个叫示每的人诅咒他，拿石头砍大卫和他的跟随者。情况如此糟糕，以至于很多人说：“上帝救不了他！”在这种危急时，似乎连上帝也救不了你。（诗篇 3：1-2）

是的，当生活分崩离析时，无论我们看什么，都只能看见自己的敌人越来越多。只有黑暗！我们不仅在身体上气馁，我们精神、属灵上也受到攻击。连上帝也不听我们的祷告。“他得不着神的帮助。”绝对无路可逃！

在第 2 节的结尾处，有一个词“细拉”这个希伯来词在圣经旧约中出现了 74 次，其中 71 次在诗篇，3 次在哈巴谷书（3：3、9、13）。“细拉”被英语翻译为暂停或插曲。其确切用途和意义还不确定。就象我们乐谱里的休止符号。“细拉”在诗篇第 3 篇就出现了 3 次：2、4 和 8 节的结尾。

我们必须记住，大卫是向上帝祷告。在第二节之后，大卫沉思了一下，默想他所说的话。甚至可能是某种音乐插曲。经过一段时间，他提醒自己，对上帝说“但”。我周围的一切都说我注定要失败。他们说“连上帝也救不了你”。我的上帝不是那样的。即使在最困难的时候，他也不会离开我，也不会放弃我。当大卫把关注转移至上帝而不是他生命中的碎片时，他感受到上帝是他的安慰，是他的保护，是他的快乐和拯救，

因为上帝是我们的盾牌。我们想的盾牌只提供前面的保护。上帝的盾牌是环绕着我们的，当上帝是我们的盾牌时，我们完全受到保护。上帝是我们的荣耀。当我们气馁时，人人都看我们为粪土时，上帝给我们的才是真正的尊荣。他担当了我们罪过和耻辱。他抬起我们的头，我们能感受到只有从上帝而来的救赎喜乐。当我们定睛在上帝时，我们的信心就会坚强。我们不怕。大卫大声地赞美神，因为上帝回应了他的祷告。

他又暂停了一下，“细拉”。他对上帝的信心使他在晚上可以安睡。其他人则嘲弄他与拔示巴的过去罪过。他杀了拔示巴的丈夫乌利亚。上帝已经饶恕了他。当你沮丧之时，撒旦和许多酒肉朋友会试图勾起你过去的罪孽，那些罪孽已经被上帝赦免并不再纪念了。当我们被拯救时，我们的罪恶已经被上帝的羔羊耶稣的宝血所洁净。别让自己或别人再次拖我们回到我们的过去。赞美上帝，我们对我们的救主耶稣基督认我们过去的过犯时，就摆脱了我们罪恶的过去。

人生分崩离析，怎能睡得着？大卫躺下睡觉，知道他会安然起来。这是我们在这困难时期需要做的。他对上帝充满信心。他尽力祷告、尽好本分、把事情交托给神。这种睡眠不是断断续续的睡眠，而是安息在上帝里面。我们需要扪心自问，是否像大卫对他的上帝有信心？是的，碎片仍然散落在各处，但我们知道上帝会帮助我们捡起来，祂会用自己的方式和时间把碎片拼在一起。当上帝回应我们的祷告时，祂必得到荣耀，我们将得到喜乐和祝福。

诗篇 3：5~8

5 我躺下睡觉，我醒着，耶和華都保佑我。

6 虽有成万的百姓来周围攻击我，我也不怕。

7 耶和華啊，求你起来！我的神啊，求你救我！因为你打了我一切仇敌的腮骨，敲碎了恶人的牙齿。

8 救恩属乎耶和華，愿你赐福给你的百姓。（细拉）

今天的祷告

天父，谢谢祢带领我们度过了许多风浪。我们感谢祢曾经是我们的盾牌，我们的供应和我们的救主。主啊，我们恳求祢饶恕我们在这个时期专注周围的狂风暴雨过于专注在祢。帮助我们对祢有信心，把每个明天都交在祢的手里。主啊，我们感谢祢在风暴中，我们仍可以在祢里面找到平安，祷告中牵着祢。

主我们把以下的担忧交托给祢（你的祷告可以更具体化和个人化）。

1. 那些失业正在寻找新工作的人
2. 那些受到减薪、面临经济困难的人
3. 那些在业者但面临经济难题的人
4. 那些正在上学的能够适应新常态
5. 那些生病的

告诉上帝你面临的危机，求上帝在你需要的时候赐你信心。

耶稣的名是满有能力的！阿门。

Wednesday 10 June 2020

Title: Trust and Pray

Author: Ps. Wallace

Psalms 10:17-18 (NKJV)

17 LORD, You have heard the desire of the humble; You will prepare their heart; You will cause Your ear to hear, 18 To do justice to the fatherless and the oppressed, That the man of the earth may oppress no more.

Martin Luther once said about Psalms 10:2-13, "There is not, in my judgment, a Psalm which describes the mind, the manners, the works, the words, the feelings, and the fate of the wicked with so much propriety, fullness, and light, as this Psalm." (Martin Luther, cited in Charles Spurgeon)

We often have heard people saying, "If there is God, why so many bad things happen, and so many bad people in this world did not being judged but prospered?" Very often, we also have heard this complaint from Christian.

These psalms express the heart cry of the psalmist, either what he was going through himself or he witness in his surroundings. When we are overwhelmed with oppress either experiencing it in our own life or seeing people around us going through the pain, sometimes we cannot help but protest to God, "Why do You stand afar off, O LORD? Why do You hide in times of trouble? Why do You let the wicked people continue to get away from the evil things they have been doing and triumphant? Why do You allow bad things to happen to good people? Why do You allow suffering in this world?" The psalmist shows us in verses 17-18 where he turned to God in prayer after he stated the lamentation of his heart. He placed his trust in God.

When the wicked are predators, and we are their prey, or we experience great suffering or difficulty, or we see the things around us that give significant burden or grieve to our hearts. We must remember to trust God, who can help us. Believe He is in control of all things, He will listen to our prayer when we humbly submit to Him and know that God calls all people to account before Him and be responsible for their actions in due time. God is all-powerful, merciful, loving, and He hears the desire of the humble. And not only does He give ear to them, but He will also strengthen their heart as they pray to Him – vv17.

There is a long time faithful servant of God shared with me that, "After many years of serving in ministry, I become more holy each passing year because of many 'holes' all over me. I have taken many punches under the belt. But every time I was persecuted, I looked up to the patience and tenderness of Christ; When I had no peace, I asked: Lord! Please give me your peace; When I felt frustrated, I asked: Lord! Please give me your patience; When I was tempted, I

asked: Lord! Cover me with Your holiness; When I felt weak, I asked: Lord! Strengthen me with Your power. These are the precious promised assurances from the throne of God has given to me. Once upon a time, Jesus had lifted all my burdens and set me free; Right now, I am standing on the promises of God, turning every trial into an opportunity of blessings."

Pray:

Dear Heavenly Father,

We praise your name for your power, your rule, your sovereign reign, and your love for all those who love you and humble himself before you. We praise you for listening to those who are hurting and crying out to you. You give ear to those who are praying on their behalf. You hear their desire in prayer, and you will help the oppressed. O Lord, thank you for using us to act on your behalf in prayer and any manner of help. Help us O Lord, in experiencing suffering and difficulty – we place our trust on You; in seeing the things that burden and grieve to our heart – we bring to You in prayer; in time of challenges and being tempted – we set our eyes on You.

In Jesus' name, we ask and pray. Amen.

Ps. Wallace

星期三, 2020 年 6 月 10 日

标题: 信靠与祷告

作者: 王振威传道

翻译: 杨惠光弟兄

诗篇 10:17-18

耶和华啊，谦卑人的心愿你早已知道，你必预备他们的心，也必侧耳听他们的祈求，为要给孤儿和受欺压的人申冤，使强横的人不再威吓他们。

对于诗篇 10: 2-13，马丁·路德（Martin Luther）曾说过：“依我的判断，没有一首诗篇能像这首一样，如此合宜、完全和深入地描述恶者的思想、举止、行为、言语、情感、和终结。”（马丁·路德，引自查尔斯·司布真）

我们经常听到人们说：“如果有上帝，为什么会发生那么多坏事，而这个世界上还有那么多坏人没有被审判却享有兴盛？”很多时候，我们也听到基督徒这样的抱怨。

这些诗篇表达了诗人的心声，无论是他自己的经历或是发生在他周围的环境中。当我们面临巨大的压抑，无论是自己的生活中经历压迫，或者看到周围的人正在遭受痛苦时，我们忍不住向上帝抗议：“上帝啊，你为什么站在远方？为什么在麻烦时刻躲藏起来？你为什么容许邪恶的人一直做邪恶的事情并取得胜利？为什么你允许坏事发生在好人身上？这世界为什么有苦难？”在第 17-18 节，诗人表达心中的哀痛之后便转向上帝祈祷。因为他信任上帝。

当恶人是掠食者，而我们是他们的猎物，又或者我们遭受巨大的痛苦或困难，或是我们看到周围的事物给我们的心增添了沉重的负担和感到悲伤，我们必须记住并要相信那位可以帮助我们的上帝。相信一切在祂掌控之中，当我们谦卑地顺服祂时，祂会听我们的祷告。并要知道所有人都要向上帝交代，并在适当的时候对他们的所作所为负责。上帝是全能的、仁慈的、充满爱心的、他听到了谦卑人的渴求。祂不仅会倾听他们的声音，而且当他们向祂祈祷时，祂也会坚固他们的心（十七节）。

有一位神的仆人与我分享他多年忠心的服事历程：“在服事多年之后，由于我身上遍布着许多‘伤痕’，但是一年复一年我变得更加的‘圣洁’。我多次被不公义的打击，每凡受到迫害时，我都仰望基督的忍耐和温柔；当我没有平安时，我说：主啊，请给我你的平安；当我感到沮丧时，我求主说：主啊！请给我你的耐心；当我受试探时，我求主说：主啊，用你的圣洁遮盖我；当我感到软弱时，我求主说：主啊！用你的能力刚强我。这些都是从上帝宝座赐给我的宝贵应许。很久以前耶稣不但解除了我所有的负担，更使我得自由；现在我可以站在上帝的应许下，将每一次的试炼都变成了祝福的机会。”

祷告：

亲爱的天父，

我们称颂你的名，因你的能力、统治、至高无上全能的治理、以及你爱所有在你面前谦卑自己的人。我们感谢你倾听那些正在受伤害并向你呼求的人和你倾听那些为他们代求的人。你听到他们在祈祷中的哭诉，并会帮助那些受压迫的。上帝啊，感谢你使用我们作为代祷者和帮助者。上帝啊，帮助我们，在遭受痛苦和困难时，我们以信心依靠；上帝啊，让我们在心负重担和悲伤时，我们以祷告来到你面前；上帝啊，在面

对挑战和受诱惑时，让我们单单定睛于你。
我们奉爱主耶稣基督的圣名祈求和祷告。阿们

Thursday, 11 June 2020
God's Mercy & Steadfast Love
By: Hon Sir Neng

Psalm 85

*1 You, Lord, showed favor to your land;
you restored the fortunes of Jacob.*
*2 You forgave the iniquity of your people
and covered all their sins.[b]*
*3 You set aside all your wrath
and turned from your fierce anger.*
4 Restore us again, God our Savior,
and put away your displeasure toward us.
5 Will you be angry with us forever?
Will you prolong your anger through all generations?
6 Will you not revive us again,
that your people may rejoice in you?
7 Show us your unfailing love, Lord,
and grant us your salvation.
8 I will listen to what God the Lord says;
he promises peace to his people, his faithful servants—
but let them not turn to folly.
9 Surely his salvation is near those who fear him,
that his glory may dwell in our land.
10 Love and faithfulness meet together;
righteousness and peace kiss each other.
11 Faithfulness springs forth from the earth,
and righteousness looks down from heaven.
12 The Lord will indeed give what is good,
and our land will yield its harvest.
13 Righteousness goes before him
and prepares the way for his steps.

How is it like to have offended someone precious in our life? Our usual response is to lament and we will plead for mercy. Psalm 85 is a psalm of lament and plea. It laments about Israel's sinfulness and it is a pleads for God's mercy. We will explore this psalm together and see what it teaches us about our walk with God, especially in light of our sinful nature.

The first 3 verses described God's mercy. Despite Israel's sinfulness, God forgave their iniquities and covered their sins (v2). He also withdrew His wrath and turned from His anger (v3). One of the signs of the Israelite's favour before God is by looking at the whole nation. If the nation has been upright and obedient,

the land will be prosperous, because this has been laid out in the Covenant between God and Israel (see Deuteronomy 28). Here, we see a display of God's mercy towards His wayward and sinful people. Despite their sinfulness, God still showed His favour upon them.

Continuing from verses 4-7, we hear the psalmist lament about their sinfulness. In lamenting, he cried out to God's mercy by asking God to restore them (v4) and to show them His steadfast love (v7). These 2 verses speak of God as the one Who gives salvation. In between verse 4 and 7, the psalmist pleads God in the form of a question, by asking about the duration of God's anger (verse 5). He also asked God to revive them, by restoring the fortunes of the land, so that the people will rejoice in Him. This is a bold appeal before God, one that is of faith, trusting God for His mercy to forgive and trusting His steadfast love.

Verses 8-9 continues by describing the other aspect of His mercy. He will speak peace to His people, His saints. Peace is a result of God's mercy! "BUT let them not turn back to folly." As God shows us His mercy, we are called to respond in faith, which also entails us not to turn back to our folly, that is our sinfulness. Not in the sense where we make ourselves holy before we come to God. Rather, by not turning back to our folly is our proper response towards His mercy shown towards us as we trust in Him. Because verse 9 tells us that salvation is near to those who fear Him. For the Israelites, God's glory will surely dwell in their land; God will not abandon them.

This psalm ends with a description of what it means to encounter God's mercy. This is a display of God's steadfast love and faithfulness, it comes together! God's steadfast love is one that is eternal. By showing us His steadfast love and faithfulness, we will receive righteousness and peace together. God in His steadfast love and faithfulness will give what is good and yield increase in the land of Israel. This speaks about the unbreaking promises and favour that rest on His people. God's righteousness will go before His people and guide them.

What does this psalm mean for us today as God's people living in the 21st century? Firstly, we are being reminded of God's mercy. Even in our sin, God forgives us as we continuously go before Him in faith and repentance. He will cover our sins, turn His anger away. Secondly, we are being reminded of God's steadfast love. Just as God is faithful in keeping His promises to the Israelites by blessing their lands. God likewise keeps His promises and blesses us in Christ. In His faithfulness towards us, He will keep us and bring us to be with Him, the heavenly mount Zion (Heb. 12:22). Let us trust in Him, steadfast love. Lastly, may we not fall back to our folly (v8). Yes, we are sinful in our own right and we will fall. But may we be steadfast in our walk with God, asking Him for grace and

strength to not turn back to our folly. IF we do fall, may we run to Him in repentance and faith (as the first point calls us to respond).

Prayer

As you pray, ask God's Spirit to convict you. If you are in need of forgiveness, ask God for forgiveness in faith and repentance. If you are doubtful of God's faithfulness, ask God to help you see His steadfast love in this passage, which He displayed towards Israel. If you are in need of help to fight against your sin, ask God's Spirit to sanctify and to change every way of your thought and disposition.

