

Thursday, 1 October 2020

Title: Daniel, a life in the Lord

Author: Arnold Lim

Psalm 16:5-6

Lord, you alone are my portion and my cup;

You make my lot secure.

The boundary lines have fallen for me in pleasant place;

Surely I have a delightful inheritance.

In 605 BC, Nebuchadnezzar, king of Babylon laid waste to Jerusalem and carried off the Israelites, including Daniel, into exile. Elevated to the royal court after interpreting the king's dream, Daniel served 69 years with distinction, first under Nebuchadnezzar, then, three other Babylonian kings and finally under Darius the Mede of the Medo-Persian Empire.

Three times, in the book, Daniel was called a man "highly esteemed" by God.

He remained true to God, no matter the circumstances

- Given choice food from the royal table, Daniel chose not to defile himself and became a vegetarian. In spite of his choice, it reads in Daniel 1:15, that Daniel looked healthier and better nourished than any of the other young men.
- Daniel so distinguished himself among the administrators or satraps, the other satraps hatched a plot to end his life. Daniel was used to praying to God three times a day. To entrap him, the satraps tricked the king to issue an edict that anyone who worshipped any god or man other than the king over the next thirty days would be thrown into the lion's den. Daniel remained faithful to God and continued to pray. We all know the story. God saved him when he was thrown into the lion's den. And even king Darius came to recognise the power of the God of Daniel and praised Him (Daniel 6:26).

He remained concerned about God's agenda – rebuilding Jerusalem

- Daniel was well aware of Jeremiah's prophecy that the desolation of Jerusalem would end after seventy years. So, when the seventy years came up, he confessed the sin of the Israelites and made a request to God for the re-building of His temple.

Surely, in spite of being in exile, the boundary lines had fallen in pleasant places for Daniel. After all, God gave Daniel the interpretation of king Nebuchadnezzar's dreams, not once but twice.

So, what lessons can we learn from the life of Daniel?

1) We, Christians, are just like the Israelites living in Babylon and later Persia; we live in a land where the culture and religion of the majority is different from ours. When the Israelites were allowed to return to Jerusalem to rebuild the temple and the wall, it was not like they were free. They were still under Persian rule.

Serve with distinction wherever you are, whether in the private or public sector. Endeavor to be the salt and light in this nation. Let us do good and contribute to the nation so that our God in heaven will be glorified. Expand church ministries to not only serve members but also the community at large.

Pray for Malaysia. In Jeremiah 29:7, we Christians are asked to pray for the nation that we live in, so that when the nation prospers, we too shall prosper.

2) Daniel, agonised over the destruction of Jerusalem and longed for the rebuilding of the temple. Even today, strive to align yourself with the will of God. For example, reach out to make disciples.

3) Just like Daniel, do not be so quick to resign from your job. Perseverance and long-suffering are the hallmarks of a Christian. I was about to resign from my job once, when I came across the story of Daniel 6. What struck me was Daniel could have resigned and fled, but he chose to honour God by continuing to pray three times a day and face the lion's den. So, I stayed, and that was probably one of the most important decisions I made in my life as it paved the way for me to provide for the needs of my family.

Strive to be a man or woman esteemed by God! And the boundary lines will fall for you in pleasant places!

Prayer

Our Lord and Heavenly Father, you a great and awesome God. And also, a faithful and loving God. You alone are our portion and our cup. You make our lot secure.

Speak to us, strengthen us and re-generate our hearts to be men and women esteemed by You. Grant us opportunities to serve You with distinction where You have placed us. And help us to keep Your agenda at the forefront of our mind.

We pray in Jesus name, Amen.

每日灵粮

星期四, 2020 年 10 月 1 日

标题: 但以理, 在主里的生命

作者: 林文礼弟兄

翻译: 薛秀合姐妹

诗篇 16:5-6

耶和华是我的产业，是我杯中的分；

我所得的，你为我持守。

用绳量给我的地界，坐落在佳美之处；

我的产业实在美好。

公元前 605 年，尼布甲尼撒，巴比伦国王将耶路撒冷城夷为平地，并将以色列人掳走，但以理也在其中。但以理为尼布甲尼撒王解梦后，被提升为朝中的总理，他出色地服务了 69 年，首先是在尼布甲尼撒的统治下，之后是另外三位巴比伦国王，最后是在玛代-波斯二元帝国的玛代人大流士的统治下。

在书中，但以理曾三度被上帝称为“大蒙眷爱”的人。

无论情况如何，他仍然忠于上帝

- 被赐予御用的佳肴美酒，但以理选择不沾污自己而成为素食者。尽管他如此选择，但以理书 1:15 写道，但以理的面貌比用王膳的一切少年人更加俊美肥胖。

- 但以理在各官长或总督中的表现特别出色，一班总长和总督便设计谋害他，要置之于死地。但以理习惯于一日三次向上帝祈祷。为了陷害他，总督们诱使国王下旨立一条禁令，规定不拘何人在接下来的 30 天里，若崇拜国王以外的神或人，都将被扔进狮子坑里。但以理仍然忠于上帝并继续祈祷。我们都知道这个故事。当他被扔进狮子坑时，上帝救了他。甚至大流士王也承认但以理的神的能力，并赞美祂（但以理书 6:26）。

他仍然关注上帝的计划 – 重建耶路撒冷

- 但以理很清楚耶利米先知的预言，即耶路撒冷的荒凉将在七十年后结束。因此，七十年到来时，他向上帝承认以色列人所犯的罪，并向上帝请求重建圣殿。

肯定的，尽管流亡国外，上帝用绳量给但以理的地界，坐落在佳美之处。毕竟，上帝给了但以理有关尼布甲尼撒王的梦的诠释，不只一次而是两次。

那么，我们可以从但以理的生平学到什么呢？

1) 我们，基督徒，就像居住在巴比伦和后来的波斯的以色列人一样；我们生活在一个大多数人的文化和宗教与我们不同的地方。当以色列人被允许返回耶路撒冷重建圣殿和城墙时，这并不表示他们已得自由。他们仍处于波斯帝国的管制之下。

无论您身在何处，无论是在私人界或是政府部门，都应出色地服务。努力成为这个国家的盐和光。让我们行善并为国家作出贡献，好让我们的上帝得到荣耀。扩大教会事工，不仅服事会友，也为整个社区服务。

为马来西亚祈祷。在耶利米书 29:7 中，我们基督徒被要求为我们所处的国家祈祷，以致当国家繁荣时，我们也将必兴旺。

2) 但以理，对耶路撒冷的毁灭深感痛苦，并渴望圣殿得以重建。即使在今天，我们也要努力使自己符合上帝的旨意。例如，传福音使人作主的门徒。

3) 就像但以理一样，切勿轻易辞掉您的工作。恒久忍耐是基督徒的标志。我曾经一次差点儿辞去工作，当我读到但以理 6 的故事时，令我震惊的是，但以理本可以辞职、逃离，但他竟选择继续每天祈祷三次并面对狮子坑的挑战来尊崇上帝。因此，我留下来了，这该是我一生中做出的最重要的决定之一，因为它为我铺好了供应家庭需要的道路。

努力成为蒙上帝眷爱的人！上帝用绳量给您的地界，将坐落在佳美之处！

祷告

我们的主和阿爸天父，祢是一位伟大而令人敬畏的上帝，也是一位信实且充满慈爱的上帝。惟有祢是我们的产业，我们杯中的分；我们所得的，祢为我们持守。

愿意主与我们说话，坚固我们并更新我们的心，使我们得已成为蒙祢眷爱的人。赐予我们机会在祢安置我们的地方出色地服务。并帮助我们将祢的计划放在一切思想的首位。

奉耶稣的名祈求，阿门。

Friday, 2 October 2020

Title: His Mercy Is For Ever

By: Ps Cheng Cheung

Psalm 107:13 Then they cried out to the LORD in their trouble,  
And He saved them out of their distresses.

The Psalm is about God's deliverance to His children. It starts with a short preamble dedicated in gratitude to God

"Oh, give thanks to the LORD, for He is good!"

"For His mercy endures forever."

Then it describes four different experiences which God delivered His people from. There is cause for thanksgiving and praise at the end of each, because

"They cried out to the Lord . . . He saved them . . give thanks to the LORD for His goodness,

And for His wonderful works to the children of men!"

Briefly, some of God's people "wandered in the desert wastelands." Then, there were "those in chains who languished in the darkness and gloom of prison." A third group "suffered severe sickness and came to 'loathe all food and drew near the gates of death' " Finally, the last group "went down to the sea in frail ships and endured the fury of tempests and raging waves."

But what was the source of the apparently life-threatening episodes these four groups of believers went through? Had any of these been self-inflicted?

ONE The believers 'wandered' about, and found no city to dwell in. They became hungry and thirsty, their souls weakened and they became desperate. Due to the hopelessness of their plight, they cried to God for mercy. He heard and led them to suitable dwellings so that they found rest for their longing souls.

TWO These believers were in the spiritual shadows, in darkness. They were bound by mental chains to past trauma and sad episodes. One would have thought those in such a position would seek God's guidance, but no, they rebelled against His words and despised His counsel. Such arrogance! So God left them to the error of their ways. And the result was that all their efforts to be freed were laborious. Till, one day, they cried out to God for mercy and He led them out of darkness, out of the shadow of death. He broke the bondage of all the past baggage that was dragging them down.

THREE Proverbs 10:21 "The lips of the righteous feed many"

"But fools die for lack of wisdom". Not only was this group foolish, but had broken fellowship with God because of sin. Their affliction was deep and had no discernment as to the right decisions to make. They were near death. By spiritual analogy, when a sick soul has no appetite for the milk or meat of God's

word, it shows that spiritual death is near. Out of desperation, they cried out to God for mercy and He answered their cries for help.

FOUR Those who make a living in perilous circumstances or during dangerous times, know that "He commands and raises the stormy wind,"

"Which lifts up the waves of the sea."

"He calms the storm, so that its waves are still."

These are the wonderful works of the Lord. And when you see the waves in your life rise up to the heavens and come crashing down around about you, know that you have come to the end of your resources: You will be at your "wit's end." Cry out to God for mercy and He will answer you.

However, are you aware that the only thing that helps no one is a dead calm?

The seaman who has not mastered the art of sailing in a storm is but an apprentice. May we seek only this: to stay well out at sea – and then we shall have no fear of stormy winds. Remember, our faith is always at its greatest point when we are in the middle of a trial, and confidence in the flesh will never endure testing. Fair-weather faith is not faith at all.

Finally, we will do well not to miss this reminder, repeated after each experience:

"Oh, that men would give thanks to the LORD for His goodness,"

"And for His wonderful works to the children of men!"

Prayer for Today

Heavenly Father, forgive me for murmuring when things do not go the way I expect them to, as will happen from time to time. Thank you for being patient with me despite this bad habit.

Deal with me with compassion because I am still a work-in-progress. Help me give thanks in all circumstances. In Jesus' Name. Amen.

每日灵粮

星期五 2020 年 10 月 2 日

题目：祂的慈爱永远长存

作者：张祯祥传道

翻译：方美珠姐妹

诗篇 107：13 於是，他们在苦难中哀求耶和华；祂从他们的祸患中拯救他们。

这首诗篇是关于上帝对祂儿女的拯救。它开始是以简短的序言向上帝献上感恩。

“你们要称谢耶和华，因他本为善，他的慈爱永远长存！”

然后，它描述了上帝拯救祂子民的四种不同经历。每个结尾都有感恩和赞美的原因，因为“他们哀求耶和华.... 祂拯救他们....但愿人因耶和华的慈爱和祂向人所行的奇事都称赞祂。”

简要说，一些上帝的子民“在旷野荒地漂流”。然后，就是“那些坐在黑暗中死荫里的人，被困苦和铁链捆锁。”第三组是“他们心里厌恶各样的食物，就临近死门”。最后一组是“在海上坐残破的船，忍受狂风暴雨和汹涌的浪潮”。

但是，这四组信徒经历了显然危及生命情节的根源是什么呢？这些是否都是他们自己造成的呢？

第一组信徒“四处漂流”，寻不见可住的城邑。他们又饥又渴，心里发昏，灵魂衰弱。由于困境的绝望，他们哀求耶和华。祂听见又领他们行走直路，使他们往可居住的城邑，为他们渴慕的灵魂找到安息的地方。

第二组信徒在黑暗中属灵的阴影中。他们被精神链束缚于过去的创伤和悲伤的情节。有人会认为处于这种景况的人会寻求上帝的指引，但没有，他们背弃了祂的话，鄙视祂的忠告。越发嚣张！所以上帝让他们自走错路。结果他们为自由所奋斗奉献一切努力都是徒劳的。直到有一天，他们向上帝呼求怜悯，祂就带领他们走出黑暗，走出死亡的阴影。祂打破了过去一切被重担所拖累的捆绑。

第三组：箴言 10:21“义人的口教养多人，愚昧人因无知而死亡。”

这群人不仅愚蠢，而且因罪而破坏了与上帝的团契。他们极其痛苦，失去辨别是非的能力。他们将近死亡。以属灵类比，当一个生病的灵魂对上帝的奶或肉食话语没有胃口时，表明灵里的死亡已经临近。出于绝望，他们向上帝呼求怜悯，祂就回应了他们的呼求帮助。

第四组：在危险环境或危险时期生活的人知道：

“因祂一吩咐，狂风就起来，海中的波浪也扬起”

“祂使狂风止息，波浪就平静。”

这些是上帝的奇妙作为。当你看到你生命中的波浪上到天空并下到你周围四处飞溅时，要知道你已经耗尽了你的资源：你已智穷才尽。向上帝呼求怜悯，祂会回应你的。

但是，你是否知道，其实风平浪静对人一点益处都没有？还不能掌握技巧在暴风雨中航行的水手只能是学徒。但愿我们只寻求这一点：在海上保持良好心态 — 然后我们就不要害怕暴风雨。记住，当我们在试炼中，我们的信心就会达到最高峰，肉体的信心永远都不会经得起考验。晴天的信心根本就不算是信心。

最后，请不要遗漏了这一个提醒，在每次经过试炼后都请重复：“但愿人因耶和华的慈爱和祂向人所行的奇事都称赞祂。”

祷告

天父，请原谅我常常在逆境中抱怨。感谢祢尽管我有这个坏习惯祢仍然对我有忍耐。请以怜悯忍耐待我，因为我还是一个半成品。帮助我在任何情况下都能感恩。奉耶稣的名，阿们。



Saturday, 3 October 2020

Title: God cares for the insignificant

Author: Pastor Johnson

Translator: Shirley Moo

Psalm 8:4 What is mankind that you are mindful of them, human beings that you care for them?

Among all things in the universe and before God, man often forgets who he is, so he often deceives himself. Not seeing the true meaning of life clearly, not seeking eternal life, he fades away in a blink of an eye. In the eternal process of the universe, he does not live as long as an atom, nor as a photon flying to a distant place. There are good explanations and instructions in the Bible for what man actually is.

Mankind is nothing but dust, at most a mass of mud. However, when compared to everything in the universe, the world is just like a drop in a bucket. Even if it is as dust in the sky, in the eyes of God, it seems to be nothingness or even void. The world is like grass, and its beauty as flowers that soon withered.

Psalm 90:5-6 "Yet you sweep people away in the sleep of death – they are like the new grass of the morning. In the morning it springs up new, but by evening it is dry and withered."

Verses 9-10: "All our days pass away under your wrath; we finish our years with a moan. 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."

We finish our years with a groan. The seemingly most secure time is completely illusory. All actions are like phantoms, and all the busyness is in vain. Human life is as mist that appears for a little while and then vanishes. Life is just as a breath of air, a dream, and a night's sleep.

But man is not so aware of the length of his short life, thinking that his years are long, faraway from death. He toils all day long, contemplating, rushing about, coveting, accumulating, and considering that his possessions will last forever, and that his home will remain for all generations. Not awakened, as animals in general, even like insects such as moths, he will be destroyed sooner or later, dead in the middle of the night, at most a few years more to be on the road of no return. Even the rest of his remaining life he will live as extinct rotten things and moth-eaten clothes. Once he passes away, his appearance changes immediately and will no longer rise up.

Dear brothers and sisters, it is important to know what kind of people we are. A person is not considered good when he is good occasionally; A person who does good deeds occasionally is confounding and imperfect. He seems to have two kinds of character, which contradict each other. This shows that he has not yet developed a certain special character in him that is to become the characteristic of his life and temperament.

A wavering and confounding man is also immature and unformed. He is worthless before God. Unfortunately, many of the apostles were like that. They behaved as the Corinthians who were regarded as carnal even though they had many spiritual gifts and knowledge, let alone some who were sinful & evil men. God works in us, edifies us, guides and disciplines us to make us to be a people after God's own heart. He does not wish that we continue to be confounding, childish, weak, immature, and unshaped. Psalm 4: 3: "know that the Lord has set apart the godly man for Himself "(NASB). In particular, it is mentioned here that the godly man is set apart for Himself. Anyone who does not reach this level cannot be considered as belonging fully to God, and God is not pleased, because it is not consistent with God's requirements and God Himself.

Prayer:

Dear Abba Father, you are the Great God. You are the God worthy of praise. Thank you that you reveal to us through this psalm for us to understand and to see our insignificance. Just as David looked up at the stars in the sky intently, he couldn't help but to feel awe. "What is mankind that you are mindful of them, human beings that you care for them?" O Lord, your majestic name fills the earth, and yet you care for the insignificant. Lord, We thank you and praise you for always remembering and caring for us. Let those who believe and trust in you be blessed with grace, from humbleness to honor! We pray in the holy name of our Lord Jesus Christ, Amen.

**Saturday, 3 October, 2020**

题目：神竟然看顾微不足道的人

作者：张胜牧师

诗篇 8：4 “人算甚麽，祢竟顾念他，世人算甚麽，祢竟眷顾他。”

人常忘记自己是甚麽，在宇宙万有之中，在神面前算甚麽，因此常欺骗自己。没有看清人生的真正意义，没有寻求永远的生命，转眼之间消逝而去。在宇宙永世的过程中，还不如一颗原子存在的久长，不如一粒光子飞逝远方。人究竟是甚麽，算甚麽，圣经中有很好的说明和指示。

人本来不过是尘土，顶多是一团泥，可是比起宇宙万有来，万民不过像水桶的一滴，就算是天空上的微尘，在神眼中看来如属虚无，甚至虚空。世人尽都如草，美容也尽如花，不久就被割下枯干，如诗篇 90：5~6 节；你叫他们如水冲去；他们如睡一觉。早晨，他们如生长的草，早晨发芽生长，晚上割下枯干。9~10 节；我们经过的日子，都在你震怒之下；我们度尽的年岁好像一声叹息。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，不过是劳人一生的年日最多不过七、八十岁，但其所矜夸的，不过是劳苦愁烦，转眼成空，我们便如飞而去。所度尽的年岁好像一声叹息，最稳妥的时候也全然虚幻。所有行动皆像幻影，一切忙乱真是枉然。人的生命不过是片云雾，出现少时就不见了。生命仅是一口气，一场梦，如睡一觉而已。

然而人并不如此觉悟，以为他的年日尚久，离死非止一步，终日经营劳碌，思虑，奔走，贪恋，积蓄，以为他们的家业必永存，住宅留万代。这样不醒悟，都如畜类一般，甚至如虫如蛀一样，不知早晚之间就被毁灭，半夜之中就要死亡，最多不过几年就要走那往而不还之路。就是活着的残年，也已经像灭绝的烂物，虫蛀的衣衫。一旦去世，容貌立即改变，将不再起来。

亲爱的弟兄姊妹，我们究竟是一个甚麽样的人，这关系很重要。一个人可能时好、时坏，有时作些好事，有时作些坏事，这就不能算是一个好人，而是一个混杂人，一个不完全的人。他似乎有两种品格，自相矛盾，这表明某种特殊的品格在他身上还没有完全贯通，掌握他全人，成为他生命、性情的特点。

一个摇动、混杂的人，也是一个未成熟、未定形的人，他在神面前毫无价值。可惜许多使徒就是这样，像哥林多信徒一样，虽然有不少属灵的恩赐和知识，却仍然只能当作是属肉体的。更不用说有些人是罪人、恶人了。

神在我们身上的工作、造就、引导、管教，就是要我们成为神所喜悦的人，不愿我们一直作一个混杂、幼稚、软弱、不成熟、不定形的人。诗篇 4：3 节；“你们要知道耶和华已经分别虔诚人，归祂自己。”在这里特别提到分别虔诚人，归祂自己，凡没有达到这种程度，则不能算为完全属神的，神也不喜悦，因为与神的要求和神自己都不相合。

**祷告：**

亲爱的阿爸天父，您是伟大的神，您是配得称颂赞美的神。感谢你透过这诗篇向我们世人启示，让我们明白和看见自己的卑微，所以当大卫专心仰望星空的时候，就不能不生发敬畏之心。“人算甚麽，祢竟顾念他，世人算甚麽，祢竟眷顾他。”满有尊贵的

神，您竟然眷顾微不足道的世人。主啊！我们感谢你赞美你，常常纪念和看顾我们。  
让凡相信和倚靠你的人蒙恩典，从卑微进入尊荣！

奉主耶稣基督的圣名祷告，阿门。

Sunday, 4 October 2020

Title: God will never forsake the righteous!

By Elder Yu Chin Shie

Psalm 37:25

I was young and now I am old,  
Yet I have never seen the righteous forsaken or  
Their children begging bread.

The writer of Psalm 37 is King David. By the time he penned this psalm, he was an old man. David's life was not a smooth one and was filled with much drama and excitement. The slaying of Goliath endeared the people to David. But soon, King Saul became jealous of him and wanted him killed. David had been on the run from Saul for 4 years and spent another 4 years at Ziklag, in Philistine territory until Saul died on Mt. Gilboa in battle.

After becoming king in Hebron and later the whole of Israel, he faced many challenges including the exposure of his adultery with Bathsheba and the murder of Uriah by the prophet Nathan, his flight from his son, Absalom and the sin of taking a census which cost the lives of more than 70,000 Israelites. Though David was afflicted by God due to his sins, he was quick to repent and restore his relationship with God. He was called "the man after God's own heart". I am not surprised that in his last years, he could declare "yet I have never seen the righteous forsaken or their children begging bread".

Adam Clarke, a British Methodist theologian and biblical scholar who lived 250 years ago, commented on Psalm 37:25 as follows:

I have been young, and now am old – I believe this to be literally true in all cases. I am now grey headed myself; I have travelled in different countries and have had many opportunities of seeing and conversing with religious people in all situations in life; and I have not, to my knowledge, seen one instance to the contrary. I have seen no righteous man forsaken, nor any children of the righteous begging their bread. God puts this honour upon all that fear him; and thus careful is he of them.

What an encouragement!

Now I would like to share my own experience.

David died at the age of seventy. Though I am not at that age yet, I think likely I could qualify to agree with him based on my observation and experience.

As I looked back to my life, I could not recount any instance in which I have felt forsaken by the Lord. I could remember vividly the various milestones of my life in which He has provided for me, and at times in the right moment. There were times I have to wait, especially in the provision of a job while in Melbourne after graduation, my first job in Malaysia with Texas Instruments and even my last job which I stayed for 16 years till my recent retirement. I was never in doubt when I was out of job that the Lord would eventually provide even though waiting could be a testing of my endurance and patience (James 1:2-4). Prior to my last job, I took a VSS (voluntary separation scheme) where I was given 15 months' wages. I had the blessing of a year of paid vacation before the Lord gifted me with a good job which I stayed till I retired.

I could also recount how the Lord has provided jobs for my three children in Australia, US and here. Each has their own amazing story to tell how God has been good to them and provided for them. They have not had the experience of "begging for bread".

As I observe around me, I could see how the Lord has also provided and taken care of the righteous brothers and sisters in Christ and their children. If given the chance to testify, we will have a great feast of hearing God's steadfast love and providence for His own.

We must remember that the promise of Psalm 37 belongs to those who trust in the Lord and do good (Psalm 37:3), take delight in the Lord (Psalm 37:4), commit their ways to the Lord (Psalm 37:5) and who are still before Him and patiently wait (Psalm 37:7). At times we get outside these divine boundaries. As a result, God's children needlessly suffer and are disciplined for their sins (Hebrews 12) and at times are in want. I think all of us can identify with this. The covenant blessing pertains to those who hunger and thirst after righteousness, not unrighteousness. (Matthew 5:6)

### Prayer

Oh God our Heavenly Father, we praise You that Your steadfast love extends to the heaven, Your faithfulness to the clouds.

Thank You for Your precious promise that You will never forsake the righteous or have their children begging bread.

We can't thank You enough for providing for us and always watching over us.

In Jesus' name we pray. Amen.

每日灵粮

星期日，2020 年 10 月 4 日

标题：上帝永远不会遗弃义人！

作者：余清熹长老

翻译：杨惠光弟兄

诗篇 37:25

我从前年幼，现在年老， 却未见过义人被弃， 也未见过他的後裔讨饭。

诗篇 37 的作者是 大卫王。当他写下这首诗时，他已经年老了。大卫的生活并非一帆风顺，而是充满戏剧性和兴奋感。杀死哥利亚使大卫赢得百姓的喜爱。但很快，扫罗王嫉妒他，并想杀死他。四年里，大卫逃避扫罗的追杀，并在非利士领土的吉拉住了四年，直到扫罗在战斗中死于吉尔伯山上。

在希伯伦（后来是整个以色列）成为国王之后，他面临许多挑战，包括与拔示巴通奸，杀害乌利亚，被先知拿单揭发。逃离儿子押沙龙的追杀以及进行人口普查的罪使超过 70,000 以色列人丧失生命。尽管大卫因自己的罪恶而遭受上帝的折磨，但他很快悔改并恢复了与上帝的关系。他被称为“合神心意的人”。我对他在去世前所宣布“但我从未见过义人被遗弃或他们的孩子乞讨面包”不感到惊讶。

居住在 250 年前的英国卫理公会神学家和圣经学者 亚当·克拉克（Adam Clarke）对诗篇 37:25 的评论如下：

#我曾年轻，现在已经老了—我相信这句话在任何情况下都是正确的。我现在头昏脑沉。我曾在不同的国家旅行，在生活中有许多机会和宗教人士见面和交流；据我所知，我还没有看到一个相反的例子。我从未见过义人被遗弃，也没有见义人子孙乞求面包。上帝把尊贵赐给所有敬畏他的人。因此，他是慎重待他们。 #

多么激励人心的话！

现在，我想分享自己的经验。

大卫去世时，享年 70 岁。尽管我还不到那个年龄，但我认为我有资格根据我的观察和经验同意他的观点。

当我回顾自己的生活时，我无法叙述我感到被主抛弃的任何情况。我可以生动地记得祂为我提供的人生各个里程碑，有时是在恰当的时机。有时我必须等待，特别是毕业后在墨尔本工作时，我在马来西亚的第一份工作是德州仪器公司，甚至最近退休前的最后一份工作我也待了 16 年。当我失业时，我毫不怀疑并相信上帝会预备新的工作，虽然在等待中会对我的忍耐和耐心是一种考验（雅各书 1: 2-4）。在上一份工作之前，我参加了 VSS（自愿离职计划），并得到 15 个月的工资。在主赐予我一份出色的工作之前，我有一年带薪假期的祝福，我一直待到退休。

我还可以回顾上帝如何为我的三个孩子在澳大利亚，美国和这里（马来西亚）预备工作。他们每人都有自己的奇妙故事，讲述上帝如何恩待他们。他们没有“乞求面包”的经验。

当我观察周遭时，我可以看到主是如何提供和照顾主内行义的弟兄姐妹及其子女的。如果有机会开一个见证会，那将是盛大宴席来讲述我们的上帝对他自己儿女坚定不移的爱与供应。

我们必须记住，诗篇 37 的应许属于那些信靠耶和华并行善的人（诗篇 37：3），又要以耶和华为乐（诗篇 37：4），当将你的事交托耶和华（诗篇 37：5）你当默然倚靠耶和华，耐性等候他（诗篇 37：7）。有时我们会超越这些神圣的界限。结果，上帝的孩子们不必要地受苦并因自己的罪过而受到纪律处分（希伯来书 12 章），有时甚至缺乏。我认为我们所有人都可以认同这一点。圣约的祝福属于那些饥渴慕义的人。（马太福音 5：6）

祷告：上帝啊，我们的天父，我们赞美你，你坚定的爱延伸到天堂，你的信实延伸到云端。感谢你的宝贵应许，你永远不会放弃义人，也不会让他们的孩子乞讨面包。我们无法不感谢你的供应及随时的看顾。我们奉耶稣的名祷告。阿们。



Monday 5h October 2020

## RESCUE AND RESPONSE

Pastor Soong Kok Kee

Psalm 107:1

Give thanks to the Lord, for he is good; his love endures forever.

The sign outside Dave James's shop in Seattle, Washington, says more about getting your life repaired than it does about fixing your vacuum cleaner, but Dave is in business to do both. The top line of the sign is always the same: Free Bibles Inside. The second line changes and features thoughts such as: Surrender Your Heart for a Brand-New Start.

Over the past decade, Brother James has repaired thousands of vacuum cleaners and given away thousands of Bibles to his customers. It's his way of saying thanks to the Lord for saving him from destruction. As a successful businessman, Dave James had slipped into a life of drug addiction. "If God hadn't taken cocaine away from me," he says, "I'd be dead." The Lord helped him get clean and find a new beginning. 2 Cor. 5:17 tells of Dave's dramatic change "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"

Every testimony for Christ begins with a rescue followed by a thankful response: "Give thanks to the Lord, for he is good, his love endures forever" Whether our experience of salvation is dramatic or not, the reality remains: "He has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves" (Col 1:13). Because we have been redeemed, we should want to tell others.

I was at the Church wedding of a Supervisor of a drug rehab centre. He related how as a drug addict, he was disowned by his family and chased out of the village he grew up in, as he would steal anything that could be sold, to buy drugs. He was always on the run and often slept under bridges – his life was worse than a beggar's. That was until he came to know the Lord through a Christian drug rehab centre. He said half of those attending his wedding that day were former drug addicts who now have a career, are married, have children – something none of them thought were possible until they came to know the Lord through the rehab centre. Again a testimony of 2 Cor 5:17.

Someone had said the most powerful testimony is the testimony of a changed life. The apostle Paul used that to great effect – from a persecutor of Christ to a preacher of Christ. None of his accusers could refute that. What about you my friend? Do your family and close friends see the change in your life before and after you became a Christian?

PRAYER:

Dear Lord, thank you for redeeming us from darkness to light. Help us to live a life which is evident of a new creation – that the old has gone and the new has come. And may that change be a silent but powerful testimony of your presence in our lives that would draw our non-Christian family members and friends to you. In the precious name of our Lord Jesus we pray, AMEN.

每日灵粮

星期一，2020 年 10 月 5 日

标题：拯救与回应

讲员：宋国基牧师

翻译：郑振隆弟兄

诗篇 107:1

要感谢上主，因他至善；他的慈爱永远长存。

华盛顿州西雅图市，戴夫·詹姆斯（Dave James）商店外的招牌所表示的不仅仅是修理吸尘器，更是关于修理自己的生命，戴夫是在从事这两门生意。招牌的顶行字始终一样：“内有免费圣经供索取”。招牌的第二行字会改换，特写出意念例如：为全新的开始，献出您的心。

在过去的十年中，詹姆斯兄弟（James）维修了无数台吸尘器，并赠送了数以千计本圣经给他的客户。这是他对主将他从毁灭中救赎出来表示感谢的方式。成功的商人，戴夫·詹姆斯（Dave James）曾陷入了吸毒成瘾的生活。他说：“如果上帝没有从我身上挪走可卡因，我应该已经死了。”上帝帮助他戒除了毒瘾，并找到人生新的开始。

【林后 5:17】讲述了戴夫戏剧性的转变，“无论谁，一旦有了基督的生命就是新造的人；旧的已经过去，新的已经来临。”

为基督作的每一个见证都是从拯救开始，然后是感恩的回应：“要感谢上主，因他至善；他的慈爱永远长存。”无论我们的救赎经历是否戏剧性，事实依然是：\*“祂救我们脱离了黑暗的权势，使我们生活在祂爱子的主权下。”\*【西 1:13】因为我们已经被赎回，所以我们应该告诉别人。

我曾参加一位戒毒中心主管的教堂婚礼。他讲述了如何由于自己是一名吸毒者，家人与他断绝关系、他被赶出他长大的村庄，因为他会偷走任何可以出售的东西去购买毒品。他一直在奔逃，经常睡在桥下—他的生活比乞丐更糟。直到他通过基督教戒毒所而认识了主。他说，那天参加婚礼的人中有一半曾经是瘾君子，他们现在已有职业、已婚、有孩子。他们没有一人会想到这是可能发生的事，直到他们透过戒毒所认识主。再次印证了圣经哥林多后书第 5 章 17 节。

有人说，最有力的见证就是生命转化的见证。使徒保罗活出了这句话，带出了很大的效果—从一个基督的逼迫者转化为传扬基督的传道者。他的所有指控者都无法驳斥此事。朋友，您呢？您的家人和密友看见您成为基督徒前后的生命改变吗？

祷告：

亲爱的主，谢谢祢救赎我们出黑暗入光明。帮助我们活出一个印证新生的生命—旧的已经过去，新的已经来临。愿这改变成为祢在我们生命中无声而有力的见证，以吸引非基督徒的家庭成员和朋友就近祢。奉主耶稣的宝贵名祷告。阿门。

Tuesday, 6 October 2020

Title: The Betrayer

By: Pastor Isaac Yim

Psalm 41:9, 55:12-14

These are two Messianic Psalms with prophecy about the betrayal of Jesus:  
Psalm 41:9 Even my close friend in whom I trusted, who ate my bread, has lifted his heel against me.

Psalm 55: 12-14 For it is not an enemy who taunts me — then I could bear it; it is not an adversary who deals insolently with me — then I could hide from him. But it is you, a man, my equal, my companion, my familiar friend. We used to take sweet counsel together; within God's house we walked in the throng.

Betrayal is not a nice thing to talk or write about. The victim suffers great pain and grief for a long time. It is likely all of us have been on both sides of it. We have been betrayed and we have betrayed others.

What is “betrayal”? Betrayal is when a person maliciously and intentionally acts to hurt someone by breaking his or her trust. Some similar words that describe betrayal are these: disloyal, duplicity, deception, double-dealing, breach of faith, stab-in-the-back, Judas kiss, or sell-out.

The background of these two Psalms recorded some of the hardest experiences of King David. He was so seriously sick that he couldn't get up, and his enemies came to spy on him to see how long he would live. His very close friend betrayed him, having raised his heel to crush him. It was at this time of need that King David turned to God for His grace. When David was running from Absalom, David's trusted counsellor Ahithophel had aligned himself with Absalom.

These verses (Psalm 41:9 and 55:12-14) give us a description of who the betrayer is. A betrayer is a trusted friend, a man of my equal, my companion, my colleague, my comrade, a person I share meals with. Ahithophel was King David's confidant. They had cherished a mutual trust and confidence. David said, “It is not an enemy who betrays me but a very close friend. If it is an enemy, I could bear it”. Often the closest friend and very often, the people whom we love the most, betray us. It is most painful when this happens!

The betrayer in these Psalms is fulfilled in Judas' betrayal of Jesus in the Gospels. Judas Iscariot had committed to walk with Jesus as one of the twelve disciples for three years. He had heard all the wonderful teachings of Jesus. He had seen all the miracles which Jesus performed. He ate with Jesus. In fact, it was at the last supper when Jesus exposed Judas as the one to betray him. Judas' betrayal led to Jesus' arrest, trial and death by crucifixion and then the resurrection that brought salvation to mankind.

Jesus says in the last days:

"A brother will betray his brother to death, a father will betray his own child, and children will rebel against their parents and cause them to be killed" (Matthew 10:21 NLT)

"Even those closest to you – your parents, brothers, relatives, and friends – will betray you. They will even kill some of you. And everyone will hate you because you are my followers. But not a hair of your head will perish!" (Luke 21:16-18 NLT)

We live in a fallen world. We can expect betrayals in this life – from both friends and enemies. How should we respond when we are betrayed? We often won't let go. We want the person who hurt us, to hurt. I pray that when we are betrayed, we will turn to the Lord to plead for His grace. Remember that vengeance belongs to God; don't try your hand at it. Let us not go around like a selfish victim. The Psalmist challenges us to trust the Lord totally. Learn to trust the Lord to handle our lives well; not just in good times, but also amidst our worst betrayals.

#### Prayer for Today

Dear God, as we ponder on this theme of betrayal, our hearts still bleed and the pain still hurts. Help us deal with the anger and with our heart of vengeance toward the person who betrayed us. Lord, please heal the deep wounds that we suffered, with Your grace and mercy. Lord, we too have betrayed someone whom we love and care for the most. We seek Your forgiveness. Lord, we often betray You too, through our actions, words, thoughts and attitudes. Forgive us Lord, when we sell You out with our choices, our priorities, our lack of passion for learning Your Word. Change our attitude towards You that we will be faithful and loyal to You to the end.

Help us as you did with the Psalmist and Jesus, that in all circumstances and situations You turn each betrayal into blessings for Your glory.  
In Jesus' Name. Amen.

2020 年 10 月 6 日星期二

标题：背叛者

作者：严以撒牧师

翻译：陈晓佩姐妹

诗篇 41:9, 55:12-14

这是两首有关于背叛耶稣的预言的弥赛亚诗篇：

【诗篇 41:9】连我知己的朋友，我所倚靠吃过我饭的，也用脚踢我。

【诗篇 55:12-14】原来不是仇敌辱骂我，若是仇敌，还可忍耐。也不是恨我的人向我狂大，若是恨我的人，就必躲避他。不料是你，你原与我平等，是我的同伴，是我知己的朋友！我们素常彼此谈论，以为甘甜，我们与群众在神的殿中同行。

背叛不是一件供谈论或书写的好事。受害者在很长的时间里都遭受极大的痛苦和悲伤。我们所有人很可能都有过两者的经历；我们曾被人背叛，也曾背叛别人。

什么是“背叛”？背叛是当一个人毁了某人对他的信任并恶毒且刻意地去伤害对方。描述背叛有以下一些类似的词语：不忠、虚伪、欺骗、双重交易、背信弃义、暗箭伤人、犹大之吻（口蜜腹剑）或出卖。

这两首诗篇的背景记载了大卫王最艰难的一些经历。他病得相当严重甚至不能起来，他的敌人来窥探，要看他可以活得多久。他的知己朋友背叛了他，用脚砸他。正是在这个需要的时候，大卫王转向上帝的恩典。当大卫逃离押沙龙时，大卫所信任的谋士亚希多弗已和押沙龙结盟了。

这些经文（诗篇 41:9 和 55:12-14）给了我们一个背叛者的描述。背叛者是一位所信任的朋友、一位我的同辈、同伴、同事、战友，并一位和我同桌吃饭的人。亚希多弗是大卫的心腹，他们曾彼此珍惜、相互信任。大卫说，“不是敌人背叛我而是我的知己。如果是敌人，我可以忍耐。”通常是最亲密的朋友，而且常常是我们最深爱的人背叛我们。当这种情况发生时，这是最痛苦的！

这些诗篇中的背叛者在福音书里犹大对耶稣的背叛实现了。加略人犹大是十二门徒之一，他委身和耶稣同行三年。他听了许多耶稣奇妙的教导，看过许多耶稣所行的神迹奇事。他和耶稣一起吃喝。事实上，就是在最后的晚餐时，耶稣揭发了犹大就是背叛祂的那位。犹大的背叛引致耶稣被逮捕、受审并被钉死在十字架上；之后祂的复活带来了人类的救恩。

耶稣在最后几天里说道：

“弟兄要出卖弟兄，父亲要出卖儿女，甚至把他们置于死地；儿女要悖逆父母，害死他们。”（马太福音 10:21）

“连你们的父母、弟兄、亲族、朋友也要把你们交官；你们也有被他们害死的。你们要为我名众人恨恶，然而，你们连一根头发也必不损坏。”（路加福音 21:16-18）

我们活在一个堕落的世界。我们此生可预料会经历到背叛的事——来自朋友和敌人。当我们面临背叛时，我们要如何去应对？我们通常会放不下，我们要那伤害我们的人也受到伤害。我祈愿当我们被人背叛时，我们会转向上帝祈求祂的恩典。要记得伸怨在于上帝；不要尝试自己伸怨。让我们不要有受害者自私的行为。诗人挑战我们要完全

地信靠主。学习相信主能够处理好我们的生活；不只是在好的光景里，也在我们受到最糟的背叛时。

#### 今日祷告

亲爱的上帝，当我们思考背叛这个主题时，我们的心还是在淌血并且依然在痛。帮助我们懂得处理我们向那背叛我们的人的愤怒和报复的心。主啊，求以祢的恩典和怜悯治愈我们遭受到的深深的创伤。主啊，我们也曾经背叛我们所深爱和最关心的人。我们求祢的赦免。主啊，我们的行为、言语、思想和态度也常常背叛祢。赦免我们，主啊，当我们因着我们的选择、优先事项以及我们缺乏学习祢的话语的热忱而出卖了祢。改变我们的对祢的态度，好让我们忠心于祢直到末了。

帮助我们如昔日祢帮助诗人和耶稣，无论在任何情况和处境中，为祢的荣耀，祢把每一次的背叛都转化成祝福。

奉主耶稣的名。阿们。

Wednesday, 7th October, 2020

Title: Great Things He Had Done

Author: Pastor Wallace Ong

Psalm 126 (ESV)

1 When the LORD restored the fortunes of Zion, we were like those who dream.

2 Then our mouth was filled with laughter, and our tongue with shouts of joy;  
then they said among the nations, "The LORD has done great things for them."

3 The LORD has done great things for us; we are glad.

4 Restore our fortunes, O LORD, like streams in the Negeb!

5 Those who sow in tears shall reap with shouts of joy!

6 He who goes out weeping, bearing the seed for sowing, shall come home with  
shouts of joy, bringing his sheaves with him.

If your country has never been conquered, your home has never been destroyed, your great possessions have never been taken along with every member of your family being led away captive in a foreign land for 70 years, you could never know how the Israelites felt during the time of captivity in Babylon. However, the good day had, at last, arrived when the Lord God brought them back to the holy city of Jerusalem. With the Lord's help in their hopeless time, the people of Israel felt as if they were in a dream.

If we look at our life journey with the Lord, we could see that we had been held captive to sin. It is only because of God's grace and His power that we have been able to walk our journey, to overcome difficulties, and been brought back to the place of fellowship with God. He has broken the bonds of slavery and freed us to live for Him in Christ Jesus. That is why Christians rejoice with songs of joy knowing that the Lord has done great things in our lives and continues to do so as the Holy Spirit dwell among us. We are filled with great joy.

However, sometimes some may say, "But my life is filled with trouble, sickness, sorrow, grief, and temptations that continue to overwhelm me? How do I rejoice in such a time as this?" Yes, it is true. Some days it seems that life is so bleak that it is difficult to even get up from bed or put one foot ahead of the other. How can we deal with this?

We are the children of God and we serve the Lord who has been through everything we face as a man. Jesus lives in us now, you and me. He talks and prays to God on our behalf as He promised He will never leave us nor forsake us. We cannot even imagine what God can do for us if only we open our lives and our hearts to Him. Apostle Paul pray and believe that, by the Holy Spirit who lives in us, we are empowered.

"16) I pray that He will use His glorious riches to make you strong. May His Holy Spirit give you His power deep down inside you. 17) Then Christ will live in your



hearts because you believe in Him. 18) May you have power together with all the Lord's holy people to understand Christ's love. 20) God is able to do far more than we could ever ask for or imagine. He does everything by His power that is working in us. 21) Give Him glory in the church and in Christ Jesus. Give Him glory through all time and for ever and ever. Amen." (Ephesians 3: 16-18, 20-21)

Prayer:

Dear Heavenly Father,

We want to give thanks to You for the love and grace you have extended to us. You personally know each and every one of us by name – You are the God of all comforts who comforts us and provides to us according to our needs. We thank You for the strength and joy You give us, even when we have nowhere else to turn to. Increase in us, O Lord, greater faith so that we can see the benefit in trials and how all these circumstances make us better, fit to live with You in eternity. May the Holy Spirit remind us each day that our lives are not about us but about bringing glory to You and honor to Your name. We pray in the name of Jesus, our Lord and Savior. Amen.

每日灵粮

星期三，2020 年 10 月 7 日

标题：祂行了大事

作者：王振威传道

翻译：陈健萍姐妹

【诗篇 126】[和合本]

1（上行之诗。）当耶和华将那些被掳的带回锡安的时候、我们好像作梦的人。

2 我们满口喜笑、满舌欢呼的时候、外邦中就说、耶和華為他们行了大事。

3 耶和華果然为我们行了大事、我们就欢喜。

4 耶和華阿、求你使我们被掳的人归回、好像南地的河水复流。

5 流泪撒种的、必欢呼收割。

6 那带种流泪出去的、必要欢欢乐乐的带禾捆回来。

倘若您的国家从未被征服、您的家园从未被摧毁、您的财产从未被掠夺以及您的每个家庭成员从不曾被掳至异乡长达 70 年，您永远都不会知道以色列人在巴比伦被俘期间的感受。然而，当主上帝把他们带回圣城耶路撒冷时，美好的日子终于临到了。在绝望的时候得到主的帮助，以色列人民感到自己仿佛在梦中。

如果我们察看与主同行的人生旅程，我们可以看到我们曾经被罪奴役。只因上帝的恩典与能力，我们才得以踏上路途，克服困难，并被领回与上帝团契的地位。祂已经废除了奴役的束缚，释放了我们，让我们在基督耶稣里为祂而活。这就是为什么基督徒欢乐歌颂，因为知道主在我们的生命中作了伟大的事情；并且因为圣灵住在我们中间，主会继续行大事。我们充满了极大的喜乐。

然而，有些时候人可能会说，“但我的生活充满了麻烦、疾病、悲痛、哀伤，还有诱惑不断地压垮我？在如此的时刻，我如何欢欣喜乐呢？”诚然，这是真实的。有些日子，生活似乎如此凄苦，甚至难以起床继续向前行。我们该怎么办呢？

我们是上帝的儿女，我们所事奉的主如我们一般曾经历过我们人面对的一切。耶稣现在住在（你和我）里面。祂向上帝为我们说话、替我们代求，因为祂许诺祂永远不会离开我们，也不会撇弃我们。我们甚至无法想象，要是我们向主敞开心扉，祂能为我们作的事。使徒保罗祷求并相信，藉着住在里面的圣灵，我们已被赋予了能力。

【以弗所书 3:16-18,20-21】

16 求他按着他丰盛的荣耀、借着他的灵、叫你们心里的力量刚强起来、

17 使基督因你们的信、住在你们心里、叫你们的爱心、有根有基、

18 能以和众圣徒一同明白基督的爱、是何等长阔高深、

20 神能照着运行在我们心里的大力、充充足足的成就一切超过我们所求所想的。

21 但愿他在教会中、并在基督耶稣里、得着荣耀、直到世代代、永永远远。阿们。  
祷告

亲爱的天父，

我们要感谢祢赐与我们的爱和恩典。祢知道我们每一个人的名字 – 祢是安慰之源，是安慰我们并且依据我们的需要供应我们的上帝。我们感谢祢给予我们力量和喜乐，即便我们已无可倚靠。主啊，增添我们信心，好让我们能看见试炼的好处，并且明白所

有的境况为要使我们更好，适合与祢同住在永恒里。愿圣灵每天提醒我们，我们的生命并不关乎我们，而是在于将荣耀与尊崇归与祢的名。奉我们的主救主耶稣的名子祷告。阿门。

Thursday, 8 October 2020

Title: Creation Par Excellence!

By: Cecilia Tan 陈俊芳

Psalm 139:13-14

"For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well."

As King David, author of Psalm 139, considered the painstaking attention to details God took in creating him, he could not help but be overwhelmed by God's power and creative wisdom. His automatic response was to burst forth in praise to God for His magnificent achievement in causing man to be so fearfully and wonderfully made.

Indeed, like David, when we think about the intricacies of the inner workings of our beings, we can only gasp in wonder at God's indescribably awe-inspiring process of creating man in His own image! Genesis 1:26, "Then God said, 'Let us make mankind in Our image, in Our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.'"

Man is the only living creature created in God's image. This does not mean a physical likeness to God (as God is spirit) but refers to the capabilities of knowing, responding to and having fellowship with God as well as with his fellow human beings. Man has been endowed with a rational, moral and spiritual nature so that we can have communion with God and come to resemble Him in a manner impossible to other earthly creatures.

In fact, man was the crowning glory and climax of God's creative activity. After everything else had been created by God and the earthly infrastructure put in place for the advent of man, he was created by God on the sixth day of creation. (Genesis 1:27, "So God created mankind in his own image, in the image of God he created them; male and female he created them.")

Man was then created to be a triune being with body (to interact with the environment i.e. world consciousness), soul (to relate to self and others i.e. self-consciousness) and spirit (to relate to God i.e. God-consciousness).

We can only marvel at our amazing bodies... Each of us has about 100,000 hairs on our head, 650 muscles, 206 bones, 60,000 miles of arteries, veins and capillaries and around 86 billion neurons or nerve cells in our brain! Within our bodies, the most awesome chemical and mechanical processes take place daily without our realization and we are often not thankful for their smooth functioning! The human body is indeed a masterpiece of exquisite design,

comprising several hundred systems of control, each interacting with and affecting the other, to enable us to see, hear, touch, taste and smell.

What about our brains? ... Only a three-pound bundle of gray and white matter, and yet it is faster and more complex than any supercomputer! There is no need to upgrade its capabilities by changing or adding parts, and it can last even up to a hundred years or more!

More importantly, man resembles God in his possession of a soul. When God created Adam, He “formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.” (Genesis 2:7) Man’s soul comprises the mind, the emotions and the will. With the mind, we can think. With the emotions, we can feel. With the will, we can choose. Robots may look like humans. But they have neither souls nor spirits! Unlike man, they do not have the power to choose and can only perform tasks that have been programmed into their operating systems by their manufacturers.

God also created us with a spirit. The spirit is the eternal, divine power that comes direct from God. It gives man God-consciousness so that we can know Him, worship Him and connect with Him to fulfil His purpose for our lives. Of all living creatures, man is the only one with a unique capacity for worship and fellowship with God.

The whole man is therefore a very special being created in God’s image so that he can rule over the earth and everything in it! Simultaneously while on his earthly journey, a regenerated man has also been made to be the temple of the Holy Spirit so that he may be the representative of God’s kingdom here on earth.

In the future age of the Millennium, man will be ruler over the world with Christ the Lord! (Revelation 20:4, “I saw thrones on which were seated those who had been given authority to judge... They came to life and reigned with Christ a thousand years.”) We will possess glorified bodies and be joint-heirs with Christ in the ultimate era of the New Heaven and New Earth. To this end we were created, but the choice is entirely ours – whether to accept this plan or to reject it in favour of open rebellion against God!

We are not God Almighty but we have been created in His image. We cannot call forth into existence a galaxy of stars but we can create in a small way befitting our stature as man. We ought to be as creative as possible in every field of human endeavour for our benefit and for the benefit of all those around us. (Philippians 4:13, “I can do all things through Christ who strengthens me.”)

So, if that inner voice keeps telling us that we are not good enough for God’s purposes, just thrash that lie! Don’t buy the lie, don’t pursue it and don’t live it!

Claim the truth of God's Word which declares that we have been fearfully and wonderfully made by our Creator God, as the crowning glory of His CREATION PAR EXCELLENCE! We are definitely good enough to fulfil His divine purpose, as well as to live the abundant life destined for us even while we were in our mothers' wombs!

Prayer:

Our Heavenly Father, what a unique privilege to be fearfully and wonderfully made in Your image! Forgive us for the times we fail to live up to that image and act in ways that bring shame to Your name. Help us to be mindful of our status as Your representatives here on earth, and live lives worthy of Your divine image. We pray in Jesus' name. Amen.

每日灵粮

星期四，2020 年 10 月 8 日

标题：最卓越的创作

作者：陈俊芳姐妹

翻译：薛秀合姐妹

诗篇 139:13-14

“我的肺腑是你所造的；我在母腹中，你已覆庇我。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。”

当诗篇 139 的作者大卫王思想到上帝精心创造他的每个细节时，他都不禁对上帝的能力和创造的智慧感到敬畏不已。他的自然反应就是颂赞上帝伟大的作为，因祂把人造得如此奇妙可畏。

的确，就像大卫一样，当我们想到人体内在器官运作的复杂性时，我们只能赞叹上帝以自己的形象造人的过程，是多么匪夷所思且令人敬畏不已！创世记 1:26，“神说：我们要照着我们的形像、按着我们的样式造人，使他们管理海里的鱼、空中的鸟、地上的牲畜，和全地，并地上所爬的一切昆虫。”

人是唯一按照上帝的形象所造的活物。这并不是说体形似上帝（因为上帝是个灵），而是指我们与上帝及与其他人相识、回应和相交的能力。人被赋予以理性、道德和精神的本性，因此我们可以与上帝相交，并以其他动物不可能企及的方式与祂相像。

实际上，人类是上帝创造之工的荣耀冠冕，也是上帝创造之工的顶峰。在上帝创造了一切其他事物并为人类的到来建立了基础设施之后，人就在造物的第六天由上帝创造了。

（创世记 1:27，“神就照着自己的形像造人，乃是照着祂的形像造男造女。”）

人的被造具三个部分：体（与环境互动，即世界意识）、魂（与自己和其他人建立关系，即自我意识）和灵（与上帝相交，即上帝的意识）。

我们只能惊叹于我们奇妙的身体……我们每个人都有大约 100,000 根头发，650 块肌肉，206 根骨头，60,000 英里的动脉、静脉和毛细血管，以及我们大脑中约 860 亿个神经元或神经细胞！在我们体内，每天都有惊人的化学和机械过程在我们不知不觉之下发生着，而我们却经常不懂得为它们的平稳运行感恩！人体真的是精致设计的杰作，它由数百个控制系统组成，每个控制系统相互配搭并彼此影响，使我们能够看到、听到、触摸、品尝和闻到。

我们的大脑又如何呢？……只有三磅重的一束灰色和白色物质，但是它比任何超级计算机更快，更复杂！无需通过更换或添加零件来增强其功能，它可以存续长达一百年甚至更长的时间！

更重要的是，人类像上帝是因为人有灵魂（魂）。当上帝创造亚当时，祂“用地上的尘土造人，将生气吹在他鼻孔里，他就成了有灵的活人。”（创世记 2:7）人类的灵魂包括神智、情感和意志。有了神智，我们就可以思考。有了情感，我们就能感觉到。有了意志，我们可以选择。机器人可能看起来像人类，但是他们没有灵魂也没有精神意识！与人类不同，他们没有选择权，只能执行制造商已编程到其操作系统中的任务。

上帝也用灵创造了我们。这灵是来自上帝的永恒、神圣能力。它使人有上帝的意识，以便我们可以认识祂，崇拜祂并与祂联系以实现祂在我们生活中的目的。在所有活物中，人类是唯一具有敬拜神并与神相交的独特能力。

因此，完整的人是一个按照上帝的形象所造的非常特殊活物，因此他可以治理整个地球以及其中的一切！同时，在世间旅途中，一位重生的人也成为圣灵的殿，以便他可以成为地球上神国度的代表。

在千禧年的未来时代，人类将与主基督一起成为世界的统治者！（启示录 20:4，“我又看见几个宝座，也有坐在上面的，并有审判的权柄赐给他们。我又看见那些因为给耶稣作见证，并为神之道被斩者的灵魂，和那没有拜过兽与兽像，也没有在额上和手上受过他印记之人的灵魂，他们都复活了，与基督一同作王一千年。”）在新天新地的终极时代，我们将拥有荣耀的身体，并与基督同作后嗣。我们原是为祂而被造，但是选择完全是我们的 – 接受此计划或拒绝它，公开反抗上帝！

我们不是全能的上帝，但我们是按照祂的形象受造。我们不能创造出一个星系，但是我们可以根据我们小巧的方式创造出适合我们的作品。为了人类和我们周围所有人的利益，我们应该在人类活动的每个领域中尽可能发挥创造力。（腓立比书 4: 13，“我靠着那加给我力量的，凡事都能做。”）

因此，如果内心的声音不断告诉我们，我们还不够好，还不能达到上帝的旨意，将那谎言粉碎吧！不要相信那谎言，不要去追逐那谎言，更不要活在那谎言中！宣称上帝话语的真理，它宣告我们是创造主奇妙可畏的创作，我们是祂最卓越创造的荣耀冠冕！我们绝对足以实现祂神圣的旨意，即使我们还在母腹中，我们也能过上我们应有的丰盛生活！

祷告：

我们的天父，是何等的特权，我们竟是按照祢的形象奇妙可畏地受造！当我们未能达到此形象而在一些行为上亏欠了祢的名时，求祢赦免我们。帮助我们牢记我们在世上的身份是作为祢的代表，活出与祢形象相称的生命。我们奉耶稣的名祈祷。阿门。



Friday, 9 October 2020

Title: God's Astounding Desolations

By: Ps Cheng Cheung

Psalm 46:8-9

8 Come, behold the works of the LORD,

Who has made desolations in the earth.

9 He makes wars cease to the end of the earth;

He breaks the bow and cuts the spear in two;

He burns the chariot in the fire.

As we watch the spread of the novel coronavirus, we worry about what might happen to our families and friends, our workplaces, our recreational destinations, places of worship, and our country. We fear the desolations that might come as this virus continues to infect thousands and effectively shuts down our world.

In Psalm 46, God visits desolations on the earth, desolations of a most astounding and shocking kind. But ironically, God's desolations fill us, not with fear, but with hope.

Psalm 46 begins: "God is our refuge and strength . . . Therefore we will not fear" (46:1-2). Verse 8 of Psalm 46 extends this invitation to us:

"Come, behold the works of the LORD; see what desolations HE has brought on the earth."

We are invited to examine, not just God's works, but also his desolations. Doesn't this sound unsettling? We'd rather focus on God's healings and blessings, not on his desolations. We understandably wonder what these desolations include. Perhaps God's judgments on those who disobey him? His punishments for sin? Natural disasters? Or perhaps a plague of devouring insects?

The word translated in verse 8 as "desolation," shamma in Hebrew, can mean "waste, desolation, horrific or atrocious event." But then we continue on in Psalm 46 to see just what devastations the psalm writer has in mind:

Verse 9 [The Lord] makes wars cease to the end of the earth;

He breaks the bow and cuts the spear in two;

He burns the chariot in the fire.

The things that usually bring devastation to the earth – war and its weapons of mass destruction – are the things, according to the Psalm, (which will be) devastated by the hand of God. We might say that God desolates the desolations. God destroys destruction and wages war on warfare and the architects thereof, thus bringing God's true peace to the whole earth.

Behind Psalm 46 lies a vision of God's coming kingdom, a day when peace and justice will fill the earth (Isaiah 9:7). In that future day, human violence will cease.

Under God's reign, people "shall beat their swords into plowshares, and their spears into pruning hooks;

Nation shall not lift up sword against nation,

Neither shall they learn war anymore." (Isaiah 2:4)

Deathly weapons will become tools for life-promoting food production and all conflict will cease. In the midst of this ever ascending crisis, we need this vision even more than usual because it is so easy to become focused only on our challenges, disappointments, griefs, fears, and of course, the number of daily cases. We easily lose sight of what God is doing and will do in the world.

Thus, Psalm 46 reminds us that disease, including the COVID-19 pandemic, is not what God ultimately intends for our world. We can behold God's work – including his ironic desolations – not only in our vision of the future, but also in our current reality. In this time of history, it is hard to know exactly how God will use our current pandemic for good.

Yet, we can be confident that the God who is with us now is also at work in us, through us, and around us. We hold tightly to the promise found in Romans 8:28: "And we know that all things work together for good to those who love God, to those who are called according to His purpose." If we keep this vision in mind and heart, it animates our lives and our whole existence, so we'll be able to live both wisely and resiliently.

Prayer for Today:

Gracious God, how amazing You are! You do indeed bring "desolations" on the earth, desolating violence and warfare as You wage peace. Thank You for giving me confident hope in Your coming kingdom and allowing me to experience, even now, evidence of Your redemptive power.

Thank You also that You have worked through struggles in my life, bringing good in the end. Thank You for Your grace and goodness. These memories give me confidence in Your sovereignty today.

Inspire me by a vision of Your future, Lord. In a world so torn by inequality, violence, injustice, and disease, help me see with spiritual eyes the confident hope of Your inevitable return and rule.

O Lord, even in the "desolations" of this moment, be at work, in our world and in Your church. In Jesus' Name, Amen.

每日灵粮

星期五，2020 年 10 月 9 日

标题：上帝令人震惊的荒凉

讲员：张祯祥传道

翻译：巫惠如姐妹

诗篇 46: 8-9

你们来看耶和华的作为，看他使地怎样荒凉。

他止息刀兵，直到地极；他折弓断枪，把战车焚烧在火中。

当我们看到新型冠状病毒扩散时，我们担心家人、朋友、工作场所、娱乐中心、礼拜堂和我们的国家所遭受的影响。随着病毒感染成千上万人，我们也担忧世界再度停摆所带来的荒凉。

在诗篇 46 章，上帝观看地球上最令人震惊的荒野。但出乎意料的是，上帝使地球荒无人烟反而能让我们满怀希望，而不是恐惧。第 46 章这样开始：“上帝是我们的避难所，是我们的力量……我们也不害怕。”(1-3 节)。诗篇 46: 8 向我们发出这样的邀请：

“你们来看耶和华的作为，看他使地怎样荒凉。”

我们受邀看的不仅是上帝的作为，还有他的荒凉。这岂不是令人感到不安吗？我们宁可关注上帝的医治和祝福，而不是他的荒凉。当然，我们想知道这些荒凉包括什么。也许是上帝对那些不听他话的人的审判？他对罪的惩罚？自然灾害？或许是一种吞噬性昆虫的瘟疫？

第八节的“荒凉”在希伯来语（shamma）的意思是“浪费、荒凉、恐怖或残暴的事件”。但我们看看这位诗人对这词的想法：

“他止息刀兵，直到地极；他折弓断枪，把战车焚烧在火中。”(第九节)

本篇指出，通常给地球带来毁灭性的事物，列如战争及大规模毁灭性武器，是被上帝之手摧毁的。我们可以说上帝摧毁苍凉。上帝停止灭亡，引起战争来反击战争，从而给整个地球带来真正的和平。

诗篇 46 隐藏着上帝将来国度的异象：当那日来到，和平与公义将遍满全地（参赛 9:7）。在那一天，人类暴力将停止。在上帝的统治下，人们“要将刀打成犁头，把枪打成镰刀。这国不举刀攻击那国，他们也不再学习战事。”（赛 2:4）

致命武器将成为生产粮食的工具，所有冲突都将停止。在这场急转直下的危机中，我们比往常更需要这异象，因为我们很容易只关注我们的挑战、失望、悲伤、恐惧，当然还有感染病例数。我们很容易忽略上帝在做什么，以及将要为世界做什么。

因此，诗篇 46 提醒我们，疾病（包括新型冠状病毒）并非上帝最终想要的。我们不仅可以在未来看到上帝的作为和令人出乎预料的荒凉，我们也可以在当前的现况中看见。真的很难确切地知道上帝会如何以这个病毒使万事互相效力。

然而，我们可以确信，与我们同在的上帝也在我们心里运行来成就祂的美意。让我们紧紧抓住罗 8:28 的应许：“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。”如果我们把这异象放在心中，它将激励我们以智慧，坚韧地生活。

今日祷文：

仁慈的上帝，你真伟大！在带来地球和平的过程中，你确实使地球荒凉，却也让暴力和战争停止。感谢你给我对永恒国度有福的确据，体会你救赎的力量。

也谢谢你陪我度过人生的各个难关，最终都使我得益处。谢谢你的恩典和良善。这一切的经历都让我确信你在掌权。

求主以你对未来的异象启发我。在一个被不平等、暴力、不公正和疾病所困扰的世界中，让我属灵的眼定睛在你必再临统治万有的盼望里。

主啊，即使处在当下的“荒凉”中，求主与我们同在，在工作中，全世界和你的教会里。奉耶稣的名祷告，阿们。

## Daily Devotion

Saturday, 10/10/2020

Where is Peace?

By: Pastor Andrew Lim

Jesus said: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (John 14:27).

People are extremely insecure and yearn for peace. We often wish each other well: A safe journey, Bon Voyage, Travel Safe and Peace be with you always.

Human craves for peace too much. Unfortunately, since the beginning of time, there are wars, famines, plagues, disasters, all kinds of pain and diseases among us.

Peace cannot be found in this world. Instead, comforting words are found from those who are unsure of their own.

Why are people insecure? Because people know deep in their hearts and in the deepest parts of their conscience that one day a terrible judgment will come upon them!

Today, we are in the upmost unsafe environment than in any previous generation, since the outbreak of the Coronavirus disease (COVID-19) pandemic, in a very short time, the global total has reached more than 35 million cases and more than 1 million deaths. People are worried about their safety and their families.

Jesus Christ has a very important promise that He gives us heavenly peace in this suffering, earthly home.

Jesus said: "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (John 16:33).

Jesus promised that the peace He bestows does not change as the peace in this world, and the peace He bestows can never be lost.

People who do not have Jesus Christ not only have no peace, but they often live in fear, worry about life, worry about many things in life, worry about when and where to after death.

Death is not the end of pain. Many times, people will use "Rest in Peace", "Soul Ascend to Heaven", and "Immortality" to comfort those who have lost their relatives and friends. However, the Bible clearly stated that for those who do not have eternal life, they cannot stand before God's judgment, but eternal suffering hell. Jesus promised everyone who believes and accepts Him to have life: there will be peace before death and eternal life after death.

Once Jesus took his disciples across the sea to the other side, there was a big storm, disciples who were professional fishermen could not control the boat. They desperately called Jesus for help. Jesus was sleeping, and the disciples asked Jesus why are you asleep and not saving us? As Jesus woke, he rebuked the disciples and calmed the wind and waves. We knew that Jesus

was able to calm the wind and waves of nature immediately. Is it possible that Jesus cannot solve the problems we are facing today?

We all experience various storms in our lives, such as being framed, financial crisis, illness, disappointments or loneliness. Although Jesus might not prevent the storms, He promised never to leave or abandon us (Hebrews 13:5). He will guard us from the storm and keep us calm and stable.

After Jesus was resurrected, he said to the women, 'Peace be with you!'

Jesus appeared to the disciples and stood among them, said: 'Peace be with you!'

When Jesus appeared to the disciples, Thomas was not with them, and the disciples said to him: "We have seen the Lord". But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.". Eight days later, the disciple was in the house again including Thomas. The doors are closed, Jesus came and stood among them and said: Peace be with you!

Jesus knows what we need most: peace, so he promised us heavenly peace.

Jesus said: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid".

So, we are to trust Him, claim His promise, and rely on Him. Although we do not know how tomorrow will be, we know that God is in-charged.

May the promise of the Lord Jesus bring true peace to you and me amidst the storm of the pandemic!

**PRAYER:**

Oh, Almighty God in Heaven! Where is Peace? The peace in the world will comfort us temporarily. Only in you, we find real peace, although the sea is tossing, the world changes, unpredictable and it scares us, but You are the PEACE that will never change. In the storm of life, please let us get closer to You. When we know You and rely on You, we can enjoy the peace from heaven. Our humbly prayer is in the name of Jesus Christ, Our Lord. Amen!

每日灵修

星期六 2020 年 10 月 10 日

标题：何处有平安

作者：林金仪传道

耶稣说：我留下平安给你们，我将我的平安赐给你们。我所赐的，不像世人所赐的。你们心里不要忧愁，也不要胆怯。

人特别缺乏安全感，我们特别向往平安。我们常常会彼此祝愿：一路平安、出入平安、一生平安、岁岁平安。

我们太需要平安。可惜的是，从古到今，我们看到人类的历史中间没有平安。从古到今，战乱、饥荒、瘟疫、灾害、各样的痛苦、疾病充斥着我们这个世界。

我们在这个世界找不到平安。人找得到的是一些连他们自己都不知道自己有没有平安的人对他们的安慰的话。

人为什么不平安？因为人良心的最深处有一个回应，知道这个可怕的审判有一天终要来到！

今天，我们比以往任何世代都更加没有平安，因为单单新冠病毒肺炎疫情爆发之后，短短时间全球累计已经达到 3500 万多例、100 多万死亡。人都在担心自己或家人的安危。

耶稣基督有一个非常重要的应许，就是在这个充满苦难的世界里，他要赐给我们属天的平安。

耶稣说：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

耶稣应许说他赐予的平安不像这世界的平安容易改变，他赐的平安永远不能失去。

没有耶稣的人不仅没有平安，而且常常都活在担惊受怕里面，为生活担心，为人生的许多事情担心，担心不知道自己何时离开世界，离开世界之后又进入什么世界。

死亡并非痛苦的最后结局。许多时候，人们会用“安息”，“魂归西天”，“永垂不朽”来安慰那些失去亲友的人。可是圣经清楚的指明，对于所有没有永生生命的人来说，他们在上帝的审判面前站立不住，最后的结局将是永远痛苦的地狱。耶稣应许凡是相信并接受祂进入生命的人：生前有平安死后有永生。

一次耶稣带门徒渡海过另一个地方，当他们在船上时突然起了大风浪，那风和浪大到连身为专业渔夫的门徒，都没有办法来支撑，他们拼命喊叫耶稣救命，那时耶稣正在睡觉，门徒问耶稣为何您还在睡觉，不来救我们呢？耶稣醒来时，祂不但斥责门徒，祂也对风和浪说平静了，风和浪就立刻止住，大大地平静了。我们看到耶稣既然能够使大自然的风和浪立刻平静。难道今天我们所遇到的问题，耶稣不能解决吗？

我们都会在人生中经历各样的风暴，如陷害、财务危机、疾病、失望或孤寂。虽然耶稣不一定会阻止风暴的发生，但祂承诺永不撇下、不丢弃我们（希伯来书 13 章 5 节）。祂将在暴风保守我们，使我们平静安稳。

耶稣复活后对妇女们说‘愿你们平安！’

耶穌親自向門徒显现站在他們當中，說：願你們平安！

耶穌向門徒显现的時候，多馬沒有和他們在一起。門徒就對他說：我們已經看見主了。多馬却說：我非看見他手上的釘痕，用指頭探入那釘痕，又用手探入他的肋旁，我總不信，八日后，門徒又在屋裡，多馬也和他們同在，門都關了。耶穌來，站在當中說：願你們平安！

耶穌知道我們最需要的是：平安，所以祂應許給我們屬天的平安

耶穌說：我留下平安給你們，我將我的平安賜給你們。我所賜的，不像世人所賜的。你們心裡不要憂愁，也不要胆怯。

所以我們要信靠祂捉住祂的應許，來依靠祂。雖然明天是如何我們還不知道，但我們知道上帝掌管明天。

愿主耶穌的應許成為你我在疫情風暴中的真正平安！

祷告：上帝啊！何处有平安。世界上平安只会安慰我们，只有在您哪里才能找到真正的平安，虽然大海会翻腾，天地会改变，世界变幻莫测，会让我们担惊受怕，但是您是永远不改变的平安。在生命的风暴中，求您让我们更亲近您，在认识您和依靠您的时候，能够享有从您天上来的平安。诚心祷告是奉耶稣的名。



Sunday, 11 October 2020

Title: Jesus Cares

By: Elder Bryan Lee

Psalm 56:1-4

1 Be gracious to me, O God, for man tramples on me; all day long an attacker oppresses me;

2 my enemies trample on me all day long, for many attack me proudly.

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?

In March 2002 after working nearly 10 years in my previous company I walked out and gave notice for constructive dismissal. I had no choice because the company was changing my designation and work conditions without discussion. The aim was to force me to leave without having to pay compensation. (Employees take this course of action in the hope of reinstatement or fair compensation).

For me it was an agonizing decision to take. My daughter was just about entering university and my son was just transitioning to secondary school. Without a job where would I get the money for their education? It was easy to give in to fear.

A brother called and shared Psalm 56 to encourage me in my difficult situation. In this Psalm, David was seized by the Philistines as he was fleeing from King Saul. He was crying out to God for deliverance.....and I was in similar situation. I needed God to intervene in my situation as I felt being treated unfairly by the company.

In the ensuing days I clung on to God's assurance that I should not be afraid as long as I trust Him. What can man do to me?(v.4). As a family we cried out to God for help. Our care group prayed for us earnestly.

At the same time I took the case to the Industrial Relations(IR) department to seek redress under the Industrial Relations Act 1967. As we cried out for God's intervention, He provided a very competent IR officer to handle the case and soon I was reinstated in my former position in the company for which I served until my retirement in 2010.

In the margin of my copy of Our Daily Bread devotional on May 10 2002, I wrote the words "IR meeting" and the meditation of the day was Hebrews 13:5-6.....

5 Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

6 So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"

What a timely sweet reassurance from God that He cares!

Because of the pandemic the whole world is currently facing unfathomable challenges. 18 years ago I faced one of the toughest seasons of my life and the Lord was with me.

Is anyone currently going through a difficult season in your life ?

Meditate on Psalm 56.

Oh, yes He cares; I know He cares

His heart is touched with my grief

When the days are weary, the long nights dreary

I know my Savior cares.

Prayer

Lord, thank You for Your promise that You will never leave or forsake us in our seasons of desperation. Help us not to be afraid but put our trust in You. In Jesus' name. Amen.

每日灵粮

星期日，2020 年 10 月 11 日

题目：耶稣顾念

作者：李惠隆长老

翻译：杨仕涵弟兄

诗篇 56：1-4

1 神啊，求祢怜悯我，因为人要把我吞了，终日攻击欺压我。

2 我的仇敌终日要把我吞了，因逞骄傲攻击我的人甚多。

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？

2002 年 3 月，在我的上一家公司工作了近 10 年后，我辞职了，并发出推定解雇的通知。我别无选择，因为公司未经讨论更改我的职位和工作条件。目的是迫使我离开而不需承担支付赔偿。（劳动者采取这一行动，希望复职或获得公平赔偿）。

对我来说，做这个决定非常痛苦。我女儿刚要上大学，我儿子刚上中学。没有工作，我从何处能够得到钱支付他们的教育费用呢？这时被恐惧征服不是不可能的。

一位弟兄打电话给我并和我分享诗篇 56，在这困境中鼓励我。在诗篇 56 中，大卫在逃离扫罗王时被非利士人抓走。他呼求上帝拯救他。。。我也在相似的情景。我需要上帝介入我所在的情况，因为我受到公司不公平的对待。

在接下来的日子，我紧紧抓住上帝的保障，那就是只要我依靠祂，我就不必惧怕。人能对我做什么？（血气之辈能把我怎么样呢 – 4 节）。我们一家人向上帝呼求，祷告祂拯救我们。我们的关怀小组也恒切地为我们祷告。

同时，我向劳资关系部提出该案例，以根据 1967 年《劳资关系法》寻求辅助。当我们呼求上帝介入时，祂为我们提供一位非常称职的劳资关系官员来处理此案。很快的，我在新一家公司担任了前公司的职位，在这家新公司工作至 2010 年退休。

2002 年 5 月 10 日，我在我的《每日灵粮》灵修书的页边上写下了“与劳资关系部的会议”，那天的默想经文是希伯来书 13:5-6.....

5 你们存心不可贪爱钱财，要以自己所有的为足；因为主曾说：“我总不撇下你，也不丢弃你。”

6 所以我们可以放胆说：“主是帮助我的，我必不惧怕，人能把我怎么样呢？”

这是上帝何等甜美、适时的提醒：上帝顾念我们！

由于这次的疫情，全世界目前都面临着巨大的挑战。18 年前，我经历了我最艰难的季节之一，而主与我同在。

当前是否也有人正在经历人生的艰难时期？

默想诗篇 56。

深知我主安慰、垂顾，

倾听、分担我困苦。

或遇世间悲痛，或灵内乾枯，

深知救主看顾。（取自于诗歌：“主可会顾念” Does Jesus Care?）

祷告

主啊，感谢祢的允许，就是在我们绝望的季节，祢永远不会撇下我们，也不会丢弃我们。帮助我们不要惧怕，却要依靠祢。奉主耶稣的名求。阿门。

Monday 12th October 2020

Title: Consider The Poor

By: Ps Soong Kok Kee

Psalm 41: 1-3

Blessed is he who considers the poor; The Lord will deliver him in time of trouble. The Lord will preserve him and keep him alive, And he will be blessed on the earth; You will not deliver him to the will of his enemies. The Lord will strengthen him on his bed of illness; You will sustain him on his sickbed. (NKJV)

The Bible often speaks of God's care and concern for the weak, poor and needy, and of his blessings on those who share his concern. God wants our generosity to reflect his own free giving. As he has blessed us, we should bless others. As he has loved us, we should love others.

We are all pretty familiar with the blessings our Lord spoke of in His Sermon on the Mount (Matthew 5: 1-10). Here is a "blessing" from the Old Testament that is less well-known: "Blessed is he who considers the poor". The Hebrew word translated as considers means "to take thought for others." The word translated as poor means "those in need".

There are many people around us who are poor and in need – especially in this time of the pandemic. Poor not only financially, but also poor in love, in hope, in faith, in care, in concern, and in the knowledge of our Lord Jesus Christ. Even though we cannot solve all their problems, we can at least show them that we care to reach out to them in whatever way we can. We may not have lots of money to give, but we can give of ourselves. We can let these needy people know that we are thinking of them. We can listen as they tell their stories. We can treat them with courtesy and respect. We can pray for them. We can visit them. We can write or WhatsApp notes of encouragement to show we care and love them. People don't care how much we know until they know how much we care. We truly need to live out not just the vision of our church but live as a child of God - to be caring and loving.

Someone once asked Mother Theresa, "What's the biggest problem in the world today?" "Loneliness", she said. Not only in the world but also in the Church. Marion Leach Jacobsen wrote a book entitled "Crowded Pews and Lonely People". Tertullian, describing Christians of an earlier age, wrote, "Behold, how they love one another!"

"But what of today?" asked Jacobsen. She said many are finding that acceptance and love are often lacking in personal relationships in the church. As friendships fire only their first or second stages and then burn out; as people abandon the church because they feel unwanted; as insecure Christians hide between class distinction or their own personal masks, the cause of Christ in His church is crippled. There is truly a famine of love among Christians in churches all over the world today.

Rick Warren in his best seller "The Purpose Driven Church" affirms Jacobsen's view and says America is "a nation of strangers". As a result, they are experiencing an epidemic of loneliness in society. One Gallup poll reported that four in ten Americans admit to frequent feelings of "intense loneliness". "Americans are in fact, the loneliest people in the world", he said. Warren says a survey asked 400 church dropouts why they left their churches. Over 75% of the respondents said, "I didn't feel anyone cared whether I was there or not." How sad and yet how true. Not only in American churches, again, it's all over the world. Is there anything you and I can do?

PRAYER:

Dear Lord, thank you for reminding us that we don't live out our lives all by ourselves. There are so many poor, needy and lonely people in the world today and in our churches. Help us to keep a lookout for them. Help us to extend our hand of friendship, care and love to them. As you have loved us, help us to love them the way you love us. As you have blessed us, help us to bless them the way you bless us. In Jesus precious name we pray, AMEN.