11/06/20 星期四

上帝的怜悯和慈爱

作者：韩思能

诗篇 85

1 耶和華啊，你已經向你的地施恩，
救回被擄的雅各。

2 你赦免了你百姓的罪孽，
遮蓋了他們一切的過犯。（細拉）

3 你收回所發的憤怒，
撤銷你猛烈的怒氣。

4 拯救我們的神啊，求你使我們回轉，
使你向我們所發的憤怒止息。

5 你要向我們發怒到永遠嗎？
要將你的怒氣延留到萬代嗎？

6 你不再將我們救活，
使你的百姓因你歡喜嗎？

7 耶和華啊，求你使我們得見你的慈愛，
又將你的救恩賜給我們。

8 我要聽神—耶和華所說的話，
因為他必應許賜平安給他的百姓，就是他的聖民；
他們卻不可再轉向愚昧。

9 他的救恩誠然與敬畏他的人相近，
使榮耀住在我們的地上。

10 慈愛和誠實彼此相遇，
公義與和平彼此相親。

11 誠實從地而生，

公義從天而現。

12 耶和華必賜福氣給我們；

我們的地也要出土產。

13 公義要行在他面前，

使他的腳蹤有可走之路。

冒犯了我们生命中宝贵的人是什么样的感觉？我们通常的反应是哀叹，我们将求饶。诗篇 85 是哀叹和恳求的诗篇。它为以色列的罪恶感叹，并祈求上帝的怜悯。我们将一起探讨这首诗篇，看看它教会了我们如何与上帝同行，特别是鉴于我们的罪恶天性。

前三节经文描述了上帝的怜悯。尽管以色列有罪，但上帝原谅了他们的罪过并掩盖了他们的罪过（第 2 节）。他也摆脱了愤怒，摆脱了愤怒（第 3 节）。以色列人在上帝面前受宠的标志之一就是放眼全国。如果这个国家是正直而顺服的，那么这片土地将会繁荣昌盛。因为这是在上帝与以色列之间的盟约中规定的（申命记 28）。在这里，我们看到了上帝对他任性而有罪的子民的怜悯。尽管他们有罪，但上帝仍然对他们表示恩宠。

从第 4-7 节继续，我们听到诗篇作者对他们的罪恶感叹。在哀叹中，他通过求上帝恢复他们并向他们展示他坚定的慈爱来呼唤上帝的怜悯（第 4&7 节）。这两节经文都说上帝是给予救恩的那一位。在第 4 至第 7 节之间，诗人通过询问上帝愤怒的持续时间，以疑问的形式恳求上帝（第 5 节）。他还要求上帝通过恢复国家的命运使他们复兴，以便人民为他欢喜。这是在上帝面前的大胆呼吁。他充满信心。相信上帝怜悯中的宽恕，相信他坚定的慈爱。

第 8-9 节继续描述了怜悯的另一方面。他必应许将平安赐给他的百姓——他的圣民。平安是上帝怜悯的结果！“他们却不可再转去妄行。”当上帝向我们展示他的怜悯时，我们被召唤以信心回应。它要求我们不要转向愚蠢的方式，那就是我们的罪恶。并非在我们来到上帝之前就使自己成为圣洁的意义上。相反，当我们信任他时，我们对他的怜悯的正确反应就不会回到我们的愚蠢了。因为第 9 节告诉我们，救赎就在那些敬畏他的人相近。对于以色列人来说，上帝的荣耀必定住在他们的土地上。上帝不会抛弃他们。

这首诗最后描述了遇见神怜悯的意义。慈爱和诚实彼此相遇！上帝的慈爱是永恒的爱。通过向我们展示他的慈爱与忠诚，我们将获得公义与和平。上帝将以他的慈爱和信实奉献给以色列人土地，带来善良和收益。这是关于祂子民的不败承诺和青睐。上帝的公义将在祂的子民面前去引导他们。

当神的子民生活在 21 世纪时，这首诗对我们有什么意思？首先，我们被提醒上帝的怜悯。即使在我们的罪中，当我们在信仰和悔改中不断在祂面前前进时，上帝也宽恕了我们。祂将掩盖我们的罪过，将怒气转走。其次，我们想起了上帝的慈爱。就像上帝忠于通过祝福以色列人的土地来履行对以色列人的信实一样。上帝同样信守诺言，

并在基督里祝福我们。出于对我们的信实，他将使我们与天上的锡安山一起与我们同在（希伯来书 12:22）。让我们相信他的慈爱。最后，让我们不要回到愚蠢（第 8 节）。是的，我们本应犯罪，我们会堕落。但是，愿我们在与上帝同行时坚定不移，向他祈求恩典和力量，不要再回到我们的愚行了。如果我们确实跌倒了，愿我们以悔改和信心奔向祂（正如第一点要求我们作出回应）。

祷文

当您祈祷时，请神的灵将您定罪。如果您需要宽恕，请在信仰和悔改上向上帝请求宽恕。如果您怀疑上帝的忠实性，请上帝帮助您在这段经文中表现出他对以色列的慈爱。如果您需要帮助来对抗自己的罪恶，请求神的圣灵成圣，并改变您的思想的所有方式。

Friday, 12 June 2020

Pass Me Not

Prathab V

Psalm 19:12-14 (NLT)

12 How can I know all the sins lurking in my heart?

Cleanse me from these hidden faults.

13 Keep your servant from deliberate sins!

Don't let them control me.

Then I will be free of guilt

and innocent of great sin.

14 May the words of my mouth

and the meditation of my heart

be pleasing to you,

O LORD, my rock and my redeemer.

In the spring of 1868, after giving a message and singing hymns while visiting inmates in prison, the famed blind hymn writer Fanny Crosby heard the woeful cry of a prisoner. "Good Lord, do not pass me by!" pleaded the prisoner to God, asking for mercy.

That evening, goaded by a fellow pilgrim and musician, William Doane, Crosby added another hymn to her collection of over 8,500 gospel songs. The latest addition became the well-known hymn "Pass Me Not".

Playing the song on my guitar the other day, my mind raced to Psalm 19:12-14 and to the words of the prisoner. I am not sure what crime the prisoner was charged with. Perhaps he was an innocent man, who had been unfairly framed for a crime he did not commit. Or perhaps he was a prisoner of conscience. Or worst, he could be was a vile man who committed a terrible crime. I do not know. The prisoner is nameless and unknown.

To me, there is nothing shameful for being sent to prison, as many prophets and writers of the Bible were also thrown in prison. Daniel, John the Baptist, Paul, and Peter are just a few of the famous Bible personalities who ended up in jail. So, I am not ashamed of those who have gone to prison. Whatever the reasons are, they are all lives for whom Christ died. It is worth sharing the gospel to them with a piece of bread. Sometimes, I think that the unconverted outside the prison could be in a "prison of sin", compared to those who are converted in prison.

It is sin that results in "imprisonment" of individual minds. Sin lurks around us, within us (v12). Sin aims to devour us. Hence, it is wise and prudent for us to be vigilant and ever watchful.

David, the author of Psalm 19, confesses that he has no way of knowing sins hidden in his heart. He pleads with God to cleanse him of his hidden faults (v12). David also pleads to God to keep him from deliberate sins(v13). David should know. Despite being a king and an immensely powerful man, sin still corrupted David's soul. From David's view, he sees the way out of his situation is only by ensuring that the words of his mouth and the meditation of his heart be ever pleasing to his Rock and Redeemer.

Jesus, our Rock and Redeemer, is ever ready to listen and forgive us. Only come to Him in repentance and with a contrite heart. He will not certainly pass by a repentant sinner. We can take comfort in Him today that He will forgive a repentant sinner.

If you have been struggling with some secret sin for some time, perhaps it is a good time to bow down to Him now and confess your sins. He will certainly not pass you by. The Lord's grace be with you always

Prayer:

Lord, I cry out to you, for there no one like You. Teach me to understand and treasure the heavy price that you paid to redeem me. Please keep me away from deliberate sins. I want to change Lord. Help me. May my words and my heart ever be turned towards You and You alone. In Jesus' name I ask. Amen.

每日灵粮

星期五, 2020 年 6 月 12 日

标题: 莫把我弃掉

作者: 帕拉他伯(Prathab V.)

翻译: 巫惠如姐妹

诗篇 19:12-14

谁能知道自己的错失呢?

愿你赦免我隐而未现的过错。

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。

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。

在 1868 年的春天, 著名的失明赞美诗作者芬尼·克罗斯比 (Fanny Crosby) 在探视监狱囚犯时分享信息并唱完赞美诗后, 听到了一名囚犯的哀哭: 「主啊, 别撇弃我!」囚犯恳求上帝施恩怜悯。

那晚, 在音乐家威廉·多恩 (William Doane) 的陪同下, 克罗斯比为她八千五百多首福音歌曲中增添了另一首赞美诗, 而这首诗歌就是有名的《莫把我弃掉》(Pass Me Not)。

前几天, 当我用吉他弹着这首歌时, 心中立即想到了诗篇 19: 12-14 和囚犯的那句话。我不晓得囚犯被控的罪名是什么。也许他是一个无辜的人, 为他没有犯下的罪行而受到不公平的陷害。也许他受良心谴责。或者更糟的是, 他可能是个卑鄙的犯人。我不知道。囚犯无名无姓。

对我来说, 被送进监狱没有什么可耻的, 因为许多圣经的先知和作者也被关进监狱。但以理、施洗约翰、保罗和彼得都是一小部分入狱的著名圣经人物。

所以, 我不为那些入狱的人感到羞耻。不管监禁的原因是什么, 基督为他们而死。用一块面包与他们分享福音是值得的。有时, 我认为, 与那些在监狱里信主的人相比, 也许很多信徒虽在监狱外, 但他们可能都被困锁在「罪恶的监狱」。

正是罪恶导致个人思想上的「监禁」。罪潜伏在我们周围, 在我们内心深处(12 节)。罪的目的是吞噬我们。因此, 明智和谨慎的对策就是随时随地保持警惕。

诗篇 19 的作者大卫承认, 他无法知道内心隐藏的罪恶。他恳求上帝赦免他隐而未现的过错(12 节)。大卫还恳求上帝别让他明知故犯(13 节)。大卫知道, 尽管身为国王又极有权势, 罪恶仍然腐蚀着他的灵魂。从大卫的观点来看, 摆脱这个处境的唯一方法就是确保口中的言语和心中的意念蒙上帝喜悦。

耶稣, 我们的磐石和救赎主, 永远愿意倾听和原谅我们。以忧伤痛悔的心来到他面前。他肯定不会撇弃一个悔改的罪人。我们可以放心, 因为他一定会原谅一个悔改的罪人。

如果你因为某些隐藏的罪苦苦挣扎了一段时间, 或许现在正是向上帝低头认罪的好时机。他绝不会撇弃你。主的恩典永远与你同在。

祈祷：

主啊，你伟大无比。教我理解和珍惜你为救赎我所付出的沉重代价。别让我明知故犯。主，我想改变。帮助我。愿我的言语和意念只转向你。奉主耶稣的名祷告，阿们。

Saturday, 13th June 2020

GOD KNOWS US EVEN BEFORE WE WERE BORN

Pastor Soong Kok Kee

Psalm 139:13-16 New International Version (NIV)

¹³ For you created my inmost being;

you knit me together in my mother's womb.

¹⁴ I praise you because I am fearfully and wonderfully made;

your works are wonderful,

I know that full well.

¹⁵ My frame was not hidden from you

when I was made in the secret place,

when I was woven together in the depths of the earth.

¹⁶ Your eyes saw my unformed body;

all the days ordained for me were written in your book

before one of them came to be.

Isn't it amazing and wonderful to know that God knows us even before we were born? That was exactly what He told Jeremiah in 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations." Paul goes further than that in Ephesians 1:4 "For he chose us in him before the creation of the world to be holy and blameless in his sight."

My 2nd daughter once said "Dad, if you had married mum earlier, we would have been born earlier." I was 51 years old when she was born. Then, 10 years later, God gave me a son for my 61th birthday! He said the same thing, having a father who looks like his grandfather taking him to school!! I told them if I had married earlier, it would not be her mum I married and if it was not her mum I married, then they wouldn't be here! But since Ephesians 1:4 says God knew them even before they were born and even before the creation of the world, then it is destined that I marry their mum and they were destined to be born when I was 51 and 61 respectively and not a day or a year earlier. Marriages are indeed made in heaven, ordained by God.

Yes, my dear brothers and sisters, God knows each and every one of us while we were still in our mother's womb, before we were born and even before the creation of the world. That alone is amazing enough. No wonder David exclaimed in amazement in verses 17 and 18 "How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you." God had chosen our parents for us and even our brothers and sisters. There is no "if" in life, everything has been determined, planned and arranged by God and He alone knows what is best for us.

Verse 19 onwards David's hatred for his enemies came from his zeal for God. David regarded his enemies as God's enemies, so his hatred was a desire for God's righteous justice and not for personal vengeance. Vengeance is mine, I will repay said the Lord (Rom 12:19). God will deal with them in His own way, not us. Of course when we truly love God, then we will be deeply hurt if someone hates Him. Then David asked God to search his heart and mind and point out any wrong motives that may have been behind his strong words. But while we seek justice against evil, we must also pray that God's enemies will turn to Him before He judges them. (Matt 5:44).

Verses 23-24 is a prayer all of us should pray daily for the rest of our lives: "Search me, O Lord, 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."

Socrates once said an unexamined life is not worth living. And this prayer of David says exactly the same thing. As a believer, we should always be asking God to search our hearts and minds to see whether anything we do or say or even think will not be pleasing to God. And when God points them out to us, we should ask God for His strength to cast them out of our lives. None of us can do it by our own strength for Phil 4:13 says "I can do everything through **HIM** who gives me strength". David's prayer here is also one of the reasons God said David is a man after His own heart. He was always seeking to walk righteously before God and when his sins were pointed out by Prophet Nathan, he came crying in repentance to God. (Psalm 51) Nothing in our lives should hinder our relationship with God.

PRAYER: Dear Lord, we thank you for reminding us that you have chosen us even before the creation of the world and that while we were in our mother's womb, you have known us. We know too that everything that happens to us in our lives have been allowed by you, the good ones to bless us and the bad ones to teach us to rely on you. We want to pray especially for those who have been badly affected by the Pandemic. You are our God, our Jehovah Jireh and we pray that you will provide all their needs spiritually, physically and materially. In the precious name of our Lord Jesus we pray AMEN.

每日灵粮

星期六, 2020 年 6 月 13 日

标题：上帝在我们未出生时就已晓得我们

作者：宋国基牧师

翻译：梁玉萍姐妹

诗 139：13-16

13 我的肺腑是你所造的，我在母腹中，你已覆庇我。

14 我要称谢你，因我受造奇妙可畏；你的作为奇妙，这是我心深知道的。

15 我在暗中受造，在地的深处被联络，那时我的形体并不向你隐藏。

16 我未成形的体质，你的眼早已看见了；你所定的日子，我尚未度一日，你都写在你的册上了。

上帝在我们出生之前就晓得我们，这难道不神奇和美妙吗？这正是祂在耶利米书 1：5 说的：“我未将你造在腹中，我已晓得你；你未出母胎，我已分别你为圣。我已派你做列国的先知。”保罗在以弗所书 1:4 更进一步地说“就如神从创立世界以前在基督里拣选了我们，使我们在祂面前成为圣洁，无有瑕疵”

我的二女儿曾经说过：“爸爸，如果你早点嫁给妈妈，那我们就早点出生了。”她出生时我 51 岁。十年后，上帝在我 61 岁时给了我一个儿子！他说了同样的话，带他去上学的父亲看起来却像他的公公！！我告诉他们，如果我早点结婚，那我就不是嫁给他们的妈妈，如果不是我嫁给他们的妈妈，那么他们就不会在这里！但是如以弗所书 1：4 说，上帝甚至在他们出生之前及在世界创立之前就晓得他们，所以注定我要嫁给他们的妈妈，他们注定要各别在我 51 岁和 61 岁时出生，而不是早一天或一年前。婚姻的确是在天堂设立的，是上帝所命定的。

是的，我亲爱的弟兄姐妹，当我们还在母胎，还未出生以前，甚至在世界未造之前，上帝就晓得我们每一个人。单单这一点就足够惊人了。难怪大卫在第十七及十八节惊奇地说：“神啊，你的意念向我何等宝贵！其数何等众多！我若数点，比海沙更多。我睡醒的时候，仍和你同在。”上帝为我们选择了我们的父母以及我们的兄弟姐妹。生活中没有“如果”，一切都是由上帝决定，计划和安排的，只有祂知道什么是对我们最好的。

14th June 2020, Sunday

Cure for anxiety.

By Elder Bryan Lee.

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" – Psalm 46:10

The Covid19 pandemic is still raging fiercely in the world.

After half a year the world is still a dangerous place because of the virus. We can only be safe until a vaccine is found.

We have seen the epicenter of the virus moved from China to Europe and then to the US. Now the epicenter is in South America. In a few weeks, it will move to the African continent. There is no escape. The death toll is unprecedented in recent memory.

The only way of escaping this virus is lockdown or in the definition of the above verse....."Be still"

Mighty nations have been brought to their knees.

Planes have to stop flying, ships stop sailing, cars stop running and mankind stops walking and stays at home.

The whole world has to come to a standstill by an invisible virus.

The financial, emotional and psychological impact is on a magnitude we have not seen before.

It has caused so much chaos in the world and impacted our everyday life into what we now called a new normal way of living for which we all are trying to adjust.

In the midst of pain everywhere we are asking "God what are you trying to say to us?"

CS Lewis in his book "The Problem of Pain" wrote this "God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world."

The pandemic, in my opinion, is definitely God's megaphone announcing we are not in control. He is.

Many of us have been saddled with various kinds of anxieties as a result of this pandemic for which we have no control.

When trouble hits, don't strive against God. Know that He is the sovereign Lord who cares for us and tells us to cast ALL our anxieties on him(1 Pet 5:7). He will be exalted and glorified in the earth. He wants us to exalt Him by submitting joyfully to Him even in the midst of trouble.

"Be still and know that I am God" the psalmist says.

Prayer

Lord forgive us that sometimes we act as if we are in control of our own destiny. But a pandemic like this shows that we are not. You are God almighty. We affirm that you are God in good times and also in bad times and we give glory to you because you are the sovereign Lord in control and because of this we can be still and have peace in the midst of the raging storm around us.

Thank you that our burdens are lifted at Calvary. In Jesus Name. Amen.