每日灵粮

星期一，2020 年 10 月 12 日

标题：眷顾贫穷

讲员：宋国基牧师

翻译：郑振隆弟兄

诗篇 41: 1-3

**【诗 41:1】**（大卫的诗，交与伶长。）眷顾贫穷的有福了，他遭难的日子，耶和华必搭救他。

**【诗 41:2】**耶和华必保全他，使他存活；他必在地上享福。求你不要把他交给仇敌，遂其所愿。

**【诗 41:3】**他病重在榻，耶和华必扶持他；他在病中，你必给他铺床。

圣经常提到上帝对软弱、贫穷和有需要者的看顾和关怀，以及祂对那些和祂同有关切之心的人的祝福。上帝愿意我们的慷慨反映祂的慷慨给与。正如祂已祝福了我们一样，我们也应该祝福别人；正如祂爱我们一样，我们也应该爱别人。

我们都非常熟悉主在登山宝训论及的祝福（马太福音 5:1-10）。这是在旧约中鲜为人知的“祝福”：“眷顾贫穷的有福了”。这个译作“眷顾”的希伯来语的词，意为“为他人着想”；译为“贫穷”的词意思是“有需要的人”。

我们周围有很多贫穷且生活在缺乏中的人，尤其是在这大流感疫情时期。贫穷不仅在经济上，也在爱、希望、信心、照料、关怀和对主耶稣的认识上。即使我们不能解决他们所有的问题，至少可以向他们表达，我们愿意尽可能向他们伸出援手的心意。我们可能没有很多钱可以给予，但是我们可以付出自己。我们可以让这些有需要的人知道我们关心他们。我们可以聆听他们的故事；我们可以礼待他们、尊重他们；我们可以为他们祈祷；我们可以探望他们；我们可以写或通过智能手机 WhatsApp 发送一些鼓励的话，以表示我们在乎和爱他们。人们不会在乎我们知道多少，直到他们知道我们有多在乎他们。我们实在不仅需要活出教会的异象，还需要活得像上帝的孩子-充满关怀和爱心。

曾经有人问特蕾莎修女（Mother Theresa）：“当今世界上最大的问题是什么？”她说：“孤单”。不仅在世界上，而且在教会中。玛莉安·利奇·雅各布森（Marion Leach Jacobsen）写了一本书，题为“拥挤的教会长椅和孤独的人”。特图里亚（Tertullian）在描述初期的基督徒时写道：“看哪，他们多么相亲相爱！”

“但是今天呢？”雅各布森（Jacobsen）问。她说，许多人发现教会中的人际关系常常缺乏接纳和爱。当友谊只点燃他们的第一阶段或第二阶段便熄灭了、当人们觉得自己不受欢迎而离开教会、当缺乏安全感的基督徒常常躲在阶级区分或自己的个人面具之间，基督在祂的教会中的圣工就受到了破坏。当今世界各地的教会，基督徒确实处于“爱心饥荒”中。

里克·沃伦（Rick Warren）在他的畅销书《标杆教会》中肯定了雅各布森（Jacobsen）的观点，并说美国是“一个陌生人的国家”。结果，他们正在经历“社会孤独感疫情”。盖洛普（Gallup）的一项民意调查显示，十分之四的美国人承认经常感到“强烈的孤独感”。他说：“事实上，美国人是世界上最孤独的人。”沃伦（Warren）说，一项调查询问了 400 名流失的基督徒为何离开教会。超过 75% 的受访者说：“我不觉得有任何人会在乎我是否到场。”多么悲伤，却多么真实。不仅在美国的教会，而是遍及世界各地。我们能做些什么吗？

祷告：

亲爱的主，感谢祢提醒我们，我们不是独自过生活。现今世界和教会里有这么多贫穷、有需要和孤独的人，帮助我们关注他们，向他们伸出友谊、关怀和爱心之手。正如祢爱我们一样，帮助我们以祢爱我们的方式去爱他们；正如祢祝福我们一样，帮助我们以祢祝福我们的方式去祝福他们。奉耶稣的宝贵名祷告，阿们。



Tuesday, 13 October 2020

Title: Forsaken By God

By: Pastor Isaac Yim

Psalm 22: 1-2

From Halley's Bible Handbook, we have the following on Psalm 22, a Messianic Psalm – Prophecy on the sufferings of Christ:

"This sounds like a cry of anguish from David, but though written a thousand years before Jesus, it is so vivid a description of the crucifixion of Jesus that one would think of the writer as being personally present at the Cross. Jesus' dying words (Psalms 22:1), the sneers of his enemies (Psalms 22:7-8), the piercing of his hands and feet (Psalms 22:16), and the casting of lots for his garments (Psalms 22:18) are some of the events here described. None of these statements are applicable to David, or to any other known event or person in the history of mankind, except the crucifixion of the Son of God."

This Messianic Psalm very graphically predicts Jesus' suffering and death on the cross. From the beginning to the end this Psalm is about Jesus. Jesus is fully (100%) man and God at the same time. This Psalm consists of two parts: One part on the sufferings of Christ, and the other of the glory that follow His cries, agonies, discouragements, desertions, death, then His glory and the blessedness of His salvation.

A list of the predictions in Psalm 22, are being fulfilled in Jesus as recorded in the Gospels:

- Psalm 22:1 "My God, My God, why have You forsaken Me?" (Matthew 27:46).
- Psalm 22:7-8 All those who see Me ridicule Me; ... "He trusted in the Lord, let Him rescue Him; Let Him deliver Him, since He delights in Him." He was mocked. (Matthew 27:41-42; 27-30).
- Psalm 22:16 They pierced My hands and My feet (Matthew 27:35, Mark 15:24 "And they crucified Him").
- Psalm 22:18 They divide My garments among them. And for My clothing they cast lots. (Matthew 27:35; Mark 15:24; Luke 23:34; John 19:23-24).
- Psalm 22:15 "My tongue clings to My jaws;" He thirsts while He was on the cross. (John 19:28 "I thirst.")
- Psalm 22:31 They will come and declare His righteousness to be a people who will be born. That He has done this. (John 19:30 He (Jesus) said, "it is finished!" And bowing His head. He gave up His spirit.").

King David wrote this 950 years before the crucifixion of Jesus. It is amazing that all that David predicted were fulfilled to the dot. As I reflect on this Psalm, several words pop up in my mind. All these words are words of suffering like pain, anguish, rejection, shame, mocking, insults, humiliation and finally death. The death's nail ends all misery. This is not how it ends. The man-God who knew no sin, died for your sin and mine. He bore the sins of the whole world.

Jesus stood alone in death to represent us, and all mankind. Salvation doesn't come cheap because Jesus paid that price for you and me. He rose from the dead. He conquered death. The Word of God says, "Call on the Name of Jesus, you will be saved."

Today, there are still people who mocked Jesus, like when He was suffering on the Cross, "If you are Christ, save Yourself and us." Jesus did save Himself. His resurrection is proof. He can save you too. I hope you will say to Jesus, "Lord remember me when You come into Your kingdom." And this is what Jesus will answer you, "Assuredly, I say to you, today you will be with Me in Paradise." If you have not received Jesus as your Lord and Saviour, now is the best time to do so. Pray this simple prayer from your heart:

Lord, Jesus, I believe You are the Son of God. Thank You for dying on the cross for my sins. Please forgive my sins and give me the gift of eternal life. I ask You to come into my heart to be my Lord and Saviour. I want to love and serve You all the days of my life. In Jesus' Name. Amen.

Prayer for today

Dear Lord Jesus, my Saviour, I thank You that You will never forsake me. I am secure in the palm of Your hands. I am sorry it was my sin that You died for. Lord, I thank You that You have spared me from such extreme physical pain and agony which You have gone through. However, Lord, as we journey through this fallen world, we suffer rejection, shame, insults and humiliation from people often who are close and near to us. We bring these agonies and anguish to You. Lord, often we feel no one would understand but Lord, I am thankful You do understand. Because You have gone through all these on the cross of Calvary. You did not become a victim but You become a Victor. Lord, in You and You alone we place our hope as we walk through the Valley of Death. Thank You Lord, You will never leave us nor forsake us.

In Jesus' Name. Amen

每日灵粮

星期二, 2020 年 10 月 13 日

标题: 被上帝遗弃

作者: 严以撒牧师

翻译: 陈晓佩姐妹

诗篇 22:1-2

哈利的圣经手册 (Halley's Bible Handbook), 有以下关于诗篇 22, 一首弥赛亚诗——基督受苦的预言:

“这听起来像是大卫的痛苦呼喊, 尽管是写在耶稣之前一千年, 它却如此生动地描述了耶稣的被钉十字架, 人会认为作者是亲身出现在十字架前。耶稣的遗言 (诗篇 22:1)、祂的敌人的嗤笑 (诗篇 22:7-8)、祂的手和脚的钉痕 (诗篇 22:16)、祂的衣服被拈阄 (诗篇 22:18) 都是此处描写的一些事件。这些陈述都不适用在大卫身上, 也不适用在任何其他事件或人类历史里的人物身上, 除了上帝的儿子被钉的这件事。”

这首弥赛亚诗绘图式地预言耶稣在十字架上所遭受的痛苦和死亡。这诗篇一开始到结束都是关于耶稣。耶稣是完全 (100%) 的人, 同时也是上帝。这首诗篇包括两个部分: 一部分是基督的受苦, 另一部分是随着祂的呼喊、痛苦、挫伤、背弃, 死亡而来的荣耀, 之后祂的荣耀和祂救恩的祝福。

诗篇 22 里一系列的预言, 都已经在福音书中记载的耶稣身上应验了:

- 诗篇 22:1 “我的神, 我的神! 为甚麽离弃我?” (马太福音 27:46)
- 诗篇 22:7-8 凡看见我的都嗤笑我; ... “他把自己交托耶和华, 耶和华可以救他罢! 耶和华既喜悦他, 可以搭救他罢!” 祂被嘲笑。(马太福音 27:41-42; 27:30)
- 诗篇 22:16 他们扎了我的手, 我的脚。(马太福音 27:35, 马可福音 15:24 “他们即将他钉在十字架上”)
- 诗篇 22:18 他们分我的外衣, 为我的里衣拈阄。(马太福音 27:35; 马可福音 15:24; 路加福音 23:34; 约翰福音 19:23-24)
- 诗篇 22:15 “我的舌头贴在我牙床上” 当他在十字架上渴了。(约翰福音 19:28 “我渴了。”) )
- 诗篇 22:31 他们必来把他的公义传给将要生的民, 言明这事是他所行的。(约翰福音 19:20 耶稣说: 成了! 便低下头, 将灵魂交付神了)。

大卫王在耶稣被钉的九百五十年前写下这诗篇, 令人惊讶的是大卫所预言的都丝毫不差地实现了。当我思考这首诗篇时, 有些词语浮现在我的脑海中; 它们都与受苦有关, 如痛苦、悲楚、拒绝、耻辱、嘲弄、侮辱、侮慢和死亡。那死亡的钉子结束了所有的痛苦。但, 这不是它的结局。无罪的人神, 为您和我的罪而死。祂担当了全世界的罪。

耶稣独自一人代表我们并全人类面对死亡。救恩不是廉价的, 因为是耶稣为您和我偿还了罪债。祂从死里复活, 祂战胜了死亡。上帝的话说: “凡求告主名的, 就必得救。”

今天，仍然有人嘲笑耶稣，就像祂在十字架上受苦的时候一样，“你若是基督，可以救自己和我们吧。”祂的复活就是铁证。祂也可以拯救您。我盼望您会向耶稣说，“主阿，祢的国降临的时候，求祢记念我。”而耶稣会如此回应您：“我实在告诉你，今日你要同我在乐园里了。”如果您还没有接受耶稣做您的主和救主，现在就是最适当的时候了。在您的心中做这个简单的祷告：

主耶稣，我相信祢是上帝的儿子。谢谢祢为我的罪孽死在十字架上，求祢赦免我的罪并恩赐我永远的生命。我邀请祢进入我的心中作我的主和救主。我愿意一生爱祢和事奉祢。奉耶稣的名。阿门。

#### 今日祷告

亲爱的主耶稣，我的救主，我要谢谢祢因祢总不离弃我。我安稳地在祢的手中。对不起，是我的罪令祢为我死。主阿，谢谢祢，祢使我免受祢所经历的极度的皮肉之痛并创伤。但是，主阿，当我们穿越这个堕落的世界时，我们遭受那些通常与我们亲近的人的拒绝、耻辱、侮辱和侮慢。我们把这些极大的痛楚和苦闷带到祢的面前。主阿，我们常常觉得没有人可以理解我们，除了祢；我感谢祢，祢了解。因为祢已经在各各他的十字架上经历了这一切。祢没有成为一位受害者而是一位胜利者。主阿，当我们经过死荫的幽谷时，我们把盼望唯独寄托在祢里面。感谢主，祢绝不离开我们，也不撇弃我们。

奉主耶稣的名。阿们。

Wednesday, 14th October 2020

Title: Put Our Trust In God

Author: Pastor Wallace Ong

Psalm 143: 8

8 Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

This verse came to my mind one morning as I was preparing for my new day. There were many things on my to-do-list – several people to talk to and some important decisions that I needed to make. Not knowing how my day would turn out to be, I thought of this verse and the importance of putting our trust in God at the beginning of each day. As we, are awoken in the morning, the very first words that come out from our lips ought to be Psalm 143:8, don't you agree?

There are moments in our lives when the path before us is unclear and we can only take one small step at a time, but God who knows the plan can see the whole journey. King David faced many difficult situations in his life and learned many things about putting his trust in God, the Lord of his life. He called the Lord as his Shepherd in Psalm 23 and his shelter, his refuge, and his shield in many other Psalms.

Do we have the same trust just as how King David has for the Lord? It is actually very hard to speak of the attribute of “trust” living in today's world which is filled with deceptions and broken promises. We should not be surprised why there is such an unprecedented rise in “trust issue” among families, friends, and the society at large, let alone the unseen God. In this verse, the original Hebrew verb, וַאֲתַחְבֵּטֶנּוּ (va•ta•che•ti) means “to trust; figuratively, to trust in something, to feel safe, be confident or sure. When Jesus told us “...to let our ‘Yes’ be ‘Yes,’ and our ‘No,’ ‘No.’ For whatever is more than these is from the evil one” – (Matthew 5:37), He commanded us to do this because He wanted to let us know that He is God who will honor whatever things He had promised us and we can trust in Him.

For King David, no matter how much doubts and sorrows he had experienced, how insurmountable the problems he had to face or how devious the enemy had stalked his path, he continued to depend and “trust” that God was on his side, protecting him and giving him strength. King David came to God in prayers and praised the Lord in countless number of times for His loving-kindness that never fails, and His grace and mercy that are of unlimited supply.

Like the Psalmist, you and I, must trust in God, our Father in Heaven, and never doubt His unfailing love which is new and available to us every morning. Every day we should call upon the Lord to be our helper – whether it is for seeking life's direction, for seeking refuge from enemies, for seeking forgiveness and

repentance for our transgressions, or for worshiping him to glorify His name.  
The foundation upon which our prayers and praises shall rest is trusting in Him.

Prayer:

Our Heavenly Father,

We thank You for Your unfailing love. Help us, O Lord, to imitate King David when we come to You each morning, so that we can learn to fully trust in You in Your plan for the days, weeks, and the months ahead. Help us to remember Your faithfulness in the past and faithfully trust that You will keep us safe and secure in Your love.

We pray that You will help us to understand Your way and Your will for our lives. Thank You, Lord, for your grace that is sufficient and for Your loving-kindness that is new every morning. We pray in Jesus' precious name. Amen.

每日灵粮

星期三, 2020 年 10 月 14 日

标题: 倚靠上帝

作者: 王振威传道

翻译: 陈健萍姐妹

【诗篇 143:8】求你使我清晨得听你慈爱之言、因我倚靠你。求你使我知道当行的路、因我的心仰望你。

一天早上, 当我准备新的一天时, 我脑海里出现了这节经文。当天我的待办事项列表上有很多事情——需要和几个人谈谈, 还需要作一些重要的决定。我不知道我的一天会是如何, 我想到了这节经文, 以及在每一天的开始我们倚靠上帝的重要性。我们早晨醒来时, 从我们嘴里说出的第一句话应该是诗篇 143:8, 您同意吗?

在我们的生活中, 有些时刻, 我们前方的路向是不清楚的, 我们只能一次一小步地走着, 但知道计划的上帝可以看到整个路程。大卫王在他的一生中曾面临许多困难的处境, 并学会了許多关于倚靠上帝的事情。他在诗篇 23 中称主为他的牧人, 在许多其他的诗篇中称祂为他的隐密处、避难所和他的盾牌。

我们有没有像大卫王对主那样倚靠的心呢? 实际上, 生活在充满欺骗和违背诺言的当今世界, 要谈及“信任”是一件很困难的事。我们不应感到惊讶, 为什么家庭、朋友和整个社会中“信任问题”具前所未有的攀升, 更不必说看不见的上帝了。在这节经文中, 原文希伯来语的动词 בָּטַחְתִּי (va•ta•che•ti) 的意思是“信任”; 比喻义, 相信某事、感到安全、有信心或肯定。耶稣告诉我们: “你们的话、是、就说是。不是、就说不是。若再多说、就是出于那恶者。”(马太福音 5:37), 祂命令我们如此做, 因为祂要让我们知道, 祂是上帝, 祂会兑现祂对我们的应许, 我们可以相信祂。

对大卫王来说, 无论他经历了多少疑惑和悲伤, 无论他面对的问题多么难以克服, 或者敌人多么奸狡地在他的途径上出没, 他继续依靠和“相信”上帝站在他这方, 保护他并赐他力量。大卫王藉着祈祷来到上帝面前, 无数次地赞美祂永恒的慈爱, 以及祂无穷尽的恩典和怜悯。

如诗人一样, 您和我必须倚靠上帝, 我们在天上的父, 永远都别怀疑祂那每天都是新的、每天早上都供我们获取的永恒的爱。

祷告

我们的天父,

为祢永恒的爱, 我们感谢祢。当我们每天早上来到祢跟前时, 主啊, 帮助我们仿效大卫王完全地信靠祢, 并祢在我们前面岁月中的计划。帮助我们铭记祢往日的信实, 并忠诚地相信祢将保护我们安全稳妥在祢的爱中。

我们祈求祢帮助我们体会祢的道路和祢在我们生命中的旨意。主啊, 感谢祢足够的恩典, 感谢祢每天早上新的慈爱。我们以耶稣宝贵的名字祷告。阿门。

Thursday, 15 October 2020

Title: With great power, comes great responsibility

Author: Arnold Lim

Psalm 112:9

He has scattered abroad his gifts to the poor, his righteousness endures forever; his horn will be lifted high in honor.

In this "Me First" world of ours, we often adopt the attitude that all we have belongs to us. Therefore, we have the right to spend on whatever we like.

But the Lord has blessed us not solely for our benefit. In 1 Timothy 6:18, God commands those who are rich to do good, to be rich in good deeds, and to be generous and willing to share. To paraphrase Spiderman's Uncle Ben\*: "With great power, comes great responsibility!" And lest we forget, God is the source of all blessings: "For it is He who gives you the ability to produce wealth."

(Deuteronomy 8:18)

\*(Uncle Ben, actually quoted from Luke 12:48: "To whom much is given, of him will much be required; and to whom much was entrusted, of him more will be asked.")

So, here are certain thought patterns we need to avoid if we are to provide for our family, tithe, and help those who are in need:

- Inability to bear short term pain for long term gain

During my days serving in the Benevolent Fund, I observed a daughter of a financially strapped elderly couple, having to forgo her secretarial course to become an air hostess, in order to provide for the family. While I did not think it was a good decision, I suppose they had no choice. But I did think that her potential would have been so much better as a qualified secretary instead of an air hostess. And now, with travel limited by Covid-19, the decision looks even more unwise.

If possible, do not sacrifice long term potential for short term gain.

- Unnecessary expenditures

As Christians, we do not gamble. Our trust is in God, not in chance. We do not buy lottery tickets as it is not good stewardship. Data is not available for Malaysia, but do you know that the poorest households in the United States spend an average of USD400.00 per year on lottery tickets? At the same time, these same households cannot come up with USD400.00 in any emergency situation. Why do you think such households are willing to give up these savings for a lottery ticket? Their thinking is: "I cannot achieve the lifestyle that you have. The only way I can have any hope of doing so, is to win a lottery." But that is a



one in a million chance. (Source: Excerpt taken from Philosophy of Money by Morgan Housel)

Coming back to a local context, how many smokers in the B-40 group can afford that RM10.00 pack of “illegal” cigarettes per day? (A bona fide pack is RM20.00.) That is still RM300 per month or RM3600 per year. In comparison, how much is the Bantuan Sara Hidup offered by the government? RM3000 per year. It just does not make sense.

Do you have any unnecessary expenditures? A subscription to a club that you do not use?

- Instant gratification

At the other end of the spectrum, is the need for instant gratification; that is the inability to postpone consumption to a later date. Previously, the status symbol for the young urban professional was the Golf GTI. Today, the vehicle of choice is the Mercedes Benz A250, which depending upon engine specifications, can cost upwards of RM250,000. I wonder how many of these yuppies can really afford the car? As the car is a depreciating item, it is best to start out with a modest car. If possible, pay cash! It will limit your choices to cars you can afford.

Avoid spending the principal sum, which could be your hard-earned savings or an inheritance. Spend only the income generated from that principal. This is especially so, if you are still young. For, those already approaching 70, 80 or 90, a different philosophy applies.

- Standard of Living Creep

Do you notice how our standard of living tends to creep up, surreptitiously?

As an example, say, we are happy eating at Pizza Hut or KFC. For birthday celebrations, we go to Chili’s. But slowly, before we realize it, Chili’s becomes the norm. And for celebrations, we go to an even more fancy restaurant. Now, there is nothing wrong in enjoying some comforts in life when the Lord has blessed us. But at some point, we should say “Enough is enough”. After all, the Lord says, “Contentment with godliness is great gain”.

For quite a few years now, I have refused to go to restaurants that I consider too expensive. Certain Japanese restaurants, for example, where it can cost you more than RM400.00 per head. Very expensive Chinese restaurants are a no-no, unless it is Chinese New Year.

Only by capping our standard of living can we save and invest for the future. And tithe.

I have observed that some people with such thought patterns find it very difficult to change their mindset, in spite of experiencing the consequences of their bad decisions. So, they are destined to repeat their mistakes. Sadly, the impacts of their decisions are not immediately evident. Sometimes it takes years. Mostly, the consequences only become evident in retirement. Then it hits them.

If you recognize any of these thought patterns in your life, ask the Lord for help in getting out of the trap. Yes, it is indeed a trap.

Prayer

Our God and Heavenly Father, You are an awesome and great God. Help us, O Lord, to get rid of any of the thought patterns above. Help us, so that we may be good stewards of Your blessings, so that we can provide for our families and still tithe and give to those in need.

And when You have provided for us, and when we have eaten and are satisfied, we pray that we will be grateful and not forget what You have done for us.

We pray in Jesus name, Amen.

每日灵粮

星期四, 2020 年 10 月 15 日

标题: 能力越强, 责任越大

作者: 林文礼弟兄

翻译: 薛秀合姐妹

【诗篇 112: 9】

他施舍钱财, 周济贫穷; 他的仁义存到永远。他的角必被高举, 大有荣耀。

在这个“以我为先”的世界中, 我们经常采取一种态度, 即我们所有的一切都属于我们的。因此, 我们有权在自己喜欢的任何东西上花费。

但是主祝福我们不仅是为了我们的利益。在提摩太前书 6:18, 上帝命令那些今世富足的人行善, 在好事上富足, 甘心施舍, 乐意供给人。转述蜘蛛侠的本叔叔\*的经典台词: “能力越强, 责任就越大!” 以免我们忘记, 上帝是一切祝福的源头: “因为得货财的力量是他给你的。” (申命记 8:18)

\* (本叔叔实际上引用了路加福音 12:48 “因为多给谁, 就向谁多取; 多托谁, 就向谁多要。”)

因此, 如果我们想要供养家人、履行十一奉献及帮助有需要的人, 我们应该避免以下一些思维模式:

- 无法忍受短期痛苦以获得长期利益

当我在慈善基金会服务期间, 我看到一对经济窘迫的老年夫妇的女儿被迫放弃秘书课程, 成为一名空姐来养家糊口。虽然我不认为这是一个好的决定, 但我想他们别无选择。不过我确实认为, 比起空姐, 成为一个合格的秘书, 她的潜力会更好。如今, 在新冠肺炎疫情而引致的旅游限制下, 该决定看似更加不明智。

若有可能, 不要为了短期利益而牺牲长期潜力。

- 不必要的支出

作为基督徒, 我们不赌博。我们依靠上帝, 而不是机会。我们不买彩票, 因为那不是好的管家职责。虽无法获得马来西亚的数据, 但您是否知道美国最贫穷的家庭平均每年在彩票上花费 400 美元? 然而, 这些家庭在任何紧急情况下却拿不出 400 美元。您觉得这些家庭为何愿意放弃这些积蓄去购买一张彩票? 他们认为: “我无法拥有你的生活方式, 而我能够冀望实现这些的唯一方法, 就是赢得彩票。” 但这是百万分之一的机会。(取自: 摩根·豪泽尔 (Morgan Housel) 的《金钱心理学》摘录)

回到本地情景, 每天有多少 B-40 群的吸烟者买得起 10 令吉的“非法”香烟? (目前的合法包装香烟价格为 20 令吉。) 这样仍需用上每月 300 令吉或每年 3,600 令吉。相比之下, 政府提供的生活援助金 (Bantuan Sara Hidup) 有多少钱? 每年 3,000 令吉。这说不过去。

您有任何不必要的开支吗? 一个您不使用的俱乐部的会费?

- 即时满足

另一方面，是对即时获得满足的需求；即无法将消费延后。先前，Golf GTI 曾经是都市年轻专业人士的地位象征。今天，首选的汽车是 Mercedes Benz A250，根据引擎规格而定，其价格可能超过马币 250,000。我很好奇有多少雅皮士真的买得起这辆汽车呢？因汽车是一项贬值的物品，所以最好是开始先用一辆适中的汽车。若可行，以现金支付！这会将您的选择限制在您负担得起的车辆上。

避免花费本金，这可能是您来之不易的积蓄或继承的遗产；仅花费从本金赚取的收入。尤其是若您还年轻，更要如此。已经接近 70、80 或 90 岁的人，则适用另一种哲学。

- 生活水平悄然爬升

您是否注意到我们的生活水平在悄然上升？

比方说，我们在必胜客或肯德基快餐店用餐很开心。生日庆祝会，我们去 Chili's 餐厅。渐渐地，在我们意识到之前，Chili's 就成了惯例。为了庆祝一番，我们便去一家更时尚的餐厅。当主祝福我们时，享受生活的舒适并没有错。但是到某个时刻，我们必须说：“够了。”毕竟，主说：“敬虔加上知足的心便是大利。”

至今已有好几年了，我一直拒绝去我认为过于昂贵的餐厅。例如，一些日本餐馆均可让您每人消费超过 400 令吉。非常昂贵的中餐厅更是不可去，除非是农历新年。

只有限制我们的生活水平，我们才能为未来储蓄和投资。还有十一奉献。

我察觉一些有这种思维方式的人很难改变他们的想法，尽管他们正经历着错误决定的后果。因此，他们注定要重蹈覆辙。不幸的是，他们决定的后果不是即时显见的，有时需要数年。在大多数情况下，其后果只会在退休后才变得明显。那时他们才惊悟。

如果您察觉到自己的生活中存有任何一种这些思维方式，请求主帮助您摆脱这陷阱。没错，这确实是一个陷阱。

祷告

我们的上帝和天父，祢是一位可畏又伟大的上帝。主啊，求祢帮助我们摆脱以上任何一种的想法。帮助我们，使我们成为祢的祝福的好管家，好让我们能够供应家庭所需之余，仍履行十一奉献，并周济有需要的人。

当祢供应了我们一切所需，以及当我们吃饱感到满足时，愿主祢使我们会向祢感恩，并且不忘记祢为我们所做的一切。

奉耶稣的名祈求，阿门！

Friday, 16 October 2020

Title: Grace and Mercy Lost and Regained

By: Ps Cheng Cheung

Psalm 106:48

46 Blessed be the LORD God of Israel

From everlasting to everlasting!

And let all the people say, "Amen!"

Praise the LORD!

Psalm 106 begins and ends with the identical phrase: "Praise the Lord." That's where the psalmist wants us to begin and end. In this psalm, with all its sin and sorrow and pain, are reasons to praise God. And that means the psalmist does not just say great and wonderful things about God, but says and gives solid reasons why He is praiseworthy. Why He is great and glorious, full of compassion. And without parallel in His lovingkindness. Most of all, The Lord God is incomparably long-suffering and forbearing. That is what it means to sing His praises. This is the goal of the psalm.

Verse 1: "Oh give thanks to the Lord." And verse 47, ". . . that we may give thanks to your holy name."

The reason given for why this praise and this expression of gratitude are so fitting is found in verse 1 – "for He is good, for His steadfast love endures forever." So, the psalmist wants us to see God as praiseworthy and good and loving as we read this psalm.

If we merely read this psalm (or any psalm for that matter) "at arm's length" we will not be able to fully appreciate the depth of the experience of the psalmist and how it impacted him and his own people, the Israelites. We need to identify, first of all, with how real and 'common' were their failings, then the reasons for praising God will hit home.

This is the long litany of Israel's rebellion and failures:

Verse 7: "They rebelled by the sea, at the Red Sea."

Many of us too, have a short memory of God's most recent blessings upon our lives. The Israelites had not long ago been delivered from generations of slavery. And so soon after that, at first sight of an obstacle, they rebel.

Verse 14: "They had an intense craving in the wilderness."

Wanton waywardness will test God's patience. This is a common trait in many born again believers, desiring to go one's way impulsively and not wait upon God.

Verse 19: "They made a calf at Horeb and worshipped a metal image."

The golden calf means many things to many people. Dare each of us declare we have none?

Verse 24: "They despised the pleasant land, having no faith in the promise."

The sentiment is more than just ingratitude. God's promise of provision is spurned with disdain. Moreover, they doubted God's promise would meet their expectations.

Verse 32: "They angered God at the waters of Meribah and made Moses' spirit bitter."

Not only did the Israelites anger God but by their actions they stumbled His anointed one as well. There was only so much the man, or any man, for that matter, could take from this grumbling lot.

The Lord had committed Himself to Israel via a covenantal relationship (Deuteronomy 28), promising abundant blessing if she obeyed Him. But what follows, would be, for most suitors, heart-breaking.

Verse 28: "They yoked themselves to the Baal of Peor, and ate sacrifices offered to the dead." After this, more provocation followed.

Verse 34: "They did not destroy the peoples, but mixed with the nations and learned to do as they did.", and Verse 36: "They served their idols."

It started with disobedience ("... did not destroy the peoples concerning whom the Lord had commanded them") and ended up with compromise ("Instead, they mingled among the pagans and adopted their evil customs."). Worst of all, the nations (things) which they were supposed to destroy finally ruled over them.

This was sheer harlotry. The marriage covenant symbolised the relationship between Yahweh and His people. For the Israelites to do this would have crushed God's heart. Is there hope for Israel? Surely there is. Here is our faithful God's response.

Nevertheless He regarded their affliction,  
When He heard their cry;  
And for their sake He remembered His covenant,  
And relented according to the multitude of His mercies.

We need to ask ourselves: Have we gone after things which have lured our souls away from the One who loved us so much He gave His precious Son to redeem us from the bondage of sin? Moreover, can we identify with Israel, in some measure? What is our golden calf, have we embittered others, or worst of all, do things rule over us now, due to continued compromise?

### Prayer for Today

Lord, I grieve over the impurity and stubbornness of my heart. It is so both through the sin I inherited and through my life-long indulgence of it. How wretched I am!

Thank You that, as with the Israelites, You regarded my affliction, when You heard my cry. And You relented from punishment because of Your infinite grace. Praise God. In Jesus' Name, Amen.

每日灵粮

星期五，2020 年 10 月 16 日

标题：失而复得的恩典和怜悯

作者：张祯祥传道

翻译：梁玉萍姐妹

诗篇 106：48 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：“阿门！”你们要赞美耶和华！

诗篇 106 是与相同的短语“赞美耶和华”为开始和结束。诗人希望我们这样开始和结束。这首诗篇虽列出所有的罪恶、悲伤和痛苦，它却也包含了赞美上帝的理由。这意味着诗篇作者不仅会说出关于上帝伟大和奇妙的事情，并且会说出他为什么值得颂赞：他伟大、荣耀、满有怜悯、慈爱无与伦比的扎实理由。最重要的是，无人能像主上帝那样长期忍耐并宽容。这就是歌颂赞美他的意思。这是本篇的目标。

第 1 节“要称谢耶和华”及第 47 节“我们好称赞你的圣名”。赞美和感恩为何此合适的原因是在第 1 节：“因他本为善，他的慈爱永远长存！”因此，诗人希望我们在阅读这首诗篇时将上帝视为是值得颂赞，善良和慈爱的。

如果我们只是“保持距离”地阅读这首赞美诗（或任何的诗篇），我们将无法完全理解诗人的经验之深，以及它如何影响他和他自己的以色列人民。首先，我们需要对他们多么真实和“常见”的失败产生认同感，然后才充分意识到赞美上帝的原因。

这是以色列叛乱和失败的漫长历程：

第 7 节：我们的祖宗反倒在红海行了悖逆。

我们当中许多人也很快忘记上帝最近赐我们在生命上的祝福。以色列人不久前就从几代人的奴役中被释放出来。不久之后，他们一见到障碍便反叛了。

第 14 节：他们反倒在旷野大起欲心。

肆意的任性会考验上帝的耐心。这是许多重生信徒的共同特征，他们冲动地渴望走自己的路，而不等候上帝。

第 19 节：他们在何烈山造了牛犊，叩拜铸成的像。

金牛犊对许多人来说意味着很多东西。我们每个人都敢宣称我们没有吗？

第 24 节：他们又藐视那美地，不信他的话，

这种情绪不仅仅是忘恩负义。他们轻蔑并拒绝上帝的应许。此外，他们怀疑上帝的应许是否会满足他们的期望。

第 32 节：他们在米利巴水又叫耶和华发怒，甚至摩西也受了亏损；

以色列人不仅激怒了上帝，而且因着他们的行为也绊倒了他的受膏者。就这件事而言，这人，或任何一个人，只可以忍耐这群抱怨不休的人到这个地步。



主已经藉着立约关系将自己献给以色列（申命记 28 章），并承诺如果她听从他，就会得到丰盛的祝福。但是，对于大多数起诉者而言，接下来的事情将会令人心碎。

第 28 节：他们又与巴力毗珥联合，且吃了祭死神的物。此后，更多的挑衅随之而来。

第 34-36 节：他们不照耶和华所吩咐的灭绝外邦人，35 反与他们混杂相合，学习他们的行为，36 侍奉他们的偶像。

从不服从开始（“.....他们不照耶和华所吩咐的灭绝外邦人”），以妥协来结束（“反与他们混杂相合，学习他们的行为”）。最糟糕的是，他们本应摧毁的国家（事物）最终统治了他们。

这是纯粹的卖淫行为。婚姻盟约象征着耶和华与他的子民之间的关系。以色列人这样做会伤透上帝的心。以色列有希望吗？肯定有。这是我们信实的上帝的回应。

44-45 节：然而他听见他们哀告的时候，就眷顾他们的急难，为他们记念他的约，照他丰盛的慈爱后悔。

我们需要问问自己：我们所追寻的那些事物是否诱惑我们偏离那位如此爱我们，甚至赐下他宝贵的儿子使我们从罪的束缚中被救赎的上帝？此外，我们是否在某种程度上也能体会以色列的境况？我们的金牛犊是什么？我们让别人痛苦了吗？还是最糟糕的，由于持续的妥协，现在反而是事物在统治我们吗？

今天的祈祷

主啊，我为自己内心的不洁和固执感到悲伤。它既是我继承的罪恶，也是我终生放纵的罪恶。我真可悲！

谢谢你，就像对待以色列人一样，当你听到我的哭泣时，你也感到了我的痛苦。由于你无限的恩典，在惩罚这事上你改变心意。赞美神。奉耶稣的名祷告，阿们。

Saturday, 17th October 2020  
Title: The Calm after the Storm

By Wong Yoke Ming

Psalm 22:1 "My God, my God, why have you forsaken me?"

"If ever there was a Psalm of the cross, this is it", wrote Charles Haddon Spurgeon, in his book "Treasury of David". The very words that Jesus cried out from the cross!! And as we read through the verses in this Davidic Psalm, we have a sense of the deep pain and separation that Jesus had to bear even before the cross He was nailed to was dropped into the ground.

Did He depend on relief from men? Of course not – He refused to acknowledge that Pilate had 'power' over Him (John 19:10); He refused the wine vinegar that was offered to dull the pain; in His tortured state, He hung on that cross stark naked (fulfilling Psalm 22: 12-18); and He gave up His Spirit with the words "It is finished" (John 19:30) – the same words (although in Greek) as the last verse of Psalm 22 ("he has done it" written in Hebrew).

Tortured and nailed to the cross, our Lord endured the extremities of human cruelty, yet never lost sight of His Deliverer – Eloi! Eloi! – not "Abba". His use of the Name "El" reflected His faith in the "All Powerful" (as in "El Shaddai" – Almighty God). In Psalm 22:31 reads: "they shall come and proclaim his righteousness to a people yet unborn" – a people who had not existed then: the Christian people. Only One has ever been born righteous: but for those born again, the 'new' man (in Old Testament times "yet unborn") is now in place of the 'old'.

And the new man now begins to face the tribulation that Jesus told us about (John 16:33).

Have we ever 'cried out' the words of this Psalm that mirror the cry of dereliction from the cross? In the constant tensions that we face today, are we still relying on the strength of our own knowledge?

If even our Lord Jesus Christ felt so deserted and alone on that cross, we can be sure that we would feel that dereliction in time to come, maybe for some even now – the same "Where is God in my pain?" as we take up our cross and follow Him. Are we to turn to human deliverance or will we cry out to "El Shaddai"?

Henry Blackaby wrote that we will encounter a "crisis of belief" ("Experiencing God" – Henry Blackaby and Claude King) at various times in our lives. In today's world of Covid-19 pandemic and "lock-downs", even loss of loved ones, economic challenges and even, sometimes, the unspoken loneliness of isolation, have we reflected on the cry of dereliction from that "old rugged cross"?

Can we even imagine the pain of separation, that Jesus felt, from a perfect trinitarian oneness or the utter humility of the "Creator" becoming the "created" (Phil. 2:5-8) – that He may taste the same trials that we face and infinitely more than that! But Jesus assures us that He has overcome a fallen world.

These are desperate times, which for sure, will lead to extreme times – but these extremities will demand steadfast faith from the Christian. Covid19 has not gone away. The clusters are growing, the infection rate is climbing, medical experts warn of Covid-19 resurgence in the coming months. We are beginning to see confirmation of new infections in our own neighbourhoods, also in the popular shopping malls – all the people who have been to such places, where are they? Have they all been traced and tested? We can never be sure, but we have certainty in a God Who has overcome.

But Psalm 22 is not the end. After the strife of Psalm 22, and because "He has done it", we have Psalm 23 that follow: "The LORD is my shepherd; I shall not want".... "surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever".

PRAYER: Heavenly Father, You Who has shown me the pain and suffering I would have gone through if You had not given Your Son to suffer as I should have. As I read the Psalms, may they remind me that these would have been my judgement – the pain of separation, the pain of humiliation and the stripping off of my dignity as a child created in Your image. But Your great love for Your children caused You to send my Lord and Saviour, Jesus Christ, to bear these sufferings in my place. The best of all is Your reminder that I have a Great Shepherd and I have the promise of eternal peace in Your house. Thank you O God. In Christ's Name we pray, AMEN.

每日灵粮

星期六，2020 年 10 月 17 日

标题：暴风雨后的平静

作者：黄玉明弟兄

翻译：方美珠姐妹

诗篇 22：1 “我的神！我的神！你为什么离弃我？”

查尔斯·哈登·司布真（Charles Haddon Spurgeon）在他的大卫的宝藏一书中写道：“如果有十字架诗篇的话，就是这首了。”耶稣在十字架上呼喊的正是这句话！当我们阅读这首大卫所写的诗篇中的经文时，我们感同身受耶稣在钉十字架之前所承受的深深的痛苦和分离。

他依靠人来解除当时的情况吗？断然不是——他拒绝承认彼拉多对他具有“权柄”（约翰福音 19:10）；他拒绝了用来减轻疼痛的醋；在遭受无尽的折磨后，他赤裸裸地被挂在十字架上（成就诗篇 22：12-18）；然后他用“成了”这句话（约翰福音 19:30）就将灵魂交付神了，这与诗篇 22 章的最后一句（希伯来语写成“这事是祂所行的”）相同（希腊语）。

我们的主被折磨并钉在十字架上，承受着残酷的人类极端残忍对待，却从来未曾忽视他的拯救者——以罗伊！以罗伊！（Eloi）——不是“阿爸”（Abba）。他使用“以”（“El”又译为以勒、以利）这个名字来反映他对“全能”（如“以勒沙代 El Shaddai”——全能的上帝）的信心。在诗篇 22:31 中写道：“他们要把他的公义传给以后出生的民，说明这是他所作的。”——以后出生的民指的乃是那时还不存在的人民：基督徒的人民。唯有一人曾生于公义：而对于那些重生的人来说，“新人”（在旧约时代是“尚未出生”）现在代替了“旧人”。

现在，新人开始面对耶稣告诉我们的灾难（约翰福音 16：33）。

我们是否曾经“呼喊”这首诗篇中所反映在十字架上被抛弃而呐喊的话？在我们今天面临的持续紧张局势中，我们是否仍然在依靠自己的知识能力？

如果连我们的主耶稣基督都感到如此地被独自弃绝在那十字架上，我们可以肯定我们也会有感到被遗弃的时候，也许对一些人来说现在就是被遗弃的时刻——同样的，当我们背起十字架来跟随祂，“在我痛苦时，上帝在那里？”我们是转向人群来寻求解脱，还是向以勒沙代（El Shaddai 全能的上帝）呼唤？

亨利·布莱克比（Henry Blackaby）写道，在我们的生命中我们会遇到“信仰危机”（“体验上帝”——亨利·布莱克比和克劳德·金）。在现今的新冠肺炎大流感和“封锁”世界中，面对失去亲人，经济挑战，有时甚至是隔离的孤寂，我们是否也体会到在“古老的十字架”上被遗弃时的呐喊？

我们能否感受到耶稣对完美的三位一体的解体之痛，或是“创造者”成为“造物”的彻底卑微（腓立比书 2：5-8）——他也许会尝到与我们面对的同样或者更多的考验！但是耶稣向我们保证，他已经战胜了这个世界。

这是个绝望的时代，肯定会导至极端的时代—而这些极端使基督徒必须持有坚定信念来面对。新冠肺炎尚未消除。医学专家警告说，在未来几个月中，病毒簇正在增加，感染率持续攀升。我们开始看到新感染的确在我们自己的社区以及购物商场。所有去过这些地方的人都在哪里？是否都对他们进行了跟踪和测试？我们永远不能确定，但是我们对已经战胜的上帝却是有确定的。

诗篇 22 章不是结束。在诗篇 22 章的冲突之后，因为“祂已经成就了”，因此我们有了诗篇 23：“耶和华是我的牧者；我必不致缺乏”……“我一生一世必有恩惠慈爱随着我，我且要住在耶和华的殿中直到永远”。

祷告：天父，祢让我知道如果不是祢的独生爱子的替代，那些痛苦和苦难都是我应当遭受的。诗篇提醒我这就是我的判决——隔绝的痛苦、屈辱的痛苦以及剥夺我在孩童开始就以祢的形象和样式所造的尊严。但是祢对祢孩子的大爱使祢差派我的主和救主耶稣基督来代替我承担这些苦难。最难能可贵的是祢提醒我，我有一位好牧人，我在祢家中有永恒的平安的应许。上帝啊，谢谢你。我们奉基督的名祷告，阿们。

## **Sunday, 18 October 2020**

Topic : God listened

By Elder Tan Seng Kee

Psalm 34:6

In the morning on the day I wrote this devotion I was in my car chatting away with my daughter when it dawned upon me how amazing it is that God brought to me a business partner of tremendous help in reviving a difficult venture I manage. I prayed, of course, for a resolution over many months, and often I told God the type of solution which I thought was most appropriate. However the answer from God was not what I had asked for or even anticipated because what God gave me was beyond what my earthly reasoning could expect or my faith could hope for. My heart was filled with gratefulness and I had a deep sense of peace in acknowledging that God heard me and blessed me in ways unimaginable.

So often in life when help is needed the natural thing to do is to run to someone I am confident is able to assist me. I would go to a doctor if I am unwell. I go to a plumber if house pipes are leaking. Often I do not go to God fast enough or "first" when I need help. That is however not unusual because in Psalm 34:6, the Psalmist records that *"In my desperation I prayed and the Lord listened; he saved me from all my troubles."* So here the Psalmist turned to God only when he was desperate. Would it therefore make more sense that the Psalmist and we do not wait until we are desperate before we go to God for help?

Today for almost every single thing that bothers us whether medical, financial, emotional or even on relationships, we turn to GOOGLE for an answer or for a variety of options to understand the issues and for solutions. I arrived at 63 years old two weeks ago. I cannot say that there were no problems in my life nor were there no unassailable challenges ... there were and often, plenty of them. Yet the amazing thing is that in the more than 3 score years that I lived I can today look back and see the unrelenting presence of God in my life. I recall His presence when I had to look at bleak circumstances; I feel His care when hardly anyone seems to understand, I remember many answered prayers which encouraged me onwards and today I can stand confident to face the future because God's love had been steadfast in the past.

At 63 years old, I must admit I am not physically as agile as I was when I was 53 years, but at 63 years I have even more vivid memories of God's goodness than when I was 53 years old. Each day I learn to begin the morning with prayers and meditation on God's words. I learn to 'replay' in my mind the goodness of God in whatever I can recollect had happened in my life. Some days I can remember more and in other days, less, but all the same, the love of God was brightly clear as I take time to spend time remembering. I like how Psalm 34:6 records that

*"the Lord listened."* It is such a joy to know that all my prayers all these years, however eloquent, selfish or even foolish, *"the Lord listened"*. This verse 6 ends with *"he saves me from all my troubles."* In other words, the Psalmist pulled through (or survived) in spite of his troubles. God does not always take away our troubles but he promised to save us and because God is there with me, I will manage and I will triumph through the troubles. Let us all learn to trust in God more.

**Prayer:**

Lord, help me to call on You when circumstances are not yet desperate so that I can learn to live each day in Your abiding presence. I thank You that You listen to all my prayers and I ask that You help me to pray more each day. Help me to put all my hope and trust in You alone. In Jesus' name I pray. Amen.

每日灵粮

星期日，2020 年 10 月 18 日

题目：耶和华已垂听

作者：陈诚基长老

翻译：杨仕涵弟兄

诗篇 34: 6

我这困苦人呼求，耶和华便垂听，救我脱离一切患难。

在我写这篇灵修的早晨，我与女儿在车上聊了起来。当时我意识到上帝的伟大奇妙，上帝给了我一位对我有巨大帮助的商业伙伴，以帮助重振我管理的一个事业。当然，我向上帝祷告了几个月，常常都告诉上帝我认为最合适的解决方案。但是，上帝给我的回应不仅不是我所求的解决方案，更不是我可以想象的，上帝给我的是超乎我属世的思想、超乎我的信心的。我内心充满感恩，深深地感到平安，承认上帝的确听了我的祷告，并以难以想象的方式祝福了我。

在生活中，经常需要帮助时，我自然而然会去找一个我有信心可以帮助我的人。如果我身体不舒服，我会去看医生。如果房屋管道漏水，我去找管工。当我需要帮助时，我并没有常常及时或“第一反应”去上帝那里。但这并不罕见，因为在诗篇 34: 6 中记载：“我这困苦人呼求，耶和华便垂听，救我脱离一切患难。”看来，诗人也在绝望、困苦之时才转向上帝。诗人和我们如果不必等到我们绝望或困苦之时，才来向上帝呼求，不是更合理、更明智吗？

如今，困扰我们的几乎每件事，无论关于医学、财务、情感还是人际关系，我们都转向谷歌（Google）寻求答案或各种选择，以了解问题和解决方式。我两周前过了 63 岁。我不能说我的生活中没有任何问题，也没有无懈可击的挑战……其实有不少的挑战。然而，令人惊奇的是，在我 60 多年的生活中，我如今回顾过去，可以看见我生命中上帝每时每刻的同在。在我面对困难的时候，我记得祂的同在。当几乎无人能理解时，我感到祂顾念、关怀。我记得祂应许的许多祷告，激励我，使我今天有信心面对未来，都因为上帝的爱过去至今一直坚定不移。

我不得不承认，我今日 63 岁的体力不比 53 岁的体力活泼，但与 53 岁相比，我今日 63 岁对上帝的慈爱、恩典的记忆更加生动。我每早晨都学习以祷告和默想上帝的话开始一天的生活。我学习“重播”上帝在我生命中显现祂的慈爱和恩典的事情。有时候，我可记住多一些，而有时，我记得的少一些，但同样，当我花时间去回顾并回想时，上帝的爱十分清晰。我喜欢诗篇 34: 6 如何写到“耶和华便垂听”。知道我多年的祷告，无论有多么说服力、自私甚至愚蠢，上帝便垂听，带给我何等的喜乐。诗篇 34:6 以“救我脱离一切患难”结束。换言之，诗人尽管遇到了麻烦，却还是坚持了下来（或幸存下来）。上帝并不会总是消除我们的患难，但祂答应拯救我们，因为上帝与我同在，我会克服并战胜这些患难。让我们都学习更多信靠上帝。

祷告：

主啊，求祢让我在情况还未到绝望时，就学习求告祢，以便我学会每天活在祢的同在里。我感谢祢，因祢垂听我所有的祷告，求祢帮助我每天更多的祷告。帮我把所有的盼望和信心放在祢身上。奉主耶稣的名祷告。阿们。



Monday 19th October 2020

Title: ON LOAN

Ps Soong Kok Kee

Psalms 89: 11

The heavens are yours, and yours also the earth; you founded the world and all that is in it.

We are surrounded every day by things that don't belong to us, yet we call them ours. For instance, I refer to the computer I am using to write this devotion as "my computer." I talk about "my office", "my desk", "my printer" and "my phone". But none of these equipment really belongs to me. While I work here, it's mine to use but not mine to keep. It is on loan.

It's the same with all the things we call our own. When we speak of our family, our house, or our car, we are speaking of people and things God has allowed us to enjoy while here on earth, but they really belong to Him. Notice the psalmist's praise to God, "The heavens are yours, and yours also the earth".

Understanding who really holds the title to all we possess should change our thinking. Just as we are aware that our employer lets us use equipment to help us work more efficiently, so also should we be aware that everything we have is given to us to serve our Lord. Our time, our talents, our spiritual gifts, our possessions, and even our family are all on loan from God so that we can all do His work more effectively.

The parable of the Talents (Matt 25:14-30) clearly says that the Master "entrusted his property" to his three servants (v 14) and the servants knew that, for when the Master came back, the first servant said "Master, you entrusted me with five talents. See, I have gained five more." (v 20).

All that we have today are entrusted to us, on loan to us, blessings for us, so we can all do what the Lord has put us here to do. And one day, we all need to stand before our Master and give an account of all that had been entrusted to us. May we all be like Paul who can unashamedly say "I have fought the 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 to me on that day – and not only to me, but also to all who have longed for his appearing (2 Tim 4: 7-8). Are we all ready for that day?

PRAYER:

Dear Lord, thank you for reminding us that all we have today, all that you have blessed us with are not solely for us to use. We are to use it for your glory. We are to use it so that more people can come to know you as Lord and Saviour, more people may be blessed and helped, especially in this time of the pandemic.

Help us to share your love and blessings with those around us who are in dire need of your love and blessings too. In Jesus precious name we pray, AMEN.

每日灵粮

星期一，2020 年 10 月 19 日

标题：暂借

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗 89:11】

天属你，地也属你；世界和其中所充满的都为你所建立。

我们每天都被不属于我们的东西环绕着，然而我们却称它们为我们所拥有的。例如，我称我用来写这“每日灵粮”的电脑为“我的电脑”。我谈及“我的办公室”、“我的办公桌”、“我的打印机”和“我的手机”。但是这些设备其实没有一件是真正属于我的。我在这里工作期间，这些设备是供我使用，不是供我保有，是借用的。

这和所有我们称之为自己的东西一样。当我们谈论到我们的家庭、我们的房子，或我们的汽车，我们乃是谈论到上帝允许我们在世上时所能享受的人和事物，但是这一切其实都是属于主的。注意诗人对上帝的赞美，“天属你，地也属你”。

了解到谁真正拥有我们所拥有的一切之所有权应该会改变我们的想法。正如我们意识到我们的雇主允许我们使用设备来帮助我们更有效率地工作一样，我们也应该知道，我们所拥有的一切都是为了让我们用来服侍我们的主。我们的时间、我们的才干、我们的恩赐、我们的产业，甚至我们的家庭都是从上帝暂借来的，以便我们能更有效地做主的工作。

才干的比喻（马太 25:14-30）明确指出，主人把“家业委托”于他的三位仆人（第 14 节），仆人们都明白这事；所以当主人回来时，第一个仆人说：“主人，你交给我五千银子。请看，我又赚了五千。”（20 节）

今天我们所拥有的都是托付给我们的，暂借给我们的，是给我们的祝福，以致我们可以做主要我们在这里做的事。有一天，我们都需要站在主人面前，对所托付给我们的一切向主人交账。愿我们都像保罗一样，可以无愧地说：“那美好的仗我已经打过了，当跑的路我已经跑尽了，该信的道我已经守住了。从此以后，有公义的冠冕为我存留，就是按着公义审判的主到了那日要赐给我的，不但赐给我，也赐给凡爱慕他显现的人。”【提后 4:7-8】。我们都准备好迎接那一天了吗？

祷告：

亲爱的主，感谢祢的提醒，今天我们所拥有的一切，祢所祝福我们的一切，都不是单单让我们独自享用的。我们要用它来荣耀祢。我们要用它来让更多的人认识祢是主和救主，更多的人可以得到祝福和帮助，特别是在这一大流感疫情的时候。帮助我们能与周围急需祢的爱和祝福的人分享祢的爱和祝福。奉耶稣宝贵的名祷告，阿门。

Tuesday, 20 October 2020

Title: HOPE – Messianic Psalm Prophecy on the Resurrection of Christ

By: Pastor Isaac Yim

Psalm 16:8-11 (NIV)

*8 I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.  
9 Therefore my heart is glad and my tongue rejoices; my body also will rest secure,  
10 because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay.*

*11 You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*

One of the most remarkable features of the Messianic Psalms is found in the prophecy of Jesus' resurrection. The resurrection of Jesus Christ from the dead is the cornerstone of the Gospel. If Jesus rose from the grave, who saw him? After His resurrection, Jesus appeared eleven times, as recorded in the four Gospels, Acts and 1 Corinthians. Those who claimed to have seen the risen Jesus went on to turn the world upside down. Most of them died as followers of Christ.

The resurrection of Jesus Christ was predicted not only in the Psalms but also in other books of the Old Testament. Jonah 1:17 is linked to Matthew 12:40: "For as Jonah was three days and three nights in the belly of the great fish, so the Son of Man be three days and three nights in the heart of the earth." Thus, Jonah's experience is seen in the same vein as the coming resurrection.

Prediction is one thing but being fulfilled is another thing. Both Peter and Paul applied this Messianic Psalm in their respective preaching.

Acts 2:29-31 (ESV)

*29 "Brothers, I may say to you with confidence about the patriarch David that he both died and was buried, and his tomb is with us to this day. 30 Being therefore a prophet, and knowing that God had sworn with an oath to him that he would set one of his descendants on his throne, 31 he foresaw and spoke about the resurrection of the Christ, that he was not abandoned to Hades, nor did his flesh see corruption."*

Acts 13:30-37 (ESV)

*30 But God raised him from the dead, 31 and for many days he appeared to those who had come up with him from Galilee to Jerusalem, who are now his witnesses to the people. 32 And we bring you the good news that what God promised to the fathers, 33 this he has fulfilled to us their children by raising Jesus, as also it is written in the second Psalm,*

*"You are my Son, today I have begotten you."*

*34 And as for the fact that he raised him from the dead, no more to return to corruption, he has spoken in this way,*

*"I will give you the holy and sure blessings of David."*

*35 Therefore he says also in another psalm,*

*"You will not let your Holy One see corruption."*

*36 For David, after he had served the purpose of God in his own generation, fell asleep and was laid with his fathers and saw corruption, 37 but he whom God raised up did not see corruption.*

The Old Testaments prophets went into great detail to describe the life, death and resurrection of Jesus. He fulfilled these prophecies with such accuracy a millennium later, that we can now have full confidence to trust Jesus, who has conquered death, as our Lord and Saviour.

Some of you may have heard about Cryonics: This is a process of freezing and storing the body of a recently deceased and diseased person, to prevent tissue decomposition, so that at some future time the person might be thawed out and brought back to life when a cure for the disease has been developed. The Cryonics Society of New York, has taken as its motto, "Never say die!". Yet, with all our advances, man is still powerless to prevent death which fills his heart with dread.

Our HOPE is in the Risen Christ who conquered death. Jesus said:

*"I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?"*  
*(John 11:25-26 ESV)*

### **Prayer for Today**

Our heavenly Father, the prolonged Covid-19 is like a dark cloud over our heads. Lord, this pandemic has caused untold suffering to many. It becomes a heavy burden on our back. We are discouraged, in despair and even depressed. Sometimes we feel like we are being sucked into a deep, dark pit. We come to You Lord, our Rock, our Shelter, our Fortress, our only HOPE in these difficult times. Thank You Lord, You are our Resurrection and our Life. It is in You we can find our bearing to move forward with significance, purpose and direction. Thank You, Jesus. In Jesus' Name. Amen.

*1 Peter 5:7 (NIV) Cast all your anxiety on him because he cares for you.*

*Deuteronomy 31:8 (NIV) The Lord himself goes before you and will be with you; he will never leave you nor forsake you; do not be discouraged*

每日灵粮

星期二, 2020 年 10 月 20 日

标题：盼望—弥赛亚诗篇所预言主的复活

作者：严以撒牧师

翻译：陈晓佩姐妹

诗篇 16:8-11 [和合本]

8 我将耶和华常摆在我面前，因他在我右边，我便不致摇动。

9 因此我的心欢喜，我的灵快乐，我的肉身也要安然居住。

10 因为你必不将我的灵魂撇在阴间，也不叫你的圣者见朽坏。

11 你必将生命的道路指示我，在你面前有满足的喜乐，在你右手中有永远的福乐。

弥赛亚诗篇其中一个最显着的特点是在耶稣复活的预言。耶稣基督从死里复活是福音的奠基石。如果耶稣从坟墓里复活了，有谁见过祂？耶稣复活之后，显现了十一次，如四福音书、使徒行传和歌林多前书所记载。那些声称见过复活的耶稣的人前去颠覆了世界。他们大多数因着是基督的跟从者而死了。

耶稣基督的复活不只是在诗篇里预言，在其他旧约的书卷也有预言。约拿书 1:17 被连接到马太福音 12:40：“约拿怎样三日三夜在大鱼的腹中，人子也要照样三日三夜在地里。”所以约拿的经历在本质上被看为与那即将到来的复活是一样的。

预言是一回事，但应验预言是另一回事。彼得和保罗在各自的讲道中都应用了这篇弥赛亚诗。

使徒行传 2:29-31

29 弟兄们！先祖大卫的事，我可以明明的对你们说：他死了，也葬埋了，并且他的坟墓直到今日还在我们这里。30 大卫既是先知，又晓得神曾向他起誓，要从他的后裔中立一位坐在他的宝座上，31 就预先看明这事，讲论基督复活说：他的灵魂不撇在阴间；他的肉身也不见朽坏。

使徒行传 13:30-37

30 神却叫他从死里复活。

31 那从加利利同他上耶路撒冷的人多日看见他，这些人如今在民间是他的见证。

32 我们也报好信息给你们，就是那应许祖宗的话，

33 神已经向我们这作儿女的应验，叫耶稣复活了。正如诗篇第二篇上记着说：“你是我的儿子，我今日生你”。

34 论到神叫他从死里复活，不再归于朽坏，就这样说：

“我必将所应许大卫那圣洁、可靠的恩典赐给你们。”

35 又有一篇上说：

“你必不叫你的圣者见朽坏。”

36 大卫在世的时候遵行了神的旨意，就睡了（或作：大卫按神的旨意服事了他那一世的人，就睡了），归到他祖宗那里，已见朽坏；37 惟独神所复活的，他并未见朽坏。

旧约先知详细地描述了耶稣的生、死和复活。一千年后，祂如此准确地应验了这些预言，让我们能以完全的信心去信靠这位已经胜过死亡的耶稣为我们的主和救主。

你们当中有些人可能听过人体冷冻技术：这是一个冷冻并储存刚过世和患病的人遗体的过程，目的是要避免身体组织腐化，好让日后当研发了治愈这疾病的疗法时，这个人可能被解冻并可复活。纽约人体冷冻学会（The Cryonics Society of New York）采用的座右铭是“永不言死！”。可是，尽管取得了这些进步的技术，人类还是毫无能力避免让内心充满恐惧的死亡。

我们的盼望在战胜死亡的复活基督里。耶稣说：

“复活在我，生命也在我。信我的人，虽然死了，也必复活； 26 凡活着信我的人必永远不死。你信这话吗？”（约翰福音 11:25-26）

今日祷告

我们在天上的父，这持续已久的新冠肺炎好像我们头顶的一朵乌云。主阿，这疫情给许多人造成了难以言状的痛苦。这成了我们背后沉重的负担。我们感到灰心丧气、绝望，甚至沮丧。有些时候我们觉得好像被吸入了一个又深又暗的坑里。我们来到主祢的跟前，我们的磐石、我们的蔽护所、我们的山寨，祢是我们在这困难时期的惟一的盼望。感谢主，祢是我们的复活，并是我们的生命。在祢里头我们可以找到我们的方位，有意义、有目标，有方向地前进。谢谢祢，耶稣。奉主耶稣的名。阿们。

彼得前书 5:7 你们要将一切的忧虑卸给神，因为他顾念你们。

申命记 31:8 耶和华必在你前面行，他必与你同在，必不撇下你，也不丢弃你；不要惧怕，也不要惊惶。”

Wednesday, 21st October 2020

Title: Prayer with Trust

Author: Pastor Wallace Ong

Psalm 62:5 – 8

5 Yes, my soul, find rest in God; my hope comes from him.

6 Truly he is my rock and my salvation; he is my fortress; I will not be shaken.

7 My salvation and my honor depend on God; he is my mighty rock, my refuge.

8 Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

Looking back to the time before the Covid-19 pandemic struck the world when people's lives relied so heavily on technology and scientific advancement that everything seems to be doing exceedingly well. It seems like we have the answer to almost every question. With all of our advanced knowledge, we may be tempted to think that mankind has the ability to solve every problem ourselves. However, it does not take much to remind us that we are still finite beings and powerless. There are many questions which we simply do not have answers for. But believers should know where we put our trust and where our hope rests. It is not in the power or the ingenuity of the human kind.

In Psalm 62, King David addresses his "heart" and then exhorts the people to look to God for protection. He contrasts the trustworthiness of God — especially for deliverance and protection with the vanity of human pride. The concept of 'waiting' for God is a central idea in the book of Psalms. To wait for God and to rest our souls in Him for help and to spend time in contemplation, worship, and prayer in bringing our struggle to God alone.

Psalm 62: 5 – 8 gives us a beautiful model of prayer. It is a prayer which stems from continual trust in a trustworthy God. King David writes, "Trust in Him at all times, O people; pour out your heart before him; God is a refuge for us." He instructs God's people on prayer with an undivided heart — the kind of prayer that is pleasing to God. The word "refuge" when broken down into its Latin root words literally means to "turn and flee to, over and over." When the Old Testament speaks of "refuge", its Hebrew root (hasah) in a lexicon — calls our attention first of all to sin and the wreckage it causes. "Refuge" is always used in the context of a threat, something wrong or dangerous in the world, as in seeking a safe place from a dangerous threat.

God intended for our safe place to be in Him and that we might be able to put our full trust in Him. King David modeled this kind of prayer that begins a call to a total trust in God, a trust which is "at all times". Notice that his emphasis is not upon the level of trust, but rather the constancy of trust and God's worthiness of trust. A trust which is able to endure through all times which can only be founded on God alone. God's solidity as "mighty rock and refuge" leads to King



David's constancy in trust. This kind of prayer is also offered in the integrity of the heart. Not only King David modeled constancy, but also honesty. He instructs God's people in verse 8 to, "pour out your heart before him." For David, trusting God is to bring the deepest confine within our heart to God in prayer, because he knows God looks at the sincerity of the prayer.

Simply put, King David tells us that it can be so difficult to trust God because we must trust in Him "alone" — and we so often want to trust God and something else or someone else. However, we must learn to pray like King David and we should ask ourselves, what is competing for our trust in God alone? Can we surrender to God the things that lead us to more anxiety and to stray away from total trust in Him alone?

Prayer:

Our Heavenly Father, we thank You for your blessings and Your grace and mercy we experience each new day. We come to You in praise and repentance proclaiming that You are our refuge and strength at all times. Please forgive us when we are rushing through in our prayers or when we react to situations without waiting for You and Your timing. Help us Lord to be still in Your presence as we pour out our hearts before You. Grant us joy and peace in You today and forevermore. We pray in Jesus' name. Amen.

每日灵粮

星期三, 2020 年 10 月 21 日

标题: 倚靠的祷告

作者: 王振威传道

翻译: 陈健萍姐妹

【诗篇 62:5-8】[和合本]

5 我的心哪、你当默默无声、专等候神. 因为我的盼望是从他而来。

6 惟独他是我的磐石、我的拯救. 他是我的高台. 我必不动摇。

7 我的拯救、我的荣耀、都在乎神. 我力量的磐石、我的避难所、都在乎神。

8 你们众民当时倚靠他、在他面前倾心吐意. 神是我们的避难所。

回顾新冠肺炎大流行袭击全球之前，当人们的生活是那么倚重科技和科学的进步时，一切看来都非常好，看似几乎每个问题我们都有答案。有了我们所拥有的先进知识，我们可能会以为人类有能力自己解决每一个问题。然而，要提醒我们原来我们仍是有限且无能并不需多费功夫。有许多问题我们根本就没有答案。但信徒应该知道我们的倚靠和盼望的所在；它不在人类的能力或聪明。

在诗篇 62 中，大卫王对他的“心”说话，然后劝告人们向上帝寻求保护。他将上帝的信实——特别是在拯救和保护方面，与人类骄傲的虚荣心作了对比。“等候”上帝的概念是诗篇中的核心思想。等候上帝、让我们的灵安息在祂里面以得帮助；花时间默想、敬拜，以及祈祷，把我们的挣扎都惟独交托给上帝。

诗篇 62:5-8 给了我们一个美丽的祈祷模式。这是一个源于持续不断地倚靠一位可靠的上帝的祷告。大卫王写道：“你们众民当时倚靠他、在他面前倾心吐意. 神是我们的避难所。”他指导上帝的子民，祷告要全心全意——那是讨上帝喜悦的祷告。”refuge（避难所）”这个字在分解成拉丁语的字根时，字面意思是“一遍又一遍地转身逃跑”。当旧约谈到“避难所”时，它的希伯来字根（哈萨 hasah）在词典中——首先引起我们注意的，是罪和它造成的损毁。”避难所”总是用于具威胁的语境中、世界出事了或有危险了，如寻觅一个安全的地方以免受到危险的威胁。

上帝意欲我们安全之处乃在祂里面，而且我们能够完全地倚靠祂。大卫王效仿了这样的祷告，以呼吁对上帝的完全倚靠为开首，这是“时时”的倚靠。请注意，他的重点不在倚靠的程度，而在于倚靠的恒常性和上帝的可靠性。一种历久不衰且惟独以上帝为基础的倚靠。上帝作为“力量的磐石和避难所”的可靠性导致大卫王对祂信靠的坚定。这样的祈祷也是以纯净正直的心所献上的。大卫王不仅树立了坚定不移的榜样，也树立了诚实的榜样。他在第 8 节中指导上帝的子民“在他面前倾心吐意”。对大卫而言，倚靠上帝就是在祷告中把我们内心最深的局限交给上帝，因为他知道上帝着眼于祷告者的诚意。

简单地说，大卫王告诉我们，相信上帝可以是如此困难因为我们必须“惟独”信靠祂——而我们经常想倚靠上帝也依靠其他的人或事物。然而，我们必须学习像大卫王这样祈祷；我们也应该问自己，什么在争夺我们惟独倚靠上帝的心？我们能否向上帝交出那些令我们更加焦虑并令我们远离惟独完全倚靠祂的东西？

祈祷：

我们的天父，我们为每个新的一天所经历到祢的祝福、恩典和怜悯向祢感恩。我们来

赞美祢，向祢悔改，宣称祢每时每刻都是我们的避难所和力量。当我们匆匆忙忙地祈祷时，或当我们在没有等候祢和祢的时间而对情况作出反应时，求祢赦免我们。我们向祢倾心吐意时，帮助我们安息在祢跟前。赐予我们在祢里面的喜乐与平安，从今时直到永远。我们以耶稣的名祷告。阿门。

Thursday, 22 October 2020

Title: God's Enabling Power!

By: Cecilia Tan

Psalm 121:1-2

"I lift up my eyes to the mountains — where does my help come from? My help comes from the LORD, the Maker of heaven and earth."

The psalmist in Psalm 121 paints the world as a hostile and threatening place and realizes that his life's journey is fraught with danger. He raises the question: "Where does my help come from?" Verse 2 is his immediate answer – he declares God is his Helper and Maker, being convinced that his dependence upon God will not be in vain.

How so? Depending on a God who desires to help but whose power is inadequate will not bring comfort or hope. But the psalmist here knows for a fact that the God he is counting on to walk alongside him on his life's perilous journey, stands above all of creation as its all powerful Maker!

What a tremendous sense of relief to know his deliverer wants to help and has more than sufficient power to do so! Jeremiah 32:17 "Ah, Sovereign Lord, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You."

Undoubtedly the psalmist also has the unshakable conviction that God loves him beyond measure and is certain that his Helper and Maker will sustain him through every storm of life. Hence, he has learned to cast his hopelessness, despair and fear of the unknown at the feet of God and draw strength from God's promise in Isaiah 41:10, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Countless individuals have navigated the storms of life by emulating the psalmist's complete trust in the enabling power of God. They have been able to face every situation with calmness and confidence, knowing that with God's sustaining power, they can still live meaningful and fruitful lives for the glory of God! Philippians 4:13 "I can do all things through Him who strengthens me."

Fanny Crosby (1820-1915), the famous American hymn-writer was one such individual. She became blind when she was only six weeks old. Instead of becoming bitter and questioning God, she decided to trust Him for her future and devoted her life to writing hymns in praise of God's goodness and mercy.

Fanny even considered her blindness a blessing and proclaimed: "Oh what a happy soul am I, although I cannot see. I am resolved that in this world,

contented I shall be. How many blessings I enjoy, that others don't. To weep and sigh because I'm blind, I cannot and I won't!"

Before her death at 95 years of age, Fanny had composed more than 8,000 hymns and spiritual songs, many of which are our favourite hymns today e.g. "Blessed Assurance", "All the Way My Saviour Leads Me", "Draw Me Nearer", "Jesus, Keep Me Near The Cross" and "To God Be The Glory".

We can see God's enabling power at work also in the life of Nick Vujicic, an Australian-American Christian evangelist who is also a world-renowned motivational speaker, New York Times best-selling author, coach and entrepreneur. Born in 1982 without arms and legs, Nick grew up facing countless challenges and suffered from depression and loneliness. However his unstoppable faith and trust in God enabled him to rise above his overwhelming struggles to become a successful motivational speaker.

Over the years Nick has travelled the world motivating millions to find hope and meaning in life despite living with disabilities. He has spoken in 73 countries and has millions of followers on Instagram and Facebook!

Through "Life Without Limbs", an international non-profit organisation and "Attitude is Altitude", a secular motivational company, Nick continues to inspire millions and bring them closer to Jesus, his trusted Lord and Saviour who is also his Helper and Maker! Nick's most famous quote is "If God can use a man without arms and legs to be His hands and feet, then He will certainly use any willing heart!"

Fanny Crosby and Nick Vujicic allowed hope and joy into their lives despite facing challenges that rocked their very foundations! Deprived of normal physical abilities, they have not only managed to live their lives with tremendous grace under pressure, but are able to spark joy and hope in the lives of millions! Should we not expect far more from ourselves... we who are blessed with sight and limbs?

Indeed, may our hearts be willing to reject a lonely, bitter and fearful existence in this pandemic and similarly trust in GOD'S ENABLING POWER as how Fanny and Nick did. Empowered by divine help, may we creatively seek to soar on wings like eagles and be used by God for His glory!

Prayer:

Our Heavenly Father, this is a very challenging world we live in today, filled with many fears and uncertainties. Only one thing is certain: only You, our Almighty God and Creator can dispel our fears for You are our all-powerful Maker who

loves us and desires to help us in our time of need. May we learn to trust in You more each day. May we, by Your enabling power, rise above debilitating circumstances and continue to serve You with joy and gladness. We pray in Jesus' name. Amen.

每日灵粮

星期四，2020 年 10 月 22 日

标题：上帝扶助的能力！

作者：陈俊芳姐妹

翻译：薛秀合姐妹

诗篇 121:1-2

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。

诗人在诗篇 121 中将世界描绘成一个充满敌意和威胁的地方，并意识到他的人生道路充满了危险。他提出了一个问题：“我的帮助从何而来？”第 2 节是他立即的回应 – 他宣告上帝是他的帮助者和创造者，坚信他对上帝的依靠不会是徒然的。

为何如此？投靠一位愿意帮助但力量不足的上帝是不会带来安慰或希望的。但是这位诗人知道一个事实，那就是他指望在生命的危险旅途中与他同行的上帝，是那高居一切创造物之上的全能创造者！

得知他的拯救者愿意帮助并且有足够的力量做到这一点，是何等大的安慰！耶利米书 32:17 “主耶和华啊，你曾用大能和伸出来的膀臂创造天地，在你没有难成的事。”

毫无疑问地，诗人也坚信上帝对他的爱是无法测度的，并确信他的帮助者和创造者将在人生的所有风雨中扶持他。因此，他学会了将绝望、惆怅和对未知的恐惧卸下在上帝的跟前，并从上帝在以赛亚书 41:10 中的应许汲取力量：“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。”

无数的人透过仿效诗人完全倚靠上帝扶助的能力而渡过了人生的风暴。他们可以冷静并自信地面对任何情况，因他们知道，只要靠着上帝扶持的大能，他们就可以为上帝的荣耀继续过上有意义及结满果子的生活！腓立比书 4:13 “我靠着那加给我力量的，凡事都能做。”

芬妮·克罗斯比（1820-1915），一位美国著名的圣诗作家就是这样的人。她失明的时候仅有六周大。她没有变得苦涩和质疑上帝，反而决定为她的未来而信靠上帝，并奉献她的一生于写作颂扬上帝的慈爱与怜悯的赞美诗。

芬妮甚至把她的失明视作一种祝福并宣告：“哦，我的灵快乐无比，尽管我看不见。我已下定决心，在这个世界上，我会感到满足。我享受了多少别人没有的祝福。因为我失明而哭泣和叹息，我不能这样而且我也不会这样！”

在她 95 岁高龄去世之前，芬妮创作了 8,000 多首圣诗灵歌，其中许多是我们今天所喜爱的，例如“有福的确据”、“一路引领”、“导我亲近你”、“靠近十字架”和“荣耀归于真神”。

我们还可以看到上帝扶助的能力运行在力克·胡哲的生命中，一位美国澳大利亚籍基督教布道家，他也是国际知名的励志演说家、《纽约时报》畅销书作家、培训师和企业家。力克于 1982 年出生，没有胳膊和双腿，他在成长中面临着无数挑战，饱受沮丧和孤独。然而，他对上帝无可阻挡的信心与倚靠，使他超越了难以承受的痛苦并成为一位成功的励志演说家。

多年来，尽管身体残疾，力克到世界各地去，激励着数亿人寻找生命中的盼望和意义。他曾在 73 个国家演说，并拥有数亿个 Instagram（照片墙）和 Facebook（脸书）的追随者！

通过国际非营利组织《没有四肢的生命》和世俗的励志演讲公司《态度决定高度》，力克继续启发着数亿人，并引领他们更亲近耶稣，他所信靠的上帝和救主，也是他的帮助者和创造主！力克最著名的名言是：“如果上帝能使用我这没有四肢的人成为祂的手和脚，那么祂肯定会使用任何一颗愿意的心灵！”

芬妮·克罗斯比和力克·胡哲让盼望和喜乐进入他们的生活，尽管他们面对动摇了自己根基的挑战！他们虽被剥夺了正常的身体能力，但他们不仅能够在压力之下以极大的恩典过生活，而且还能够在数以万计的生命中点燃欢乐与盼望！我们难道不该对自己有更高的期望吗……我们这些拥有视力和四肢的祝福的人？

确实，愿我们的内心乐意拒绝这次疫情所带来的孤单、沉痛和令人感到恐惧的生活，并像芬妮和力克一样信靠上帝扶助的能力。在上帝授予神圣的帮助下，愿我们创造性地去寻求如鹰展翅上腾，并被上帝使用来荣耀祂

祷告：

我们的天父，我们今天生活在一个充满着许多挑战、恐惧和渺茫的世界中。只有一件事是确定的：唯有祢，我们的全能上帝和创造主，才能消除我们的恐惧，因祢是爱我们且渴望在我们有困难时随时帮助我们的全能创造主。愿我们学会每天更多地信靠祢。愿我们靠着祢赋予的能力摆脱一切令人软弱沮丧的困境，并继续欢喜快乐地事奉祢。我们奉耶稣的名祈求。阿门



Friday, 23 October 2020

Title: God's Eternity, Man's Transience

By: Ps Cheng Cheung

Psalm 90:12

So teach us to number our days,

That we may gain a heart of wisdom.

As more than 1.1 million Covid-19 deaths worldwide pass into eternity, and 1.1 million-plus families feel the sting of loved ones lost, Moses's uncomfortable prayer presses itself upon us: "Teach us to number our days that we may get a heart of wisdom."

Teach us, O God, to see in these 1.1 million deaths and more, a foreshadow of our own. Teach us to feel that our lives, however long, are "like a dream, like grass that... fades and withers" Psalm 90:5 & 6. And do it so that we may get a heart of wisdom. So that we may give ourselves, while the vapour of life still lingers, to the only work that will enter eternity.

On the other side of the coronavirus, the wisest people will not be those who have diversified their financial portfolios, nor those who have stocked up on masks and sanitiser in preparation for potential future waves, but those who have learned to say from their hearts, "Only one life, 'twill soon be past; only what's done for Christ will last."

Ecclesiastes 3:11 says we have eternity in our hearts, and so we are slow to learn the lesson that life is a vapour. Life in the moment feels sturdy and secure, and we often act as if it might go on forever. So we rarely see the reality that life is fragile and brief. Calamities bring death close. The previous months and days have sharpened the words of Psalm 90 into unpleasant focus:

Psalm 90:3, 5 & 9

"You return man to dust and say, 'Return, O children of man!'...

You sweep them away as with a flood...

For all our days pass away under your wrath;

We bring our years to an end like a sigh"

No wonder Moses ends his reflections on death with a desperate prayer: "Let the favour of the Lord our God be upon us, and establish the work of our hands; yes, establish the work of our hands!" Psalm 90:17. Only God can take this dying seed called life and make it bear fruit that lasts for eternity.

Now, in Jesus Christ, our lives and our labour are not swept away, but established: "Be steadfast, immovable, always abounding in the work of the Lord, knowing that 'in the Lord' your labour is not in vain" – 1 Corinthians 15:58. Let us be clear that outside of the Lord, our most impressive labours are grand

nothings. Careers, bank accounts, reputations and legacies, if built in our name rather than in Christ's, must vanish in time. But in the Lord, no labour is in vain.

What will it mean for us to labour in the Lord? We need to ask this question again and again throughout our lives, not only in the midst of a pandemic. But moments like this one throw into sharp relief the choices in front of us. Our days are numbered, eternity is coming, and the only labour that matters is labour in the Lord. What then shall we do?

Perhaps it took the coronavirus to expose just how many trivialities take up our time, and to make us feel the urgency of some good work we have long put off doing.

The radical need not wait until life returns to "normal." What we call "normal life," remember, is really life on the edge of a precipice, not nearly so different from life now as many of us imagine. Some Christians have given their days to delivering free food to communities on the brink. Others have fostered or "adopted" outstation or overseas students in need of a home-cooked meal and being cared for away from home, or simply played the role of cab driver to church for these students when the lockdown was not on. Life is too short, and eternity too long, not to throw ourselves into something that is out of our comfort zones. It may feel too big, perhaps a bit too risky, but it is always packed with potential to glorify Christ.

Numbering our days begins with numbering this day: this unrepeatable, God-given 24 hours, filled with opportunities to labour in the Lord. We have not yet gained a heart of wisdom until eternity presses itself down into the present, teaching us to live today in light of forever. It matters little what kind of work we have ahead of us today – radical or ordinary, pleasant or bitter. What matters is whether we do it in the Lord.

Some material taken from an article by Scott Hubbard, Desiring God.

#### Prayer for Today

Lord, life is going by so fast and life is too short to waste on things that do not last for eternity. So teach me to consider my mortality, so that I might live wisely.

I seek You, Lord, to direct my path that I may know Your perfect will, moment by moment, for me. Reveal this to me, I pray, that I might submit and not labour my remaining days on this earth in vain. In Jesus' Name, I pray. Amen.

每日灵粮

星期五，2020 年 10 月 23 日

标题：上帝的永恒，人类的短暂

作者：张祯祥传道

翻译：梁玉萍姐妹

诗篇 90：12

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。

当全世界超过 110 万人因新冠肺炎死亡而进入永恒，及 110 万多个家庭感到失去亲人的刺痛时，摩西令人不舒服的祷告压在我们身上：“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。”

上帝啊，教导我们在这超过 110 万人的死亡中，看到自己的预兆。教导我们认知生命无论有多长，“如梦消逝....像清晨的嫩草.....凋谢枯萎。（CCB 诗篇 90：5&6）”，这样我们就可以得到一颗智慧之心。让我们在仍有生命的气息时，献身于那些能进入永恒的工作。

在冠状病毒的另一边，最有智慧的人不会是那些已经分散其金融投资组合的人，也不是那些为未来潜在的浪潮做准备而囤积口罩和消毒水的人，而是那些学会从心里说，“只有一个生命，不久就会过去;只有为基督所做的才能持续”的人。

传道书说道我们有永生在心里，因此，我们很慢地吸取生命是一片云雾的教训。当下的生活感觉坚固和安全，我们经常表现得好像它可能永远持续下去。所以我们很少看到生活是脆弱和短暂的现实。灾难带来死亡。在过去的几个月和几天里，诗篇 90 的话语更加令人关注：

诗篇 90：3、5、9

你叫人归回尘土，说：“世人啊，归回尘土吧。”

你像急流一般把世人冲走....

我们活在你的烈怒之下，

一生就像一声叹息飞逝而去。

难怪摩西以恳切的祈祷结束了对死亡的反思：“愿耶和华我们上帝的恩宠降在我们身上，建立我们的手；是的，建立我们的双手！（诗篇 90:17）“只有上帝才能拿下这个被称为生命的垂死种子，使它结出永恒的果实。

现在，在耶稣基督里，我们的生命和劳苦没有一扫而空，而是被建立起来：”所以，我亲爱的弟兄们，你们务要坚固，不可摇动，常常竭力多做主工，因为知道，你们的劳苦在主里面不是徒然的“（哥林多前书 15：58）。我们必须清楚地知道，那些最令我们引以为傲的劳苦，若不是在主里，终将是华丽的虚空。如果我们的职业生涯、银行账户、声誉和遗产是以我们的名义建立，而不是以基督的，它们会按时消失。但在主里，没有劳苦是徒然的。

对我们来说，在主里劳苦意味着什么？我们需要在我们的一生中一次又一次地问这个问题，而不仅仅是在疫情中。但是如此时刻让我们眼前的选择变得清晰。我们的日子屈指可数，永恒即将到来，唯一重要的劳苦是在主里的劳苦。那我们该怎么办？

也许冠状病毒揭露了琐事占用我们很多时间，让我们为长期拖延不做的好事感受到迫切性。

激进主义者不必等到生活恢复“正常”。记住，我们所说的“正常生活”实际上是处于悬崖边缘的生活，与我们许多人想象的现实生活没有太大不同。一些基督徒花时间来为濒临危机的社区提供免费食品。其他人则是代养或“收养”那些需要家常饭菜并被照顾的外地或海外学生，又或者在没封锁时为那些到教堂的学生当司机。生命过短，而永恒过长，我们不得不深入地做安乐窝以外的事物。这可能感觉太大，也许有点冒险，但是它总是充满着荣耀基督的潜力。

数算我们的日子是从这一天开始：这个不能重复的，上帝所赐的 24 小时充满了在主劳苦的机会。只有当我们学习如何在此时此刻以永恒观生活，我们才能获得一颗智慧的心。我们今天面前什么样的工作——非凡或平凡、愉快或痛苦——并不重要。重要的是我们是否在主里做。

今日的祷告

主啊，生命过得真快，生命太短暂了，不能浪费在那些不会永存的事物上。因此，请教我思量我的必死性，好叫我有智慧地生活。

主啊，我求你指引我的道路，使我能随时知道你对我的完美旨意。我祈求你向我启示，以便我能屈服，而不是在世上余下的日子徒然劳苦。我奉耶稣的名祷告。阿们。

Saturday, 24 October 2020

Title: May the Lord strengthen our hearts

By: Ps Johnson Chong

Psalm 57:7-8

7" My heart, O God, is steadfast,

my heart is steadfast;

I will sing and make music.

8 Awake, my soul!

Awake, harp and lyre!

I will awaken the dawn."

A believer may have no accomplishment and no progress in the spiritual life. The reason is that his heart is not fixed, and he harnesses two objectives, two preferences, two thoughts, and two desires in his mind and soul. He wanted to serve God, but he could not relinquish his monetary possession; he wanted to follow the Lord, but he could not leave his family. He held the plow in his hand but looked back. This kind of person can only set the foundation, but cannot finish a building, which is a joke.

There are many examples in the Bible. Lot was a righteous man but lived in Sodom. He was hurt every day but refused to leave. He was miserable even after he was retrieved by the angel. Aaron was not as staunch or stands as steadfast as his grandson, Phinehas, because of his attitude towards sin. Aaron would have perished without Moses' intercession. The man of God from Judah was not determined to obey God's command and was killed by a lion. Zedekiah was ashamed by failure because of fear and hesitation.

But in the Bible, we also see people who stood steadfast in their heart. Caleb was a man with a steadfast heart. He had been following God exclusively when he was old, never wavered, and received beautiful promises and inheritance. Ruth was a very determined woman, determined to follow her mother-in-law, without being shaken. Elisha was a determined man as well. He followed Elijah to the end, and he asked for abundant inspiration until he got it. Mordecai was a steadfast man. He never gave in to Haman, and he was glorified. Paul was a steadfast man and finished his race without hesitation.

God uses this pandemic to test our attitude of worship. In the past seven months or so, the pandemic has indeed endangered people's lives and livelihoods globally. Christians also face challenges in church life. Dear brothers and sisters in Christ, our faith has been shaken in one way or another, whether it is a tribulation in faith amid natural or man-made disasters. David belongs to God and he knew God intimately. Therefore, in times of difficulties, he took refuge in God for peace and steadiness.

Dear brothers and sisters in Christ, how about you and me? How can we stand steadfast in the Lord? The answer is faith and trust in our God. David strengthened himself in the Lord his God (1 Samuel 30:6). Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord. (1 Corinthians 15:58). May the Lord renew a steadfast spirit within me.

Prayer:

Dear Heavenly Father, I want to thank you and praise you. We can see David's faith stood steadfast when he faced many difficulties and dangers. Our merciful and loving God, we are full of hope in you. In every trough of our lives, you will give unexpected peace and blessings like running rivers in the desert. Through You, our hearts stand steadfast in Christ, we will not be shaken in all sufferings, we thank and praise you. We are to recognise our shortcomings in weakness, our faith strengthens in trusting You. Lord! Please strengthen us with supplications and thankful hearts, in the holy name of our Lord Jesus Christ. Amen !

每日灵粮

24/10/20

题目：求主叫我们的心坚定

作者：张胜牧师

诗篇 57：7~8 “神阿，我心坚定，我心坚定。我要唱诗，我要歌颂。我的灵阿，你当醒起，琴瑟阿，你们当醒起。我自己要极早醒起。”

一个信徒可能一生毫无成就，在属灵的生命上没有长进，原因就是心不坚定，一直容让两个意思、两种喜好、两种思想和两种愿望在心里。他想事奉神，又舍不得玛门；想跟从主，又离不开家人；手扶着犁却向後看。这种人只能安了地基，却盖不成楼，令人笑话。

在圣经中不是没有这样的例子，罗得是个义人，却住在所多玛，他天天伤痛，却不肯离开，结果，虽然被天使拉出来了，却非常悲惨。亚伦就是因为对於罪恶的态度，不像他孙子非尼哈那样坚定，以致陷在大罪中，若不是摩西代祷，必遭灭亡。从犹太来的神人因为对遵守神的命令不坚定，以致被狮子咬死。西底家因为惧怕、犹豫不定，最终遭到失败的羞耻。

但在圣经中，我们也看到心里坚定的人，迦勒就是一个心里坚定的人，到老一直专一跟从神，绝不摇动，而得到美好的应许和产业。路得是非常坚定的女子，决心至死跟从婆母，不受任何摇动。以利沙又是一个坚定的人，他跟随以利亚到底，一定要求得加倍的灵感为止，他真的得到了。末底改更是一个坚定的人，他就是不向哈曼屈服，结果得到荣耀。保罗是一个坚定的人，他不以性命为念，直到行完路程。

神藉着这次的疫情考验我们对主敬拜的心态。过去的七个多月，疫情确实危及人们的生命和生计。疫情也为许多国家带来民不聊生的境遇，许多人在生活与生计上都面对困难，基督徒在教会生活上也一样面对挑战。亲爱的弟兄姊妹，无论是信仰上的患难，或是天灾人祸，我们的信心或多或少都受到动摇。大卫属神，他更认识神，因此，在重重困难下，他投靠神，使他的心灵得安宁，坚定。亲爱的弟兄姊妹，你呢？

亲爱的弟兄姊妹，怎样才能心里坚定呢？那就是因着信心和倚靠神。大卫却倚靠耶和华他的神，心里坚固（撒上 30：6）。所以我亲爱的弟兄们，你们务要坚固不可摇动，常常竭力多作主工，因为知道你们的劳苦，在主里面不是徒然的（林前 15：58）。求主叫我们的心坚定。

祷告：

亲爱的天父，我要感谢和赞美你。我们看见大卫当他在面对重重困难和危险时，他的信心依然是那么坚定不移。慈爱的主，爱我们的神，在你里面满有盼望，你要在沙漠开江河，在我们人生的每个低谷，你都赐下出人意料的平安和祝福，你也使我们的信心坚定在基督里面，在苦难面前不至动摇，我们唯有感谢和赞美你。在软弱中认识到自己的不足，信靠你的人信心却要增强，主啊！求你坚固我们的心。

祷告祈求和感谢，奉主耶稣基督的圣名。阿门！

## **Sunday, 25 October 2020**

Title: The Psalms is a source to help us to pray

**By Abraham Verghese**

*While the following may not seem to be written as a devotion, I hope the points I picked in the course of my reading will be helpful for us to appreciate that the Psalms is a source to help us to pray. Read and ponder or meditate as needed on the scriptures referred to below.*

The Psalms show us the faithful in the Old Testament relating openly and honestly to God. The book of Psalms served as both hymnal and prayer book for ancient Israel. It was the record of how Israel once worshiped and prayed to their God. Prayer is one of the most important things we learn to do. It is important, because it is an opportunity to talk to God. It is sometimes difficult because it can seem to be an awkward and one-sided conversation.

It was the same in New Testament times. The disciples of Jesus noticed that He seemed to be able to pray at any time and place and hence asked Jesus *"Teach us to pray,"* (Luke 11: 1). The disciples wanted to be able to talk to God as Jesus did. We do as well. But perhaps when we try, we don't know what to say. Our attention wanders. On various occasions we may get up feeling our prayers have gone no higher than the ceiling.

The Psalms gives us a more intimate look at Israel's relationship with God, not just a historical record like other books of the Bible do. We begin to appreciate not only what happened, but also the emotions of those involved. This is what makes Psalms helpful as we build our relationship with God.

Here are some important principles from the Psalms to help us pray more effectively:

### **1) Don't be afraid to say what's in our minds.**

We should always approach God respectfully, and it is always appropriate to praise Him. There are times when we are filled with hope and enthusiasm. We feel close to God, and we appreciate what he has done for us. This is how David felt when he wrote Psalm 65. (Note also Psalms 66 and 67.)

But he didn't always pray like this. For example, look at Psalms 54, 56, 57 and 59. On these occasions, David was in trouble, and he wasted no time in asking for help. On other occasions, David even asked God to hurry up and help him (Psalms 70: 1; 38: 22). Once, David actually asked God if he had forgotten him (Psalm 13: 1-2).

Similarly, I should not be afraid to tell God precisely what's on my mind. After all, does He not already know what is in my mind even before I can verbalise it? So why not say it and urge God to intervene?



## **2) Don't hide our mistakes.**

Some people feel awkward about praying, especially after they have made a big mistake. Or perhaps they have not prayed for a long time, and they think they aren't worthy of God's love and acceptance.

At times such as these, it is reassuring to read Psalm 51, written when David had sinned terribly – adultery with Bathsheba followed by the murder of her husband Uriah (see 2 Samuel 11). David had failed miserably as he should have been the moral leader of the nation.

But when David recognised his sin, he went to God in humility and genuine repentance, asking for forgiveness. David knew he was a sinner, and asked God to help keep him from continuing to sin.

In the same way, when we confess our sins, God *"is faithful and just and will forgive our sins and purify us from all unrighteousness"* (1 John 1: 9). How could I hide my mistakes anyway from God? After all, would I not feel better as well after I confess instead of thinking I can hide anything from Him?

## **3) Wait for God's answer.**

Prayer is a spiritual act of worship in which we share our most intimate thoughts with God the Father (Luke 11: 2), through Jesus Christ his Son. It is not a magic formula or shopping list for getting everything we want exactly when we want it (see James 4: 3). We should make our requests known to God (Philippians 4: 6), but we should not expect God to answer our prayers immediately or our way every time.

David's prayers were not always answered right away. God was working with him across a lifetime.

The Psalms gives some fascinating glimpses into the minds of people as they endured trials of their faith.

In Psalm 73, the author, Asaph, expresses anger and impatience at what seems like God's indifference. Have you not felt this way at times? I have. He even wonders if living God's way is worth it (verse 13). God allows this, because as Asaph sorts out his churning emotions, he calms down and his faith and patience is restored (verses 21-26). You'll find another example of a prayer changing a negative mood in Psalm 10.

God knows that we have emotions. We do not always have to appear before Him cool, calm and collected. A relationship with God is a learning process. Sometimes we need to be guided through life's trials and tribulations, not just "airlifted out" of every situation. This is a vital part of our spiritual growth. During

such times of stress, God will help us sort out our negative thoughts and emotions, and give us peace of mind that *"transcends all understanding"* (Philippians 4: 7).

God's answer may be NO! For example, Paul told the church at Corinth: *"To keep me from becoming conceited...there was given me a thorn in my flesh...to torment me"* 2 Corinthians 12: 7. Paul explained: *"Three times I pleaded with the Lord to take it away from me. But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"* (verses 8-9).

We don't know what Paul's thorn in the flesh was, but it hindered his ministry and he asked God to remove it. God did not do so. Paul acknowledged that this "thorn" kept him humble (verse 7). It reminded him of his daily need for contact with God. Likewise, we too, will need the same reminder from time to time.

So, while I should present my requests urgently and fervently to God, I must wait patiently as to God what and when He will answer me is His prerogative. After all He sees the end from the beginning – what can I see but a hazy present?

#### **4) Have confidence in the outcome.**

When everything around us seems to be falling apart, it's hard to walk by faith. But that's exactly what we are called to do (2 Corinthians 5: 7). God will never forsake those who trust him (Psalm 9: 10). Even so, there will be times when we will feel rejection and humiliation.

I have at times wondered why God allowed me to fall into an extended period of doubt and even disbelief but I am ever thankful that despite the rebellion He protected me which I may not have looked at as such then but is clear to me now on hindsight.

The Psalms can help us understand this, as we share the intimate thoughts of servants of God who have gone before us. They help us talk to God as a friend. They remind us of what we tend to forget when we are discouraged and temporarily disoriented. They are spiritual levees that control the flood of negative emotions and worry.

As we build our relationship and friendship with the same God who listened to the prayers of David and other authors of the Psalms, we shall also grow in courage and faith. We shall feel confident in asking, *"May the words of my mouth and the meditation of my heart be pleasing in Your sight"* (Psalm 19: 14).

**Prayer:**

Heavenly Father, thank You that we can at anytime approach You without fear of saying what is in our minds or having to hide our sins as You know what is in our minds even before we say anything. You see the end from the beginning. Let us patiently wait with confidence as whenever and whatever is Your answer it is the best in accordance with Your will. Let us learn from Your servants of old from what You allowed them to record in the Psalms for our benefit.

May the words of our mouths and the meditations of our hearts be pleasing in Your sight O God!

In Jesus' name. Amen.

每日灵粮

星期日，2020 年 10 月 25 日

题目：诗篇是教导我们祷告的源泉

作者：亚伯拉罕·韦尔盖塞

翻译：杨仕涵弟兄

以下内容可能不像是写为灵修用的，但我希望我在阅读过程中选择的这几个要点将帮助我们认识到，诗篇的确是帮助我们祷告的源泉。阅读并思考或默想以下所提到的经文。

诗篇让我们看见旧约中，忠心的仆人们如何直接地和诚实、真诚地与上帝相交。诗篇既是古代以色列的赞美诗，又是祈祷书。这是以色列曾经如何向他们的神敬拜和祈祷的记录。祷告是我们学习的最重要事情之一。祷告如此重要，因为祷告是与上帝交谈的机会。祷告有时困难，因为似乎像一种尴尬而单方面的谈话。

在新约时代也是一样。耶稣的门徒注意到他似乎随时随地都可以祷告，所以对耶稣说“求主教导我们祷告”（路加福音 11：1）。门徒希望能够像耶稣一样与神交谈。我们也一样。但是当我们尝试祷告时，也许也不知道该说些什么。我们失去注意力。在多种情况下，甚至可能感到我们的祷告几乎没有穿透天花板。

诗篇让我们对以色列与上帝的关系有了一个更加密切的理解，而不仅仅是像其他圣经的书卷那样的历史记录。我们不仅意识到事情的经过，却开始能以体会其中人的情绪。这就是使诗篇在我们与上帝建立关系时有所帮助的原因。

以下是诗篇中的一些重要原则，可以帮助我们更有效地祷告：

#### 1) 不要害怕说出脑里所想的事情

我们的确应该以尊重的心对待上帝，赞美上帝也总是合适的。我们有时候充满盼望和热诚。我们感觉到上帝与我们同在，我们感谢祂在我们生命中的作为。这就如大卫写诗篇 65 时的感受。（也可见诗篇 66 和 67）。

但他并不总是这样祷告。例如，请看诗篇 54、56、57 和 59。在这些境况，大卫遇到了患难，他及时地寻求帮助。在其他情况下，大卫甚至要求上帝快快地帮助他（诗篇 70：1； 38：22）。有一次，大卫还问上帝是否忘记了他（诗篇 13：1-2）。

同样，我不应该害怕诚实地告诉上帝我的想法。毕竟，上帝在我未把话说出口之前，不都已经知道我在想什么了吗？所以，那我为何不说出来并求上帝介入呢？

#### 2) 不要遮掩我们的错误

有些人尤其是在犯了一个大错误之后，觉得祷告是一件尴尬的事。也许他们已经很久没有祷告，所以认为自己不配得到上帝的爱 and 接纳。

在这些时刻，阅读诗篇 51 能给我们带来安慰，这是大卫犯了大错之后所写的诗篇，大卫与拔示巴犯了奸淫，又杀了拔示巴的丈夫乌利亚（见撒母耳记下 11）。大卫失败了，因为他本来应该成为国家道德上的领袖。

但是，当大卫认识到自己的罪之后，他便带着谦卑和真诚悔改来到上帝面前，寻求饶恕。大卫知道他是一个罪人，并祈求上帝帮助他不要继续犯罪。

同样，我们若向上帝认我们自己的罪，上帝“是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义”（约翰一书 1:9）。

无论如何，我在上帝面前怎能隐藏自己的错误？毕竟，我承认我的错之后，一定比较好受，而不是设想可以隐瞒上帝我的错过。

### 3) 等待上帝的答案

祷告是一种敬拜的属灵行为，我们通过上帝的儿子耶稣基督与天父分享我们最亲密的思想（路加福音 11: 2）。祷告不是一个神奇的配方或购物清单，让我们随时获得自己想要的一切（见雅各书 4: 3）。我们应该告诉上帝我们所要的事情（腓立比书 4: 6），但我们不应该期望上帝会立即或按我们的意思回应我们的祷告。

大卫的祷告并没有每次都得到及时的答复。上帝使用大卫的一生塑造他。

诗篇让我们看见人们信心在经过试炼之时的思想。

在诗篇 73 中，诗人亚萨（Asaph）对上帝看似漠不关心表达了自己的愤怒和不耐烦。你有时候是否也有这种感觉吗？我有。他甚至怀疑自己按上帝的心意生活是否值得（13 节）。上帝允许这些事发生，当亚萨理清他的情绪时，他平静下来，恢复了信心和耐心（21-26 节）。你也会在诗篇 10 中找到祷告改变负面情绪的一个例子。

上帝知道我们有情感。我们并不总是必须在他面前显得冷静、镇定和有自制力。与上帝的关系是一个学习的过程。有时，我们需要经历人生的试炼和磨难，而不仅仅是在每种情况下被“提出来”。这是我们灵命成长的重要部分。在这种艰难时期，上帝会帮助我们理清消极的思想和情绪，并赐给我们“出人意外的平安”（腓立比书 4: 7）。

上帝的答案也有可能是“不”！例如，保罗对哥林多教会说：“又恐怕我。。。过于自高，以有一根刺加在我肉体上，。。。攻击我”（哥林多前书 12: 7）。保罗解释说：“为这事，我三次求过主，叫这刺离开我。祂对我说：“我的恩典够你用的，因为我的能力是在人的软弱上显得完全。”（8-9 节）。

我们不知道保罗身上的刺是什么，但是这阻碍了他的事奉，他要求上帝除去它。上帝并没有这样做。保罗承认这一根“刺”使他保持谦卑（7 节）。这根刺提醒他每天都需要与上帝亲近。同样，我们往往也需要相同的提醒。

因此，尽管我应该及时和热心地向上帝祷告，但我必须耐心地等待，因为上帝何时如何答复是祂的主权。毕竟，上帝从起初指明末后的事，我却只能看见模糊的现今。

### 4) 对结果要有信心

当我们周围的一切似乎都崩溃时，很难继续凭信心行走。但这正是我被蒙招所要行的（见哥林多前书 2: 5）。上帝永远不会离弃那些依靠祂的人（见诗篇 9: 10）。即使这样，有时我们也会感到被拒绝和屈辱。

我有时想知道为什么上帝让我陷入一个很长的怀疑时期，但我一直很感恩，尽管我不顺服祂，祂仍保护了我。那时我可能没有这样看是，但如今已经清楚了。

我们可以透过诗篇中上帝的仆人的思想和经历帮助我们，能以朋友的身份与上帝交谈。他们在我们灰心丧气和暂时迷失方向时提醒我们应该如何应对。他们是控制大批负面情绪和忧虑的属灵大堤。

当我们与上帝建立关系和友谊的时候，我们应该以勇气和信心成长，因为这位上帝也是听大卫和其他诗人祷告的上帝。我们应该充满信心地求：“愿我口中的言语、心里的意念在你面前蒙悦纳。”（诗篇 19:14）

祷告

天父，感谢祢，因为我们可以以任何方式到祢面前，而不必担心说出我们的内心深处，也不必隐瞒自己的罪过，因为祢知道我们的心思意念。祢从起初看见末后的事。让我们耐心地等待，因为无论何时何地，祢的回答都是按照祢最美好旨意。让我们向祢仆人在诗篇中所记载的学习。

愿我口中的言语、心里的意念在你面前蒙悦纳！

奉主耶稣基督的名祷告。阿门。

Monday 26th October 2020

Title: Sustained in the Silence

Pastor Soong Kok Kee

Psalm 94: 18

When I said, "My foot is slipping," your love, O Lord, supported me.

Hudson Taylor (1832-1905) was the founder of the China Inland Mission and a great servant of our Lord. Reading his biography many years ago, one line stuck in my mind – the sun will not rise without seeing Hudson Taylor on his knees praying for the souls of China. Such a great spiritual giant and prayer warrior was he. Yet, he was just a mere man like you and I, for after the ferocious Boxer Rebellion of 1900, in which hundreds of his fellow missionaries were killed, Taylor was emotionally devastated and his health began to fail. Nearing the end of life's journey, he wrote, "I am so weak that I cannot work. I cannot read my Bible; I cannot even pray. I can only lie still in God's arms like a child and trust."

My dear brothers and sisters, have you and I not passed through a time when we were tired of body and sick of heart? Do you find it difficult to focus your mind on biblical promises? Has it become hard for you to pray? Don't write yourself off as a spiritual castaway or a failure. You are just joining a host of God's people who have experienced the dark night of their soul. David, in many of his psalms, felt like that. As did the great prophet Elijah who ran from the wrath of Jezebel. In our journey through life, all of us have gone through those dark valley experiences when we felt lost and frightened and hopeless. We are only human.

When such times come upon us and they will, if not already – all we can do – indeed, all we need to do – is to lie still, like a child in the arms of our heavenly Father. Words aren't necessary. A comforting father doesn't expect his child to make speeches. Neither does God. He knows we need His soothing love and care. In times of trouble, His love holds us up (Psalm 94:18). We can trust Him to carry us through that dark night of our soul and out again into the dawning light.

PRAYER:

Dear Lord, thank you for reminding us that all of us would go through those dark nights like the psalmist David, Taylor or Elijah. We will not tarry, but we will go through because you will always be there to hold us in love and care. Hang on to us Lord, that we will not slip or fall and if we do, and we will Lord, let us not grovel there but help us to get up and walk again. In Jesus precious name we pray, AMEN.

每日灵粮

星期一，2020 年 10 月 26 日

标题：沉默中得持续

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗 94:18】

我若说：“我失了脚！”耶和華啊，你的慈愛必扶持我。

哈德森•泰勒 (Hudson Taylor, 1832-1905) 是中国内地会的创始人，也是我们的主的伟大仆人。许多年前读过他的自传，自传里有一句话一直停留在我的脑海里——不看到哈德森•泰勒跪下为中国的灵魂祈祷，太阳是不会升起的。他是如此一位伟大的属灵巨人和祷告战士。然而，他只是像您我一样的平凡人，在 1900 年凶残的义和团之乱——拳民起义之后，他的数百名传教士同伴被杀害，泰勒的心绪崩溃了，他的健康开始日渐走下坡。生命旅程即将结束时，他写道：“我太虚弱了，无法工作。我不能读圣经；我甚至不能祈祷，我只能像孩子一样躺在上帝的怀抱里，信靠祂。”

亲爱的兄弟姐妹们，您我不都曾经经历过身心疲惫的时候吗？您觉得很难把注意力专注于圣经中的应许吗？您很难向主祷告吗？不要放弃，别把自己看为属灵弃儿或失败者。您只是加入了经历过属灵黑夜的上帝子民的群体中。大卫在他的许多诗篇中，感觉如此；逃离耶洗别的愤怒的伟大先知以利亚也是一样。在我们的人生旅程中，当我们感到迷失、恐惧和绝望时，我们都经历了那些黑暗的低谷经历。我们只是人。

当如此时刻临到我们时（如若还没临到，终必会临到）——我们所能做的——事实上，我们所需要做的——就是像孩子一样静躺在天父怀抱里。不需要有任何的言语。一位使孩子得安慰的父亲不会期待他的孩子这时候讲话。上帝也一样。祂知道我们需要祂安抚的爱和关怀。在困难时期，祂的慈爱必扶持我（诗篇 94:18）。我们可以信靠祂带领我们度过属灵的漆黑夜晚，再进入黎明的曙光。

祷告：

亲爱的主，谢谢祢提醒我们，我们所有人都会像诗人大卫、泰勒或以利亚一般经历黑暗的夜晚。我们不会停留在黑暗里，我们会度过，因为祢将永远在那里以爱和关怀拥抱着我们。主呀，紧抓着我们，好叫我们不至滑倒或跌倒；如果我们真的滑倒或跌倒了，我们的确会，主呀，让我们不要跪倒匍匐在那里，帮助我们重新站立起来，再次行走。奉主耶稣基督的宝贵名祷告。阿门。



Tuesday, 27 October 2020

Title: The Ascension Of Jesus

By: Pastor Isaac Yim

Messianic Psalms 68:18 and 110:1; Acts 1:7-11; Ephesians 4:7-13

We are all very familiar with Christmas (celebrating the Birth of Christ), Good Friday (the Crucifixion) and Easter (the Resurrection of Christ from the dead). However, very few pay much attention to the Ascension, when Jesus went to Heaven forty days after His Resurrection.

In the Psalms there are two prophetic messages on the Ascension of Jesus Christ. Just like a jigsaw puzzle, the pieces have fallen in place one by one. The Messianic prophecies found in Psalm alone is sufficient for me to believe that God's Hand is at work. Yes, indeed history is "HIS STORY". A thousand years ago God inspired the writers with the minute details of the coming Messiah in Jesus Christ.

*You ascended on high, leading a host of captives in your train and receiving gifts among men, even among the rebellious, that the LORD God may dwell there. (Psalm 68:18)*

This verse is quoted by Paul in Ephesian 4:8. Then the subsequent three verses, Ephesians 4:9-11, are among the most difficult to explain. Paul applies this verse to the Ministry of the Ascended Christ. David is describing the conquerors marching to the gates and taking tribute from the fallen city. Paul is using this picture of Christ suffering a painful death on the Cross and the Resurrection. Then He was victorious over death and Satan. When Christ ascended into heaven, He gave gifts to the church. It also celebrates His victory over evil. It gives us the assurance that all who believe in Christ by trusting Him can overcome evil too.

The next Messianic verse on Ascension is found in Psalm 110:1 – *The LORD says to my Lord: "Sit at my right hand, until I make your enemies your footstool."*

Throughout the Bible the right hand of God is the place of heaven which denotes the place of power, authority and sovereignty. Jesus is all power God or omnipotent. Christ is seated on the throne of God in heaven. He is in full control of the universe. He is waiting for the time when everyone of His enemies is under His feet. The right hand of God is a place of honour. He died for our sins and the sins of the world. He has overcome death. He is risen to glory seated at the right hand of God.

Luke, the only Gentile writer in the New Testament, has faithfully recorded the Life and Ministry of Christ in the Gospel of Luke. His continuation in the Book of Acts recorded the Ascension of Christ into heaven and the birth and growth of

the Church. These were the parting words of Jesus to all His disciples then and now:

*8 But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”  
9 And when he had said these things, as they were looking on, he was lifted up, and a cloud took him out of their sight. 10 And while they were gazing into heaven as he went, behold, two men stood by them in white robes, 11 and said, “Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven.” (Acts 1.8-11)*

Please take note of a few very important things in His final parting words:

1. He left for heaven but He sent His Holy Spirit to us. He did not leave us like helpless orphans. He empowers us to be powerful witnesses for Him. He has also given us a plan to witness worldwide.
2. It must be wonderful and marvellous to see Jesus being ushered into heaven. Oh, He promised us that He will come back in the same way He was taken up. This prophecy is to come. All the Old Testament prophecies of Jesus during His earthly journey have been beautifully and perfectly fulfilled. So, based on those fulfilled prophecies, I believe with all my heart and soul that Jesus is coming soon, and very soon.
3. Let's be watchful! We are reminded of The Parable of the Ten Virgins in Matthew 25:1-11. Let us be wise, make sure our lamps have sufficient oil and keep them burning. Jesus says, “Watch therefore, for you know neither the day nor the hour.” (Matthew 25:13)

### **Prayer for Today**

Our loving Father, Thank You for Your words that strengthen our faith. The deeper we go into Your word, the more we discovered You were at the beginning, You are here walking with us, and You will be back again. Father forgive us when we are so wrapped up with the here and now; we somehow don't see beyond all our problems and difficulties of the day. Lord, we thank You for Your steadfast love never changes. You are with us in both our good days as well as in our bad days. Lord, help us to be faithful and hopeful till You return. Come, Lord Jesus!

In Jesus' Name. Amen

每日灵粮

星期二, 2020 年 10 月 27 日

标题: 耶稣升天

作者: 严以撒牧师

翻译: 陈晓佩姐妹

弥赛亚诗 68:18 和 110:1; 使徒行传 1:7-11; 以弗所书 4:7-13

我们对圣诞节（庆祝基督的诞生）、受难节（基督被钉十字架）和复活节（基督从死里复活）都很熟悉。但是，很少人关注耶稣复活四十天之后升天的事。

在诗篇里有两篇预言耶稣升天的信息。好像拼图一般，一片片地落在适当的位置。仅在诗篇里的弥赛亚预言已经足够让我相信上帝的手在作工。是的，历史确实是“祂的故事”。一千年以前上帝已向作者启示在基督耶稣里弥赛亚将降临的细节了。

你已经升上高天，掳掠仇敌；你在人间，就是在悖逆的人间，受了供献，叫耶和华神可以与他们同住。（诗篇 68:18）

保罗在以弗所书 4:8 引述这节经文。接下来的三节经文，以弗所书 4:9-11 是最难诠释的。保罗引用这节经文在基督升天的圣工里。大卫在描述征服者向城门前进并从倾倒之城拿下贡物；保罗是使用它为基督在十字架上受苦至死并复活的画面。之后祂征服了死亡和撒旦。当基督升天时，祂赐下恩赐给教会，也欢庆祂胜过邪恶。这给了我们保证凡是信靠基督的人也可以胜过邪恶。

另一节关于基督升天的弥赛亚经节是在诗篇 110:1 — 耶和华对我主说：你坐在我的右边，等我使你仇敌作你的脚凳。

在整本圣经中，上帝的右边是天堂代表着权力、权威和主权的位置。耶稣是全能的上帝或无所不能的。基督在天堂坐在上帝的宝座上。祂完全地掌控宇宙。祂在等待祂的全部仇敌都在祂脚下的时刻。上帝的右边是一个尊荣地方。祂为我们的罪和全世界的罪死了。祂已经胜过死亡。祂已复活得荣耀，坐在上帝的右边。

路加，唯一在新约里的一位外邦人的作者，忠实地在路加福音里记录了基督的生平和事工。他在使徒行传里继续记录了基督升天和教会的诞生与增长。以下是耶稣对祂所有门徒的告别语：

请注意在祂的告别语里的几个非常重要的事：

1. 祂去了天堂，但是祂差了祂的圣灵赐给我们。祂没有撇下我们如无助的孤儿。祂赐给我们权柄为祂作有力的见证。祂也给了我们计划去向全世界作见证。
2. 耶稣被引进天堂一定奇妙又精彩。啊，祂应许我们祂会像被接升天一样再回来。这预言一定会实现。所有旧约中有关耶稣在世的预言都已完美地应验了。所以，按照已经应验的预言，我满心相信耶稣快来了，并且很快了。
3. 让我们警醒！马太福音 25:1-11 里十个童女的比喻提醒了我们。我们要有智慧，确定我们的灯有足够的油并让它一直点燃。耶稣说：“所以你们要警醒；因为那日子，那时辰，你们不知道。”（马太福音 25:13）

今日祷告

我们慈爱的天父，谢谢祢，借着祢的话语坚固我们的信心。我们越在祢的话语上深入，我们越是发现祢创始便在，祢在这里和我们同行，并且祢将会再来。天父，当我们太过于关注目前，宽恕我们；我们不能超越我们当前的问题和难处。主啊，谢谢祢对我们坚定不移的爱。无论是在我们好的或是不好的日子里，祢与我们同在。主啊，帮助我们忠心并充满盼望，直到祢回来。主耶稣阿，我愿祢来！  
奉主耶稣的名。阿们。

Wednesday, 28th October 2020

Title: In Your Light

Author: Pastor Wallace Ong

Psalm 36: 5-9 (ESV)

5 LORD, your love is as high as the heavens.

Your faithful love reaches up to the skies.

6 Your holiness is as great as the height of the highest mountains.

You are as honest as the oceans are deep.

LORD, you keep people and animals safe.

7 How priceless your faithful love is!

People find safety in the shadow of your wings.

8 They eat well because there is more than enough in your house.

You let them drink from your river that flows with good things.

9 For with you is the fountain of life;

in your light do we see light.

When I first read Psalm 36:9 "For with You is the fountain of life; in Your light do we see light"; this verse struck me deeply and made me ponder. Considering our Christian walk with God, we are faced with daily struggles in decision making. We are called to make righteous choices in accordance to His words. At the same time, we are ensnared because we have an enemy that creates doubt in our mind and wants us to follow our fleshly desires. The enemy also wants us to act independently from God and give in to our sinful nature. Do we all agree that it is easier for us to just resolve into our old ways of trusting ourselves?

Many a time in my everyday life, as I am busy doing my daily routine and solving problems, challenges and opposition arising from those unkind people around me inevitably lead me to doubt God in my walk with Him. Doubt subsequently leads to discouragement, and discouragement to depression.

"In Your light do we see light"- this phrase especially encourages me whenever I am going through the battle against discouragement, doubt, and fear. "In God's light, we see light!" God has not called us to be depressed or to feel anxious when we are facing darkness against our soul. This word "light" is also a symbol of the "truth" — truth about who we are and who He is. He is the fountain of life. He is faithful in love. He is holy, honest, and we can find safety in the shadow of His wings.

Therefore, we should have this truth prevailing in our soul and experience this refreshing light that dispels darkness. Abide in Him by faith and enjoy our safety under His wings. Let our soul not be anxious because the true light is with us and in us. Jesus identifies himself as the light of the world that gives "the light of life" to whomever follows him. In John 8:12, again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will

have the light of life.” Jesus was telling us that He is the light of life, and for those who believe in Him, He is in them. Hence, as believers, the light of life is with us and in us. Take this truth by faith, to be with the light, in the light, and knowing that the light is always in us. Be encouraged, the next time we have a dark cloud hanging over our heads with a despondent and depressed feeling — all we need to do is to claim the promise and be assured that we are in the light! What Christ has done on the cross has saved us from now to eternity. His faithfulness and His love provide us the only sure ground of confidence that, in Him, we will see the light in our walk and in our life.

Lyric by Lauren Daigle... You Say

I keep fighting voices in my mind that say I'm not enough,  
Every single lie that tells me I will never measure up,  
Am I just the sum of every high and every low?  
Remind me once again just who I am, because I need to know...  
Oh Lord, You say I am loved when I can't feel a thing,  
You say I am strong when I think I am weak,  
And You say I am held when I am falling short,  
And when I don't belong, You say I am Yours,  
And I believe, I believe...what You say of me...  
The only thing that matters now is everything You think of me,  
In You I find my worth, in You I find my identity,  
Taking all that I have and now I am laying it at Your feet,  
You will have every failure, my God, You will have every victory.  
Oh Lord, You say I am loved when I can't feel a thing,  
You say I am strong when I think I am weak,  
And You say I am held when I am falling short,  
And when I don't belong, You say I am Yours,  
And I believe, I believe...what You say of me...

Prayer:

Dear Heavenly Father, we thank You for keeping us safe to this day — how priceless is Your unfailing love to us. May we all find refuge in the shadow of Your wings. We ask for more of You, Oh Lord — only in the clarity of Your light, we are able to see light. Open our eyes that we may see You today. Please remove anything hindering us from experiencing Your love and seeing Your faithfulness in our lives. We lift up our eyes to You today — all praise and glory belong to You as we pray in Jesus' most precious name. Amen.

每日灵粮

星期三, 2020 年 10 月 28 日

标题：在你的光中

作者：王振威传道

翻译：陈健萍姐妹

【诗篇 36:5-9】

5 耶和华阿、你的慈爱、上及诸天。你的信实、达到穹苍。

6 你的公义、好像高山。你的判断、如同深渊。耶和华阿、人民牲畜、你都救护。

7 神阿、你的慈爱、何其宝贵。世人投靠在你翅膀的荫下。

8 他们必因你殿里的肥甘、得以饱足。你也必叫他们喝你乐河的水。

9 因为在你那里、有生命的源头。在你的光中、我们必得见光。

我第一次阅读诗篇 36:9 时，“因为在你那里、有生命的源头。在你的光中、我们必得见光。”，这句话深深地打动了，让我深思。考量到我们与基督的同行，我们在决策过程中每天都面对挣扎。我们被召唤按照祂的话作出正义的选择。与此同时，我们也陷入困境，因为我们有一个敌人在我们的脑海中制造了怀疑，要我们依从我们肉体的意愿；敌人还希望我们脱离上帝而独立行事，屈服于我们的罪性。我们是否都同意，决定用以前信自己的方式行事较为容易？

在我的日常生活中，很多时候当我忙于处理日常事务和解决问题时，从我周围那些不友善的人引起的挑战与反对，无可避免地令我在我与上帝同行的过程中怀疑祂。怀疑随后导致沮丧，继而引致忧郁。

“在你的光中、我们必得见光”——每当我与沮丧、怀疑和恐惧争斗时，这句话特别激励我。“在上帝的的光中，我们得见光！”当我们面临黑暗对抗我们的灵魂时，上帝并没有叫我们消沉或感到焦虑。“光”一词也是“真理”的象征——关乎“我们是谁”和“祂是谁”的真理。祂是生命的源头。祂忠实于祂的慈爱。祂是圣洁的、诚实的，我们可以投靠在祂翅膀的荫下得保全。

因此，我们的灵魂应该有这真理作主导，去体验这令人精神振作且驱散黑暗的光。凭信心住在祂里面，在祂的翅膀下安然享受祂的保护。让我们的灵魂不焦虑，因为真光与我们同在，且在我们里面。耶稣表明自己是世界的光，赐“生命的光”给任何跟随祂的人。在约翰福音 8:12，耶稣再次对他们说：“我是世界的光。跟从我的、就不在黑暗里走、必要得着生命的光。”耶稣在告诉我们，祂是生命之光，对那些相信祂的人来说，祂就在他们里面。因此，作为信徒，生命之光与我们在一起并且在我们里面。凭信心接受这个真理，与光一起，在光中，并且知道光总是在我们里面。鼓起勇气，下一次我们头上笼罩着一片带懊丧抑郁情绪的乌云时——我们只需支取这个应许，确保我们处于光明中！基督在十字架上所作的一切已经拯救了我们，从现在直到永远。祂的信实和祂的慈爱为我们提供了惟一可靠的信心基础，那就是，在祂里面我们将会在我们的历程和人生中看到祂的光。

劳伦·戴格尔 《祢说》歌词

我一直在对抗心底说我还不够好的诸多声音，  
每一个谎言都告诉我，我永远达不到要求，

难道我只不过是每个高峰低谷的总和吗？  
再次提醒我，我是谁，因为我需要知道...  
哦，主啊，当我没有感知时，祢说我是被爱的；  
当我认为自己软弱时，祢说我是刚强的；  
当我亏缺时，祢说祢紧握着我了；  
当我没有归属时，祢说我是祢的。  
我相信，我相信，祢对我的评价...  
现在惟一重要的是祢对我的看法，  
在祢里面，我找到了我的价值，在祢里面我找到了我的身份。  
我把我所有的一切都安放在祢的跟前，  
祢会接受每一个挫败，我的上帝，祢会接受每一个胜利。  
哦，主啊，当我没有感知时，祢说我是被爱的；  
当我认为自己软弱时，祢说我是刚强的；  
当我亏缺时，祢说祢紧握着我了；  
当我没有归属时，祢说我是祢的。  
我深信，我深信，祢对我的评价...

祈祷：

亲爱的天父，感谢祢一直保守我们安好至今 – 祢对我们永不止息的爱是多么的宝贵。  
愿我们所有人都得以藏身在祢翅膀的荫下。我们要求更多的祢，上帝啊，只有在祢清澈的光中，我们才能看到光。请开启我们的眼睛，好让我们今天就看到祢。请祢挪去一切在我们生命中拦阻我们经历祢的慈爱和看到祢的信实的障碍。我们今天就仰望祢——我们奉耶稣至宝贵的名字将所有的赞美和荣耀都归于祢。 阿门。



Thursday, 29 October 2020

Title: The pull of home

By Dorothy Teoh

Psalm 84 is one of my favourite psalms. In it, the psalmist talks about a journey, a pilgrimage to the house of the Lord in Jerusalem which was a very important feature of Jewish life.

1 How lovely is your dwelling place,  
Lord Almighty!

2 My soul yearns, even faints,  
for the courts of the Lord;  
my heart and my flesh cry out  
for the living God.

3 Even the sparrow has found a home,  
and the swallow a nest for herself,  
where she may have her young—  
a place near your altar,  
Lord Almighty, my King and my God.

4 Blessed are those who dwell in your house;  
they are ever praising you.

5 Blessed are those whose strength is in you,  
whose hearts are set on pilgrimage.

6 As they pass through the Valley of Baka,  
they make it a place of springs;  
the autumn rains also cover it with pools.

7 They go from strength to strength,  
till each appears before God in Zion.

Tyndale Old Testament Commentaries on Psalm 84 says: “Longing is written all over this psalm” and describes the psalmist, one of the Korahite temple singers, as an “eager and homesick man”.

While he looks forward to being in the temple, his longing is for God Himself. He even envies the sparrow which has found a home for itself, probably among the temple eaves, for its nearness to God.

The pandemic has disrupted or curtailed many people’s travel plans. With the number of cases rising again not just in Malaysia but elsewhere around the world, most of us are uncertain when we will be travelling again because of closed borders, mandatory quarantines or the fear of contracting the virus.

But there is one journey that all believers can embark on without even boarding an airplane, and that is the journey of drawing closer to God and dwelling in

Him, just like the “blessed” ones the psalmist refers to in verse 4. As we get to know God better, we will have reason to always praise Him.

In a way, Covid-19 has facilitated this “journey” as the lockdown and work from home allow us to spend more time praying and studying God’s Word without worrying about getting to the office on time or beating rush hour traffic. The advice to stay home and closure of entertainment outlets also mean less distractions!

Our journey is not a literal pilgrimage but a journey of the heart. However, even when we resolve on making this journey (v5), we may face obstacles and challenges, just like on physical journeys. In verse 6, the pilgrims pass through the Valley of Baka. Baka (or baca) and translated as “balsam trees”, is thought to refer to a tree or shrub that grows in arid places. Yet, the pilgrims turn this dry land into “a place of springs”.

I like the way Tyndale describes this phrase, as “a classic statement of the faith which dares to dig blessings out of hardships”. And God does not leave us high and dry. As He sends the autumn rains that cover the valley with pools, so He sends blessings to end our spiritual dryness and relieve our trials.

I borrowed the title “The pull of home” from the Tyndale commentary on the psalm because, as believers, our true home is in heaven and getting there is a journey of faith. As I get older, this sense of being on a journey that’s taking me closer to eternity becomes more real. As Tyndale puts it, “The nearer the goal, the stronger its pull...”

May we all have that same longing as the psalmist did for God and “set our hearts on pilgrimage” the way the pilgrims did.

Prayer:

Abba Father, we may not be able to travel during this pandemic but help us to embark on this journey of faith in our hearts. Put in us this longing like the psalmist had for you. And whatever our age or stage of journey, help us not to flag but to gain in strength and press on more eagerly until we come into your presence. In Jesus’ name. Amen.

每日灵粮

星期四，2020 年 10 月 29 日

标题：家的吸引力

作者：Dorothy Teoh

翻译：薛秀合姐妹

诗篇 84 是我最喜欢的诗篇之一。诗篇中的诗人讲述的是一段前往耶路撒冷上帝的圣殿朝圣的旅程，朝圣是犹太人生活中一个非常重要的特色。

1 万军之耶和华啊，你的居所何等可爱！

2 我羡慕渴想耶和华的院宇；我的心肠，我的肉体向永生神呼吁。

3 万军之耶和华—我的王，我的神啊，在你祭坛那里，麻雀为自己找着房屋，燕子为自己找着抱雏之窝。

4 如此住在你殿中的便为有福！他们仍要赞美你。

5 靠你有力量、心中想往锡安大道的，这人便为有福！

6 他们经过流泪谷，叫这谷变为泉源之地；并有秋雨之福盖满了全谷。

7 他们行走，力上加力，各人到锡安朝见神。

丁道尔《旧约注释》对诗篇 84 评述：“这诗篇洋溢着渴慕之情”；并描述那诗人，一位可拉后裔的圣殿唱工，是一位“殷切想家的人”。

当他渴想进入上帝的圣殿时，他所渴慕的是上帝自己。他甚至羡慕那麻雀，那很可能在圣殿的屋檐筑巢的麻雀，因为它靠近上帝。

当今疫情已经破坏或削减了许多人的旅行计划。随着确诊病例再次攀升，不仅在马来西亚，也在世界各地，由于边界封闭、强制隔离或担心受到病毒感染，我们大多数人都不能确定我们何时才能再次旅行。

但是，有一个旅程是所有信徒无需乘搭飞机都可以成行的，那就是亲近上帝且要住在祂里面的旅程，就像诗人在第 4 节中提到的“有福的人”一样。因为当我们更认识上帝，我们就有理由时时刻刻赞美祂。

在某种程度上，新冠肺炎促成了这次的“旅程”，因为封锁和在家工作使我们可以花更多的时间祈祷和学习神的话语，而不必担心要准时到达办公室或避免高峰时段的交通拥堵。留在家中和关闭娱乐场所的建议也意味着更少的干扰！

我们的旅程并非字面上的朝圣，而是一个心灵之旅。即使我们决定踏上此旅程

（v5），我们也可能会面临障碍和挑战，就像实体的旅程中一样。在第 6 节中，朝圣者穿过流泪谷（Valley of Baka）。Baka（或 baca），被翻译为“胶杉树”，是指在干旱地区生长的树木或灌木。然而，朝圣者叫这片干旱土地变为“泉源之地”。

我喜欢丁道尔如此描述这句短语，即“关于信心的一种经典的说法，就是敢于从逆境中挖掘祝福。”上帝并没有让我们孤立无助。正如祂赐下秋雨之福盖满了全谷，祂也会赐下祝福以结束我们灵性的干渴，并缓解我们的试炼。

我从丁道尔对这诗篇的注释借用了“家的吸引力”这个标题，因为身为信徒，我们真正的家园是天堂，而要到达那里是一段信心之旅。随着年龄的增长，这种让我更接近永

恒的旅程的感觉变得更加真实。正如丁道尔所说：“目标越近，它的吸引力就越强……”

愿我们都拥有像诗人一样对上帝的渴慕，以及像朝圣者一样“让我们的心想往锡安大道”。

祷告：

阿爸父，在这场疫情之下我们也许无法去旅行，但愿祢帮助开启我们内心的信心之旅。愿祢把像诗人对祢的这种渴望放在我们里面。无论我们的年龄或旅程处于什么阶段，祈求祢帮助我们不疲乏，而是力上加力，并更加积极地前进，直到我们见祢的面。奉耶稣的名祷告。阿门。

Friday, 30 October 2020

Title: Who will minister unto the Lord?

By: Ps. Cheng Cheung

Psalm 101:2b I will walk within my house in the integrity of my heart.

Various commentators have given interesting titles to suggest what they perceive to be the key message of Psalm 101. Amongst them – “Ideals for a King”, “A King’s Determination to Rule Righteously” and “A Blameless Life.” Could this be David’s meditation on the standards and practices that should mark the ideal king?

This is a wonderful set of standards for all those who have some degree of responsibility in governance. But why merely meditation? We all know the ideals were somewhat lost in transit. Tragically, David and his son Solomon, the greatest of Israel’s kings, themselves violated this standard. Nevertheless, this is a psalm for every leader, indeed, everyone to ponder.

There are nine “will” statements in the psalm which form the core of David’s ideals.

(1) I will sing of loyal love and justice (v 1);

(2) I will sing praises to you, O Yahweh (v 1).

David recognizes the importance of singing praises and giving thanks to God Almighty for His lovingkindness, and for being the God that He is.

(3) I will walk in the integrity of my heart, in the midst of my house. (v 2)

It has been said that it is easier for most men to walk with a ‘perfect’ heart in the church, or even in the world, than within their own families. Dwight Moody said that if he wanted to know about (the depth and authenticity of) a man’s religion, he would not ask his minister, but his wife. To the married brothers out there, would you welcome such inquiry?

(4) I will not set before my eyes any wicked thing (v 3)

Other translations use much stronger language, such as “a thing of worthlessness”, akin to abhorrent, revolting and disgusting. Why might there be such a resolve to not set one’s eyes on such offensive things? Because once such an image is cast upon one’s mind, it cannot be erased. This fact should not surprise us, because there are many testimonies of people who seek counselling and psychiatric help after being exposed to sexually explicit and pornographic material or watched movies with strong demonic undertones. The advice is clear – do not start!

(5) A perverse heart will depart from me;  
I will not know evil. (v.4)

This is similar to verse 6, where integrity characterizes the godly man or woman. The picture being cast is that he/she has such a high level of integrity that a perverse heart, if personified would find it so uncomfortable that it would 'walk away' or simply depart since it cannot make an impression.

(6) One who slanders his neighbour in secret,  
him I will destroy. (v 5)

So much damage done by one tiny muscle in one's body – the tongue! Invariably the slanderous act would be behind the victim's back, of course. No one would slander a person in his presence, surely. However, we need to be aware the damage to the victim's reputation is just as great if unverified tales are carried either innocently, without malice, or recklessly, without checking the veracity of the story. Let us exercise control over that tongue, always, lest God's watchman exact punishment on us.

(7) One haughty of eyes and arrogant of heart,  
him I will not endure. (v 5)

Beware the sin which caused Lucifer's fall. It creeps up on you imperceptibly.

(8) He who walks in a blameless way is the one who will minister to me. (v 6)

To "minister to the Lord" is to worship Him alone in all that you do. So, in essence, any ministry that is directed towards others without first being directed towards God is not truly "ministering to the Lord".

(9) Each morning, I will destroy all the wicked of the land. (v 8)

This refers to the daily administration of justice by the king, similar to Moses in Exodus 18:13. It was a daily affair, driven by a desire to ensure the innocent are vindicated and the guilty punished.

What are we to make of these nine will statements? In many ways, these are part of everyday life. These are values and principles which guide our behaviour from which we should not deviate: worship and thanksgiving, transparency and authenticity, integrity, abstinence from evil, respect for our fellow man, humility, righteousness and justice.

Prayer for Today

Heavenly Father, thank You that David was a man after Your own heart. Thank You for these values which he shared.

I pray my heart will be focused on personal integrity, transformation and transparency as David's was. Fill me with the Holy Spirit that I might have the daily strength to do this. In Jesus' Name, Amen.

星期五，2020 年 10 月 30 日

标题：谁会侍候主？

作者：张祯祥传道

翻译：梁玉萍姐妹

诗篇 101：2 下 我要在我的家中，以正直的心行事（新译本）

不同的解经家提出有趣的标题，以说明他们认为是诗篇 101 的关键信息。其中包括“国王的理想”，“国王对正义统治的决心”和“无可指责的生命”。这些会不会是大卫深思中理想国王的标准及做法呢？

对于所有在治理方面负有一些责任的人来说，这是一套很棒的标准。但为什么仅仅是默想？我们都知道这些理想在传达中稍微有些改变。可悲的是，大卫和他的儿子所罗门，以色列最伟大的国王，竟违反了这个标准。然而，这是每个领导者的诗篇，确实是每个人都可以思考的。

诗篇中九个“要”的声明，构成了大卫理想准则的核心。

1. 我要歌唱慈爱和公正（第一节）；
2. 耶和华啊！我要向你歌颂（第一节）。  
大卫意识到歌颂赞美的重要性，也重视感谢全能神和他的慈爱。
3. 我要在我的家中，以正直的心行事。（第二节）  
据说，比起在自己的家庭里，大多数男人更容易在教堂里，或甚至在世界行事上用一颗“完美”的心。德怀特·穆迪（Dwight Moody）说，如果他想知道一个人的宗教(其深度和真实性)，他不会问他的牧者，而是问他的妻子。对已婚的弟兄们来说，您会接受这样的询问吗？
4. 邪恶的事，我都不摆在眼前（第三节）  
其他翻译使用更强的词句，如“毫无价值的东西”，类似于可憎，令人反感和令人作呕的。为什么会有这样的决心不看这样冒犯性的东西？因为一旦这样的画面进入人的脑海中，它就不能被抹去。这个事实不应该让我们感到惊讶，因为有许多人见证在接触露骨和色情的材料或观看具有强烈恶魔意味的电影后，他们都寻求辅导和精神科医师的帮助。建议是明确的——不要开始！
5. 狡诈的心思，我要远离；邪恶的事，我不参与。（第四节）  
这与第 6 节相似：正直是敬虔的男人或女人的特征。被刻下的画面是，这人有如此高的正直水平，以至于一个狡诈的心思若被人化，会令人感到不舒服并“走开”或干脆远离，因为它留不住印象。
6. 暗中诽谤邻舍的，我必把他灭绝（第五节）  
一个人的微小肌肉——舌头——造成了如此多的伤害！当然，诽谤行为总会在受害者的背后进行。没有人会在另一个人面前诽谤他。无论如何，我们需要意识到，不管是有意或无意，善意或恶意，如果未经证实的故事被传开，受害者的名誉损害是同样巨大。让我们常常控制这舌头，以免上帝的守望者对我们施加严厉的惩罚。
7. 眼目高傲，心里骄横的，我必不容忍他。（第五节）  
提防导致路西法堕落的罪。它会不知不觉地袭来。



8. 行为正直的，必要侍候我。（第六节）

“侍候主”就是在你所做的一切事上单单敬拜他。所以，从本质上来说，任何事工先针对他人而不是首先专注于上帝的，都不是真正的“侍候主”。

9. 我每日早晨必灭绝国中所有的恶人（第八节）

这是指王的日常司法，类似于摩西在出埃及记 18:13。这是每天的事情，其驱动力是要确保无辜者得到辩护并惩处罪犯。

我们对这九个“要”的声明有何看法？在许多方面，这些都是日常生活的一部分。这些价值观和原则指导我们不应偏离的行为：敬拜和感恩、透明和真实、正直、戒除邪恶、尊重我们的同胞、谦卑、公义和正义。

今天的祈祷

天父，谢谢你，大卫是一个合你心意的人。感谢你他所分享的这些价值观。

我祈求我的心会像大卫那样，专注于个人的正直、转变和透明度。让圣灵充满我，使我有每日的力量去做这些事。奉耶稣之名，阿门。

Saturday, 31 October 2020.

Water-Filter and Wifi?

By: Ong Hwee Soo /

Psalm 82: 1 – 4. (ESV) 1. God has taken his place in the divine council; in the midst of the gods he holds judgment: 2. “How long will you judge unjustly and show partiality to the wicked?” 3. Give justice to the weak and the fatherless; Maintain the right of the afflicted and destitute. 4. Rescue the weak and the needy; deliver them from the hand of the wicked.”

The Psalm opens with a scene of God holding court with the earthly leaders. The psalmist pictures God presiding in the assembly of world rulers and judges, who are conferred the honorific title ‘gods’ which is common in the Ancient Near East.

Here, we see the Supreme Judge giving judgment in the apex court against the corrupt judiciaries, and accuses the subordinate human judges, of the social injustices that violate the Mosaic Law (Deuteronomy 24:17-22).

In the Old Testament, a first-order task of kings and judges was to administer justice, and especially to protect the powerless.

The original word ‘justice’ in Hebrew, ‘mispat’, which means ‘to give people their due’, has two sides to it. One is ‘to arrest and punish wrongdoing’ and the other is ‘to give people what they need’. This especially refers to ‘the weak’, which is rendered ‘the poor and needy’ ,in the KJV, NKJ and NLT versions, which is a more accurate translation here.

There are many categories of the poor in our society today: the rural poor, the urban poor, the blue-collar poor, the aged poor and so on. The prophet Zechariah echoes the concerns of the Psalmist: “Administer true justice, show mercy and compassion to one another. Do not oppress the widow or the fatherless, the alien or the poor.” (Zechariah 7:9-10. NIV)

Today, my devotional is to consider the last two categories of the ‘vulnerable quartet’ in the Zechariah injunction, namely, the migrant poor.

On 26 Aug, Pastor Wallace Ong wrote his devotional on Psalm 41:1, “Blessed is the one who considers the poor...” He explained the verse pointedly, “Blessed is he who sees a need, examines the complexity of the circumstances and thinks through how he could wisely bring about a successful solution in meeting the need.”

Bible commentator, Derek Kidner expounded, “The word consider is striking, in that it usually describes the practical wisdom of the man of affairs, and so implies giving careful thought to this person’s situation rather than perfunctory help.”

My Care Group (CG) had occasion to visit a refugee school where our five 'adopted' kids are schooling. During the visit, the principal confided with us the needs of the school. I compiled a list of the items needed and our CG Deaconess broadcast the list to our CG Leaders WhatsApp Group, with the information for their respective members.

The 'First Respondent' was someone from PBC who now works and resides outstation. He drove a long distance to deliver a computer to the school. Next, two sisters supplied fifty sleeping mats for the school hostel as before the kids had been sleeping on the hard and cold concrete floor. Then a mother and her son procured two printers for the school.

Following my 26th Sept Devotional on Psalm 68:1-5, entitled "Baker or Milkman?", more 'bakers' and 'milkmen' made contributions. A CG couple, who has already begun sponsoring the entire year's monthly fees for 20 of the pupils since the school reopened during the RMCO, has arranged for the installation of a water filter for the school.

A lady from another CG requested to visit the school along with her friend from another church, who has been reading PBC's Daily Devotionals since its inception. Shortly after, the lady from PBC, procured Wifi equipment and paid one-year Wifi fees in advance. As for her friend, he told the principal, "I will consider the computer needs of the school, but first let me send an electrician to evaluate the adequacy of power supply to support the additional computers." He has subsequently planned for his wireman to rewire the whole school, which operates out of an old house, after this CMCO and thereafter to contribute four computers to the school. Here are examples par excellence of people who 'considers the poor'.

Thanks to the kind souls who have simply responded to 'felt needs' or have 'considered' the needs of the impoverished immigrants. However, some quarters queried, "If not all our local government schools have water filters or Wifi does this small refugee school deserve any better?"

Tim Keller observed three objections raised by many Christians when considering the poor. First, "my money is my own". Second, "the poor are underserving". Third, "the poor may abuse it". In his book, 'Ministries of Mercy', he writes: "Many people today are very concerned that relief only go to the 'deserving poor'. It is true that we must be sure our aid helps a person to self-sufficiency. It is also true that we are not obligated to care for the poor to the same degree that we are bound to help our needy Christian brother. However, we must be careful about using the word 'deserving' when it comes to mercy. Were we ever deserving of God's mercy? If someone is completely deserving, is our aid really mercy?"

Jesus taught in the Beatitudes, “Blessed are the merciful for they shall receive mercy.” In His very first sermon, Jesus preached from the prophetic text in Isaiah 61. To prove He is the prophesied Messiah, Jesus begins by stating that He has come “to proclaim good news to the poor” (Luke 4:17-19). As we proclaim the Good News of Jesus Christ, what good news are we bringing along to the poor?

PRAYER: Merciful Father, forgive us for the times when in considering the poor, our analysis has resulted in paralysis of inaction, instead of acts of kindness. Gracious Lord, help us to obey Your command, “You shall open wide your hand to your brother, to the needy and to the poor in your land.” (Deuteronomy 15:11), and not be tight-fisted, towards the poor. AMEN.

每日灵粮

星期六，2020 年 10 月 31 日

标题：滤水器与无线网络

作者：翁辉赐弟兄

翻译：方美珠姐妹

诗篇 82：1-4

1 神站在有权力者的会中，在诸神中行审判，

2 说：“你们审判不秉公义，徇恶人的情面，要到几时呢？（细拉）

3 你们当为贫寒的人和孤儿申冤，当为困苦和穷乏的人施行公义。

4 当保护贫寒和穷乏的人，救他们脱离恶人的手。

诗篇以上帝与地上的领袖在法庭的场景为开始。诗人描绘出上帝在主持世界领袖与法官的聚会，这些领袖和法官是被授予尊贵的头衔“神”的荣誉，这在古代近东地区很常见。

在这里，我们看到最高法官在最高法院对腐败的司法机构作出判决，并指控身为下属的人类法官违反了摩西律法之社会不公正行为（申命记 24：17-22）。

在旧约中，国王和法官的首要任务是执行正义，尤其是保护无能为力的人。

正义的希伯来原文‘mishpat’意思是‘给人们他们应得的’，它有两个意思。一是‘逮捕和惩罚做错的’，另一是‘给予人们他们需要的’。英文圣经 KJV，NKJ 和 NLT 版本比较正确的翻译为弱者，就是‘贫穷与有需要的人’。

在我们现今社会，贫穷是有很多种类的：乡下贫穷，城市贫穷，蓝领贫穷，老年贫穷等等。先知撒迦利亚回应诗人的关切：‘要按至理判断，各人以慈爱怜悯弟兄。不可欺压寡妇、孤儿、寄居的和贫穷人，谁都不可心里谋害弟兄。’（撒迦利亚 7:9-10）

今天我的灵修是关于撒迦利亚禁令中‘四个弱者’中的最后两个，寄居的和贫穷人。

八月二十六日，王牧师以诗篇 41：1 发表他的灵修，“为贫穷者思虑的有福了...”他清楚的解释，“那看见有需要，察验事情的复杂性，思想他当如何可以有智慧的想出一个成功对症下药的方法的有福了。”

圣经评论员德里克基德纳（Derek Kidner）论述，“思虑这词常令人震惊，它通常形容思虑之人的实际智慧，他会很用心的仔细考虑当事人的处境，而不是给予敷衍的帮助。

我的关怀小组有次去难民学校探访我们五个领养的孩子。探访时校长透露了学校的需要。我把需要的物资清单列下，我们的关怀小组女执事会在关怀领袖群聊里广播清单与各自成员的信息。

第一位回应的是从 PBC 来的，他现在任职并住在外地。他长途驾驶送了一台电脑给学校。接下来，两位姐妹提供了 50 个睡袋给学校宿舍，因之前孩子们都是睡在又冷又硬的石灰地。然后一个妈妈和她的儿子买了两台打印机给学校。

从我九月 26 日以诗篇 68:1-5 灵修题为“烘培师或是送奶工人?”后，更多的烘培师和送奶工人做出了贡献。从行动令解禁学校重开以后，一对已经捐献了一整年 20 个学生月费的关怀小组夫妇安装了一台滤水器给学校。

另一个关怀小组的一位女士要求能与另一间教会的朋友一起去探访学校，这位朋友一直有在读 PBC 的每日灵修。不久之后，这位 PBC 的女士买了无线网络设备和预付一年的无线费用。至于她的朋友，他告诉校长，“我会为学校所需要的电脑考虑，不过让我先差我的电工来评估电流供应是否充足给多余的电脑。”他之后也让他的电工给整个学校从新布置电线，这所学校是用一所旧房子运作的，行动令解禁之后他也捐四台电脑给学校。这些都是“为贫穷者思虑”的杰出人物的例子。

感谢这些善良的人，回应‘有需要’或‘思虑’贫乏寄居者的需要。不过，有些人质疑说，“如果连我们的地方政府学校都不是全都有过滤器或无线网络，那这小难民学校配得这些设备吗？”

提姆凯勒（Tim Keller）观察很多基督徒对帮助贫穷者的三个反对意见。第一，“我的钱是我自己的”，第二，“贫穷者应接不暇”，第三，“贫穷者可能会滥用它”。他在怜悯的事工这本书里写道：‘今天很多人都会担心救济是否能给予“真正应得的贫穷者”。我们确实是需要确保我们的援助能够帮助一个人自给自足。我们也确实没有义务去帮助贫穷者就像我们帮助有需要的基督徒弟兄那样的程度。可是当我们论到怜悯时，我们一定要小心的使用‘应得’这个词。我们是否应得上帝的怜悯？如果有人是完全的应得的话，那我们的援助是否真是怜悯呢？’

耶稣在八福里教导，“怜恤人的人有福了，因为他们必蒙怜恤”。在祂的第一个讲道中耶稣用以赛亚书 61 章的预言来传讲以证明祂就是那预言中的弥撒亚，耶稣以“传福音给贫穷的人”(路加 4: 17-19) 为开始。当我们把耶稣基督的福音传讲时，我们也同时带了什么好消息给贫穷的人呢？

祷告：慈悲的父，原谅我们在思虑贫穷的人时，我们的分析见解使我们无所作为，也不仁慈。亲爱的主，帮助我们尊行祢的命令，“总向你地上困苦穷乏的弟兄松开手”。(申命记 15: 11)，让我们对贫穷的人松开手。阿门！

Sunday, 1 November 2020

Title: Be Still and Know I am God

By Elder Yu Chin Shie

Psalm 46:10

Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.

Psalm 46 is one of the favourite psalms for believers in Christ down the centuries. This psalm was written during the reign of Jehoshaphat when the enemies of Judah, viz. Moab, Ammon and Edom came up against Judah. Jehoshaphat knew it was impossible to defeat the vast army attacking his nation. He led his people to cry to God at the temple of the Lord for deliverance. God intervened supernaturally without Jehoshaphat and his army lifting their fingers as we read in 2 Chronicles 20:1-30.

Many would know that Martin Luther started the Protestant Reformation. However, not many might know the greatest work he accomplished was the translation of the New Testament into the language of the people. He also wrote many hymns and gospel songs. The song for which Luther was well remembered, written circa 1527, is "A Mighty Fortress is our God" which is a paraphrase of Psalm 46.

On the base of Luther's tomb is inscribed, "A Mighty Fortress is Our God."

Historians tell us that the song had been sung by the persecuted on their way to exile, and by martyrs before their death. The hymn was translated from German in 1853. Part of the hymn reads :

A mighty fortress is our God  
A bulwark never failing  
Our helper he amid the flood  
Of mortal ills prevailing  
For still our ancient foe  
Doth seek to work us woe  
His craft and power are great  
And armed with cruel hate  
On earth is not his equal  
Knowing the background in which the psalm was written and also the hymn "A Mighty Fortress is our God" written by Luther, how can we apply this to our life in facing challenges, suffering and pain?

Our meditation this morning is from Psalm 46:10

Be still, and know that I am God

We have all faced and experienced suffering, pain and challenges or trials in life. Some are even facing it right now such as: the unexpected passing of a loved one, loss of jobs, pay cut or business affected due to the Covid 19 pandemic or even suffering from a life-threatening illness.

How we react or respond to crisis in life and when confronted with pain and suffering, will determine whether we go to the path of depression and a downward spiral or grow even stronger in our faith and experience the power of Christ in our lives which we might never have experienced before.

I like to propose when we are in times of suffering and pain when facing trials and imminent threats, we take time to meditate on Psalm 46:10

Be still, and know that I am God

We are told to be calm and believe "God is indeed God."

Deuteronomy 7:9 says "the Lord your God is indeed God."

Normally when facing crisis in life, we panic and become anxious and try our best to solve the problem with our own ability or seek help from others. I am sure we all realize from experience that usually it is a futile exercise because we are often in situations which are beyond our control, for example when a loved one is stricken with a terminal illness.

To believe "God is indeed God" is to acknowledge who He is. From Psalm 46, we learn of His omnipotence, His love and His ultimate plan and purpose for His people.

I can recall two experiences which challenged my faith and caused me to renew my trust in God when I reflected on Psalm 46:10 besides claiming other promises of God from scripture. The first traumatic experience was when I first came to know my mom had breast cancer when I was back home on student vacation from Melbourne at the age of 20. My family had withheld the news from me till I returned home, not wanting the news to affect my studies. I had that year just come back to the Lord and you could imagine the impact on my young faith. By the grace of God, my mom miraculously came to accept Jesus as her personal Saviour 5 years later when I came home for good.

The other challenging experience was when I lost my job at the age of 51. It was not a good time to be out of job at that age as I still had financial commitments and needed funds to educate my kids. As I had shared previously, the Lord had subsequently provided for me in a most unexpected way a good job in which I stayed on for over 16 years. I retired just recently.



I pray if any of us are now facing challenging times or in pain or suffering, please take time to be still and reflect on God's attributes – His omnipotence, His love, His omniscience, His wisdom, etc. You will be amazed how God will minister to you and give you His peace that surpasses all understanding (Philippians 4:7) and the faith to believe He works all things together for the good of those who love Him (Romans 8:28).

Prayer:

Heavenly Father,

You are the Almighty God who is sovereign over all things.

Whatever the situation we are now in, You are well aware and well able to comfort us, provide for us and will hold our hands as we go through the storms of life.

In Jesus' name.

Amen.

每日灵粮

星期日，2020 年 11 月 1 日

标题：你们要休息，要知道我是神

作者：余清熹长老

翻译：巫惠如姐妹

诗篇 46:10 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。  
（和合本）

诗篇 46 是数百年来基督徒最喜欢的诗篇之一。这首诗篇是在约沙法统治时写的，当时犹大的敌人，摩押、亚扪和米乌尼人与犹大为敌。约沙法知道，要打败攻击他国家的庞大军队是不可能的。他带领人民在上帝的殿里求祂施行拯救。在历代志下 20:1-30 中，上帝超自然地介入，使约沙法和军队不费力气地战胜仇敌。

许多人知道马丁·路德开启了新教改革。然而，也许没有多少人知道，他完成的最伟大工作是将圣经新约翻译成通俗易懂的语言。他还写过很多圣诗和福音歌曲。路德在大约 1527 年写了著名的《坚固保障》，这首歌是诗篇 46 章的改述。

路德的墓碑上刻着“坚固保障”。

历史学家告诉我们，迫害者在流亡途中和殉道者在临死前都唱过这首歌。这首圣诗的译文是 1853 年。其中部分的内容如下：

上主是我坚固保障，庄严雄峻永坚强；  
上主使我安稳前航，助我乘风破浪浪。  
恶魔盘踞世上，仍谋兴波作浪，  
猖狂狡猾异常。狰狞残暴非常，  
阴险绝世恶无双。

既知道诗篇 46 和路德创作的《坚固保障》的背景，那我们如何在面对挑战及痛苦时，运用在我们的生活中呢？

我们今早将默想诗篇 46:10

你们要休息，要知道我是神

我们在生活中都面临和经历过苦难、痛苦、挑战或考验。有些人甚至正在面临爱人意外的逝去、失业、减薪、业务因疫情受影响或甚至患有危及生命的疾病。

我们对生活中的危机以及面对痛苦的反应，将决定我们是走上抑郁和每况愈下的道路，还是信心变得更坚定，并体验到基督在我们生活中前所未有的力量。

我想建议，当我们处于苦难或受到迫在眉睫的威胁时，我们需要花时间默想诗篇 46:10。

你们要休息，要知道我是神

我们被提醒要保持冷静，相信“耶和华是真神”。

申命记 7:9 说：“你们的上帝耶和华是真神”。

在生活中遇到危机时，我们通常会感到恐慌和焦虑，尽力用自己的能力解决问题，或寻求他人的帮助。我确信，我们都从经验中认识到这通常是徒劳的，因为我们往往处于无法控制的境地，就如当爱人患上绝症。

相信“耶和华是真神”就是承认祂是谁。从诗篇 46 中，我们了解到祂的无所不能、祂的爱以及祂为自己的子民所设定的终极旨意和目标。

我记得有两段挑战我信仰的经历，当时除了抓住其他经节的应许，反思诗篇 46:10 也使我重新信靠上帝。第一次令我手足无措的经历是 20 岁从墨尔本回国度假时，我第一次得知妈妈患了乳腺癌。家人一直瞒着我，直到我回家，因为他们不想让这个消息影响我的课业。那一年，我回到主身边，你可以想象它如何影响着我年轻时的信仰。在上帝的恩典下，当我五年后回国定居，母亲奇迹般地接受了耶稣作为她个人的救主。

另一个具有挑战性的经历是我 51 岁时失去了工作。那时不是失业的好时机，我还承担经济义务，孩子的教育也需要资金。正如我以前所分享的，上帝后来以一种最出人意料的方式为我预备了一份好工作，在这份工作上也留了大概 16 年。我最近才刚退休。

我祈祷，如果有任何人现在正面临挑战，或是在痛苦之中，请花些时间在安静在主面前，反思上帝的属性 — 祂的无所不能、祂的爱、祂的无所不知、祂的智慧。你会惊奇地发现上帝会赐超过人能理解的平安（见腓 4:7），以及赐你信心相信，祂必为爱神的人使万事互相效力（见罗 8:28）。

祈祷：天父，你掌管万有，是万能的上帝。无论我们目前处于何种情况，你都清楚并能够安慰我们，供应我们的需求，并会在我们经历生命的风暴时紧握我们的手。奉耶稣的名祷告，阿门。

Monday 2nd November 2020

Sleeping in Peace and Safety

Pastor Soong Kok Kee

Psalm 4:8

I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety. Bible students have widely recognised that Psalm 4 is closely connected with Psalm 3 after David had fled from his palace and was sought by enemies led by no other than his own son Absalom (2 Sam. 15-18)! In such an environment and circumstance, David could say "I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety." True joy and peace depend not on environment or circumstances but on God's protection and provisions.

I just heard the news that our Health director-general wakes up in the middle of the night, worrying about how to ease the rise of Covid 19 cases. Not only him, he said many of our front liners comprising doctors, nurses and volunteers have worked without sleep and rest the past 9 months and have had to take sleeping pills in order to sleep. All of them truly deserve a salute of gratitude from all of us.

Yes, anxiety and worry keep all of us awake. Newspaper headlines like "Food outlets struggling to stay afloat in pandemic", "Eateries crying out for help", "Packed kopitiam now empty", "Hawkers in Ipoh hope they won't have to close shop", "Eateries along once-busy Little India hard hit," portray only a small part of the current situation of the food business. Many other businesses have closed down and thousands have lost their jobs because of that. Rentals or instalments of shops and houses have to be paid, as well as children's school fees, utilities and endless other commitments – how not to worry? Who is not worried?

During World War II, an elderly woman in England endured the nerve-shattering bombings with amazing calm and serenity. When asked the secret of her calmness amid the terror and danger, she said "Well, every night I say my prayers before I sleep. And I know God is always watching over me, so I go peacefully to sleep. After all, there is no need for both of us to stay awake!" Such faith and trust from this dear old lady!

Yes, my dear brothers and sisters, lay all our anxieties, worries and problems at the feet of our Lord Jesus Christ and once we have laid them all at His feet, let us not carry them anymore – our health, our children or love ones living or studying overseas, our job, our career, our livelihood, our mounting bills – lay them all at His feet – knowing for sure He will take care of them in His own way, in His own time.

A lorry driver once saw an old lady carrying two baskets filled with vegetables at both ends of a staff on her shoulders. Out of kindness and compassion, he

offered her a ride. After a while he saw from his rear mirror that she was still standing and carrying those two baskets! Let us not be like this poor old lady, still carrying her own baskets at the back of the lorry!!

If David can sleep in peace and safety in the midst of his enemies, so can we in the midst of this pandemic. Our Lord will see us through this pandemic somehow – in His own way, in His own time. Every night before we sleep, let us pray and then go to sleep in peace and safety – sweet dreams!

PRAYER:

Dear Lord, we have never seen something like this happen in our lifetime. Help us not to be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present our requests to you. And we know Lord that your peace which transcends all understanding, will guard our hearts and minds in Christ Jesus. ( Phil 4:6-7 ) In your precious name we pray, AMEN.