每日灵粮

2020 年 6 月 14 日，星期日

作者：李惠隆长老

翻译：方美珠姐妹

治疗焦虑症

“你们要休息，要知道我是神！我必在外邦中被尊崇，在遍地上也被尊崇。”-诗篇
46:10

新冠肺炎流感仍在全球肆虐。

从这病毒流传开始，至今已半年了世界仍然是个危险的地方。只有找到疫苗，我们才能安全。

我们已经看到这病毒的震中从中国转移到欧洲，然后再转移到美国。现在震中位于南美洲。再过几周后它将移至非洲大陆。无路可逃。近代记忆中，死亡人数是历来使无空前的。

逃脱此病毒的唯一方法是全民封锁或如上述经文所记载的定义……“你们要休息”
强大的国家屈服了。

飞机必须停止飞行，船舶停止航行，汽车停止行驶，人们停止行走并呆在家里。

整个世界都被这一种看不见的病毒被迫瞬间停顿。

经济，情绪和心理上的强烈影响是前所未有的。

它给世界造成了极大的混乱，并影响了我们的日常生活，我们现在还在努力的调整并称这情况为新的正常生活方式。

在痛苦中我们询问：“上帝，你想对我们说什么？”

刘易斯（CS Lewis）在他的《疼痛问题》一书中写道：“上帝在我们欢乐时对我们轻声细语，用我们的良心与我们说话，在我们痛苦中祂大喊：这是祂的扩音机为要唤醒一个聋哑的世界。”

我认为这种大流感绝对是上帝的扩音机，宣布不是我们在控制这世界。是祂。

由于这场大流感是我们所无法控制的，我们许多人都背负着各样的焦虑。

当遇到麻烦时，请不要与上帝背道而驰。要知道祂是我们的君王，我们当将一切的忧虑卸给祂，因为祂顾念我们的（彼前 5: 7）。祂将在地上被高举和荣耀。祂要我们在患难中也乐意服事祂高举祂的名

诗人说：“你们要休息，要知道我是神。”

祷告。

上帝求祢宽恕我们，有时候我们的举止好像是在掌控着自己的命运。但是像这样的大流感显示不是我们在掌控。祢是全能的上帝。我们肯定不管得时不得时祢都是上帝，我们要荣耀祢因为祢是掌管一切的君主，因此，尽管我们在狂风暴雨中，我们依然得以平安。

谢谢祢让我们的重担可以在各各他卸下。奉耶稣的名。阿们

Monday, 15 June 2020

Ps Cheng Cheung

'Clean Hands'

Psalm 26: 6 I will wash my hands in innocence;

So I will go about Your altar, O LORD,

One of the key roles of the God's Holy Spirit is to do the work of sanctification in our lives. It's a big word but simply means transforming every part of the "old us" that is selfish, proud, hypocritical, self-righteous and mean so that we become, from our hearts, more and more Christlike. We are being renewed daily, from the date of our conversion, into His image. No easy task. And it will take a lifetime, literally.

Integrity and consistent obedience was David's claim in Psalm 25. Here in this Psalm he goes a step further in his journey of sanctification. He asks God "Judge, me I have walked in my integrity. Prove me, test me, try (put on trial) my innermost being and my mind (my mind and my heart). Because your lovingkindness is before me, I walk in faith and confidence" – [Verses 1 to 3 paraphrased]. In other words, David knows himself, believes he has nothing to hide and is being totally honest with the Almighty. He knows, like what Pastor Wallace said in his sermon this morning "Secret sins on earth are open scandals in heaven!"

In another example, it is no wonder Isaiah fell before the Lord God and exclaimed "Woe is me, for I am undone! Because I am a man of unclean lips." He knew before a thrice holy omniscient God, the deceitfulness and sin in his heart was laid bare. Brothers and sisters, let us always approach the Lord with the same awe, reverence and openness that He might, like David, deal with our old man with more transparency in our sanctification journey.

David also asks God to vindicate and defend him from all his enemies' allegations. He probably knows that with an unreasonable adversary, it is pointless to try to defend yourself against baseless accusations. These are the deceitful, the hypocrites, the evildoers, and the wicked. Friends, do you sometimes experience this in your work environment and places of human interaction? Do not fret, let the Lord be your defender.

The important step is the next, where David says

6 I will wash my hands in innocence,

and I will walk about your altar, O Yahweh,

In other words, David is able to come before the Lord in all honesty after having deep introspection that he is innocent of any wrongdoing, deceit, self-righteousness and hypocrisy before God. Only thereafter is he confident his worship of God would be acceptable to the Lord God Almighty. May we do the

same before we step into the Lord's house or, indeed, partake of the Lord's supper.

In the second part of the Psalm (verses 9 to 12), David makes two pleas to The Lord.

First he asks God:

9 Do not take away my soul along with sinners,
my life with those who are bloodthirsty,

He asks for God's mercy, that God would preserve his life. He has refused to associate with the wicked in life; but notwithstanding, he asks God to keep him faithful to Him and from the influence of sinners till death takes him. It is an amazing request from the Psalmist and shows he has not taken his salvation for granted and affirms his utter dependence on God to the end.

Then, he asks for God's redemption and grace, keeping his stance and footing in the Lord firm and secure, so that he would always be found in the house of the Lord, praising Him.

Prayer for today

Our Heavenly Father, thank you for the example of David, truly a man after God's heart. Give us the same amount of spiritual fortitude that he had in our walk with You. Help us realise it is the quality of our relationship with You and our utter dependence on the truth and light of your word that will see us through the storm many of us are facing now.

We pray for many who have been adversely affected by the current pandemic. May You be their help and comfort. We pray also for sensitivity on the part of the Lord's community to reach out to these in practical ways.

We look forward to the day when we might be able to meet again in your house, O Lord, to raise our voices to sing Your praises before each other. Till then, give us patience to wait a little longer.

In Jesus' Name we pray. Amen.

每日灵粮

星期一，2020 年 6 月 15 日

清洁的手

作者：张祯祥传道

翻译：巫惠如姐妹

诗篇 26: 6 耶和華啊，我要洗手表明无辜，才环绕你的祭坛

圣灵的关键工作之一就是使我们在生活中成为圣洁。看似深奥的词汇，其实只是意味着一个人全然地改变「老我」的自私、自豪、虚伪、自以为是、刻薄，让我们从心变得越来越像基督。从我们信主的那一刻，我们每天都在更新，变得更像他。这不是简单的任务。真的需要用一辈子的时间去实践。

大卫在诗篇第 25 提到个人正直和始终如一的顺服。在 26 章，他更进一步地谈论成圣之旅。他问上帝：「法官，我已走了正直的路。求你察验我，试炼我，鉴察我的心思意念。你的慈爱常在我眼前，我信心十足而行。」（第 1 至 3 节意译）换句话说，大卫自知他没有什么可隐瞒的，并且诚实地面对全能的上帝。他知道，就如王振威传道今天上午的证道：「地球上的秘密罪行，都是天堂公开的丑闻！」

再举一个例子，难怪以赛亚倒在上帝面前，大喊：「祸哉！我灭亡了。因为我是嘴唇不洁的人。」在三位一体、无所不知的上帝面前，他知道自己心中的欺骗和罪恶将暴露无遗。弟兄姐妹，让我们时常心存如大卫对上帝的敬畏、尊崇和坦诚，以便在成圣的旅程中，上帝也能以更透明的方式处理我们的老我，像他如何待大卫一样。

大卫也恳求上帝证明并捍卫他免受敌人的指控。他可能知道，面对无理的对手，试图为毫无根据的指控自我辩护其实是毫无意义的。这些是欺骗的、伪君子、恶人和奸诈的人。朋友们，你是否在工作环境和社交场所体验过这些呢？别担心，让主成为你的捍卫者。

重要的下一步是，大卫说：「我要洗手表明无辜，才环绕你的祭坛」（第六节）

换句话说，大卫之所以能够坦诚地站在上帝面前，是因为他先深刻反省自己有没有对上帝犯下任何错误、欺骗、自以为是和伪善。只有这样，他才能够确信全能的上帝接受他的敬拜。在我们进入主家之前，我们可以做同样的事，又或者，可以守圣餐。

在诗篇 26 的下半段（第 9 至 12 节），大卫两次恳求主。首先，他求上帝：「不要把我的灵魂和罪人一同除掉，不要把我的性命和流人血的一同除掉，」

他请求上帝的慈悲，求上帝保佑他的生命。他不愿与恶人交往。他也求上帝使他忠于主，尽管受罪人的影响，直到他死去也不偏离主。这是诗人惊人的请求，表明他并没有视救赎为理所当然的，并确认他对上帝的绝对依靠。

然后，他求上帝救赎并怜悯他，使他坚定地立足在主里，好让他永远在主家中，称颂他。

今天祈祷：

天父，我们为大卫感谢你，他的确是合神心意的人。求主也赐给我们如大卫的属灵坚毅。帮助我们认识到，正是我们与你关系的品质，以及我们对你话语的真理和亮光的绝对依赖，带领我们度过许多人现在面临的风暴。

我们为许多受到当前新冠病毒不利影响的人祈祷。愿你成为他们的帮助和安慰。我们也求主的肢体能善解人意，以实际的方式帮助有需要的人。

哦主，我们期待再次聚集在你家中，高声赞美你。在那之前，请赐我们耐心等等待。

我们奉耶稣的名祷告， 阿门。

Tuesday, 16 June 2020

How I miss the church!

Pastor Isaac Yim

Psalm 84:1-12

Since 18 March 2020, the Malaysian government has introduced the Movement Control Order (MCO) due to the Covid-19 pandemic. Hitherto, places of worship are still out of bounds. During the lockdown, I had the privilege of calling many of our church members on the phone. Quite a few asked me: "When can we get back to church?".

I believe that deep inside us, we all long to be in church to worship God together. Psalm 84, describes the longing of the Psalmist to being in the Courts of The Lord.

The Outline of Psalm 84

1. Longing for God. Psalm 84:1-4
2. Traveling to God. Psalm 84:5-9
3. In the presence of God. Psalm 84:10-12

How do we enter to worship the Lord? Our expectations affect our worship experience. For some worship is like going to a funeral. They say that the worship is not lively, that the preacher is long-winded. But what do we desire when we come into the presence of the Lord? If you come expecting the church to be boring, it will be boring. On the other hand, if we come with excitement expecting God to speak to us and to have a fresh encounter with Him, we get a sense of the Holy presence of the Holy Spirit and more.

Today's scripture passage shows us that the psalmist longs to be in the lovely dwelling place of God – the temple. His heart bursts out in joyful songs of praise and worship. Worship involves the total being of a person. "My soul" means deep down inside, at the very depths of one's being, even the heart, and body, they cry out in fellowship with the living God (Psa. 84:1-2).

Not only is the place of worship beautiful, but it is a restful and peaceful place to be. The Psalmist notes that the sparrow builds its nest near the altar. The young ones are in the nest (Psa. 84:3). The altar is a place where dead animals are burnt as an offering to God. Amid this death and sacrifice, the sparrows and their little chicks were safe, provided, protected and free from all harm.

What amazing peace that we can have when we stay close to the heart of God! The world may fall apart, but in Him, we are protected. Nowadays, we are constantly having to deal with various dangers posed by viruses, violence, sickness, and destruction. But in the House of the Lord, we are safe, just like the sparrows. That's why the Psalmist writes: "Blessed are those who dwell in your house, ever singing your praise!" (Psa. 84:4).

The second part of this Psalm 84:5-9, describes the psalmist making his way to the temple of God. Unlike the birds, he can visit the temple frequently, wholeheartedly moving towards Zion. In the past, pilgrims often sang these psalms, as they walked towards Jerusalem. On the way, they may stop at a place called Valley of Baca, which means Valley of Weeping or Valley of Rain. Every step toward Zion, through the arid lands is tough and challenging. But in Baca, pilgrims can find rest and refreshments before they journey on. This depicts our spiritual journey with the Lord. Our journey may be tough and challenging but in the presence of the Lord, we can rest and be refreshed, enabling us to move forward (Psa. 84:6-7).

In the last section of the psalm (Psa. 84:10-12), it is a joy to arrive at the courts of the temple, just to gaze on Him as “a sun and shield”. The sun provides light and heat to sustain life. The shield provides protection.

Here the psalmist exclaims exuberantly: “One day in your courts is better than a thousand elsewhere. I would rather be a gatekeeper in the house of my God than live the good life in the homes of the wicked.” (Psa. 84:10). This is the climax of the pilgrim – to be in the presence of the Lord. The pilgrim knows that his stay will be short. It is better just to spend one day in a lowly position than months anywhere else.

Today, we too are pilgrims longing for God, moving towards God. Our most satisfying experience is being in the presence of God. This Psalm ends with a rich promise from the Lord. He will not withhold any good thing from us. He will bless us as we put our trust in Him. (Psa. 84:11b -12).

How do we experience God's presence in our daily life?

When we read Psalm 84, what does this stir up in us?

Prayer:

O Lord, there is nothing better than being in your presence. Lord, forgive us, for due to our busy lifestyles, we sometimes rush in and out of Your presence. We thank you for the MCO, since we are forced to be locked in and slow down our pace of life. The MCO is a blessing in disguise. We have more time to be with You and our families.

Lord, we are not sure what life will be like after the MCO or once the Covid-19 pandemic is over. Help us to continue to make time for You and our loved ones. We enjoy our time alone with You when our hearts are attentive to your Spirit. We yearn to be in church to pray, to sing, and to be encouraged through human fellowship in your presence.

Most of all, we thank You for Jesus Christ, who is the Word made flesh. He is the ultimate “temple,” whose sacrifice has made it possible for us to know You. We praise you, our Lord and Saviour Jesus Christ. Amen.

每日灵粮

星期二，2020 年 6 月 16 日

作者：严以撒牧师

我是多么想念教会！

诗篇 84: 1~12

自 2020 年 3 月 18 日以来，马来西亚政府因新型冠状病毒实施了“行动管制令”(MCO)。至今为止，敬拜场所仍然被禁止聚会。在封锁期间，我有幸联络了我们许多的教会成员。不少人问我：“我们什么时候才能回到教堂？”

我相信，在我们内心深处，我们都渴望在教堂里一起敬拜上帝。诗篇第 84 篇描述了诗人渴望到上帝的院宇。

诗篇 84 篇的大纲：

1. 渴望上帝。诗篇 84:1-4

2. 去到上帝那里。诗篇 84:5-9

3. 在上帝的同在里。诗篇 84:10—12

我们如何进入敬拜呢？我们的期望影响我们崇拜的体验。某些人觉得做礼拜就象去葬礼。他们说做礼拜很沉闷，牧师很啰嗦。但当我们来到主面前时，我们想要得到什么？如果你对崇拜的期望是会很无聊，那崇拜就会很无聊。另一方面，如果我们怀着激动的心情来到这里，期待上帝能对我们说什么，与他重新相遇，我们就会感受到圣灵的同在。

今天的经文提到诗人渴望在神美好的居所 – 圣殿里。他的心发出赞美和敬拜之歌。敬拜涉及到一个人的整体。“我（的灵魂）”指的是内心深处，心肠肉体都呼求永生神（诗篇 84:1-2）。

神的居所不仅美好，而且是平安宁静可安息的地方。诗人描写麻雀在祭坛那里筑巢。幼雏在巢中（诗篇 84:3）。祭坛是献祭动物的地方，麻雀和幼雏却是安全的，得到保护，没有任何伤害。

当我们贴近上帝的心时，我们能拥有多么奇妙的平安！世界可能会分崩离析，但在他身上，我们受到保护。如今，我们不断面临病毒、暴力、疾病和破坏等各种危险。但在主里，我们很安全，就象麻雀一样。这就是诗人写的：“住在祢殿中的，都是有福的，他们还要不断赞美祢”。（诗篇 84: 4）

诗篇 84 篇的第二部分是第 5~9 节，描述了诗人往圣殿去。与鸟儿不同，他可以经常去圣殿，全心全意地向锡安走动。过去，朝圣者朝耶路撒冷的时候经常唱这些诗。在路上，他们经常会停在一个叫流泪谷（Valley of Baca）的地方。通过干旱的土地前往锡安的每一步都是艰难和有挑战的。但在流泪谷，朝圣者可以在此休息。这描绘了我们属灵的道路。我们的旅程可能艰难和具有挑战性，但有主的同在时，我们就能得到安息和更新，使我们能够向前迈进（诗篇 84: 6~7）。

在这诗篇的最后一段（诗篇 84: 10~12），描写诗人来到神的院宇的喜乐，把神看为“日头和盾牌”。日头能够提供阳光和热量来维持生，盾牌能提供保护。在这里，诗人慷慨激昂地说：“在祢的院宇住一日，胜似在别处住千日。”我宁愿在上帝的家里当看

门人，也不愿在邪恶的家里过好日子。宁可在我神殿中看门，不愿住在恶人的帐篷里”（诗篇 84：10）。朝圣的高潮就是能与主同在。朝圣者知道他的住期会很短。一日作卑微的职位胜于在其他地方度时间。

今天，我们也是朝圣者，走向上帝。体验上帝的同在是我们最满足的感觉。这篇诗篇以上帝丰厚的应许为结尾。祂不会对我们隐瞒任何好事。当我们把信心建立于祂时，祂会祝福我们。（诗篇 84：11b~12）

我们如何体验上帝在我们日常生活中的同在？

当我们读诗篇 84 时，这激发了我们什么？

今天的祷告

上帝，你的同在比一切都好。主啊，饶恕我们，因为我们的生活很忙，我们时常匆匆忙忙，没有珍惜祢的同在。我们为行动管制令感谢祢，我们不得被关在屋内，放慢我们的生活节奏。行动管制令使我们因祸得福。我们有更多时间和祢和我们的家人在一起。

主啊，我们不晓得行动管制令或这疫情结束之后的生活将如何。帮我们跟祢和我们的亲人花更多的时间一起相处。我们享受与祢面对面，心灵专心聆听圣灵。我们渴望在教堂里祷告、唱诗、通过团契被鼓励。

比其他事情更宝贵的，我们要为道成肉身的耶稣基督感谢祢。祂是我们最好的“殿”，祂的牺牲使我们能够认识祢。我们赞美祢，我们的救主耶稣基督。阿门。

Wednesday, 17 June 2020

Title: Christian Walk

Author: Pastor Wallace Ong

Psalm 17:15 – As for me, I shall behold your face in righteousness; when I awake, I shall be satisfied with your likeness.