每日灵粮

星期一，2020 年 11 月 2 日

标题：平安并安然入睡

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗 4:8】我必平安地躺下睡觉，因为独有你一耶和华使我安然居住。

圣经学者们已经广泛地承认，诗篇第四篇与诗篇第三篇是紧密连接的。大卫在自己的儿子押沙龙带领的敌人的追捕之下，逃离他的王宫。【撒下第 15 章到第 18 章】！在这样的环境和情况下，大卫还可以说：“我必平安地躺下睡觉，因为独有你一耶和华使我安然居住”。真正的喜乐与平安不取决于环境或情况，而取决于上帝的保护和供应。

我刚听到消息说，我国的卫生总监因担心如何能缓解国内节节上升的新冠肺炎大流感疫情病例，而在半夜从睡梦醒来。他说，不仅是他，许多前线人员，包括医生、护士和志愿者在过去的九个月里不眠不休地工作，他们不得不服用安眠药，以便能入睡。他们都是配得我们所有人以感激致敬的。

是的，焦虑和担忧让我们所有人都睡不着觉。报纸头条，如“饮食店在大流行感中挣扎生存”、“餐馆呼救”、“爆满的咖啡厅如今空无一人”、“怡保的小贩们希望他们不必关闭”、“曾经繁忙的小印度之餐馆受到严重打击”，只描绘了一小部分食品行业的目前状况。许多其他企业已经倒闭了，数千人因此失去了工作。需要支付商店和房屋的租金或分期付款，以及孩子的学费、水电费和无休止的其他的承付——叫人如何能不担心呢？谁会不担心呢？

第二次世界大战期间，英国有一名老年妇女以惊人的镇定与宁静承受了令人震惊的轰炸。当被问及她在恐怖和危险中保持镇定的秘密时，她说：“嗯，每天晚上，我睡前都要祈祷。而且我知道上帝一直都在看顾着我，所以我可以安然入梦。毕竟，我们没有必要双方都保持清醒不睡！”来自这位亲爱的老妇人这般的信念和信任！

是的，亲爱的兄弟姐妹们，将我们所有的焦虑、担忧和问题卸在我们主耶稣基督的脚前，一旦我们将它们全部卸在基督脚前，就不要再背负它们了——我们的健康、我们的孩子或所爱的人，无论在海外生活或留学、我们的工作、我们的职业、我们的生计，越来越多的账单——全部卸在祂的脚前——确信祂会在自己的时间以自己的方式处理好这一切。

一名卡车司机曾经看到一位老妇人，肩上的扁担挑着两个装满了蔬菜的篮子。出于仁慈和同情，他载了她一程。过了一会儿，他从后视镜上看到她仍然站着，且仍挑着那两个篮子！让我们不要像这个可怜的老妇人，虽然上了卡车却仍然挑着两个篮子！

如果大卫能够在敌人中享平安并安然入睡，那么在这场新冠肺炎大流感疫情中我们也可以如此。我们的主总会以自己的方式，在自己的时间帮助我们渡过这一新冠肺炎大流感疫情。每天晚上，在我们入睡之前，让我们祈祷，然后在安全与平安的环境中入睡——美梦！

祷告：

亲爱的主，我们一生中从未见过这样的事情。帮助我们一无挂虑，只要凡事藉着祷告、祈求和感谢，将我们所要的告诉祢；我们知道，祢所赐那超越人所能了解的平安，必在基督耶稣里，保守我们的心怀意念。（腓 4：6-7）奉祢宝贵名祷告，阿们。

Tuesday, 3 November 2020

Title: Jesus Will Reign Forever

By: Pastor Isaac Yim

Psalm 45 – A beautiful Messianic Psalm

6 Your throne, O God, is for ever and ever. The sceptre of your kingdom is a sceptre of uprightness;

7 you have loved righteousness and hated wickedness. Therefore God, your God, has anointed you with the oil of gladness beyond your companions; (Psalm 45:6-7 ESV)

Charles H Spurgeon divides Psalm 45 in the following manner:

- Psa. 45:1 is an announcement of intention, a preface to the song,
- Psa. 45:2 is an adoration of the matchless beauty of the Messiah
- Psa. 45:3-9 is an address in admiring ascriptions of praise
- Psa. 45:10-12 speaks to the bride
- Psa. 45:13-15 is another address to the King,
- Psa. 45:16-17 foretells His eternal fame

This is a royal Psalm. This Psalm points to Christ and His bride, the church. This Psalm is both prophetic and messianic in nature. The background of this Psalm was a royal wedding of one of David's son. The royal wedding is a significant event. The Kingdom of Israel is theocratic in nature. The king represents God. God promised David that the Messiah will be born through his descendants. This has already been fulfilled. This Psalm 45 continues the prophecy that Jesus will reign forever. In fact, Hebrews 1:8-9 is a direct quote. The context in Hebrews Chapter 1 is about Jesus being superior to angels – "But of the Son he says," – here the Son definitely referred to Jesus. He is also referred to as God. Jesus who is God will reign forever and ever. What a wonderful Saviour we have!

8 But of the Son he says, "Your throne, O God, is forever and ever, the sceptre of uprightness is the sceptre of your kingdom.

9 You have loved righteousness and hated wickedness; therefore God, your God, has anointed you with the oil of gladness beyond your companions." (Hebrews 1:8-9 ESV)

Images of the wedding feast in Psalm 19:10-17 are captured in Revelation 19:6-10 in the Marriage Banquet of the Lamb. At the wedding feast, the bride is dressed in splendour to be claimed by the royal and handsome groom.

The Bride is the new Jerusalem. She is the church glorified. At this wedding ceremony all attention is given to the Groom, the Lord Jesus Christ who has redeemed His church with His precious blood. As we think about this wedding feast, are you on the Royal guest list? Bryce Morgan says, "We are both the bride and the guests. This seeming contradiction simply reminds us of the nature of apocalyptic literature. Multiple symbols can be used, even when they seem not to go together. The symbolism of the Bride speaks of purity and covenant and



consummation. The symbolism of the guests and the supper speak of joy and celebration. All of it works because there is no contradiction between any of those spiritual realities."

Where will you be when this Great Wedding Feast is taking place? Chuck Smith says that you may be in one of the following three possible places:

- 1.You might be in hell.
- 2.You might be on the earth having survived all the hell on earth. (Rev. chapter 6)
- 3.You might be among those standing in heaven clothed in the righteousness of Christ being invited to the marriage banquet.

I know many are faithfully reading the devotion daily and going to church. You may even know all the things a Christian should do but if your name is not on the Book of Life you will be excluded in this Royal Banquet. God's invitation is still open. Won't you open your heart and accept this invitation of Jesus? Simply ask Jesus to forgive your sins, and invite Him to come into your life as Lord and Saviour.

If you need to talk to someone please call the church, we will arrange a pastor or a member of the church to walk along side with you.

Prayer for today

Lord Jesus, Your Word is so wonderful and so refreshing and assuring. Forgive us when we don't have an appetite for Your living Word. Help us to start each day by giving You our top priority to meet with You and to hear from Your Word. In this turbulent time of uncertainty, we ask Lord that You will grant us wisdom and discernment. Help us in our decision making, lead and guide us with Your loving hands throughout the day. Lord, be our Rock, our Fortress and our Shield by day and by night. We praise and thank You in Jesus' Name. Amen.

每日灵粮

星期二, 2020 年 11 月 3 日

标题: 耶稣会永远掌权

作者: 严以撒牧师

翻译: 陈晓佩姐妹

诗篇 45 – 美丽的一首弥赛亚诗篇

6 神啊，祢的宝座是永永远远的；祢的国权是正直的。

7 祢喜爱公义，恨恶罪恶；所以神——就是祢的神——用喜乐油膏祢，胜过膏祢的同伴。（诗篇 45:6-7）

查尔斯·司布真把诗篇 45 划分如下：

- 诗篇 45:1 是一个宣告，这首诗歌的序言
- 诗篇 45:2 是一个对弥赛亚无与伦比的荣美的爱慕
- 诗篇 45:3-9 是一个欣赏赞颂的致词
- 诗篇 45:10-12 向新娘说话
- 诗篇 45:13-15 是另一个对君王的致词
- 诗篇 45:16-17 预言祂永恒的声望

这是一首皇室诗篇。这首诗篇是指向基督和祂的新妇——教会；它兼具预言和弥赛亚的性质。诗篇的背景是大卫其中一位儿子的皇室婚礼，而这皇室婚礼是一个重大的事件。以色列王国是神权本质。君王是代表上帝。上帝应许大卫，弥赛亚将会从他的后裔里诞生；而这应许也已经成就了。诗篇 45 延续耶稣将会永远掌权的预言。事实上，希伯来书 1:8-9 是一个直接的引述。希伯来书第一章的语境是关于耶稣超越天使——“论到子却说，”——这里所提的“子”肯定是指耶稣；而祂也是指上帝。耶稣将是永永远远掌权的上帝。我们有一位多么奇妙的救主啊！

8 论到子却说：神啊，祢的宝座是永永远远的；祢的国权是正直的。

9 祢喜爱公义，恨恶罪恶；所以神，就是祢的神，用喜乐油膏祢，胜过膏祢的同伴；（希伯来书 1:8-9）

诗篇 19: 10-17 里的婚宴的画面也记录在启示录 19:6-10 里的羔羊之婚宴里。在这婚宴上，新娘穿着华丽的礼服等着那皇家英俊的新郎来迎娶。

新娘就是新耶路撒冷。她是得荣耀的教会。在这婚礼上，所有的注意力都集中在新郎的身上，就是那位已经用祂的宝血买赎祂的教会的主耶稣基督。当我们思想这婚宴时，您是否在这皇室嘉宾名单上？布莱斯·摩根说：“我们既是新娘也是宾客。这看似矛盾的说法只是提醒我们这是启示文学的性质。可以使用多种象征，即使它们似乎不甚相配。新娘的象征意义是纯洁、圣约和完满；宾客和筵席的象征意义在于喜乐和欢庆。这全都起作用因为没有任何属灵现实的矛盾。”

当这个盛大的婚宴进行时，您将会在哪里？查克·史密斯说您或许会在以下三个可能的地方之一：

- 1.您可能会在地狱里。
- 2.您可能在这人间地狱幸存下来。（启示录第 6 章）
- 3.您可能是其中一位站在天堂的人，穿上基督的义袍，被邀请赴婚宴。

我知道许多人是忠心地阅读每日灵粮并且有去教会的。您甚至知道身为基督徒应该做的一切的事，但是如果您的名字没有记载在生命册上，您就会被排除在这皇室婚筵之外。上帝的邀请仍然有效。您难道不打开您的心接受耶稣的邀请吗？只管祈求耶稣赦免您的罪并邀请祂进入您的生命作您的主宰和救主。

如果您需要与人交谈，您可以致电教会，我们将会安排一位牧师或者是教会的会友陪同您前行。

#### 今日祷告

主耶稣，祢的话语实在奇妙并且如此的清新和让人安心。当我们不渴慕祢活泼的话语时，赦免我们。帮助我们每天以祢为首要优先，朝见祢并且读祢的话语作为一天的开始。在这动荡不定的时期，我们祈求主赐给我们有智慧和辨别力。帮助我们做出决策，一天当中用祢慈爱的手带领并且引导我们。主啊，每日每夜地作我们磐石、我们的山寨和我们的蔽护所。我们要赞美祢且要感谢祢。奉主耶稣的名。阿们！

Wednesday, 4th November 2020

Title: Commit Our Day in Prayer

Author: Pastor Wallace Ong

Psalm 5: 1 – 3, 7-8 (AKJV)

1 Give ear to my words, O LORD, consider my meditation.

2 Hearken unto the voice of my cry, my King, and my God: for unto thee will I pray.

3 My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.

7 But as for me, I will come into thy house in the multitude of thy mercy: and in thy fear will I worship toward thy holy temple.

8 Lead me, O LORD, in thy righteousness because of mine enemies; make thy way straight before my face.

One of the most encouraging principles – for Christians – that comes out of the Book of Psalms is our privilege in prayer. It is truly a remarkable privilege, especially considering the Lord's holiness. Very often, I still cannot help but wonder in awe, how we who are inherently sinful can bring our prayer to a Mighty God whose nature is holy and perfect that even a hint of sin is incompatible in His presence. We should always be grateful and give thanks in praise that God loves us so much that He opens this path for us into His throne. At the cross, God's one and only Son, Jesus Christ, offered Himself as the perfect atoning sacrifice to pay for the penalty of sin once and for all. Now we are not only forgiven but also welcomed into God's family as a result of being born again by the Spirit.

Today, we can come before God and bring forth our petition in prayer. What is the first thing we should bring to God in prayer? Well, we can learn from King David: from the moment he woke up from his sleep, his thoughts turned immediately to God in prayer. Verse 7 tells us that we can come before God in reverence and fear to acknowledge His steadfast love and mercy toward us. Verse 8 reiterates that to pray for God to lead us to walk in His righteousness because we will encounter temptation and challenges in our daily walk with God. King David knew that God would hear his voice and hearken to his cries for help. He knew that the Heavenly Father would hear his pleadings and petitions. That is why, King David enters into the presence of God first thing in the morning, and commits his day to God.

Let us reflect upon the prayer-life of David, who was an excellent example of a man who prayed regularly, faithfully and expectantly, and declared confidently "In the morning, O LORD, You will hear my voice; in the morning I will come into Your Holy Court and entrust my day to You in prayer".

Prayer:

Dear Heavenly Father, we praise You for Your mercies which are new every morning. We thank You for the privilege given to us to present our petitions to You. Please help us, Oh Lord, to regularly and earnestly come into Your presence when we open our eyes in the morning, to commit our day to You in prayer with joyful expectation, knowing that You are a God Who hears and answers our prayers.

We ask in Jesus' precious name, AMEN.

每日灵粮

星期三, 2020 年 11 月 4 日

标题: 祷告交托我们的一天

作者: 王振威传道

翻译: 陈健萍姐妹

【诗篇 5: 1-3, 7-8】[和合本]

1 (大卫的诗、交与伶长、用吹的乐器。) 耶和华阿、求你留心听我的言语、顾念我的心思。

2 我的王我的 神阿、求你垂听我呼求的声音。因为我向你祈祷。

3 耶和华阿、早晨你必听我的声音。早晨我必向你陈明我的心意、并要儆醒。

7 至于我、我必凭你丰盛的慈爱进入你的居所。我必存敬畏你的心向你的圣殿下拜。

8 耶和华阿、求你因我的仇敌、凭你的公义、引领我。使你的道路在我面前正直。

对基督徒而言, 诗篇中最鼓舞人心的原则之一是我们有祷告的特权。这确实是一个非凡的特权, 尤其是细想到主的圣洁。很多时候, 我仍然不禁心生敬畏而惊叹, 我们这些本来有罪的人, 怎能把我们的祷告带给一位大能的上帝, 而祂的本性是圣洁且完美的, 以致在祂面前, 哪怕是一丝罪恶也是不能相容的。我们应该永远心存感恩, 并且赞美上帝是如此地爱我们, 为我们敞开了这条通往祂宝座的道路。在十字架上, 上帝的独生子耶稣基督献上了自己作为完美的赎罪祭, 为罪的惩罚彻底地付上了代价。如今我们不但已蒙赦免, 而且因圣灵重生而被欢迎进入神的家庭。

今天, 我们可以来到上帝面前, 在祷告中提出我们的祈求。我们祷告时首先要带什么到上帝面前? 嗯, 我们可以向大卫王学习: 从他睡梦中醒来的那一刻起, 他的思想立即转向上帝祷告。第 7 节告诉我们, 我们可以怀着敬虔和敬畏的心来到上帝面前, 承认祂对我们坚定不移的爱和怜悯。第 8 节重申, 祈求上帝引领我们行在祂的义中, 因为我们每天与上帝同行时会遇见试探和挑战。大卫王知道上帝会倾听他的声音, 垂听他求助的呼求。他知道天父会聆听他的恳求与祈求。这就是为什么大卫王早晨第一件事就是进到上帝面前, 将他的一天交托给上帝。

让我们回顾大卫的祷告生活, 他是一个优异的榜样, 他经常、忠实、期待地祈祷, 并充满信心地宣称: “主啊, 早晨, 你必听我的声音; 早晨我必进入你的圣所, 以祈祷把我的一天交托于你”。

祈祷:

亲爱的天父, 我们赞美祢, 因祢诸般的怜悯每天早晨都是新的。感谢祢赐予我们向祢祈求的特权。主啊, 求祢帮助我们早晨睁开眼睛的时候, 经常恳切地来到祢的面前, 带着满腔喜乐的盼望, 将我们的一天交托给祢, 因为知道祢是一位垂听并应允我们祈祷的上帝。

我们奉耶稣宝贵的名祈求, 阿门。

**Thursday, 5 November 2020**

Title: Roses Are Red, My Love, Violets Are Blue

Author: Arnold Lim

**Psalm 37:3-6**

***Trust in the Lord, and do good; dwell in the land and enjoy safe pasture.***

***Take delight in the Lord, and he will give you the desires of your heart.***

***Commit your way to the Lord; trust in him and he will do this:***

***He will make your righteousness shine like the dawn, your vindication like the noonday sun.***

Many of us from my generation are not only familiar but able to sing this 60s song by Bobby Vinton. While listening to it again the other day, I was just struck, for the first time, how sad the song really is. Here's a look at some lines from the song:

*We dated through high school, and when the big day came, I wrote into your book ...*

*Then I went far away, and you found someone new...*

*Is that your little girl? She looks a lot like you...*

From the lines, it is quite obvious that Bobby Vinton remembers a girl from high school. For reasons unknown, they did not get together. Jobs in different cities caused them to be parted. The letters (emails) and phone calls got fewer as time passed and eventually, she married somebody else. When he meets her next, with a daughter, his sadness probably prompted him to write the song.

Alright, I may be imagining things!

Bobby Vinton, 85, is well, and living in Florida and husband of only one wife, Dolly, whom he married in 1962. (Source: Wikipedia) He did not seek out his old girlfriend and risk his marriage.

In contrast, a married friend of mine, tracked down an old flame of his, who was also married at the time. He found her on Facebook. They met up and one thing led to another, and they ended up having an affair. Of course, the wife found out, and you guessed it, the marriage ended up in divorce.

Do not dwell in the past. Leave the past behind. Look forward, not back. It can be detrimental to your walk with God. Men, especially, guard your heart. (Proverbs 4:23) and continue to rejoice in the wife of your youth. (Proverbs 5:18-23) (Read these verses on your own.)

Then, your righteousness will shine like the dawn and your vindication like the noon day sun.

**Prayer**

Our Lord and Heavenly Father, You are a great and awesome God, slow to anger and abounding in love.

Thank you for Your great love for us; that nothing can snatch us out of Your hands. Thank you for Your great mercy and grace. Thank you for the blood of Jesus Christ that was shed for us. Help us to look forward, Lord, and not dwell in the past. Help us to strive forward, leaving what is behind us, to reach the goal of perfection in Jesus Christ.

And I now pray, we will trust in You and do good, so that we will dwell in the land and enjoy safe pasture. We take delight in You, and we pray that You will give us the desires of our heart. We commit our way to You; we trust in You and we pray that You will make our righteousness shine like the dawn and vindicate us like the noonday sun.



每日灵粮

星期四, 2020 年 11 月 5 日

标题: 玫瑰是红色的, 我的爱, 紫罗兰是蓝色的

作者: 林文礼弟兄

翻译: 薛秀合姐妹

诗篇 37: 3-6

你当倚靠耶和华而行善, 住在地上, 以他的信实为粮; 又要以耶和华为乐, 他就将你心里所求的赐给你。当将你的事交托耶和华, 并倚靠他, 他就必成全。他要使你的公义如光发出, 使你的公平明如正午。

许多我们这一代的人不仅熟悉, 而且会唱鲍比·文顿这首 60 年代的歌曲。前几天再听时, 我第一次被打动了, 这首歌是那么的伤感。这是歌曲中的几行歌词:

在高中期间, 我们都在约会, 当(毕业)大日子来临时, 我在你的纪念册里写上...

后来我到远方去, 而你找到了新男友...

那可是你的女儿? 她长得真像你...

从歌词来看, 很明显地, 鲍比·文顿忆起一个高中女生。因着不知晓的原因, 他们并没有在一起。在不同城市的工作使他们分隔两地。随着时间的流逝, 信件(电子邮件)和电话越来越少, 最终她另嫁他人了。当他与她再相逢时, 她有了个女儿, 想必是他的悲伤促使他写了这首歌。

好吧, 也许是我想多了!

现年 85 岁的鲍比·文顿, 身体健康, 目前居住在佛罗里达州, 只有一个妻子, 多莉, 他们在 1962 年结婚。(来源: 维基百科)他并没有去寻找他的前女友使婚姻陷入危机。

相比之下, 我的一个已婚朋友, 追寻了他的旧情人, 当时她也已婚。他在脸书上找到了她。他们相约见面, 之后一件事引致另一件事, 最后他俩有了婚外情。当然, 被他的妻子发现了, 如你所料, 婚姻以离婚告终。

不要留恋过去, 把过去抛诸脑后。展望未来, 而不是回头看。这可能对您与上帝同行不利。尤其是男人, 要保守您的心(箴言 4:23); 并且要继续喜悦您幼年所娶的妻(箴言 5:18-23)。(请自己阅读这些经文。)

那时, 您的公义将会如光发出, 你的公平会明如正午。

祷告

我们的主和天父, 祢是一位伟大而令人敬畏的上帝, 不轻易发怒, 且有丰盛的慈爱。感谢祢对我们的大爱; 谁也不能从祢手里把我们夺去。感谢祢丰富的怜悯和恩典。感谢祢耶稣基督的宝血为我们流下。主啊, 帮助我们向前看, 不要再留恋过去。帮助我们奋力前进, 将过去抛在脑后, 在耶稣基督里达至完美的目标。

现在我祷告, 我们要倚靠祢并行善, 好让我们住在地上享受平安的草场。我们以祢为乐, 并祈求祢将我们心里所求的赐给我们。我们将我们的道路交托于祢, 并倚靠祢, 我们祈愿祢使我们的公义如光发出, 使我们的公平明如正午。

奉耶稣的名祷告, 阿门

Friday, 6 November 2020

Title: "Those who fear Him, who keep His covenant"

By: Ps. Cheng Cheung

Psalm 103:

17 But the loyal love of Yahweh

is from everlasting to everlasting on those who fear him,  
and his righteousness to their children's children,

18 To those who keep his covenant  
and remember to do his precepts.

These verses are significant for us as believers. God not only planned our redemption from way back in the Old Testament, but also progressively revealed the details of that salvation plan through covenants. These covenants underscore the point that relationship with His chosen people is most precious to our Lord God. He wants so much to know us intimately. And it started with Noah.

Genesis 9:8-17 describes the Noahic covenant, the parties involved, and its sign. Obedient sonship in faithful, loyal love to the creator God, humble servanthood and responsible stewardship were the terms. However, like the first Adam, Noah ends up as a disobedient son whose nakedness reveals shame. The covenant with Noah shows that being given a fresh start and a clean slate is not a sufficient remedy for the human plight. Did God give up? No.

When we come to Abram, we see two pairs of three promises. The first three promises (Genesis 12:1-9) given to Abram as an individual, focus on nationhood, blessing and a great name. A second group of three promises says that God will bless those who bless Abram, will curse those who slight Abram and finally, Abram is told that all the peoples of the earth would be blessed through him (verses 1-3). The blessings Abram enjoyed were the manifestation of a faithfulness and fidelity in his relationship with Yahweh. In other words, God would draw closer to him, as he exercised more faith in God.

The promises to Abraham focused on descendants and land. As the Israelites depart Egypt with a multitude of Abraham's descendants, God had fulfilled the first promise. Now, He was about to give them the land of Canaan, but first, there needed to be another covenant. The purpose of this was to enable the Israelites to enjoy the blessings that He wants to give them and to be a blessing to the other nations. Through the Mosaic (or Sinai) covenant, God was using the Jews as His instrument to fulfil His divine promises to Abraham and the Jews, to the entire world. Would they respond?

In Exodus 19, the Sinai covenant came to be. Verses 5 and 6 propose a relationship of complete loyalty and obedience of Israel to Yahweh as the great

King and promised blessings. As long as the Israelites kept their part of the agreement – loyalty and obedience – Yahweh would surely keep His part of the agreement and show them hesed – loyal love and lovingkindness. Every time we come across this word in the Psalms we have a clear reminder of God's covenant obligations to His people.

2 Samuel 7 is the key chapter in the next covenant (Davidic). The divine promises are divided into promises to be fulfilled during David's lifetime and promises to be fulfilled after David's death. The former promises are listed in verses 8-11a: (i) a great name, (ii) a firm place for Israel as the people of God, and (iii) rest for David from his enemies. The latter are listed in verses 11b-13 and 16: (i) a lasting dynasty, (ii) a lasting kingdom, and (iii) a lasting throne.

The relevance of this covenant for us, as believers in this day and age, is clear. The promise is there will be an everlasting kingdom, and Jesus, David's direct descendant, will be the eternal king. Sadly, based on this promise, the Jews were awaiting a Messiah or promised secular king and kingdom. The Saviour was there, right before their eyes, but they could not recognise Him.

After David, God raised up prophets to call attention to the failure of the Israelites to be covenant keepers. The prophets confronted the Jews, and exposed the fact that they had gradually slipped away from a proper relationship with God and one another, as defined by the Sinai covenant. Because they had violated the covenant, the prophets announced that God would put in place a new covenant in which not only would He be faithful, but His redeemed people would be faithful too.

Jeremiah 31:31-34

31 Behold, the days are coming, declares the LORD, when I will make a new covenant with the house of Israel... 32 not like the covenant that I made with their fathers on the day when I took them by the hand to bring them out of the land of Egypt, my covenant that they broke,... 33 For... I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people. ...34 I will forgive their iniquity, and I will remember their sin no more.

Praise God for this new provision. Despite the failure of the Israelites, He did not give up on us. Indeed, through His prophets, they prophesied the establishment of a new covenant which includes Gentiles as well. God is gracious to us undeserving sinners. His lovingkindness is better than life.

Prayer for Today

Heavenly Father, I marvel at Your patience and forgiveness. Though I choose my way over Yours, You forgive. Though I rebel, You forgive. Though I break Your moral law, You forgive.

If I had been one of the Israelites of old, I would probably not have kept the covenants. Yet You forgave and instituted one covenant after another covenant, promising Your lovingkindness, despite the way I spurned Your love.

Thank You for a fresh understanding of covenant and lovingkindness.

In Jesus' Name, Amen.

[Factual material from God's Kingdom through God's Covenants]

每日灵粮

星期五，2020 年 11 月 6 日

标题：敬畏主的人将遵守祂的约

作者：张祯祥传道

翻译：陈月妃姐妹

诗篇 103 篇

17 但耶和华的慈爱、归于敬畏他的人、从亘古到永远。他的公义、也归于子子孙孙。

18 就是那些遵守他的约、记念他的训词而遵行的人。

这些经文对我们作为信徒来说是意义重大的。上帝不仅在旧约时期就为我们预备了救赎计划，而且还透过许多的盟约逐步的揭示了这个救恩计划的细节。这些盟约强调了神非常重视那些被祂所拣选的子民与祂的关系。祂期待更详尽地了解我们。这得从挪亚说起。

创世记 9: 8-17 记述了挪亚之约，所涉各方及其记号。其中的条件包括身为儿子的顺服，忠心地爱那创造主，谦卑地服事及尽责的管家。然而，就如第一个亚当一样，挪亚最终成为一个忤逆的儿子，他的裸露带来了羞辱。与挪亚的盟约表明了，给人一个新的起点并不能解决人类的困境。上帝放弃了吗？没有。

当我们来到亚伯兰时，我们看到了两组的三个应许。给予亚伯兰个人的前三个应许（创世记 12: 1-9），专注于大国，祝福和名声。第二组的三个应许说道，上帝将祝福那些祝福亚伯兰的人，诅咒那些轻视亚伯兰的人，最后，亚伯兰被告知，地上的万族都要因他得福（1-3 节）。亚伯兰所享受的祝福是他与耶和華的关系中忠诚和忠心的体现。换句话说，当他对上帝更具信心时，上帝会更加与他亲近。

亚伯拉罕的应许集中于后裔和土地上。当许多以色列人，也就是亚伯拉罕的后裔离开埃及时，上帝已经实现了第一个应许。现在，祂即将给他们迦南的土地，但是，在这之前，需要有另一个盟约。这样做的目的是使以色列人能够享受祂即将给他们的祝福，并成为其他国家的祝福。通过摩西之约（或西乃山之约），上帝使用犹太人以成就祂对亚伯拉罕，犹太人，乃至全世界的神圣应许。他们会回应吗？

在出埃及记 19 章中，西乃山之约产生了。第 5 节和第 6 节提出以色列人要对耶和華这个伟大君王完全的忠实和顺服的关系。只要以色列人遵守盟约中的条款—忠诚和顺服—耶和華一定会遵守盟约，并向他们显露—永恒的爱和恩慈。每当我们在诗篇中看到这个词时，我们都会清楚地想起上帝对祂子民的盟约义务。

撒母耳记下第 7 章是下一个盟约（大卫之约）的主要篇章。这神圣的应许分为在大卫在世时要成就的应许，及大卫死后要成就的应许。前者记录在第 8 节到 11 节上：

（i）大名，（ii）以色列作为上帝的子民享有安稳的住所，（iii）大卫脱离仇敌的扰乱。后者记录在第 11 节下至第 13 节和第 16 节：（i）永恒的王朝，（ii）永恒的国度，和（iii）永恒的国位。

我们作为当今时代的信徒，这一盟约对我们的意义是显而易见的。这应许就是将来有一个永恒的国度，耶稣，也就是大卫的后裔，将成为这个永远的君王。可悲的是，犹太人根据这个应许，他们还在等待一个弥赛亚或是所应许的世俗的君王和国度的到来。救主就在那里，在他们眼前，但他们却无法认出祂。

在大卫之后，上帝兴起了先知们来指出以色列人未能成为成功的守约者。先知们指责犹太人，并揭露了一个事实，那就是他们逐渐远离了在西乃山之约中所定义的与上帝和彼此之间原有的关系。因为他们违反了圣约，众先知宣布上帝将制定一个新的圣约，那就是祂不但是个信实的神，祂所救赎的子民也要信实。

#### 耶利米书 31：31-34

31 耶和華說、日子將到、我要與以色列家和猶大家、另立新約。32 不像我拉着他們祖宗的手、領他們出埃及地的时候、與他們所立的約。我雖作他們的丈夫、他們却背了我的約。這是耶和華說的。33 耶和華說、那些日子以後、我與以色列家所立的約、乃是這樣。我要將我的律法放在他們里面、寫在他們心上。我要作他們的神、他們要作我的子民。34 他們各人不再教導自己的鄰舍、和自己的弟兄、說、你該認識耶和華。因為他們從最小的、到至大的、都必認識我。我要赦免他們的罪孽、不再記念他們的罪惡。這是耶和華說的。

我們為這項新的約定讚美上帝。儘管以色列人失敗了，但祂並沒有放棄我們。的確，通過祂的先知，他們預言了一個新約的建立，其中也包括外邦人。上帝對我們這些不配的罪人是多么的仁慈。祂的慈愛比生命更好。

祈禱：

天父，我對於你的忍耐與寬恕深深驚嘆。雖然我選擇了自己的方式，但你寬恕了我。儘管我反叛，但你赦免了我。縱然我違反了你的道德條律，但你饒恕了我。如果我曾經是舊約中的以色列人，我可能也不會遵守盟約。然而，儘管我唾棄了你的愛，你却寬恕我，並設立了一個又一個的盟約，證明了你的慈愛。

感謝你讓我對盟約及你的慈愛有了全新的理解。

奉耶穌的名，阿們。

[取材自從神的盟約看神的國度]

Saturday, 07/11/2020

Title: Is there really No God?

By: Pastor Johnson

Translator: Lucy Ling

Psalm 14: 1-3

1 The fool says in his heart, "There is no God." They are corrupt, their deeds are vile; there is no one who does good. 2 The Lord looks down from heaven on all mankind to see if there are any who understand, any who seek God. 3 All have turned away, all have become corrupt; there is no one who does good, not even one.

Plentiful of fools around, however, being foolish on all matters is not a big deal, except when oneself says: "There is NO GOD". The consequences of such foolishness are extremely serious. On the day of judgement, these fools will regret greatly of such stubbornness. Even with thousands time of punishments, it will not be able to reverse such mistakes and foolishness. If there are tears like oceans, let him weep drop by drop, which would be better than eternally fallen and ruin. But, by then, it would still be too late to regret it.

What is "a fool"? Fools are those who do whatever they wish and believe that there is no God. The apostle Paul also quoted from Psalm 14:1-3 and stated in Romans 3:23, "for all have sinned and fall short of the glory of God."

Is there really no God? No. It is those who are foolish who think so in their hearts, they are deceiving themselves and merely comforting themselves.

Because they are proud, they would rather have no God to rule and manage their life. They do not want to forgo their sins, but rather believe that there is no God, no judgment and no retribution in time to come. In fact, since the creation of the heavens and earth, the immortality and divinity of God have been clearly known. Although God is invisible, but revealed through the creations, which cannot be denied of His existence. Romans 1:20 "For since the creation of the world, God's invisible qualities — his eternal power and divine nature — have been clearly seen, being understood from what has been made, so that people are without excuse."

From ancient times, most people have acknowledged that there is God. The more advanced science becomes, the more people should know that there is God. Ranging from a planet to something as minuscule as an atom, all have wonderful structures, perfectly designed and accomplished. From the earth that we dwell in, we can see that the design is thoughtful, the synchronization is ingenious, and the creation is complete. Not only does human given a wonderful body, but everything created is for human's enjoyment. The psalmist David also tried so hard to prove the existence of God in Psalm 139: 13 – 14, "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."

People should see God's love and grace and respond with hearts of worship and thankfulness. Therefore, when fools do not know God, they do so deliberately. Their thoughts and ignorant hearts become vain and darkened. They claim to be clever but are actually foolish. Romans 1:28 " Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done."

Dear brothers and sisters, every believer bears the responsibility to lead all to know God. And through prayers, all types of strong fortresses, all kinds of schemes and all sorts of arrogance that hinder people from knowing God, are broken. All ignorants are restored to accept and obey Christ.

#### Prayer

Oh Lord Yahweh, we praise you. You are the God of glory and the Creator of heaven and earth. The heavens speak of your glory and means; from day to night, your words and your knowledge pass on, your laws spreads all over the world, and your words spread to the end of the earth. Oh Lord! We humbly submit everything to you, we thank you, and praise you in all. We ask your Holy Spirit to help us to praise you, help us to praise you in spirit and in truth, and may our heavenly Father God your holy spirit to be within us, so that we can continuously meditate on your love, grace and your glorious deeds. Help me to praise you sincerely, from the bottom of my heart. I pray all this in the holy name of the Lord Jesus Christ, Amen!



题目：难道真的没有神吗？

作者：张胜牧师

詩篇 14：1~3

1 愚顽人心里说，没有神。他们都是邪恶，行了可憎恶的事。没有一个人行善。2 耶和華从天上垂看世人，要看有明白的没有，有寻求神的没有。3 他们都偏离正路，一同变为污秽。并没有行善的，连一个也没有。

世上愚顽的人不少，但别的事愚顽关系不大，最大的愚顽就是说“没有神”。这种愚顽的结果严重极了，将来有一天站在神面前受审判的时候，他们要恨自己的愚顽到极点，即使毁灭自己千次万次也不足以挽回他们的愚顽和错误。如果那时有眼泪的话，他们真愿像海洋的水那样多，让它一滴一滴地流干，也比遭到永远的沉沦和灭亡好。但那时已经太晚，後悔不及了。

何谓“愚顽人”？愚顽人就是那些随心所欲，以为没有神的日人。使徒保罗也引用了此诗的前三节来说明“世人都犯了罪，亏缺了神的荣耀”。

难道真的没有神吗？不是的。乃是愚顽人自己心里这么想，他们是欺骗自己，安慰自己。因为他们骄傲，不愿意有一位神在他们之上来管理他们。他们不愿离弃罪恶，就宁可想没有神，将来没有审判，没有报应。其实自从造天地以来，神的永能和神性是明明可知的，虽是眼不能见，但藉着所造之物就可以晓得，叫人无可推诿。罗马书 1：20“自从造天地以来，神的永能和神性是明明可知的，虽是眼不能见，但借着所造之物，就可以晓得，叫人无可推诿。”

自古以来绝大多数的人都是承认有神的，科学越发达，人越应当知道有神。大到星球，小到原子，没有一样不是构造奇妙，设计完美和带有能力的。从人所居住的地球和世界来说，更看到设计的周到，配合的巧妙，创造的全备，不但给人有美妙的身体，也造了万物供人享受。诗人大卫在诗篇 139 篇如此竭力证明神的存在。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。

人应该看到神的慈爱和恩典而敬拜感谢祂，所以愚顽人是故意不认识神，他们的思念变为虚妄，无知的心就昏暗了，自称为聪明，反成为愚拙。罗马书 1：28“他们既然故意不认识神，神就任凭他们存邪僻的心行那些不合理的事。”

亲爱的弟兄姊妹，每一个信徒都有责任带领人认识神，并藉着祷告攻破坚固的营垒，将各样的计谋，各样拦阻人认识神的那些自高之事，一概攻破了。又将人所有的心意夺回，使他顺服基督。

**祷告：**

主耶和華我赞美您，您是荣耀的神，是创造天地的主。诸天述说您的荣耀，穹苍传扬您的手段；这日到那日发出，您的言语，这夜到那夜传出您的知识，您的量带通遍天下，您的言语传到地极。主啊！我愿意凡事谢恩、感谢、赞美您，求您的圣灵帮助我来赞美您，帮助我用心灵与诚实赞美您，求父神您的灵在我里面帮助我，使我常常默想您的慈爱、恩典，您的荣耀作为，帮助我从我内心深处，发出至诚的感谢，赞美。奉主耶稣基督的圣名祷告。阿门！

Sunday, 8 November 2020.

Title : Gossip

By Elder Bryan Lee

Psalm 52:3-5(Msg)

3 You love evil more than good, you call black white. 4 You love malicious gossip, you foul-mouth. 5 God will tear you limb from limb, sweep you up and throw you out, pull you up by the roots from the land of life.

Last week a brother whatsapped me a couple of bizarre texts that have been circulating in the social media. These were forwarded to him by his friend from another church.

I wouldn't have given a thought to those texts if they didn't concern our church or our members.

Apparently the sender used the sms service to send out these texts, thus, hiding behind the veil of anonymity. The texts accused "somebody" (unnamed) of spreading "death gossip" in our church and these gossips have "damaged families" in our church and in particular a certain family identified. The texts gave the impression the particular family is in deep financial trouble. Since I know the family I immediately called the head of the family and checked if everything was alright.

"Yes we are well and we are not in any serious financial situation. I still have my job," he said. I was relieved and assured him that the church is always here to help.

Gossiping is an irresponsible and unchristian behavior. In this social media age, gossip spreads like wild fire far and wide in a very short time. In the above episode the anonymous sender is an equally guilty gossip as the "somebody" gossip. The right approach is to inform the church leadership instead of using the sms service. It is like purposely releasing the covid19 virus to harm others. Once you press the "send" button you do not know what kind of damage you have done to the church who is the body of Christ.

Gossip slanders the reputation of others. It causes disunity in the church and brings much hurt to the body of Christ for which our Lord Jesus is the head. Gossip is sin.

The above Psalm says...."you love evil more than good, you love malicious gossip".

We need to be very careful with our words. All of us have a natural tendency to gossip but let us heed the warning and counsel in James chapter 3(Msg).

5-6 It only takes a spark, remember, to set off a forest fire. A careless or wrongly placed word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell.

7-10 This is scary: You can tame a tiger, but you can't tame a tongue—it's never been done. The tongue runs wild, a wanton killer. With our tongues we bless God our Father; with the same tongues we curse the very men and women He made in His image. Curses and blessings out of the same mouth!

It is scary alright. The tongue can be a killer! Covid19 will go away but the tongue is always with us. We need the help of the Holy Spirit. And we need to use the social media wisely!

Let's pray:

Lord forgive us that we have the tendency to gossip and let our tongues go wild. Help us to realize that we bring hurt to the body of Christ every time we gossip. Forgive us of this sinful behavior and grant us the power to control our tongues.

In Jesus' name. Amen.

每日灵粮

星期日，2020 年 11 月 8 日

题目：闲言闲语

作者：李惠隆长老

翻译：杨仕涵弟兄

诗篇 52: 3-5

3 你爱恶胜似爱善，又爱说谎，不爱说公义。（细拉）

4 诡诈的舌头啊，你爱说一切毁灭的话！

5 神也要毁灭你，直到永远。他要把你拿去，从你的帐篷中抽出，从活人之地将你拔出。（细拉）

上周，一位弟兄 WhatsApp 上给我发了一些在社交媒体上当时多人在转发的短信，我觉得短信内容很奇怪。这短信是这位弟兄其他教会的朋友转发给他的。

我通常不太关心这些短信，但是这次的短信关乎我们教会的一位会友。

显然，发信息的人使用短信服务器匿名发送了这些短信。短信中控告“某人”（未命名）在我们的教会中扩散“关于死亡的八卦”，而这些八卦在我们的教会中“伤害了一些家庭”，尤其是一个家庭，在短信中被明确出来。这些短信给人的印象是这个家庭陷入了严重的经济困境。因为我认识这个家庭，所以我立即打电话给这个家庭，问候他们一切是否还好。

他说：“是的，我们很好，我们没有任何严重的经济状况。我还有工作。”

我松了一口气并提醒他，教会总是在这里可以提供帮助。

闲聊或八卦是一种不负责任、不荣耀基督的行为。在这个社交媒体时代，八卦在很短的时间内像野火一样四处扩散。在上述的事件中，匿名发信人与被控告发八卦的“某人”同样具有罪。正确的处理方法是通知教会领袖，而不是使用短信服务器如此处理。这就如故意把新型冠状病毒释放出来伤害他人一样。一旦点击了“发送”，我们不能知道这会给我们教会其中的肢体带来什么样的伤害。

八卦能诽谤他人的名誉。八卦在教会中能带来分裂，并且给主耶稣基督为首的肢体带来很多伤害。八卦、传舌是罪。

上面的诗篇说：“你爱恶胜似爱善，你爱说一切毁灭的话！”。

我们需要对我们的言语谨慎。我们所有人都有八卦、传舌的自然倾向，但让我们留意雅各书第三章（和合本）中的警告和劝勉。

5-6 这样，舌头在百体里也是最小的，却能说大话。看哪，最小的火能点着最大的树林！舌头就是火，在我们百体中舌头是个罪恶的世界，能污秽全身，也能把生命的轮子点起来，并且是从地狱里点着的。

7-10 各类的走兽、飞禽、昆虫、水族本来都可以制伏，也已经被人制伏了；唯独舌头，没有人能制伏，是不止息的恶物，满了害死人的毒气。我们用舌头颂赞那为主、为父的，又用舌头咒诅那照着神形象被造的人。颂赞和咒诅从一个口里出来，我的弟兄们，这是不应当的！

确实是很可怕。舌头可能是杀手！新型冠状病毒将消失，但舌头永远伴随着我们。我们需要圣灵的帮助。我们也需要明智地使用社交媒体！

我们祷告：

求主原谅我们常有八卦并说别人是非的倾向，我们也常常没有控制好我们的舌头。求助帮助我们，每次说别人的是非时都会给基督的肢体带来伤害。饶恕我们这罪恶的行为，赐给我们能力制服我们的舌头。

奉耶稣的名。阿门。

Monday 9th November 2020

Title: Glorifying God with our Lives

By: Ps. Soong Kok Kee

Psalm 3:3

But you are a shield around me, O Lord; you bestow glory on me and lift up my head.

Last Monday, I said that Psalm 3 and 4 are closely connected, as David fled from his palace from none other than his own son, Absalom (2 Sam. 15-18) and a host of other traitors who were also after his life. Yet, in spite of that environment and circumstances, he was still able to sleep in peace and safety, knowing and trusting full well that his God is looking after him. No wonder God had said David was a man after His own heart.

How can we glorify God with our lives? The word glory is the translation of a Hebrew word meaning "weight" or "significance." Some people measure their worth by beauty, some by intelligence, some by how much money they have in the bank, or the amount of possessions they owned, the power they can wield with a snap of their fingers, or prestige with a string of titles after their names. The list goes on and on.

But here, King David found his security and worth in God. Surrounded by all his enemies, many would be discouraged and depressed, but David found strength and comfort with these words: "But you are a shield around me, O Lord; you bestow glory on me and lift up my head". David's action of trust and faith brings glory to God's name. Isa 43:7 tells us that God created us for His glory – "everyone who is called by my name, whom I created for my glory, whom I formed and made".

You see my dear brothers and sisters, when we live our lives trusting God and having faith in Him, in spite of difficult environment and circumstances, we bring glory to Him. But when we sin, especially now that we are Christians, and do things that displease and dishonour Him, we bring shame to His name and fall short of His glory "for all have sinned and fall short of the glory of God," Rom 3:23.

May Psalm 3:3 bring peace and comfort to our hearts, especially in this time of the pandemic. No one knows when the pandemic will end or whether Covid 19 is here to stay. People are still dying daily, by the thousands, and the vaccine is still far off. Our economy is in really bad shape while our politicians are fighting for power and control. Businesses are closing down, causing thousands to lose their jobs. There doesn't seem to be any light at the end of the tunnel as far as we can see.

As His children, let us always remember our God is our shield and He will protect us from whatever is thrown at us. At the end of it all, we will be able to lift up our heads, to His glory, as we live our lives trusting Him completely. We will all come out of this pandemic, smelling like roses, in His own time, in His own way.

PRAYER:

Father God, help us all to glorify you with the thoughts we think, the actions we do and the words we say during this time of the pandemic. Help us to be truly worthy of the sacrifice you made for us on that cruel cross.

Forgive us when we sin and pick us up when we fall. No matter how bad the environment and circumstances may be, please help us to have faith and trust in you, like your servant David. We do not want to do anything that displeases you or dishonours your name.

Help us to glorify your name by looking around us to see how we can help to bless those who have less. Help us to love them with your love and provide them with the blessings you have so richly and bountifully bestowed upon us. Help us to truly live out "it's more blessed to give than to receive".

In Jesus' name we pray, AMEN.

每日灵粮

星期一，2020 年 11 月 9 日

标题：用我们的生命来荣耀上帝

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗 3:3】但你耶和华是我四围的盾牌，是我的荣耀，又是叫我抬起头来的。

上周一，我说过诗篇第三篇与诗篇第四篇是紧密连接的。大卫逃离他的王宫，不是逃离别人，正是他自己的儿子押沙龙【撒下第 15 章到第 18 章】，和众多也在追杀他的其他叛徒。然而，尽管在这样的环境或情况下，他仍然能够安然入睡，因为他知道并完全信靠他的上帝看顾他。难怪上帝说过大卫是合祂心意的人。

我们如何能以生命来荣耀上帝？荣耀一词在希伯来语单词的翻译，意为“重量”或“意义”。有些人以美貌来衡量自己的价值，有些以智力来衡量，有些则以他们在银行中有多少钱或者他们拥有的财产的数量、他们打个响指就能行使的权力，或是他们名字后面一系列的头衔的威望来衡量自己的价值。这单子的例子不胜枚举。

但是在这里，大卫王在上帝那里找到了自己的安全感和意义。当被敌人包围时，许多人会灰心和沮丧，但大卫却从这些话找到了力量和安慰：“主啊，但你耶和华是我四围的盾牌，是我的荣耀，又是叫我抬起头来的。”大卫的信心和倚靠的行为荣耀了上帝的名。赛 43:7 告诉我们，上帝为祂的荣耀创造了我们 - 【赛 43:7】”就是凡称为我名下的人，是我为自己的荣耀创造的，是我所作成、所造作的。”

亲爱的兄弟姐妹，要知道，当我们的生命活出信靠上帝并对祂有信心时，尽管我们在艰难的环境和情况下，我们乃是在荣耀上帝。但是当我们犯罪时，尤其我们既已是基督徒，做些使祂不悦和羞辱的事，我们就是使上帝的名蒙羞，并且亏缺了祂的荣耀“因为世人都犯了罪，亏缺了神的荣耀”（罗 3:23）。

愿诗篇 3:3 能带给我们心灵平安与安慰，尤其是在这个大流行病疫情时期。没有人知道大流行病疫情何时会结束或新冠病疫情是否会停留在这里。每天仍然有数以千计的人在死亡，而疫苗仍然遥遥无期。我们的经济状况真的非常糟糕的这当儿，我们的政客在争夺权力和控制权。企业正在倒闭，导致成千上万人失业。据我们所见，似乎没有苦尽甘来、柳暗花明的迹象。

作为祂的孩子，让我们永远记得我们的上帝是我们的盾牌，祂会保护我们不受任何投掷在我们身上的东西的伤害。最后，当我们完全信靠祂过我们的生活时，为了祂的荣耀，我们将能够抬起头来。以祂自己的时间，以祂自己的方式，我们都会走出这大流行病疫情，化险为夷。

祷告

父上帝，求祢帮助我们在这场大流行病疫情期间，以我们的思想、我们的行动和我们言语来荣耀祢。帮助我们真正配得祢在那残酷的十字架上为我们所作的牺牲。

当我们犯罪时，求祢赦免我们，当我们跌倒时，求祢扶持我们。无论环境和情况如何恶劣，求帮助我们祢有信心，倚靠祢，像祢的仆人大卫一样。我们不想做任何不讨祢喜悦或羞辱祢名字的事情。

求祢帮助我们荣耀祢的名，让我们环顾四周，看看我们如何能帮助和祝福那些有缺乏



的人。

帮助我们以祢的爱去爱他们，并供应给他们祢所赋予我们如此丰饶的祝福。帮助我们真正活出“施比受更为有福”。奉耶稣的名祷告，阿们。

Tuesday, 10 November 2020  
Title: The King Of Glory Is Coming  
By: Pastor Isaac Yim  
Psalm 24:7-10

7 Lift up your heads, O gates!  
And be lifted up, O ancient doors,  
that the King of glory may come in.  
8 Who is this King of glory?  
The LORD, strong and mighty,  
the LORD, mighty in battle!  
9 Lift up your heads, O gates!  
And lift them up, O ancient doors,  
that the King of glory may come in.  
10 Who is this King of glory?  
The LORD of hosts,  
he is the King of glory! Selah

The original context of this Psalm is related to the celebration of the return of the Ark of the Covenant which represents the presence of the Lord back to Jerusalem (2 Samuel 6). In this Psalm, David declares God's role as Creator and Sovereign. He points out that worshippers need to be sincere, truthful and righteous. David calls out to the people of Jerusalem to welcome the "King of Glory."

This Psalm is a Messianic Psalm. The four Gospels recorded the Triumphal Entry of Jesus into Jerusalem (Mk. 11:1-11, Lk 19:28-40 and Jn 12:12-19). At that time the people of Jerusalem did not recognize Jesus as the Messiah.

In Rev. 19:11-16, John's vision of heaven shifts to Jesus coming to earth again, not as a Lamb but as a warrior on a white horse. He will be coming back as the Conqueror and King to execute His judgment. Jesus' First Coming brings forgiveness and His Second Coming will bring judgment. At that time Jesus will be the King of Glory. He will be King over all the earth. "And the LORD will be king over all the earth. On that day the LORD will be one and his name one" (Zech 14:9).

In the twenty-fourth Psalm, we have an account of the actual entrance of Christ into heaven. When the King of England wishes to enter the city of London through Temple Bar with the gate being closed against him, the herald demands entrance, "Open the gate." From within a voice is heard, "Who is there?" The herald answers, "The King of England!" The gate is at once opened, and the king passes, amidst the joyful acclamations of his people. This is an ancient custom, and the allusion to it is in this Psalm. (Christmas Evans)

In this Psalm, King David is calling Israel to make all preparation to welcome "...that the King of glory may come in." The heart of the people of God is the glory of God. Today, God continues to call His people to come with "clean hands and a pure heart" to passionately live for His glory. Are you one of them?

#### Prayer for Today

King of Glory, we welcome You into our lives. Please remove all obstacles that prevent our gates and doors blocking Your entrance into our hearts and lives. Remove, Lord, our obstacles of pride, anxiety, fear, worry, anger, stress, and many other negative feelings. Oh, Lord, remove these obstacles and replace them with Your love and our faith in You. Lord, because of Your love, mercy and grace we can come to You in boldness in the Name of Jesus our King and Redeemer. Lord, give us a heart of total submission to do Your will in our lives. Give us strength to be more and more like You and forgive us when we fail. We pray in the Name of Jesus, our Lord and King. Amen

每日灵粮

星期二, 2020 年 11 月 10 日

标题: 荣耀的王将要来临

作者: 严以撒牧师

翻译: 陈晓佩姐妹

【诗篇 24:7-10】

7「众城门哪，你们要抬起头来！永久的门户，你们要被举起！那荣耀的王将要进来！」

8「荣耀的王是谁呢？就是有力有能的耶和华，在战场上有能的耶和华！」

9「众城门哪，你们要抬起头来！永久的门户，你们要把头抬起！那荣耀的王将要进来！」

10「荣耀的王是谁呢？万军之耶和华，祂是荣耀的王！（细拉）」

这首诗篇的上下文原意是关于欢庆约柜的回归，代表着主的同在回到耶路撒冷（撒母耳记下第 6 章）。在这首诗篇里，大卫宣告上帝是创造者并君王的角色。他指出敬拜者需要有真诚、诚实和公义。大卫呼唤耶路撒冷的百姓迎接那“荣耀的王”。

这首诗篇是弥赛亚诗。四福音书都有记载耶稣凯旋地进入耶路撒冷（马可福音 11:1-11，路加福音 19:28-40 和约翰福音 12:12-19）。在那时候，耶路撒冷的百姓不认识耶稣是弥赛亚。

在启示录 19:11-16 里，约翰的天堂之异象转移到耶稣再次来到地上，不是作为一只羔羊，而是一位骑着白马的战士。祂会以征服者并君王的身份回来执行审判。耶稣第一次的降临带来赦免而第二次的降临将带来审判。在那个时候，耶稣将会是荣耀的王。祂将是全地的王。“耶和华必作全地的王。那日耶和华必为独一无二的，祂的名也是独一无二的。”（撒加利亚书 14:9）

诗篇 24，我们有一个基督进入天堂的真实记述。当英国国王想要通过圣殿关进入伦敦城而大门紧闭着时，传令官要求进入：“打开城门。”从里面传来声音说：“是谁在那儿？”传令官回答：“英国国王！”城门立即打开了，国王就在他的子民的欢呼声中经过了。这是一个古老习俗，典故就在这诗篇里。（伊文斯 / Christmas Evans）

在这诗篇里，大卫王号召以色列民作好一切准备去迎接“... 那荣耀的王将要进来。”上帝子民的心就是上帝的荣耀。今天，上帝继续呼召祂的子民“手洁心清”地充满热情来为祂的荣耀而活。您是其中的一位吗？

今日祷告

荣耀的王，我们欢迎祢进入我们的生命中。请挪去一切拦住祢进入我们的心和生命的障碍。主啊，挪去我们的骄傲、忧虑、惧怕、担忧、愤怒、压力并其他许多负面的情绪的障碍。主啊，挪去这些障碍而以祢的慈爱并我们的对祢的信心来取代。主啊，因为祢的慈爱、怜悯和恩典，我们可以奉耶稣我们的君王和救赎主之名，坦然地来到祢的跟前。主啊，赐给我们一颗完全顺服的心，在我们的生活中遵行祢的旨意。赐给我们力量，越来越像祢；当我们失败时，求赦免我们。奉主耶稣我们的主和君王的名祷告。阿们

Wednesday, 11th November 2020

Title: I Will Sing Praises to You

Author: Pastor Wallace Ong

Psalm 57: 7 -11

7 My heart is steadfast, O God, my heart is steadfast! I will sing and make melody!

8 Awake, my glory! Awake, O harp and lyre! I will awake the dawn!

9 I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations.

10 For your steadfast love is great to the heavens, your faithfulness to the clouds.

11 Be exalted, O God, above the heavens! Let your glory be over all the earth!

God loves grateful hearts and delights in our praise and thanksgiving. As believers, we know that one of the innermost secrets of walking with Christ is an attitude of gratitude and praise that originated from humble hearts and trust in God. The manner of gratefulness is reflected in King David's many psalms. Psalm 57: 9 says, "I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations." King David's heart is filled with thankfulness especially through God's deliverance from the evil hands of King Saul (I Samuel 22 – 24).

Psalm 57: 7 should also be another heart posture of every Christian — the trait to remain; "steadfastness: a determination to go forward when uncertainty and fear are threatening ahead." David's heart was fixed on God while being hunted by King Saul. David was steadfast in his faith and trust in the Lord. He knew it was all under God's sovereign power and control.

As believers, we need the same steadfast faith in what we face each day and each season of our lives. When we hear of a fearful prognosis from a doctor about our health or of our loved ones, we will not doubt God or even shake our fists and blame our Heavenly Father. Even if a job is lost or a business bankrupted, and the fear of a financial loss seems imminent, God is still good and to be trusted. When we are surrounded by many unknown "what ifs", God is still on His throne. Our faith and trust should not waiver.

Believers whose hearts are secure and anchored in the Lord will survive and prosper even in the midst of a frightening future when everything appears bleak and uncertain. Their hearts will not surrender to the external circumstances but be firmly grounded with hope on the basis of what God has done, and will continue to do in their lives. Being firm in our convictions and trust in God's promises will guide and carry us through the unknown tomorrow. Our hearts

will be encouraged and we can still sing praises to the One that will get us through every “unknown” situation and the unforeseeable future!  
“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. Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows.” (Matthew 10:28-31)

Prayer:

Dear Heavenly Father,

We are thankful for Your mercy that is new every morning. We are thankful for Your living word that cautions us about leaning not on our own understanding but invites us to trust in You wholeheartedly. Lord, as we cultivate the habit of giving thanks and singing praises, we pray that Your Holy Spirit will help us to develop a consistent attitude of gratitude and help us not to be discouraged when life takes a toll on us. Help us, O Lord, to be the people with thankful hearts continuing to trust in Your faithfulness and praising Your Mighty Name. We pray this in Jesus’ name. Amen.

每日灵粮

星期三, 2020 年 11 月 11 日

标题: 我要歌颂祢

作者: 王振威传道

翻译: 陈健萍姐妹

【诗篇 57:7-11】

7 神阿、我心坚定、我心

坚定。我要唱诗、我要歌颂。

8 我的灵阿、（原文作荣耀）你当醒起、琴瑟阿、你们当醒起。我自己要极早醒起。

9 主阿、我要在万民中称谢你、在列邦中歌颂你。

10 因为你的慈爱、高及诸天。你的诚实、达到穹苍。

11 神阿、愿你崇高过于诸天。愿你的荣耀、高过全地。

上帝喜爱感恩的心，喜悦我们的赞美和感恩。作为信徒，我们知道与基督同行最深入秘诀之一就是感恩和赞美的态度，这种态度源自谦卑的心和对上帝的倚靠。大卫王的许多诗篇中反映了这感恩的态度。诗篇 57:9 “主阿、我要在万民中称谢你、在列邦中歌颂你。” 大卫王的心中充满了感恩之情，尤其是透过上帝的拯救他得以脱离扫罗王邪恶的手。

诗篇 57:7 也应该是每个基督徒的另一种心态—保持不变的特质：“坚定不移：当不确定性和恐惧威胁到前方时勇往直前的决心。” 大卫被扫罗王追捕时，他的心坚定在上帝身上。大卫对主的信心和倚靠是坚定不移的。他知道一切都在上帝的主权和掌控之下。

作为信徒，我们需要同样坚定的信心来面对我们生命中的每一天和每一个季节。当我们从医生得知关于我们或我们所爱的人的可怕健康预后时，我们不会怀疑上帝，甚或不会挥动我们的拳头来埋怨我们的天父。即便已失业或生意破产，经济损失的恐惧似乎迫在眉睫，上帝依然是良善和可倚靠的。当我们被许多未知的“如果”包围时，上帝仍然在祂的宝座上。我们不应该放弃我们的信心和倚靠的心。

心稳实并锚定于主的信徒，即使处于一个一切都显得黯淡和不确定的可怕未来时，亦会存活且兴旺。他们的心不会屈服于外在境遇，却会以上帝在他们生命中所作的一切并将会继续作的为基础，坚决地抱着盼望。坚定的信念并信靠上帝的应许将指引和带领我们度过未知的明天。我们的心会受到鼓舞，我们仍然可以向会帮助我们度过每一个“未知”境遇和不可预见的未来的那位唱颂歌。

“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。两个麻雀、不是卖一分银子么。若是你们的父不许、一个也不能掉在地上。就是你们的头发、也都被数过了。所以不要惧怕。你们比许多麻雀还贵重。”【马太福音 10:28-31】

祷告：

亲爱的天父，我们感谢祢，祢的怜悯每天早晨都是新的。我们感谢祢永活的话语，告诫我们别倚靠自己的聪明，而邀请我们全心全意地信靠祢。主啊，当我们培养感恩和歌颂的习惯时，我们祈求祢的圣灵帮助我们养成一贯的感恩态度；并且当生活给我们带来损伤时，求帮助我们不会灰心丧志。主啊，求祢帮助我们成为心存感恩的人，继续倚靠祢的信实，赞美祢大能的名。我们奉耶稣的名祷告。阿门。

Thursday, 12 November 2020

Title: Overflow with Thankfulness!

By: Cecilia Tan

Psalm 100:4

"Enter His gates with thanksgiving, and His courts with praise! Give thanks to Him; bless His name!"

The word "thank" and its variations occur some 143 times in the Bible, with thanks usually directed to God. The Book of Psalms itself contains many specific commands to offer thanksgiving to God. Psalm 100:4 is just one of many distinct commands to express gratitude to God for all that is going on in our lives.

Why does God want us to be thankful? Simply because gratitude keeps us in a right relationship with Him. When we are thankful, we acknowledge His presence in our lives and our total dependence on Him for all we have and all that we are. We give Him the honour due to Him.

Thankfulness pleases God. King David declares in Psalm 69:30-31, "I will praise the name of God with a song; I will magnify Him with thanksgiving.

This will please the Lord more than an ox or a bull with horns and hoofs."

What should we be thankful for? Our list of temporal earthly blessings is endless... The roof over our heads, the clothes we wear, the food on our tables, the family that is with us through thick and thin, the friends that spark joy in our lives and give us memories to treasure, our healthy bodies, our careers and sources of income, our talents and abilities... the wonders of creation, sunshine, rain, the morning song of the birds, flowers to delight our eyes, even tiny blessings in our busy lives such as finding a parking bay when we are out running many errands!

What about spiritual blessings? In these times of global turmoil triggered by the Covid-19 pandemic, we are daily being reminded not only of the brevity and uncertainty of life but also of the certainty of death! If by God's grace we do not succumb to the virus, we will still have to leave earth one day sooner or later!

Nevertheless, we are thankful for the blessed assurance of an eternal existence in God's presence where abundant joy awaits us. This is so as we have received the Gift of our Lord Jesus Christ, described by Apostle Paul as the "Indescribable Gift" in 2 Corinthians 9:15, "Thanks be to God for His indescribable gift!"

Apart from this Gift, we are all hopeless, lost and sitting in the darkness, awaiting eternal condemnation. For those of us who have received this Gift, we enjoy true peace – peace with God and the peace of God that surpasses all understanding, the peace that only Jesus can give. And we know that when we depart this troubled world, the eternal home that awaits us in heaven is the best home we can ever have, better than anything this world has to offer!



Our spiritual blessings must surely include the gift of the Holy Spirit who indwells us and gives us victory over sin and God's Word, the Bible. It tells us about God, who He is, what He has done and what He will do in the future. All man's philosophy is darkness, but God has given us a light for our paths and a lamp for our feet, that we may be guided in ways that please God.

Our temporal blessings are only beneficial to us for our temporary earthly existence. Our spiritual blessings are the richest and most enduring of all blessings as they last forever!

Are there dangers posed by thanklessness? When we are not thankful, we are likely to credit ourselves for our achievements, forgetting the command of Moses in Deuteronomy 8:18 to "remember the Lord your God for it is He who gives you the ability to produce wealth." Swollen-headed with pride, we may even declare "my power and the strength of my hands has produced this wealth for me" (Deuteronomy 8:17) We begin to forget where our blessings come from, and eventually may even cut ties with the Giver of these blessings!

Thanklessness greatly displeases God. Luke's Gospel records the miraculous healing of 10 lepers by Jesus. Only one came back to thank Jesus. Can you imagine the hurt in Jesus' voice when He asked, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" (Luke 17:17-18) Jesus affirmed the one who returned to thank Him but was saddened and displeased with the ingratitude of the nine.

Thankfulness is a mega health booster. Many studies done on gratitude have produced undisputable evidence that gratitude benefits our bodies, minds and souls. A thankful attitude makes people happier, improves their relationships and they enjoy better physical and emotional health. You are more likely to see a winning smile on the faces of the thankful than on the thankless. (Though of

course the smiles are now hidden behind their masks as the new normal requires us to wear masks in public spaces. )

Realising that we have so much to thank God for, and weighing the many benefits of being thankful, we would be wise to cultivate an attitude of gratitude and OVERFLOW WITH THANKFULNESS!

Prayer:

Our Heavenly Father, we live in unprecedented times, being bombarded daily with Covid-19 statistics that provoke fear and hopelessness. Nevertheless, we are thankful that You are our refuge, strength and fortress, our ever-present help in times of trouble. Rather than dwell on what we have lost under the new

normal, help us to be thankful and rejoice over countless blessings that we are still able to enjoy. For indeed, Your steadfast love and mercies never come to an end but are new every morning! We thank You in Jesus' name. Amen.

每日灵粮

星期四, 2020 年 11 月 12 日

标题: 满溢的感恩心怀

作者: 陈俊芳姐妹

翻译: 薛秀合姐妹

**【诗篇 100: 4】**

“当称谢进入他的门；当赞美进入他的院。当感谢他，称颂他的名！”

“感谢”一词及其变体在圣经中出现了大约 143 次，通常指的是向上帝表示感谢。诗篇本身包含着许多向上帝献上感谢的具体命令。诗篇 100:4 只是对我们生命中发生的一切事情向上帝表达感谢的许多命令之一。

为什么上帝要我们感恩呢？仅仅因为感恩使我们与祂保持良好的关系。当我们感恩的时候，我们承认祂存在于我们的生活中，以及我们为自己并所拥有的一切完全倚靠祂。我们将尊荣归于祂。

感恩可取悦上帝。大卫王在诗篇 69:30-31 中宣告：“我要以诗歌赞美神的名，以感谢称祂为大！这便叫耶和华喜悦，胜似献牛，或是献有角有蹄的公牛。”

我们应该为什么而感恩呢？我们短暂在现世的祝福是无穷无尽的……我们头顶上的屋顶、我们所穿的衣服、我们餐桌上的食物、与我们同甘共苦的家人、在我们生活中点燃欢乐并给我们珍贵回忆的朋友、我们健康的身体、我们的职业和收入来源、我们的天赋和才能……一切奇妙的创造，阳光、雨水，鸟儿的晨鸣声、令人赏心悦目的花朵，甚至是我们忙碌生活里的小祝福，例如当我们外出办事时找到一个停车位！

那么关于属灵的祝福呢？在由新冠肺炎疫情所引发的全球动荡时期，我们每天都在被提醒的，不仅是生命的短暂和不确定性，而且也是死亡的必然性！如果我们靠着上帝的恩典没有受到这病毒的感染，我们迟早一天也将会离开地球！

尽管如此，我们依然为着有上帝同在的永生的有福确据而感恩，在那里有丰盛的喜乐等待着我们。这是因为我们领受了我们的主耶稣基督的恩赐，使徒保罗在哥林多后书 9:15 中将其描述为“说不尽的恩赐”：“感谢神，因他有说不尽的恩赐！”

在这份恩赐以外，我们都是绝望的，迷失并坐在黑暗中，等候着永恒的刑罚。对于我们这些已经接受了这份恩赐的人，我们享受着真正的平安-与上帝和好的平安及从上帝而来出人意外的平安，这超越一切理解的平安，只有耶稣才能给予。我们也知道，当我们离开这个动荡的世界时，在天堂等待我们的永恒家园是我们前所未曾拥有过的最好的家园，比这个世界所能提供的任何东西都要好！

我们的属灵祝福必须包括圣灵的恩赐，圣灵住在我们里面，使我们战胜罪恶并赐予我们神的道-圣经。圣灵告诉我们关于上帝的事情，上帝是谁、祂曾作了什么以及祂将来会作的事。人类的所有哲学都是黑暗的，但是上帝给了我们道路上的光和在脚前的灯，好让我们可以按上帝喜悦的方式被引导。

我们现世的祝福只会对我们在世上短暂的生命有益。我们的属灵祝福是最丰富且是一切祝福中最持久的，因为它们永远长存！

忘恩负义会带来危险吗？当我们不感恩时，我们很可能把我们的成就归功于自己，忘了摩西在申命记 8:18 中的命令“你要記念耶和华—你的神，因为得货财的力量是他给你的。”\* 我们甚至会骄傲地宣称：“这货财是我力量、我能力得来的。”\*（申命记 8:17）。我们开始忘记我们的祝福从何而来，最终甚至可能与这些祝福的赐予者断开联系！

不知感恩会使上帝非常不悦。路加福音记录了耶稣行神迹治愈了 10 位麻风病人。只有一个人回来感谢耶稣。当耶稣问：“洁净了的不是十个人么？那九个在那里呢？除了这外族人，再没有别人回来归荣耀与神么？”（路加福音 17: 17-18）您能否想象得到耶稣声调中的伤痛？耶稣肯定了那一位回来感谢祂的人，但对那九个人的忘恩负义感到难过和不满。

感恩是巨大的健康助推器。许多关于感恩的研究提供了无可争议的证据，感恩能使我们的身体、思想和心灵受益。感恩的态度使人们更加快乐，改善他们的人际关系，并且他们会享受到更好的身心健康。与不感恩的人相比，您更可能在感恩的脸上看到胜利的笑容。（当然，现在的笑容 已经隐藏在他们的口罩背后了，因为新的常态要求我们在公共场所戴口罩 。

意识到我们有许多要感谢上帝的事情，并权衡感恩所带来的诸多好处，因此，我们明智的做法，就是培养一个感恩的态度与满溢的感恩心怀！

祷告

我们的天父，我们生活在前所未有的时代，每天都遭到新冠肺炎统计数据的轰击，并激起了恐惧和绝望。然而，因祢是我们的避难所，是我们的力量，是我们在堡垒，是我们患难中随时的帮助，我们感谢祢。帮助我们感恩，为我们仍可享受到的无数祝福而感到欢乐，而不是纠结于新常态下失去的东西。诚然，祢坚定的爱与怜悯永远不会终止，而每个早晨都是新的！我们奉耶稣的名感谢祢。阿门

Friday, 13 November 2020

Title: Is there a way back after betrayal?

By: Ps. Cheng Cheung

Psalm 55:16 As for me, I will call upon God,

And the LORD shall save me.

17 Evening and morning and at noon

I will pray, and cry aloud,

And He shall hear my voice.

David starts the Psalm with an appeal to the Lord God not to hide Himself from him at this particular time. It is a plea from his heart. For some reason, He needed God to attend to him and hear him as he prayed. O, he needed so much to have a listening ear now. Restlessness had overcome him, and he moaned greatly in his spirit. He needed help from God.

Then, David reveals what is troubling him. There was an enemy, a wicked foe who oppressed him and who was making him miserable. This has resulted in pain in his heart and a deadly terror had gripped him. He was in mental anguish and felt that horror had overwhelmed him. In the midst of this unbearable anguish, he fantasizes: If only he could be like a dove and take flight and not face reality. Friends, have you felt this way before, where it seemed easier to run than to face the extremely stressful situation before you? However, David's wish remained a wish and he stood his ground to face the storm.

It was not an easy decision to make, because there had been collateral damage. See verses 9 to 11 – violence, strife, iniquity, trouble, destruction, oppression, deceit. And this was taking place within the city. In today's context, what would be the possible equivalent? Disunity within the company? Division within the top management? Cracks within the coalition? Indeed, a split within the church? And it was happening day and night (v 10).

Finally, David reveals his main enemy, someone whom he thought to be a friend, had betrayed him. It is someone whom he considered "his equal, his companion, his acquaintance, (v 13) and with whom he shared counsel and worshipped side-by-side (v 14). He moaned, "For it is not an enemy who reproaches me; then I could bear it" (v 12). The defection of his false friend was the worst blow of all. David could have braced himself to bear an enemy's reviling; he could have fought or fled to a shelter to escape from open foes; but the baseness which forgets all former companionship and worship, was more than he could bear.

Deeply wounded, David imploded in pure anger. However, he left the outcome to God, refusing to take vengeance into his own hands. Instead, David prayed, "As for me, I will call upon God, and the LORD shall save me" (v 16). David came to his senses, calmed himself and declared confidence in his Lord

God. He was able to leave his crisis, and his enemies, in God's hands. He would give himself to constant communion with the Lord (v 17), knowing the Lord would hear him. Most of all, he would not stoop so low as to engage in counterplots, nor imitate their schemes and incessant violence, but in direct opposition to their godless behaviour would continually resort to God.

Friends, would you have been able to similarly let go, after having suffered betrayal such as David had? Would you be able to leave the anguish of broken trust and treachery in God's hands and say,

18 He has redeemed (rescued, brought out, delivered) my soul in peace from the battle that was against me,

For there were many against me.

At the end of the Psalm, as David reflected on all he went through, he affirmed God's provision for him.

22 Cast your burden on the LORD,

And He shall sustain you;

The promise is not that God will carry one's burdens, but that He will sustain you. The experience of suffering is not taken away from the servant of God, but he is sustained, and so made strong enough to bear the pressure.

23 But I will trust in You.

David's focus, at the end, is upon God, not his enemies. He would trust in Him and not be disappointed. The I is emphatic, dismissing the preoccupation with the treacherous enemy. In effect, there are two parties involved, not three. "As for me, I will trust in the Lord."

Prayer for Today

Gracious God, help me daily to take time to pray, to keep in touch and in step with You. Help me to turn to You and cast all my cares upon You daily. Help me to truly trust You with every detail of my daily life.

In all my responses to precarious situations, help me take action that will only bring honour and glory to You. In Jesus' Name, Amen.

每日灵粮

星期五，2020 年 11 月 13 日

标题：背叛之后有回头路吗？

作者：张祯祥传道

翻译：梁玉萍姐妹

16 至于我，我却要求告 神，耶和华就必拯救我。

17 无论在晚上、早晨或中午，我都哀诉唉哼；他必听我的声音。

大卫开始此诗篇时，呼吁主上帝在这个特定的时间不要向他隐瞒自己。这是他内心的恳求。因着某种原因，他需要上帝照顾他，并在他祈祷时听到他的声音。哦，他现在非常需要有人聆听他。他烦躁不安，心里痛苦而唉哼。他需要上帝的帮助。

然后，大卫揭示了困扰他的原因。有一个敌人，一个邪恶的仇敌压迫他，使他难受。这导致他内心痛苦，并且致命的恐惧强烈地控制着他。他痛苦欲绝，恐惧使他不知所措。在这种难以忍受的痛苦中，他幻想着：要是他能像只鸽子一样飞奔，不面对现实，那该有多好啊。朋友，您是否有过这样的感觉：比起面对巨大压力的处境，快跑躲避似乎显得更容易？无论如何，大卫的愿望仍然是一个愿望，他坚持面对暴风雨。

这是一个不容易的决定，因为它附带损害。看 9 至 11 节-强暴，争竞，罪孽，奸恶，邪恶，欺压，诡诈。而这是发生在城中。在今日的背景，这可能相等的是什么？公司内部的不团结？高层管理人员当中的分裂？联盟内部的破裂？教会中确实产生分歧？这事是昼夜在发生（10 节）。

最后，大卫透露了他的主要敌人，一个他认为是朋友的人背叛了他。他认为这是一个“与他平等，是他的同伴，是他的知己（第 13 节），素常彼此谈论，与群眾在神的殿中同行（第 14 节）。他呻吟：“2 原来不是仇敌辱骂我，若是仇敌，还可忍耐。”（第 12 节）。这些虚假的朋友对他的背叛是最严重的打击。大卫本来可以忍受敌人的辱骂。他本可以为逃避敌人而战斗或逃到避难所；但是因着朋友的卑鄙要他忘记以前一起的相伴和敬拜远远超出了他所能承受的。

大卫深深地受了伤害，在愤怒中崩溃。然而，他把结果留给了上帝，拒绝自己报复。大卫也祷告说，“至于我，我要求告上帝，耶和华必拯救我。”（16 节）大卫醒悟过来，平静自己，宣布对他的主上帝的信心。他能够把他的危机和他的敌人都交给上帝。他会不断地与主连接（17 节），知道主会垂听他的声音。最重要的是他不会弯腰低至从事反击，也不会模仿他们的计划和不断的暴力，但在直接反对他们不信神的行为时，会不断求助于上帝。

朋友，您是否能够在遭受了像大卫所受的背叛之后同样放手？您能否将破裂的信任和背叛的痛苦留在上帝手中，然后说：

18 节 他救赎我命脱离攻击我的人，使我得享平安，因为与我相争的人甚多。

在诗篇末尾，当大卫反思自己所经历的一切时，他肯定了上帝给他的供应。

22 节上 你要把你的重担卸给耶和华，他必抚养你，

应许并不是说上帝会背负一个人的重担，而是说他会支撑你。神的仆人所经历的痛苦是会被拿走的，但他会坚持不懈，变得强壮到足以承受压力。

23 节下 但我要倚靠你。

最后，大卫专注的是上帝，而不是他的敌人。他会信靠他并不会失望。‘我’是坚决的，解除对奸诈敌人的关注。实际上，只有两方参与，而不是三方。“但我要倚靠你。”

今天的祈祷

慈爱的上帝，请每天帮助我花时间祷告，保持与你联系并与你同行。帮助我每天转向你，并将一切忧虑卸给你。帮助我在日常生活中的每一个细节上真正信靠你。

请帮助我在所有不稳定局势的回应中，采取只会给你带来尊贵和荣耀的行动。奉耶稣的名，阿们。



Nov 14th 2020 Saturday

Title: Blessed Calling

By Pastor Andrew Lim

Translator: Irene Hong

We must be thankful that God has called us throughout our entire lives; He has called us while we are still in our mother's womb.

Psalm 139:13-16

For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made;

Your works are wonderful, I know that full well. 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.

Your eyes saw my unformed body; all the days ordained for me were written in Your book before one of them came to be.

Gal 1:15

But when God, who set me apart from my mother's womb and called me by His grace, was pleased.

God called me by His grace in my work, ministry and spirit with ethical marking. So we have to act in accordance to the blessed calling.

God's calling sanctifies us; it is His calling that had made us holy. When we received this calling we are giving up the filthiness to live a holy life. We are Christian because God has called us. Peter told us: "But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of Him who called you out of darkness into His wonderful light.

(1 Peter 2:9) Since we are specially chosen, we must live a life that is equivalent to our calling.

Our lives will end one day whether they are long or short, we are waiting for grace to be called back to heavenly home.

Many people do not want to leave this dazzling world, if it can be extended then it would be best to extend for as long as possible, while many had died due to heart attack or stroke, and others died in accident. There were others that died due to various kinds of illness, passed away slowly and painfully. Among them are the terminally ill patients who are longing forward to the day of death to arrive early so that they may no longer suffer from their illness and pain. Many others hope for death to come as death may be a good relief.

Death to the Christian is just merely opening of a prison cell door to release the soul that was trapped in the "fleshly prison" to the everlasting freedom in heaven. Death release us from the bondage of sin, to receive the true freedom

to live with our savior forever in our heavenly home, enjoying the perfect everlasting joy.

The promise of Jesus: "In My Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am." (John 14:2-3)

The place where Jesus has prepared for us:

"God will wipe every tear from our eyes. There will be no more death, or mourning or crying or pain, for the old order of things has passed away." and: "Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."

Blessed are those that trust Jesus for they will have His calling in their entire life.

Prayer

Lord, Because of your calling in my life, even though at times I have faced pain, suffering, danger and sickness while running this heavenly path, but I know You will never forsake me nor leave me, Your grace is sufficient for my use, Your goodness and love will follow me all the days of my life. I want to live every day with a thankful heart. Thanks and pray in the precious name of Jesus. Amen!

每日灵修

星期六 2020 11 月 14 日

标题: 蒙福的恩召

作者: 林金仪牧师

我们要感恩一生都有上帝的恩召，我们在母腹之时，祂已经恩召我们。

詩篇 139:13-16「我的肺腑是你所造的；我在母腹中，你已覆庇我。我要稱謝你，因我受造，奇妙可畏；你的作為奇妙，這是我心深知道的。我在暗中受造，在地的深處被聯絡；那時，我的形體並不向你隱藏。我未成形的體質，你的眼早已看見了；你所定的日子，我尚未度一日，你都寫在你的冊上了。」

加拉太書 1:15「然而，那把我從母腹裏分別出來、又施恩召我的上帝」

我在工作、事奉和灵里都有上帝的恩召并带有道德印记。所以我们的行事为人，必须要与所蒙的恩召相称。

上帝的恩召将我们分别为圣，是上帝的恩召使我们成圣的。领受恩召就等于放弃污秽，从此过一种圣洁的生活，我们之所以成为基督徒，是因为上帝恩召了我们。彼得告诉我们：「然而你们是蒙拣选的族类，是君尊的祭司，是圣洁的国民，是属上帝的子民，为要叫你们宣扬那召你们出黑暗入奇妙光明者的美德。」（彼前 2:9）既然我们是特别蒙拣选的，就要活出与所蒙的恩召相称。

我们的生命无论长或短，终有一日将会结束，所以在等待蒙恩召回天家。

很多人不想离开花花世界，能够延長就尽量延長，但有的人因心脏病或中风而猝死，有的人死于意外。也有的人因患某种疾病，缓慢痛苦地死去。其中，得绝症的病患者，心里更期待着死亡早日的到来，让他们能脱离病痛的煎熬。还有些人盼望着死亡的来临，觉得死亡是一个美好的解脱。

死亡对基督徒只是打开一扇牢房的门，把困在“肉体监狱”里的灵魂释放到永恒自由的天堂。死亡使我们脱离罪的捆绑，得真正的自由与我们的救主在天家永远同住，享受完美永恒的喜乐。

耶稣的应许：在我父的家里有许多住处，若是没有，我就早已告诉你们了；我去原是为你们预备地方去。我若去为你们预备了地方，就必再来接你们到我那里去。我在那里，叫你们也在那里。約翰福音

14: 2-3

在耶稣为我们预备的地方那里：

「神要擦去我们一切的眼泪；不再有死亡，也不再有悲哀、哭号、疼痛，因为以前的事都过去了。」并且：

「我一生一世必有恩惠慈爱随着我；我且要住在耶和华的殿中，直到永远。」

信靠耶稣的人是何等的蒙福，一生都有上帝的恩召。

祷告：主啊，因为一生都拥有有您的恩召，所以在奔跑天路时虽然有时会遇到痛苦、困难、危险、和病痛，但知道您总不撇下我，也不丢弃我，您的恩典也够我用，我的

一生一世有您的恩惠慈爱随着。我要以感恩的心活好每一天。感恩祷告是奉耶稣宝贵的名。阿门。

## **Sunday, 15 November 2020**

Title: Training a Child in the Way He Should Go

By Elder Tan Seng Kee

Psalm 139:13-14

Ps Soong in his recent devotion mentioned about Absalom, the 3<sup>rd</sup> son of King David, who tried to seize his throne. Absalom was later killed and he seems like a greedy young man who can't wait his turn for power. All of us in our own lives have come across young people either because they were dependent on us or they were thrust into our care to teach and tutelage. My wife and I have 4 daughters and the youngest just turned 21 years old and we had a muted but joyful family celebration on her birthday.

Was it difficult for David to get the most acclaimed mentor for Absalom and ensure he walked in the ways of God which would include loving King David who was his father and king? Yet in spite of all the power, wisdom and resources at his hands, King David did not do so well in raising his son, Absalom. In my many years of being a father and which I still am both in provision and in guidance, I am baffled by situations which turned out well with my girls with little involvement from me and some traumatic problems which happened in spite of my sincere intervention.

Does it matter whether adults play a role in the growing years of our young people? Time and again I am brought back to acknowledge that it matters that we adults having 'stewardship' of young people have a vital role in seeing how our young people grow up. Psalm 139:13-14 reminds us that *"God created my inmost being....knit me together in my mother's womb....I am fearfully and wonderfully made."*

When a young person comes into my midst, I (whether as parent, guardian, aunty, teacher or in any capacity of influence I may have), then, have a duty to care for the young person. I must tend, inspire, motivate, encourage, discipline and be tolerant of the ways of the young person. I must set a good example in morals, social skills and hard work with solid good Christian endeavors in church and everywhere else. I have a responsibility to spend time, to listen and to be there for the young person.

Proverbs 22:6 reads, *"Train up a child in the way he should go, even when he is old he will not depart from it."* There is no one moment in time (as a song goes); the time is now, here and at any time where we all adults should aspire to catch more than one moment in time when God brings a young person across our path to inspire and to encourage in the ways of our God.

Training *"....a child in the way he should go...."* includes: (1) I must set godly examples such as in prayers, reading God's word, worship and in serving God. I must go to church and I must be a good employer, employee, parent, guardian

and honor God in all stations of life I am in at any point of time, and (2) I must check myself every day to ensure I am not disqualified to be a good example to a young person.

Psalm 139:13-14 affirms the utmost value of each life created by God and Proverbs 22:6 reminds us that we are privileged and honored that God entrusts us with the young life God brought into being. Today, shall we all make our society a better place by investing well in a child now?

**Prayer:**

God, I thank you for the precious gift of life. I thank you for the young person you have brought into my midst. Grant me the wisdom to train up the child in my care, the perseverance to carry on the task and the joy of the Lord to assure me I have been faithful. In Jesus' name. Amen.

每日灵粮

星期天，2020 年 11 月 15 日

标题：教养孩童使他走当行的路

讲员：陈诚基长老

翻译：巫惠如姐妹

诗篇 139: 13-14

我的肺腑是你所造的，我在母腹中，你已覆庇我。

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。

宋牧师在最近的每日灵粮文章提到了大卫王的第三个儿子押沙龙试图夺取王位。押沙龙后来被杀，而且他似乎是一个贪婪的年轻人，迫不及待地争权夺利。我们在各自的生活圈子里都因不同因素遇到年轻人，也许他们需要依赖我们又或者被送入我们的照料中。我和妻子有 4 个女儿，最小的刚满 21 岁，在她生日那天，我们举行了一场静而欢乐的家庭庆祝会。

大卫是否难以为押沙龙找到最优秀的顾问，并确保他行在上帝的道中，也爱戴他自己的父亲和国王？然而，尽管大卫王掌握着各种权力、智慧和资源，但在养育儿子押沙龙这方面，他做得并不是那么好。在我作为父亲的多年里，而且我仍然在学习的过程中，我至今还是因某些事件感到相当困惑，因为有些事情在我毫无参与的状况下，结局反而不错，但有些事情，即便我积极参与，但结局反倒造成一些令人痛苦难忘的问题。

成年人在年轻人成长的岁月中是否扮演着重要的角色？我一次又一次地重新认识到，成年人有着「管家」的责任，而这至关重要的角色包括看着年轻人如何成长。诗篇 139:13-14 提醒我们：「我的肺腑是你所造的，我在母腹中，你已覆庇我...因我受造奇妙可畏。」

当一个年轻人进入我的生活圈，无论是身为父母、监护人、姑姑、老师，或是任何对他们具有影响力的身份，我就有义务关心这位年轻人。我必须照顾、激发、激励、鼓励、教导和宽容他。不管是在教堂里或外，我必须在道德、社交技巧和工作方面树立好榜样，展现坚实的基督徒生命。我有责任花时间，倾听，和陪伴他。

箴言 22:6 写道：「教养孩童，使他走当行的道，就是到老他也不偏离。」没有一个特定的瞬间（就像一首歌所说的）；应该行动的时机就是现在，此时此刻。当上帝把一个年轻人带到我们的生命，成年人都应该追求抓住任何时刻以上帝的方式激励和鼓励他们。

教养「孩童，使他走当行的道」包括：(1)我必须树立虔诚的榜样，如祈祷、读上帝的话、崇拜和服侍上帝。我必须去教堂和把握时机，在生活的各个层面，成为好雇主、好员工、好父母、好监护人荣耀上帝；(2)我必须每天检查自己，确保自己不失为年轻人的榜样。

诗篇 139:13-14 确认了一个事实，那就是上帝赋予每条生命最尊贵的价值。箴言 22:6 提醒我们，上帝信任我们孕育年轻的生命是我们的荣幸。今天，让我们好好地投资在孩子们的身上，使我们的社会变得更美好。

祷告：

主啊，谢谢你赐予我的宝贵生命。谢谢你所带进我生命中的年轻人。请赐我智慧教养孩童，让我能够坚持胜任这份任务，也求主使我忠心。奉耶稣的名祷告，阿门。



Monday 16th November 2020

Title: Taking Refuge in the Lord

By: Pastor Soong Kok Kee

Psalm 57:1 Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.

This psalm was probably written when David was hiding in a cave, running from King Saul who was after his life (1 Sam 22-24). He was safe temporarily, but the threat was still there.

We have all been there, right? Maybe not in a cave, but still pursued by something that strikes fear in our hearts. Perhaps it is deep sorrow when we mourn the death of someone we love. Maybe it's been months or even years ago – yet thinking of it still brings fear and pain. Fear of the unknown. Pain for the loss. Many people are going through that since the pandemic struck early this year. Loss of job or income. Businesses closing down with no apparent light at the end of the tunnel and nobody knows how long that tunnel is. In such times, like David, the only thing we can do or say is “in you my soul takes refuge”. Where else can we go?

Or it could be an oppressive physical illness that won't go away. Paul went through that when he prayed in 2 Cor 12: 8-9 “Three times I pleaded with the Lord to take it away from me. But he said ‘My grace is sufficient for you, for my power is made perfect in weakness’ . In such circumstances, God does not always remove the difficulty, but He is there to see us through it all. We want God very much to stop the pain and make our path smooth and straight. We prayed again and again to eliminate our struggles but the difficulties still remain. It is then, we need to pray and trust like David “I will take refuge in the shadow of your wings until the disaster has passed”.

No one knows how long that will be, but that doesn't matter – for David said “until the disaster has passed” or “until this violent storm is past” (as translated in the NLT). Whether it's a disaster or a storm or a hurricane, it will pass, for sure it will pass. Behind every cloud is a silver lining or the sun or the rainbow. We do not know how long David was in the cave but he eventually came out safe and sound and even became King. Tomorrow will be better because we are taking refuge in the shadow of God's wings and the disaster will surely pass, it will.

PRAYER:

Dear Lord, thank you for being our refuge in the storms of our life. Sometimes we are at a loss as to what to do or say or even pray. We want to pray especially for those who are staying alone. We pray for your protection to be upon them.

See them through their loneliness. The isolation with no socialising or physical contact is driving many of us up the wall.

O Lord, how we long until we can go back to worship you together and hug and shake each other's hands? It's been months since we were able to do that. Until then Lord, we will all take refuge in the shadow of your wings until this disaster has passed.

In Jesus' name we pray  
AMEN.

每日灵粮

星期一，2020 年 11 月 16 日

标题：投靠主

讲员：宋国基牧师

翻译：郑振隆弟兄

[诗篇 57:1]

神啊，求你怜悯我，怜悯我！因为我的心投靠你。我要投靠在你翅膀的荫下，等到灾害过去。

这篇诗篇很可能是大卫在躲避追杀他的扫罗王，躲藏到山洞里时写的 (撒上 22-24)。他暂时是安全的，但威胁仍然存在。

我们都曾经经历过，对吗？也许不是在山洞中，但仍然被某种使我们内心恐惧的事物所追赶。也许是哀悼所爱的人离世那深深的悲伤。也许已经过去了几个月甚至是几年了，但是每当想起它，仍然会感觉恐惧和痛苦。对未知的恐惧。因亏损而带来的痛苦。自今年年初爆发大流行感以来，许多人正在经历这种情况。失去工作或收入。生意在看不见曙光之下而倒闭，也不晓得疫情会持续多久。在这种情况下，就像大卫一样，我们唯一能做或能说的就是“我的心投靠你”。我们还能去哪里呢？

或者可能是压迫性不得痊愈的身体上的疾病。保罗经历了，他在【林后 12:8-9】中祷告：“为这事，我三次求过主，叫这刺离开我。祂对我说：‘我的恩典够你用的，因为我的能力是在人的软弱上显得完全。’”在这种情况下，上帝并不总是会为我们挪开困难，但祂会带领我们度过难关。我们非常希望上帝终止我们的痛苦，让我们的道路变得平坦而笔直。我们不住地祷告求除去我们的挣扎，但困难依然存在。那时，我们需要像大卫一样祷告和信靠：“我要投靠在你翅膀的荫下，等到灾害过去。”

没有人知道那会持续多久，但这并不重要 – 因为大卫说“等到灾难过去”或“直到这场暴风雨过去”（NLT 翻译）。无论是灾难、暴风雨还是飓风，它都会过去，这肯定会过去。每一朵云的背后都有一线希望，或者是太阳或彩虹。我们不知道大卫在山洞里呆了多久，但他最终平安无事地出来，甚至成为国王。明天会更好，因为我们投靠在上帝的翅膀的荫下。灾难一定会过去，它将过去。

祷告：

亲爱的主，感谢你我们的生命风暴中成为我们的避难所。有时，我们不知所措，当说什么，甚至应当如何祷告。我们要特别为那些独居者祷告。我们求你保护他们；帮助他们度过孤寂。没有实体社交和接触的隔离生活驱使我们许多人陷入困境。

主啊，我们多么渴望能恢复到一起敬拜你，互相拥抱握手！已经好几个月我们不能如此了。直到那时，主，我们都要投靠在你翅膀的荫下，直到灾难过去。

奉耶稣的名祷告，阿们。

Tuesday, 17 November 2020

Title: Up With God! Down With His Enemies!

By: Pastor Isaac Yim

Psalm 68:1-3

The overall theme of this Psalm 68 is about the triumph of God over His enemies and His ascent to His throne. A. Macul said, "This is a prayer for the Second Advent." *Psalm 68:1 "Let God arise, Let His enemies be scattered;"* is a direct quote from Numbers 10:35. In the book of Numbers, chapter 10 describes the departure of Israelites from Mount Sinai onward to the Promised Land. The Ark of the Covenant led the way as they marched. *Numbers 10:35 "Whenever the Ark set out, Moses said, 'Rise up, O LORD! Let Your enemies be scattered, and let those who hate You flee before You'."* (NKJV)

The message was clear and simple for both Moses in the wilderness, and David in the Promised Land. It is just too dangerous to go ahead anywhere without God's leading. This type of dependency on God is also appropriate for us believers today.

Covid-19 has led us into an uncharted wilderness in our lives. There are so many uncertainties. We are daily engaged on many battle fronts. Many of us feel like losing our last defence line. We are about to cave in. We become fearful, desperate and depressed. How do we fight this seemingly unending battle? May we be reminded by Psalm 68:1-3 below.

*1 Up with God! Down with his enemies! Adversaries, run for the hills!*

*2 Gone like a puff of smoke, like a blob of wax in the fire – one look at God and the wicked vanish.*

*3 When the righteous see God in action they'll laugh, they'll sing, they'll laugh and sing for joy. (MSG)*

May we learn to rest in God's ability to fight these battles for us. This will show our accuser the strength of our faith. The strength of our faith is determined by the amount of faith we have in God. In the midst of our many challenges, let us practise what Paul teaches in *1 Thessalonians 5:18 "No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus."* (TLB)

We can be thankful for what God can do in any and every situation; this gives us a sense of peace and power to face all eventualities. We need to stop fighting the battle with our own strength and abilities. By now I am sure you are exhausted and all your efforts are wasted. We need to learn from the people of God. They stood still and stood back and let God do the fighting for them. They discovered the battle was so much easier! *Psalm 68:3, "When the righteous see God in action they'll laugh, they'll sing, they'll laugh and sing for joy."*

The battles in our lives have robbed us of our ability to laugh, and to sing for joy. Let us exercise our faith in the Risen Saviour Jesus Christ; He is able to see us

through every battle we have to face. "Anything God has ever done, he can do now. Anything God has ever done anywhere, he can do here. Anything God has ever done for anyone, he can do for You." (A. W. Tozer on God's power).

No matter what battle you are fighting today, put your trust completely in His almighty hands. He promises sweet rest in the midst of trouble. *Philippians 1:6* "being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;" (NKJV)

**Prayer for Today**

Rise up, O God and let Your enemies flee. Lord, our battles are raging! Teach us to put our total trust in You. Forgive us when we do not rely on Your truth, Your ability and Your strength. Remind us Lord, that the battle is Yours. Lord, many times these battles are self-created. We often want to go our own way. We fail to listen and obey Your Word. Our disobedience often blinded our eyes and stopped our ears from seeing and hearing the prompting of the Holy Spirit. Give us grace to learn to trust in You for everything each day. Your way, Lord, is always the right way and the best way. Lead us Lord, our Great Shepherd.

In Jesus' Name. Amen

每日灵粮

星期二, 2020 年 17 日

标题：上帝兴起！祂的仇敌倒下！

作者：严以撒牧师

翻译：陈晓佩姐妹

诗篇 68:1-3

诗篇 68 篇的整体主题是有关上帝战胜祂的仇敌并登上祂的宝座。A.Macul 说“这是一个第二次降临的祷告。”诗篇 68:1 “愿神兴起，使祂的仇敌四散，叫那恨祂的人从祂面前逃跑。”是一个直接从民数记 10:35 的引述。民数记第 10 章描述了以色列人离开西奈山前往应许之地，约柜在前带领他们前行。民数记 10:35 “约柜往前行的时候，摩西就说：『耶和华啊，求祢兴起！愿祢的仇敌四散！愿恨祢的人从祢面前逃跑！』（和合本）

无论是在旷野的摩西，还是在应许之地的大卫，所传达的信息都是清晰而简单的。没有上帝的引领，无论前去哪里都太危险了。这种对上帝的仰赖对于今天身为信徒的我们也是适用的。

新冠肺炎把我们的生活带进了一个未知的旷野里。有着太多的未知数了。我们每天都捲入许多的战线。在我们当中许多人似乎感到失去最后的防线。我们快要屈服了。我们变得恐惧、绝望并沮丧。我们该如何去打这场看来永无止境的战争？让以下的诗篇 68:1-3 提醒我们。

1 愿神兴起，使祂的仇敌四散，叫那恨祂的人从祂面前逃跑。

2 他们被驱逐，如烟被风吹散；如蜡被火熔化 – 看上帝一眼，恶人就消失。

3 当义人看到上帝在行动时，他们必然欢喜雀跃，他们喜乐歌唱。

愿我们学习仰赖上帝为我们争战的能力。这将向我们的控诉者证明我们的信心的力量。我们信心的力量取决于我们对上帝的信心有多少。在我们众多的挑战中，让我们实践保罗在帖撒罗尼迦前书 5:18 的教导“凡事谢恩；因为这是神在基督耶稣里向你们所定的旨意。”

我们可以为上帝能在任何情况所作的事来感恩；这让我们有平安并有能力去面对一切可能发生的事情。我们需要停止依靠自己的力量和才能去打这场战争。到目前为止，我肯定您已感到筋疲力尽了，您全部的努力都白费了。我们需要向上帝的子民学习。他们一动不动地靠后站着，让上帝为他们争战。他们发现这场战争轻松多了！诗篇 68:3 “惟有义人必然欢喜，在神面前高兴快乐。”

我们生活里的战争已经夺去了我们欢笑和喜乐歌唱的能力。让我们操练我们对复活的救主耶稣基督的信心；祂能够带领我们度过每一场我们必须面对的战斗。“上帝曾经做过的任何事，祂现在都能做。上帝在任何地方做过的事，祂都能在这里做。上帝为任何人做过的事，祂都能为您做。”（陶恕—上帝的能力）

不论您今天在打什么样的战争，把您的信心完完全全地放在祂全能的双手。祂应许我们在困难当中有甜蜜的安息。腓立比书 1:6 “我深信那在你们心里动了善工的，必成全这工，直到耶稣基督的日子。”

今日祷告

主啊，愿祢兴起，使祢的仇敌四散。主啊，我们的战争正如火如荼！教导我们完全地

信靠祢。当我们不依靠祢的真理、祢的能力和祢的力量时，求赦免我们。主啊，提醒我们，这场战争是属于祢的。主啊，许多时候这些战争是我们自己造成的。我们时常偏行己路，不听从也不遵行祢的话语。我们的不顺服常常蒙蔽了我们的眼睛并掩了我们的耳朵，使我们看不见和听不到圣灵的指示。赐给我们恩典，好让我们学习每天每事都信靠祢。主啊，祢的方法，永远都是最正确、最好的。主啊，我们的伟大的牧者，请带领我们。

奉主耶稣的名。阿们。

Wednesday, 18th November 2020

Title: Consider the steadfast love of the LORD

Author: Pastor Wallace Ong

Psalm 107: 1 – 9, 43

1 Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!

2 Let the redeemed of the LORD say so, whom he has redeemed from trouble

3 and gathered in from the lands, from the east and from the west, from the north and from the south.

4 Some wandered in desert wastes, finding no way to a city to dwell in;

5 hungry and thirsty, their soul fainted within them.

6 Then they cried to the LORD in their trouble, and he delivered them from their distress.

7 He led them by a straight way till they reached a city to dwell in.

8 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!

9 For he satisfies the longing soul, and the hungry soul he fills with good things.

43 Whoever is wise, let him attend to these things; let them consider the steadfast love of the LORD.

A few more weeks from now, we will enter into the new year of 2021. Reflecting back on this year, I could not help but consider 2020 as a long and worrisome year for many people. The pandemic and many other unexpected situations in the world dominated the headlines — there have been violent protests, droughts, wildfires, floods, storms, and earthquakes, just to name a few. Close to home, several beloved friends and family members were facing health challenges and some have gone home to be with the Lord. However, God is still in control. Intercessory prayers have been answered with many wonderful healings, and recoveries reported. Businesses and job positions have been protected during this uncertain time. New pregnancies have been announced; new venture in life and amazing reconciliation in family have also taken place. Last but not least, several seekers have come to accept Jesus Christ as their Lord and Savior.

In Psalm 107, the psalmist recalls how God redeemed His people from various situations and difficulties. He is calling us to remember God's goodness to His people; His goodness and His love towards the redeemed. The psalmist reminds us that God is faithful and trustworthy — a sure foundation for us to stand upon. Verse 43 said, "Whoever is wise, let him attend to these things; let them consider the steadfast love of the LORD." All who are truly wise will meditate, acknowledge, and remember the goodness of God, and will treasure up in their hearts the essence of God's promises. He will be fully assured by God's steadfast love.



Verse 1, "Oh give thanks to the Lord, for He is good, for His steadfast love endures forever." And in verse 9, "For He satisfies the longing soul, and the hungry soul He fills with good things." The Lord is full of mercy and compassion and will always hear the cry of his own people, no matter where or when we cry out to Him. He is always mindful of those who seek Him and depend on Him, and those who wait upon Him will surely be satisfied.

We do not know what the year 2021 will bring. However, should this pandemic be prolonged beyond 2020, it will appear brief when compared with God's bountiful blessings, and the year 2020 will soon be forgotten by most of us. We need to devote ourselves and genuinely seek Him and live for His name's sake, for God alone and His glory will last forever. For this reason, we can rejoice and testify His great love through Jesus to our friends and people around us who have yet to know Him.

Prayer:

Dear Heavenly Father,

It is with great joy that we have come to You and acknowledged that You have given us all things by Your steadfast love, especially when You gave Your one and only Son – Jesus Christ. Thank you for loving us and making a way for us to be forgiven of our wrong-doing and sins through faith in Christ Jesus. Thank You for the Holy Spirit and the spiritual blessings we received on a daily basis. Thank You Abba Father for our family, friends and the love we share with each other. We pray in the precious name of Jesus. Amen.

每日灵粮

星期三, 2020 年 11 月 18 日

标题: 思想耶和华的慈爱

作者: 王振威传道

翻译: 陈健萍姐妹

【诗篇 107:1-9,43】

- 1 你们要称谢耶和华、因他本为善。他的慈爱、永远长存。
- 2 愿耶和华的赎民说这话、就是他从敌人手中所救赎的、
- 3 从各地、从东从西、从南从北、所招聚来的。
- 4 他们在旷野荒地漂流、寻不见可住的城邑。
- 5 又饥又渴、心里发昏。
- 6 于是他们在苦难中哀求耶和华、他从他们的祸患中搭救他们。
- 7 又领他们行走直路、使他们往可居住的城邑。
- 8 但愿人因耶和华的慈爱、和他向人所行的奇事、都称赞他。
- 9 因他使心里渴慕的人、得以知足、使心里饥饿的人、得饱美物。
- 43 凡有智慧的、必在这些事上留心。也必思想耶和华的慈爱。

再过数周, 我们将进入 2021 年的新一年。回顾这一年, 我不禁想到 2020 年对许多人来说是漫长且令人担忧的一年。这场流行病和世界上许多其他意想不到的情况占据了新闻头条—暴力抗议、干旱、野火、洪水、风暴和地震, 仅举数例。让我有切身感受的, 数位挚爱的朋友和家人正面临着健康的挑战, 一些则已经回天家与主在一起了。然而, 上帝仍然掌管着一切。代祷得到了许多奇妙的疗愈回应, 也有告知康复的。在这段不明朗的时期, 企业和工作岗位受到了保护。新妊娠的报喜、生活中的新尝试和令人惊喜的家庭和解也已经发生了。最后但同样重要的是, 一些慕道者已经接受耶稣基督为他们的主和救主。

在诗篇 107, 诗人回忆上帝如何将祂的子民从各种情况和困难中救赎出来。他呼召我们要记得上帝对祂的子民的良善, 以及祂向被救赎之民所施的恩惠与慈爱。诗篇作者提醒我们, 上帝是信实和可倚靠的—这是立足的坚实基础。第 43 节: “凡有智慧的、必在这些事上留心。也必思想耶和华的慈爱。” 所有真正有智慧的人都会默想、承认并谨记上帝的良善, 并且会在心中珍藏上帝应许的实质。上帝坚定不移的慈爱会让他完全宽怀。

第 1 节: “你们要称谢耶和华、因他本为善。他的慈爱、永远长存。” 和第 9 节: “因他使心里渴慕的人、得以知足、使心里饥饿的人、得饱美物。” 主充满怜悯和仁慈, 无论我们何时何地向上帝呼求, 祂都会垂听属祂子民的呼求。祂常记念那些寻求祂、倚靠祂的人, 服侍祂的人必定会心满意足。

我们不知道 2021 年会带来什么。然而, 若这场流行病持续到 2020 年以后, 与上帝丰盛的祝福相比, 它将显得短暂, 而 2020 年很快就会被我们大多数人遗忘。我们需要全身心投入, 真诚地寻找祂, 为祂的名而活, 因为惟独上帝以及祂的荣耀才会永远长存。因此, 我们可以欢欣地藉着耶稣向我们的朋友和周围尚未认识祂的人见证祂的大爱。

祷告：

亲爱的天父，

我们怀着极大的喜乐到你跟前，承认你以坚定不移的爱赐给了我们一切，特别是当你赐下你惟一的儿子-耶稣基督的时候。感谢你爱我们，让我们藉着对基督耶稣的信心，为我们提供了过犯和罪愆得赦免的方法。感谢你赐予我们圣灵和我们每天所得到的灵里的祝福。阿爸父，我们为我们的家人、朋友和彼此间的爱感谢你。

我们奉耶稣的圣名祈祷。阿门。

Thursday, 19 November 2020

Title: God Forgives You

Author: Arnold Lim

Psalm 103:9-12

He will not always accuse, nor will he harbour his anger forever;  
He does not treat us as our sins deserve or repay us according to our iniquities.  
For as high as the heavens are above the earth, so great is his love for those who fear him;  
As far as the east is from the west, so far has he removed our transgressions from us.

Consider the life of Judah, the fourth son of Jacob and Leah. Judah, together with his brothers, sold their youngest brother, Joseph, as a slave to the Ishmaelites for twenty shekels of silver. This marked the start of his downward spiral into more sin.

Not long after, he left his comfortable home. Why, you may ask? Perhaps, he could not face his father after what he had done. He felt guilty as his God-given conscience ate at him. It's a terrible thing to be wrecked with guilt, day after day.

He married the daughter of a Canaanite man, although it was specifically prohibited by God. They had three sons: Er, Onan, Shelah. Er married Tamar. Then tragedy struck. In Genesis 38:7, we find that Er was so wicked, the Lord put him to death. The second son, Onan, was then asked to fulfil his obligations according to customs of the time, by marrying Tamar, so that she could have a son. He married her but refused to give her a son. His refusal was wicked in the Lord's sight, so Onan was also put to death.

From here, it gets even more interesting, to put it mildly.

Judah proceeded to push Tamar out, forcing her to return to her family, believing her to be bad luck. But Tamar was not to be out-manoeuvred. After returning to her family and out of desperation for a son, she disguised herself as a prostitute and enticed Judah to sleep with her when he was on one of his business trips. Judah, now hit rock bottom, having committed incest with his daughter-in-law. To cut the story short, Judah's sin, like all sins, was later exposed by Tamar. (You can read the story in detail in Genesis 38.)

Did Judah repent? Did God forgive Judah? How did Judah's life end?

In Genesis 44, we see Judah as a changed man. He has returned to his family and is now taking charge in a time of famine. We see the brothers going to Egypt to get grain and in the process encountering Joseph, now the Prime Minister. After Benjamin, Jacob's youngest son, is accused of stealing a silver cup, Judah is willing to take his brother's place, to become a slave in Egypt. In Genesis 49, Jacob,

near death, blessed Judah as a "lion's cub with a sceptre and a ruler's staff between his feet ... and the obedience of the nations is his."  
God, in His grace and mercy, forgave and restored Judah; Judah and Tamar are even included in the genealogy of Jesus, found in Matthew 1.

You might be in the middle of a downward spiral into sin. Stop and repent like Judah did, while there is still time. And seek God's forgiveness. He will forgive you because He loves you. Do not follow Judas Iscariot to destruction. He started out as a thief, betrayed Jesus for thirty pieces of silver and ended his life by hanging himself.

Or you may have sinned in the past; made bad financial decisions that impacted your family; caused broken family relationships. Whatever it is, repent and seek God's forgiveness and mercy.

God forgave Judah and He will forgive you. Have faith in how wide and long and high and deep is the love of Christ. (Ephesians 3:18) and that nothing can separate us from God's love (Romans 8:38-39).

#### Prayer

O Lord and Heavenly Father, You are a loving god, full of grace and mercy. Because of Your great love for us, You do not treat us as our sins deserve or repay us according to our iniquities. Instead, You caused Your Son, Jesus Christ, to die for our sins to redeem us and make us righteous in Your sight.

We thank You, O Lord, and we pray in Jesus' name, Amen.

每日灵粮

星期四, 2020 年 11 月 19 日

标题: 上帝赦免您

作者: 林文礼弟兄

翻译: 薛秀合姐妹

【诗篇 103:9-12】

他不长久责备，也不永远怀怒。

他没有按我们的罪过待我们，也没有照我们的罪孽报应我们。

天离地何等的高，他的慈爱向敬畏他的人也是何等的大！

东离西有多远，他叫我们的过犯离我们也有多远！

思想雅各和利亚的第四个儿子，犹大的生命。犹大和他的兄弟们以二十舍客勒银子将他们最小的弟弟约瑟卖给以实玛利人为奴。这标志着他开始陷入更多的罪恶中。

不久之后，他离开了舒适的家。您可能会问，为什么？也许他为自己所做的事无法面对父亲。当上帝赐予他的良知折磨着他时，他感到内疚。日复一日地感到内疚是一件极其可怕的事情。

后来他娶了一个迦南人的女儿为妻，尽管这是上帝严厉禁止的。他们有三个儿子：珥、俄南、示拉。珥娶了他玛。然后悲剧发生了。在创世记 38:7 中，我们发现耶和华看珥为恶，就叫他死了。第二个儿子，俄南，被要求按照当时的习俗履行为弟的本分，娶他玛，好叫她可以生一个儿子。他娶了她，但拒绝给她生儿子。他的拒绝在耶和华眼中看为恶，因此耶和华也就叫俄南死了。

婉转地说，从这里开始，事情变得更加有趣了。

犹大继而驱逐他玛，强迫她回到她的家人那里，认为她会带来厄运。可是他玛并不被人所操纵。回到父家后，因她急切要一个儿子，便伪装成妓女，并诱使犹大在一次出差中与她同寝。犹大，如今已跌入谷底，竟与他的儿媳妇犯下乱伦行为。简而言之，犹大的罪，与所有罪一样，后来被他玛揭露了。（您可以在创世记 38 章详细阅读此故事。）

犹大悔改了吗？上帝赦免了犹大吗？犹大的生命又如何结束呢？

在创世记 44 章中，我们看到犹大是一个改过自新的人了。他已返回家人身边，而且正负责饥荒时期的事务。我们看到他们几兄弟去埃及籴粮，并在此过程中遇见了当时身为宰相的约瑟。雅各的小儿子便雅悯，被指控偷了一个银杯后，犹大愿意取代他弟弟的位置，成为埃及的奴仆。在创世记 49 章（新译本）中，雅各在临终前祝福犹大“是只小狮子，权杖必不离开犹大，王圭必不离他两脚之间……万族都要臣服他。”

上帝以祂的恩典与怜悯，赦免并恢复了犹大；犹大和他玛甚至被列入在马太福音 1 章所记载的耶稣家谱中。

您可能正陷入罪恶的漩涡之中。趁着还有时间，如犹大一样，停下来悔改吧。寻求上帝的宽恕。祂会赦免您，因为祂爱您。不要跟随加略人犹大步向灭亡。他从做一个小偷开始，为三十块银子出卖了耶稣，最后上吊结束了自己的生命。

或者您可能在过去曾经犯了罪；做了错的财务决定而影响了您的家庭；导致家庭关系破裂。无论是什么，都要悔改并寻求上帝的宽恕和怜悯。

上帝赦免了犹大，祂也必饶恕您。相信基督的爱是何等长阔高深。（以弗所书 3:18），没有任何事物能叫我们与神的爱隔绝（罗马书 8: 38-39）。

祷告

主啊，我们的天父，祢是慈爱的上帝，祢充满恩典与怜悯。因祢对我们的爱，祢没有按我们的罪过待我们，也没有照我们的罪孽报应我们。相反地，祢叫祢的独生子耶稣基督，为我们的罪而死以救赎我们，并使我们在祢眼中被看为义。

主啊，我们感谢祢，我们奉耶稣的名祷告，阿门

Friday, 20 November 2020

Title: Are you a Serial Fretter?

By: Ps. Cheng Cheung

Psalm 37: 1 Do not fret because of evildoers,

Nor be envious of the workers of iniquity. (NKJV)

Can any of us claim exemption from this problem?

Which one, you may ask.

Isn't it obvious?

I would certainly not be envious of evildoers. Would you? Surely they will receive the just consequences of their sinful wrongs, sooner or later, whether in this life or the next.

So we are agreed – the thing we should not do is fret because of evildoers. And what does it mean, to fret? It means to get heated up, or to get worked up. One person once defined it as that which makes a person rough on the surface, causing him to rub and wear himself and others away. Isn't it true that an irritable, irrational, and critical person not only wears himself out but is also very draining and tiring to others?<sup>1</sup>

Have we all not gone through times of fuming, fretting, fulminating, frustration and perhaps rage because of other people's wrongdoing, their harmful attitudes and harmful actions? The Psalmist uses the phrase thrice at the start of the Psalm, as if emphasizing this admonition and appealing to our reason why we should not fret, although it is a common reaction.

Let's be honest. We all tend to fret when we encounter people who, in our view, abuse their power or authority, people who are highhanded, insensitive, manipulative, abusive, hypocritical, exploitative, selfish, recklessly dangerous, or lack integrity. These people often leave us exasperated, and we start by shaking our heads in disbelief.

With continuous interaction, the common tendency then is we move up to the next level. We start to fret about such behaviour with a sense of dismay and disapproval until we finally reach the critical and cynical scale, with the result that we become resentful and vindictive, compromising our own spiritual walk with the Lord and our positive influence amongst those around us. The Psalmist warns in v 8:

Refrain from anger and forsake wrath.

Do not fret; it only brings evil.

This is why we are warned not to fret. Fretting over the evil of others can lead to evil on the fretter's part. It is wrong, it is harmful, it is needless.



In verse one, the Psalm seems to pair the two admonitions DO NOT FRET and NOR BE ENVIOUS against one common genre of people. This common group are the “evildoers/workers of iniquity/doers of wickedness/those who are evil.”

You could swop the second set of phrases around (in fact, in all the translations the phrases are virtually interchangeable), BUT do not fret and do not envy are two different things. However, the Psalmist lists ONE common set of reasons why his readers should not fret over and should not envy the doers of evil/doers of wickedness, and the reasons have to do with the inevitability of the end result.

- The evildoers will soon be cut down like the grass, their prosperity is transient, as are the wicked themselves (v 2).
- Those who wait upon the Lord shall inherit the earth; the evildoers shall be no more (v 9 -10).
- The wicked plots against the just shall boomerang on them (v 12-15).
- The arms of the wicked shall be broken and Yahweh will uphold the righteous (v 17).
- The days of the upright shall be forever, but the wicked shall vanish (v 18-20).

Finally, a note regarding being envious, especially of the prosperity of others. It is foolish and smacks of insecurity and discontentedness toward God to repine or be envious at the prosperity of others. Whether they are godly or ungodly, it is God who is the dispenser of the bounty they enjoy. He has a right to do what He wills with His own. To be envious in such a case is to find fault with the providence of God.

#### Prayer for Today

Gracious Heavenly Father, thank You for Your word which is living and active, and pierces to the division of soul and spirit, and discerns the thoughts and intentions of my heart. You know me, whether I am prone to fret and be envious.

Help me trust You and do good (verse 3), find delight also in You (verse 4) and be still and wait patiently for You to act (verse 7), and thereby overcome my poor natural instincts. In Jesus' Name, Amen.

<sup>1</sup> “Streams in the Dessert” – LB Cowman

每日灵粮

星期五，2020 年 11 月 20 日

标题：你是否一直心怀不平？

作者：张祯祥传道

翻译：陈月妃姐妹

诗篇 37：1〔大卫的诗。〕不要为作恶的、心怀不平、也不要向那行不义的、生出嫉妒。

我们当中是否有人能够不必面对这个问题呢？

你可能会问。

这不是很明显吗？

我当然不会嫉妒那作恶的。你会吗？这些人早晚有一天，必然会为他们的恶行受到正义的审判。

因此，我们都同意—我们不应该为作恶的、心怀不平。心怀不平是什么意思呢？那就是被激怒，或是恼怒。曾经有人将它定义为使一个人烦躁，从而惹怒他并令他及他人耗尽精力。这难道不是这样吗，一个易怒，不理性，及爱挑剔的人不仅使自己精疲力竭，也令到他人疲劳。<sup>1</sup>

我们是否都曾因他人的错误行为、损害性的态度与举止而经历过发怒、心怀不平、恼怒、沮丧甚至动怒呢？诗篇作者在诗篇的开头用了三个词组，好像在强调这一告诫，并呼吁我们为什么不应该心怀不平，尽管这是一种常见的反应。

平心而论。当我们遇到在我们看来滥用权力或权威的人，那些专横、麻木不仁、操纵欲强、虚伪、剥削、自私、鲁莽危险或缺乏正直的人时，我们都会感到心怀不平。这些人经常让我们恼火，我们开始不相信地摇头。

随着连续地互动，我们一般上会晋升至另一个等级。我们开始对这类行为心怀不平，直到最终达到吹毛求疵和愤世嫉俗的阶段。结果我们愤愤不平及怀恨在心，这不但使我们与主的灵程受损，也对我们周遭的人造成不良的影响。诗人在第 8 节中警告：

当止住怒气、离弃忿怒。不要心怀不平、以致作恶。

这就是为什么我们被警告不要心怀不平。为他人的恶行而心怀不平会导致心怀不平者作恶。这是错误的，是有害的，是不必要的。

在第一节中，诗篇似乎把这两条告诫结合在一起，既不心怀不平也不嫉妒一个特定的群体。这个常见的群体是“作恶者/行不义的/邪恶者/恶者”。

你可以随意使用第二组短语（事实上，在所有的翻译中，这些短语实际上是可以互换的），但是不要心怀不平和不要嫉妒是两件不同的事情。然而，诗篇作者列举了一组常见的理由，为何他的读者不必心怀不平，也不应该嫉妒那些作恶的人，这些理由与最终结果的必然性有关。

-因为他们如草快被割下、他们的兴旺是暂时的，恶人也是如此。（第 2 节）

-惟有等候耶和华的、必承受地土；恶人要归于无有。（第 9-10 节）

-恶人设谋害义人，最终将自食其果。(第 12-15 节)

-因为恶人的膀臂、必被折断，但耶和华是扶持义人。(第 17 节)

-完全人的日子将永远长存，恶人却必灭亡。(第 18-20 节)

最后，关于嫉妒，特别是对他人的成功的嫉妒。抱怨或嫉妒他人的成功是愚蠢的，这意味着我们缺乏安全感和对上帝的不满。无论他们是敬虔的还是不敬虔的，上帝是赏赐他们的施与者。祂有权按照自己的意愿去做祂想做的事。在这种情况下嫉妒是对上帝的旨意的抱怨。

今天的祷告

慈悲的天父，感谢你那长存及活泼的话语。它们穿透灵魂和心灵，并辨清我的心思意念。你了解我，知道我是否动辄心怀不平和嫉妒。

求你帮助我倚靠你而行善（第 3 节），又以耶和华为乐（第 4 节），当默然倚靠耶和华、耐性等候祂（第 7 节），从而克服我卑微的天性。奉耶稣的名，阿门。

<sup>1</sup> “Streams in the Desert” – LB Cowman

Saturday, 21 Nov 2020

The LORD is my Shepherd; I shall not want

By Wong Yoke Ming

Psalm 23 is arguably the most searching Psalm in the Psalter. Written by a young shepherd, the son of another shepherd, who in later life became the Shepherd King of Israel, it proclaimed the Great Shepherd. Now, incredibly the Shepherd King of Israel considered himself as sheep. David knew sheep; he knew their frailty and their utter dependence on the shepherd. He was referring to the great YHWH, the great "I AM".

But it is the position of this Psalm in the Psalter that should enhance our appreciation and worship of this Great Shepherd in our own lives. It comes after the immense pain and suffering envisioned in the Psalm before it (Devotion: 17th October 2020). Whenever we go through a time of intense stress, our hearts and our minds must go back for relief to this incomparable balm; and whenever we bathe in the supremely peaceful promise of Verse 6, we are reminded that there is intense persecution out in the world that robs us of physical and mental peace – whether they be caused by men or by natural (or unnatural) occurrences of nature. In the world that we live in, these meditations must go together – the one to remind us of violence in a cursed earth; the other to point us to the only refuge that we must seek.

But in a world racked with pestilence, natural disasters, violence, and wars, is there such a Shepherd? John 10:11 affirms it: "I am the good shepherd. The good shepherd lays down his life for the sheep." What amazement that David would acknowledge the Great Shepherd about a thousand years before the statement in John 10:11 was made.

How would we get to His Presence? How shall we claim the comfort of His rod and staff? Jesus continued in John 10:14 – "I am the good shepherd. I know my own and my own know me". Do we know Him? In Caesarea Philippi, Jesus asked His disciples: Matthew 16:13 – "Who do people say that the Son of Man is?" And in verse 15, He asked, "But who do you say that I am?" And the very foundation of our Christian faith rests on our answer to this question.

There are two kinds of peace in this world. The one that we receive when we have found the solution to a knotty problem – but this only lasts until the next knotty problem comes along; and we know those problems come in a flood. There is another peace – for Jesus said, "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." (John 14:27)

That peace that “surpasses all understanding” is our key to the “goodness and mercy” that shall follow us all the days of our lives; for we “shall dwell in the house of the LORD forever”.

PRAYER: Lord Jesus, that we may know you and have the peace that you give – that is our fervent prayer. Your servant, Job said, “I had heard of you by the hearing of the ear, but now my eye sees you. [Job 42:5]; and we need to see you in this life and to give the same reply as the Apostle Peter did at Caesarea Philippi. AMEN”.

每日灵粮

星期六，2020 年 11 月 21 日

题目：耶和華是我的牧者，我必不致缺乏

作者：黄玉明弟兄

翻译：林良億姐妹

诗篇 23 篇 可以说是诗篇中被搜索最多的诗篇。它由一年轻的牧羊人（另一个牧羊人的儿子）撰写，后来成为了以色列的牧羊之王，它被称为卫大的牧羊人。现在，令人难以置信的是，以色列的牧羊之王认为自己是羊。大卫认识绵羊。他知道他们的脆弱和对牧羊人的完全依赖。他指的是伟大的耶和華，伟大的“我是自有永有的”。

但是, 23 篇在诗篇中的地位应该增强在我们自己生活中对这位大牧羊人的欣赏和崇拜。这首诗篇是在巨大痛苦和苦难发生后所设想的（每日灵粮：2020 年 10 月 17 日）。每当我们经历着巨大的压力时，我们的心和头脑都必须回过头来纾缓这种无可比拟的香脂。每当我们沐浴在第 6 节的至高无上的承诺中时，我们都被提醒，世界上存在强烈的迫害，剥夺了我们的身心和平—不论是由人还是自然的（或非自然的）事件造成的。在我们生活的世界中，这些冥想必须融为一体- 一种使我们冥想起暴力被诅咒的地球上；另一个指向我们必须寻求唯一的避难所。

但是在一个充满瘟疫，自然灾害，暴力和战争的世界中，有这样的牧羊人吗？约翰福音 10:11 申明：“我是好牧人。好牧人为羊舍命。”。令人惊讶的是，在约翰福音 10:11 一千年之前，大卫已经声明发表认定这个大牧羊人。

我们将如何得到祂的同在？我们如何认领祂的杖和杆的安慰？耶稣在约翰福音 10:14 中继续说-“我是好牧人，我認識我的羊，我的羊也認識我”。我们认识祂吗？耶稣在凯撒利亚腓立比问他的门徒：马太福音 16:13：“人说我（有古卷没有我字）人子是谁？”在第 15 节中，他问：“但是你说我是谁？”我们基督教信仰的根本基础在于我们对这个问题的回答。

这个世界有两种和平。找到棘手问题的解决方案后，我们会收到一个消息—但这只会持续到下一个棘手问题出现为止。而且我们知道这些问题会泛滥成灾。还有另一种平安，耶稣说：“我留下平安給你們，我將我的平安賜給你們。我所賜的不像世人所賜的，你們心裡不要憂愁，也不要膽怯。”（约翰福音 14:27）

“超越一切理解”的和平是我们终生都会跟随“善良与怜悯”的关键；因为我们“永远住在耶和華殿里”。

祷告：主耶稣，让我们认识您并拥有您所赋予的平安—那就是我们热切的祈祷。约伯说，你的仆人说：“我從前風聞有你，現在親眼看見你” [约伯记 42: 5]; 我们需要与您一生见面，并给予使徒彼得同样的答复。阿们。

Sunday, 22 November 2020

Title: Wait for the Lord

By Abraham Verghese

Psalm 130

Psalm 130 is one of seven penitential psalms in the Bible. (Psalms 6; 32; 38; 51; 102; 130; 143) These are psalms which express sorrow for sin and ask for God's forgiveness for sin. Martin Luther said these were his favourite psalms for, in his own words, "They teach us that the forgiveness of sins is granted without the law and without works." The psalm is a call for help, a cry for forgiveness, and it is all about waiting for the Lord in hope.

Prayerfully read Psalm 130. For context read Psalm 129 which is about persevering through pain.

Psalm 130 is also one of the most encouraging and compelling Psalms regarding our true status before God and the perfect redemption that He alone provides. The Psalmist is calling to God out of the depths. Are we not likely to cry out to God (even though such crying out may not seem "modern") only when we are laid low than when life is smooth flowing or high? Well, crying out to our God is what we should do because no one else has the power and love to pull us out from the depths. You may get the momentary uplift by having ice cream, cheese cake, buying a new dress, going on a holiday, massage, consuming narcotics, listening to whatever type of music you like or whatever else pleases your eyes, tongue, ears, nose and skin. Yes, momentary uplifts only. Why does God use His power and love to pull us out from the depths? Are we more worthy than others? No, the Psalmist says that if the Lord should mark iniquities who could stand? That's a love we know little about, love that we do not deserve. Knowing this, the Psalmist waits for the Lord more than the watchman waits for the morning.

Waiting? No one likes to wait, and yet life is full of waiting. Waiting for friends. Waiting on answers to our questions. Waiting at traffic lights. Waiting for the end of your day's work. Waiting for family members who never seem to be on time. Waiting on medical results. Waiting.

Psalm 130 is a psalm about waiting. As we mentioned earlier, it is one of the psalms of trust, yet it begins as a psalm of trouble. The psalmist is crying out to the Lord from a place of deep pain and distress. Psalm 130 is all about waiting on the Lord. But the focus is not on waiting through the pain. It is about waiting in hope, which is what makes it one of the psalms of trust.

Psalm 130 has a simple yet profound message for us today. Those who wait on the Lord wait in hope. We don't wait in desperation or despair. Those who wait

on the Lord wait in hope. This psalm tells us three things about waiting on the Lord. 1) Cry to the Lord for mercy. 2) Wait for the Lord with hope or expectantly. And 3) Put your hope in the Lord. Let's look at one of three – Wait for the Lord with hope or expectantly.

Wait for the Lord with hope (5-6)

Let's consider waiting for the Lord with hope or expectantly – the psalmist has prayed his prayer, he has cried out to the Lord for mercy, and now he waits expectantly for God to answer.

Our hope is in God's word

Our hope is in God's word. Look at verse 5: "I wait for the Lord, my soul waits, and in his word I put my hope." (Psalm 130:5) We are not just waiting for help, but we are waiting for the Lord himself, and our hope is based on God's word. Don't base your hope on our feelings or our circumstances, but base our hope fully on the word of God. Trust God's promises to you in Scripture. When we put our hope in the Lord and in his word, we may wait for the Lord with hope. We should be able to pray like David did in Psalm 5:3 when he wrote: "In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation."

When we have been forgiven in Christ, we have a future. We can have confidence that God is there for us and will be there for us. Our hope is in God's word.

"More than watchmen wait for the morning"

In verse 6: "My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning." It's the picture of watchmen waiting for the break of day, looking forward to the end of their shift – waiting, expecting and anticipating.

The word "wait" is repeated – poetic emphasis. A night watchman looks forward to the morning. The nights maybe long and sometimes seem longer than other nights – illogical but sometimes that is how we feel when in the depths. Morning will come every time. Verse 6 presents to us both the sense of longing and waiting along with the certainty that the morning will arrive.

Psalm 126: 5 states "Those who sow in tears will reap with songs of joy".

The psalmist's hope is in God's word. His hope is in God's promise to rescue and deliver him. He is like a watchman waiting through the long stretches of the night for the morning to come. The night is real, the night is dark, and the night is long, but he has no doubt that the morning will come, and so he waits expectantly.

The message of the Gospel to everyone is: Hope in the Lord! For with the Lord there is steadfast love, and with Him is plentiful redemption. We should so tremendously thankful to God for the complete redemption He provides, and the daily help to get through the circumstances of life.



Pray today that we shall wait patiently in and with hope in the Lord and experience His steadfast love and plentiful redemption.

每日灵粮

星期日，2020 年 11 月 22 日

题目：等候耶和华

作者：亚伯拉罕·韦尔盖塞

翻译：杨仕涵弟兄

诗篇 130

诗篇 130 是圣经诗篇中七篇哀歌之一（诗篇 6、32、38、51、102、130 和 143）。这些诗篇表达对罪的悲伤，并祈求上帝对罪的饶恕。马丁·路德（Martin Luther）提到，他最喜爱这类诗篇，他说，“这些诗篇教导我们，罪得赦免不是靠着律法和行为”。诗篇 130 是一首寻求帮助的呼唤，求饶恕的呼喊，而这一切都是关乎以盼望等待主。

以祈祷的心阅读诗篇 130。可以阅读诗篇 129 了解一些背景，关于忍受痛苦。

关于我们在上帝面前的真实地位以及祂自己所提供的完全救赎，诗篇 130 也是最鼓励人、激励人的诗篇之一。诗篇的作者从低谷中呼唤上帝。我们难道不是只有处于低落状态时才呼求（即使呼求不显得“现代”）上帝，过于当我们生活顺畅或高潮时吗？其实，向我们的上帝呼求是我们应该做的，因为没有其他人有能力和爱心将我们从深渊中拉出来。吃冰淇淋，芝士蛋糕，买新衣服，度假，按摩，吃药（或滥用毒品），听自己喜欢的音乐或让眼睛，舌头，耳朵，鼻子和皮肤感到舒服的任何事物等，只可能暂时舒缓心情而已。上帝为何要使用祂的能力和爱心将我们从深渊中拉出来呢？我们比别人更有价值吗？不，诗人说，上帝若究察罪孽，谁能站得住呢？这是我们不能测透的爱，是我们不配得到的爱。知道了这一点，诗人的心等候主，胜于守夜的等候天亮。

等待？没人喜爱等待，但我们的一生都在等待。等待朋友、等待我们问题的答案、等待交通灯变绿、等待工作下班时间、等待从不准时的家庭成员、等待医疗报告，等待。

诗篇 130 是一首关于等待的诗篇。正如我们前面提到的，诗篇 130 也是关于信靠的诗篇之一，诗篇以痛苦为开始。诗人从痛苦和苦难处呼求耶和华。诗篇 130 是关于等待主。但重点不是在痛苦中无方向的等，而是以盼望等待，因此成为了关于信靠的诗篇之一。

诗篇 130 今天对我们有一个简单而深厚的信息。那些等待主的人以盼望等待。我们不是在绝望之中等待。那些等待主的人充满盼望。这篇诗篇告诉我们关于等待主的三件事。1）求主施怜悯。2）带着盼望或期待地等待主。3）把盼望基于我们的主。让我们看 – 2）带着盼望或期待地等待主。

以盼望等候主（5 – 6 节）

我看细看“以盼望等候主” – 诗人已经祈求上帝施怜悯，他如今期待上帝的回复。

我们的盼望基于上帝的道

我们的盼望基于上帝的道，我们看诗篇 130：5：“我等候耶和华，我的心等候，我也仰望他的话。”我们不但等候帮助，而是等候主自己，我们的盼望基于上帝的道。

不要把我们的盼望基于感觉或现状，乃要完全基于上帝的话。信靠上帝在圣经中启示的应许。当我们把盼望建立在主自己和祂的道上，我们能有盼望等候主。我们应该能够像大卫如诗篇 5:3 祷告，：“耶和华啊，早晨你必听我的声音；早晨我必向你陈明我的心意，并要警醒。”当基督赦免了我们的罪，我们就有了未来。我们能有信心，上帝必与帮助我们，也必与我们同在。我们的盼望建立在上帝的话。

“胜于守夜的等候天亮”

诗篇 130:6“我的心等候主，胜于守夜的等候天亮，胜于守夜的等候天亮”。这是守夜者等待早晨，期待夜班结束的图片，等待、期待、期望。重复“等候”一词是强调诗意的方式。守夜人期待着早晨的临到。夜晚漫长，有些夜晚甚至可能比其他夜晚更长，这是不合逻辑的，但有时这就是我们在低处时的感觉。每天都会有早晨。诗篇 130:6 向我们表达了渴望和等待的感觉，以及早晨必定来临的确定性。诗篇 126:5 写到：“流泪撒种的，必欢呼收割”。

诗人的盼望基于上帝的话。他的盼望建立在上帝会拯救和释放他的应许上。他就像守夜者，在漫长的夜晚里等候早晨的来临。夜晚是真实的，夜晚是黑暗的，夜晚也很漫长，但诗人确信明天会来到，所以他期待地等候。

福音的信息就是：当仰望耶和华，因祂有慈爱，有丰盛的救恩。我们应当向上帝极大的感谢，感谢祂供应完全的救赎，以及在种种的情况能够度过每日的帮助。

我们今天应当祷告，使我们以耐心和盼望仰望耶和华，并经历祂的慈爱和丰盛的救恩。

Monday 23rd November 2020

## UNANSWERED PRAYERS

Pastor Soong Kok Kee

Psalm 66:18 If I had cherished sin in my heart, the Lord would not have listened.

The headline read: "Unanswered Prayers: Letters to God Found Dumped in Ocean." The letters, three hundred in all and sent to a New Jersey minister, had been tossed in the ocean, most of them unopened. The minister was long dead. How the letters came to be floating in the surf off the New Jersey shore is a mystery.

The letters were addressed to the minister because he had promised to pray for whoever wrote in to him. Some of the letters asked for frivolous things; others were written by anguished spouses, children, or widows. They poured out their hearts to God, asking for help with relatives who were abusing drugs and alcohol or spouses who were cheating on them. One asked God for a husband and father to love her child. The reporter concluded that all were "unanswered prayers".

We all know that God is omnipotent (all-powerful), omnipresent (can be everywhere at one and the same time), omniscient (all-knowing) and thus knows all our thoughts and needs even before we ask of Him (Matt 8: 8b) – but that does not mean He will answer all our prayers the way we want it to be answered.

Yes, He hears our every prayer but His words also tell us that He may disregard our prayers and petitions if we allow sin to destroy our fellowship with Him. The Bible clearly says that God is not obliged to hear us if

- Our heart is cherishing some sin (Ps. 66:18)
- We ignore the pleas of the poor (Prov. 21:13)
- We are living in sin (Is. 59: 1,2)
- There is discord in the home (1 Pet. 3:7)
- We doubt His ability to answer (James 1: 6,7)
- Our requests are self-centred (James 4:3)

Yes, our Heavenly Father wants us His children to talk to Him, to praise Him, to have fellowship with Him, and even to petition Him with our requests. But we cannot assume that He will hear us just because we pray. We must first try our level best to live a life that honours Him and follows His standards. No, He is not asking us to be perfect or sinless this side of eternity, for none of us would be able to do that. In fact, none of the spiritual giants of the Bible was sinless.

The ultimate aim of all Christians is to be more Christlike in our lives. As someone had put it – sanctification is a process whereby we sin less and less and become more and more like Christ. And when we do that, my dear brothers

and sisters in the Lord, He will hear our prayers and answer them in His own time, in His own way and always for our good. Maybe not always the way we want it to be, but always for our final good.

PRAYER:

Father God, sometimes in our foolish ways, we keep asking for what we think is good for us, but only you, the all-knowing God knows what's best for us. Thank you for not answering some of our prayers Lord for like Mrs Billy Graham said, if you had, she would have married the wrong man!

We also want to thank you for not answering some of our prayers to remind us that we must put our lives right first before we come to the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need (Heb 4: 16).

In Jesus' precious name we pray

AMEN.

每日灵粮

星期一，2020 年 11 月 23 日

标题：未蒙应允的祷告

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗篇 66:18】我若心里注重罪孽，主必不听。

标题写道：“未蒙应允的祷告：给上帝的信，被发现倾倒在海洋中。”这些信件一共三百封，寄给了新泽西州的一位牧师，被扔进了大海，其中大多数是未开封的。这位牧师早已去世了。这些信件如何会在新泽西州海岸的海浪上漂浮，是一个谜。

这些信是写给牧师的，因为他曾答应为给他写信的人祈祷。有些信件要求的是无关紧要的东西，其他的则是由痛苦的配偶、孩子或寡妇写的。他们向上帝倾心祈求，求上帝帮助那些滥用毒品和酒精的亲戚或不忠的配偶。有一个人向上帝祈求一位丈夫，好让孩子有一位疼爱他的父亲。记者总结说，所有这些信都是“未蒙应允的祷告”。

我们都知道上帝是无所不能（全能的）、无所不在（可以同时存在于任何地方）、无所不知的（全知的），因此，即使我们向上帝祈求之前，祂就已经知道了我们所有的思想和需求（马太福音 8:8b）– 但这并不意味着祂会按照我们希望得到回应的方式应允我们所有的祷告。

是的，祂听到了我们的每一个祷告，但是圣经也告诉我们，如果我们允许罪恶破坏我们与祂的团契，祂会无视我们的祷告和祈求。圣经明确指出，上帝没有义务聆听我们，如果：

- 我们心里注重罪孽（诗篇 66:18）
- 我们塞耳不听穷人哀求（箴言 21:13）
- 我们生活在罪中（以赛亚书 59:1,2）
- 家庭不和谐（彼得前书 3:7）
- 我们怀疑上帝应允祷告的能力（雅各书 1:6,7）
- 自我中心的妄求（雅各书 4:3）

是的，我们的天父愿意我们，祂的孩子们与祂交谈、赞美祂、与祂团契，甚至向祂提出我们的请求。但是我们不能因为我们祈求就认为祂会垂听我们的祷告。我们必须首先尽我们最大的努力过尊崇祂并遵循祂的准则的生活。不，祂并不是要求我们在永恒之前做到完美或无罪，因为我们没有人能做得到。实际上，圣经中没有一个属灵伟人是无罪的。

所有基督徒的最终目标是在我们的生活中活得更像基督。正如有人所说 – 成圣是一个过程，在这个过程中，我们犯罪越来越少，变得越来越像基督。当我们这样做时，我在主里的亲爱兄弟姐妹们，祂便会垂听我们的祈祷，并按照祂自己的时间，以祂自己的方式，永远为我们的好处来应允我们的祈祷。也许并不总是如我们所愿，但总是为了我们最终的益处。

祷告：

父上帝，有时我们会以愚蠢的方式不断向祢祈求我们认为对我们好的东西，但是只有祢，全知的上帝知道什么对我们是最好的。主，谢谢祢没有应允我们的一些祷告，就

如葛培理师母（Mrs Billy Graham）所说，如果当初祢应允了她的祷告，她会嫁错人了！

我们也要感谢祢没有回应我们的一些祷告，以提醒我们，在我们坦然无惧地来到施恩的宝座前之先，我们必须先把生命摆正，这样我们才能得蒙怜恤、蒙恩惠，作随时的帮助（希伯来书 4:16）。

我们奉耶稣的宝贵名祷告，阿们

Tuesday, 24 November 2020  
Title: Celebrating Thanksgiving Every Day  
By: Dorothy Teoh  
Psalm 103

On Thursday 26th November, Americans will celebrate Thanksgiving. For many families, it is an important holiday, even if the original reason for the celebration has been lost over time. The first Thanksgiving was celebrated in the fall of 1621 by the Pilgrims who had survived the journey to the New World in search of a new life and religious freedom. It was to give thanks for a successful harvest and the fact that the remaining colonists had survived their first year in a strange land. In the first winter, disease had killed almost half of the original group of 100 English men, women and children who had set sail on the Mayflower.

Today, Thanksgiving in the US is very different from that first celebration. While still traditionally a time of family get-togethers; food (turkey and pumpkin in particular) and American football figure prominently. I smiled when I read what Elizabeth Elliott had to say about Thanksgiving in her book *Keep A Quiet Heart*. "Some people are substituting 'Turkey Day' for 'Thanksgiving,'" she wrote. "I guess it must be because they are not aware that there's anybody to thank, and they think that the most important thing about the holiday is food. Christians know that there is somebody to thank..."

In Psalm 103 verses 1 to 5, King David praises God and names the blessings that he had received.

1 Bless the LORD, O my soul, and all that is within me, bless his holy name!  
2 Bless the LORD, O my soul, and forget not all his benefits,  
3 who forgives all your iniquity, who heals all your diseases,  
4 who redeems your life from the pit, who crowns you with steadfast love and mercy,  
5 who satisfies you with good so that your youth is renewed like the eagle's.  
(ESV)

What "benefits" have you received from God? Make a list, and it may surprise you. We can be quick to forget how richly God has blessed us in the past, or how He has answered our prayers. Or, like King Hezekiah in 2 Chronicles 32:25, we may become proud after enjoying God's "benefits" and achieving success. By continuing to praise God for His past blessings and answered prayer, we make sure we do not forget.

In the 19th November devotion on verses 9-12 from this very same Psalm, our brother Arnold Lim had said that if we repent and ask God's forgiveness for our sins, He will forgive us because He loves us. God forgives all our iniquity. Sometimes, even when we think we have forgiven someone, we may still hold



onto remnants of a grudge. But God does not do that. When He forgives, He wipes the slate clean – all our sin is forgiven, both omissions and commissions, past and present.

I confess that I struggled with the second part of verse 3 because not all diseases are healed, at least, not in this world. What I found helpful was John Piper's answer in <https://www.desiringgod.org/>.

He says, first, that all promises will be fulfilled – in Jesus and in all those who are in Jesus in the new earth.

Secondly, Piper says that some healing will come now, all will come soon. In this world, God does heal, he says. "And so, we should look for it, ask for it, and thank him when he gives it. But the final promise of no more death and no more disease will come in the future."

Third, we are more than conquerors, even our diseases and our calamities are not defeats, says Piper. He quotes Romans 8:37 and then he says that these "work good for us now in all the ways that count" and that they prepare "an eternal weight of glory beyond all comparison" (2 Corinthians 4:17).

Jesus went down into the pit so that we don't have to; He gave His life as a ransom to redeem us from eternal death. As if that were not enough, God continues to show us His mercy, love and compassion and satisfies our desires with good things so that we can soar on wings like eagles, just as He promised in Isaiah 40: 29-31.

How wonderful is that? With all these things to thank God for, every day for us as believers should be Thanksgiving Day.

#### Prayer

Lord, Thank You for all Your benefits to us. Forgive us, Lord, that we sometimes forget. Help us to remember all that You have done and continue to do for us, and the love and compassion that You show to us daily. And as we remember, fill our hearts with thanksgiving so that we may bless Your holy name. In Jesus's name we pray, Amen.

每日灵粮

星期二, 2020 年 11 月 24 日

标题: 每天都庆祝感恩节

作者: Dorothy Teoh

翻译: 陈晓佩姐妹

诗篇 103 篇

11 月 26 日星期四, 美国人将会庆祝感恩节。对于许多家庭来说, 这是一个重要的节日, 尽管庆祝的最初原因已经随着时间流逝。1621 年秋天, 朝圣者庆祝了第一个感恩节; 他们在前往新大陆寻找新生活并信仰自由的旅途中幸存下来。这是为了丰收感恩, 也为剩下的殖民者在陌生的领地上度过了他们的第一年感恩。在第一个冬天, 疾病夺去了近一半最初在五月花号上航行的 100 名英国男女老少的生命。

今天, 美国的感恩节与第一次的庆祝截然不同。虽然传统上仍然是家庭相聚的时间, 但食物(尤其是火鸡和南瓜)和美式足球占据了突出的位置。当读到伊丽莎白·艾略特 (Elizabeth Elliott) 在她的书 “保持一颗安静的心” (Keep a Quiet Heart) 里写到有关感恩节时, 我笑了。“有些人让 ‘火鸡节’ 代替 ‘感恩节’ 了。” 她写道。“我猜那一定是因为他们没有意识到要向谁感恩, 他们认为节日最重要的是食物。基督徒知道要感谢的对象...”

在诗篇 103 篇, 第 1 到第 5 节, 大卫王赞美上帝并列出了他所领受的祝福。

1 我的心哪, 你要称颂耶和华! 凡在我里面的, 也要称颂祂的圣名!

2 我的心哪, 你要称颂耶和华! 不可忘记祂的一切恩惠!

3 祂赦免你的一切罪孽, 医治你的一切疾病。

4 祂救赎你的命脱离死亡, 以仁爱 and 慈悲为你的冠冕。

5 祂用美物使你所愿的得以知足, 以致你如鹰返老还童。

(和合本)

您从上帝领受了什么 “好处” 呢? 列一张清单, 它可能会让您吃惊。我们可能很快就会忘记上帝在过去曾多么丰盛地祝福了我们, 或者祂曾如何应允了我们的祷告。或者, 如历代志下 32:25 中的希西家王一样, 我们在享受了上帝的 “好处” 并取得成功后就变得骄傲。通过继续赞美上帝以往的祝福和应允的祷告, 我们确保我们不会忘记。

在 11 月 19 号每日灵粮里, 同一篇诗篇的第 9-12 节里, 林文礼弟兄说如果我们悔改并祈求上帝赦免我们的罪, 祂会赦免我们, 因为祂爱我们。上帝赦免我们一切的罪孽。有些时候, 即使我们以为我们已经原谅了某人, 我们可能仍然保留了一丝的怨恨。但是, 上帝不会这么做。当祂赦免我们时, 祂一笔勾销 — 赦免我们一切的罪, 疏忽与明知故犯的, 以前的和现在的。

我承认我在第三节的第二部分有挣扎, 因为不是一切的疾病得治愈, 至少不会发生在这世界里。我在 <https://www.desiringgod.org/> 的约翰·派博的答案里得到帮助。

他说, 首先, 所有的应许都会应验 — 无论是在耶稣身上, 或是在新天新地里所有在耶稣里的人。

第二，派博说现在会有一些治愈，很快就会全都治愈。他说，在这世界里，上帝确实会医治。“所以，我们应该寻求、祈求治愈，当祂赐下时，我们感谢祂。但是那不再有死亡、不再有疾病的最终应许，将会在未来实现。”

第三，派博说，即便疾病和灾难未被征服，我们已经得胜有余了。他引述罗马书 8:37，然后他说这些“在所有重要的方面对我们现时都有好处”，并且它们是准备“无与伦比且极重无比的荣耀”(哥林多后书 4:17)。

耶稣下到坑里，以致我们就不必下坑了；祂献出自己的生命作为赎价，把我们从永死中救赎出来。更甚的，上帝继续向我们展示祂的恩惠、慈爱和怜悯，并用美好的事物满足我们的愿望，好让我们能够如鹰展翅上腾，正如祂在以赛亚书 40:29-31 中所应许的。

那是多么的美好呢？我们为这些事情感谢上帝，身为信徒的我们每天应该都是感恩节。

祷告

主啊，谢谢祢赐给我们的一切好处。赦免我们，主啊，有些时候我们会忘记。帮助我们记得祢为我们所作的一切以及继续会为我们所作的，还有祢每天向我们所展示的慈爱和怜悯。当我们记得时，以感恩充满我们的心，好让我们称颂祢的圣名。奉主耶稣的名祷告，阿们。

Wednesday, 25th November 2020

Title: "LORD, you are the God who saves me"

Author: Pastor Wallace Ong

Psalm 88:1-2

1 LORD, you are the God who saves me; day and night I cry out to you.

2 May my prayer come before you; turn your ear to my cry.

As Christians, our Heavenly Father desires us to grow and be more like Christ, His beloved Son. From what is written in the Bible, we know that Jesus intentionally sets aside time to be either by Himself or, perhaps, accompanied by a small group of his disciples at a quiet place "to pray." It was recorded that sometimes He prayed early in the morning, sometimes in the evening — but whichever the time of the day it may be, He clearly demonstrated the habit of spending "exclusive time" in praying and communicating with His Father. Jesus' prayer life was intrinsically related and tied up with what had happened in his life at any given moment. I try to imagine how Jesus prays to his Heavenly Father in the morning as well as during the night. He does not force himself to pray just to meet his morning or evening obligations perfunctorily, but he eagerly comes before God with great anticipation, expectation and hope, seeking after God's will and provision for himself, his disciples, and his ministry.

Psalm 88 is not a bright and cheerful Psalm of praise and thanksgiving. It narrates a difficult, heavy, and grave situation. As I read Psalm 88, I thought of Jesus as he was praying in the garden of Gethsemane prior to his crucifixion. Jesus was deeply troubled and he prayed the prayer of a profoundly troubled individual. He demonstrated to us the perfect example that in the midst of any circumstance, we are to lay aside our will, our limited understanding of things in this world, and instead, to fix our eyes on the things of God. In Psalm 88, the Psalmist invites us to be open and honest with God, as we bring to Him the things that weigh on us and keep us awake at night. Surely there are moments for praising and worshipping God, but there is never a need to conceal our afflictions and pain especially in the presence of our God, because no matter what circumstances we might be in, He is the "LORD, you are the God who saves me;" (Ps 88:1)

Prayer:

Dear Heavenly Father, we are so thankful that You are always with us. Your presence is precious to us. We give thanks to You every moment of our lives because You are always there to listen to all our praises and cries — when we are joyful and filled with praise, and when we are hurting and filled with distress. You welcome it all and are always ready to listen. Your mercy is new every morning. Help us to come to You in prayer, in spirit and in truth, O Lord. We pray in Jesus' most precious name. Amen.

每日灵粮

星期三, 2020 年 11 月 25 日

标题：耶和華，祢是拯救我的上帝

作者：王振威傳道

翻譯：陳健萍姐妹

**【詩篇 88:1-2】**

1 耶和華拯救我的 神阿、我晝夜在你面前呼求。

2 愿我的祷告达到你面前。求你侧耳听我的呼求。

作为基督徒，我们的天父希望我们成长，更像祂的爱子基督。从圣经的记载，我们知道耶稣特意留出时间，或许独自一人，或许在一小群门徒的陪伴下，在一个安静的地方“祈祷”。据记载，祂有时在清晨祈祷，有时在晚上祈祷——但无论是在一天中的哪个时间，祂都清楚地展示了祂花“专属时间”祈祷并与父亲沟通的习惯。耶稣的祷告生活与祂生命中任何时刻发生的事情有着内在的联系。我试着想象耶稣是如何在早晨和晚上向祂的天父祈祷的。祂没有敷衍地强迫自己只是为了履行早晚的义务祈祷，而是怀着满腔的期盼、企待和希望，热切地来到上帝的面前，为祂自己、祂的门徒和祂的事工寻求上帝的旨意和供应。

诗篇 88 不是一首开朗和欢快的赞美与感恩的诗篇。它是讲述一个艰难、沉重和严峻的局面。当我读诗篇 88 时，我想到耶稣被钉十字架之前，在客西马尼园祈祷。耶稣深受困扰，祂的祷告是一个蒙受极大困扰的人的祷告。祂向我们示范了一个完美的榜样，在任何情况下，我们都要放下我们的意愿，放下我们对世上事物的有限理解，而把我们的目光集中在上帝的事情上。在诗篇 88 中，诗人呼求我们，当我们把让我们感到繁重以及使我们彻夜难眠的事情交给上帝时，我们要坦诚地向上帝敞开心扉。当然是有赞美和敬拜上帝的时候，但我们从来没有必要掩饰我们的苦厄与伤痛，尤其是在我们的上帝面前；因为无论我们在什么情况下，祂是“耶和華，拯救我的上帝”。

**【詩篇 88:1】**

祷告：

亲爱的天父，我们很感谢祢一直与我们同在。祢的同在对于我们是宝贵的。我们一生每时刻都要感谢祢，因为祢总倾听我们一切的赞美与呼求——当我们喜乐并充满赞美的时候，以及当我们受创且充满哀伤的時刻；祢全都欢迎而且随时乐于聆听。祢的怜悯每早晨都是新的。主啊，求帮助我们以祷告、以心灵和诚实到祢跟前亲近祢。我们奉耶稣至宝贵的名祷告。阿门。

Thursday, 26 November 2020

Title: Lamp and Light!

By: Cecilia Tan

Psalm 119:105

“Your word is a lamp to my feet and a light to my path.”

We are living in dark and perilous times. Never in the history of mankind have so many succumbed to so unseen an enemy! Words such as the following – lost, confused, desperate, directionless, frustrated, disconnected, desolate, anxious, lonely, hopeless, fearful, restless and angry – can accurately describe many people in the world today, no matter where they live.

Nevertheless, fear not! For we, as disciples of our Lord Jesus Christ, have with us an inextinguishable lamp – the Word of God, a radiant light that banishes the shadows of crippling fear and uncertainty. This is a gleaming lamp that will guide us safely through the darkness and brighten our pathway.

However, for this lamp to do its work of dispelling darkness, we need to turn on the light switch. How do we do that? I propose 4 steps to take in order that the light of God’s Word can shine and overcome the overwhelming darkness that surrounds us – both in the world and in the deep recesses of our souls.

The first step is to know God’s Word, the Bible, intimately. For that to happen we need to learn it. According to the Navigators’ “Word Hand”, learning God’s Word involves hearing, reading, studying, memorising and meditating on Scripture. God does not automatically fill our minds with knowledge of His Word. We must be diligent and disciplined in our efforts to carry out the learning activities embodied in the “Word Hand”.

Giving priority to learning God’s Word is not an easy thing to do as countless other pursuits compete with it to distract and lure us away. For instance most of us today have “WhatsEpic Syndrome” wherein we spend hours daily, enjoying and forwarding the many creative messages and entertaining video clips that are shared in the many chatgroups we are in. However we are strongly urged by the author of Psalm 119 in verse 73 to learn God’s commands, to seek out God’s decrees (verse 155) as not doing so will result in us joining the ranks of the wicked, and to memorize Scripture (verse 11) so that with God’s Word in our hearts, we will not sin against Him.

The second step is to lean on God’s Word. We are to depend on God’s Word as a guide at all times whether it be sunny or stormy weather, to give us encouragement and hope. The Psalmist declares in verse 24 that God’s statutes are his counsellors. The Psalmist, weary with sorrow in verse 28, begs God to strengthen him with His Word. Verse 50 shows that God’s promises not only comfort the Psalmist when he is suffering, but actually preserve his life!

The third step is to love God's Word. The Psalmist declares his love for God's precepts in verse 159, and states in verse 162 that he rejoices in God's promises like one who finds great treasure. Indeed, the Psalmist proclaims in verse 72 that God's Word is more precious to him than thousands of pieces of silver and gold! He proudly announces in verse 97, "Oh, how I love Your law! I meditate on it all day long."

Finally we are to obey God's Word. The Psalmist entreats God in verses 33-34 to give him wisdom so that he can understand the meaning of God's laws and obey them with all his heart, at all times. Our Lord Jesus Himself taught that "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him. He who does not love Me does not keep My words; and the word which you hear is not Mine but the Father's who sent Me." (John 14:23-24)

Martial arts disciples make a commitment to dedicate their lives to the martial arts practice. The process of mastering the skill (whether it be kung fu, judo, karate, taekwondo etc) is not only gradual but calls for a lot of learning, sweating, training and constantly feeling pain and aches in many parts of the body. "No pain, no gain!" would definitely be the resounding mantra uttered by the master to the disciple.

As disciples of Jesus we have made a commitment to learn from Him in order to live like Him. We seek to conform our thoughts, words and deeds to mirror that of Jesus. Both martial arts disciples and Jesus' disciples are made, not born. In terms of diligence and discipline, we should not allow the martial arts disciples to outshine us. Why not? Their knowledge and skills are only good for this earthly life, whereas our Biblical knowledge and wisdom will last for eternity. Besides, their master is a mere mortal, whereas our Master is the one and only Almighty God, Creator of heaven and earth!

The Bible contains basic instructions for godly living before leaving earth. Much more than that, it is God's revelation of Himself to us. It tells about God's love for humanity, His salvation plan and the relationship He wishes to have with us here on earth, as well as in eternity. For such turbulent times as what we are in now, God's Word offers assurance, comfort, hope and peace that the world cannot offer, and hence, it powerfully dispels our relentless fears and uncertainties.

Indeed, it will be a lamp to our feet and a light to our path if we so desire. The more of it we have in our hearts and minds, the more brightly lit the pathway of our life will be... and the stronger our foundation will be, for a joyful, fulfilling and fruitful life in harmony with God and others!

The time for action is now! Turn ON the light switch. Enjoy the LAMP AND LIGHT!