Sometimes, when we look around the world or the circumstances around us, we might think that people around us seem to have this or that going for them – material and worldly pleasure. Psalm 17 expresses a heart that is filled with struggle of the psalmist. He is struggling with different challenges that oppose him. He is trying very hard to keep himself to live a godly life while people around him are triumphant in their ungodliness – their sins and wickedness are causing things to go well for them, but it is not going well for him.

When we experience a similar struggle as the psalmist, we must have the correct perspective that the pleasures, the trends, and the possessions of this world are merely temporal. Only the truth of God will last forever. Like Peter's answer to Jesus, "Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God." (John 6:68-69)

The Christian walk is not a bed of roses. When we intend to do God's will, the path will not always be smooth because there will be wicked people and Satan's disruption, there will be trial and temptation, and there will be sacrifices to be made.

To walk in the righteousness of God, often we will have to go against the trend of this world, we might have to take the unpopular position, or we might have to make tough decisions for our life. However, as believers, we should ask God to keep us safe and be steadfast in our walk with him.

The joy and satisfaction of a Christian does not lie in the things in this world, but to be righteous before God, to be more Christ-like, and to be satisfied in God alone.

(When it's all been said and done – Don Moen)

When it's all been said and done,
There is just one thing that matters,
Did I do my best to live for truth?
Did I live my life for You?
When it's all been said and done,
All my treasures will mean nothing,
Only what I've done for love's reward,
Will stand the test of time.

Lord, your mercy is so great,
That you look beyond our weakness,
And find purest gold in miry clay,
Turning sinners into saints.
And I will always sing your praise,
Here on earth and ever after,
For you've shown me heavens, my true home.
When it's all been said and done,
You're my life when life is gone.
Prayer:

Dear Heavenly Father,
When the pressure of life becomes too hard to cope, when challenges seem like mountains before us, when temptation is too lucrative to miss, and pains felt like too much to bear, keep us close to You, O Lord! Hear our cries, stretch out your hand to hold us in your palm, shield us from the adversaries that prowl around like a roaring lion, seeking someone to devour. Help us, O Lord, to be righteous and holy before you and be satisfied by you and you alone. In Jesus' name.
Amen.

每日灵粮

星期三，2020 年 6 月 17 日

标题：与主同行

作者：王振威传道

翻译：杨惠光弟兄

诗篇 17:15 至於我，我必在义中见你的面； 我醒了的时候，得见（或译：着）你的形像就心满意足了。

有时，当我们环顾世界或周围的环境，我们可能会认为周遭的人似乎都拥有想要的事物，不论是物质或世俗的欢乐。诗篇 17 表达了诗人的内心充满了这种挣扎。他正在面对各种挑战。他竭尽全力地过着虔诚的生活，而他周围的人不敬虔却仍然胜利——他们的罪恶和邪恶使他们处在顺境，但他自己却过得并不顺利。

当我们经历与诗人一样的挣扎时，我们必须具有正确的观点，即这个世界的欢乐、趋势和财产都是暂时的。只有上帝的真理会永远长存。就像彼得对耶稣的回答：“主啊，你有永生之道，我们还归从谁呢？我们已经信了，又知道你是神的圣者。”（约翰福音 6：68-69）

与主同行并非称心如意的路程。当我们想要遵行上帝的旨意时，道路将不会总是一帆风顺，因为会有邪恶的人和撒但的破坏，会有试练和试探，并且须要做出牺牲。

要效法上帝的公义，我们常常不得不与这个世界的潮流背道而驰，我们可能不得不采取不受欢迎的立场，或者我们可能不得不为自己的生活做出艰难的决定。即便如此，作为信徒，我们应该仰望上帝保护我们，并坚定不移地与他同行。

基督徒的喜乐与满足并不在于这个世界上的事物，而是取决于在上帝面前称义，活得更像基督，并单单在上帝中得到满足。

以下是一段唐·摩恩 (Don Moen)演唱的《当一切都说完之后》

说完一切之后，
只有一件事很重要，
我尽力为真理而活吗？
我为你而活吗？
说完一切之后，
我所有的财宝将一无所有
只有我为爱所付出的努力
经得起时间的考验。
主啊，你的怜悯是如此之大，
你不看我们的弱点，
并在泥土中找到最纯净的黄金，
把罪人变成圣徒。
我将永远赞美你，
从此以后，
因为你给我展示了天堂，我真正的家。

说完一切之后，
当生命消失时，你就是我的生命。
祷告：

亲爱的天父，

当生活压力太大、挑战似山、诱惑太大、痛苦太深，让我们贴近你哦主！听我们的呼求，伸出你的手握紧我们，保护我们免受像咆哮的狮子一样四处游荡的敌人的侵害。上帝，求你帮助我们行义和成为圣洁的人，单单靠上帝得到满足。

奉耶稣的名祷告， 阿门。

Thursday, 18 June 2020

Title: Zion – The City of God

Author: Hon Sir Neng

Psalm 87 (ESV)

What is the City of God? The City of God described in this psalm is Zion, which is where the Temple is located. It is in Jerusalem, which is the capital of Judah. It is described here in this psalm as a holy mountain which God founded (v1), as well as the place which God favours more than others (v2). It is in this place where God speaks glorious things to His people (v3). This is so, because the Temple is located in Zion. God dwells with His people in His Temple by “resting” in the Tabernacle within. It is THE place where God’s people would meet Him in worship.

But what is it that God has spoken from His holy mountain, Zion? Verse 4-6 tells us that there will be many nations that will know God (v4). God Himself will also say of these people, “this one was born there.” Verse 5 also states, “this one and that one were born in her.” God will establish Zion in such manner, by making them citizens of God’s Holy City, Zion! Verse 6 further enforces this, by helping us see that God Himself would register them and bring them in, by saying, “this one was born in Zion.” Verse 7 then gives us a picture of life and joy living in this city of God, people would rejoice through singing and dancing. And everyone will declare “all my springs are in you,” which is a picture of abundant life found in the presence of God.

It is interesting to note that all the nations mentioned here (Rahab, Babylon, Philistia, Tyre and Cush) are enemies of the people of God, the Israelites! What makes it “worse” is that God will bring the Israelites’ enemies to be His own people, to dwell with Him in His Holy City! This is a matter for all to rejoice in, because Israel’s purpose is to be a light to the nations, bringing the knowledge of God as their redeemer to other nations (Isa. 49:6)!

This psalm is a call for us to reflect on 2 points. Firstly, how do we as God’s people view sinners coming to know Christ? Do we scoff at them because of their sins, or do we rejoice because they have come to know Christ, our redeemer? Secondly, what is our attitude of worship before God? Do we worship Him because we are “forced” by our spouse, CG leaders, or even friends? Or do we come to worship Him because He has brought us into His Kingdom through Christ Jesus? Our worship should be a response towards Him, who redeemed us from our sins and is bringing us into His Holy City, that is heaven. This psalm calls us to rejoice because He has redeemed us, who do not deserve His grace and mercy.

Prayer:

Before you pray, ask God's Spirit to convict you as you meditate on this psalm and its application for your life. As you pray, ask God for forgiveness for the times where you scoffed at a new believer's struggles instead of rejoicing in their salvation. Also, ask God's Spirit to help you to acknowledge His saving work in your life, that you will worship God because of all that Christ has done for you. He is worthy of our worship not because He needs it, but because it should be our response to all that He has done, for He has brought us into His Holy City and made us His people.

每日灵粮

星期四，2020 年 6 月 18 日

标题：锡安-上帝之城

作者：韩思能

诗篇 87

什么是上帝之城？诗篇中描述的上帝之城是锡安，这是圣殿所在的地方。它在犹太的首都耶路撒冷。这里在诗篇中将其描述为上帝建立的圣山（第 1 节）。这也是上帝胜于爱的地方（第 2 节）。上帝就是在这个地方向他的子民讲荣耀的事（第 3 节）。之所以如此，是因为圣殿位于锡安。上帝通过“安息”在会幕中，住在圣殿中与他的子民。在这里，上帝的子民会在敬拜中与他相遇。

但是上帝在他的圣山锡安所说的话是什么？第 4-6 节告诉我们，会有许多国家认识上帝。上帝自己也会对这些人说：“个个生在那里。”第 5 节还指出：“这一个，那一个都生在其中”上帝将使成为上帝圣城锡安的子民，以此方式建立锡安！第 6 节通过帮助我们看到上帝亲自将他们记录并带进来，进一步加强了这一点，说“他要写出人的出生地”。然后，第 7 节为我们描绘了生活在这个上帝之城中的生活和欢乐，人们会通过唱歌或跳舞而欢欣鼓舞。每个人都会声明：“我的泉源都在你里面。”这是在上帝面前发现丰富生命的景象。

有趣的是，这里提到的所有国家都是上帝子民以色列人的敌人（拉哈伯，巴比伦，非利士，推罗和古实人）！“更糟”的是，上帝会将以色列人的敌人变成他自己的人民，与他住在他的圣城！这是所有人都高兴的事情，因为以色列的目的是成为万国的光明，将上帝作为他们的救赎主的知识带到不同的国家（以赛亚书 49：6）。

这篇诗篇呼吁我们反思两点。首先，作为上帝的子民，我们如何看待罪人认识基督？我们是因为他们的罪恶而鄙视他们，还是因为他们认识我们的救赎主基督而感到高兴？第二，我们在上帝面前的敬拜态度是什么？我们是因为我们被配偶，领袖甚至朋友“强迫”而崇拜他吗？还是因为神通过基督耶稣把我们带入他的王国而来敬拜他？我们的敬拜应该是对祂的回应，祂救赎了我们脱离我们的罪孽，并被带到圣城，也是天堂。这首诗篇使我们感到高兴，因为他的救赎之工对我们而言，我们不配得到他的恩典和怜悯。

祷告

在您祈祷之前，请冥想此诗及其对我们生命的应用时，请上帝的灵将您定罪。当您祈祷时，在您鄙视新信徒的罪过而不是欢喜的时候，请上帝宽恕。另外，请神的灵帮助您承认他为您的救赎者。我们敬拜不是因为他需要。但这是因为这应该是我们对他所做的一切的回应，因为他把我们带入了他的圣城，成为他的子民。

Friday, 19 June 2020
Title: No one like our God
Author: Prathab V
Psalm 86: 8-10

I grew up in the spiritual tradition of my family, worshipping many gods. Then, I stood in awe and was impressed with their immense power and beauty. Growing up, I became aware that these gods had their flaws. They quarrel, prone to envy, cheat and wage wars. Then, I often wondered: "Why do the gods lie or trick people? Why are the gods always envious of one another? Are they like men?".

In Asia, there are gods and demigods almost everywhere. There is a god in the corner of the restaurant, there is a god under a tree, there is a god in the construction site and even on the dashboard of a taxi. I could go on and give many other examples, but you get the idea.

We Asians understand that there is a transcendental spiritual power above us. We believe that these spiritual powers can have an influence and impact the outcome of our daily lives. So, we pray that the gods will not be angry with us. We seek to appease them with various food offerings and promises of good behaviour. Even when the gods misbehave among themselves, we are required to be in the best of behaviour and worship them.

Are these so-called powers really gods? If not, what God is really like? Is He angry with us? What does He want from us? According to the pastor, preacher and author AW Tozer, "What comes into our minds when we think about God is the most important thing about us." True indeed!

Some say God is a spirit. Others say He looks like a man. Some even say God can be part man and part animal. Those who subscribe to pantheism say that God and nature are the same thing. Pantheists say that God and the rest of the universe, including nature, such as the trees, rivers, mountains, plants and animals are all part of God. In fact, the pantheists say that even the distant planets, stars, constellations and galaxies are part of God. To them, everything is part of God.

Not so the Bible. The scripture says that our God, the ancient Elohim, the mighty El-Shaddai, is separate from the creation. The creator and the creation are not the same. It cannot be! God created everything through Jesus (Colossians 1:16). According to the Bible, the entire creation actually bows down to the God of the Bible (Ps 19:1; Ps 66:4; Ps 148; Ps 96: 11-13). Even the nations are said to come to Him to worship Him alone (Ps 86:9).

And this God, the Ancient One, mighty in power and awesome in holiness, lives within us today, through His Son, Jesus. Isn't that amazing? We are the temple of His Spirit (1 Cor 6:19). How wonderful that is, that the Lord God Almighty is in us, in those who confess Christ as Lord and Saviour. Truly, there is no one like Him.

God exists. And He is kind, forgiving, powerful and waiting for us to come back to Him through Jesus. He is waiting right now to listen to your prayers. Christian writer and philosopher, GK Chesterton once said: "If there were no God, there would be no atheists!". Touche.

I believe in only one God. And He is the God of the Bible. There is no one like Him.

Prayer:

Lord, truly there is no one like You. Let me understand this truth always so that I may worship You only all the days of my life. Amen.

每日灵粮

星期五, 2020 年 6 月 19 日

作者: 帕拉他伯(Prathab V.)

翻译: 杨牧师

我在一个传统崇拜许多神灵的家庭长大。之后，我对他们的巨大力量和美丽肃然敬畏。长大后，我意识到这些神有缺陷。他们吵架，容易嫉妒，欺骗和发动战争。然后，我常常想知道：“为什么诸神撒谎或欺骗人们？为什么诸神总是彼此妒忌？他们像人吗？”。

在亚洲，到处都有神灵和半神人。餐馆的角落里有一个神，树下有一个神，施工现场有一个神，甚至德士车的仪表板上有一个神。我可以继续讲其他例子，但是你明白是什么情况了。

我们亚洲人知道，我们之上有超越的属灵力量。我们相信这些属灵力量会影响并招来我们日常生活的结果。因此，我们祈祷诸神不会生我们的气。我们以各种食物和良好的行为来安抚他们。即使诸神之间的行为不端，我们也必须保持我们最佳行为来敬拜他们。

这些所谓的力量真的是神吗？如果没有，上帝到底是什么样的？祂在生我们的气吗？祂要我们做什么？牧师，传道人 and 作家阿·托泽（AW Tozer）说：“当我们想到上帝时，我们脑海中所想到的，就是关于我们最重要的事情。”的确如此！

有人说上帝是灵。其他人说祂看起来像个人。甚至有人说上帝可以是半人半兽。那些赞成泛神论的人说，上帝与自然是同一回事。泛神论者说，上帝和宇宙的其余部分，包括自然，例如树木，河流，山脉，植物和动物，都是上帝的一部分。实际上，泛神论者说，即使是遥远的行星，恒星，星座和星系也是上帝的一部分。对他们来说，一切都是上帝的一部分。

圣经不是如此说。经文说，我们的上帝，古老的以罗欣（Elohim）伟大的神，全能的以勒沙代（El Shaddai）与造物是分开的。创造者和造物是不同的。它不可能是相同！上帝借着耶稣创造了一切（歌罗西书 1:16）。根据圣经，整个造物实际上都降服于圣经的上帝（诗 19: 1；诗 66: 4；诗 148；诗 96: 11-13）。甚至万国都要来单单敬拜祂（诗 86: 9）。

这位上帝，是古代的，全能的，及圣洁的，透过祂的儿子耶稣住在我们里面。那不是神奇吗？我们是祂圣灵的殿（林前 6: 19）。奇妙的是，这全能的主，在我们里面，在那些承认基督为救主的人心里。确实，没有人像祂。

上帝存在。祂是善良，宽恕，有力量的，并等待我们通过耶稣回到祂身边。祂正在等待你的祈祷。基督教作家和哲学家切斯特顿（GK Chesterton）曾说过：“如果没有上帝，就不会有无神论者！”。感动。

我只相信一位上帝。祂是圣经的上帝。没有人像祂。

祷告：主啊，的确没有人像你。让我始终了解这个真理，使我可以终生敬拜祢。阿们

Saturday, 20th June 2020

Title: Teach Us To Number Our Days

by Pastor Soong Kok Kee

Psalm 90: 10, 12 (NIV)

10: The length of our days is seventy or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away.

12: Teach us to number our days aright, that we may gain a heart of wisdom.

There is a Chinese proverb which says: I still remember playing with bamboo horses as though it was yesterday, but now my hair have all gone white with age!

Indeed time and tide wait for no man. When I was young, time seems to move so slowly, but now that I am 76, I wish time would move slower or, better still, do not move at all! According to the life span of Malaysian men, I am already living on bonus years.

No wonder Moses, the writer of Psalm 90 says our days is seventy or eighty, if we have the strength. Time just creeps up on us without us even realising it. Some years ago, I was lining up to buy some stuff when the shopkeeper asked "Uncle, what do you want?". In front of me, were people younger than me and as I looked behind to find out who that "Uncle" was, there were no one older than me behind me. It was quite to shock to be called "Uncle" for the first time! The only good thing I found out being an "Uncle" at this recent MCO is I do not need to line up going into Tesco or the wet market.

Yes, in life, no matter how long we live, there will always be trouble and sorrow, but not entirely though, by the grace of God, there will also be lots of joy, blessing and happiness too. But one thing is sure, they will quickly pass, and we will fly away. The hymn "This World is not my Home" comes to mind:

"This world is not my home, I'm just a passing thru, My treasures are laid up somewhere beyond the blue; The angels beckon me from heaven's open door.

"And I can't feel at home in this world anymore. O Lord, you know I have no friend like you, If heaven's not my home O Lord what will I do; The angels beckon me from heaven's open door."

None of us know when our departure will be as our life is in God's hands and thus Moses' wise prayer to our Lord is Teach us to number our days aright, that we may gain a heart of wisdom. John Wesley had said, we should live every day of our lives as though it's our last day. Here are two things we can do as we number our days to gain a heart of wisdom.

1) Make sure all our family members have come to know the Lord – our spouse, children, grandchildren, great-grandchildren, siblings, relatives and friends. Pray for them and make every effort for them to hear the gospel, that's our responsibility. Having done that, we will then leave the rest to God as they alone are responsible for their decision to accept Jesus or not.

2) Then use all the resources that God has bless us with to bless as many people as possible, living out what our Lord personally taught Paul in Acts 20:35 "It is more blessed to give than to receive". Pray to God to make us a blessing.

"I expect to pass thru this world but once.

Any good thing, therefore, that I can do,

or any kindness that I can show a fellow being,

Let me do it now. Let me not defer or neglect it,

For I shall not pass this way again." (by Stephen Grellet)

Leave a legacy before we leave this world, a legacy of love, kindness and giving, then we would not have lived in vain. Paul taught this to Timothy in 2 Tim 2:2

"And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others."

The passing of the baton to four generations! What a privilege! What a responsibility! Then and only then we can truly say like Paul when we come into the presence of our Lord. "I have fought the good fight, I have finished the race, I have kept the faith". (2 Tim 4:7)

Prayer: Dear Lord, thank you for reminding us how quickly our lives fly by. Help us to make the best use of whatever resources you have blessed us with to bless as many people as possible as long as we live. We want to commit all our family members and loved ones who have not come to know you as Lord and Saviour into your hands. Help us to have the wisdom and boldness to share with them your salvation and blessings. Keep all of us safe and healthy so that we will have long life and good health to serve you for the rest of our lives. In Jesus Name we pray AMEN.

每日灵粮

星期六 2020 年 6 月 20 日

标题：教我们数算自己的日子

作者：宋国基牧师

翻译：梁玉萍姐妹

诗篇 90：10 & 12

我们一生的年日是七十岁，如果强壮，可到八十岁，但其中可夸耀的，不过是劳苦愁烦；我们的年日转眼即逝，我们也如飞而去了。求你指教我们怎样数算自己的日子，好叫我们得着智慧的心。

有句中文谚语：记得少年骑竹马，看看又是白头翁！的确，时间和潮流不等人。当我年轻的时候，时间似乎太慢，但现在我已经 76 岁了，我希望时间会慢一点，或者，更好的是，不要流逝！根据马来西亚男人的寿命统计，我已算是超越平均的寿限。

难怪诗篇 90 的作者摩西说，如果我们强壮的话，我们的年日是七十或八十岁。时间不知不觉、不声不响地凑上来。几年前，当我正排队买一些东西时，店主问，“伯伯，你想要什么？”排在我身前的比我年轻，而当我往后看看到底谁是店主口中的‘伯伯’时，我发现身后没有比我年长的人。第一次被称为‘伯伯’真是令人震惊！我发现，在最近的行动管制令期间，对我唯一的好处就是我不需要排队进入特易购/乐购或湿市场。

是的，在生活中，无论我们活多久，总会有麻烦和悲伤。不过，不完全是这样。在上帝的恩典中，也会有很多的喜乐、祝福和幸福。不过，有一件事是肯定的，我们的年日转眼即逝，我们也如飞而去。赞美诗《这个世界不是我的家》浮现在脑海：

“这世界非我家，我不过是客旅，我所珍爱财宝，远藏高天深处；天门为我大开，天使为我来迎。”

“哦，主，你知我无良友像你，天堂若非我家，主阿，我将何依？天门为我大开，天使为我来迎。”

我们谁都不知道我们何时会离开，因为我们的生命掌握在上帝的手中。因此，摩西对主明智的祷告是教导我们怎样数算自己的日子，好使我们得着智慧的心。约翰·卫斯理（John Wesley）曾说过，我们应该每天都活得像是我们的最后一天。当我们数算自己的日子，得着智慧的心时，我们可以做以下的两件事：

1. 确保我们的所有家庭成员都认识主——我们的配偶、孩子、孙子、曾孙、兄弟姐妹、亲戚和朋友。我们的责任是为他们祷告并尽一切努力让他们听到福音。这样做之后，我们把其余的交托给上帝，因为他们需自己决定是否要接受耶稣。
2. 然后，尽量地使用上帝所赐给我们所有的资源来祝福更多的人，使我们活出主藉着使徒行传 20:35 中所教导保罗的：“施比受更为有福”。求上帝使我们能成为别人的祝福。

“我路过人间就这么一次。因此，我可以做的任何善事或可以向任何人展示的任何善意，就让我立即去做。我不要推迟或忽视它，因为我只活这么一次。”——斯蒂芬·格莱莱特

让我们在离世前留下遗产，一份爱、良善和乐于奉献的遗产，那么我们就不会徒劳地活着。保罗在提摩太后书 2：2 说：“又应当把你在许多见证人面前从我这里听见的，交托给那些又忠心又能够教导别人的人。”

接力棒传给了四代人！真是荣幸！多大的责任！然后，只有到了我们与主同在的时候，我们才能真正像保罗一样说。“那美好的仗我已经打过了，当跑的路我已经跑尽了，所持的信仰我已经守住了”。（提后 4：7）

祷告：亲爱的主，谢谢你提醒我们，我们的生命如飞而去。帮助我们充分使用你所赐予我们的一切资源，在我们有生之年，尽可能地祝福许多人。我们希望将所有尚未认识你是他们的上帝和救主的家人和亲人交在你手中。帮助我们拥有智慧和勇气与他们分享你的救赎和祝福。保守我们所有人安全和健康，使我们长寿和有健康的身体，一生服侍你。我们奉耶稣的名祷告，阿们。

Date: 21st June 2020
Title: Psalms 100
Call To Worship And To Serve
By: Elder Tan Seng Kee

Verse 1 of Psalms 100 is one of the shortest psalms in the book of Psalms with just 5 verses. It is a Psalm of Thanksgiving and rejoicing to remind us of the true priority in life and the necessity of the right pursuit in order that we all may live the life God had intended.

Psalms 1 starts by telling us to joyfully shout and praise our God. It is an act of the will to want to come and praise our God. Life experiences tell us that praising God is often not done void of challenges in our circumstances but the Psalmist has reminded us that praise should continue notwithstanding personal difficulties. It is through praise of our God that we find strength to weather storms of life. The call to praise our God is not just limited to us Christians but intended for "all your lands". Hence the call to share the Gospel that people may turn to our living savior, Jesus. Men find their true purpose and joy only when they find their maker and creator. It is like a "Home Page" where we can reset and restart again.

Verse 2 moves on to encourage us to "serve the Lord with gladness". It is not difficult to understand that if we love someone dearly, we will spend time and work hard to make sure the recipient of our love will be happy. Jesus ended the confrontation with Satan in Matt 4:10 by saying "You shall worship the Lord your God, and only him shall you serve." It is hard to fathom motives of a diligent worshipper in church who does not also seek to fervently find ways to serve God. PBC's many ministries from Sunday Schools, Karis to Youth Fellowship seek out many willing to help.

Will you respond? True worship leads to true service. As you serve God, you will find that God not only enables you to continue serving but also give you "full of joy in His Presence" – Acts 2:28.

The psalmist then reminds us in verse 3 that we worship God because He is God, creator of heavens and earth and worthy of all our praise. As a child lovingly looks to his/her parents not just for "gifts" but because parents are the source of a child's life and children naturally incline towards their parents, so too we ought to look to God not just for blessings but because God is our life giver who loves and cares for us and we are His people and the sheep of His pasture.

This gives us deep confidence and comfort through the journey of life knowing that God counts us as his own and through the raging storms His "rod and staff" (Ps. 23:4) protects us and sees us through it all.

The Psalmist then goes to remind us again in Verse 4 that we ought to wisely spend our days with thanksgiving and praise. It is if, the exhortation to praise and thank God already in Verses 1 and 2 is inadequate; he goes on in verse 4 to amplify the need for a life lived in thanksgiving and praise. A "worshipful life" does not automatically remove all my problems but a worshipping life places my confidence in God as a trustworthy redeemer who is able. The secret of the psalmist seems to be that praise and worship rather than frantic human efforts is the answer for an upheaval beyond my ability to bear. I am slowly figuring that out to be true.

Finally Verse 5 ends with a reminder that God is eternal and therefore His presence, truth, living hope, promises, salvation is eternal and endures for all generations. It is a call to trust God. The grace of God reaches out to us when we were unworthy but the love of God releases us to chart our journeys but in finality, the presence of God stands there to help, to relief and to bring me home for all eternity. " I am blessed, I am blessed. All the days of my life I am blessed. "

Prayer:

Please help me to worship you our great God and savior worthy of all our praise and thanksgiving.

Please help me to trust you amid my challenges and to depend fully on you.

每日灵粮

星期天，2020 年 6 月 21 日

标题：诗篇 100 宣召与服事

作者：陈诚基长老

翻译：方美珠姐妹

诗篇 100 是诗篇中最短的诗篇之一，只有 5 节经文。这首诗篇提醒我们在生活中应当定义所需要的真正优先事项和正确的追求，以便我们能过着上帝所为我们预备的生活来感恩与欢乐。

诗篇一开始告诉我们要向我们的上帝欢呼。是心甘情愿地来赞美我们的上帝。人生经历告诉我们在我们所处的环境中，赞美上帝常常都是充满着挑战；诗人提醒我们，不管我们有什么私人的困难都不应当停止赞美。通过赞美我们的上帝，我们找到了抵御生活风暴的力量。赞美我们上帝的呼召不仅限于我们基督徒，而是在“你们的全地”。因此有呼吁当分享福音，使人们可以归向我们活着的救主。只有找到制造者和创造者，人们才能找到自己真正的目的和快乐。就好像我们可以重新设置并重新启动“主页”一样。

第二节鼓励我们“当乐意事奉主”。不难理解，如果我们深爱着一个人，我们会花费时间努力工作以确保接受我们的爱的人会快乐。耶稣以马太福音 4:10“当拜主你的神，单要事奉祂。”来制止撒旦的试探。很难揣测教会中不乐意寻求服事上帝的那些勤奋信徒的动机。我们教会 PBC 的许多事奉，从主日学、儿童团契到青年团契，都在寻求自愿者来提供帮助。

你会回应吗？真正的敬拜带来真正的服事。当您事奉上帝时，您会发现上帝不仅使您能够继续服事，更使你“得着满足的快乐”-使徒行传 2:28。

诗人接下来在第 3 节提醒我们敬拜上帝因为祂是上帝，是天地的创造者，是配得我们的赞美。如同孩子亲切地仰望他的父母不单单是因为“礼物”，而是因为父母是孩子生命的源头，孩子自然就倾向于父母，同样的我们也不仅向上帝求恩典，而是因为上帝给予我们生命，爱护关怀我们，我们是祂的民也是祂草场的羊。这给予我们在生命的旅途中深刻的信心和安慰因为知道上帝将我们视为祂自己的，祂的“杖和杆”（诗 23:4）保护着我们，带领我们经过狂风暴雨。

诗人继续在第 4 节中再次提醒我们，我们应当以感谢和赞美来度日。好似在第 1 节和第 2 节中赞美和感谢上帝的劝勉并不足够；他在第 4 节继续地强调以感恩和赞美来生活是必须的。“敬拜的生活”并不能自动除掉我们所有的问题，但是敬拜的生活使我们可以有信心信靠这位全能的救赎主。诗人的秘密似乎是赞美和敬拜而不是人类激昂的努力，这答案超出了我所能承受的能力。我慢慢地意识到这是真的。

最后第五节以提醒结束：上帝是永恒的，因此祂的同在、真理、永活的盼望、应许、救赎都是永恒的，直到万代。这是对上帝信仰的宣告。当我们不配时，上帝的恩典临到我们，神的爱就在我们的旅途这样向我们显明了。最终，上帝的同在给予我们帮助

与宽慰并带领我们回到永恒的家。“我是有福的，我是有福的。我一生的年日都是蒙福的。”

祷告：

请帮助我来敬拜祢我们伟大的上帝和配得我们称颂感恩的救主。

请帮助我在挑战中全然相信祢完全依靠祢。

Monday, 22 June 2020

Title: What do you desire of God?

By: Ps Cheng Cheung

Psalm 27: 1-4

Yesterday, 21 June, was Father's Day. So, I wish to ask fathers (mothers may chip in too!) a question: For those who have daughters, if your daughter were to ask you, "Dad, what should I look for in a husband?" what would your answer be? I put it to you, fathers and mothers, that you cannot go wrong if your answer to your daughter were to be "A man who loves God more than he loves you".

Jesus said "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment." Matthew 22: 37-38 The first mark of genuine faith is a deep love for the Lord. And in Psalm 27, David expresses his love for and confidence in God in many ways.

At the start of the Psalm, David tells his readers what the Lord means to him. He does not say that the Lord gives light, but that he is my light; or that the Lord saves, but that he is my salvation. and that The Lord is the strength of my life. We sense the intimacy of the relationship that David has with the Lord in the words he chooses. It is an intimacy and an assurance borne out of real-life experiences that David has gone through with the Lord. Thus, he is able to say what he says. And, as if to clinch it, he asks two rhetorical questions:

Whom shall I fear?

Of whom shall I be afraid?

The answer is "No one. Absolutely no one."

David can testify, I shall not fear man, for "what can man do unto me?" Nor shall I fear if an army encamps against me, or war rise up against me. Neither shall I be afraid of the evil one nor of his wicked cohorts who come against me, for they can do nothing to me without God's permission.

After recounting instances in days past whence the Almighty kept and preserved him, David now takes a step back. Do we not do that, brothers and sisters, when we withdraw and spend meaningful time with the Lord, reflecting on our walk with Him? It is so important to soak in God's word and feed our spirits. In the light of God's word we need to do self-examination and honestly ask our inner selves what is the 'thing' which dominates and consumes our lives? Verse 4 tells us David did this and here is his conclusion:

One thing I have desired of the LORD,

That will I seek:

That I may dwell in the house of the LORD

All the days of my life,

That is what David wanted. And it is interesting how he expresses it. Amid all his joy and jubilation and confidence in God's deliverance, time and time again, he now says, "There is still one thing which I need, which I entreat you Lord God Jehovah to grant me : – that I shall continue to seek after until I obtain it, namely, that I may dwell in the house of the Lord all the days of my life." But we miss the point if we stop at this part of the verse.

David loved the Lord, and could think of no better way to express that love than to make his abode in the temple itself, surrounded every day by the presence and beauty of God. He could think of no greater occupation than to fill his mind and heart with the goodness and greatness of God. We, as children of the new covenant, have been given the precious gift of the Holy Spirit. One of the roles of the Holy Spirit is to point us to Christ and the beauty of His character and nature. He who has seen Christ, has also seen the Father (John 14:9). Through the Holy Spirit, we are able to dwell in the house of the Lord and behold His matchless beauty daily. Would you make this request of the Lord for yourself this day?

Prayer for today

Gracious Heavenly Father, once again we thank you for another insight into David's life. We can only guess at the many challenges he faced, both from within and without, yet his faith and confidence in You was unwavering. Likewise, his love for the Lord God, who was his light, his salvation and his strength. Help us, in the same way, to desire daily to dwell in God's abiding Presence, all the days of our lives.
In Jesus' Name. Amen.