Prayer:

Our Heavenly Father, we thank You that in this increasingly darkening world, we have You to walk us through the valley of darkness to light. When everything around us is chaotic and confusing, and we can see no light, may the light of Your Word show us the way to go. When the future is uncertain, and we can't see what lies ahead, may the light from Your Word direct our paths. Open our eyes to see the wonderful truths in Your Word. Help us to discipline ourselves to know, lean on, love and obey Your Word always. We pray in Jesus' name. Amen.



每日灵粮

星期四, 2020 年 11 月 26 日

标题：灯与光！

作者：陈俊芳姐妹

翻译：薛秀合姐妹

诗篇 119：105

“你的话是我脚前的灯，是我路上的光。”

我们生活在黑暗和险恶的时代。在人类历史上，从未有那么多的人屈服于如此一个看不见的敌人！以下的词语如 – 迷失、困惑、失望、失去方向、沮丧、脱节、落寞、焦虑、孤独、绝望、恐惧、躁动和愤怒 – 可以准确地描述当今世界上的许多人，无论他们身在何处。

尽管如此，可不要害怕！因为我们作为主耶稣基督的门徒，我们拥有一盏不熄灭的灯 – 上帝的话语，明亮的光，可以驱散沉重的恐惧和不确定的阴影。这是一盏闪烁的灯，它将引导我们安全地穿越黑暗并照亮我们的道路。

然而，要让这灯操作它驱赶黑暗的作用，我们需要打开电灯的开关。我们该怎么做呢？我建议采取 4 个步骤，以使上帝的话语之光能照耀并克服我们周围难以抵挡的黑暗 – 无论是在世界上还是在我们心灵的深处。

第一步是深入了解上帝的话语，圣经。为做到这点，我们需要学习。根据导航会的“读经的手”，学习上帝的话语包括聆听、阅读、学习、背诵和默想圣经。上帝并不会自动地用祂的话语充满我们的思想。我们必须勤奋且有纪律地开展“读经的手”中的学习活动。

把学习上帝的话语放在首位不是一件容易的事，因有无数其他的追求与之竞争，以分散我们的注意力并引诱我们偏离。譬如，今天我们大多数人都患有“跨平台通讯综合症”（WhatsEpic Syndrome），其中我们每天花费数小时，享受及在许多我们参与的聊天群组里转发无数创意信息和有趣的视频片段。但是，诗篇 119 的作者在第 73 节中强烈敦促我们学习上帝的命令，寻求上帝的律例（第 155 节），因为不这样做将会导致我们加入恶人的行列；并背诵经文（第 11 节），好让上帝的话藏在我们心里，免得我们得罪祂。

第二步是要依靠上帝的话语。无论是晴天还是狂风暴雨，我们都应依靠上帝的话语作为引导，给我们鼓励和盼望。诗人在第 24 节中宣称，上帝的法度是他的谋士。诗人在第 28 节中因愁苦而筋疲力尽，恳求上帝用祂的话语使他坚强。第 50 节表明，上帝的应许不仅在诗人困苦时安慰他，而且还保全了他的生命！

第三步是要爱上帝的话语。诗人在第 159 节中宣告了他对上帝训词的热爱，并在第 162 节中指出，他像胜过敌军得到了很多战利品的人一样，在上帝的应许中欢喜。的确，诗人在第 72 节中宣布，上帝的话语比千千万万的金银对他更有益！他在第 97 节中自豪地宣告：“我何等爱慕你的律法，终日不住地思想。”

最后，我们要听从上帝的话语。诗人在第 33-34 节中祈求上帝赐予他智慧，使他可以领悟上帝律例的含义，并时刻全心全意地遵守。我们的主耶稣亲自教导说：“人若爱

我，就必遵守我的道；我父也必爱他，并且我们要到他那里去，与他同住。不爱我的人就不遵守我的道。你们所听见的道不是我的，乃是差我来之父的道。”（约翰福音 14：23-24）

武学的门徒立志将自己的生命献于武学修炼。掌握技能的过程（无论是功夫、柔道、空手道、跆拳道等）不单是循序渐进的，而且还需要大量的学习、汗水、训练并不断感觉到身体许多部位的疼痛和酸痛。“一分耕耘，一分收获！”肯定是师父对门徒发出的响亮口号。

作为耶稣的门徒，我们委身向祂学习，以活得像祂。我们力求使我们的思想、言语和行为与耶稣相符。武学的门徒和耶稣的门徒都是被塑造的，而不是天生的。在勤勉和纪律方面，我们不应该让武学的门徒比我们优秀。为什么不？他们的知识和技能仅对今世生活有益处，而我们的圣经知识和智慧将延续到永恒。此外，他们的师父仅仅是个凡人，而我们的主是唯一的全能上帝，天地的创造主！

圣经蕴含着离开世界前敬虔生活的基本指引。不仅如此，这是上帝对我们的启示。它讲述了上帝对人类的爱、祂救赎的计划以及祂希望在地球上和在永恒里与我们建立的关系。在我们当今所处的如此动荡的时代，上帝的话语提供了世界无法提供的保证、安慰、盼望与平安；因此，它强而有力地驱散了我们不间断的恐惧和不确定性。

确实，若我们愿意，它将是我们的脚前的灯和路上的光。我们的心思意念越是如此想望，我们的人生道路就会越光明……我们的基础就越牢固，我们便能与上帝并其他人和谐相处，共享快乐、充实和丰硕的人生。

现在就是行动的时候了！打开电灯开关。享受灯与光！

祷告：

我们的天父，我们感谢祢，在这个日益黑暗的世界中，我们有祢带领我们穿越黑暗之谷，走向光明。当我们周围的一切都混乱，使我们困惑，我们看不见光明时，愿祢的话语之光向我们展示前进的路。当未来充满着不确定性，而我们看不到未来时，愿祢的话语之光指引我们的道路。开启我们的眼睛，让我们看到圣经中的奇妙真理。帮助我们自律，使我们时刻了解、依靠、爱慕并遵从祢的话语。我们奉耶稣的名祈祷。阿门。

Friday, 27 November 2020

Title: Are you a capable wait-er?

By: Ps. Cheng Cheung

Psalm 37:34 Wait on the LORD,

And keep His way,

And He shall exalt you to inherit the land;

When the wicked are cut off, you shall see it.

In the first half of Psalm 37 last week, we were introduced to the anxiety of the "righteous" (those who honour, fear and love God) who experience deprivation, anxiety or injustice while they wait upon God to act. While they wait, the "evildoers and wicked" (those who mock God, do not fear Him and defy His existence) are prospering. David reminds us that the end of the wicked is sure: "they shall soon be cut down like the grass, and wither as the green herb."

But before that happens, the godly need to be patient and wait upon the Lord in expectation, hope and obedience:

v 7 Be still before the LORD, and wait patiently for Him;

v 34 Wait on the LORD,

And keep His way,

And He shall exalt you to inherit the land;

Waiting is much more difficult than moving onward and forward. Waiting requires patience and for today's go-getter generation, patience is a rare virtue. Sometimes it is hard for us to understand why some processes take so long or why obstacles exist, even in God's work. Will that red or amber light ever turn green? "Feeling trapped" is not an uncommon feeling. But God has a purpose in all His delays.

Patience eliminates worry. "Give all your worries and cares to God, for He cares about you." 1 Peter 5:7

Patience eliminates self-works. "This is the work of God, that you believe in Him whom He has sent." John 6:29

Patience eliminates all want. Perhaps your desire to receive what you want now is stronger than your desire for the will of God to be fulfilled.

Patience eliminates weeping. Why feel sad and sorry for yourself? Is this a sign that you prefer to substitute good for the Lord's best?

Patience eliminates all weakness. Waiting is not time wasted. Realise that God is preparing His resources and strengthening you for a greater work than you may have imagined.

Finally, patience yields worship.<sup>1</sup>

James writes: “for when the way is rough, your patience has a chance to grow. So, let it grow, and don’t try to squirm out of your problems. For when your patience is finally in full bloom, then you will be ready for anything, strong in character, full and complete.” James 1:3-4 (TLB). You will be the benefactor, brothers and sisters. When you look back and realise our gracious Lord has been leading you in this, you will affirm the truth of the following verses from Isaiah and your hearts will be aglow in worship of the Lord God who has dealt bountifully with you.

8 “For My thoughts are not your thoughts,  
Nor are your ways My ways,” says the LORD.

9 “For as the heavens are higher than the earth,  
So are My ways higher than your ways,

And My thoughts than your thoughts. Isaiah 55:8-9

v 23 The steps (and stops) of a good man are ordered by the LORD,  
And He delights in his way.

You may wonder how the above verse is connected then, to what has been aforementioned. Very simply, for the god-fearing man, whether he is moving forward (his steps) in faith or waiting patiently upon the Lord (his stops), these are ordered by the LORD. This is a crucially important principle of the Lord’s guidance for a Christian never to move from the spot where he is sure God has placed him, until the Lord God directs him to do so. How we need to learn to wait for the Lord’s leading in everything. Many who go ahead of the Lord later discover they lack the strength and power they desire. But GOD WILL GIVE complete power for EVERY TASK He asks us to perform. Waiting until the time He says “Go” – keeping yourself faithful to His leading – this is the secret of strength and supernatural power.

Prayer for Today

Gracious Father, truly Your thoughts are not my thoughts and Your ways are not my ways. I confess my old nature stubbornly clings to me and tries to impose itself on my new nature, making it hard for the Holy Spirit to do His work in me.

Help me recognize the voice of the Shepherd calling to me in love to put to death my old man and thus enable You to do the work of transformation in my life. In Jesus’ Name, Amen.

<sup>1</sup> “Streams in the Desert” LB Cowman

每日灵粮

星期五，2020 年 11 月 27 日

标题：你是一位能干的等待者吗？

作者：张祯祥传道

翻译：梁玉萍姐妹

诗篇 37：34

你当等候耶和华，遵守他的道，他就抬举你，使你承受地土，恶人被剪除的时候，你必看见。

上周在诗篇 37 篇的前半部分介绍了“义人”（那些尊敬，敬畏和爱上帝的人）的焦虑。他们在等待上帝采取行动时经历了剥夺、焦虑或不公正。当他们等待时，“恶人”（嘲笑上帝的人，不惧怕上帝并蔑视他的存在的人）是大有势力的。大卫提醒我们，恶人的结局是必然的：“因为他们如草快被割下，又如青菜快要枯干。”

但在此之前，敬虔的人需要有耐心并在期待，盼望和顺服中等待主：

第 7 节 你当默然倚靠耶和华，耐性等候他，

第 34 节 你当等候耶和华，遵守他的道，他就抬举你，使你承受地土，

等待比接受现实开始新的生活及向前进要困难得多。等待需要耐心，对于当今有冲劲和进取心的一代来说，耐心是一种难得的美德。有时候，即使在上帝的工作里，我们也很难理解为什么有些过程需要这么长时间或为什么有障碍的存在。红色或黄色的灯会变成绿色吗？“感觉被困”并不是一种罕见的感觉。但是上帝在他所有的拖延中都有一个目的。

耐心消除烦恼。”你们要将一切的忧虑卸给上帝，因为他顾念你们。”（彼前 5：7）

耐心消除自我劳动。“信上帝所差来的，这就是做上帝的工。”（约 6：29）

耐心消除所有的欲望。也许您渴望得到自己现在想要的东西比您渴望上帝旨意的实现更强烈。

耐心消除哭泣。为什么感到悲伤和沮丧？这是否表明您更愿意用好的代替主的最好？

耐心消除了所有的软弱。等待不是浪费时间。要明白上帝正在准备他的资源并加强你从事比你想象的更大的工作。

最后，忍耐产生敬拜。<sup>1</sup>

雅各写道：3 因为知道，你们的信心经过试验就生忍耐。4 但忍耐也当成功，使你们成全、完备，毫无缺欠。”雅各书 1：3-4。弟兄姐妹，您将成为行善的人。当您回顾过去并意识到我们的恩主带领您前进时，您将肯定以下以赛亚书中经文的真实性，并且您的心将敬拜那如此慷慨地对待您的上帝。

8 耶和华说：“我的意念非同你们的意念，我的道路非同你们的道路。9 天怎样高过地，照样，我的道路高过你们的道路，我的意念高过你们的意念。（赛 55：8-9）

第 23 节 义人的脚步被耶和华立定，他的道路耶和华也喜爱。

您可能想知道上述经文如何与前述内容联系起来。很简单，对于敬畏上帝的人，无论他是出于信心前进（他的脚步）还是耐心等待主（他的暂停），这些都是耶和华所命令的。这是上帝指导的至关重要的一项原则，基督徒在上帝指示他这样做之前，切勿离开他确定上帝已安置他的地方。我们如此需要学习在一切事上等待主的引导。许多后来超越主的人发现他们缺乏他们想要的力量和能力。但是上帝会为每项他要我们做的任务提供完全的能力。等到他说“去”的时候—使自己忠于他的领导—这是力量和超自然能力的秘诀。

今天的祈祷

恩主，你的意念确实非同我的意念，你的道路非同我的道路。我承认我的旧本性固执地紧贴着我，并试图强加在我的新本性上，这使圣灵很难在我里面做他的工作。

求你帮助我认清牧羊人的声音，他以爱呼唤我治死自己的老我，使你能在我的生命中做转变的工作。奉耶稣的名，阿们。

1“沙漠中的溪流” LB 考曼

Saturday, 28 Nov, 2020.

"Who Is My Neighbour?"

By : Ong Hwee Soo

Psalm 72:1-4 & 12-13.

Of Solomon.

1 Give the king your justice, O God, and your righteousness to the royal son!

2 May he judge your people with righteousness, and your poor with justice! 3 Let the mountains bear prosperity for the people, and the hills, in righteousness!

4 May he defend the cause of the poor of the people, give deliverance to the children of the needy, and crush the oppressor!

12 For he delivers the needy when he calls, the poor and him who has no helper.

13 He has pity on the weak and the needy, and saves the lives of the needy.

Psalm 72 is the first of the only two Psalms written by King Solomon, the other being Psalm 127. It is the concluding Psalm in Book II (Psalms 42-72) of the Psalter. The opening inscription "Of Solomon" signifies Solomon as the author. However, it ends with a postscript, "The prayers of David...are ended" (v 20). Most likely, the subject matter is David's but he was too frail to pen it, so Solomon who caught his dying father's song wrote the lyrics. As C.H Spurgeon put it, Psalm 72 is a Prayer of David but the Psalm of Solomon.

We know from I Kings 3:9 that Solomon prayed to God for wisdom at the beginning of his reign, "Give your servant therefore an understanding mind to govern your people, that I may discern good and evil..." Thus, Solomon did catch a vision of his calling as king when he penned the opening lines of this Psalm: "Give the king your justice...and your righteousness...May he defend the cause of the poor...and give deliverance to the needy."

In contrast to Psalm 82 (Devotional on 31 October) which opens with God condemning the earthly kings of social injustice, here Solomon understood that the primary characteristic of his rule is righteousness and justice, the former emphasising character and moral principle whereas the latter highlighting administration and moral practice. Hence, Solomon implored to God for these two godly attributes knowing that "righteousness and justice are the foundation of His throne." (Psalm 97:2).

Solomon knew upfront that his foremost duty as king was to administer justice and especially to protect the powerless. Solomon understood that 'misphat' ('justice) is when the poorest are cared for. Similarly, 'zedekah' ('righteousness') is not simply smug goodness but it is being in sync with God's will.

Solomon looked to God as his supreme exemplar, "For he delivers the needy when he calls, the poor and him who has no helper. He has pity on the weak and the needy and saves the lives of the needy." (v12-13).

A common English idiom, popularised by Algernon Sidney, says, "God helps those who help themselves.", but what is highlighted here, is that God helps those who cannot help themselves nor find help in others. All helpless ones are under the special care of our Compassionate King. However, it is clear not only in the Old Testament but also in the New that God requires His people to help others in need.

In Luke Chapter 10, we read of a lawyer who knew the Ten Commandments well and even understood that the commandments are founded on two fundamentals, namely, to love God with our whole being and to love our neighbour as ourselves. But this law expert knew the law so well that he sought to limit the concept of 'neighbour' by testing Jesus with the question, "Who is my neighbour?" Jesus simply replied him by telling him the Parable of the Good Samaritan. In the story, by illustrating the indifferent priest and the Levite who didn't stop to help the bleeding victim of robbery on the road, Jesus exposes the many false limits that religious leaders put on the command to "love your neighbour". Whereas the lawyer tried to limit his moral obligations, Jesus expanded the notion of neighbour to include anyone who is in need and cannot help themselves.

In the story, we see the Good Samaritan rendering acts of mercy (10:34-35) such as emergency medical treatment, transportation, friendship, advocacy, a generous financial aid and even a follow-up visit.

In my Devotional on Psalm 68 (26 Sept), I cited the example George Mueller (1805-1898) who in his lifetime cared for 10,024 orphans, in England. Further, he provided educational opportunities by establishing 117 schools which offered Christian education to over 120,000 children.

For a local and contemporary example, I mentioned in my 31 Oct Devotional (Psalm 82), about a donor who generously contributed four new computers to a refugee school here, besides rewiring the old school building, to ensure adequate power supply for the new computers, printers and other devices. This benevolent individual is a retiree in his eighties.

Incidentally, David Roper (Our Daily Bread, 7 Oct), reflecting on Psalms 90 wrote: "Though our lives are short, they are not meaningless, if we leave a legacy of God's love. We're not here on earth to make money and retire in style, but to 'show God' to others by showing them His love."

A key theme in this Psalm is 'the poor, the weak and the needy' (v2, 4, 12, 13). The Luke 10 narrative begins with the lawyer confronting Jesus, "Who is my neighbour?". Having told him the Story of the Good Samaritan, Jesus cleverly counters the lawyer with, "Which of these three, do you think proved to be a



neighbour to the man who fell among the robbers?", to which the lawyer is compelled to reply, "The one who showed him mercy." Jesus' injunction to the lawyer then and to us now is "You go, and do likewise." (10:36-37).

How have we been a neighbour to the needy around us, as an individual, as a Care Group or as a church?

"No one can do everything, but everyone can do something and together we can change the world." (Ronald Sider)

PRAYER: Heavenly Father, as we look around us, grant us wisdom how to be good neighbours to the needy in our community. Amen.

星期六, 28-11-2020.

“谁是我的邻舍?”

作者：翁辉赐

翻译：方美珠姐妹

诗篇 72:1-4; 12-13

所罗门的诗

1 神啊，求祢将判断的权柄赐给王，将公义赐给王的儿子。

2 他要按公义审判祢的民，按公平审判祢的困苦人。

3 大山小山，都要因公义使民得享平安。

4 他必为民中的困苦人申冤，拯救穷乏之辈，压碎那欺压人的。

12 因为穷乏人呼求的时候，他要搭救；没有人帮助的困苦人，他也要搭救。

13 他要怜恤贫寒和穷乏的人，拯救穷苦人的性命。

诗篇 72 是所罗门王所写的仅有的两首诗篇中的第一篇，另一首是诗篇 127。这首诗篇是圣咏经第二部（诗篇 42-72）的结束篇。诗篇开始以所罗门的诗为题词来表示所罗门是作者。但是它以“耶西的儿子大卫的祈祷完毕(20 节)”为后记来结束。很可能是大卫主题可是他太虚弱而无力动笔所以所罗门为垂死的父亲代笔写下歌词。如查尔斯司布真 (Charles Spurgeon)所言，诗篇 72 虽是大卫的祷告却是所罗门的诗篇。

我们从列王纪上 3: 9 知道所罗门在位时就开始祷告神给他智慧，“所以求祢赐我智慧，可以判断祢的民，能辨别是非，不然谁能判断这众多的民呢？”所以当所罗门写下这首诗篇的开场白时他确实知道自己是蒙召为王的：“神啊，求祢将判断的权柄赐给王，将公义赐给王的儿子。他要按公义审判祢的民.....他必为民中的困苦人申冤，拯救穷乏之辈。”

与诗篇 82 相反(灵修 31-10)，诗篇 82 开始以神谴责世上君王的不公义；这里所罗门明白他为王的主要性质是公义和公正，公义强调品格和道德原则而公正强调行政与道德的实行。所以所罗门求神这两项敬虔的品格因为知道“公义和公平是他宝座的根基”（诗篇 97:2）

所罗门一开始就知道他的主要职责是公正的实施，尤其要保护那些无能为力的。所罗门明白‘公正’就是当贫穷的得到照顾。相同的，‘公义’不只是一味示好而是当以神的心意为主。

所罗门看神为他的至高模范，“因为穷乏人呼求的时候，他要搭救；没有人帮助的困苦人，他也要搭救，他要怜恤贫寒和穷乏的人，拯救穷苦人的性命。”（12-13 节）

阿尔格农西德尼（Algernon Sidney）常讲的一句英语惯用语，“神帮助那些帮助自己的人”，这里真正要显示的是神帮助那些不能帮助自己又找不到其他人来帮助他们的人。所以无能为力的都被怜悯的君王特别看顾。可是不管是旧约还是新约神都要求祂的子民去帮助那些有需要的人。

路加福音第十章我们读到一位熟知十诫的律法师，他明白十诫是以尽心尽性尽力尽意爱上帝和爱你的邻舍如同自己为根基。但是这位熟知律法的律法师却以“谁是我的邻舍？”这问题来考验耶稣而局限了‘邻舍’的含意。耶稣就以好撒马利亚人的比喻来回答他。在故事里，耶稣以祭司和利未人没有停留帮助在路上被抢劫的伤患来说明，耶稣暴露出宗教领袖错误的局限了“爱你的邻舍”的诫命，而律法师尝试局限他的道德义务，耶稣把邻舍的概念广大包括任何有需要而不能帮助自己的人。

在故事中我们看见了好撒马利亚人充分行出好怜悯的行为（10:34-35）如紧急医疗医治，交通运送，友好，持续的支持，慷慨的经济帮助和过后的探访安排。

在我 26-9 的诗篇 68 灵修文里，我用了乔治慕勒（George Mueller 1805-1898）在英国毕生照顾了 10,024 位孤儿为列子。不单如此他也设立了 117 间学校提供了基督教教育机会给超过 120,000 儿童。

用本地的实例，我在 31-10 灵修文（诗篇 82）里也题到一位捐赠者慷慨捐赠了 4 台新电脑给本地的难民学校，他更是为了让新电脑，打印机和其他设备有足够的电流供应而重新为旧校舍连接新电线。

大卫罗珀（David Roper 每日灵修 7-10）在回顾诗篇 90 时写道：“虽然我们的生命很短暂，如果我们把上神的爱留为我们的遗产，它们不是没有意义的。我们来这世上不是为了赚钱然后荣休，而是为了通过显明神的爱来展示神。

这诗篇有一个关键主题：‘贫寒人，穷乏人，困苦人’（2, 4, 12, 13 节）。路加福音 10 章开始以律法师面对耶稣问，“谁是我的邻舍？”。与他讲完好撒马利亚人的故事后，耶稣很清楚的反问律法师说，“你想，这三个人哪一个是那落在强盗手中的邻舍呢？”那律法师被迫回答：“是怜悯他的”。耶稣命令那律法师，现今也命令我们：“你去照样行吧。”

我们以个人，关怀群或以教会身份对周遭有需要的人是个怎样的邻舍呢？

“没有人能做一切的事情，但是每一个人都可以做某件事情，在一起我们可以改变这个世界。”

（罗纳德西德 Ronald Sider）

祷告：天父，当我们环看我们四周围，请给我们有智慧知道怎样可以成为我们社区有需要者的好邻舍。阿门。

## **Sunday, 29 November 2020**

Psalm 19:1 – *The heavens declare the glory of God, and the sky above proclaims his handiwork.*

By Wong Yoke Ming

The trouble with declaring the obvious is just that – it is so obviously there all the time that we fail to see it! We have so many distractions in today's world and they draw us away from the most obvious "declaration" of the glory of God. How is God glorified in what we see in the heavens above?

When Enzo Ferrari designed the car named after him, he designed it to be sleek and fast with beautiful lines that accentuated the contours of the car. Today, the car is instantly recognizable from the 'racehorse' moniker on its bonnet (hood, if you are American). It has become a racing legend over time. One 1962 model was reportedly sold in 2018 for USD 48 million!!

The Ferrari performed, and still does, in the exact way that Enzo Ferrari intended it to by design; and Enzo Ferrari enjoyed the recognition and acclaim of the designer of the Ferrari.

When David was a shepherd boy guarding his father's sheep, we could almost envision a loving protector of the flock as he watched over them by day and by night. In the hot summer days, David would lead the sheep to higher pastures where it would be cooler. He would also have a view of Eretz Israel, the land of Israel that God had promised to the descendants of Abraham. He would gaze at the rich pasture lands and the rich flora that adorned the land below and truly see the land promised to Israel in all its beauty and diversity. And he would gaze at the sky in the stillness of night and wonder at the majesty of the night sky and the stars shimmering like diamonds in the heavens.

Today, we see the wonders of the earth and the beauty of the night sky proclaimed on a television screen. But for those of us who have been fortunate enough to have travelled, we can recall the stunning beauty of the Grand Canyon and Yellowstone Park in America, the captivating grandeur of the Alpine mountains linking the borders of Switzerland, Austria, Germany, Italy and France, or the wonders of Machu Pichu, Jiuzhaigou National Reserve in Sichuan Province in China and the lands where the Hobbits of the Shire lived in New Zealand (for the fans of "Lord of the Rings") – just to name a few of earth's wonders. And to gaze at Aurora Borealis, the Northern Lights that adorn the night skies of the north pole or the land of the midnight sun in Alaska. But the most wondrous thing about such phenomenally majestic images is that they are present in a fallen world – an earth that had been cursed because of man's sin!! We have been so accustomed to the captivating majesty of the night sky, the magnificent formations on the earth's surface and the splendor and breath-

taking roar of waters rushing down gorges – we have missed the immense natural wonders of creation!!

Not so David – as he lay mesmerized by the silent beauty of the night sky, perhaps nonchalantly tossing pebbles with his sling at imagined (sometimes real) threats to his beloved flock. And perhaps many years later, caught up in the busyness of running a kingdom, he looks upwards and sees the majesty that moved him to write: *"The heavens declare the glory of God"*. What have we missed as we get caught up in the frenzy of a world spinning faster and faster and as we marvel at man's genius in inventing?

And if, in our imagination, we can recapture the wonders that David saw in a world invaded by sin and corruption, can we just even envision the unsurpassed beauty of creation when it has been fully restored to the glory of God the Creator? The answer is we cannot because we have never ever seen such scenes. But David marveled over God's creation that glorify Him even in a cursed state, and yearned for the perfection of creation united in its Creator.

David wrote *"The heavens declare the glory of God, and the sky above proclaims his handiwork"*, and now *"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer"*.

**Prayer:**

Heavenly Father, David proclaimed the wonders of Your creation as he shepherded his flock. Our prayer, Lord, is that we proclaim the Good Shepherd, even as we strive to know Your voice and submit to Your rod and staff. We pray this in the name that is above all other names, Jesus Christ, Son of God, Savior. Amen.

每日灵粮

星期天，2020 年 11 月 29 日

题目：述说显而易见的事情

作者：黄玉明弟兄

翻译：梁玉萍姐妹

诗篇 19：1 诸天述说神的荣耀，穹苍传扬他的手段。

述说显而易见的事情是不容易的：正因为它就在眼前，所以我们才一直无法看见！在当今世界，我们有太多的干扰，它们使我们远离上帝荣耀的最明显“宣言”。诸天如何使上帝得荣耀？

当恩佐·法拉利（Enzo Ferrari）设计以他的名字命名的汽车时，他的设计线条流畅，速度快，优美的线条突出了汽车的轮廓。如今，从引擎盖上的“赛马（racehorse）”绰号可以立即辨认出该车。随着时间的流逝，它已成为赛车界的传奇。据报道，1962 年的一款车型于 2018 年以 4,800 万美元的价格售出！法拉利（Ferrari）是按照以恩佐·法拉利（Enzo Ferrari）所设计的精确方式操作，并一直是如此。恩佐·法拉利享有身为法拉利设计师的认可和好评。

当大卫是一个牧童守护他父亲的羊群时，我们几乎可以想象一个充满爱心的羊群保护者，因为他白天和晚上看着他们。在炎热的夏天，大卫会带领羊到更高的牧场，那里会更凉爽。他也会看到依瑞兹以色列，这是上帝向亚伯拉罕的后裔应许的以色列土地。他会凝视到下面这片土地上丰富的牧场和丰富的植物，并真正看到了应许给以色列所有美丽和多种多样的土地。他也会在黑夜的寂静中凝视天空，并惊叹于夜空的威严和天上闪烁着像钻石的星星。

今天，我们在电视屏幕上看到地球的奇迹和夜空的美丽。但对于我们这些有幸旅行过的人来说，我们可以回忆起美国的大峡谷和黄石公园的壮丽美景，连接瑞士、奥地利、德国、意大利和法国边界的阿尔卑斯山的迷人壮丽，或者中国四川省的九寨沟国家保护区马丘比丘的奇观，以及新西兰的夏尔哈比人居住的土地（对于“指环王”的粉丝来说）—仅举出几例地球奇观。并且凝视装饰北极的夜空或午夜太阳在阿拉斯加土地的极光。但是，最奇妙的事情是这种惊人的雄伟画面是存在于一个堕落的世界，一个已经因人的罪被诅咒的地球！！我们已经习惯了夜空的迷人威严，地球表面宏伟的地层和水冲下峡谷的辉煌和令人叹为观止的咆哮声—我们错过了创造的巨大自然奇观！！

大卫不是这样的—他躺在那儿，被夜空的寂静之美迷住了，也许是不动声色地想象着（有时是真实的），用投石器对那些威胁他心爱的羊群抛小石头。也许很多年后，陷入了一个王国的忙碌中，他向上看，使他感动地写：“诸天述说神的荣耀”。

当我们陷入了一个旋转速度越来越快的疯狂世界，并且惊叹于人类发明的天才时，我们错过了什么？

假如我们在想象中可以重拾大卫在一个被罪恶和腐败侵袭的世界中所看到的奇观，那么我们也能否想象到造物无与伦比的美丽，当它们完全恢复到造物主上帝的荣耀里？答案是我们不能，因为我们从未见过这样的场景。但大卫对神的创造赞叹不已，即使在被诅咒的状态下也能荣耀他，并在造物主里渴望创造的完美。

大卫写“诸天述说神的荣耀，穹苍传扬他的手段”，并且现在“耶和华我的磐石，我的救主啊，愿我口中的言语、心里的意念在你面前蒙悦纳。”

祷告：天父，大卫在牧养他的羊群时，传扬了你创造的奇妙。主啊，我们的祷告是我们要传扬好牧人。同时，我们要努力认清你的声音，并顺服你的杖和杆。我们奉耶稣基督，神的儿子，救主的名，就是高于所有其他名字的名祷告。阿门。

Monday, 30th November 2020

Title: WHO MADE GOD?

Pastor Soong Kok Kee

Psalm 90: 1-2 Lord, you have been our dwelling place throughout all generations. Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God.

This psalm is entitled A Prayer of Moses the man of God ( Deut. 33:1 ). The Bible Knowledge Commentary says this is the oldest of the 150 psalms. The period of the wilderness wanderings, when a generation of Israelites perished in the desert, readily suggests itself as the background for this psalm. Moses had always taught the people of Israel to pray, and put words into their mouths which they might use to turn to the Lord.

He began by reminding his people to give praise and thanks to God for his care, for being their refuge and help at all times throughout all generations. We thank God, like Moses, our Pantai Baptist Church leaders have always emphasized on the importance of personal and corporate prayer – as a Church we will be a Praying Church, as a Christian, we will be a Praying Christian.

Verse 2 tells us of God's eternity – from everlasting to everlasting. God is the beginner of all things – the Alpha, and also the Omega, the end of all things. He is the one who created the mountains and the earth and the world and everything that is in the world and in fact, the whole universe. Many children or even adults have often asked this question, "but Who made God?"

One mother when asked this question told her young son to look at her wedding ring which his daddy gave her at their wedding and said "tell me where it begins and where it ends." The youngster examined it carefully and then said, "Mum, there's no starting place and no stopping place to a ring". The mother replied, "You are right son, that's the way it is with God. He had no beginning and has no end, yet He encircles our lives with His presence. He is too wonderful, too great, for our minds to understand! Nobody ever made God – He always was!" Somehow the boy realized that for God to be God, He could not have been created. He had to be without beginning and without end.

Finite humans cannot hope to comprehend fully a Being who always was, who is, and who always will be; yet faith may come to rest in the Word of God, which tells us that He has been "from everlasting to everlasting." The Bible is not a textbook that attempts to prove the existence of God – the Bible opens with a positive fact – that God does exist. Genesis 1:1 reads " In the beginning God created the heavens and the earth. " It did not occur to any other writer of the Bible to prove this fact. The Bible plainly states that it is the fool who denies the existence of God. Ps 14:1 says " The fool says in his heart, 'There is no God '.



Anyone with a little bit of intelligence would acknowledge the evident fact of a living God. For us the greatest proof, apart from Scripture, of the existence of God is our daily fellowship with Him in prayer. We know there is a God because we talk to Him every day and He hears and answers the prayers of our hearts. "The heavens declare the glory of God; the skies proclaim the work of his hands". ( Ps 19:1 )

"For since the creation of the world God's invisible qualities – his eternal power and divine nature – have been clearly seen, being understood from what has been made, so that men are without excuse". ( Rom 1:20 )

PRAYER:

Thank you Lord, for reminding us that you are a God from everlasting to everlasting. We pray especially for those who have yet to know you as Lord, God and Savior, those who are reading this devotion and especially those we have been praying for these past few months. We pray Lord, that you will reveal yourself to them like you did to the Apostle Paul on the road to Damascus as you do not want anyone to perish, but everyone to come to repentance. Lord, we do pray for this miracle to happen in their lives.

We also pray for your protection and providence in this time of the pandemic as many of our brothers and sisters have been so badly affected in so many ways – their families, their careers, their jobs, their businesses and the many other areas of their lives. We know as our Heavenly Father, you will always hear and you will always answer.

In Jesus' name we pray, AMEN.

每日灵粮

星期一，2020 年 11 月 30 日

标题：谁创造上帝

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗 90:1-2】（神人摩西的祈祷。）主啊，你世代代作我们的居所。诸山未曾生出，地与世界你未曾造成，从亘古到永远，你是 神！

这篇题为《神人摩西的祈祷》（申命记 33: 1）。根据信徒圣经注释，这是 150 篇诗中最古老的一篇。旷野流浪的时期，当一代以色列人在沙漠中死亡后，这很容易成为这首诗篇的背景。摩西一直教导以色列人祷告，并把话传给他们，好让他们用以转向主。

他首先提醒他的子民要为上帝的关爱，并为祂世代代、每时每刻都是他们的避难所和帮助而赞美感谢祂。我们像摩西一样感谢上帝，我们班台浸信会的领袖一直强调个人和团体祈祷的重要性-作为一间教会，我们将是一间祈祷的教会；作为一个基督徒，我们将是一个祈祷的基督徒。

第 2 节告诉我们上帝的永恒-从亘古直到永远。上帝是万物的起始-阿拉法，也是俄梅戛-万物的终结。祂创造了山脉、地球、世界以及世界上的万物，事实上，创造了整个宇宙。许多孩子甚至成人经常问这个问题，“但是谁造了上帝呢？”

有一位母亲在被问到这个问题时，她叫她年幼的儿子看看爸爸在婚礼上送给她的结婚戒指，说：“告诉我，它从哪里开始，在哪里结束。”孩子仔细地检查，然后说：“妈妈，戒指没有起点，也没有终点。”母亲回答：“你是对的，儿子，上帝也是如此。祂没有起点，也没有终点，但是祂以祂的同在环绕着我们的生命。祂太奇妙，太伟大了，我们的头脑无法理解！从来没有人创造上帝-祂一直都是存在的！”这个男孩总算意识到，上帝之所以是上帝，是因为祂是不能被创造的。祂一定是无始无终的。

有限的人类无法指望完全理解一个一直存在，昔在、今在、以后永在的生命。然而，信心会落实在上帝的话语上，上帝的话语告诉我们，祂一直是“从亘古到永远”的上帝。圣经不是试图证明上帝存在的教科书-圣经一开篇就有一个积极的事实-上帝确实存在。创世纪 1:1 写道：“起初 神创造天地。”圣经其他任何作者从没有想到要证明这一事实。圣经明确指出，否认上帝存在的是愚人。诗 14:1 说：“愚顽人心里说：‘没有神。’”。

任何稍有智慧的人都会承认有一位活着的上帝的明显事实。对我们而言，除了圣经以外，上帝存在的最大证据就是我们每天与祂祷告相交。我们知道有一位上帝，因为我们每天与祂交谈，祂聆听到并回应我们内心的祈祷。

祷告：

主啊，感谢祂提醒我们，祂是从亘古到永远的上帝。我们特别为那些尚未认识祂为主、上帝和救主的人祷告，为那些正在阅读这篇“每日灵粮”的人祷告，特别是我们在过去几个月来在祷告中纪念的人。我们祈求主，愿祂向他们显现，正如祂在通往大马

士革路上向使徒保罗显现一样，因为祢不愿有一人沉沦，乃愿人人都悔改。主啊，我们确实祈求这个奇迹在他们的生命中发生。

在这一大流感时期，许多兄弟姐妹在很多方面都受到了严重的影响-他们的家庭、职业、工作、业务以及生活上的许多其他方面，我们向祢祈求保护和供应。我们知道，作为我们的天父，祢永远会垂听，永远会回应。奉耶稣的名祷告，阿们。

Tuesday, 1 December 2020

Title: The World is in Chaos

By: Pastor Isaac Yim

Psalm 2:1-12 (Messianic Psalm)

The world is filled with rage. Cities around the world are in uproar and rampage over injustice, corruption, frustration, uncertainty etc. How should we view this chaotic situation in the world? Please, don't turn on the news while you are eating – it will cause you indigestion. Don't turn on the late news before you sleep – you will have insomnia. If we are not guarded, we can sink ourselves into depression and despair. Maybe it is best to be an ostrich and just stick our heads into the sand. So, how should we deal realistically when nations rage? The answer is in Psalm 2, where the Psalmist views the rebellion of the nations against God. In the Book of Acts chapter 4 verses 24-26, King David looks at the anger and the chaotic situation of his day and says that, "Though the nations have rebelled against God, He is sovereign; thus we must submit to Him while there is time."

Psalm 2 points out three important things about the rebellious people and the sovereign God:

1. The nations have rebelled against God (Psalm 2:1-3).
2. But God is sovereign; He will judge the rebellious people (Psalm 2:4-9).
3. While there is still time, repent and submit to Him (Psalm 2:10-12).

This Psalm is a Messianic Psalm about Jesus Christ. The text talks about David but prophetically it talks about the Greater David – Jesus Christ – who will restore Israel to its former glory and bring peace to the world.

We are living in a time where we are disillusioned with political leaders who are self-serving, instead of using their power and influence for the betterment of the people they lead.

- 1 Why are the nations so angry? Why do they waste their time with futile plans?
- 2 The kings of the earth prepare for battle; the rulers plot together against the Lord and against his anointed one.
- 3 "Let us break their chains," they cry, "and free ourselves from slavery to God."  
(Psalm 2:1-3 NLT)

The Psalmist describes the arrogance, the disobedience and the self-delusion of people in pursuit of political power, both in the past and also in our present day. The Psalmist describes the godless nations that give lip service to God but whose every action reveals pride and arrogance that is governed by selfish desires and selfish pursuit.

But the sovereign God looks down from heaven and laughs at whatever powerful earthlings try to plot. He laughs at our pathetic and childish attempts to live independent of Him. We have forgotten He is on His throne. He is sovereign God who has the last say in all things that go on in each of our lives and in the nations. Yes, God looks down and laughs and scoffs at all the so-called clever and smart plans which are independent of Him.

Psalm 2:4 which says, "But the one who rules in heaven laughs. The Lord scoffs at them.", give us a picture of a nation, and a world struggling in its own godless living. In this chaotic world, the Psalmist admonishes us to pray for our leaders to be wise, to be pure and to take shelter in Him.

"Now then, you kings, act wisely! Be warned, you rulers of the earth! Serve the LORD with reverent fear, and rejoice with trembling. Submit to God's royal son, or he will become angry, and you will be destroyed in the midst of all your activities – for his anger flares up in an instant. But what joy for all who take refuge in him!" (Psalm 2: 10-12 NLT).

#### Prayer for Today

Our heavenly Father, You are worthy of all our praise. We praise You Lord Jesus, You are the Anointed One. You sit enthroned in the Heavens. You are King. All nations of the world belong to You. Our reverent fear for You bring us joy. You are worthy of our affection and adoration. You are worthy of our worship and our service.

Lord, the world despises us and have no regard for us because we love and worship You. When the world mocks us, they are mocking you. They laugh at holy living and they hate truth. They jeer at the idea of a crucified Messiah because they see it as weakness. The powerful leaders of the world have counselled together to push You out. They do it all in rage.

Lord, You are not disturbed or alarmed by puny actions. From Your heavenly throne, You laugh. Lord, we pray for all our leaders in our nations. Help them to recognise that You are the King of Kings and the Lord of Lords. You will judge the nations one day.

Lord, help us to be steadfast and unmovable in the face of adversity. We thank you, You are our refuge and strength. Help us to submit to You and serve You each day of our lives.

In Jesus' Mighty Name. Amen.

每日灵粮

星期二, 2020 年 12 月 1 日

标题: 世界在混乱中

作者: 严以撒牧师

翻译: 陈晓佩姐妹

诗篇 2:1-12 (弥赛亚诗篇)

这个世界充满了愤怒。世界各地的城市都在为不公正、贪腐、不满和不确定性等问题而骚动和肆虐。我们应该如何看待世界上的这种混乱局面？请不要边吃边看新闻，这会导致您消化不良；也不要临睡前打开晚间新闻——您会失眠的。如果我们不加防备，我们会陷入沮丧和绝望中。也许最好就是做一只鸵鸟，把头埋在沙土里。那么，当列国争闹时，我们该如何切实地应对呢？答案在诗篇第二篇里，诗人看列国对上帝的反叛。在使徒行传第 4 章 24-26 节，大卫王在他的日子里所看到的愤怒并且混乱的情况时说道：“虽然列国背叛了上帝，但祂是君王，所以趁还有时间我们必须服从祂。”

诗篇第二篇指出有关叛逆的人和至高上帝的三件重要的事情：

1. 列国背叛上帝（诗篇 2：1-3）。
2. 但上帝是至高无上的，祂必审判叛逆的百姓（诗篇 2：4-9）。
3. 趁还来得及，悔改并且顺服祂（诗篇 2：10-12）。

这首诗篇是一首关于耶稣基督的弥赛亚诗篇。经文讲述大卫，但预言性地讲到有关比大卫更尊大的一耶稣基督——祂将恢复以色列昔日的荣耀，并给世界带来和平。

我们生活在一个幻灭的时代，政治领袖都自私自利，而不是运用他们的权力和影响力去给人民带来进步。

诗人描述了过去、也是现代人们在追求政治权力时的傲慢、不服从和自欺欺人。诗人描述无神论的列邦说空话地服侍上帝，但他们的一举一动都流露出被自私欲望和自私追求所支配的骄傲和傲慢。

但至高无上的上帝从天上俯视，对有权势的世人试图策划的事情发笑。祂嗤笑我们可悲并幼稚地尝试脱离祂独立生活的企图。我们忘了祂坐在祂的宝座上。祂是有主权的上帝，对于我们每一个人的生命中和万国中发生的一切事情都有最后的决定权。是的，上帝俯视着，发笑并嗤笑一切在祂以外的所谓聪明和精明的计划。

诗篇 2:4 说：“那坐在天上的必发笑；主必嗤笑他们。”这给了我们一幅有关一个国家、世界在自己不敬神的生活中挣扎活着的画面。在这个混乱的世界里，诗人告诫我们要为我们的领袖祷告，好让他们有智慧、纯正并安身在祂的蔽护下。

今日祷告

我们天上的父，祢配得我们一切的颂赞。主耶稣，我们赞美祢，祢是受膏者。祢坐在天上的宝座。祢是君王。全地列国都属于祢。我们对祢的敬畏带给我们喜乐。祢配受我们的爱慕和崇敬。祢配得我们的敬拜和服侍。

主啊，世界鄙视我们且不尊重我们，因为我们爱祢和敬拜祢。当世界嘲笑我们时，他们是嘲笑祢。他们对圣洁的生活发笑并讨厌真理。他们讥讽被钉死的弥赛亚因为他们看此为懦弱。全世界有权势的领袖已经商议要把祢剔除。他们都在愤怒中如此做。

主啊，祢不会被这些微不足道的行为搅扰或惊慌。从祢天上的宝座，祢发笑了。主啊，我们为列国的所有领袖祷告，帮助他们认识祢是万王之王和万主之主。有一天祢将会审判万民。

主啊，求帮助我们在逆境中坚定不移。我们感谢祢，祢是我们的避难所和力量。帮助我们顺服祢，并在我们每天的生活中事奉祢。

奉主耶稣尊大的名。阿们。

Wednesday, 2nd December 2020

Title: Praise the Lord!

Author: Pastor Wallace Ong

Psalm 147:1-11

1 Praise the LORD! For it is good to sing praises to our God; for it is pleasant, and a song of praise is fitting.

2 The LORD builds up Jerusalem; he gathers the outcasts of Israel.

3 He heals the brokenhearted and binds up their wounds.

4 He determines the number of the stars; he gives to all of them their names.

5 Great is our Lord, and abundant in power; his understanding is beyond measure.

6 The LORD lifts up the humble; he casts the wicked to the ground.

7 Sing to the LORD with thanksgiving; make melody to our God on the lyre!

8 He covers the heavens with clouds; he prepares rain for the earth; he makes grass grow on the hills.

9 He gives to the beasts their food, and to the young ravens that cry.

10 His delight is not in the strength of the horse, nor his pleasure in the legs of a man,

11 but the LORD takes pleasure in those who fear him, in those who hope in his steadfast love.

God created this world and continues to sustain it with His mighty power. He is so good in so many ways, but sad to say many of us took His grace and love for granted. The unseen hands of God that have upheld and blessed us are beyond our imagination. He planned and provided all that is needed in life for all of His creation. However, we take every blessing of God bestowed upon us for granted – our very existence and our everyday needs such as our provision, safety, health, family, and many others. Such an attitude would cause us to neglect in praising and worshipping HIM, as well as in our daily prayers.

In response to the expert in the Jewish law, our Lord Jesus told him that the greatest commandment of all is to “...love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and the greatest commandment. – (Matthew 22:36-40)”. Without a heart of adoration to express our affection through worship and praise to God, how can we say to our God that we truly love Him? Often we thought that piety rendered to God ought to be expressed by our strength, talent, performance and skill. However, the Psalmist simply tells us in verse 10 -11 “His delight is not in the strength of the horse, nor his pleasure in the legs of a man, but the LORD takes pleasure in those who fear him, in those who hope in his steadfast love.”

Similarly a simple acronym can act as a guide for our prayer – A.C.T.S (Adoration, Confession, Thanksgiving, and Supplication). Not only does this acronym remind us of the elements of prayer, it also shows us the priority we ought to give in



each item. The first element of prayer should be ADORATION (Praise). Genuine adoration and praise to God arising from our heart and soul enable us to recognize who God is, who we are in this relationship with Him, and to appreciate what HE had done for us and in us. This will help us to grow deeper in Love with Him and to strengthen our faith in understanding His will as we bring forth our supplication to Him. When we spend more and more of our time in adoration and praise, we will increase our delight in prayer. We would learn to humble ourselves and recognize that everything is from Him. There is nothing for us to boast nor do we take pride in our own strength and ability even in serving Him. Next, we would then confess our sins before our Righteous God as we begin to see God and ourselves in the correct perspective. Finally, this will lead us to give thanks for how the ALMighty God would go out of His way to care for us and to pour out His love to us who are merely a puny human in His sight.

Prayer:

Dear God, our Heavenly Father, we thank you and praise you for who you are. Keep us from falling into the sin of taking You for granted. We pray that you will take captive our thoughts and understanding, and will take control of our hearts and fill them with Your truth, O Lord. Give us self-control to always accept Your will for our lives, and to put the concerns of others before our own interests. Grant peace to the bereaved, healing to the sick and courage to the weak. Give us boldness to go out and share the Good News to those who have yet to know You. In Jesus' name we pray. Amen.

每日灵粮

星期三, 2020 年 12 月 2 日

标题：赞美主！

作者：王振威传道

翻译：陈健萍姐妹

【诗篇 147:1-11】

- 1 你们要赞美耶和华、因歌颂我们的 神为善为美。赞美的话是合宜的。
- 2 耶和华建造耶路撒冷、聚集以色列中被赶散的人。
- 3 他医好伤心的人、裹好他们的伤处。
- 4 他数点星宿的数目、一一称他的名。
- 5 我们的主为大、最有能力。他的智慧、无法测度。
- 6 耶和华扶持谦卑人、将恶人倾覆于地。
- 7 你们要以感谢向耶和华歌唱、用琴向我们的 神歌颂。
- 8 他用云遮天。为地降雨、使草生长在山上。
- 9 他赐食给走兽、和啼叫的小乌鸦。
- 10 他不喜悦马的力大、不喜爱人的腿快。
- 11 耶和华喜爱敬畏他、和盼望他慈爱的人。

上帝创造了这个世界，并继续用祂的大能维持这个世界。祂在很多方面都那么美善，但遗憾的是，我们很多人都把祂的恩典和爱视为理所当然。上帝那双看不见的手一直支持和祝福着我们，远超出了我们的想象。祂为祂所有的创造，计划并提供了生活上所需的一切。然而，我们认为上帝赐予我们的每一个祝福都是理所当然的—我们的存在，并我们的日常需求，例如我们的供应、安全、健康、家庭以及许多其他方面的。这种态度会令我们忽视对祂的赞美和敬拜，也忽视我们日常的祈祷。

在回应犹太律法专家时，我们的主耶稣告诉他，最大的诫命是“...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。-（马太福音 22:36-40）”没有一颗崇敬的心来表达我们对上帝的敬拜和赞美，我们怎么能对我们的上帝说我们真的爱祂呢？我们常常认为，对上帝的虔信应该是通过我们的长处、才华、表现和技巧来表达。然而，诗人在第 10-11 节仅告诉我们：“他不喜悦马的力大、不喜爱人的腿快。耶和华喜爱敬畏他、和盼望他慈爱的人。”

同样地，仅一个简单的首字母缩略词可以作为我们祷告的指南—A.C.T.S（崇拜、认罪、感恩和祈求）。这个首字母缩略词不仅提醒我们祈祷的要素，而且也向我们展示了我们在每一个项目中应该给予的优先考虑。祈祷的第一要素应该是崇拜（赞美）。发自我们心灵对上帝真诚的敬拜和赞美使我们认识到上帝是谁、在与祂的关系中我们是谁，并感激祂为我们且在我们内里所作的一切。这将帮助我们更深地爱祂，并在我们向祂表达我们的祈求时，坚定我们明白祂的旨意的信心。我们越花更多的时间在崇拜和赞美上，我们就越以祷告为乐。我们将学会谦卑自己，并认识到一切都是从祂而来。我们没有什么可夸耀的，我们也不以自己的长处和才能感到自豪，即便在事奉祂的时候也是如此。接下来，当我们开始以正确的角度看待上帝和我们自己时，我们会在公义的上帝面前承认我们的罪。最后，这将引导我们感谢全能的上帝如何费尽心思、不厌其烦地眷顾我们，并向我们这些在祂眼中只是一个弱小的人倾注祂的爱。

祈祷：

亲爱的上帝，我们的天父，我们感谢赞美祢，因祢是上帝。求祢保守我们不陷入视祢为理所当然的罪中。主啊，我们祈求祢掌控我们的思想和认知，掌管并以祢的真理充满我们的心。求祢赐予我们自制，让我们永远接受祢对我们生命的旨意，并把他人的关切放在自己的利益之上。求祢赐平安给丧亲的人，赐康健给患病的人，赐勇气给软弱的人。求祢赐我们胆量走出去，将福音的好消息告诉那些还未认识祢的人。我们奉耶稣的名祈祷。阿门。

Thursday, 3 December 2020

Title: The Inexorable March to the Second Coming of Christ

Author: Arnold Lim

Psalm 23:4

Even though I walk through the valley of the shadow of death,

I shall fear no evil, for you are with me;

Your staff and rod, they comfort me.

In the midst of the Covid-19 pandemic, there has been a resurgence of interest in the end of time with the second coming of our Lord Jesus. As found in 1 Thessalonians 4:16, on that day, the Lord himself will come down from heaven, with a loud command and with the voice of the archangel and with the trumpet call of God and the dead in Christ will rise first.

Are we near the end of time? What are the signs?

Matthew 23:37-24:31, Mark 13:3-33 and Luke 21: 5-36 are all accounts of the conversation Jesus had with his disciples with regard to the end of time. Here is a summary:

- Hear of wars and rumours of wars, nation will rise up against nation
- Earthquakes, famines and pestilence
- Christians will be delivered to courts, flogged in synagogues and stand before kings and governors for Jesus' sake
- The Gospel must first be preached to all nations
- Brother will betray brother to death, father, child and children will rise up against parents
- Christians will be hated because of Jesus' name
- False prophets will arise and mislead many
- Increase in lawlessness, people's love will grow cold

The Covid-19 pandemic is surely a pestilence. So, one sign is fulfilled. But one pandemic may not be enough. And looking through the list above, there are other signs yet to be fulfilled. At least two signs – the persecution of Christians and earthquakes and famines – need increased incidence. Although, some views argue that we are already in a period of tribulation, the sufferings of the Israelites and Christians today are nothing like what is described in Revelation 12 and 13. In other words, we still do not know. As Jesus said in Matthew 24:42-44, no one knows on what day He will come. And He will come at an hour when we least expect. But the march to the second coming of Christ continues relentlessly.

In the meantime, what should our response be?

We should live as children of the light and be very careful, then, how we live, not as unwise but as wise, making the most of every opportunity because the days

are evil (Ephesians 5:15-20). We must put on the armour of God so that we can stand against the devil's schemes (Ephesians 6:10-18).

And what about persecution? Should we worry? Because as Jesus said, it will happen. We already see signs around the world. Today, Christians are hated and called racists because of their beliefs.

Well, I pray that when persecution comes, we will have the faith to stand firm. God has promised that when we walk through the valley of the shadow of death, that his staff and rod will comfort us. He has assured us that in heaven, there are many rooms and a room is reserved for us. He will bring us there.

Stand firm in the Lord!

Prayer

Our Lord and Heavenly Father, grant us the strength to stand firm when persecution comes. Comfort us with Your rod and staff and assure us of Your presence. We pray that we will not panic and that Your peace that transcends all understanding will be with us.

We pray in Jesus' name, Amen.

每日灵粮

星期四, 2020 年 12 月 3 日

标题: 坚定地迈向基督再临

作者: 林文礼弟兄

翻译: 薛秀合姐妹

诗篇 23: 4

我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。

在新冠肺炎疫情期间，人们对末日并基督第二次降临的兴趣又重新燃起。正如帖撒罗尼迦前书 4:16 中所说，在那一天，主必亲自从天降临，有呼叫的声音和天使长的声音，又有神的号吹响；那在基督里死了的人必先复活。

我们已接近末日了吗？有什么预兆呢？

马太福音 23:37-24:31，马可福音 13:3-33 及路加福音 21:5-36 都是耶稣与门徒之间关于末日的对话的所有记载。以下是摘要：

- 听见打仗和打仗的风声，民要攻打民
- 地震、饥荒、瘟疫
- 基督徒将要被交给公堂，并且在会堂里要受鞭打，又为基督的缘故站在诸侯与君王面前
- 福音必先传到万民
- 弟兄要把弟兄，父亲要把儿子，送到死地；儿女要起来与父母为敌
- 基督徒要为耶稣的名被众人恨恶
- 假先知将要起来，迷惑多人
- 不法的事增多，人的爱心会冷淡

新冠肺炎流行病无疑是一场瘟疫。那么，一个预兆已经实现了。可是一个流行病可能还不够。看一看上面的清单，还有其他预兆尚待实现。至少两个预兆，基督徒被迫害、地震及饥荒 – 需要增加发生率。尽管有些观点认为我们已经处于灾难时期，但是当今以色列人和基督徒的苦难与启示录 12 和 13 中所描述的完全不符。换句话说，我们仍然不知道。正如耶稣在马太福音 24:42-44 中所说，没有人知道祂会在哪一天来到，而且祂将会在我们最意想不到的时候就来了。不过，基督第二次降临的行进并不停懈。

在此期间，我们又该如何应对呢？

我们应当活像光明之子并要谨慎行事，不要像愚昧人，当像智慧人。要爱惜光阴，因为现今的世代邪恶。（以弗所书 5:15-20）我们要穿戴神所赐的全副军装，就能抵挡魔鬼的诡计。（以弗所书 6:10-18）

那么，逼迫呢？我们应该担心吗？因为如耶稣所说，那将会发生的。我们已经在世界各地看到了迹象。如今，基督徒因着他们的信仰而被憎恨，及被称为种族主义者。

嗯，我祈祷当迫害来临时，我们将在信仰上站立得住。上帝已经应许，当我们走过死荫的幽谷时，祂的杖和竿将会安慰我们。祂已向我们保证，天堂里有许多住处，且为我们预留一个地方。祂会带我们到那里。

在主里面坚立！

祷告

我们的主和天父，愿祢赐予我们力量，使我们在逼迫临到时站稳脚跟。用祢的杖和竿来安慰我们，并向我们确保祢的同在。祈愿祢使我们不会惊惶，因祢所赐出人意外的平安将与我们同在。

我们奉耶稣的名祈祷，阿们。

Friday, 4 December 2020

Title: In the Pits

By: Ps. Cheng Cheung

Psalm 142:2 I pour out my complaint before Him;

I declare before Him my trouble.

The heading before the first verse reads: "A Contemplation of David. A Prayer when he was in the cave."

It is arguable that David could have penned the same words had he been elsewhere. But the cave sets the scene for the depth of emotion David expresses in this psalm much more aptly than possibly any other location. Adullam cave is said to be the cave and if so, fits the circumstances surrounding David's life in 1 Samuel 22.

Next, a contemplation or maskil is also instructive. The latter Hebrew word has a root which means to be prudent, wise, to give insight and instruction, leading to the desired result. In other words, David's intent is that readers of this psalm should learn something significant from it.

Putting the above two together, this cave made a good closet for prayer because David was on the run; its gloom and solitude were helpful to the exercise of devotion and focus on God and Him alone. Yes, David was in dire straits: He was fleeing madman Saul who sought his life, persecuted by his own countrymen, not yet joined by his own relations, nor any other close attendants. He took refuge in the cave. He was utterly destitute, and alone. Or so he thought.

1 Samuel 22:1&2

"1 David left Gath and escaped to the cave of Adullam ..."

"2 All those who were in distress or in debt or discontented gathered around him, and he became their commander. About four hundred men were with him." Isn't this a familiar story? Often when we are contending with deep issues of our own, others come flooding to us with their tales of woe. It is not clear from the translation whether David took it upon himself, or whether they appointed him, but he became their commander. How could he say, 'No'? In his eyes, they were like sheep without a shepherd. With a bit of imagination, one could picture how much more depressed David must have felt. There was a reason why he sought solace in a cave in the first place. He was already in deep distress. Surely he sighed as he thought, "What now? ... Why me, Lord??"

Having reached the end of his rope, David prayed and called out to God about his desperate situation instead of giving in to despair. We can see the depth and weight of sincerity in his words in v1&2.



I cry out to the LORD  
with my voice;  
I make my supplication to the LORD  
With my voice  
I pour out my complaint  
before Him;  
I declare my trouble  
before Him

To cry out is to literally cry aloud, to scream or shriek. Brother and sister, have you called out your heartrending groans to the Lord before? To make supplication is to “implore favour” because David’s self-image had been torn to shreds. He felt stripped, worthless, useless, he had lost his dignity before his countrymen and family. So he needed evidence of God’s favour. He needed to feel needed, honoured and respected. He needed to know this because his confidence and self-esteem were shot. He hit rock bottom, he was in the pits.

Do you know God longs to hear your words? To hear your voice? Do not just think thoughts of prayers. Verbalise them. Come before Him. And as for complaint, a commentary has this to say:

“‘My complaint’ is not as petulant a word as in English, but might be rendered ‘my troubled thoughts’ ... it is not meant to tell Jehovah what He does not know. It is for the complainer’s relief, not for God’s information.”<sup>1</sup> So tell God your ‘complaints’. He wants to hear from you.”

A final assurance for the distressed in this first section can be seen from v3a:

When my spirit was overwhelmed within me,  
Then You knew my path.  
In the way in which I walk  
Take heart! Our Heavenly Father knows! Even before a heavy thought is formed in our minds, or a sigh is breathed from our innermost parts, our Jehovah knows it. This is so reassuring. How wonderful that David recorded all this, in this manner, so that we may know what steps to take should we be in similar circumstances.

Prayer for Today

Heavenly Father, it is comforting to know before I was born, or took my first steps on this path with its ups and downs, You knew it. You must have known that it was not too hard, and that there were resources of strength in You sufficient for my day.

Teach me to pray like David, my Heavenly Father. Help me not to deny my emotions, to put up a good front. Help me seek help and cry aloud from the bottom of my heart whenever I am in the pits. Thank You that You long to hear from me. In Jesus' Name, Amen.

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<sup>1</sup> Enduring Word Commentary on Psalm 142

每日灵修

星期五，2020 年 12 月 4 日

标题：陷入困境

作者：张祯祥传道

翻译：陈月妃姐妹

诗篇 142：2 我在他面前吐露我的苦情，陈说我的患难。

第一节的标题写着“大卫在洞里作的训诲诗、乃是祈祷。”

其实大卫在其他地方写下这诗篇是蛮具争议性的。但是洞穴比其他任何地方都更适当的表达了大卫在这诗篇所流露的情感深处。据说该洞穴就是亚杜兰洞，如果是这样的话，那么它符合大卫在撒母耳记上第 22 章中的生活环境。

其次，训诲诗乃是具有启发性的。希伯来语的最后一个字有一个字根，意思是要谨慎，明智地提供见解和指导，以取得预期的结果。换句话说，大卫的目的是使该诗篇的读者从中学到一些重要的东西。

把上述两者结合起来，这个洞为祷告提供了一个很好的密室空间，因为大卫正在逃难。它的阴暗和隐蔽有助于敬拜，并单单专注于神自己。是的，大卫陷入了两难之间：他正逃离疯狂寻索他性命的扫罗，他被自己的同胞逼迫，他的亲属还没有与他会合，他也没有其他亲密的随从。他躲在山洞里。他一无所有，无依无靠。大概他是这样想的。

撒母耳记上 22：1-2

1 大卫就离开那里、逃到亚杜兰洞。他的弟兄和他父亲的全家听见了、就都下到他那里。

2 凡受窘迫的、欠债的、心里苦恼的、都聚集到大卫那里。大卫就作他们的头目。跟随他的约有四百人。

这不是一个耳熟能详的故事吗？通常，当我们在与自己的内心深处进行斗争时，其他人就会向我们倾诉他们的不幸故事。从译文中，我们不清楚大卫是自己愿意承担，或是他们任命他的，但他成了他们的头目。他怎么能说“不”呢？在他眼里，他们就像没有牧人的羊。再加上一点想象力，我们就能想象出大卫一定感到多么沮丧。他一开始在山洞里寻求慰藉是有原因的。他已经陷入深深的痛苦之中。当然，他边想边叹气，“现在怎么办？为什么是我，上帝？？”。

到了绳子的尽头，大卫祈祷并向上帝呼求他的绝望处境，而不是屈服于绝望。我们可以从他在第一节和第二节的话语中看到真诚的深度和分量。

我发声哀告耶和華。发声恳求耶和華。我在他面前吐露我的苦情。陈说我的患难。

哀告就是大声地喊叫，叫嚷或呐喊。弟兄姐妹们，你曾否向上帝发出过你那悲痛的叹息？恳求就是“祈求恩惠”，因为大卫的自我形象已经支离破碎。他觉得自己一无所有，一文不值，一无是处，在同胞和家人面前失去了尊严。所以他需要上帝恩惠的证据。他需要感到被需要、被尊重和被尊敬。他需要知道这一点，因为他的自信心和自尊心遭到了打击。他跌入谷底，陷入困境。

你知道上帝渴望听到你的话语？听到你的声音吗？不要只想着祈祷。把它们说出来。到祂面前来。至于投诉，有评论这样说：

“‘我的抱怨’并不像英语中那样是个赌气的词汇，但可能会被翻译成‘我的烦恼思绪’。这并不是要告诉耶和华祂所不知道的。这是为了减轻抱怨者的痛苦。“所以告诉上帝你的‘抱怨’。祂想听你说话。”

第一部分中的苦恼的最终确据可从第三节上看出：

我的灵在我里面发昏的时候、你知道我的道路。在我行的路上。

振作起来！我们的天父都知道！甚至在我们心里还没有形成一个沉重的思想，或是从我们内心发出叹息之前，我们的耶和华都已知道了。这太让人如释重负了。大卫以这种方式记录了这一切，好让我们知道在类似的情况下，我们应该采取什么步骤。

今天的祈祷

天父，在我出生之前，或者我在这崎岖道路上迈出第一步之前，你都知道了，这是多么令人欣慰。你一定知道这并不难，而且你的能力够我每天所需。

我的天父，教我像大卫一样的祷告。让我不要否定我的情绪。当我身处困境时，请帮助我寻求帮助，并从心底大声呼喊。谢谢你因为你渴望听我说话。奉耶稣的名，阿门。

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<sup>1</sup> Enduring Word Commentary on Psalm 142

Saturday, 5 December, 2020

Topic: Search me, Guide me, Lead me, in the everlasting way, Oh Lord!

Author: Pastor Johnson Chong

Translator: Lucy Ling

23 Search me, God, and know my heart;

test me and know my anxious thoughts.

24 See if there is any offensive way in me,

and lead me in the way everlasting. (Psalm 139:23-24)

Dear brothers and sisters, our appearances do not reflect our hearts, nor are they consistent. People look at our appearances, while Jehovah looks at our hearts. Even if people's words and actions are connected to their hearts, they are not completely consistent and unified, because people may lie and pretend. The real person is in the heart, where the person's soul is, and the starting point of life. It is the root of the tree, the source of water. Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it." A good tree bears good fruit, the spring of sweet water flows with sweet water, and the fruit of life comes from the heart, so God values people's hearts.

Dear brothers and sisters, doesn't God know our hearts? Why monitor and test? Proverbs 15:11 "Death and Destruction lie open before the Lord, how much more do human hearts!" Yes, God knows the hearts of the world, but God still has to look in details, because the hearts of humans are extremely deceitful, even towards God. It may be dishonest, but people do not necessarily know and admit it, or even deceive their hearts. James 1:26 "Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless."

There was a reason why God said David is a man after God's heart. David's ability to say this kind of prayer shows that his heart is completely open to God without reservation. More importantly, David was a man who is willing to be taught, to be reminded, and he is more willing to surrender himself before God.

Like David, we should ask God to monitor our hearts and know our thoughts. The purpose is to make our hearts clean and our thoughts acceptable to God. If our hearts are filthy or unrighteous, our thoughts are deceitful and evil, then we would only deserve a tragic end.

Dear brothers and sisters, everyone is to eat the fruit of their own thoughts. Even if this person does not act on it, the thoughts will be revealed before the Lord. This is a very serious matter. We are not only to be cautious in our words and deeds, but we must also restrain our hearts. We must not gather bad thoughts. To hate is to kill. Because the evil deeds deter the path of eternal life,

we must plead with God to purify our hearts with truth through His Spirit to have a new heart.

Prayer: Dear Abba Father, we thank you and praise you. Oh God! Please monitor our hearts, know our hearts and minds, see if there is any evil in us, and guide us on the path to eternal life. You are an omniscient, omnipotent, and omnipresent God. We must obey You, and thank You, because You are by our side, supporting us and leading us with your mighty hands. Please protect us and let us know your power. This is your wonderful work. Please keep us, count your grace and mercy, and give you glory! Pray in the holy name of the Lord Jesus Christ, Amen!

每日灵修

星期六，2020 年 12 月 5 日

题目：求神监察引导我们走永生的道路

作者：张胜牧师

23 神啊，求你鑒察我，知道我的心思；試煉我，知道我的意念。24 看在我裡面有什麼惡行沒有，引導我走永生的道路。（**诗篇 139: 23~24**）

亲爱的弟兄姊妹，我们的外貌和内心并不相同，也不一致，人是看外貌的，而耶和華是看內心的。就算人的言語和行為與內心是有聯系的，但也不完全相合和統一，因為人可能會說謊和偽裝，真正的人是在心裡，就是那人的靈魂所在地，也是那人生命的出發點，就是那樹的根，水的源頭。**箴言 4: 23**“你要保守你心，勝過保守一切。因為一生的果效，是由心發出。”好樹結好果，甘泉流甜水，人一生的果效是由心發出，所以神非常看重人的心。

亲爱的弟兄姊妹，难道神还不知道我们的心吗？为什么要监察又试炼呢？**箴言 15:**

**11**“阴间和灭亡，尚且在耶和華眼前，何況世人的心呢？”是的，神是知道世人的心，但神仍要仔細尋找察看，因為人的心極其詭詐，連對神都可能不誠實，但人自己卻不一定知道和承認，甚至反欺哄自己的心。**雅各書 1: 26**“若有人自以為虔誠，却不勒住他的舌头，反欺哄自己的心，這人的虔誠是虛的。”

大衛被上帝稱呼為一個合神心意的人，是有其原因的。大衛他能夠說出這樣的禱告，說明他的心對神是完全的敞開，沒有保留。更重要的是，大衛他有一個願意受教、願意被提醒、他更一個願意在神面前降伏自己的人。

我們應當像大衛一樣，求神監察我們的心，知道我們的意念，目的是要使我們的心清淨，我們的意念蒙神的悅納，如果我們的心污穢不正，意念詭詐邪惡，那結局是非常悲慘的。

亲爱的弟兄姊妹，每个人都要吃自己意念的果子，就算这人没有作出来，将来那人的意念也在主面前显明出来。这是一件很严肃的事，我们不只要谨言慎行，也要约束我们的心，不能动不好的念头，恨人就是杀人。因为里面的恶行能拦住我们走永生的道路，我们要恳求神，藉着祂的灵，用真道洁净我们的心，更需要有一颗新心。

祷告：

亲爱的阿爸天父，我们感谢和赞美祢。主啊！求祢监察我们的内心，知道我们的的心思意念，看我们里面有什么恶行没有，并且引导我走永生的道路。祢是无所不知，无所不能，无所不在的神。我们要遵从祢，也要感谢祢，因为祢就在我们身边，用祢大能的手扶持我们，带领我们。求祢庇护我们，叫我们知道祢的能力，这都是祢奇妙的作为，也求祢保守我们，要数算祢的恩典，要将荣耀归给祢！奉主耶稣基督的圣名祷告，阿们！

Sunday, 6 December 2020

Title: Have you forgotten me, Lord?

By Elder Yu Chin Shie

Psalm 13:1-2

1 How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

2 How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?

Psalm 13, written by David, is another psalm which most of us can identify with. This psalm may be a reflection of the deepest of all pits that David had experienced. In this psalm, David was all alone and momentarily felt that even God had left him. It was one of David's darkest hours when he felt abandoned by God.

Undoubtedly, we are not in the same situation as David. In this psalm he could be on the run from King Saul who was after his life. He had to hide in caves for his own safety. I am sure all of us had experienced a time/times of feeling being abandoned by God or felt distant from God. Perhaps some of us are having this feeling even right now.

In the opening 2 verses of Psalm 13, David asked the Lord four times " 'How long' will you hide your face from me? "

It is hard to continue praying when God doesn't seem to hear or answer. We pray for a job, for healing and for salvation of a loved one. Sometimes it seems our prayers are falling on deaf ears or never went beyond the ceiling.

Many of the psalms express this kind of lament with God's people wondering why God seems so distant in their period of suffering. Often, God's silence has made our anguish even deeper and like David, we cry out " every day, we have sorrow in our heart".

How then shall we pray in these situations?

Firstly, from Psalm 13:1-2, we learn it is alright for us to be honest with God and tell Him of our anguish. Communication is important in any relationship and certainly with God. It is alright to have struggles and feel anguish.

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." Hebrews 4:16

Secondly, Psalm 13:3 encourages us to pray for the Lord to "look on me and answer". This verse reminds me of the Priestly Blessing given during benediction at the end of service.



"The Lord make His face shine on you and be gracious to you; The Lord turn His face toward you and give you peace." Num 6:25-26.

We seek God's face to be on us as it signifies His favor and grace on us.

Finally, Psalm 13:5 -6 end with confidence and trust in the Lord that He will answer :

"But I trust in your unfailing love; my heart rejoices in your salvation.

I will sing the Lord's praise, for He has been good to me."

When we bring our requests

to God, we receive the blessing of peace that surpasses all understanding,

Philippians 4:6-7.

David's peace and trust are not anchored in what God will do but what he knows God has done. His experience of God in the past gave him the confidence God will continue to hear him and deliver him from all his troubles.

A testimony –

More than 10 years ago, I had a very unpleasant health condition which caused me great anguish. Unexpectedly, I discovered I had a severe eczema attack. For those of you who may not know what eczema is, it is a condition where patches of skin become inflamed, itchy, cracked and rough. Some types can also cause blisters.

Eczema is a skin condition which nobody likes to have and it affected my legs and parts of my body except my face. The affected parts were very itchy and the inflammation of my skin was quite unbearable. I had seen the dermatologist and he had done whatever needed but to no avail. I was desperate for relief of my skin condition and needlessly to say, I prayed fervently for God to heal me. My agony lasted for nearly a year. My dad (now with the Lord) who visited me then asked "Is Jesus going to heal you?" I told him, "Dad, He will. In his time."

There was never a doubt in my mind that Jesus would heal me during that period, even though like David, I prayed so often "why the delay, Lord?". Looking back, I am thankful for the experience even though it was tough. I believe I had strengthened the faith of my dad who was a young Christian. Also, I had learnt to wait on the Lord, developed patience and spiritual maturity.

For any of you who are now in situations where you feel God is silent during this time of Covid 19 pandemic, I plead with you not to lose heart. Continue to trust in Him and pray faithfully. He will surely sustain you and deliver you as He has done in the past in His time.

Prayer

Heavenly Father,  
We thank You that although at times we feel You are distant from us, You are actually ahead of us and waiting for us to catch up. Please grant us patience and faith in Your unfailing love for You will never forsake Your children.  
In Jesus' name,  
Amen.

每日灵粮

星期日，2020 年 12 月 06 日

标题：主啊，你是否已忘了我？

作者：余清熹长老

翻译：巫惠如姐妹

诗篇 13:1-2

耶和华啊，你忘记我要到几时呢？要到永远吗？你掩面不顾我要到几时呢？

我心里筹算，终日愁苦，要到几时呢？我的仇敌升高压制我，要到几时呢？

大卫所写的诗篇 13 是另一首能引起我们大多数人共鸣的诗篇。这首诗也许反映了大卫处在最深低谷中的感受。如这篇所述，大卫孤身一人，片刻里感到连上帝都离他而去。这是大卫感觉被上帝抛弃时最黑暗的时刻之一。

毫无疑问，我们与大卫的处境不同。在这首诗篇中，他可能正逃离扫罗王的攻击。他不得不为了个人安全而藏在洞穴里。我确信，我们所有人都经历过一段时间，感觉自己被上帝抛弃或与上帝的关系疏远。也许我们当中有些人现在也有这种感觉。

在诗篇 13 的前两节经文里，大卫四次问上帝，“你掩面不顾我要到几时呢？”

当上帝似乎听不到或没有回复，我们很难继续祈祷。我们祈求得到一份工作、得医治和所爱的人得救恩。有时，我们的祈祷似乎被置若罔闻，或从未顺利传达到上帝那里。

许多诗篇都向上帝表达了这种哀叹，他们想知道为什么上帝在他们的苦难时期显得如此遥远。上帝的沉默常常使我们的痛苦更加深刻，就如大卫，我们“终日愁苦”。

那么，在这些情况下，我们该如何祈祷？

首先，从诗篇 13:1-2 中，我们明白，我们可以诚实地告诉上帝我们的痛苦。沟通在任何关系中都很重要，当然与上帝的关系也如此。有挣扎和感到痛苦都是人之常情。

希 4:16 所以我们只管坦然无惧地来到施恩的宝座前，为要得怜恤，蒙恩惠，做随时的帮助。

第二，诗篇 13:3 鼓励我们祈求上帝“看顾我，应允我”。这节让我想起了在崇拜结束时牧者的祝福。

民 6:25-26 愿耶和华使他的脸光照你，赐恩给你！愿耶和华向你仰脸，赐你平安！

我们寻求上帝的面，因为这象征上帝对我们的恩典和恩惠。

最后，诗篇 13:5-6 以他相信上帝会回应他作为本篇的收尾：

但我倚靠你的慈爱，我的心因你的救恩快乐。

我要向耶和华歌唱，因他用厚恩待我。

当我们祈求上帝，我们得到上帝所赐出人意外的平安。（参腓 4:6-7）

大卫心里的平安和信靠并不取决于上帝会做什么，而是取决于他知道上帝已经做了什么。他过去与上帝同行的经历给了他信心，上帝会继续听他的话，把他从各种麻烦中解救出来。

见证：

10 多年前，我的健康状况非常不好，使我感到很痛苦。出人意料地发现我患了严重湿疹。对于那些可能不知道湿疹是什么的人来说，这是一种令皮肤斑块发炎、发痒、破裂和粗糙的病况。某些类型也会导致水泡。

湿疹是一种没人喜欢的皮肤病，除了我的脸，它影响了我的腿和身体的某部分。受影响的部位非常痒，皮肤的炎症让我难以忍受。我见过皮肤科医生，他竭尽所能帮助我，但都毫无用处。我迫切地想要缓解我的皮肤状况，我也恳切地祈求上帝让我痊愈。我的痛苦持续了将近一年。我父亲（如今已安息主怀）拜访了我，然后问：“耶稣会治愈你吗？”我告诉他，“爸爸，会是的。按祂的时候。”

在我心中，我深信耶稣会在那段时期治愈我，尽管我像大卫一样，经常祈祷“上帝啊，你为什么拖延呢？”回首往事，尽管这段经历很艰难，我感恩经历了这一切。我相信这场病也因此增强了我父亲的信仰，因为他当时才刚信主不久。此外，我学会了等待上帝，培养了耐心和属灵生命的成熟。

对于你们任何一个在疫情中感到上帝是沉默的，我恳求你们不要失去信心。继续信靠他，忠心祈祷。他一定会像过去那样扶持并带领你。

祈祷：天父，我们感谢你，虽然有时我们觉得你离我们很远，但实际上你总是在前方等待我们赶上。请赐我们耐心和信心，相信你永远不会放弃你的孩子们。奉耶稣的名祷告，阿门。

Monday, 7th December 2020

GOD'S WAY TO HAPPINESS

Pastor Soong Kok Kee

Psalm 84:12 O Lord Almighty, blessed is the man who trusts in you.

The majority of people seek happiness in the wrong places. As a result, they are sad, disillusioned, and unsatisfied.

Let's first take a look at some definitions of HAPPINESS from the book entitled "14,000 Quips & Quotes" by E.C. McKenzie:

- True happiness is going to a high school class reunion and learning that the boy who was voted most likely to succeed – didn't.
- To be happy, do not add to your possessions but subtract from your desires.
- Happiness is the result of being too busy to be miserable.
- Happiness comes when we stop wailing about the troubles we have, and offer thanks for all the troubles we don't have.

How to be happy:

- Keep your heart free from hate, your mind from worry, live simple, expect little, give much, sing often, pray always, forget self, think of others and their feelings, fill your heart with love, scatter sunshine. These are tried links in the golden chain of contentment.
- Genuine happiness is when a wife sees a double chin on her husband's old girl-friend.
- Some wives are so concerned about their husband's happiness that they hire private detectives to find out the cause of it.