每日灵粮

星期一，2020 年 6 月 22 日

标题：你向上帝渴求什么？

讲员：张祯祥传道

翻译：巫惠如姐妹

第 27： 1-4

昨天，6 月 21 日，是父亲节。因此，我想问父亲们（母亲们也可以参与！）一个问题：对于有女儿的父亲们，如果你女儿问你，「爸爸，你觉得我未来的丈夫应该是个怎样的人？」你会怎么回答？无论是父亲还是母亲，如果你的回答是「一个爱上帝胜过爱你的男人」，那么你绝对没错。

耶稣说：「你要尽心、尽性、尽意爱主你的神。这是诫命中的第一，且是最大的。」（马 22: 37-38）真正信仰的第一标志是对上帝深挚的爱。在诗篇 27，大卫用很多方式表达了他对上帝的爱和信靠。

大卫在本篇一开始就告诉读者上帝对他而言具有多大的影响。他不是上帝给了光，而是说他是我的光；他不是上帝拯救，而是说他是我的救赎。上帝是我生命的力量。透过大卫所选择的词汇，我们可以感受到他与上帝的亲密关系。这亲密感与确据是来自于大卫在现实生活体验上帝的经历。因此，他能够说出他所说的话。而且，他似乎要再强调，加了两句修辞性疑问句：

我还怕谁呢？我还惧谁呢？

答案是：「不用惧怕任何人。」大卫可以作证，我不会害怕，因为「人能把我怎样呢？」我也不担心军兵围攻，或者战争兴起。我也不怕恶者与敌人攻击，因为若没有上帝的允许，他们什么也做不了。

大卫回顾全能的上帝如何在过去的日子里维护和保护他之后，他退一步。弟兄姐妹，当我们安静与主共度有意义的时光并思考与主同行的路程，难道我们不也这样吗？沉浸在上帝的话语和滋养我们的灵魂是多么的重要。根据上帝的话，我们必须自我反省，诚实地问自己，到底是什么「事物」支配和消耗我们的生活？第四节告诉我们大卫做了这件事而这是他的结论：「有一件事，我曾求耶和华，我仍要寻求，就是一生一世住在耶和华的殿中」

这是大卫所要的。他如何表达这意愿也相当有趣。在感受上帝的救赎所带来的喜悦、欢欣与确信当中，他一而再、再而三地说：「我曾向耶和华求一件事，我还要求，就是能一生住在祂的殿中」。但是，如果我们只停在这节，我们就错过了重点。

大卫爱上帝，他认为住在上帝的殿，每天在他的同在与荣美是最佳表达爱的方式。除了以上帝的恩惠与伟大填满他的心，他想不到任何比这来得更好的方法。作为新约的子女，圣灵是我们珍贵的礼物。圣灵的工作之一是向我们指明基督，以及他美善的品格。看见基督的就等于看见父（参约翰 14:9）。透过圣灵，我们可以住在主的家中，每天瞻仰他无人能及的荣美。你今天会这样求主吗？

今日祈祷

慈爱的天父，再次感谢你让我们能够从大卫的生命得到亮光。我们只能猜测他曾面临许多挑战，无论是里或外，但他对你的信心是坚定不移的。同样，上帝是他的光、他的救赎和他的力量，他对上帝的爱也毫不动摇。求主也同样地帮助我们，一生都在上帝永久的同在里。

奉耶稣的名祷告，阿们。

Tuesday, 23 June 2020

Title: Seeking God In The Wilderness Of Our Lives

By: Pastor Isaac Yim

Psalm 63:1-11

King David wrote this Psalm in the Judean wilderness. He was running from the pursue of his son Absalom, who wanted to be king in his place. This Psalm describes how he feels in his heart. He misses the presence of God. He was in the desert (v 1), the tabernacle (v 2), and on his bed (v 6). The wilderness illustrates the hard and trying times of David. It is in the wilderness of David's life when he earnestly longed for the intimate fellowship with God.

David genuinely thirsted for God. I believe that's the wisest thing we can do to emulate David, when we are going through the wilderness of our lives. We must turn to God and affirm our faith in Him like David did, who cried out to God, "O God, you are my God". Jesus invites us who are thirsty to come to Him. The water He gives can satisfy our deepest longing in the wilderness of our lives. Jesus offers rest to the weary.

David praised God despite his adverse circumstance. In verse 2, David recalled his past experience in the tabernacle, where people gathered to worship God. It was in the tabernacle that he witnessed the power and glory of God. When we are down, our tendency is to look around at all our hardships, difficulties, obstacles and everything that is negative and insurmountable. Instead of that, David looked up to God and recalled the miraculous things God had done for Israel and for him in particular. He then burst out in praise!

"Because your steadfast love is better than life, my lips will praise you." (Psa. 63:3).

In the presence of God, King David in his rich experiences in life, realised that nothing compares to the steadfast love of God; nor God's loving kindness, nor God's grace nor God's favour. He is the King of Israel, yet he testified about his God that "Your steadfast love is better than life." He had a pleasant life. He looked around and nothing compares to his God, "Your loving kindness is better than life." He had sinned but he received pardon from God. His sin had caused him sleepless nights and awful distress but he confessed his sin to God and found forgiveness. He cried out in praise, "Your favour is better than life." He became king at the age of forty and he reigned for another 40 years. He was in his sixties now. He wanted to leave a legacy for the future that would last and he found it in the steadfast love of God. At the time of writing this Psalm, he was facing great disappointments from his son Absalom and others and he was disappointed with himself many times. Yet he would say that God's love is better than life.

In the New Testament, Paul would say it in another way,
"For me, to live is Christ and to die is gain." (Phil. 1:21)

Paul went on with his dedication and commitment to God with these words,

"Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For His sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ." (Phil. 3:8)

A great Gospel soloist in all of Billy Graham's Crusade, George Beverly Shea, found a poem written by Mrs Rhea Miller, I RATHER HAVE JESUS left on the piano by his mother. He immediately composed music to this poem. The same morning, he sang it at his father's church service. In 1922, at the age of 23, George had a hard decision to make. He could accept a lucrative job offered to him by a radio station with a great salary and wide respect, or he could continue to sing in churches and Christian radio stations. This famous Gospel Hymn is another testimony by George that "His loving kindness is better than life."

I'd rather have Jesus than silver or gold,
I'd rather be His than have riches untold;
I'd rather have Jesus than houses or land,
I'd rather be led by His nail-pierced hand.

Chorus:

Than to be the king of a vast domain
Or be held in sin's dread sway.

I'd rather have Jesus than anything
This world affords today.

I'd rather have Jesus than men's applause,
I'd rather be faithful to His dear cause;
I'd rather have Jesus than worldwide fame,
I'd rather be true to His holy name.

He's fairer than lilies of rarest bloom,
He's sweeter than honey from out the comb;
He's all that my hungering spirit needs,
I'd rather have Jesus and let Him lead

Prayer for Today

"There is a God-shaped vacuum in the heart of each man which cannot be satisfied by any created thing but only by God the Creator, made known through Jesus Christ." (Blaise Pascal)

"You have made us for yourself, O Lord, and our heart is restless until it finds its rest in you." (Augustine of Hippo)

1. Wandering in the wildness of your life, I encourage you to lift up your head unto the Lord, pour out your feelings to Him who knows you deeply and

intimately.

2. Fill your heart and mind with the Word of God – the Bible.
3. Be encouraged you are not alone; He is by your side.
4. Join the church so that we can reach out to each other.

Our Father in Heaven, we thank you that you journey with us daily. Lord, you know where we are, you know how we feel, you know us deeply and intimately. We long for you in the dried and thirsty wilderness in the New Normal after the Covid-19. Grant us rest, give us refreshment that enables us to walk on knowing that “Your steadfast love is better than life.” Give us the ability to daily set our priorities to know you deeper, to trust and obey you wholeheartedly. In Jesus’ Name, Amen.

每日灵粮

星期二，2020 年 6 月 23 日

标题：在我们生命中的旷野寻找神

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 63：1-11

大卫王在犹大旷野写了这首诗。他当时正逃离儿子押沙龙的追逐，押沙龙想夺取王位。这首诗描述了大卫内心的感受。他怀念上帝的同在。他在沙漠(v1)、帐幕(v2)和床上(v6)。旷野代表着大卫艰难的时刻。就是在大卫生命中的旷野中，他恳切地渴望上帝的亲近。

大卫真实地渴望上帝。我相信当我们在我们生命中的旷野时，最明智的就是模仿大卫的这个行动。我们必须转向上帝，像大卫一样坚定我们对上帝的信仰，他向上帝喊道，“神啊！祢是我的 神”。耶稣邀请口渴的人来寻找祂。耶稣赐的活水可以满足我们在旷野中最深的渴望。凡劳苦担重担的人在耶稣里可以得到安息。

尽管处境不利，但大卫仍然赞美上帝。在第二节中，大卫回想他过去在帐幕的经历，那里的人们聚集起来敬拜上帝。正是在帐幕他见证了上帝的能力和荣耀。当我们沮丧时，我们的倾向是回顾一切困难、艰难、障碍，以及一切消极和不可逾越的事情。相反，大卫仰望上帝，回忆起上帝为以色列，特别是为大卫自己所做的奇迹。他因此颂扬赞美！

“因祢的慈爱比生命更好，我的嘴唇要颂赞祢。”（诗篇 63：3）

大卫王在他丰富的人生经历中意识到，当上帝与他同在时，没有比上帝坚定的爱更重要的了；也没有比上帝的慈爱、恩典、喜悦更重要的。大卫是以色列的王，他却见证他的上帝：“祢的慈爱比生命更好。”他的生活美好。他环顾四周，却没有比他上帝更好的，“祢的慈爱比生命更好。”他犯过罪，但得到了上帝的赦免。他的罪让他不眠，痛苦不堪，但他向上帝认罪，并得到了宽恕。他高声赞美：“祢的喜悦比生命更好。”他 40 岁成为国王，又在位 40 年。他现在已经六十几岁了。他想为未来留下一份能延续下去的遗产，他在上帝坚定的爱中找着了。写这本诗篇时，他面临儿子押沙龙和其他人对他的失望，他也对自己失望了好多次。但他却说，上帝的爱比生命更好。

保罗在新约中用另一种方式说：

“因我活着就是基督，我死了就有益处。”（腓利比书 1：21）

保罗又继续以他对上帝的奉献和承诺：

“不但如此，我也将万事当做有损的，因我以认识我主基督耶稣为至宝。”（腓利比书 3：8）

在葛培理（Billy Graham）牧师的布道活动中的一位伟大的福音音乐独唱家 George Beverly Shea，George 的母亲把 Rhea Miller 所写的一段诗放在钢琴上。George 读了这首诗并即刻作曲，加上了音乐。同一天早上，他在父亲的教堂礼拜中唱了这首歌。1922 年，23 岁的 George 做出了一个艰难的决定。他需要选择其中一个：拥有高薪、在一个知名的广播台工作；或者继续在教堂和基督教广播台唱歌。这首著名的福音圣诗是 George 的见证：“祂的慈爱比生命更好。”

我宁愿有耶稣，胜得金钱，我宁属耶稣，胜得财富无边；
我宁愿有耶稣，胜得华宇，愿主钉痕手，引导我前途。

副歌：

胜过做君王，虽统治万方，却仍受罪恶捆绑；
我宁愿有耶稣，胜得世界荣华，富贵，声望。
我宁愿有耶稣，胜得称颂，我宁忠于主，成全祂的事工；
我宁愿有耶稣，胜得名声，愿向主圣名永赤胆忠诚。
恩主比百合花更加美艳，远比蜂房蜜更加可口甘甜；
惟主能满足我饥渴心灵，我宁愿有主，跟随祂引领。
今天的祷告

“每个人的心中都有一个上帝形的真空，这个空间不能满足于任何被造的东西，而只能满足于我们的创造主上帝，通过耶稣基督显明。”（布莱斯·帕斯卡）

“上帝啊，你为自己造了我们，只有在你里面安息，我们的心才能安稳。”（希波的奥古斯丁）

- 1、走在生命中的旷野时，我鼓励你抬起头向上帝倾诉你的感受，祂了解你深厚。
- 2、思想神的话－圣经。
- 3、记得你不是孤身一人，祂与你同在。
- 4、参加教会，好让我们能以互相鼓励。

我们在天上的父，感谢祢每天与我们同行。主啊，祢知道我们在何处、祢知道我们的感受、祢深深地了解我们。我们在这干旱、疲乏、无水之地，疫情后的新正常渴望你。赐给我们安息，苏醒我们，让我们深知祢坚定的慈爱比生命更好。让我们有能力每天调整我们的优先事项，加深对祢的了解，全心全意地信靠和服从祢。奉主耶稣的名，阿门。

Wednesday, 24 June 2020

Title: Seek God's Face

Author: Pastor Wallace Ong

Psalm 24:3-6

3 Who shall ascend the hill of the LORD? And who shall stand in His holy place? 4 He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully. 5 He will receive blessing from the LORD and righteousness from the God of his salvation. 6 Such is the generation of those who seek Him, who seek the face of the God of Jacob. Selah

Do we long to ascend the hill of the Lord? Do we fancy standing in His holy place? Do we want to receive blessing from the Lord and righteousness from the God of our salvation? Some of us may want all of that, but others only want God's help, His blessings, and God to answer their prayers. What about to be someone who has clean hand and a pure heart that does not lift up his soul to what is false and does not swear deceitfully? Well, that would be good-to-have but too hard-to-do!

Psalmist in Psalm 24 told us to be the generation who seek God, not only seek Him but have an intimate relationship with Him – seek His face. Like David in Psalm 27:4 declared, "One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in His temple." In the midst of being surrounded by armies of enemies wanting to take His life, David sought to dwell in the house of the Lord and gazed upon the beauty of the Lord.

Many of us would want to have immediate help to resolve our problems and get rid of the challenges. However, in this fallen world, we will always have problems and challenges, hence it is important that we have a place of rest and security in helping us to recuperate ourselves. For example, after a tiring workday when we encounter many problems and challenges, we look forward to going home to be with our family, to have a hot home cook meal, to be greeted by the smiley faces of our children, and to be surrounded by people who love and care for us. Our family is where we find rest, peace, security, comfort, and joy. It is the 'safe sanctuary' for us to regain and recharge our emotional, mental and physical strength.

Do we have this kind of intimacy with our Father in Heaven? Do we long to be in His presence? When we have such intimacy with God, we will have a TRUE resting place for ourselves. We will have peace in our heart. When we put our trust in God, we will seek His wisdom and solve our daily problems with godly approach. We will relate with people around us with God's grace and love, and not take matters into our own hands and react recklessly.

There is a simple common phrase, "Hurt people hurt people." People who have been hurt in life often respond by striking out and hurt people who are around them. Conversely, when we have found love, peace, rest, joy, and security in Christ by having an intimate relationship with Him, we will become the person as depicted in Psalm 24:3-5 "Ascend the hill of the Lord, stand in His holy place, with a clean hand and pure heart receive blessing and righteousness from God, and become the generation that seek God". We will be like David – the man who is after God's heart.

Prayer:

Dear Heavenly Father,
Thank you for your mercy and grace to redeem us by the blood of Christ. You have loved us so much, that it is beyond our comprehension. O Lord, help us to love you in return and to want to be close to you each day. Teach us to desire for you and to seek your face daily. When we are weak and wander away from you, bring us back to you, O Mighty God. In Jesus' name, Amen.

每日灵粮

星期三, 2020 年 6 月 24 日

标题: 寻求上帝的面

作者: 王振威传道

翻译: 杨惠光弟兄

诗篇 24: 3-6

谁能登耶和山的山？谁能站在他的圣所？就是手洁心清，不向虚妄，起誓不怀诡诈的人。他必蒙耶和山赐福，又蒙救他的神使他成义。这是寻求耶和山的族类，是寻求你面的雅各。

我们渴望登上耶和山的山吗？我们愿意站在他的圣所吗？我们是否渴望得到上帝的祝福并救赎主的公义？我们当中的某些人可能想要以上的一切，但其他人只希望得到上帝的帮助，他的祝福以及祷告蒙应允。至于成为一个手洁心清、不倾向虚妄并且不发假誓的人呢？嗯！那是每个人想要的，但却很难实现！

诗篇 24 的诗人在告诉我们要成为自己世代寻求神的人，不但寻求并要与祂有亲密的关系——与祂面对面。就像大卫在诗篇 27: 4 中说：“有一件事，我曾求耶和山，我仍要寻求，就是一生一世住在耶和山的殿中，瞻仰他的荣美，在他的殿里求问。”大卫在被想要夺走他生命的敌人大军包围时，选择住在耶和山的殿中，瞻仰耶和山的荣美。

许多人面对问题时都希望能立即得到帮助并逃脱挑战。但是，在这个堕落的世界中，我们总是会不断遇到问题和挑战。因此，重要的是我们需要有一个安全和供我们安静下来的地方，以帮助我们能静养。例如，在辛劳的工作日中，当我们遇到许多问题和挑战时，我们期望回家与家人在一起，享受热腾腾的家常饭菜，受到孩子们笑脸的迎接，周围都是爱护我们的人。我们的家庭是我们找到安息、平安、安全、舒适和欢乐的地方。这是我们重新获得和恢复情绪、精神和身体力量的“安全庇护所”。

我们与天父有这种亲密关系吗？我们是否渴望与他同在？当我们与上帝如此亲密时，我们将为自己拥有一个真正的安息之所。我们内心将拥有平安。当我们将自己交托给上帝时，我们将寻求上帝的智慧，并以虔诚的态度解决日常的问题。我们将以上帝的恩典和爱周围的人交往，不要什么事情都自己解决，也不要鲁莽行事。

有一个简单的语录，“受伤害的人会伤害别人”。生活中受到伤害的人通常会以打击并伤害周围的人来做出反应。相反，当我们通过与基督的亲密关系在基督里找到爱、平安、安息、喜乐和安全时，我们将成为诗篇 24: 3-5 所描绘的人：“就是手洁心清，不向虚妄，起誓不怀诡诈的人。他必蒙耶和山赐福，又蒙救他的神使他成义。”我们就能像大卫——成为一个合神心意的人。

祷告：

亲爱的天父，感谢你的怜悯和恩典，用基督的宝血救赎我们。你这么爱我们，完全超出我们的理解。上帝啊，请帮助我们回报你，并渴望每天与你亲近。教我们渴望你并每天寻求祢的面。全能的上帝啊，当我们软弱无助，从你身边徘徊时，将我们带回你身边。奉耶稣的名，阿们。

Thursday, 25 June 2020
Title: Praise and Persistence
Hon Sir Neng
Psalm 95

This is a psalm of praise and exhortation. It directs the people of God to praise God for who He is and what He has done. At the same time, there is an exhortation towards the end of the psalm. So, let us explore this psalm together and see what the implications are for our lives.