So, do the above quotes provide some answers to the eternal question of "Where can happiness be found then?"

In answer to the question, "Where is happiness?" Clarence Macartney said, "It is not found in pleasure – Lord Byron lived such a life if anyone did. He wrote, 'The worm, the canker, and the grief are mine alone.'

Happiness is not found in money – Jay Gould, the American millionaire, had plenty of that. When dying, he said, 'I suppose I am the most miserable man on earth.'

It is not found in position and fame – Lord Beaconsfield enjoyed more than his share of both. He wrote, 'Youth is a mistake, manhood a struggle, and old age a regret.'

It's not found in military glory – Alexander the Great conquered the known world in his day. Having done so, he wept in his tent because, he said, 'There are no more worlds to conquer.'"

So my dear brothers and sisters, where then lies the source of real happiness? The author of Psalm 84 tells us that God's living presence is our greatest joy. His radiant presence helps us to grow in strength, grace and glory. And the last verse of this Psalm concludes "O Lord Almighty, happy are those who trust in you." ( Psalm 84:12 NLT)

We experience happiness as we turn from selfishly pursuing satisfaction in the pleasures of this world to seeking God and His righteousness. Remember when our Lord taught us not to worry about our daily needs (Matt 6: 25-34) but instead " Seek first his kingdom and his righteousness, and all these things will be given to you as well. "

Real happiness is knowing that our heavenly Father knows our every need, even before we ask that of Him, and trusting He will provide all that we need in this life and in the life to come. With such assurance, what is there not to be happy about?

For those of you reading this who may not yet know Jesus as your Lord and Saviour, your happiness is first found in knowing that your sins have been forgiven through faith in our Lord Jesus Christ, and after that in devoting your energies to doing God's will in your life. That is how you can discover true and lasting happiness your whole life through. Praying for you to find that source of true and lasting happiness.

"To take a glimpse within the veil,  
To know that God is mine,  
Are springs of joy that never fail,  
Unspeakable! Divine!"

- Newton

PRAYER:

Father God, thank you for reminding us that the source of all true and lasting happiness is putting our unshakable faith and trust in you and you alone. We pray especially for our family members and friends who do not yet know you as Lord and Saviour. We pray that like us, they may experience the joy of knowing you as their Lord and Saviour.

In the precious name of our Lord Jesus Christ we pray,  
AMEN.

每日灵粮

星期一，2020 年 12 月 7 日

标题：上帝的幸福之道

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗 84:12】万军之耶和华啊，倚靠你的人便为有福！

大多数人在错误的地方寻求幸福。结果，他们感到悲伤，幻灭和不满足。

首先让我们看看麦肯齐 (E.C. McKenzie) 所著的 “14,000 妙语录” 一书中对幸福的一些定义：

- 真正的幸福是参加高中班的同学团圆聚会，得知被投票为最有可能成功的男孩并没有成功。
- 要快乐，别增加自己的财产，要减少自己的欲望。
- 幸福是忙碌到没有时间痛苦的结果。
- 当我们不再为烦恼哀号，而为一切我们没有的烦恼献上感恩，幸福就来了。

如何能快乐：

- 让您的内心远离仇恨、您的思想摆脱忧虑、简单地生活、少期望、多付出、经常唱歌、常常祈祷、忘记自我、想及别人和他们的感受、让您的心充满爱、散布阳光。这些都是满足感链条中尝试过的环节。
- 真正的幸福是当妻子看到丈夫的旧女朋友有双下巴时。
- 有些妻子非常关心丈夫的幸福，以至于雇用私家侦探来找出原因。

那么，以上的引用是否对此永恒的问题 “在哪里可以找到幸福？” 提供了一些答案？

在回答 “幸福在哪里？” 的问题时，克拉伦斯·麦卡特尼 (Clarence Macartney) 说：“这不是在享乐中找到的 – 若然，拜伦勋爵 (Lord Byron) 便是过着如此的生活。他写道：‘蠕虫，溃疡和悲伤都是我一个人的。’”

在金钱中找不到幸福 – 美国百万富翁杰伊·古尔德 (Jay Gould) 拥有很多金钱。他垂死时说：“我猜想我是世界上最悲惨的人。”

地位和名望中找不到它 – 比肯斯菲尔德勋爵 (Lord Beaconsfield) 在这两方面都享受到了更多。他写道：“青春是一个错误，成年是一个奋战，老年是一个遗憾。”

在辉煌的军功中找不到它 – 亚历山大大帝在他的时代征服了已知的世界。达至这一切之后，他在帐篷里哭泣，因为他说：“再也没有其他世界可以征服了。”

所以，我亲爱的兄弟姐妹们，真正幸福的源头在哪里呢？诗篇 84 篇的作者告诉我们，上帝的同在是我们最大的福乐。祂荣耀的同在帮助我们在力量、恩典和荣耀上增长。这诗篇最后一节总结说：“万军之耶和华啊，倚靠你的人便为有福！” (诗篇 84:12)

当我们从自私地在这个世界的享乐中追求满足感转向寻求上帝和祂的公义时，我们就体验幸福。记得我们的主教导我们不要为日常需要忧虑（马太福音 6:25-34），而是要“先求他的国和他的义，这些东西都要加给你们了。”

真正的幸福是认识到我们的天父甚至在我们向祂祈求之前就已经知道我们所有的需要，并且相信祂会供应我们今生和来生所需的一切。有了如此的确据，还有什么让我们感到不幸福呢？

对于阅读这“每日灵粮“的人来说，可能您们还不知道耶稣是您们的主宰和救主，您们的幸福首先是知道您们的罪已经透过对我们的主耶稣基督的信心而被饶恕了，之后在您们的生活中致力于实现上帝的旨意。这就是您们如何在一生中找到真正及持久的幸福的方法。为您们祷告得以找到真正及持久的幸福之源。

“在面纱里瞥一眼，  
知道上帝是我的，  
永不止息的喜乐之泉，  
难以言表！ 神圣的！”

-牛顿

祷告

父神，感谢你提醒我们，所有真实持久的幸福之源，在于我们坚定不移的信心和惟独对祂的信靠。我们特别为尚未认识祂为主宰和救主的家人和朋友祷告。我们祈求他们会如我们一样，可以经历认识祂作为他们的救主的喜悦。奉我们主耶稣基督宝贵的名祷告，阿们。



Tuesday, 8 December 2020

Title: The Lord Reigns

By: Pastor Isaac Yim

Psalms 22:27 -28 (A Messianic Psalm)

The whole earth will acknowledge the Lord and return to him. All the families of the nations will bow down before him. For the royal power belongs to the Lord. He rules all the nations. (Psalm 22:27-28 NLT)

Psalms 22:27-28 are prophecies that the kingdom of God shall spread over all the world; the nations shall submit to the rule of Christ who is the king in the kingdom of God. The Gospel shall be preached to every nation under heaven and to all the families of the nations. Jesus says in John 3:16, "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." Jesus came to be the Saviour of the world, and not just for the Jews only. He came specially for you.

In reference to the word "acknowledge" – or "remember" – the people of the world will acknowledge and remember their past disobedience and rebellious ways towards God. This is just like the prodigal son who acknowledges his life in the pig-style but he also remembers his father at home. He then got up and returned to his loving father. Oh, it is so easy to forget the gracious words and glorious work of Christ, what He did and how He sacrificed for us. The Salvation of God is so great; it awakens the unbelieving world of its ingratitude towards the loving God. The Psalmist looks forward to the day when the nations will return to Him. Paul also anticipates that day when every knee shall bow and every tongue shall confess that Jesus is Lord. That glorious day is coming soon. This is what the apostle John saw in his vision, recorded in Revelation 7:9-12 (NLT) below:

9 After this I saw a vast crowd, too great to count, from every nation and tribe and people and language, standing in front of the throne and before the Lamb. They were clothed in white robes and held palm branches in their hands. 10 And they were shouting with a great roar, "Salvation comes from our God who sits on the throne and from the Lamb!" 11 And all the angels were standing around the throne and around the elders and the four living beings. And they fell before the throne with their faces to the ground and worshiped God. 12 They sang, "Amen! Blessing and glory and wisdom and thanksgiving and honour and power and strength belong to our God forever and ever! Amen."

Psalms 22:27 declares, "The nations will bow down (worship) before him." Now is the best time to just bow before the living God, our Lord Jesus Christ, and worship Him. As a personal reflection, "Who is Jesus to you?" .... Pause.... Think

about how Jesus has led you this far. Think about your relationship with Jesus; in the past, right now and for the future.... Pause.

This process will lead you to worship Him, to adore Him. This is the climax of worship, which is to give God all praise and glory. I encourage you to do this daily. "Adoration of God is the instinct, the obligation and the satisfaction of souls." (U. R. Thomas)

#### Prayer For Today

Lord, You are perfect, holy, majestic and worthy of all our praise. Help me to focus on Your glory, faithfulness, and love as I bring my requests to You. Lord, before I pray, You already know everything about me – my failures, shortcomings, insecurities, besetting sins and fears. You know from the beginning to the end; as well as my final destination. I know You will be able to get me there from where I am now, to where You want me to be. Thank you, Lord, I can totally depend on You one step at a time till I reach the destination You want me to go. Thank you for Your faithful daily guidance. In Jesus' Name. Amen.

每日灵粮

星期二, 2020 年 12 月 8 日

标题: 主统治

作者: 严以撒牧师

翻译: 陈晓佩姐妹

诗篇 22:27-28 (一首弥赛亚诗篇)

地的四极都要想念耶和华, 并且归顺祂; 列国的万族都要在祂面前敬拜。因为国权是耶和华的, 祂是掌管万国的。(诗篇 22:27-28 和合本)

诗篇 22-27-28 是上帝的国将会遍布全世界的预言; 基督在上帝的国度里作王, 列国将会归顺基督的统治。福音将会传遍天下直到列国的所有家庭。耶稣在约翰福音 3:16 说: “神爱世人, 甚至将祂的独生子赐给他们, 叫一切信祂的, 不至灭亡, 反得永生。” 耶稣来是要成为世界的救主, 不单是为犹太人。祂特别为您而来。

在提到“承认”或“想念”这个词时, 世人会承认并记得他们过去对上帝的不顺服和叛逆。这就像浪子承认他如猪一般方式的生活, 但是他也想念在家的父亲; 然后他起来回到他慈爱的父亲身边。啊, 我们很容易忘记基督仁慈的话语和荣耀的工作 — 祂所作的并祂如何为我们而牺牲。上帝的救恩是那么的伟大; 它唤醒了不信的世界, 使其意识到对慈爱上帝的忘恩负义。诗人期盼列国都归向祂的那一天。保罗也期待那一天, 万膝都跪拜、万口都承认耶稣是主。那荣耀的一天会很快到来。这就是使徒约翰在他的异象里所看到的, 记载在启示录 7:9-12 (和合本) 如下:

9 此后, 我观看, 见有许多的人, 没有人能数过来, 是从各国、各族、各民、各方来的, 站在宝座和羔羊面前, 身穿白衣, 手拿棕树枝, 10 大声喊着说:

“愿救恩归与坐在宝座上我们的神, 也归与羔羊!”

11 众天使都站在宝座和众长老并四活物的周围, 在宝座前, 面伏于地, 敬拜神, 12 说:

“阿们! 颂赞、荣耀、智慧、感谢、尊贵、权柄、大力都归与我们的神, 直到永永远远。阿们!”

诗篇 22:27 宣称, “列国的万族, 都要在祂面前跪拜(敬拜)。” 现在正是向永生神, 我们的主耶稣基督屈膝的最佳时机。作为个人反省, “耶稣对您来说是谁?”... 停顿... 想想耶稣如何带领您至今。想想您和耶稣的关系; 在过去、现在和未来... 停顿。

这个过程会引导您敬拜祂, 崇敬祂。这是敬拜的高峰, 就是将一切的赞美和荣耀归给上帝。我鼓励您每一天这么做。“对上帝的崇敬是灵魂的本能、义务并满足。”(U.R.Thomas)

今日祷告

主啊, 祢是完全、圣洁、威严, 配得我们一切的赞美。当我把祈求带给祢面前时, 帮助我专注于祢的荣耀、信实和慈爱。主啊, 在我祷告之前, 祢已经知道我的一切 — 我的失败、缺点、不安、困扰我的罪和恐惧。祢自始至终都知道, 也知道我的最后终点。我知道祢能把我从现在的位置带到祢要我去的地方。感谢祢, 主, 我可以完全依靠祢, 一步一步地直到祢要我去的目的地。感谢祢每天信实的带领。奉主耶稣的名。阿们。

Wednesday, 9th December 2020

Title: In Him my heart trusts

Author: Pastor Wallace Ong

Psalm 28: 7 (ESV)

The LORD is my strength and my shield;  
in him my heart trusts, and I am helped;  
my heart exults,  
and with my song I give thanks to him.

The Bible reminds us on countless occasions about trusting God, because it's one of the most important aspects of Christian living. He is the only One who can lead us to the right path if we trust in Him by faith. Since the beginning of the year, our PBC family has been blessed by daily devotional messages based on the Book of Proverbs and Psalms. Each day, selected verses from the two Books are used to allow us to meditate on God's word, so that we will learn to "trust" in God. These materials also help to encourage us to live the proper Christian lives as intended by God.

Jesus' mother, Mary, is a great example of a person who wholeheartedly trusted in God. She lived an extraordinary life and there are plenty of lessons we can grasp from her life story. The Bible recorded that one day an angel came to her with the most incredible announcement: "Do not be afraid, Mary; you have found favor with God ...The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God." (Luke 1: 30, 35) Mary was told that she would become pregnant by the Holy Spirit, moreover, the child conceived in her would be none other than the Son of God, who would be born in order that He might establish an eternal kingdom. That must be quite a "mind-boggling" news for a young Nazarene teenage girl. It's understandable that Mary should be perplexed and asked, "How can this possibly happen, since I'm a virgin?" However, she was told that it would be a work of the Holy Spirit. Therefore, she responded, "All right, I'm the Lord's servant. I'm open to what God wants to do with me. May all that You have said be fulfilled in my life."

We read in detail later that in the midst of this, Mary quietly treasured up in her heart the extraordinary event yet to be fully revealed. "Young" Mary humbly submitted to God and continued to be still. She looked beyond the earthly challenges and set her mind in the divine plan of God and His kingdom. Through eyes of faith, Mary praised God who gave her insight into His amazing redemptive work to the world.

Occasionally God gives us a glimpse into His divine purpose on earth when we trust the ALMIGHTY who holds the universal in His hands – a vision that would otherwise remain hidden from our eyes. For teenage Mary, with her faith, she

had gained a broader mind and clearer perspective than what most people have gained in an entire lifetime. God entrusted the DIVINE child to the care of the faithful "Young" girl who submitted her life to Him. With such faith, God will allow us to be part of the great plan, and do great things through us, for nothing is impossible with Him. In this coming Christmas season and throughout our lives, may we learn to be more like Mary and say to our Lord, "We are Your servants, let Your will be done in our lives"

Prayer:

Dear Heavenly Father,

We are humbled and thankful that we can come to You to pray knowing that You hear us. We ask that You strengthen our hearts as we place our trust in You completely. Oh Lord! How can we live righteous lives without Your help! Please help us find peace in You as we submit ourselves to the plans You have for us, as Your plans are always greater than our own. Please give us strength to endure and persevere even when we suffer doing the right things according to Your will. Please help us to always trust You and seek refuge in You instead of living our lives according to our own strength and wisdom. We pray all these in Jesus' name. Amen.

每日灵粮

星期三, 2020 年 12 月 9 日

标题：我心里倚靠祂

作者：王振威传道

翻译：陈健萍姐妹

【诗篇 28:7】

耶和华是我的力量、是我的盾牌。

我心里倚靠他、就得帮助。

所以我心中欢乐。

我必用诗歌颂赞他。

圣经在无数场合提醒我们要信靠上帝，因为这是基督徒生活中最重要的方面之一。我们若凭信心倚靠祂，祂是唯一能把我们带到正确道路上的上帝。自年初以来，我们的班底浸信教会（PBC）家庭每天都领受到依据《箴言》和《诗篇》所编写每日灵修信息的祝福。每天，从这两卷书中选取的经节都被采用，让我们默想上帝的话语，使我们学会“信靠”上帝。这些材料也有助于鼓励我们按照上帝的旨意过应有的基督徒生活。

耶稣的母亲马利亚是一个全心全意信靠上帝的人的典范。她活出了一个不平凡的人生，我们可以从她的生平汲取很多教训。圣经记载，有一天，天使向她作了一项最令人难以置信的宣告：“马利亚，不要怕！你在神面前已经蒙恩了……圣灵要临到你身上，至高者的能力要荫庇你，因此所要生的圣者，必称为神的儿子。”（路加福音 1:30,35）马利亚被告知，她将从圣灵怀孕；而且，所怀的孩子正是上帝的儿子，祂的出生乃为要建立一个永恒的国度。对于一个年轻的拿撒勒少女来说，这肯定是一个很“匪夷所思”的消息。马利亚感到困惑是可以理解的，她问道：“我既是个处女，这怎么可能发生呢？”然而，她被告知这将是圣灵的工作。于是，她回答说：“好的，我是主的使女。我愿意听凭上帝对我的安排。愿一切你所说的成就在我的生命中。”

我们后来详细了解到，在这个过程中，马利亚悄悄地把这件尚未完全揭开的不寻常的事情藏在心里。“年轻的”马利亚谦卑地顺服上帝，继续保持沉默。她超越了俗世的挑战，把心思放在上帝和祂神圣的计划与国度中。通过信心的眼睛，马利亚赞美那让她洞察到祂给世人奇妙救赎工作的上帝。

有时，当我们信靠掌控宇宙的全能者时，上帝会让我们瞥见祂在世上的神圣目的—否则，这异象就会被隐藏，不为我们所见。对于十多岁的马利亚来说，凭着她的信心，她获得了比大多数人一生所获得的更广阔的胸怀和更清晰的视角。上帝把这个神圣的孩子托付给了一个忠心且把自己的生命交给了祂的“年轻”少女。有了这样的信心，上帝将允许我们成为伟大计划的一部分，并透过我们做伟大的事情，因为在祂没有难成的事。在即将来临的圣诞佳节，乃至我们一生，愿我们学习更像马利亚，对我们的主说：“我们是祢的仆人，愿祢的旨意成就在我们的生命中。”

祈祷

亲爱的天父：

我们感到卑微，并且满怀感恩能够到祢跟前祷告，因为知道祢垂听我们的呼求。当我们完全信靠祢时，求祢坚定我们的心。哦，主啊！没有祢的帮助，我们怎么能够过公义的生活！祢的计划总比我们自己的计划更好，当我们顺服在祢为我们预备的计划中

时，求帮助我们在祢里面获得平安。当我们按照祢的旨意做正确的事时，即便我们为此受苦，求祢赐予我们力量忍耐和坚持。求祢帮助我们永远信靠祢，寻求祢的庇护，而不是靠自己的力量和智慧生活。我们奉耶稣的名祈祷。阿门。

Thursday, 10 December 2020

Title: Launch Out In Faith!

By: Cecilia Tan

Psalm 40:2 "He brought me up from a desolate pit, out of the muddy clay, and set my feet on a rock, making my steps secure."

This is a true story...my story! The year was 2012. I sank unexpectedly into a desolate pit and became a shadow of myself. My friendly and zestful persona was replaced by one plagued with an overwhelming gloom and unexplainable fear.

In early March 2012, after a 10-day stubborn cough, I saw the doctor and was prescribed very strong antibiotics which I had never taken before. When I was half-way through the course, my appetite disappeared into thin air and my taste buds completely changed. I became fearful of chillies when prior to this, I was a chilli queen! Soon I developed a phobia for food except for porridge (my comfort food) and a little steamed fish.

I gradually began to lose weight. That was a huge concern to me as I am one person who tries to put on weight but is never successful no matter how much I eat! Besides losing appetite, I was soon suffering a variety of symptoms including restlessness, anxiety, insomnia, dry throat syndrome, weakness, lethargy, loss of confidence, constipation and fear of the cold! I walked around the house like a zombie, and was hardly able to perform my normal tasks. Thankfully at that time, we had a live-in Cambodian helper who kept the household running smoothly.

I consulted three specialists from March to May 2012. Blood tests and scans were done and the results were all good! These three doctors must have thought their patient was imagining a lot of ailments even though I had informed them that I was inexplicably losing weight. In fact in that three months, I lost a precious 8 Kg!

Family members and other prayer warriors were in fervent prayer for my healing. I am most grateful for their prayer support, for indeed their prayers were answered and I was miraculously healed! This is how it happened...

Sometime in February 2012, my husband registered both of us for the church camp from 26-28 May. He registered early to get the early-bird discount. (We both love early-bird discounts... and discounts of any sort, the more, the

merrier! ) On the morning of 26 May, I was still undecided about going to the camp, given all my many anxieties and fears. I worried about the hotel food, the



hotel air-con and wondered whether I could endure the hectic programme with my very low energy level!

Camp participants were instructed to arrive in the hotel by 3pm on 26th May. On that morning, I was reading John 5:1-18 about our Lord Jesus healing the man who had been paralyzed for 38 years. Jesus had simply commanded him to "Get up! Pick up your mat and walk!" The man did so, was instantly cured and began to walk!

That same command "Get up! Pick up your mat and walk" kept ringing in my ears that morning. I somehow decided to ignore it as I rationalized that it had nothing to do with my condition as my legs were perfectly healthy and strong and I had no problems with walking!

After reading John 5, I decided to check my e-mail. I switched on my laptop and accessed my G-mail "Inbox". Lo and behold! The first words I saw on the screen were "LAUNCH OUT IN FAITH!" – it was the title of the most recent incoming mail, in capital letters! It seemed as if God was instructing me in plain and simple language, to put aside all my fears and just go to the camp! And so I did just that.

My husband drove us to Melaka for the camp. Our first meal at the camp was Saturday night buffet dinner. Wonder of wonders! – I dived into the sumptuous spread of food like my old hungry and healthy self again, as if to make up for the three months of deprivation, and to immediately seek to regain the lost weight!

Every dish was awesomely tasty ... spicy curry, chicken, beef, fish, prawns, salads, desserts, etc etc! Going on my rounds at the buffet table, I certainly did not look like someone who had lost her appetite!

I enjoyed the camp thoroughly and my fears were certainly uncalled for! Upon returning home, my healing took off at a pace beyond my wildest imagination. I began to again enjoy eating a wide variety of food again and all the earlier symptoms gradually disappeared! Soon I was my cheerful, charming and vibrant self again, praise the Lord!

And so I was brought out from a desolate pit, out of the muddy clay, and had my feet set on a rock, making my steps secure, because I obeyed God's command to "LAUNCH OUT IN FAITH!" Praise the Lord our God who heals in mysterious ways!

So if you ever find yourself in a similarly challenging situation, do reflect on the contents of Psalm 103:1-3,  
"Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases."

Prayer:

Our Heavenly Father, we praise You for Your goodness and mercy towards Your children. We thank You for Your unfailing love which sees us through the darkest of times. Thank You that we do not walk through tough times alone for You always walk alongside us, strengthening us and keeping our hope alive. Indeed Lord, You move in mysterious ways, Your wonders to perform! We praise and thank You, in the name of Jesus. Amen.

每日灵粮

星期四, 2020 年 12 月 10 日

标题：凭信心出发！

作者：陈俊芳姐妹

翻译：薛秀合姐妹

诗篇 40:2 “他从祸坑里，从淤泥中，把我拉上来，使我的脚立在磐石上，使我脚步稳当。”

这是一个真实的故事...我的故事！那一年是 2012 年。我意外地陷进了一个荒凉的坑里，变成了我自己的影子。我友善又热情的形象被一种强烈的忧郁和无法解释的恐惧所取代。

2012 年 3 月初，经过 10 天的顽固咳嗽后，我去看了医生，医生给我开了非常强的抗生素，这是我以前从未服用过的。当我服用了半个疗程时，我的食欲消失得无影无踪，我的味蕾也完全变了。在此之前是个辣椒王后的我竟然变得害怕辣椒了！不久，我对食物产生了恐惧感，除了米粥（令我舒适的食物）和少许的蒸鱼。

我的体重开始逐渐地下降。这对我来说是一个巨大的担忧，因为我是一个试图增肥的人，但无论我吃多少都从没成功！除了食欲不振，我很快就出现了各种症状，包括躁动不安、焦虑、失眠、干喉症、虚弱、嗜睡、失去信心、便秘和怕冷！我像一具丧尸在房子里走动，

几乎无法完成我的日常任务。感恩的是，当时我们有一个住家的柬埔寨帮手，使居家运作平稳有序。

2012 年 3 月至 5 月之间，我咨询了三位专科医生。进行了血液检查和扫描，检验报告都很好！这三位医生一定以为他们的病人幻想了很多疾病，即使我告诉他们我的体重莫名其妙地在下降。事实上，在那三个月里，我降了宝贵的 8 公斤！

家人和其他祈祷勇士热切地为我的康复祈祷。我非常感谢他们的祈祷支持，而他们的祷告确实蒙了应允，我神迹般地痊愈了！事情是这样发生的..。

2012 年 2 月的某个时候，我丈夫为我俩报名参加了 5 月 26 日至 28 日的教会营会。他很早就报名以获得早鸟优惠。(我俩都喜欢早鸟优惠.....任何形式的折扣，越多越欢

喜！)。5 月 26 日上午，考虑到我所有的焦虑和恐惧，我仍未决定去不去营会。我担心酒店的食物、酒店的空调，我也担心我极弱的气力能否承受紧凑的节目！

营员们被指示于 5 月 26 日下午 3 时抵达酒店。那天早上，我正在阅读约翰福音 5:1-18，关于我们的主耶稣治愈了瘫痪了 38 年的人。耶稣只是命令他“起来！拿起你的褥子走吧！”那人照着做，立即就痊愈了，并开始行走！

那天早上，同样的命令“起来！拿起你的褥子走吧！”一直在我耳边回响。不知怎么的，我决定置之脑后；我合理化地认为它与我的状况无关，因为我的腿非常健康又强壮，而且我走路也没问题！

阅读了约翰福音 5 之后，我决定检查我的电子邮件。我打开笔记本电脑并进入我的谷歌邮箱 G-mail 的“收件箱”。真没想到！我在屏幕上看到的第一句话是“凭信心出

发！”（LAUNCH OUT IN FAITH!）这是最新收到的邮件的标题，都是大写的字母！这似乎是上帝在用简易明了的语言指示我，要我放下所有的恐惧，直去参加营会！因此，我就这样做了。

我丈夫开车送我们去到马六甲参加营会。我们在营地的第一餐是星期六晚上的自助晚餐。奇迹中的奇迹！—我又像往日饥饿而健康的自己一样，一头扎进丰富的食物中，像

是要弥补三个月的匮乏，并要即刻寻回失去的体重！每道菜都非常美味……辣咖喱、鸡肉、牛肉、鱼、虾、沙拉、甜点等等！我在自助餐桌前巡回，我看起来根本不像是失去了食欲的人！

我彻底享受那次的营会，我的恐惧当然是没必要的！返回家后，我的康复速度之快远超出了我的想象。我又开始享受吃各种各样食物的乐趣了，而且所有早先的症状也逐渐消失了！

没多久，我又恢复了开朗、富有魅力、充满活力的自己，感谢主！

就这样，我从一个荒凉的坑里被带出来，从淤泥中被拉上来，使我的脚立在磐石上，使我脚步稳当，因为我听从了上帝的命令：“凭着信心出发！”赞美我们的主，以奇妙作为治愈的上帝！

因此，如果您发现自己处于类似的挑战境地，请反思诗篇 103:1-3 的内容：“我的心哪，你要称颂耶和华！凡在我里面的，也要称颂他的圣名！我的心哪，你要称颂耶和华！不可忘记他的一切恩惠！他赦免你的一切罪孽，医治你的一切疾病。”

祷告

我们的天父，为祢赐下慈爱与怜悯予祢的儿女，我们赞美祢。我们感谢祢以永恒的爱伴我们度过最黑暗的时刻。感谢祢让我们不在困难中独行，因祢常与我们同行，坚固我们并叫我们常存盼望。是的主，祢以奥秘的方式行事，创造神迹奇事。我们感谢赞美祢，奉耶稣的名祷告，阿门。

Friday, 11 December 2020

Title: Significance and Self-Image

By: Ps Cheng Cheung

Psalm 139: 14 "I will praise You, for I am fearfully and wonderfully made;

Marvelous are Your works,

And that my soul knows very well.

Psalm 139: 1 O LORD, You have searched me and known me.

2 You know ... You understand ...

3 You comprehend ...

And you are acquainted ...

4 You know ...

Are you part of a large corporation? A listed company, perhaps? Or a huge private company or an educational institution, such as a university? Have you met the management at the highest echelons of the organization? You may know their names, but you probably do not know them personally. And of course, you do not expect them to know you. However, I trust, after reading this Psalm, you do not think the same of the living God, the Almighty Ruler of the universe. Because He knows you..... intimately. And He wants you to know Him and grow to love Him as intimately as He loves you.

At the start of the Psalm David says God has searched him and known him (and all of us) through and through. He knows about our passive days (sitting down) and our active ones (rising up). The thought is that God explores and examines us completely and thoroughly. He understands what prompts us to think certain thoughts. He therefore understands the hidden, unspoken intents behind our actions. There is nothing we can hide from God. Scary, right?

The most amazing part is v 4:

"Even before there is a word on my tongue,

Behold, Lord, You know it all."

We need to pause and allow the full implications of what we have just read to sink in. Let us be fully aware that God's omniscience regarding the words of our mouths does not just cover His chosen ones. It includes every living human being in every language in every continent at every moment every day! Putting that aside, we want to recognise this fact for each of us personally: There is nothing we can hide from God.

The question that may naturally arise is "How did that come about?" and the answer is found in v 13 – 18.

13 For You created my innermost parts;

You wove me in my mother's womb.

You, Lord God, alone did it. The psalmist pictures the Lord attending to the details of the life in His hands like a knitter must pay close attention as he knits a garment of great beauty. Not mother nature, not evolution. And the picture I get is the intricate weaving or joining together all the innermost parts to form a functional, well-ordered body consisting bone, flesh, blood, and organs is done by the Almighty. Most amazingly, it is a body with emotions, capable of decision making, feelings of love, compassion and righteous anger, just like its Maker. But now due to the fall, man is ingrained with willful disobedience as well. Does the celestial Artist and Potter exercise any less skill with each and every creation? No, because we are all significant to Him.

When I first came across this phrase, "fearfully and wonderfully made" I hit a wall, trying to figure out what it meant. Perhaps a short story will serve as an illustration:

An old school friend served as a medical missionary with his wife at a hospital in Ethiopia, some years ago. He is a general surgeon. One day, an ambulance brought a young man to the hospital who was bleeding to death. He was a bus driver and his bus had been involved in a head on collision with a truck. There was a large hole in his chest and a major artery next to the heart was gushing blood. They had to stop the bleeding or the man would lose his life. My friend, Andrew, had never performed heart surgery before, but he had no choice.

I remember him telling us how his hands trembled, as he performed open heart surgery. He carefully sewed the ruptured artery, stitch by stitch, one eye on the beating heart next to his fingers, the other on where the needle was going. It was painstakingly slow, as he moved the needle in and out of the soft arterial tissue. After hours, the operation was completed! To me, fearfully and wonderfully done. I can visualize our Maker taking just as much care creating each of us

v 15b ...I was made in secret,

And skillfully wrought in the lowest parts of the earth.

Friends, one of the emotional struggles of our age is that of poor self-image and a perception of inadequacy. These verses should give assurance that everyone whom He has created is valued and sacred to our Great God. Humanity is the pinnacle of His creation, bearing God's image and therefore looks, intelligence and status do not count in His eyes. He accepts each of us unconditionally as we are.

My Prayer

My Heavenly Father, thank you for this timely reminder. Thank you for this wonderfully revealing Psalm which assures me of your care for me, individually, from the time I was created.

Help me treat everyone I come across with the dignity and respect they deserve.  
Thank you that each of us is precious in your eyes. In Jesus' Name. Amen.

每日灵粮

星期五，2020 年 12 月 11 日

标题：极大价值和自我形象

作者：张祯祥传道

翻译：巫惠如姐妹

诗篇 139:14 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。

诗篇 139

1 耶和華啊，你已经鉴察我，认识我。

2 ...你都晓得...你从远处知道...

3 ...你都细察...你也深知...

4 你没有一句不知道的...

你是大公司的一员吗？也许是上市公司？或是大型私人公司或教育机构，如大学？你见过组织最高层的管理层吗？你可能知道他们的名字，但可能不认识他们。当然，你也不指望他们会认识你。但是，我相信，读完这篇诗篇，你不会认为永活的上帝，全能的宇宙掌管者和他们一样。因为祂非常了解你。而且祂希望你认识祂，并像祂爱你一样深爱祂。

大卫在诗篇的开头说道，上帝已经鉴察并认识他（以及我们所有人）。祂了解我们被动响应需求的日子（坐着）和我们身心活跃的日子（起来）。其思想是上帝彻底地鉴察和观察我们。祂理解是什么促使我们思考某些想法。因此，祂理解我们行动背后隐藏的、不为人知的意图。我们无法对上帝隐瞒任何事。很吓人，对吧？

第四节是最令人惊喜的经文：

耶和華啊，我舌头上的话，你没有一句不知道的。

我们需要暂停一会儿，从而充分理解刚刚所阅读的内容。让我们意识到，上帝不仅仅是对祂的选民嘴里说的话无所不知，也包括每个人的每一句话——不论是在世界上的各个角落，每时每刻，并各种语言！我们需要明白一个事实：我们无法对上帝隐瞒任何事。

自然会问的是：为什么会如此？而答案皆可在 13-18 节找着：

13 我的肺腑是你所造的，我在母腹中，你已覆庇我。

唯独上帝你成就这事。诗人描绘上帝对生命各个细节的关注，祂犹如一名针织工，正细心织一件精美的衣裳。不是大自然，不是进化。我所看到的这幅画是复杂的编织或者把所有最深处的一部分连接在一起，由全能者组成骨、肉、血和器官，形成一个功能齐全的身体。最令人惊讶的是，它是一个有情感的身体，能做决定，有爱情、同情和义愤，就像它的创造者一样。但如今因人的堕落，人故意不服从的问题已根深蒂固。天国的艺术家与陶匠对每一件作品的创造技巧是否有差别？绝不，因为我们对祂都很重要。

当我第一次读到“因我受造奇妙可畏”，我有些不解，想明白它意味着什么。也许以下的故事可以作为例证：

几年前，一位老同学曾与妻子在埃塞俄比亚的一家医院当过医疗宣教士。他是一名普通外科医生。有一天，一辆救护车把一名一直流血的年轻人送到医院。他是一名公交



车司机，他的公交车与一辆卡车相撞。他胸口有个大洞，心脏旁的一条大动脉正喷着血。他们必须止血，否则他会死。我的朋友 **Andrew** 从未做过心脏手术，但他当时别无选择。

我记得他说他动手术时，手是怎么颤抖的。他小心翼翼地缝着破裂的动脉，用一只眼睛盯着他手指边跳动的的心脏，另一只眼睛盯着针的去向。手术非常缓慢，因为他将针头移入和移出软动脉组织。几小时后，手术顺利结束了！对我来说，这就是“奇妙可畏”。我可以想象我们的造物主以同样的关爱创造我们每个人。

15 节：我在暗中受造，在地的深处被联络。

朋友们，我们这个时代的情感挣扎之一，是自我形象不佳，以及自我感觉不足。这篇诗篇给祂所创造的每个人一个确据，那就是我们都受伟大的上帝重视，并且祂视我们为宝贵。人类是祂创作的顶峰，承载着上帝的形象。因此，在祂眼中，外表、智慧和地位并不重要。祂无条件地接受我们每个人。

祷告：我的天父，谢谢你及时的提醒。谢谢你这极富启发性的诗篇，从我被创造之时，你就照顾我。助我给予遇到的每个人应得的尊严和尊重。谢谢你，因为每个人在你眼里都是珍贵的。奉耶稣的名祷告，阿们。

Saturday, Dec 12th 2020

Title: Praise the Lord

Author: Pastor Andrew Lim

Interpreter: Irene Hong

Praise the Lord. Praise God in His sanctuary; praise Him in His mighty heavens.

Praise Him for His acts of power; praise Him for His surpassing greatness.

Praise Him with the sounding of the trumpet, praise Him with the harp and lyre,

Praise Him with tambourine and dancing, praise Him with the strings and flute,

Praise Him with the clash of cymbals, praise Him with resounding cymbals.

Let everything that has breath praise the Lord. Praise the Lord.

Psalm 150 begins with "Praise the Lord", and end with "Praise the Lord".

## 1 We praise because we obey God

Why is praise so important? Not to mention what we will get from our praises, or how much satisfaction our God will get from our praises; praise itself is a service, the most beautiful service. It is praise that covers all the services with glory of joy and satisfaction, it is praise that cleanses our hearts, purifies our minds, sublimates our emotions, elevates our realms, it is praise that makes our life beautiful, make our hearts pure and lets God receive all glory. Praise is willing to be submissive before God. If we are willing to obey God, it is easy for us to praise God. Those who are not willing to obey God will not find it easy to praise God, because they are not willing to let God take control of their lives.

## 2 We praise because we saw the works and attributes of God

If you have seen Mt Huangshan in China, you would say: Wow, how majestic! So beautiful! This is our natural reaction when we see great things. As Christians, will we be praising the mountain or praising the God who created these majestic mountains? Of course praising God. This is what happens when we see God's mighty works and praise Him. Or when the crowd saw Jesus made the mute speaks, the disabled recovers, the lame walks, the blind sees, so they marveled: Wow, what had happened? It was miraculous, so they praise God. People praised God when they saw the great things God had done in their lives. Did we see the great works that are accomplished in our lives?

We should praise God for we are able to eat because there are many that are not able to eat because they have problems with their throats; thank God we are able to go to toilet every day because many people have problem with their excretion system; when we choose to see the works and attributes of God, we will be able to praise God frequently. There are some people would would deliberately "turn a blind eye", which means they actually saw but pretended that they did not see. When we "turn a blind eye", it hinders us to see God

working in our daily lives, and we are not willing to praise God. Are we such kind of person?

### 3 We praise because we experience God

It is easy for those that see the works of God and experience God to praise Him. Have you seen the works of God and experience Him?

We praise God when we experience His goodness, for He is good to us. God blesses us, God makes all things to run smoothly, give us a healthy body, allow our children to be filial, all these draw us to praise Him.

What about those things that are no good? Will we praise God? Paul is an extraordinary person, he obeyed God, and had unusual experiences, he even went to the third heaven, but Paul also faced many problems, one of them is the thorn in his body which made him very painful. Paul prayed to God to remove the thorn but God never did.

Paul did not complain, curse or was dissatisfied in his suffering, he look at this difficulty with different perspectives, and learned within his sufferings and considered the thorn as a gift of God. Paul accepted this gift and rejoiced, became strong in his weakness and wrote letters joyfully from prison.

### 4 We praise because we are thankful to God

When we are willing to thank God in all our experiences, be it good or bad, then we will be able to praise God, and be joyful. God can use our experiences to become His witness before other people. So a person who is thankful will come to praise God.

Did Jesus not heal the ten who had leprosy? How many among them returned to thank Jesus? Only one! And he was a Samaritan, who came before Jesus to thank Him and praised God in a loud voice. So those who are thankful will come before God to worship Him and praise Him.

A person who loves God, a person who obeys God, a person who has experiences with God and a person who is thankful, he will come to praise God. May we become one of these person.

### Prayer

Abba Father who loves us, it is your grace that enabled us to praise you. Let us be able to be thankful and praise you every day, because your love to us is so long and wide and high and deep. Help us to bear good witness for you in all aspects of our lives. May others see your wonderful works and be willing to accept you, and come to praise you. In Jesus name we pray, Amen.

每日灵修

星期六 2020 12 月 12 日

标题:你们要赞美耶和华

作者:林金仪

翻译:

你们要赞美耶和华，在 神的圣所赞美他，在他显能力的穹苍赞美他！

要因他大能的作为赞美他，按著他极美的大德赞美他。

要用角声赞美他，鼓瑟、弹琴赞美他。

击鼓、跳舞赞美他，用丝弦的乐器和箫的声音赞美他。

用大响的钹赞美他，用高声的钹赞美他。

凡有气息的，都要赞美耶和华！你们要赞美耶和华！

诗篇 150 一开始就说“你们要赞美耶和华”。在结束的时候也说“你们要赞美耶和华”。

### 1 我们赞美是因为顺服上帝

赞美为何如此重要，且不说我们在赞美中得着了什么，也不说我们的上帝在赞美中得到任何满足。赞美的本身就是侍奉，就是最美的侍奉。是赞美让所有的侍奉都披上了喜乐和满足的荣耀，是赞美让我们的心灵被涤荡，思想被纯净，情操被升华，境界被提升，是赞美让生活美丽，让心灵纯洁，让上帝得到荣耀。赞美是愿意屈服于上帝面前。如果我们愿意顺服上帝，那我们就容易来赞美上帝。那些不愿意顺服上帝的人，就不容易来赞美上帝，因为他们不愿意让上帝来管理他的生命。

### 2 我们赞美是因为看见上帝的作为和属性

你有没有看过中国的黄山，你会不会说：哇，好雄伟，好漂亮。看到伟大的东西后我们的自然反应。那我们基督徒是赞美山，还是赞美创造这些雄伟的山的上帝？当然是上帝啦。这就是看到上帝伟大的作为而赞美上帝。又或者当群众看到耶稣使哑巴说话，残废的复原，瘸腿的行走，瞎眼的看见，就十分惊奇，哇，不得了，出了大神迹，所以，他们就赞美上帝。当人看到上帝在人的生命中伟大的作为而赞美上帝。对于我们的生命，我们有看到吗？

我们可以吃东西其实就应该感恩赞美上帝，因为有许多人喉咙有问题没有办法吃东西；有些人可以每天上厕所，也要感谢上帝，因为有许多人有排泄的问题；当我们选择愿意看见上帝的作为和属性时，我们就会常常赞美上帝。有一些人故意“视而不见”，就是明明是看见了，但却当作没看见。这“视而不见”让我们看不见上帝在我们日常生活中的作为，也不愿意赞美上帝，我们是这样的人吗？

### 3 我们赞美是因为经历上帝

看见上帝作为而对上帝有经历的人，就特别容易来赞美上帝。那你有没有看见上帝的作为而经历上帝呢？

我们经历上帝的好我们一般会赞美，因为上帝对我们好，上帝赐福我们，上帝让我们顺利，让我们有健康的身体，让我们的孩子孝顺，这些都让我们容易来赞美上帝。对于不好的事情呢？我们会赞美上帝吗？保罗是一个了不起的人物，他顺服上帝，也有特别的经历，他甚至去到第三层天，但保罗也面对许多的困难，其中一个是他身上的刺，让他非常的痛苦。保罗向上帝祈求把那根刺挪开，可是上帝却没有这样做。保罗在苦难时没有埋怨、咒诅和不满，但以不同的眼光看困难，还学习把不同苦难好这根刺看为上帝的恩赐，保罗接受这恩赐，因此喜乐起来，也在软弱中刚强，并写下喜乐的监狱书信。

#### 4 我们赞美是因为向上帝感恩

当我们愿意为我们所经历的一切，无论是好是坏，而向上帝感恩时，我们就会赞美上帝，就可以喜乐起来。上帝就可以使用我们这些经历来为上帝在人前做美好的见证。因此，一个懂得感恩的人，就会来赞美上帝。

耶稣不是治好了 10 个麻风病人吗？当中有几个人回来感谢耶稣？只有一个，而且还是撒玛利亚人，来到耶稣的面前，感谢耶稣，大声赞美上帝。所以，懂得感恩的人，就会回到上帝面前来敬拜祂，来赞美祂

一个爱上帝的人，一个顺服上帝的人，一个对上帝有经历的人，以及一个懂得感恩的人，他就会来赞美上帝。愿我们成为这样的人。

#### 祷告

爱我们的阿爸父，我们能来赞美你都是你的恩典，让我们每一天都懂得感恩和赞美你，因为您对我们的爱是何等的辽阔高深，求你让我们在生活中用各种方式活出美好的见证，让人看见你奇妙的作为，而愿意来接受你，来赞美你。奉耶稣的名祷告。阿门。

13 December 2020, Sunday

Title: Eye Diseases

By Elder Bryan Lee.

For with you is the fountain of life; in your light do we see light. – Psalm 36:9

Some weeks ago I woke up one morning and to my surprise and concern my left eye vision was blurred. Thank God my right eye vision was still good so I could go about my normal routine. But just in case it was developing into a more serious eye malady I went to see an eye doctor. After carrying out some tests the doctor said, “You have a cataract in your left eye which is blocking your vision and the only way to resolve the problem is to do eye surgery and replace the lens. “

So last week I went to have the surgery done on my left eye. The skilful doctor used ultrasound to blast and liquify my natural protein lens, simultaneously sucking out the debris and leaving the eye capsule intact. He then skillfully inserted an acrylic lens into the eye capsule ensuring it sits properly within. The whole process took about 20 minutes under local anaesthetic. After the surgery, I couldn't believe my eyes!

I told everyone “I can see !”

Thank God for the marvel of medical technology.

Without good eyesight, our world will gradually drift into darkness. Just as there is physical eye disease there is also spiritual eye disease.

As with my lens in my physical eye, our lens in our spiritual eyes can be clouded with the cataract of sin. And gradually we will drift into spiritual darkness.

Psalm 36:9b says .....\_in your light do we see light. Here we have the remedy for the spiritual eye disease. We must focus our spiritual eyes on God. God is light and in Him there is no darkness.

How do we care for our spiritual vision?

May I suggest we consistently do these two “simple things”.

Firstly, read the Word of God. Your word is a lamp to my feet and a light to my path (Psalm 119:105). As we allow God's word to transform us, our spiritual vision gets sharper and we avoid stumbling over the objects of sin in our walk with God.

Secondly, pray. When we come before God, darkness will disappear because God is light (1 Jh 1:5). We can hide from man but we cannot hide from God. Appearing before the throne of God means coming in humility to allow His search light to shine into our innermost being revealing our true condition stripped off all hypocrisy. When that happens our spiritual sight is restored.

Like I said these are “simple things” but doing them consistently is a difficult thing.

During this pandemic, I have learnt to exercise by brisk walking. I have set a target of 8000 steps daily. You can identify with me that it takes tremendous efforts and discipline to consistently meet the daily target.

Likewise, it takes tremendous efforts and discipline to consistently practice the above two spiritual disciplines of daily Bible reading and prayer.

If we want to see things with spiritual clarity there is no other way.

In your light do we see light.

O God,

Grant me the wisdom to know that being spiritually blind is worse than physical blindness. Today help me to return to consistent Bible reading and prayer that I may see things with spiritual clarity. In Jesus's name. Amen.

每日灵粮

星期日，2020 年 12 月 13 日

题目：眼疾

作者：李惠隆长老

翻译：杨仕涵弟兄

因为在你那里有生命的源头，在祢的光中我们必得见光。- 诗篇 36:9

在几周前一个早晨我起床时，令我惊讶的是，我的左眼视力模糊了。感谢上帝，我的右眼视力仍清晰，因此我能够照常办事。但为以防万一，不让这情况变得更严重的眼疾，我去看了眼科医生。在进行了一些测试之后，医生说：“你的左眼白内障阻碍了视力，唯一的解决方法是进行眼科手术并更换眼睛的晶状体。”

因此，上周我进行了左眼手术。熟练的医生使用超声击碎及乳化我天然的晶状体至乳糜状，同时把乳糜状物吸出并保持眼球囊完整。然后，他植入人工晶体，确保其正确放置在眼内。整个过程在局麻药下只花了大约 20 分钟。手术后我不敢相信自己的眼睛！

我告诉大家：“我能看见了！”

我为伟大的医疗技术感谢上帝。

没有清晰的视力，我们的世界将逐渐陷入黑暗。就像有物质性的眼疾一样，也有灵性的眼疾。

就像肉眼所见，灵性眼中的透镜会因罪恶的白内障而蒙上阴影。渐渐地，我们将陷入精神上的黑暗。

诗篇 36:9（下）写到：“...在你的光中我们必得见光”。在这里，我们有灵性眼疾的治疗方法。我们必须把属灵的眼睛专注于上帝。上帝是光，在他里面没有黑暗。

我们如何照顾我们的灵性视力？

我可以建议坚持做这两件“简单的事情”。

第一，阅读上帝的话。祢的话是我脚前的灯，是我路上的光（诗 119:105）。当我们让上帝的话改变我们时，我们的属灵视力将更加清晰，使我们也在我们与上帝同行的路程中能避免罪的绊脚石。

第二，祷告。当我们来到上帝面前时，黑暗将消失因为神就是光（约翰一书 1:5）。我们可以躲避人，但我们不能躲避上帝。来到上帝的宝座前就是谦卑自己，让祂的探照灯照入我们的心灵深处，揭示我们的真实状况，摆脱一切的虚伪。我们的属灵视力将因此恢复了。

就如我说的，这两件事是“简单的事情”，但持续地做并为困难的。

在这疫情期间，我学会了以快步走运动。我设定了每天 8000 步的目标。你可以和我一起认识到，要持续实现每日目标需要付出巨大的努力和纪律。

同样，要坚持不懈地实践日常阅读圣经和祷告这两件属灵操练，也需要付出巨大的努力和纪律。



如果我们想以属灵清晰的眼光看待事物，以上两件事是唯一的方法。

在祢的光中我们必得见光。

神啊，

赐我智慧晓得，失去属灵的眼光比失去属世的眼光更为严重。今天求祢回到坚持每日读经祷告，使我以清晰的属灵眼睛看到事物。奉主耶稣的名。阿门。

Monday 14th December 2020

Title: GOLDEN YEARS

Pastor Soong Kok Kee

Psalm 92:12,14 The righteous will flourish like a palm tree ...They will still bear fruit in old age, they will stay fresh and green.

The righteous will flourish like a palm tree. Palm trees are known for their long life. To flourish like palm trees means to stand tall and live long. The psalmist saw believers as upright, strong, and unmoved by the winds of circumstance. Those of us who place our faith firmly in God can have this strength and vitality. Not only that, but even in our old age, we still can bear fruit and stay fresh and green. Never look down on our golden years for here the psalmist assures us that we can still be fruitful.

An extensive study in the USA found that the most productive age in human life is between 60-70 years of age. The 2nd most productive stage of the human being is from 70 to 80 years of age. The 3rd most productive stage is from 50 to 60 years of age.

The average age of NOBEL PRIZE winners is 62 years old. The average age of the presidents of prominent companies in the world is 63 years. The average age of the pastors of the 100 largest churches in USA is 71. The average age of the Popes is 76 years.

This tells us in a way that it has been determined, that the best years of your life are between 60 and 80 years. A study published in New England Journal of Medicine found that at age 60, you reach the TOP of your potential and this continues into your 80s. Therefore, if you are between 60-70 or 70-80 you are in the BEST and 2nd best level of your life. (N.Engl.J.Med. 70,389 – 2018).

Just the other day as I walked up to the 1st floor flat of my father-in-law, I met a familiar old man sitting on the steps holding a walking stick. "Uncle, how have you been?" I asked, always greeting people as "uncle" to make myself feel younger. "How? At 80 plus, I am only sitting here waiting to die," he answered. How pathetic, isn't it? I should translate the above Journal article for him to read.

So my dear brothers and sisters, if you are a young person reading this, remember Ecclesiastes 12:1 "Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say 'I have no pleasure in them.'" And for us in our golden years, remember we can still bear fruits, fruits that will last. With all our experiences, good and bad, we can surely build some bridges for our younger travelers along life's way.

A pilgrim, going a lone highway  
Came at evening, cold and gray  
To a chasm, deep and vast and wide.  
The old man crossed in the twilight dim.  
The chasm held no fears for him  
But he paused when he reached the other side  
And built a bridge to span the tide.  
"Old man," said a fellow pilgrim near,  
"Why waste your time in building here?  
Your journey ends with the close of day  
You never again will pass this way.  
You've crossed the chasm deep and wide  
Why build ye here at eventide?"  
The pilgrim raised his old gray head,  
"My friend, in the path I've come," he said,  
"There followeth after me today  
A fair haired youth who must pass this way.  
The chasm which held no fears for me  
To the fair haired youth may a pitfall be.  
He, too, must cross in the twilight dim.  
My friend, I am building this bridge for him"  
(Building The Bridge, from Rare Old Chums. Will A. Dromgoole)

PRAYER :

Father God, we thank you for leading many of us to our golden years, for all the trials and blessings you have led us through. We thank you for reminding us that we are not to sit idle, that we still are able to bear fruits for you until you call us home. Help us to share our experiences with You to our fellow travelers, young and old, that they may not fall into some of the pitfalls that we had fallen into. That we may see them safe, eventually, on the other side of eternity.  
In Jesus' Name we pray  
AMEN.

每日灵粮

星期一，2020 年 12 月 14 日

标题：黄金岁月

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗 92:12,14】义人要发旺如棕树，...他们年老的时候仍要结果子，要满了汁浆而常发青。

义人要发旺如棕树。棕树因寿命长而闻名。发旺如棕树意味着屹立不倒和长寿。诗人认为信徒是正直、坚强且不受处境之风吹动的。我们坚信上帝的人可以拥有这种力量和活力。不仅如此，即使到了晚年，我们仍然可以结果子，经常保持茂盛青翠。永远不要小看我们的黄金岁月，因为在这里，诗人向我们保证，我们仍然可以硕果累累。

美国的一项广泛研究发现，人一生中最具生产力的年龄在 60-70 岁之间。人第二多产的年龄段是 70 到 80 岁。第三高生产力阶段是 50-60 岁。

诺贝尔奖得主的平均年龄为 62 岁。世界知名公司总裁的平均年龄为 63 岁。美国最大的 100 座教堂的牧师的平均年龄是 71 岁。教皇的平均年龄是 76 岁。

这在某种程度上告诉我们，您一生中最好的岁月介于 60 到 80 岁之间。发表在《新英格兰医学杂志》上的一项研究发现，60 岁时，您的潜能会达到顶峰，而且这种情况会一直持续到 80 多岁。因此，如果您的年龄介于 60-70 或 70-80 之间，您就处于人生最佳的和第二佳的水平。(N.Engl.J.Med. 70,389 – 2018)

就在前几天，当我走到我岳父的公寓的第一楼时，我遇到了一位熟悉的长者，他手持拐杖坐在台阶上。“叔叔，您最近好吗？”我问道，我总是以“叔叔”向人打招呼，让自己感觉更年轻。“能怎么样？80 多岁了，我只能坐在这里等死，”他回答说。多么可悲，不是吗？我应该把上面的这篇文章翻译给他看。

因此，我亲爱的兄弟姐妹们，如果您是阅读这篇文章的年轻人，请记住传道书 12:1 “在你们幼年的时候，在患难来临之前，你们要记念造物主，在你们说‘我不喜欢他们’的时候。”对于我们处于黄金岁月中的，请记住，我们仍然可以结果子，结出持久的果子。凭借我们所有的经验，无论是好的还是坏的，我们肯定可以为我们的年轻的天路客架起一些桥梁。

一个朝圣者，走在一条孤零零的高速公路上

夜幕低垂，冷清又灰暗

来到一个深邃、广袤、又宽阔的鸿沟。

老人在昏暗的暮色中走过

他对鸿沟毫无畏惧

但当他到达另一边时，他停了下来

并架起一座横跨潮汐的桥梁。

“老人家，”附近的一位朝圣者说，

“为什么要浪费你的时间在这里建设？

你的旅程随着一天的结束就终结了

你再也不会走这条路了。  
你已跨越了又深又宽的鸿沟  
为什么要在黄昏时分在这里建造呢？”  
朝圣者抬起他那灰白的头。  
“我的朋友，在我来的路上，”他说，  
“今天跟在我后面的  
是一位必须从这条路上经过金发青年。  
让我无所畏惧的鸿沟  
对金发青年可能是个陷阱。  
他也必须在昏暗的暮色中穿过。  
我的朋友，我正在为他建造这座桥。”

(Building The Bridge, from Rare Old Chums. Will A. Dromgoole)

祷告

父上帝，我们感谢祢带领我们许多人走向黄金岁月，感谢祢带领我们渡过所有的考验和祝福。我们感谢祢提醒我们不能无所事事，在祢恩召我们回天家之前，我们仍然能够为祢结果子。帮助我们能与同行的天路客分享我们与祢的经历，无论男女老少，使他们不会落入我们曾经落入的陷阱里。最终，我们可以看到他们安然无恙地在永恒里。  
我们奉耶稣的名祷告，阿们

Tuesday, 15 December 2020

Title: Joy To The World

By: Pastor Isaac Yim

Psalm 98:4-9, Psalm 96:11-12, Genesis 3:17-18

### **Joy to the World**

*Shout for joy to the Lord, all the earth (Psalm 98:4)*

Words by Isaac Watts, 1719, paraphrase of Psalm 98

Music by Lowell Mason, 1848, based on G.F. Handel

1. Joy to the world, the Lord is come!

Let earth receive her King!

Let ev'ry heart prepare Him room,

and heav'n and nature sing,

and heav'n and nature sing,

and heav'n, and heav'n and nature sing.

2. Joy to the earth, the Saviour reigns!

Let men their songs employ,

while fields and floods, rocks, hills, and plains

repeat the sounding joy,

repeat the sounding joy,

repeat, repeat the sounding joy.

3. No more let sins and sorrows grow,

nor thorns infest the ground;

He comes to make His blessings flow

far as the curse is found,

far as the curse is found,

far as, far as the curse is found.

4. He rules the world with truth and grace,

and makes the nations prove

the glories of His righteousness

and wonders of His Love,

and wonders of His love,

and wonders, wonders of His love.

"Joy to the World" becomes what it is today, due to the efforts of three people. It started with a poet named Isaac Watts (1674-1748). He was inspired by Psalm 98, and he paraphrased the entire Psalm (The Psalms of David, Imitated in the Language of the New Testament 1719). The first stanza was taken from this paraphrased of Psalm 98:4-9. Psalm 98 talks more about the second coming of Christ much more than the first coming.

If you look at Psalm 98, stanza three doesn't seem to fit in. This is an exception. The writer took this stanza from Genesis 3:17. This verse refers to God's prohibition for Adam and Eve to eat of the fruit from the tree of good and evil.

The “curse” is a direct reference from here. “Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life” (KJV).

The second person is the German musician by the name of George Frederic Handel, who was a contemporary of Isaac Watts, and was living in England. He is best known for his “Handel’s Messiah”.

The third person making this Christmas Carol, “Joy to the World”, is Lowell Mason (1792-1872). Isaac Watts wrote the words and George Frederic Handel put them to his music of “Handel’s Messiah”. Lowell Mason combined them into what we have today as “Joy to the World”. How wonderful that God took a British, a German and an American to respond to Psalm 98 in such a beautiful song of praise that we sing to Jesus, who brought JOY to the world.

The angel of the Lord declared to the shepherds, “Fear not, for behold, I bring you good news of great joy that will be for all people. For unto you is born this day in the city of David a Saviour, who is Christ the Lord” (Luke2:10-11 ESV). This is good news for all the people of the world, then and now!

Well, what’s so good about the announcement of this news at Christmas? Why sing this carol with such zest and exuberance? Watts answers this question in the third stanza, where he declares that Jesus has come to take away the curse of human sin and rebellion, through the death and resurrection of Jesus Christ, bringing us the blessings as “far as the curse is found.”

Jesus is the reason for the season. Joy to the World, the Lord is come! Let the earth receive her King! Let every heart prepare Him room. Christmas reminds us that God has given us the most precious gift of His Son, Jesus Christ. For many of us who have made room for Jesus, we experience the joy of sin being forgiven, the power to live in the freedom of the Lord and the assurance of eternal life.

During this Christmas season, as you write in your WhatsApp or other media, may we be angels proclaiming the Good News of the birth of Jesus, the JOY OF THE WORLD, by quoting Luke 2:10-11 at the end of your conversation or mail.

### **Prayer for Today**

Thank you, Jesus, real Christmas is having You in my heart as Lord and Saviour. Help me to treasure this precious gift and give me the boldness and urgency to share Jesus – the Joy of the World. In Jesus’ Name. Amen.

每日灵粮

星期二, 2020 年 12 月 15 日

标题: 普世欢腾

作者: 严以撒牧师

翻译: 陈晓佩姐妹

诗篇 98:4-9, 诗篇 96:11-12, 创世记 3:17-18

普世欢腾

全地都要向耶和华欢乐; 要发起大声, 欢呼歌颂! (诗篇 98:4)

词: 以撒•华滋 (Isaac Watts), 1719, 诗篇 98 篇的释义

编: 罗威尔•梅森 (Lowell Mason), 1848, 曲子来自乔治•弗里德里希•亨德尔 (George F. Handel)

1. 普世欢腾! 救主下降,

大地接她君王;

惟愿众心预备地方,

诸天万物歌唱,

诸天万物歌唱,

诸天, 诸天万物歌唱。

2. 普世欢腾! 主治万方,

万民首当颂赞;

沃野洪涛山石平原,

响应歌声嘹亮,

响应歌声嘹亮,

响应, 响应歌声嘹亮。

3. 罪恶忧伤, 不容再长

世途荆棘消亡;

化诅为恩, 永远弗屈,

到处主泽流长,

到处主泽流长,

到处, 到处主泽流长。

4. 主藉真理恩治万方,

要使万邦证明,

上主公义, 无限荣光,

主爱奇妙莫名,

主爱奇妙莫名,

主爱, 主爱奇妙莫名。

“普世欢腾”成为今天著名的圣诞颂歌是基于三个人的努力。它始于一位名叫以撒•华滋 (Isaac Watts, 1674-1748) 的诗人。他受到诗篇 98 篇的启发, 解述了整首诗篇(大卫的诗篇, 模拟新约圣经 1719 年的语言)。第一节节选自诗篇 98:4-9 的释义。与基督第一次降临相比, 诗篇 98 篇更多地讲述祂的第二次降临。

如果您看诗篇 98, (颂歌的) 第三节似乎不符, 这是个例外。作者取之于创世记 3:17。这经节提到上帝禁止亚当和夏娃吃善恶树上的果子。这个“诅咒”是从这里直接



引出的。“你不可吃的那树上的果子，地必为你的缘故受咒诅，你必终身劳苦才能从地里得吃的。”（和合本）

第二个人是德国音乐家乔治·弗里德里希·亨德尔(George Frederic Handel)，一位和以撒·华滋(Isaac Watts)同时代的人，住在英国。他以他的“亨德尔的弥赛亚颂”(Handel's Messiah)而著名。

制作这首圣诞颂歌，“普世欢腾”(Joy to the World)，的第三个人是罗威尔·梅森(Lowell Mason, 1792-1872)。以撒·华滋(Isaac Watts)作词而乔治·弗里德里希·亨德尔(George F. Handel)把词写进他的曲子“亨德尔的弥赛亚颂”(Handel's Messiah)中。罗威尔·梅森将它们组合，成了今天的“普世欢腾”(Joy To The World)。何等奇妙，上帝使用了一位英国人、一位德国人和一位美国人以一首优美的赞美诗歌来回应诗篇 98 篇，让我们歌颂带喜乐到世上的耶稣。

主的使者向牧羊人宣告：“不要惧怕！我报给你们大喜的信息，是关乎万民的；因今天在大卫的城里，为你们生了救主，就是主基督。”（路加福音 2:10-11 和合本）这对当时和现在的世界万民来说都是个好消息！

那么，圣诞节宣布这个消息有什么好处呢？为什么要如此热情洋溢地唱这首颂歌呢？华滋在颂歌的第三节回答了这个问题，他宣告耶稣降临是要除去人类因罪孽和叛逆的咒诅，通过耶稣基督的死和复活带给我们祝福，祂的恩泽无所不及，永远流长。

耶稣是这佳节的原因。普世欢腾，救主已降临！让大地接受她的君王吧！让众人的心都为祂预备地方。圣诞节提醒我们，上帝给了我们祂最宝贵的礼物，祂的儿子，耶稣基督。对于我们已预备了地方给耶稣的，我们经历罪得着赦免的喜乐，有力量在主的自由里活着并有着永生的确据。

在这个圣诞佳节，当您在 WhatsApp 或其他媒体书写时，愿我们作宣告普世欢腾、耶稣降生的好消息的使者，在您的交谈或邮件的结尾引述路加福音 2:10-11。

今日祷告

谢谢祢，耶稣，真正的圣诞节是有祢在我心中为主宰和救主。帮助我珍惜这份宝贵的礼物，并赐我勇气和迫切感去分享耶稣——全世界所有人的喜乐。奉耶稣的名。阿们。

Wednesday, 16th December 2020

Title: Come, bless the LORD, all you servants of the LORD.

Author: Pastor Wallace Ong

Psalm 134: 1 – 3

A Song of Ascents.

1 Come, bless the LORD, all you servants of the LORD,  
who stand by night in the house of the LORD!

2 Lift up your hands to the holy place  
and bless the LORD!

3 May the LORD bless you from Zion,  
he who made heaven and earth!

As Christians, we are called to be “servants of Christ.” What a joy and privilege to have God who made heaven and earth as our Lord! He knows how stubborn and imperfect we can be, He understands our hearts were wicked and prone to wander, and yet Christ died for us while we were still sinners.

It is truly a privilege, and wonderful to be the servant of the Lord MOST HIGH because He is the perfect King and God who loves us so dearly. We receive true peace in our heart, joy in our everyday living, and love abundance. We can then love, give and serve others with the love that He has bestowed upon us, and have the strength to forgive and forget the actions of those who were unkind to us.

When we come to our Lord and stand in His house, lift up our hands to the holy place of Zion and bless Him. This will help us constantly look to Him, adore Him, yield to the Holy Spirit, and He will enable us to bear good fruit.

As we consistently and daily abide in Him, we will find ourselves growing closer to Him, becoming stronger in faith, and feeling more secure in our relationship with Him. When we are filled with His love, joy, peace, and strength, we will be able to become His light and salt of this world, serving others with good works that glorify HIM.

Prayer:

Dear Heavenly Father, we are so thankful that we have been given the opportunity to be Your servant as well as Your children. As we see Your absolute and glorious attributes, we realized how far we have fallen short, and in so many ways. We thank You for Your continuous forgiveness and mercy. O Lord, give us a willing heart to accept and be led by Your Spirit. Guide us and teach us the way to serve You wholeheartedly. Thank You for what Jesus had done on the cross and Your way of redemption revealed in the Gospel. Strengthen our faith, O God, and use us in Your will to help others. Take away our selfishness and fill us with Your love and compassion. We pray in the name of Jesus. Amen.

每日灵粮

星期三, 2020 年 12 月 16 日

标题: 耶和华的仆人, 你们当称颂耶和華

作者: 王振威传道

翻译: 陈健萍姐妹

【诗篇 134:1-3】

[上行之诗。]

1 耶和华的仆人、夜间站在耶和華殿中的、你们当称颂耶和華。

2 你们当向圣所举手、称颂耶和華。

3 愿造天地的耶和華、从锡安赐福给你们。

身为基督徒, 我们被呼召作“基督的仆人”。有造天地的上帝为我们的主, 是何等的喜乐和荣幸! 祂知道我们有多顽梗和不完美, 祂知道我们的心邪恶, 且易于放荡, 然而基督却在我们还罪人的时候就为我们死了。

能成为至高的主的仆人, 着实是一种特权, 而且实在太美妙了, 因为祂是完美的君王, 是非常爱我们的上帝。我们心中得到真正的平安, 日常生活中得到喜乐, 在爱中也富足。我们进而

可以上帝赋予我们的爱去爱、给予和服事他人, 并有力量去原谅和忘记那些对我们不和善的人的行径。

我们来到我们的主前, 站在祂的殿中, 就当向锡安的圣所举手, 赞颂祂。这将有助于我们不断地仰望祂、崇拜祂、顺服圣灵, 祂将使我们结出好果子。

当我们持续地每天住在祂里面时, 我们会发现自己与祂越来越亲近, 在信心上变得更坚定, 在与祂的关系中感到更安稳。当我们被祂的爱、喜乐、平安和力量充满时, 我们就能成为祂在这世上的光和盐, 以荣耀祂的善行来服事他人。

祷告:

亲爱的天父, 我们非常感恩我们不仅是祢的孩子, 也有机会成为祢的仆人。当我们看见祢的绝对性和荣美的属性时, 我们便意识到我们在很多方面的亏缺。我们感谢祢不断的宽恕和怜悯。主啊, 求祢赐我们一颗愿意接受祢的灵并被祢的灵引导的心。指引我们并教导我们如何全心全意地事奉祢。我们为耶稣在十字架上所作的一切, 以及祢在福音中所启示的救赎之道而感谢祢。上帝阿, 坚定我们的信心, 使用我们在祢的旨意中帮助别人。求除去我们的自私, 以祢的爱和怜悯充满我们。我们奉耶稣的名祈祷。阿门。

Thursday, 17 December 2020

Title: Loving God and Man

Author: Arnold Lim

Psalm 18:1-2

I love you, O Lord, my strength

The Lord is my rock, my fortress, my deliverer;

My God is my rock in whom I take refuge.

He is my shield and the horn of my salvation, my stronghold

2020 has been a tumultuous year because of the Covid-19 pandemic.

So, what can we expect in 2021? Will it be a better year? It would appear that even with the vaccine, the lingering effects of the pandemic will persist for some time. We may have issues to resolve and conflicting demands on our time, all of which require urgent prayer.

But as we approach Christmas and the end of another year, perhaps first and foremost, we should examine our relationship with God and with Man. What do I mean?

#### Relationship with God

Let us start with Mark 12:30 which reads: "Love the Lord your God with all your heart and with all your soul, and with all your mind and with all your strength."

Do we love Him? Are we like the members of the Ephesians church in Revelations 2 who have forgotten their first love? By most measures, the Ephesians church was doing well. They were faulted by God only on this point – and they fell short.

It is because above all, God wants a close relationship with us – He loves us and He wants us to love Him. In other words, to have no other god or idol. (Exodus 20:2-4) In a warning found in 1 John 2:15-17, we are reminded not to love the world or anything in the world for the cravings of a sinful man, the lust of his eyes and the boasting of what he has and does, comes not from the Father but from the world.

#### Relationship with Man

The governing verse is found in Mark 12:31 which reads "Love your neighbour as yourself." As we love ourselves, we are to treat our neighbour with love. It is so critical that in 1 Corinthians 13:1-3, it says that we can have great gifts, great faith and great possessions to give to the poor, but without love, we are nothing. You can read the rest of 1 Corinthians 13 on your own.

Our God is a God who is, who was and who is to come. He is the same God. He walks in the midst of the seven golden lampstands, representing the seven churches in Revelation. He knows exactly what goes on in our church and by extension our homes. Nothing escapes Him.

The Lord offers us today a choice between “life and prosperity” and “death and adversity.” (paraphrased from Deuteronomy 30:15-20) If we choose to love our God, to walk in His ways, keep His commandments and His statutes, God will bless us. But if our hearts turn away and we do not obey and are instead drawn away to worship other gods and to serve them, we will perish.

However, our God is a loving God, slow to anger and abounding in love. Remember He caused His only Son to die on the cross for our sins so that we will have eternal life. If we repent and return to loving Him and obeying His commands, He will surely forgive us.

Love the Lord our God with all our hearts and with all our souls, and with all our minds and with all our strength! And love our neighbour as ourselves.

Prayer

Our God and Heavenly Father, we love You, O Lord.

Thank You for being our Rock, Fortress and Deliverer in 2020.

As we look forward to 2021, we pray that we will put You first in our lives – that we will not be distracted from our love for You by anything in this world. Grant us opportunities to stand up for You and share Your gospel message.

And grant us the wisdom to act with love in our dealings with others.

Grant us your grace, peace and protection.

We pray in Jesus’ name, Amen.

每日灵粮

星期四, 2020 年 12 月 17 日

标题: 爱神和人

作者: 林文礼弟兄

翻译: 薛秀合姐妹

【诗篇 18:1-2】

耶和華，我的力量啊，我爱你！

耶和華是我的岩石，我的山寨，我的救主，我的神，  
我的磐石，我所投靠的。

他是我的盾牌，是拯救我的角，是我的高台。

因着新冠肺炎流行病，2020 年是个动荡的一年。

那么，我们在 2021 年能期待什么呢？会是更好的一年吗？看来，即使有了疫苗，疫情挥之不去的影响也将持续一段时间。我们可能有一些问题要解决，并对我们时间的要求也相互矛盾，这一切都需要迫切祈祷。

然而随着圣诞节的临近和又一年的结束，也许最重要的是，我们应该审视我们与上帝和人的关系。我的意思是什么呢？

与上帝的关系

让我们从马可福音 12:30 开始，经文如此记载：“你要尽心、尽性、尽意、尽力爱主——你的神。”我们爱祂吗？我们是否像启示录 2 中的以弗所教会一样忘了起初的爱心呢？从大多数方面来看，以弗所教会都做得很好。仅在这一点上，他们受到上帝的责备——他们做得不够。

这是因为，最重要的是，上帝希望与我们建立亲密的关系——祂爱我们，祂希望我们也爱祂。换句话说，没有别的神或偶像。（出埃及记 20: 2-4）约翰一书 2:15-17 中的告诫提醒我们，不要为了一个罪人的欲望而去爱世界或世界上的任何事物，他眼目的情欲及对他所拥有和所做的吹嘘，都不是从父而来，乃是从世界来的。

与人的关系

有关的经节在马可福音 12:31，经文如此记载：“要爱人如己。”当我们爱自己时，我们也该以爱来对待我们的邻舍。至关重要的是，哥林多前书 13:1-3 中说道：我们可以拥有很棒的恩赐，伟大的信心和大量的财产周济穷人，但若没有爱，我们算不得什么。您可以自己阅读哥林多前书 13 章的其余部分。

我们的上帝是昔在、今在、以后永在的上帝。祂是同一位上帝。祂在启示录中代表七个教会的七个金灯台中间行走。祂清楚地知道我们的教会及延至我们家庭的状况。没有什么能逃得过祂。

今天，上帝为我们提供了“生与福”与“死与祸”之间的选择。（申命记 30:15-20 释义）如果我们选择爱我们的上帝，遵行祂的道，遵守祂的诫命与律例，上帝就会赐福给我们。但是，倘若我们的心偏离，不肯听从，反而被吸引去敬拜事奉别的神，我们将会灭亡。

然而，我们的上帝是一位慈爱的上帝，不轻易发怒，且有丰盛的慈爱。请记住，祂让自己的独生子在十字架上为我们的罪而死，好让我们有永生。如果我们悔改，回转去爱祂并遵从祂的诫命，祂一定会赦免我们。

我们要尽心、尽性、尽意、尽力爱主 — 我们的神！且要爱人如己。

祷告

主啊，我们的上帝和天父，我们爱祢。

感谢祢在 2020 年成为我们的岩石、我们的山寨和我们的救主。

当我们展望 2021 年的时候，我们祈祷我们会将祢放在我们生命中的第一位 — 求叫我们不会因这个世界上的任何事物而使我们对祢的爱分心。赐给我们有机会为祢站起来并分享祢的福音信息。

求赐予我们智慧，让我们在与他人交往时能以爱行事。

赐予我们祢的恩典、平安和保护。

我们奉耶稣的名祷告，阿门。

Friday, 18 December 2020

Title: God's ways are not our ways

By: Ps Cheng Cheung

Psalm 139: 5 & 6

You have encircled me behind and in front,

And placed Your hand upon me.

Such knowledge is too wonderful for me;

It is too high, I cannot comprehend it. (NASB)

You barricade me behind and in front,

and set your hand upon me.

Such knowledge is too wonderful for me.

It is set high; I cannot prevail against it. (LEB)

Those words in bold used to baffle me. Other translations use verbs such as hedged me behind and before and hem me in. Hem: is this similar to how a seamstress would hem all around the edge of a new skirt to prevent the garment from fraying?

Job chapter 1 throws light on the matter.

In that account the Lord asked Satan to consider Job, "a blameless and upright man, one who fears God and turns away from evil." But Satan sneered and countered, "9 . . . Is it for nothing that Job fears God? 10 Have you not made a hedge around him and his household and all that he has on every side?" The word in question (encircle, barricade, hedge, hem, enclose) is the same term used for the besieging of a city in battle so that all the escape routes are closed, thus "hemmed in" or "shut in" inescapably. Interestingly, it is a very strong statement of security for God's child.

But it is not imprisonment or bondage. The idea is that God has kept us there to steady us, to direct us, restrain us and keep us from running and escaping the situation<sup>1</sup>.

Let us not be mistaken – there will be times when our Heavenly Father does not deliver us from a very stressful predicament although He obviously can. On the contrary, in some situations He may even shut off all easy escape routes. But He stays close and guides us as we seek Him and place our trust in Him. This grows our faith and our understanding of God's ways. Through these invaluable, sometimes painful lessons, our relationship with our Heavenly Father is ultimately deepened.

This poem describes those difficult but familiar situations well:

Pressed out of measure, pressed beyond all length;

Pressed so intensely, it seems beyond strength;



Pressed in the body, pressed within the soul,  
Pressed in the mind till dark surges roll.  
Pressure by foes, and pressure from friends;  
Pressure on pressure, till life nearly ends;  
Pressed into loving both the staff and rod.  
Pressed into knowing no helper but God,  
Pressed into liberty where nothing clings,  
Pressed into faith for impossible things;  
Pressed into living a life in Christ the Lord,  
Pressed into living a life for Christ outpoured.<sup>2</sup>

This explains "You . . . place Your hand upon me" or "set Your hand upon me." It speaks of the palm of God's protective hand "cupped" over us, so that all our movements are within Our Father's protective grip. This is a wonderfully reassuring thought. The picture is similar the promise in John 10: 28 and 29 – . . . no one will snatch them out of My hand. . . and no one is able to snatch them out of the Father's hand.

On realising God's wonderful knowledge of his situation and how He helped him overcome the predicament, the psalmist could not help but exclaim in awe and wonder. "Such knowledge is too wonderful, too marvellous for me." Now I understand why I went through what I went through. God's knowledge of my frailties is beyond my range, beyond my reach and beyond my power. If He had not dealt with me the way He did, I would not have grasped the end result and could not have accepted it.

### My Prayer

Gracious Heavenly Father, I praise You for all that You are. Most of all, I am thankful that You are my Heavenly Father. You guide and teach, and You direct. You help me see me for what I am, and yet You do not condemn.

Thank you that You deal with me patiently, showing me my shortcomings. May I always be Your willing student. In Jesus' Name. Amen.