Why do we worship God and praise Him? Verses 1-7 shows us the attitudes and reasons in which we worship God. With our attitude, it is one of joyfulness and thanksgiving. Verse 1 tells us to make a joyful noise to God, who is the Rock of our salvation. Verse 2 similarly gives that remark, by telling us to sing songs of praises with a joyful noise!

Why do we sing with joy and thankfulness? Because He is our God! He is the Rock of our salvation. That means, apart from Him, we will have no salvation! We worship Him because of what He has done for us! For the people of God from old, they worship God because of His act of deliverance for His people; likewise, we worship God because of His act of deliverance for us, His people – the church, from our sins! We are to be joyful and thankful, because it is the right response. You wouldn't be expressionless when a great king saved you. What more when it is Christ our Saviour?

The other reason is because of His great work as the Creator who sustains the world. Verses 4-5 described God's power in sustaining this world that we live in. These seemingly large things are nothing to Him. The world is in His hands, as verse 4 describes. He is the one who made the vast ocean and all the land which this planet contains! To date, we have barely explored more than a quarter of our oceans! And this vast ocean is created by the God we worship! This calls us to be in awe, as we worship Him as our Creator who created and sustains us!

The last part of this psalm calls us to NOT harden our hearts as we hear His voice, just as the Israelites did when they were in the wilderness. This tells us how we should live our lives. What does it mean to harden our hearts? It is willful unresponsiveness towards all that God has revealed by purposefully being in unbelief. We are not to harden our hearts like the Israelites! By doing so, we are testing God, which will not yield pleasant results! In Hebrews 3:7-14, the author also calls us not to harden our hearts in the deceitfulness of sin and not to fall away from the living God by holding our original confidence firm to the end!

PRAYER

Where are you today in your life before God? Do you worship Him with joy and thanksgiving, consciously knowing in faith that He saved you from the depths of your sins? Or do you harden your heart in the deceitfulness of sin, by actively and willingly doing what you know you shouldn't be doing? As this psalm reminds us, those who hardened their hearts against God did not enter their rest in the promised land. Likewise, if we are to actively harden our hearts, instead of holding fast to our confidence in Christ, we will never enter our rest in Christ. And as we hold fast to this confidence in faith, may we worship God with thankfulness and joy for all that He has done. May the Spirit of God work in us as we examine ourselves and pray in response to this passage.

每日灵粮

星期四，2020 年 6 月 25 日

标题：赞美的心与刚硬的心

作者：韩思能

诗篇 95

这是赞美与劝勉的诗篇。它指示上帝的子民因着神的本人和所办的一切赞美上帝。同时，在诗篇末尾有一种劝告。因此，让我们一起探讨这首诗篇，看看对我们的生活应用。

我们为什么敬拜上帝并赞美他？1-7 节向我们展示了敬拜上帝的态度和原因。是以我们快乐和感恩的态度。第一节告诉我们快乐地向上帝发出声音，上帝是我们救赎的磐石。第 2 节也告诉我们用欢乐的声音唱赞美歌！

为什么我们要充满喜悦和感恩地唱歌？因为他是我们的上帝！他是我们得救的磐石。就是说，除了他，我们没有救恩！因为他为我们所做的事，我们敬拜他！对于上帝子民来说，他们崇拜上帝是因为上帝为上帝子民的救赎。同样地，我们敬拜上帝是因为祂为我们拯救了祂的子民脱离罪恶。我们应该感到高兴和感恩，因为这是正确的回应。当一位伟大的国王救了你时，你将不会毫无表情。对基督我们的救主应该怎么样呢？

另一个原因是因为他作为创造者维持世界的伟大工作。第 4-5 节描述了上帝在维持我们所生活的世界中的力量。这些看似大的东西对他来说什么都不是。正如第 4 节所描述的，世界在他手中。他是创造广阔的海洋和这个星球所包含的所有土地的。直到今天，我们几乎还没有探索超过四分之一的海洋。而这广阔的海洋是我们敬拜的上帝创造的！这使我们敬畏和敬拜他，创造并维持我们的创造者！

诗篇的最后部分劝诫我们在听到祂的声音时不要固执我们的心，就像以色列人在旷野时一样。这告诉我们应该如何生活。硬著我们的心意味着什么？对上帝因有目的地不相信而显露的一切都是故意的无反应。我们不要像以色列人那样硬著自己的心！这样，我们正在测试上帝，这将不会产生令人愉快的结果！希伯来书的作者在 3: 7-14 中使用这段经文，还呼吁我们不要被罪迷惑，心裏就刚硬，把永生神离弃了。而把起初确实的信心坚持到底。

祷告

你今天在上帝面前活在哪里？您是否以喜乐和感恩的奉献敬拜他，有意识地凭信心知道他从罪孽深处救了您？您是否通过积极和自愿地做自己知道的不应该做的事情来使自己的内心在犯罪的欺骗中变得刚硬？正如这首诗所提醒我们的，那些刚硬反对上帝的人并没有进入应许之地。同样，如果我们刚硬自己的心，而不对我们的基督抱以信心，我们将永远不会在基督里安息。当我们坚守对信仰的信心时，愿我们对上帝所做的一切充满感激和敬拜。愿上帝的灵在我们里面作工，以检查自己，并为回应这段经文而祈祷。

Friday, 26 June 2020

Title: Our help comes from God alone

Author: Prathab V

Psalm 121

1 I lift my eyes toward the mountains.

Where will my help come from?

*2 My help comes from the Lord,
the Maker of heaven and earth.*

Sometimes, when I am happy, troubled or stressed, I go and read the psalms. I find that I can relate to the psalms easily. They are my favourite part of scripture that I love to read them when I need a morale booster. Psalms encourage me. There seems to be a psalm for almost every occasion.

This morning, I look to Psalm 121, a short but beautiful psalm. This psalm is a scripture that you should consider marking on your bible. It reminds of a time once when I was walking back to my rented home while I was studying in the university. I was walking back with a sister from the Christian fellowship. As was the norm for me then, the conversation turned towards the Bible and God.

As we were talking and walking, the sister suddenly asked me: "How can one love the Lord so much?" I was stumped. At first, I didn't know how to respond. Then, slowly, I volunteered a response "One can only love God having first understood how much he/she has been forgiven". Then she asked another question: "How can I love the Lord greatly?" This time I was more prepared. I simply said: "Try sharing the gospel. Only when you share the gospel, you would know how much you know about the Bible and what you believe," I said, adding that one's faith will be tested greatly when sharing the gospel to unbelievers.

Sharing the gospel isn't easy. The evil one knows the power of the Gospel and will do his utmost to frustrate every opportunity to evangelise or even try to destroy your testimony. During those times, do not despair. Psalms 121 encourages us not to look at to our strength, but God. Seeing the majestic mountains, the psalmist asks the question: "Where will my help come from?"

As soon as he asks the question, the psalmist declares that his help comes not from the majesty of the mountains, but from His majesty, the LORD God of Israel. Mountains are huge, strong and powerful. But they can't help us in times of calamity. Only the LORD can help us.

If you are carrying a heavy burden this morning, fear not. Are you having challenges in relationships? Cast your troubles to Jesus. Are you worried about the future? Take rest in Him for He cares for you.

As the psalmist writes, your help comes only from the God of Israel. Seek Him and He will surely protect you and guide you. This is not just a song from the psalms, but it is a promise from the LORD God Himself.

Prayer:

Lord, as I look heavenward, let me be distracted by your creation. Let me come to you with a grateful heart always, in humility. In Jesus Name I ask. Amen

每日灵粮

星期五, 2020 年 6 月 26 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 121

我要向山举目。我的帮助从何而来？我的帮助从造天地的耶和华而来。

有时，当我快乐、烦恼或倍感压力，我会阅读诗篇。我发现诗篇很容易让我产生共鸣。诗篇是我在圣经里所喜爱的部份，我喜欢在需要提升士气的时候阅读它们。诗篇鼓励我。几乎每种场合都有一篇合适的诗篇。

今天早上，我读了诗篇 121，一首短而美丽的诗篇。你应该考虑在圣经里为本篇加以标记。想起我念大学时，我和一位教会团契的姐妹走向租屋。就如当时的惯例，我们的话题转向了圣经和上帝。

我们边说边走，这位姐妹突然问我，「一个人怎么会如此爱主？」我被问题难倒了。我原本不知道该如何回应。然后，慢慢地，我回答，「只有当一个人先明白上帝如何饶恕自己，他/她才能爱上帝。」然后她又问了另一个问题：「我如何深深爱主呢？」这次，我有较多的准备。我只说，「尝试分享福音。只有你分享福音时，你才能知道你对圣经和你信仰的了解。」我又补充，当你与不相信基督的人分享福音时，你的信心会受到极大的考验。

分享福音并不容易。恶者知道福音的大能，并会竭尽全力地阻挠每个分享福音的机会，甚至毁掉你的见证。在那时，不要绝望。诗篇 121 鼓励我们不要只专注自己的力量，而是仰望上帝。看着雄伟的山峰，诗人问道，「我的帮助从何而来？」

当他那么一问，诗人宣称他的帮助不是来自壮观的高山，而是来自主以色列的神。山岭高耸雄伟，但灾难临头时，它们却帮不上我们。只有上帝才能帮助我们。

如果你今天早上背着沉重的负担，不要担心。你在人际关系中遇到挑战吗？把你的烦恼交给耶稣。你在担忧未来吗？好好地安居在主里，因为他眷顾你。

正如诗篇所写，你的帮助只来自以色列的神。寻求他，他一定会保护并指引你。这不仅仅是诗篇中的一首歌，而是上帝的承诺。

今日祷告：主啊，当我举目向天，让我能享受你的创造。让我心存感激，谦卑地来到你面前。奉耶稣的名求，阿门。

Saturday, 27th June 2020

IN GOD WE TRUST

By Pastor Soong Kok Kee

Psalm 56: 3-4

When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

In the comic strip Peanuts, Lucy has just broken the news to Linus that children cannot live at home forever with their parents. Eventually they will grow up and move away. Then she says that when he leaves she will get his room. But Linus quickly reminds her that at some time she too would have to leave home. When this realisation hits Lucy, she is shocked, but she quickly comes up with a solution. She turns the TV up loud, crawls into her beanbag chair with a bowl of ice cream, and refuses to think about it.

That won't solve the problem of course. Running away to hide, refusing to think about them, avoiding them at all cost, but life's realities, unpleasant circumstances, dangers, trials and struggles have a way of dogging our footsteps and eventually catching up with us. Instead, we should face up to our problems like David.

Psalm 56 is David's prayer for help when attacked by his enemies and when his life was in grave danger. After running from the hands of Saul, he now foolishly falls into the hands of the Philistines (1 Sam 21:10-15). He didn't try to minimise his danger, he acknowledged the storm that was raging around him and looked to the Lord, his shield and refuge and said "In God I trust; I will not be afraid". (Psalm 56: 4 & 11).

Everyone in the world has been affected in one way or another by the coronavirus pandemic. A Christian brother who sells his famous Laksa in Seremban told me his business has been cut by 90%. With that, he can't even pay the rental of his shop, let alone the employees salaries.

Pay cuts, unemployment, bills, instalments, credit card payments – no one has faced such uncertainty since World War 2, one article said. One economist has said that our economy won't be good for the next two to three years, and our current political situation is helping to worsen it further. Where do we run to and who can we trust?

Like David we should say, in God we trust and because of that we will not be afraid, no matter what happens. Always remember my dear brothers and sisters, if we put our trust in God, God will be responsible; if we put our trust in

ourselves, then we alone will be responsible. Romans 8:31 once again reminds us "If God is for us, who can be against us?"

PRAYER: Dear Lord, in times like this, with so many uncertainties in so many areas of our lives and in the world, we can only run to you and you alone. Although we do not know why you have allowed this to happen, but we trust your ways, which are higher than our ways and your thoughts are higher than our thoughts (Isa 55:9). Continue to keep all of us and our families safe and healthy, and bless us spiritually, physically and materially for we know you are our Jehovah Jireh, the God who cares and provides. In Jesus most precious name we pray AMEN.

每日灵粮

星期六, 2020 年 6 月 27 日

我们倚靠上帝

作者：宋国基牧师

翻译：梁玉萍姐妹

诗篇 56: 3-4

我惧怕的时候要倚靠你。我倚靠神，我要赞美他的话。我倚靠神，必不惧怕，血气之辈能把我怎么样呢？

在连环漫画《花生》中，露西刚刚向奈勒斯透露了一个消息，说孩子们不能永远和父母住在家里。最终，他们会长大、离开。然后她说，他离开后，她会得到他的房间。但是奈勒斯很快地提醒她，在某个时候她也得离家。当露西意识到这一点时，她感到震惊，但也很快想出了一个解决方案。她把电视的声量调高，拿着一碗冰淇淋爬进她的豆袋椅，并拒绝去想这件事。

这当然不能解决问题。逃跑躲藏，拒绝思考问题，不惜代价避开它们，然而，生活的现实、不愉快的环境、危险、考验和斗争却总有办法拖拉我们的脚步，并最终赶上我们。反而，我们应该像大卫那样正视我们的问题。

诗篇 56 是大卫在遭到敌人攻击和生命处于严重危险之中时求帮助的祷告。从扫罗手中逃跑后，他现在愚蠢地落入非利士人的手中（参撒母耳记上 21: 10-15）。他没有试图减少他的危险。他承认风暴肆虐，并仰望主他的盾牌和避难所：“我倚靠神，必不惧怕”（参诗篇 56: 4 和 11）。

世人都在某方面受到冠状病毒大流行的影响。一位在芙蓉卖着名叻沙的基督徒弟兄告诉我，他的生意已经削减了 90%。因此，他无法支付商店的租金，更不用说员工的工资了。

根据一篇文章，自二战以来，对于削减工资、失业、账单、分期付款、信用卡付款，没有人面临过这样的不确定性。一位经济学家表示，我们的经济在未来两到三年内不会好转，而我们目前的政治局势正进一步恶化。我们该跑到哪里，我们可以倚靠谁呢？

就像大卫，我们应该说，我们倚靠上帝，因此无论发生什么事情，我们都不会害怕。永远记住，我亲爱的兄弟姐妹，如果我们倚靠上帝，上帝将负责；如果我们倚靠自己，那么我们将独自负责。罗马书 8:31 再次提醒我们：“上帝若帮助我们，谁能敌挡我们呢？”

今日祷告：亲爱的上帝，在如此时刻，当我们生活和世界的各个层面都有许多的不确定，我们只能奔向你。尽管我们不知道你为何允许这种情况发生，我们仍然相信你的道路高过我们的道路；你的意念高过我们的意念（赛 55: 9）。继续保守我们以及我们的家人的安全和健康，并在灵性、身体和物质上祝福我们，因为我们知道你是我们的耶和華以勒，是关心和供应我们的上帝。我们是奉耶稣宝贵的圣名祷告，阿门。

Sunday, 28 June 2020

Do We See as God Sees?

Psalm 2 (Read the whole psalm with emphasis on verses 1, 2, 4, 7, 10, 11 and 12)

By Abraham Verghese 亚伯拉罕·韦尔盖塞

The psalmist of Psalm 2 gives us the unique perspective of viewing God, sitting upon His throne, looking down upon the kingdoms of this earth – the planet He created and sustains.

Instead of gratefully worshipping their Creator, He sees their continued rebellion against the Lord and His Messiah. God sees the kings of the earth, setting themselves against Him and His Anointed, our Lord Jesus Christ. Their desire for autonomy – the bondage to do as they will – is a delusion.

The amazing thing is that this Psalm is even more relevant in our day than in the time the psalmist penned these words! The psalmist's words, written under the inspiration of the Holy Spirit, are even more important for the rulers of our day than ever.

When Psalm 2 was written God's Anointed had not yet even set foot upon this earth. Even nations that honoured God in the past do nothing more than give Him mere lip service in our day.

God sees from the beginning to the end, not from some point or period in between. All the plotting of the men of this earth is truly plotting in vain, for in the end, as Christ has stated in Revelation 22: 20 "Surely I am coming soon" and all will bow down before Him. Thus, the rulers are called now to serve the Lord, for without the Lord they have no hope.

What about us as individuals? How does Psalm 2 apply to us? Are we living in a delusion? Are we so caught up in liberal thinking and misplaced human rights that the absolutes of God's word seem unfair and burdensome? Like the kings of the earth, we are called to love and serve the Lord Jesus Christ. The pandemic caused by the minute Covid-19 virus has shown how helpless the world can be despite having supposedly progressed with technological capabilities that we could not have imagined. Left hopelessly condemned before God, after the sins of Adam and Eve, we look to Christ as the only One who can restore us to fellowship with God the Father.

We, too, are called to be wise, and to serve the Lord with fear, and rejoice with trembling. Now is the time. In Christ is the hope and light for all who come to Him.

Praise Jesus because of what he was able to do and has done – save us from our sins.

Prayer

Lord, I acknowledge my sins (you can mention them) and I ask that you cleanse me completely from my sins. Grant me the strength to be steadfast in worshipping you, dear Lord. Let every evil agenda of the rulers operating in my life be revoked now. In Jesus' name I pray, Amen.

每日灵粮

星期日，2020 年 6 月 28 日

标题：我们能看见神所看见的吗？

作者：亚伯拉罕·韦尔盖塞

翻译：方美珠姐妹

诗篇 2（阅读整篇诗篇，重点放在第 1、2、4、7、10、11 和 12 节）

诗篇 2 的诗人给我们独特的观点来看上帝：祂坐在宝座上，俯视着这地上的王国——地球这颗行星乃祂所创造及维持的。祂看着世人不但没有感激敬拜他们的创造者，更持续的悖逆他们的主，祂的弥赛亚。上帝看着地上的君王对抗祂与祂的受膏者，我们的主耶稣。他们对自治的渴望——为所欲为的束缚——是一种错觉。

不可思议的是比起当日诗人写作时期，这首诗更加符合我们时下！诗人在圣灵启发下所写的字句，比起任何时期，其重要性对于现今统治者都是有过之而无不及的。

当诗篇 2 完作时，上帝的受膏者还没有踏足在这个地球上。那些昔日对上帝尊崇的国家在现今时代除了用他们的口讲述上帝之外也没有任何其他行动。

上帝是从头到尾看着这一切，而不是从某个点或某个时期从中而看。世人的一切谋划都是徒劳的，因为最终，就像基督在启示录 22:20 所记载：“是了；我必快来”所有一切都将向祂跪拜。因此君王现在被呼召来服事主，因没有主他们就没有盼望。

那对于我们个人呢？诗篇 2 怎样可以应用在我们身上呢？我们是否还活在梦幻中？我们是否被自由思想和倒置人权的话题困扰到连上帝绝对正确的话语都显得何等不公平和累赘？像地上的君王一样，我们被呼召要爱和服事主耶稣基督。尽管现今科技发达已经到了我们无法想象的顶尖能力，微小的新冠肺炎病毒所引起的大流感仍然显明了这世界是何等的无助。当日亚当夏娃犯罪后被上帝当面谴责并绝望地离开，我们唯有仰望基督因只有祂能够修复我们与父神的关系。

我们也被呼召要有智慧，存敬畏的心来事奉主，在喜乐中摇摆。现在就是这个时候了。所有来归向祂的人在基督里就有盼望和光明。

赞美耶稣，因为他成就了所能做的一切——将我们从罪恶中拯救出来。

祷告

主，我承认我的罪（您可以提述所犯的罪），我请求祢将我的一切罪孽完全洗净。亲爱的主，请赐予我力量让我能坚定地敬拜祢。让一切掌管我生命的所有邪恶议程都离我远去。我奉耶稣的名祈祷，阿们。

Monday, 29 June, 2020

Title: God Speaks to our Hearts

By: Ps Cheng Cheung

Psalm 27: 7-14

Last week, David expressed his heart's desire, where he asked to dwell in the house of the Lord all the days of his life. And the purpose was so that he could gaze upon God's beauty, and to inquire in his temple. He wanted so much to seek God's will and guidance and know God better. This was David's *"pearl of great price."* Like the merchant, David had found that pearl and wanted to forgo everything he had in order to possess it (Matt 13: 45-46). David has tasted and seen that the Lord is good, and now he has an unquenchable hunger for God. Nothing else will do. Everything else is a poor substitute and David knows it. Friend, have you found your "pearl of great price"? What is it? Have you taken steps to possess it?

He sought God's face

Verse 7 in NKJV reads *"7 Hear, O LORD, when I cry with my voice!*

Have mercy also upon me and answer me."

Having read the Psalm to this point, we could be excused for thinking David's relationship with the Lord was progressing well. We are under the impression that problems were under control. Not true.

In the original, verse 7 is short, broken and reads:

"Hear, O LORD;

with my voice I call;

pity me,

and answer me."

David shows us that even he – the one who sought God with such passion – sometimes felt that God did not hear him immediately. He was anxious to be heard.

He sought God in prayer. He was deeply aware that in coming before God, he needed mercy. Prayer is many things – communication, worship, adoration, relationship, making petition – but the overriding posture of prayer is deep obeisance. One needs to throw oneself totally at the feet of Almighty God. We are totally dependent on Him. But it takes humility to admit that we do not have things under control in certain areas. For some, pride keeps them far away from God. Is it a wonder then, that we sometimes feel our prayers do not rise above the ceiling? That God has turned His face from us?

What was David's response? He called upon God all the more in humility. He besought the Lord; he was desperate and appealed on the back of three "Do

Nots". He told God he believed God's fatherly compassion and care exceeds that of the closest human bonds, even that of parents – verses 9 and 10.

8 *When You said, "Seek My face,"*

My heart said to You, "Your face, LORD, I will seek."

When he reached this point, God revealed a secret to David: God speaks to our hearts, the innermost core of our spiritual beings. Then our hearts speak to us. God does not speak to our rationale because He knows, very often, we will rationalise that thought away. God places the desire in our hearts to seek his face, or to perform certain actions, but we must be determined to follow through. Don't take that desire for granted. When your heart calls to you to seek God in prayer, rejoice! When your heart calls to you to ask a brother or sister for forgiveness, don't hesitate! When your heart convicts you to serve God in an area of service, avail yourself!

Brothers and sisters, are you prepared to *re-tune your hearts*? Listen well to your heart. Be aware when you are at a point of spiritual sensitivity in your life. Don't dismiss it! Don't assume that you will be at the same point of receptivity tomorrow. *"My heart says of you, 'Seek his face!' Your face, Lord, I will seek."*

Prayer for Today

My father in heaven, truly, hallowed be Thy Name.

I pray Your will be done on earth as it is in heaven.

Most of all, I pray Your will be done in my life and that I will not quench the Holy Spirit as His still, clear and gentle voice speaks to my heart. Thank you, Holy Spirit, that You are the perfect gentleman, never intrusive, and never confrontational in overriding my autonomy. Thank You that You respect my individuality.

Thank You, Holy Spirit for Your invisible hand in my life, guiding events for my ultimate spiritual benefit. I believe, Lord; help me my untimely unbelief. Help me understand what David meant when he prayed *"Teach me Your way, O*

LORD," and *"Wait, I say, on the LORD!"*

In Jesus' precious Name. Amen.

每日灵粮

星期一，2020 年 6 月 29 日

标题：上帝向我们说话

讲员：张祯祥传道

翻译：巫惠如姐妹

诗篇 27：7-14

上周，我们看到大卫表达了他的心愿，他要一辈子住在上帝的殿中。其目的是能瞻仰上帝的荣美，在殿里求问。他渴慕寻求上帝的旨意和指引并想更认识祂。这是大卫「重价的珠子」。与商人一样，大卫也找到了那颗珍珠，想放弃一切他拥有的(参马 13:45-46)。大卫已尝主恩，知道祂的美善，而现在他对上帝的渴望是难以抑止的。别无他法。大卫晓得其余的都是粗劣的替代品。

朋友，你找到「重价的珠子」了吗？那是什么？你有没有为了拥有它而采取行动？

他寻求上帝的面：本篇的第七节是「耶和华啊，求你垂听我的呼求，求你恩待我，应允我」。或许我们念到此节时会认为大卫与上帝的关系进展良好。一切问题似乎都在掌控之中。实际上，不是的。

第 7 节的原文简短且断续：

「耶和华啊，请听；

我呼求你。

怜悯我，

应允我。」

大卫在这里向我们展示，即使他是带着如此热情寻求上帝的人，他有时也会觉得上帝没有立刻听他。他渴望被听见。

他祈求上帝。他深知，在上帝面前，他需要恩慈。祈祷包涵许多事情，如沟通、敬拜、关系、恳求。但祈祷的首要姿态是顺服。你必须彻底地降伏于全能的上帝。我们完全依赖他。但我们必须先谦卑承认，某些事不在我们的掌控之中。对一些人来说，骄傲使他们远离上帝。怪不得有时我们会觉得祷告达不到上帝那里？也难怪我们会觉得上帝掩面不看我们？

大卫怎么回应？他更谦卑地向上帝求助。他恳求主。在绝境中，他三次哀求主「别」。在第 9 和 10 节，他告诉上帝，他相信上帝慈父般的恩慈和怜悯是超越人类最亲密的情感关系，甚至多过亲子的纽带。

第八节：「你说：『来寻求我！』我心中响应：『耶和华啊，我要寻求你。』」

当大卫到这一点时，上帝向他透露了一个秘密：上帝向我们心的最深处说话。然后我们的心会告诉我们。上帝不会以理论来说明，因为他知道，我们会合理化上帝所说的话。上帝把寻求他的面或做某些事的渴望放在我们心中，但我们必须下决心实践。不要把这种渴望视为理所当然。若你的心呼唤你祈求上帝，当欢心！若你的心呼唤你请求弟兄姐妹的宽恕，请不要犹豫！若你的心呼唤你在某方面事奉主，请立即行动！

弟兄姐妹，你是否已准备好调整你的心？好好聆听它。切切留心自己的灵性敏锐。别消灭它！别以为你明天会有同样的灵敏度。那时我心向你说：「耶和华啊，你的面我正要寻求。」

今日祈祷

亲爱的天父，愿人都尊你的名为圣。我祈求你的旨意行在地上如同行在天上。最重要的是，我祈祷你的旨意在我的生命中，我不会因为圣灵那安静、清亮和温柔的声音而消灭祂的感动。谢谢你，圣灵，因你犹如完美的绅士，从不打扰我，也从不挑战我的自主权。谢谢你尊重我的个性。谢谢圣灵你那看不见的手，引导我生命的各种事情，使我能得到最大的属灵好处。哦主，我相信。帮助我，除去我的不信。帮我理解大卫的祷告：「求你将你的道指教我」和「要等候耶和华！」奉主耶稣的名祷告，阿们。

Tuesday, 30 June 2020

Title: A Cry for Mercy

By: Pastor Isaac Yim

Psalm 51:1-2

In the 1920's a prominent pastor received this letter, "Wouldn't the world be better off if the words "sin," "lust," etc. ad infinitum had never been coined?" What do you think?

If there is one thing that we all do; it is to sin. Not only do we sin, we sin a lot. We don't do the things we are supposed to do. We do things we know we shouldn't do. People in the Bible sinned too. Prophet Nathan pointed out the sins of King David after he had committed adultery with Bathsheba. David came before God to confess his sins and to plead for mercy, forgiveness and cleansing. So that he can be right again with God and his relationship with God can be restored.

Psalm 51 belongs to a group of Psalms called "Penitential Psalms." Penitential Psalms share some common features where the Psalmist humbly realises his sorrow over his sin and spiritual failures. He confesses his sin before God and recognises his need for God's favour and forgiveness. There are seven Penitential Psalms out of the 150 Psalms. They are Psalms 6, 32, 33, 51, 102, 130 and 143.

What is sin? The first two verses of Psalm 51 use descriptive words for sin. (1) Sin is missing the goal or something worthwhile we aim at. (2) Sin is also rebellion or mutiny, the root meaning of the word "transgression" in verse 1. (3) Sin is perversion, twisting, warp personality.

What is forgiveness? The psalmist uses picturesque words for forgiveness. (1) Forgiveness means to "blot out," or "erase," or "wipe out." It simply means all our damaging entry in God's "Record Book" is a clean slate now (v1). (2) "Wash" (v2), is the second word used for forgiveness. Imagine in the old days where the dhobi beating the clothes against a stone to get rid of the dirt or the stain. (3) "Cleanse" (v2), where in the Old Testament, a person cured from leprosy will show up in the temple before the priest to be declared that he is free or totally cleansed from this dreadful disease.

Notice David comes before God for forgiveness on the basis of God's unfailing love and His great compassion. The unfailing love of God, or as someone describes it as the "love-that-will-not-let-me-go" enable us to come to ask for it now. The most marvellous thing about God's love and compassion is that we don't deserve it but He still shows His favour to us when we confess our sin and seek for forgiveness.

"As far as the east is from the west, so far has He removed our transgressions from us" (Psa 103:12).

Then God says He will bury all our iniquities into the depths of the sea (Micah 7:19) How we thank God; He forgives and He gives us a clean slate to start afresh.

Prayer for Today

Remain silent before God and think about the things that you are sorry about. Then ask God to forgive your sins.

God have mercy! I don't do the things I am supposed to do. I do the things that I know I shouldn't do. Forgive me. I know I have sinned. My sins have hurt God, and damaged myself but hurt also the people closest to me. Please wash me, cleanse me, give me a new heart.

Father, thank You for loving me even when I have failed. Thank you that I can come to You with my sin and cry out for mercy and love. Your unfailing love and mercy are abundant. You are always willing to forgive.

Lord, restore your joy in my heart which is your strength which enables me to continue to walk upright. Thank you, Lord Jesus.

In Jesus' Name. Amen.

每日灵粮

星期二，2020 年 6 月 30 日

标题：怜悯的呼求

作者：严以撒牧师

翻译：杨仕涵弟兄

诗篇 51：1~2

“1 神啊，求祢按祢的慈爱怜恤我，按祢丰盛的慈悲涂抹我的过犯！

2 求祢将我的罪孽洗除净尽，并洁除我的罪！”诗篇 51：1~2

在 1920 年代，一位著名的牧师收到了这封信，“如果罪恶、欲望等词从未被创造，世界是否会变得更好？”你觉得呢？

若有一件事是我们世人都必定会做的，这件事就是罪。我们不仅犯罪，还犯很多的罪。我们不做我们该做的事。我们做我们知道不该做的事。圣经里的人物也犯了罪。拿单先知指出大卫王与拔示巴犯奸淫的罪。大卫来到上帝面前认罪并恳求上帝饶恕和洁净他。以便大卫和上帝恢复关系。

诗篇 51 属于“哀歌”类型的诗篇。哀歌类的诗篇有一些共同的特点，就是诗人谦卑，意识到自己对罪孽和灵命失落的悲痛。他们向上帝倾诉自己的罪过，承认他们需要上帝的恩惠和宽恕。150 篇诗篇中有 7 篇是哀歌：诗篇第 6、32、33、51、102、130 和 143 篇。

罪是什么？诗篇 51 篇的前两节用描述性词语来形容罪。（一）罪就是错过或达不到目标或者所追求有价值的事情。（二）罪也是叛逆或叛变，是诗篇 51：1 中“过犯”的根义。（三）罪是歪曲、颠倒、扭曲人格。

宽恕是什么？诗人用如画般的词语来表达宽恕。（一）宽恕指涂抹、擦除或擦掉。这意味着我们在上帝的“记录册”中所有不好的记录已经清白，不记过去，重新开始，似乎一张白纸（第一节）。（二）“洗除净尽”（第二节），是第二个表达宽恕的词。想象一下过去洗衣服的过程，把衣服不断地拍在石头上，为了要除掉泥沙或污染。

（三）“洁除”（第二节）在旧约中，麻风病治愈者将去到圣殿给祭司检查，祭司将宣布痊愈者已经从麻风病中获得自由或彻底洁除了。

注意大卫是在上帝永不止息的爱和极大的怜悯来到上帝面前恳求宽恕。上帝永不止息的爱，或像圣诗《伟大的爱》中所描述的“永不离我伟大的爱”使我们能够现在来恳求。最奇妙的就是我们根本不配得到上帝的慈爱和怜悯，但当我们认自己的罪，恳求上帝饶恕我们时，上帝仍然喜悦并施慈爱怜悯给我们。

“东离西有多远，他叫我们的过犯离我们也有多远。”诗篇 103：12

上帝在弥迦书 7：19 节也说到祂将把我们的罪孽踏在脚下，又将我们的一切罪投于深海。我们要何等的感谢上帝；祂宽恕，并给我们一个新的开始。

今天的祷告

在上帝面前沉默，回想你之前所做过你不该做的事。求上帝原谅你的过犯。

上帝有怜悯！我不做我该做的事。我做那些我知道我不该做的事。饶恕我。我知道我犯了罪。我得罪了上帝，也伤害了自己，也伤害了身边最亲近的人。求主将我的罪孽洗除净尽，洁除我的罪，并赐给我一个新心。

天父，谢谢祢因为即使我失败祢还是爱我。谢谢祢，因为我可以带着我的过犯来到你面前呼求祢的怜悯和慈爱。祢永不止息的爱和怜悯是丰盛的。祢总是愿意宽恕我。

主啊，恢复祢在我心中的喜乐，祢的力量使我能够继续直立行走。主耶稣我感谢祢。

奉主耶稣的名求。阿门。