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<sup>1</sup> "Living the Psalms" – Charles Swindoll

<sup>2</sup> "Pressed Out of Measure" – Annie Johnson Flint

每日灵粮

星期五，2020 年 12 月 18 日

标题：陷入困境

作者：张祯祥传道

翻译：陈月妃姐妹

诗篇 139：5-6

你在我前后环绕我、按手在我身上。这样的知识奇妙、是我不能测的。至高、是我不能及的。

那些粗体字曾经让我感到困惑。其他的翻译版本使用动词，例如在我前后环绕我，并把我镶起来。裙子的镶边：这是否类似于一位女裁缝在新裙子的边沿缝上镶边以防止衣服磨损？

约伯记第 1 章阐明了这件事。

在这种情况下，上帝要求撒但把约伯视为是一个“完全正直、敬畏 神、远离恶事的人。”但撒旦冷笑着说，“9。。。约伯敬畏 神、岂是无故呢？你岂不是四面圈上篱笆围护他和他的家、并他一切所有的么？“这个词（包围、栅栏、树篱、边沿、围起来）与在战役中围困一个城市时所使用的术语是相同的，那么所有的逃跑路线都被封闭了，因此不可避免地“被包围”或“禁闭”。有趣的是，对上帝的孩子来说，这是一个非常有力的安全宣告。

但这并不是监禁或奴役。上帝把我们留在那里，是为了坚固我们，指引我们，约束我们，阻止我们从这个情况中逃跑<sup>1</sup>。

请不要误会—有些时候我们的天父虽然明明可以把我们从高压的困境中解救出来。相反的，在有些时候，祂甚至可能关闭了所有容易逃生的路线。但当我们寻求祂，并信任祂时，祂就会与我们亲近及引导我们。这就增强了我们的信心和对上帝方式的理解。通过这些宝贵的，有时是痛苦的教训，我们与天父的关系最终得以加深。

这首诗很好地阐述了那些困难而又熟悉的情况：

压得过大，压得过长；  
压力如此之大，似乎力不从心；  
压在身体里，压在灵魂内，  
压在心里直到黑暗涌动。  
敌人的压力，朋友的压力；  
重重的压力，直到生命几乎结束；  
被迫爱上了竿和杖。  
被迫知道除了上帝别无拯救，  
在没有任何东西依附的地方被压迫得自由，  
对不可能的事情坚信不疑；  
被迫在主基督里生活，  
被迫为基督而活。<sup>2</sup>

这就解释了“你。。。把你的手放在我身上”，这是说上帝的保护之手有如“杯状”把我们罩住，这样我们所有的行动都在我们父亲的保护之下。这是一个非常令人安心的想

法。这幅图和约翰福音 10:28 和 29 节相似。。谁也不能从我手里把他们夺去。。。谁也不能从我父手里把他们夺去。

当诗人意识到上帝对自己处境的奇妙了解以及祂如何帮助他克服困境时，诗人不禁惊叹不已。“这样的知识对我来说过于奇妙，是多么的不可思议。”如今我才明白我为什么要经历我所经历的一切。上帝对我的弱点的了解超出了我的想象。如果祂没有以如此的方式对待我，我就不能掌握，也不会接受最终的结果。

#### 我的祷告

慈爱的天父，我因你的一切而赞美你。最重要的是，我感谢你是我的天父。你指导我、教导我、引领我。你帮助我看清我的本来面目，却不定我的罪。

谢谢你耐心地对待我，让我看到我的缺点。愿我永远是你心甘情愿的学生。奉耶稣的名。阿门。

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<sup>1</sup> ”Living the Psalms” – Charles Swindoll

<sup>2</sup> “Pressed Out of Measure” – Annie Johnson Flint

Saturday, 19 December 2020

Topic: Praise be to God, who has not rejected my prayer or withheld his love from me!

Author: Pastor Johnson Chong

Translator: Lucy Ling

Psalm 66:18-20

18 If I had cherished sin in my heart, the Lord would not have listened;

19 but God has surely listened and has heard my prayer.

20 Praise be to God, who has not rejected my prayer or withheld his love from me!

Dear brothers and sisters, there are many promises of prayer in the Bible, showing how willing God is to listen and answer to the prayers of His children. Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."; Psalm 34:4 "I sought the Lord, and he answered me; he delivered me from all my fears." However, the Bible also mentions some reasons why prayers are not heard. If you ignore this aspect, you will feel pain, confusion, and even doubt.

Dear brothers and sisters, first of all, we know that we are not worthy of being answered, but we are fulfilled by asking in the name of the Lord. John 14:13 "And I will do whatever you ask in my name, so that the Father may be glorified in the Son." Dear brothers and sisters, our prayers must be in faith and seek in God's will. We should pray continuously and eagerly, not be discouraged, but rely on the help of the Holy Spirit.

On the other hand, we should remove the hindrances of prayer, as stated in Psalm 66:18 "If I had cherished sin in my heart, the Lord would not have listened." If we cannot abandon sin and refuse to remove worldly's possessions and things that are unacceptable to God while we are praying, and there are still filthy thoughts in our heart, then all these will hinder our devotional prayer. Because our sins have separated us from God, God's face has turned away, and it has prevented our prayers from reaching God, so we should carefully examine our actions before turning to the Lord. 1 Peter 3:7 "Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers." Matthew 6:14-15 "You forgive people's transgressions, and your heavenly Father will forgive your sins. If you don't forgive people's sins, your heavenly Father will not forgive your sins." Refusing to forgive and reconcile with others is wrong, because we cannot expect God to listen to us while we are not adhering to God's words.

Dear brothers and sisters, in light of this, we cannot blame God for not listening to our prayers, but should seek transformation in ourselves. If we obey His

commands and do what is pleasing to Him, we will receive what we ask. The power of righteous prayer is very effective, because God's eyes are on the righteous, and His ears listen to their cry.

Prayer:

Dear Abba Heavenly Father, we thank and praise you, because you are a God worthy of all praises. When we are in trouble, You guard and watch us. The Lord who loves us, tell us, "If I had cherished sin in my heart, the Lord would not have listened; " We ask the Holy Spirit to help us. We should change ourselves, obey Your commands and do all things pleasing to You, live according to Your will. " Praise be to God, who has not rejected my prayer or withheld His love from me!" Pray in the precious name of our Lord Jesus Christ, Amen

每日灵粮

星期六，2020 年 12 月 19 日

题目：神是应当称颂的。他并没有推却我的祷告，也没有叫他的慈爱离开我。

作者：张胜牧师

诗篇 66：18~20

18 我若心里注重罪孽，主必不听。

19 但神实在听见了。他侧耳听了我的祷告的声音。

20 神是应当称颂的。他并没有推却我的祷告，也没有叫他的慈爱离开我。

亲爱的弟兄姊妹，圣经中有很多关于祷告的应许，说明神是何等愿意听祂儿女们的祈祷，应允他们所求的。马太福音 7：7 “你们祈求，就给你们。寻找，就寻见。叩门，就给你们开门。”；诗篇 34：4 “我曾寻求耶和华，他就应允我，救我脱离了一切的恐惧。”然而圣经中也提到一些祷告不蒙垂听的原因，如果忽略了这方面会使人感到痛苦为难，甚至产生怀疑。

亲爱的弟兄姊妹，首先我们知道我们凭着自己是不配蒙应允的，乃是奉主的名求才蒙成就。约翰福音 14：13 “你们奉我的名，无论求什么，我必成就，叫父因儿子得荣耀。”亲爱的弟兄姊妹，我们的祷告也必须有信心，合乎神的旨意，妄求是得不着的。我们的祈求也要恒切，不要灰心，要靠着圣灵的帮助。

另一方面就是除去祷告的拦阻，就如这节诗篇所说：“我若心里注重罪孽，主必不听。”在任何时候，我们若一方面祷告，一方面却不能离开罪孽，不肯除去神所不喜欢的事，或者心里仍有污秽的思想，那就使祷告受到拦阻。因为你的罪孽使你与神隔绝，使神掩面，使你的祷告不能上达，所以我们当深深考察自己的行为，再归向耶和华。彼得前书 3：7 如果有人不敬重自己的妻子，甚至苦待她，就叫祷告受到拦阻。马太福音 6：14~15 “你们饶恕人的过犯，你们的天父也必饶恕你们的过犯。你们不饶恕人的过犯，你们的天父也必不饶恕你们的过犯。”不肯饶恕人的过犯，不与人和好也不行，因为我们不能盼望神只听我们的话，而我们不听神的话。

亲爱的弟兄姊妹，所以我们不能怪神不听祷告，而应当改变自己。如果遵守祂的命令，行祂喜悦的事，我们一切所求的就从祂得着。义人祈祷所发的力量是大有功效的，因神的眼目看顾义人，祂的耳朵听他们的呼求。

祷告：

亲爱的阿爸天父，我们感谢赞美你，因你是那位配得一切赞美的神。当我们身处患难之中时，神啊你仍然保守和看顾我们。爱我们的主，你也告诉我们，“我若心里注重罪孽，主必不听。”我们祈求圣灵帮助我们，在许多的事上，我们应当改变自己，遵守你的命令，行你所喜悦的事，更走在主你的旨意当中。“神是应当称颂的。他并没有推却我的祷告，也没有叫他的慈爱离开我。”奉主耶稣基督宝贵的名祷告，阿门。

Sunday, 20 December 2020

Title: My Family in Jesus

By Elder Tan Seng Kee

### Psalm 127 & 128

Uncle C and AML, both in their 80s, painstakingly nurtured a potted chili plant to full bloom to give me a head start in my erstwhile gardening attempts. Auntie B calls me more often than I her to see if my family and I are well. Sister FY and LL are ever dependable administrators for all matters of the CG. Sister SY rewards us with home grown pesticide free fruits and vegetables from her home garden. Sister KL and Auntie A cook us porky dishes the likes of which easily converts vegans to 'carnivore'. Brother YS gave me a note book and meticulously looks to see if I make use of it. Sister YL, LJ and SM attempt all the questions to fill in the sometimes silent void in our CG question times. Sister AL encourages us all by her faith and prayers. Our dear MY always has a thoughtful, considered answer (being a retired university academic of senior ranking). Sister SM is first in class every Friday morning. Auntie J reads loud and clear. LSL and SH are ready to go out of their way to fetch anyone that needs a ride. Brothers SC just joined us and W is the youngest in our Karis CG family.

The psalmist in Psalm 127 and 128 lauds the value of having a big family with all the usual components of a father to head the family, the mother to bear children and children to work and defend the family. A large family is treasured and as for me I come from a large family of 6 siblings and we literally form a half football team in my old Chow Kit neighborhood where I grew up. A family is not immune from occasions of quarrels and disputes. There will be days when seemingly unkind words are said in a family. However what distinguishes a family that God favors, based on my reading of Psalm 127 & 128 is as follows:

1. Psalm 127:1 tells us that "Unless the Lord builds the house, the builders labor in vain." This statement squarely points to a family that flourishes must put God in the center of its family life. So coming together for prayers, seeking God for wisdom in times of trials, turning to find refuge and rest in God must be the norm of a godly family.

2. Psalm 127:3 reminds us that children (members of our family) are a heritage (handed down) from the Lord to us. It tells us that a family must always acknowledge God's blessing of the family and we must thank God for the rich blessing of a family for us to love and for them to love and care for me in return.

Psalms 128: 5 & 6 pronounces a blessing from the Lord for a family to grow to "see Jerusalem prospers as long as you live." This alludes to God's blessing a

family with a place of shelter, a home where there is peace and rest and most importantly, where God dwells with the family. The family built by God is also blessed by God to “see the good of Jerusalem”.

I see over the last 25 years all those blessings described in Psalm 127 & 128 over the family of the Karis CG of which I am a member. Today we are still 20 strong and several are in their 80s and 90s. We missed each other a lot over the last 9 months of Covid lockdown and only recently we met again via Zoom meet. I find in the Karis CG a family of endearing love, affection, care and attention on details relating to any of us in the CG.

I praise God for my earthly biological family but I stare in amazement before our great God for my Karis CG family. The Karis CG is a family that God builds; we are happy to be in this family of God and God has blessed us abundantly when we can see “Jerusalem prosperity” so long as we live. My challenge for you (if you are not already in a PBC CG) is to join a PBC CG and together let us enjoy and see the goodness of God reflected and lived out through the lives of fellow brothers and sisters in a PBC CG.

Prayer:

Dear God, thank You for my biological family and at the same time I praise You for my spiritual family of everyone in Jesus. In Jesus’ name. Amen.



每日灵粮

星期日，2020 年 12 月 20 日

标题：在耶稣里的家人

讲员：陈诚基长老

翻译：巫惠如姐妹

## 诗篇 127 & 128

80 多岁的 C 叔和 AML 煞费苦心地种了一盆辣椒，让我在尝试园艺时有好的开始。相较下，B 阿姨打电话问候我家人的次数远多过我打给她的次数。FY 姐妹和 LL 在小组的所有事务上都管理得井井有条。SY 姐妹与我们分享她花园里的无农药蔬果。KL 姐妹和 A 阿姨为我们煮的猪肉菜肴，美味的程度很容易把素食者变成“肉食者”。YS 哥不但给了我一本笔记本，还仔细地观察我是否使用了它。YL 姐妹、LJ 姐妹和 SM 姐妹都会尝试回答小组所思考的问题，来填补偶尔的沉默。AL 姐妹以她的信仰和祈祷鼓励我们。作为一名退休的资深大学教师，我们亲爱的 MY 总会有深思熟虑的观点。SM 姐妹是每周五的课最早到的一位。J 嫂朗读时清晰明了。LSL 和 SH 随时准备接任何需要搭便车的人。SC 兄弟刚加入我们，W 则是我们 Karis 小组家族中最年轻的。

诗人分别在诗篇 127 和 128 中赞扬了一个大家庭的价值。如大部分家庭的组成，这个大家庭由父亲领导，母亲生育孩子，孩子工作并捍卫家庭。一个大家庭是很珍贵的，而我来自一个有六位兄弟姐妹的大家庭，在我老家秋杰区可以组成半个足球队。一个家庭无法避免争吵和纠纷。有些时候，我们在家里会听到一些不怎么友善的言语。然而，根据我对诗篇 127 和 128 的解读，上帝所喜悦的家庭有以下显著特征：

1. 诗篇 127:1 告诉我们，“若不是耶和华建造房屋，建造的人就枉然劳力”。这表明一个繁荣的家庭必须把上帝摆在首位。因此，虔诚的家庭必定一同为彼此代祷，在困难中寻求上帝和他的智慧，在患难中转向上帝并靠主得安稳。

2. 诗篇 127:3 提醒我们，孩子（我们家庭成员）是上帝所赐的产业。这节经文说道，家庭必须承认上帝对家庭的祝福，我们也必须感谢上帝，因为他赐我们丰厚的祝福，我们能够透过家庭彼此相爱。

诗篇 128:5~6 宣称上帝的祝福，使一家人能“一生一世看见耶路撒冷的好处”。这暗示着上帝赐予一家人有住所，享安宁和休息，最重要的是，上帝住在这家人里面。上帝所建立的家庭备受祝福，可“看见耶路撒冷的好处”。

在过去的 25 年里，我在 Karis 小组家族里见证了诗篇 127~128 所描述的各样祝福。如今，我们有 20 位成员，而且有几位已 80 和 90 多岁。在疫情封锁的 9 个月里，我们特别想念在一起的时间，直到最近我们才通过 Zoom 再次在线上联系。在 Karis 小组，我发现每一位成员都很有爱心、并常关心和关注小组的成员。

我赞美上帝，赞美我在世上的原生家庭，但当我来到伟大的上帝面前，赞我叹在主里的 Karis 小组。Karis 小组是上帝建立的家族；我们很高兴地一同生活，而上帝赐予我

们极大的祝福，因为我们一生一世能看到“耶路撒冷的好处”。如果你还没有加入班底浸信教会的小组，我挑战你加入小组。让我们一同享受并见证上帝的美善，反映在小组的成员生命里。

祈祷：亲爱的上帝，我因我的原生家庭感谢你，同时我也因我在耶稣里的属灵家庭赞扬你。奉耶稣的名祷告，阿门。

Monday 21st December 2020

Title: FIND TIME WITH GOD

Pastor Soong Kok Kee

Psalm 5:3 In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation .

The secret of a close relationship with God is to pray to Him earnestly each morning. Although David was the King of Israel, yet he found time to talk to his God. And here he says he does it in the morning. The first thing he did after he got up was to lay his requests before God. Regular daily communication helps any friendship and is certainly even more necessary for a strong and intimate relationship with our God. We need to daily communicate with God through prayer and the reading of His Word.

It was more than 55 years ago that A.W. Tozer said, "Modern civilization is so complex as to make the devotional life all but impossible." He wrote these words long before email, the Internet, 500-channel TV, smart phone and a thousand and one other "time-saving" technologies began to rob us of so much of our time.

But it is not just electronic obstacles and modern complexities that hinder our devotional life. More often than we want to admit, the biggest hindrance and problem to establishing a close and intimate time with God is not something outside of ourselves. It's our reluctance to choose to spend time with God in prayer and Bible reading.

Try these three steps:-

First – we must confess our failure to make time for God. If we can spend countless hours on the internet, Facebook, Smart phone etc etc etc.... how come we cannot find time to be with our God?

Second – we need to recognize that spending time with God is essential for our spiritual lives. We must realize that it is as important to us as making sure we have enough food and drink every day. We can't survive long without either of that.

Third – we must develop a plan. In Psalm 5:3, David says he scheduled a special time with God in the mornings. We all know mornings would be the best time as our minds are fresh after a good night's sleep. But city dwellers would find that hard to practise, as they have to be on the road before 7 am to beat the traffic. Students will usually be picked up by school buses at 6am.

I think the most important thing is to schedule a time. I know of some brothers and sisters in the above category who spend their time with God during their lunch break. They will either bring their lunch to work or have a quick lunch and then rush back to the office to have their time with God. Some do it after their

dinner or before they sleep. Whatever time you choose, you must be consistent until you find it necessary to choose another time. You can't be doing it in the morning one day, lunch time the next day, and before you sleep the day after that – by the fourth day, you would have forgotten whether you have done it or not!

Spending time with God by reading His Word and talking to Him in prayer is so important for the growth of our spiritual life.

An Unknown Author penned the following, titled...

#### NEVER FOUND TIME

I knelt to pray, but not for long.  
I had too much to do.  
Must hurry off and get to work,  
For bills would soon be due.  
And so I said a hurried prayer,  
Jumped up from off my knees,  
My Christian duties now were done,  
My soul could be at ease.  
All through the day I had no time  
To speak a word of cheer;  
No time to speak of Christ to friends,  
They'd laugh at me I feared.  
No time, no time, too much to do.  
That was my constant cry;  
No time to give to those in need –  
At last, t'was time to die.  
And then before the Lord I came,  
I stood with downcast eyes;  
Within His hands He held a book –  
It was the "Book of Life."  
God looked into His book and said,  
"Your name I cannot find,"  
"I once was going to write it down,  
But never found the time."

#### PRAYER:

Dear Lord, help us not to be too busy in the business of this world that we forget to find time with you. Help us to set our priorities right, Lord. Help us to love You with all our hearts and with all our souls and with all our minds and with all our strength and our neighbor as ourselves. Help us to seek first your kingdom and

your righteousness and all that we need will be given to us. In Jesus' precious Name we pray, AMEN.

每日灵粮

星期一，2020 年 12 月 21 日

标题：花时间与上帝相处

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗 5:3】耶和華啊，早晨你必听我的声音；早晨我要向你陈明我的心思，并要警醒。

与上帝建立亲密关系的秘诀，就是每天早晨热切地向祂祈祷。尽管大卫贵为以色列的国王，但他花时间与他的上帝交谈。他在这里说他早上亲近上帝。他起床后做的第一件事就是向上帝陈明他的心思。定期的日常交流有助于任何的交情，对于与我们的上帝建立牢固和亲密的关系来说，这当然更是必要的。我们需要每天通过祈祷和读圣经与上帝沟通。

超过 55 年前，陶恕(A.W. Tozer)说过：“现代文明如此复杂，以至于几乎不可能有灵修的生活。”早在电子邮件、互联网、500 频道电视、智能手机以及上千种其他“省时”技术开始抢走我们如此多的时间之前，他就写下了这些话。

但是，妨碍我们灵修生活的不仅仅是电子障碍和现代复杂性。我们往往不想承认的，与上帝建立密切和亲密时光的最大阻力和问题并不是我们自己以外的东西，而是我们不愿意选择花时间藉着祷告和阅读圣经与上帝共处。

请尝试以下三个步骤：

首先，我们必须承认我们没有为上帝腾出时间。如果我们可以在互联网、面书（Facebook）、智能手机等等上花费无数的时间……为什么我们找不到时间与我们的上帝独处呢？

第二，我们需要认识到，花时间与上帝独处对于我们的属灵生命至关重要。我们必须意识到，这对我们和确保每天有足够的食物和饮料一样重要。这二者缺一，我们都活不了多久。

第三，我们必须制定一项计划。大卫在诗篇 5:3 中说，他在每早晨安排一段特别的时间与上帝独处。我们都知道早晨是最好的时间，因为睡了一夜好觉后我们的头脑会很清醒。但城市居民会发现这很难实行，因为他们必须在早上 7 点之前上路才能避开交通堵塞。学生通常在早上 6 点乘搭校车上学。

我认为最重要的是安排一个时间。我认识一些上述类型的兄弟姐妹，他们在午休时间与上帝共度时光。他们要么带午餐去上班，要么匆匆吃一顿午餐，然后赶回办公室与上帝独处。有些人在晚饭后或睡觉前这样做。无论您选择什么时间，都必须保持一致，直到您发现有必要选择另一个时间。您无法一天选择在早晨，第二天选择在午餐时间，之后的一天却选择在睡觉之前 – 到第四天时，您会忘记自己是否已经花时间与上帝独处了！

花时间与上帝独处，阅读祂的话语，并在祷告中与祂交谈，这对我们属灵生命的成长非常重要。

一位不知名的作家撰写了以下诗句，标题是...

从未找到时间

我跪下来祈祷，但时间不长。  
我有太多事要做。  
必须赶快去上班，  
因为账单很快就要到期了。  
于是我匆忙祈祷，  
从我膝盖上跳了起来，  
我现在已经完成了基督徒职责，  
我的灵魂就可以安心了。  
我整天都没有时间  
说一句欢愉的话；  
没时间跟朋友提及基督，  
我怕他们会嘲笑我。  
没有时间，没有时间，要做的太多了。  
那是我不断的呐喊；  
没有时间给需要帮助的人—  
最后，是时候该死了。  
然后，我来到主前，  
我垂头丧气地站着；  
祂手里拿着一本书—  
那是《生命册》。  
上帝看着祂的书说，  
“我找不到你的名字，”  
“我曾经要把它写下来，  
但从未找到时间。”

祈祷：

亲爱的主，求祢帮助我们不要因这个世界的事务而忙得不可开交，以至于我们忘记与您共度时光。主啊，求祢帮助我们把优先次序摆在正确的位置上。帮助我们尽心、尽性、尽意、尽力，爱祢和爱邻舍如同自己。求帮助我们先寻求祢的国和祢的义，我们所需要的一切都要加给我们了。奉耶稣宝贵的名祷告，阿门。

Tuesday, 22 December 2020

Title: Christ Is Born! Let The Earth Rejoice!

By: Pastor Isaac Yim

Psalm 96:11-13 (NLT)

11 Let the heavens be glad, and the earth rejoice!

Let the sea and everything in it shout his praise!

12 Let the fields and their crops burst out with joy!

Let the trees of the forest sing for joy

13 before the Lord, for he is coming!

He is coming to judge the earth.

He will judge the world with justice,

and the nations with his truth.

Nobody had anticipated what 2020 would be like. The Covid-19 pandemic has caught the world by surprise. This tiny virus has disrupted everything that goes on in the world. Travel is affected. Trade and commerce are almost at a standstill. Factories, chain-stores, big and small retail outlets, restaurants, banking and finance are all affected. Tens of thousands of people have lost their jobs. Families are displaced and disrupted. Untold suffering is found everywhere. This will certainly dampen the joyous mood of Christmas. It will be very difficult for people to sing "Joy To The World" and celebrate.

In fact, the background of Jesus's birth then – "the hopes and fears of all the years" – was not very different from now. Yes, it was in such darkness that Jesus came as the Light of the Word. It was in such helpless and hopeless situation that Jesus came to be the Deliverer. It was in the midst of such darkness and death that He came to bring salvation to all mankind.

Thus, the coming of the Messiah was a grand event. The Psalmist exults the whole earth to break forth in jubilant and triumphant celebration. The world is expecting the Messiah to be a great and mighty king, not one born weak and vulnerable in a cow shed. He was meek and gentle. Psalms 96, 97 and 98 are referred to as "enthronement psalms" by scholars. These Psalms sing praise to Yahweh, as King who is enthroned over the whole earth. These Psalms also talk about the second coming of Jesus Christ, when He will come as the Judge (Psalm. 96:13). In Psalm 96:2, He comes to deliver and bring good news of salvation, but He is coming also as the righteous Judge. God's salvation, deliverance and judgment are all worthy of praise.

Prayer

As we celebrate Christmas, let us pray for the world we are in.



1. Prayer for world peace (Psalm 96:7&10; Psalm 97:1&6; Psalm 98:4.): O Lord, we proclaim the birth of Christ; may the people of the world be willing to turn from darkness to the Light of His truth. May Your Holy Spirit come into the hearts of those who are under bondage of fear and despair, and set free those who are bound by an addiction of sinful habits.
2. Prayer for wisdom and discernment living in our fragile world (Psalm 96:11-12; Psalm 98:7-9a.): Lord help us to follow the steps of good and godly people, and help us to stay on the path of integrity and righteousness.
3. Prayer for justice and equity in the nations of the world (Psalm 96:13b-c; Psalm 98:9b-c.): Lord, we pray the weak will be protected, the poor and hungry will be fed. We pray that the world will work towards peace that builds on justice, and justice will be guided by love.

May I close with this blessing from Psalm 97:11-12 (NLT) for this Christmas season:

Light shines on the godly,  
And joy on those whose hearts are right.  
May all who are godly rejoice in the Lord  
And praise His holy name!  
And may the blessing of God,  
Father, Son and Holy spirit,  
Be with you during this Christmas Season,  
And remain with you throughout the year.  
Amen.

(Howard Wallace's Home Page, Old Testament Lectionary Resources Year A, Year B, Year C.)

星期二, 2020 年 12 月 22 日

标题: 基督已诞生! 愿全地欢呼!

作者: 严以撒牧师

翻译: 陈晓佩姐妹

【诗篇 96:11-13】 (和合本)

11 愿天欢喜, 愿地快乐! 愿海和其中所充满的澎湃!

12 愿田和其中所有的都欢乐! 那时, 林中的树木都要在耶和華面前欢呼。

13 因为祂来了, 祂来要审判全地。祂要按公义审判世界, 按祂的信实审判万民。

没有人预料到 2020 年会是怎样的情况。新冠疫情让世界措手不及了。这细小的病毒扰乱了世界所有的事情。旅行受到影响, 贸易和商业几乎停滞不前; 工厂、连锁店、大型和小型的零售店、餐馆、银行和金融业都受到影响。成千上万的人失业, 家庭流离失所和破裂; 到处都有难言的痛苦。这无疑抑制了圣诞节的欢乐心情, 人人都觉得很难唱出“普世欢腾”来庆祝。

事实上, 耶稣诞生其时的背景 – “多年的盼望和恐惧” – 与现在并没有很大分别。是的, 耶稣就是在如此的黑暗中降临成为世上的光。在一个这般无助和绝望的情况下, 耶稣来到成为拯救者; 就是在这样的黑暗并死亡里, 祂带来了全人类的救恩。

因此, 弥赛亚的到来是一个重大的事件。诗人欢呼全世界皆欣喜欢腾地庆贺。世界期望弥赛亚是一位伟大而强大的君王, 而不是出生在马槽里的柔弱并脆弱的王。祂温顺而柔和。诗篇 96、97、98 被学者称为“登基的诗篇”。这些诗篇歌颂耶和華登基为全世界的王。这些诗篇也谈到耶稣基督的第二次降临, 当祂来作审判者的时候(诗篇 96:13)。在诗篇 96:2 中, 祂降临传递并带来救恩的好消息, 但祂也是作为公义的审判官到来。上帝的救恩、拯救并审判都配得一切的颂赞。

在我们庆祝圣诞节之际, 让我们为我们所处的世界祈祷。

1. 为世界和平祷告(诗篇 96:7&10; 诗篇 97:1&6; 诗篇 98:4): 主啊, 我们宣扬基督的诞生; 愿世上的万民愿意从黑暗转向祂真理的光。愿祢的圣灵进入那些被恐惧和绝望所束缚的人心中, 并释放那些被罪恶习惯束缚的人。

2. 为我们生活在脆弱世界有智慧和洞察力祈祷(诗篇 96:11-12; 诗篇 98:7-9a): 主啊, 帮助我们跟随良善并虔诚的人的脚步, 帮助我们持守在正直和公义的道路上。

3. 为世界各国的正义和公平祈祷(诗篇 96:13b-c; 诗篇 98:9b-c): 主啊, 我们为软弱得到保护、贫穷和饥饿的得到喂养来祷告。我们祈求世界将努力实现建立在正义基础上的和平, 正义将由爱引导。

在这圣诞时节, 让我以诗篇 97:11-12 (和合本) 的祝福作为结束:

散布亮光是为义人; 预备喜乐是为正直人。

你们义人当靠耶和華欢喜, 称谢祂可记念的圣名。

愿上帝的祝福,

圣父、圣子和圣灵,

在这个圣诞佳节与你们同在,

并在新的一年里继续与你们同在。

阿们。

(Howard Wallace's Home Page, Old Testament Lectionary Resources Year A, Year B, Year C.)

Wednesday, 23 December 2020

Title: Shout for joy before the LORD, the King

Author: Pastor Wallace Ong

Psalm 98:4-6

4 Shout for joy to the LORD, all the earth,  
burst into jubilant song with music;  
5 make music to the LORD with the harp,  
with the harp and the sound of singing,  
6 with trumpets and the blast of the ram's horn—  
shout for joy before the LORD, the King.

Last Monday morning, I went out to have breakfast with two of my high school friends. I have not seen them for more than 2 years. After we exchanged greetings and had our food ordered, they started to complain about the situations in the world starting with the US President, followed by the Thailand Prime Minister. They then moved on to England, Korea, Indonesia, and finally back to the local situations in our own country. After listening to all their discussion and criticism, I asked them to share some of their possible solutions and ideas of hope for the betterment of our country. Will the world become a better place for our children and grandchildren to live in, with the advancement of knowledge and technology? They laughed, and in sarcasm responded, "Maybe we can find such a possibility in outer-space!" I continued, "but even there, it will still be ruled by men, — do you think human beings will behave differently in outer-space?" When they were silent and became more sober, I seized the opportunity to share the gospel with them. Deep in my heart, I was rejoicing, knowing that my family and I have the hope and peace that comes from God who created heaven and earth. We know from the Bible why we are here, where we are heading, and how we will end up. I would love to have my friends share this real joy and hope as well.

As we look around our world today, we see tragic news all over the media every day. There are violence, natural disasters, diseases, sicknesses, pestilence, wicked leaders, corrupt governments, conflicts and wars, and wanton abuse of power by those in authority. We live in a fallen world. Darkness has become the order of the day. Evil and injustice have dominated the worldly system and there is no one on earth who could stop it. There is no safe place for us to seek refuge in this world. However, from the biblical perspective, we learn that God has a great plan for all of us. He sent Jesus to die for our sins on the cross and made an eternal covenant with us. He establishes His kingdom and has made all of us who believe in the name of Jesus to be His people and His children. His kingdom will last forever and it will be peaceful, safe and secure. He will be the perfect King who is forever good, righteous and full of love. Therefore, in this Christmas season, we who believe in the name of Jesus should praise His name with songs

and shout with exceeding joy, acknowledging what God had done for us now and forever more.

Prayer:

Dear Heavenly Father,

Thank You for Your wonderful love for us. Thank You for sending Your son Jesus to come to this world in human form, died for our sins, and be our King forever. Christmas is a reminder to us that we are celebrating such a wonderful gift that You have given to us. Oh Lord, we rejoice and praise You for what You have done for us, and that You continue to pour out Your love to us. Thank You for the hope given to us, and the Spirit who lives within us that gives us courage and strength to overcome the sufferings in this fallen world. As we celebrate this Christmas, also help us to remember all those who still do not know You; remember our family members, co-workers, friends, neighbors, and people around us. Give us the love and courage to share this wonderful news to them, so that they too may know You and receive Christ as their King and celebrate Christmas together with us.

In the name of Jesus, I pray. Amen.

每日灵粮

星期三, 2020 年 12 月 23 日

标题: 在大君王耶和华面前欢呼

作者: 王振威传道

翻译: 陈健萍姐妹

【诗篇 98:4-6】

4 全地都要向耶和华欢乐。要发起大声、欢呼歌颂。

5 要用琴歌颂耶和华、用琴和诗歌的声音歌颂他。

6 用号和角声、在大君王耶和华面前欢呼。

上周一早上,我和我的两位高中朋友出去吃早餐。我已经两年多没见过他们了。在我们互致问候并点了食物后,他们便开始抱怨世界局势,从美国总统开始,接着是泰国总理;然后他们又聊至英国、韩国、印度尼西亚,最后又回到了我们国家本地的情况。听了他们所有的讨论和批评后,我请他们分享一些可能的解决方案和希望我们国家变得更好的想法。随着知识和技术的进步,世界是否会成为我们子孙后代生活更好的地方?他们笑了,并带讽刺地回答说:“也许我们可以在外太空找到这样的可能性!”我接着说:“但即使在那里,它仍然将由人统治 — 你们认为人类在外太空的行为会不同吗?”当他们安静下来,变得更冷静时,我抓住机会与他们分享福音。在我内心深处,我欣喜若狂,因为我知道我和我的家人从创造天地的上帝那里得到了盼望与平安。我们从圣经中知道我们为什么在这里、我们将往哪里去,以及我们最终的结果会是如何。我愿望我的朋友们也能分享这份真正的喜乐和盼望。

当我们环顾今天的世界时,我们每天都会在媒体上看到悲剧性的新闻。有暴力、自然灾害、疾病、病痛、瘟疫,有邪恶的领导人、腐败的政府,有冲突和战争,也有当权者肆意滥用权力。我们生活在一个堕落的世界里。黑暗已是习尚,屡见不鲜了。邪恶和不公正主宰了世俗体系,世上没有人可以阻止它。在这个世界上,我们没有安全的地方可以寻求庇护。然而,从圣经的角度来看,我们知道上帝对我们所有人都有一个伟大的计划。祂差遣耶稣为我们的罪死在十字架上,并与我们立下永恒的约。祂建立了祂的国度,并使我们所有信奉耶稣之名的人成为祂的子民和儿女。祂的国度将永远长存,且将是和平、安全和有保障的。祂将是永远善良、公义,而且充满爱的完美君王。因此,在这个圣诞时节,我们相信耶稣之名的人,应该以无比的喜乐欢呼赞颂祂的名,感谢上帝从今时直到永远为我们所作的一切。

祈祷

亲爱的天父,

感谢祢对我们奇妙的爱。感谢祢差遣祢的儿子耶稣取了人的样式来到这个世界,为我们的罪而死,永远作我们的王。圣诞节提醒我们,我们在庆贺祢所赐给我们的如此美妙的礼物。主啊,我们欢欣并赞美祢为我们所作的一切,而且祢将继续向我们倾注祢的爱。感谢祢赐给我们盼望与内住的圣灵,使我们有勇气和力量胜过这个堕落世界的苦难。在我们庆祝这个圣诞的时候,也求祢帮助我们記念所有还不认识祢的人,我们的家人、同事、朋友、邻居和我们周围的人。求祢赐我们爱和勇气,与他们分享这个大好的信息,好叫他们也能认识祢,接受基督为他们的王,与我们一同欢庆圣诞节。我们奉耶稣的名祈祷。阿们。

Thursday, 24 December 2020

Title: EWJ or EWOJ?

By: Cecilia Tan

Psalm 72:11 "All kings will bow before Him, and all nations will serve Him."

During the pre-Covid days, most of us would be caught up in the sparkle of the Christmas season... the lights, the carols, decorations, presents, Christmas trees and Santa Claus! We would inevitably be overwhelmed with the rush and hassle, the glitter and tinsel, the parties and festivities, the turkeys and the cookies and the many gifts to buy and the ones we will receive!

Now that we are in this first post-Covid Christmas, uncertainty reigns about how best to celebrate the festival. Indeed the world has weathered many storms in the past, but none that has unleashed impacts quite like the Covid storm. The devastation has been totally unexpected resulting in a huge loss of human life worldwide and presenting unprecedented health, economic and social challenges to the entire human population. What a storm!

Let's see how a young boy breezed through a raging storm. Many years ago, Dr Lloyd John Ogilvie, a Presbyterian minister and former Chaplain of the US Senate, in his book "Silent Strength for My Life" told the story of a young boy he met while on a flight. The boy was travelling alone and seated next to Ogilvie in the plane. During the flight, the plane flew into a very bad storm and suddenly became unsteady in the air, lurching violently from side to side and sent drinks flying. Some terrified passengers panicked and screamed but the boy was calm and continued colouring in the airline colouring book. A lady passenger seated across the aisle from the boy asked the boy, "Little boy, aren't you scared?" The boy looked up briefly from his colouring book and replied, "No, Ma'am, my dad's the pilot."

Like the young boy, we are all on a flight. Like the boy's flight, we will also encounter turbulence, chaos, turmoil and life-threatening situations during our flight. But our destination is not an earthly one. We are all on the same flight bound for Eternity. For some of us, the flight will last several decades, for some it may last more than half a century, and for an exceptional few, the flight will last more than a century!!

But we will all reach the airport of Eternity, sooner or later. We will leave the airport and enter the vastness of Eternity via 2 gates located diametrically opposite each other: EWJ (Eternity With Jesus) or EWOJ (Eternity WithOut Jesus). To use the EWJ gate, the pre-requisite would be that we need to have received the Gift of eternal life during our flight. With this Gift we will have the calming assurance that the Captain of our flight is none other than the Lord Jesus Christ Himself! Upon arrival we will be led to the EWJ gate where our Lord and Saviour,

Jesus Himself will be at the gate to welcome and escort us into Eternity. But woe betide those who are ushered through the EWOJ gate!

This Christmas is a good time as any to ask ourselves, "Who is the baby born in the manger on Christmas Day? Is He our Pilot par excellence? Our Lifeguard who walks on water? Our Almighty God who can calm the fiercest of storms? Our loving Heavenly Father who beckons us, saying "Come to Me, all you who are weary and burdened, and I will give you rest" (*Matthew 11:28*)? *Our Saviour of whom it was written: "Today in the town of David a Savior has been born to you; He is Christ the Lord"* (Luke 2:11)?

Our King of Kings, our Name Above All Names, whose majestic power and glory was spoken of in Psalm 72:11 "All kings will bow before Him, and all nations will serve Him"?

Or is He, in your opinion, just another famous human name written about in all the history books and world encyclopedias?

I pray for those who have yet to receive the blessed assurance of entering Eternity via the EWJ gate, that they will soon avail themselves of this glorious hope that the baby born in a manger came to deliver on Christmas Day!

Indeed this glorious hope is the true reason for the season, as Frank McKibben succinctly puts it:

"This is Christmas:

not the tinsel, not the giving  
and receiving, not even the carols.

But the humble heart that receives anew  
the wondrous gift — the Christ."

May the love, joy, peace and hope of Christmas be ours to enjoy not only on Christmas Day but on every other day of our flight to Eternity!

A blessed Christmas to one and all!

Prayer:

Our Heavenly Father, we praise and thank You for Your immeasurable and everlasting love for us, that caused You to come to earth in human form on Christmas Day, as our Lord and Saviour Jesus Christ. We thank You for the blessed assurance that we will enter Eternity via the EWJ gate which will lead us to everlasting joy in your presence! In the glorious Name of Jesus our Saviour we pray, Amen!

每日灵粮

星期四，2020 年 12 月 24 日

标题：有耶稣的永恒（EWJ）或没有耶稣的永恒（EWOJ）？

作者：陈俊芳姐妹

翻译：薛秀合姐妹

诗篇 72:11 “诸王都要叩拜他；万国都要事奉他。”

在新冠肺炎之前的日子里，我们大多数人都会被圣诞节的闪耀所笼罩……灯光、颂歌、装饰品、礼物、圣诞树和圣诞老人！我们将不可避免地被繁忙、闪闪发光的饰品、派对和庆祝活动、火鸡和饼干以及要购买的许多礼物和我们将收到的礼物淹没！

现在我们正处于新冠肺炎后的第一个圣诞节，如何最好地庆祝这个节日就充满了不确定因素。的确，世界在过去经历了许多风暴，但是没有一次像新冠肺炎风暴那样带来如此大的影响。这场破坏完全出乎意料地造成了全世界惨重的生命损失，并给整个世界人口带来了前所未有的健康、经济和社会挑战。多么大的暴风雨啊！

让我们看看一个小男孩是如何轻松地度过一场风暴。许多年前，一位长老会牧师及前美国参议院牧师劳埃德·约翰·奥格尔维博士（Dr Lloyd John Ogilvie）在他的《我一生的沉默力量》一书中讲述了他在飞行途中遇到的一个小男孩的故事。这个男孩独自旅行，在飞机上坐在奥格尔维旁边。在飞行过程中，飞机飞入了一场非常恶劣的风暴，突然变得不稳定，在空中剧烈地左右摇晃，饮料飞溅。一些惊恐的乘客惊慌失措地尖叫，但男孩很平静，继续在航空公司的填色画册上涂色。坐在男孩对面过道的一位女乘客问男孩：“小男孩，你不害怕吗？”男孩短暂地从他的填色画册上抬起头，回答说：“不，夫人，我爸爸是这架飞机的飞行员。”

如同那小男孩一样，我们都在一个航班中。就像男孩的航程一样，我们在飞行过程中也会遇到湍流、混乱、动荡和危及生命的情况。但是我们的终点并不属于这个世界。我们都在同一架飞往永恒的航班上。对我们当中的一些人来说，这次飞行将持续数十年，对某些人则可能会持续超过半个世纪，而对于极少数人而言，这次飞行将持续一个多世纪！

但我们迟早都会到达永恒机场。我们将离开机场，通过两个完全相对的大门进入浩瀚的永恒：EWJ(有耶稣的永恒)或EWOJ(没有耶稣的永恒)。要使用EWJ登机口，前提是我们需要在飞行过程中接受永生的礼物。有了这份礼物，我们将有一个沉稳的保证，即我们飞行的机长不是别人，正是主耶稣基督自己！抵达后，我们将被带到EWJ大门，在那里我们的主和救主耶稣将亲自在大门欢迎并护送我们进入永恒。但祸患将临到那些被引进EWOJ大门的人身上！

这个圣诞节是我们问自己的好时机：“圣诞节那天在马槽里出生的婴儿是谁？祂是我们卓越的飞行员吗？是我们的那位在水上行走的救生员吗？是使最剧烈的风暴平息的全能上帝吗？是那召喚我们“凡劳苦担重担的人可以到我这里来，我就使你们得安息。”(马太福音 11:28)的慈爱天父吗？是经文记载的“因今天在大卫的城里，为你们生了救主，就是主基督。”(路加福音 2:11)我们的救主吗？



是我们的万王之王，那超乎万名之上的名，诗篇 72:11 提到祂的威严与荣耀：“诸王都要叩拜他；万国都要事奉他。”吗？

或者，在您看来，祂只是所有历史书籍和世界百科全书中所写的另一个知名人士的姓名？

我为那些尚未获得通过 EWJ 大门进入永恒的祝福的人祈祷，希望他们很快就能得到这个在马槽里出生的婴儿在圣诞节降生传递的荣耀的盼望！

诚然，这一份荣耀的盼望就是这时节的真正原因，正如弗兰克·麦基本(Frank McKibben) 简洁地说道：

“这是圣诞节：

不是闪亮的金属丝，不是给予

和接受，甚至不是圣诞颂歌。

却是一颗谦卑的心重新接受

奇妙的礼物-基督。”

愿圣诞的爱、欢乐、和平和希望不仅在圣诞节，而且在我们迈向永恒的每一天都属于我们！

祝大家圣诞快乐！

祷告：

我们的天父，我们赞美和感谢祢对我们的无限和永恒的爱，使祢在圣诞节以人的样式降临世间，成为我们的主和救主耶稣基督。我们感谢祢所赐有福的确据，我们将会通过 EWJ 门进入永恒，使我们得以在祢面前获得永恒的喜乐！奉我们救主耶稣荣耀之名祈祷，阿们！

Friday, 25 December, 2020

Title: The Lord is Come. The Saviour Reigns. Wonders of His Love

By: Ps Cheng Cheung

Psalm 9: 11 Sing praises to the LORD, who dwells in Zion!

Declare His deeds among the people.

Last week Ps Isaac shared some thoughts on Psalm 98 and how various themes in the Psalms inspired the composer of "Joy to the Word." to write that carol.

Today, I want to share some insights on Psalm 9, and how it bears some resemblance to Psalm 98.

One of the themes in both Psalms revolve around the Messiah's Coming and His deeds and the Messiah's Kingdom.

For example Psalm 98: 1

For He has done marvellous things

His right hand and His holy arm have gained Him the victory.

Similarly, Psalm 9: 1 and 2 reads

I will tell of all Your marvellous works...

When my enemies turn back,

They shall fall and perish at Your presence.

Then, v 2 of Psalm 98 speaks of God's mercy and His righteousness and the ends of the earth has seen the salvation of God. This is echoed in Psalm 9 where the psalmist exalts God because He has not forsaken those who seek Him. Those who know His name will trust in Him and rejoice in God's salvation. Both are references to God's coming salvation plan through Jesus. He now lives in born-again hearts because He came at Christmas, lived, died on the cross, rose again, and was exalted to the right hand of the Father as Saviour and King.

Thirdly, there is a picture in both Psalms that God will ultimately sit as the righteous judge over all the peoples of the earth when He returns to usher in His everlasting kingdom. This is very clearly spelt out in v 9 of Psalm 98 and vv 8 and 19 of Psalm 9. Judgement is certain, the downtrodden will be vindicated. Yahweh will act.

What has this to do with Christmas day?

These themes celebrate truths, as echoed in the carol "Joy to the World," about Jesus Christ. These are Biblical truths which

(1) have their foundations in the past;

(2) we believers need to be reminded about in the present (Christmas Day);

(3) point to a sure future in God's unalterable timeline. They help us see that our annual Christmas celebrations are only mile-stones, beckoning us ever closer to the "blessed hope" – the glorious appearing of our great God and Saviour, Jesus Christ. (Titus 2:13)

## The Lord is Come

Christmas is not only about "The Lord is Come", but also the result of (the Messiah's Kingdom) Jesus' coming into the world.

- Jesus will reign over the house of Jacob forever, and of His kingdom there will be no end (Luke 1:32-33)
- Jesus will save His people from their sins (Matt 1:21)
- The Christ child will bring salvation to the people of the world (Luke 2:11)
- This child is destined to cause many in Israel to fall, and many others to rise. He has been sent as a sign from God, but many will oppose him. As a result, the deepest thoughts of many hearts will be revealed. (Luke 2: 34-35) In other words, He will bring change to the rotten world order of the day.

## The Saviour Reigns

Psalm 9: 7 But Yahweh sits enthroned forever.

He has established his throne for judgment. (LEB)

Scripture is unambiguous: The Lord reigns now over the world and all its peoples and His throne is eternal. You and I will sing with joy that the Saviour reigns at His second coming. At that time, all "in heaven and on earth and under the earth" will acknowledge His rule and the redeemed will "repeat the sounding joy." We celebrate what is true now on Christmas morn. We look forward in the sure hope of what will be true at His return.

## Wonders of His Love

For some, Christmas is melancholic. Maybe it is an aversion to the commercialism we attach to this time of the year that takes away from its deeper meaning. Maybe the greetings, smiles, and bright lights do not resonate with one's emotional and spiritual state. Or possibly, it is when we try hardest to be externally joyful and merry, that we realize the most that something's not right. Internally, sin is still gnawing away, even if we have been Christians for many years. John Calvin (translation paraphrase) explains:

"Our lust is furious and our greed limitless in pursuing wealth and honours, chasing after power, heaping up riches, and gathering all those vain things which seem to give us grandeur and glory. . . in this present life, Scripture calls us to resign our wills and everything that is ours to the Lord." <sup>1</sup>

Despite our depravity and rebelliousness toward the Lord God Yahweh, Jesus came to bear the sin of the world; He will come again to "save those who are eagerly waiting for Him." (Hebrews 9:28) This is the wonder of His infinite love and Christmas makes it clear for all to see.

## Prayer for Today

Lord Jesus, thank You for coming to earth that first Christmas morn. Forgive me that I do not live daily in appreciation of Your redemption plan completely.

Help me know what it means to have a fresh start. Strengthen my resolve, O Lord, the journey is not done. In Jesus' Name I pray. Amen.

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<sup>1</sup> "A Little Book on the Christian Life" – John Calvin

每日灵粮

星期五，2020 年 12 月 25 日

标题：

救主降临

救主统领

慈爱何等全备

讲员：张祯祥传道

翻译：巫惠如姐妹

诗篇 9:11 应当歌颂居锡安的耶和华，将他所行的传扬在众民中！

上周，严以撒牧师分享了一些关于诗篇 98 的想法，以及诗篇中各种的主题如何激发了《普世欢腾》的作曲家。今天，我想分享一些关于诗篇第 9 章的一些想法，以及它与诗篇 98 有何相似之处。

诗篇的主题之一围绕着救主的降临，他的作为和弥赛亚的天国。

比如，诗篇 98:1

你们要向耶和华唱新歌，因为他行过奇妙的事，他的右手和圣臂施行救恩。

同样地，诗篇 9:1-2 说道

我要一心称谢耶和华，我要传扬你一切奇妙的作为。我要因你欢喜快乐，至高者啊，我要歌颂你的名！

然后，98 章第 2 节提到了上帝的慈爱和他的公义以及世界的地极见证了上帝的拯救。诗篇第 9 章也呼应了同样的想法，诗人颂扬上帝因为他并没有抛弃那些寻求他的人。认识他名的人会信靠他，因他的救赎而欢呼。这提及上帝透过耶稣的救赎计划。他现在住在重生的人心里，因为他诞生、死在十字架上、复活、而且上帝用右手将他高举，叫他做君王和救主。

第三，这两篇诗篇都呈现同样的画面，那就是上帝以公正法官的身份，引领他的子民归回他的永恒国度。诗篇 98 章第 9 节并诗篇 9 章 8 和 9 节都明确指出此事。审判是肯定的，受压迫者也能得到公道。耶和华言出必行。

那这跟圣诞节有什么关系呢？

这些主题颂扬真理，就如关于耶稣基督的《普世欢腾》一样。这些是圣经中的真理：

（一）他们的基础建立在过去；

（二）信徒必须被提醒关于现今（圣诞节）；

（三）在上帝不可改变的时间线中，指向一个确定的未来。他们帮助我们看到，我们每年的圣诞庆祝活动犹如里程标，使我们越来越接近“所盼望的福”——救主耶稣基督的荣耀显现。（参提 2:13）

救主降临

圣诞节不仅关乎“救主下降”，还关乎（弥赛亚的国度）耶稣来到世界的结果。

- 耶稣将永远做雅各家的王；他的国也没有穷尽。（路 1:32-33）
- 耶稣将自己的百姓从罪恶里救出来（太 1:21）
- 主基督将带给世人救恩（路 2:11）

- 这个孩子要叫以色列中许多人跌倒、许多人兴起。他是被上帝差来的记号，但许多人却反对他，心里的意念也因此显露出来（参路 2:34-35）。换句话说，他将改变当今腐朽的世界秩序。

#### 救主统领

诗篇 9:7 唯耶和華坐着为王，直到永远，他已经为审判设摆他的宝座。

经文很明确：主统治着世人，他的王位是永恒的。你我会高兴地歌唱救主再来的时候仍作王。当时，“诸天万物”都会承认他的统治，而被救赎的人“响应歌声嘹亮”。在圣诞节早晨，我们庆祝这事实。我们确信并期待着他再来将实现的事。

#### 慈爱何等全备

对一些人来说，圣诞节使人忧伤。也许这是对商业主义的厌恶，因为圣诞节的商业化已剥夺了圣诞的深层含义。也许这些问候、微笑和明亮的灯光与某些人的情绪或精神状态是天渊之别。又或者，当我们尽最大的努力表现外在的快乐时，我们才意识到哪里不对劲。即使我们已多年成为基督徒，罪恶仍吞噬着我们的内心。约翰·加尔文解释道（翻译改述）：

“我们的欲望是强烈的，我们追求财富和荣誉的贪婪是无限的，追逐权力，积累财富，收集所有那些似乎赋予我们荣耀和虚荣的事物...在现今的生活中，圣经呼吁我们放弃个人的意愿以及所拥有的一切，完全交给上帝。”<sup>1</sup>

尽管我们已堕落并背叛了耶和華主神，但耶稣却担当了世人的罪恶；他将再次来拯救“向那等候他的人”（希伯来书 9:28）。他无限的爱和圣诞节的奇迹是昭然可见的。

#### 今日祈祷

主耶稣，谢谢你在第一个圣诞节的早晨来到世上。请原谅我，我并没有每天都完全地欣赏你救赎的计划。

助我明白重新开始意味着什么。哦主，增强我的决心，这趟旅程还没结束。奉耶稣的名祷告，阿门。

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<sup>1</sup> 《基督徒的生活》 — 约翰·加尔文

Saturday, 26 December 2020

Chariots and Horses or God?

By Chan Yew Thai

Often, we encounter this, either consciously or sub-consciously – a choice between chariots and horses or God. In fact, without realising it, we chose chariots and horses over God too often and then regret it.

Psalm 20:7-9 (NKJV) 7. Some trust in chariots, And some in horses; But we will remember the name of the Lord our God 8. They have bowed down and fallen; But we have risen and stand upright. 9. Save, Lord! May the King answer us when we call.

The Psalmist, King David reminded us not to put our trust in chariots and horses but in God (v 7) . In modern language chariots and horses could be ourselves either in the form of intelligence, bank account, youth, strength, social status or technology, science or even friends and relatives. All these can fail us.

In Numbers 13:17, Moses sent the Israelites to spy out the land of Canaan and in verse 31-33 they reported that the people there were giants and they were like grasshoppers in their own sight. Fearing the descendants of Anak, they refused to enter Canaan. Why? Because they trusted in themselves. After comparing the size of the giants and themselves they immediately decided – no deal, for they will never win. They did not believe that they have a great God who is mightier and stronger than the giants. The consequence was that that whole generation, except Caleb and Joshua, died in the wilderness.

However, when we trust in the Lord our God, we will not fail (v 8). Things may fall apart but we will be able to stand upright, not because we are invincible but because God never fails us. There are many Bible stories that tells us that when we put our faith in God, He will win our battles for us.

In Joshua 6, we can see how the Lord fought the battle and destroyed Jericho for the Israelites when they trusted Him. They did not have to go to war. All they did was marched around the city once a day for six days and on the seventh day the priests blew the trumpets. They had victory for trusting in the Lord.

Another story in Judges 7, we see God in action again. Where Gideon, with only three hundred men and God's help, defeated an army as numerous as locusts and that had camels so many like sand on the seashore (Judges 7:12).

What were the weapons of the Israelites ? – Trumpets and pitchers.

How did they win the battle? –The Lord set every man's sword against his companion throughout the whole camp of the enemies; and the army fled.

Is it not wonderful to trust in the Lord? However, trusting in the Lord does not come automatically. We need to intentionally trust Him in all things – big and small. Gradually, it will become second nature when it becomes habitual to turn to the Lord first, in every decision, before we act.

Brothers and sisters, nothing is too insignificant or too great for our mighty loving God. I hope each and everyone of us will learn to seek God first, before we act. May the King answer us when we call. (Psalm 20:9)

PRAYER: Dear Lord Jesus, thank you for showing us what a great God you are. In your hands even a simple harmless trumpet and pitcher can be a powerful and effective weapon. May we learn from your word who we should put our trust in and see the consequences of our foolish decisions just like the Israelites not trusting in You. Teach us, Father to take baby steps to intentionally trust you and seek you first in all things before we act. Help us not to be rash but to wait upon you after turning to you for help. In Jesus name. Amen!



每日灵粮

星期六，2020 年 12 月 26 日

标题：战车和马匹还是上帝？

讲员：陈有娣姐妹

翻译：方美珠姐妹

我们经常有意或无意地遇到这种情况——在战车和马匹或上帝之间作出选择。实际上，在没有意识到这一点的情况下，我们常常选择了战车和马匹，然后后悔没选上帝。

诗篇 20：7-9

7 有人靠车，有人靠马，但我们要提到耶和华我们神的名。

8 他们都屈身仆倒，我们却起来，立得正直。

9 求耶和华施行拯救，我们呼求的时候，愿王应允我们！

诗人大卫王提醒我们不要信任战车和马匹，而要信任上帝（第 7 节）。用现代的语言，战车和马匹可以是智能、银行账户、青春、能力、社会地位或技能、科学甚至朋友和亲戚。所有这些都可以使我们失败。

在民数记 13:17 中，摩西差派以色列人监视迦南的土地，在第 31-33 节中，他们报告那里的人民是巨人，他们就如巨人眼中的蚱蜢。由于担心亚纳族人的后裔，他们拒绝进入迦南。为什么？因为他们相信自己。在比较了巨人和他们自己的大小之后，他们立即决定——行不通，因为他们永远不能赢。他们不相信自己有一位比巨人更强大的伟大上帝。那后果就是除了迦勒和约书亚之外，这一代人都死在了旷野。

但是，当我们相信主我们的上帝时，我们必不会失败（第 8 节）。事情可能会崩溃但我们必然能立得正直，不是因为我们立于不败之地，而是因为上帝从未使我们失望。有许多圣经故事告诉我们当我们相信上帝时，祂会为我们战斗中获得胜利。

在约书亚记 6 章中，我们可以看到当以色列民信靠上帝时，主如何为以色列民打仗并毁灭耶利哥城。他们不必发动战争。他们所需要做的就是每天在城外围城一次，持续六天，在第七天，祭司们吹号角。他们因相信上帝而获胜。

士师记第 7 章中的另一个故事，我们再次看到上帝在行动。基甸在只有三百人和上帝的帮助下，击败了一支如蝗虫一样多，有骆驼多如海边的沙的军队（士师记 7:12）。

以色列民的武器是什么？就是吹号和投手。

他们是如何赢得这场战争的？在整个敌人的营地中，耶和华使全营的人用刀互相击杀；军队逃跑了。

信靠上帝难道不是很奇妙吗？不过，信靠上帝并不是自动产生的。我们需要在大大小小的所有事情上都特意相信祂。逐渐地，当我们习惯在采取任何行动和决定之前首先求上帝的时候，它将成为第二个天性。

弟兄姐妹，对于我们伟大慈爱的上帝，没有什么太微不足道或太重大的事情。我希望我们每个人在采取行动之前都会学习先寻求上帝。当我们呼求时愿王应允我们（诗篇 20：9）。

祷告：亲爱的主耶稣，感谢祢向我们展示了祢是一位伟大的上帝。在祢手中，即使是简单无害的吹号和投手也可以成为强大而有效的武器。愿我们从祢的话语中学习当信靠谁，并看到我们愚蠢决定的后果，就像以色列人不信任祢一样。教导我们，父神，让我们开始刻意地相信祢，并在我们采取行动之前凡事先寻求祢。帮助我们不要太急躁，倒要在寻求祢帮助后耐心等待祢。奉耶稣的名。阿们！

## **Sunday, 27 December 2020**

Psalm 139:1-12 God knows all things including us personally and leads us.

Written by Abraham Verghese

Read and meditate on Psalm 139:1-12 (for overall context read the whole of Psalm 139).

It is very obvious from this passage that God knows all things (omniscient) (vs 1-6) and is everywhere (omnipresent) (vs 7-12). Answers to the following questions are taken for granted:

- Where is God? Everywhere.
- Does God know all things? Yes, nothing can be hidden from God.

However, sometimes the basic truth that God knows all things and is everywhere does not seem to really apply to our individual situations. Verse 10 says, *"Even there your hand shall lead me"* and that is what we can hold on to. At times it seems like a threat and we may feel the need to hide from God (Genesis 3:7, 8) even when we don't quite understand how, we know that God is leading us and we should be led by the Spirit (Gal 5:18). Even when we are exhausted, running on little sleep, and things seem to keep going wrong, God is with us. Is there any where indeed that we can go to flee from His presence? (v 8). Nowhere at all! (vs 9-12). I hid for a long time or rather thought I was hiding but I was fully exposed to Him all the while and I know that I no longer should even bother to try or to pretend to hide.

Even though our days can feel meaningless, when we go through our days exercising faith, we are bringing glory to God. Remember that God knows what we would be doing at a specific time, and remember that He is with us and using those very tasks for our sanctification. It can help us put into perspective and draw us closer to Him. He knows what we shall be doing at any specific point in time as He is not in time and sees the end from the beginning (Isaiah 46:10) – our wonderfully created minds may still be limited to fully understand this.

Let us rejoice that we are clothed with Jesus' righteousness which comes through faith in Christ. We need not hide as our Father looks at us through the righteousness of His Son, not our filthy rags. We can bear to let God expose us and to overcome our distorted self views – our views that tend to be biased and confused. Our Loving God is absolutely committed to us and He points out our flaws. While it may be hard but knowing that He loves us we can and should listen. His love enables us to accept the unpleasant truth about ourselves and such acceptance opens the gate to continuous growth through sanctification as we allow the Holy Spirit to lead us (Gal 5:18).

**Prayer:**

Omniscient and omnipresent God, there is no where we can hide and nothing that You do not know. Thank You for Your abundant love that You look at us through the righteousness of Your Son who lovingly paid the penalty for our sins and not our filthy rags. In Jesus' name we pray. Amen.

每日灵粮

星期日，2020 年 12 月 27 日

题目：全知的上帝认识我们、引领我们

作者：亚伯拉罕·韦尔盖塞

翻译：杨仕涵弟兄

阅读、默想诗篇 139:1-12（阅读诗篇 139 全篇为了解背景）

这段诗篇很明显地写出上帝是全知的（无所不知）（第 1-6 节），也是无处不在的（无所不在）（第 7-12 节）。以下两个问题的答案是非常明确的：

- 上帝在哪里？处处都在。
- 上帝知道万事吗？是的，没有一件事是对上帝隐藏的。

但是，往往上帝无所不知和无所不在的基本真理似乎没有真正适用于我们的个人情况。第 10 节说：“就是在那里，祢的手必引导我”，这是我们可以投靠的。有时这仿佛是一种威胁，即使我们不太了解如何，我们也可能感到有必要躲避上帝（创世记 3:7, 8），我们知道上帝在引导我们，也知道我们应该被圣灵引导（加拉太书 5:18）。即使我们精疲力尽，几乎没有睡觉，事情似乎一直在出错，上帝仍与我们同在。我们有何处可以逃离上帝的身影吗？（第 8 节）。无处！（第 9-12 节）。我躲藏了很长时间，或者说可以说以为自己在躲藏，但是我在上帝面前是显露的，而我知道我不再应该费劲去尝试或假装躲避上帝。

即使我们的日子感到毫无意义，但当我们在操练我们的信心时，我们就将荣耀归给了上帝。记住，上帝知道我们在特定的时间会做什么，并记住，祂与我们同在，并以这些是成为我们成圣路程中的一部分。这可以帮助我们以另一个角度看待事情并使我们更亲近上帝。祂知道我们在何特定的时间点做些什么，因为祂在时间以外，不被时间捆绑，并且从起初指明末后的事，从古时言明未成的事。（以赛亚书 46:10）- 我们受造奇妙的思想目前无法完全理解这事。

让我们欢欣，我们得以披上公义，是因信耶稣基督。上帝不再看我们污秽的衣服，而是看基督的义，我们因此不必在躲避上帝。我们可以忍受让上帝揭露我们，并胜过我们扭曲的自我观点-我们的观点往往带有偏见和困惑。我们的上帝爱我们，但祂也指出我们的缺点。虽然可能很难，但知道祂爱我们，我们可以并且应该听。祂的爱使我们能够接受关于自己不好的事实，而透过圣灵的引导，这种愿意接受的心态就为我们打开了持续成长的门（参加 5:18）。

祷告：

无所不知、无所不在的上帝，我们无处可逃避祢，也无事可隐瞒祢。感谢祢丰盛的爱，基督以爱心还清我们的罪债，祢因此看我们为基督的义，而不是为污秽的衣服。奉耶稣的名祷告，阿们。

Monday 28th December 2020

Title: Leaving a Legacy

Pastor Soong Kok Kee

Psalm 90:12 Teach us to number our days aright, that we may gain a heart of wisdom.

The author, Moses, of Psalm 90 reminds us that a thousand years (v 4) are like a day to God because He is not limited by time. He is not restricted by time because He is eternal, but we are.

As cited in my 14th December 2020 devotion titled "Golden Years" – a study published in the New England Journal of Medicine found that at age 60, you reach the TOP of your potential and this continues into your 80s. Therefore, if your age is 60-70 or 70-80, you are at the BEST and 2nd best level of your life. In fact, v10 of this Psalm affirms "The length of our days is seventy – or eighty, if we have the strength". Whether its 70 or 80 or even a 100, we will all have to go one day.

Realizing that our lives here on earth are short will help us to use the little time we have more wisely and for eternal good. Time and tide indeed wait for no man. There is a Chinese saying which says one still reminisces the teenage years of riding a bamboo horse but with a flicker of an eyelid, now a head of silver hair. What legacy do we want to leave behind before our Lord calls us home?

The average lifespan of Malaysians is 75.83 (2017), so at 76, I am already living on bonus years. Someone gave me this prayer titled

'THE BONUS YEARS'.

I thank you, my God, for these bonus years that you have added to my full and active life on earth. Now I can do some of the things I have always wanted but never had the time to do. I seek to do those things, my Lord, not only for my pleasure, but also for your service. I have letters to write, people to see, old friends to call, ill and lonely people to comfort and cheer. I thank you for whatever good health remains, and for your grace in enabling me to carry out these projects. Help me, my great God, to use these days and years well, to discover that the greatest joy comes not in what I do for myself but in what I do for others. Even as I give of myself to the needs of others, help me find the pleasure and fulfillment in these bonus years before me. Amen Lord.

Yes, for those of us living on bonus years, what legacy do we want to leave behind? When I was 40 years old & had just started my full-time ministry, I told God I would be very happy if He would allow me to serve Him another 40 years. At 40 then, I thought another 40 years would be a long way off – 36 years have now gone by in the blink of an eye – 4 more years to go! This is one prayer I wish God would not answer. Now my prayer is that as God had been merciful to

Hezekiah (2 Kings 20) may He have mercy also on me and grant me another 15 years as He did for Hezekiah. I remember Bill Gothard's words in one of his Basic Life Principles Seminar – he said, “as long as our work here on earth is not done, our Lord will not take us home”. Lord, honest, the word “retirement” never crossed my mind!

One of the things I mentioned in my devotion on 14th December 2020 is that we can build bridges for the young who are coming behind us, to warn them of pitfalls that we had fallen into, that they may not make the mistakes we made – that's one legacy we can leave behind. Another legacy I want to leave behind is my four children whom God had blessed my wife Alison and I with. From young, we taught them the greatest command is to love God with all their hearts and with all their souls and with all their minds and with all their strength, and to love their neighbours as themselves. Loving God is their first priority, nothing comes before that.

My eldest son is now in full-time ministry. The Lord has given my eldest daughter a heart for senior citizens. She is in her final year in Taiwan doing the Golden-Ager Industry Management degree. I gave her the vision to start a senior citizen's home together with an orphanage where both can be a blessing to each other. God has blessed my second daughter with her own business and she is also serving faithfully in her church. My youngest son at 14 last year walked out of a Life Game Retreat for full-time ministry. I did that too at 18 but I ran for 17 years before the Lord caught up with me! My only regret now is that I should have fulfilled my commitment much earlier. My prayer is that my son will not have that same regret.

A gifted scholar, Zhao Jie, from Beijing University said (about the greatest wish of parents for their children) “All we ask is for them to be happy and healthy.” That's true of all parents but as Christian parents, we need to pray for two more things. One is that they, like us, would come to know our Lord Jesus as their personal Lord and Saviour. Secondly our greatest wish and legacy is that our children would love and serve God more than we do.

The Church is a spiritual family that God has blessed us with. If you are single or do not have children of your own, do build into the lives of so many of our young people in church. Encourage them to love and serve God the way you do – but of course you must lead by example. I owe my present life, to a certain extent, to a sister in my church who told me when I was a teenager, that I would have wasted my life if I did not go into full-time ministry. This sister later married a Pastor.

So my dear brothers and sisters, as we come to the end of 2020 – a year we will never forget the rest of our lives – ask ourselves what legacy we want to leave

behind before the Lord calls us home? May your answer to that question be your New Year resolution and prayer for the rest of your life. Then like Paul, we can confidently say at the end of our life : 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 leading and protecting us through this difficult year of the pandemic. Thank you for the blessing of health in our golden years and for some, even in our bonus years. Help us to ask ourselves what legacies we want to leave behind in our family or church before you call us home. In Jesus' Name we pray all these,  
AMEN.



每日灵粮

星期一，2020 年 12 月 28 日

标题：留下生命遗产

讲员：宋国基牧师

翻译：郑振隆弟兄

【诗 90:12】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 的作者摩西提醒我们，一千年（第 4 节）对上帝来说就像一天，因为祂不受时间的限制。祂不受时间约束，因为祂是永恒的；但我们却是受时间约束的。

正如我在 2020 年 12 月 14 日以“黄金岁月”为题的灵粮所提及 – 《新英格兰医学杂志》上发表的一项研究发现，在 60 岁时，您达到发挥潜力的巅峰，且会一直持续到 80 岁。因此，如果您的年龄是 60-70 或 70-80，您是正处于生命的最佳和第二佳的阶段中。实际上，这诗篇的第 10 节肯定了“我们一生的年日是七十岁，若是强壮可到八十岁”。无论是七十岁还是八十岁，甚至是一百岁，我们都会有离开的一天。

认识到我们在地上的生命是短暂的，将帮助我们更明智地利用我们所拥有的短暂时间，获取永恒的好处。岁月不待人。中国有一句谚语“记得少年骑竹马，看看又时白头翁”。在主召我们回天家之前，我们想留下什么样的遗产呢？

马来西亚人的平均寿命是 75.83（2017），所以 76 岁的我已经活在额外的恩典年了。有人给了我这个祈祷，名为

额外恩典年

我感谢祢，我的上帝，感谢祢为我在地上充实而活跃的生命增添了这些额外的岁月。现在我可以做一些我一直想做但从来没有时间去做的事情。我想做这些事，我的主，不仅是为了我的乐趣，也是为了要服侍祢。我有要写的信、要见的人、要联络的老朋友、要安慰并鼓励患病和孤独的人。我为仍存留的健康状况感恩，感谢您的恩典使我能够实现这些计划。求帮助我，伟大的上帝，善用这些日子和岁月，让我发现最大的快乐不在于我为自己做了什么，而是在于我为他人所做的。在我为别人的需要献上自己的同时，帮助我能在我的额外恩典岁月中获得喜乐和满足感。阿们，主。

是的，对于我们这些活在额外恩典岁月中的人来说，我们想留下什么生命的遗产呢？

当我 40 岁刚开始我的全职事奉时，我告诉上帝，如果祂允许我再服事祂 40 年，我会很高兴。当时我 40 岁了，我想再过 40 年还很遥远 – 眨眼间已经过去了 36 年 – 还有 4 年的时间！这是一个我希望上帝不应允的祈祷。现在，我的祷告是愿上帝怜悯我正如祂怜悯希西家【列王纪下 20】一样，再给我 15 年，就像祂为希西家所做的那样。我记得比尔·哥德（Bill Gothard）在他的《基本生活原则》研讨会中的一句话 – 他说：“只要我们在地上的工作还没有完成，我们的主就不会带我们回家。”主啊，老实说，我从来没有想过“退休”这个词！

我在 2020 年 12 月 14 日的灵粮中提到的一件事是，我们可以为后来跟上来的年轻人架起一座桥梁，警惕他们关于我们曾经落入的陷阱，让他们不会重蹈我们的覆辙 – 这是我们可以留下的一项具生命影响的遗产。另一项我要留下的遗业是上帝赐予了我妻子艾莉森（Alison）的四个孩子。从小我们就教导他们最大的诫命就是尽心、尽

性、尽意、尽力爱上帝，并爱邻舍如己。爱上帝是他们的首要任务，没有什么比这更为重要的。

我的长子现在是全职侍奉。上帝赐给我的长女一个敬爱乐龄人士的心。她现在台湾攻读乐龄人士工业管理学位的最后一年。我给了她一个愿景，就是开办一个与孤儿院一起的乐龄之家，两者都可以成为彼此的祝福。上帝赐予我第二个女儿有自己的事业，她也在教会里忠心地服事主。我最小的儿子去年 14 岁，在“人生游戏退修会”里决志全职侍奉。我在 18 岁时也这么做了，但我逃避了 17 年，直到主追上了我！我现在唯一的遗憾是我应该更早地履行我的承诺。我的祈祷是我的儿子不会有同样的遗憾。

北京大学的一位才华横溢的学者赵洁（关于父母对孩子的最大期望）说：“我们所要求的只是让他们快乐健康。”所有的父母都是如此，但作为基督徒的父母，我们需要为另外两件事祷告。其一，他们会像我们一样，认识我们的主耶稣为他们个人的主和救主。其次，我们最大的愿望和留下给他们的精神遗产，是我们的孩子会比我们更爱上帝，更爱侍奉祂。

教会是上帝赐予我们的属灵家庭。如果您是单身或没有自己的孩子，请您在教会中融入建造众多年轻人的生命。鼓励他们像您一样爱上帝、事奉上帝 – 当然，您必须以身作则。在某种程度上，我现在的生命应该归功于我教会的一位姐妹，她在我十多岁的时候告诉我，如果我不全职侍奉，我就浪费生命了。这位姐妹后来嫁给了一位牧师。

因此，我亲爱的兄弟姐妹们，当我们来到 2020 年底 – 这一年我们余生将永远不会忘记 – 问问自己，在上帝召唤我们回家之前，我们想留下什么遗产？愿您对这个问题的回答是您对新年的展望和余生的祈祷。然后，像保罗一样，我们可以在生命的尽头自信地说：那美好的仗我已经打过了，当跑的路我已经跑尽了，所信的道我已经守住了。【提摩太后书 4:7】

祈祷：

亲爱的主，感谢祢带领和保护我们度过这一艰难的大流感疫情的一年。感谢祢在我们黄金岁月中，甚至在额外恩典岁月中对健康的祝福。在祢召唤我们回天家之前，帮助我们问问自己，我们想要在我们的家庭或教会中留下什么生命遗产。我们奉耶稣的名为这一切祈祷，  
阿门。

Tuesday, 29 December 2020  
Title: Trusting God In The Tumult  
By: Dorothy Teoh  
Psalm 46

At the start of PBC's online Christmas service on Dec 25, our elder Bryan Lee said something that I think everyone would agree with, "What a year it has been!" A tiny virus has upended everything and nations are in upheaval, he added.

His words brought to mind Psalm 46. "Nations are in uproar, kingdoms fall;" said the Psalmist in verse 6. The coronavirus has caused the entire world to be in uproar. Businesses have been ravaged and even the strongest economies have stumbled.

The virus has claimed over 1.7 million lives and the death toll continues to climb. It has upended the lives of billions. Millions of children could not attend school, and parents had to work from home. Many did not even have that privilege because they had lost their jobs, or their businesses had been forced to close.

The world is now putting its hope in vaccines that have been rolled out in various countries. Even then, there is much uncertainty. Should I take the vaccine, you may be asking yourself. And if so, which vaccine? We seem to get contradictory reports every now and then about the vaccines available. Just when you think the ground beneath you is stable, something happens to make it shaky again.

The words of Psalm 46 suggest that it could have been written at a time of crisis, like the pandemic today. Amidst the earth-shattering upheavals, what stands out is the Psalmist's ringing declaration of faith:

*1 God is our refuge and strength,  
an ever-present help in trouble.  
2 Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
3 though its waters roar and foam  
and the mountains quake with their surging.  
4 There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.  
5 God is within her, she will not fall;  
God will help her at break of day.  
6 Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.  
7 The Lord Almighty is with us;  
the God of Jacob is our fortress.  
8 Come and see what the Lord has done,*

*the desolations he has brought on the earth.*

*9 He makes wars cease*

*to the ends of the earth.*

*He breaks the bow and shatters the spear;*

*he burns the shields with fire.*

*10 He says, "Be still, and know that I am God;*

*I will be exalted among the nations,*

*I will be exalted in the earth."*

*11 The Lord Almighty is with us;*

*the God of Jacob is our fortress.*

In whom or what do we put our trust? The Psalmist had no doubt whatsoever. God alone is our refuge and strength, he said. He alone has power over nature (verses 2-3), over the attackers of His city (verses 4-5), over a warring world (verses 8-9), like our world today which is fighting an invisible enemy.

This "God of Jacob" who helps His city "at break of day" (verse 5) is the same God who caused the Red Sea to return to its place at daybreak, sweeping away the Egyptians pursuing the Israelites who had crossed over safely when God parted the waters (Exodus 14: 27).

The words "Be still" (verse 10) remind us of the words of Jesus when He calmed the storm. "He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm" (Mark 4: 39). This caused the terrified disciples to ask each other, "Who is this? Even the wind and the waves obey him!"

We who have just celebrated His birth at Christmas know who He is – Jesus Christ, Son of God, our Saviour and friend. As the year draws to a close and we look ahead to a new year, what fills our minds and hearts? Is it uncertainty and fear? Take heart, our faith may be small but our God is great. He is the LORD Almighty, our refuge and strength and an ever-present help in trouble who is just a prayer away.

### **Prayer**

Our God and Heavenly Father, we praise You that You are a great and mighty God who has shown us such love and compassion. Help us to desire to know You and Your Word better. Be our true security and our refuge and strength. Still our hearts and teach us to trust You more so that we can say as the Psalmist did, "Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea". In Jesus' name, Amen.

每日灵粮

星期二, 2020 年 12 月 29 日

标题：在动荡中信靠上帝

作者：Dorothy Teoh

翻译：陈晓佩姐妹

诗篇 46

12 月 25 日，在班底浸信教会（PBC）的网上圣诞崇拜开始时，我们的长老布莱恩·李（Bryan Lee）说了一句我认为每个人都会同意的话：“这是多么非比寻常的一年啊！”他补充说，一种微小的病毒颠覆了一切，多国正处于动荡之中。

他的话让我想起诗篇 46。诗篇作者在第 6 节说道：“外邦喧嚷、列国动摇。”冠状病毒引起了全世界的骚动。企业遭受重创，即使是最强大的经济体也步履蹒跚。

这种病毒已经夺走了 170 多万人的生命，而且死亡人数还在继续攀升。它颠覆了数十亿人的生活；数以百万计的孩童无法上学，父母不得不在家办公。许多人甚至没有这种特权，因为他们已失去了工作，或者他们的业务已被迫关闭。

世界现在把希望寄托在已经在不同国家推出的疫苗上。即便如此，仍存在很多的未知数。我是否要接种疫苗，您可能会问自己。若要，是哪一种疫苗？我们似乎时不时地得到关于现有疫苗的相互矛盾的报告。正当您以为您脚下的地面稳定的时候，发生了一些事情，让它又再次摇晃起来。

诗篇 46 的字句暗示，它可能是在危机时期写成的，就如今天的大流行病一样。在惊天动地的剧变中，引人注目的是诗篇作者响亮的信仰宣言：

- 1 神是我们的避难所、是我们的力量、是我们在患难中随时的帮助。
- 2 所以地虽改变、山虽摇动到海心、
- 3 其中的水虽汹涌翻腾、山虽因海涨而战抖、我们也不害怕。
- 4 有一道河。这河的分汊、使 神的城欢喜。这城就是至高者居住的圣所。
- 5 神在其中。城必不动摇。到天一亮、 神必帮助这城。
- 6 外邦喧嚷、列国动摇。 神发声、地便熔化。
- 7 万军之耶和华与我们同在。雅各的 神是我们的避难所。
- 8 你们来看耶和华的作为、看他使地怎样荒凉。
- 9 他止息刀兵、直到地极。他折弓、断枪、把战车焚烧在火中。
- 10 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。
- 11 万军之耶和华与我们同在。雅各的 神是我们的避难所。

我们要信靠谁或信靠什么呢？诗人毫无疑惑。他说惟独上帝是我们的避难所和力量；惟独祂拥有能力征服自然（第 2-3 节）、控制袭击他所在之城的侵略者（第 4-5 节），并掌控一个交战的世界（第 8-9 节），就像今天我们的世界正在与一个看不见的敌人作战。

这位在“天一亮”帮助他的城市（第 5 节）的“雅各的神”，就是那使红海在天一亮回到原处、使海水淹没追赶以色列人的埃及人，让以色列人在祂分开水的时候安全地过去彼岸的上帝（出埃及记 14:27）。

“要休息”（第 10 节）让我们想起耶稣平静风浪时的话。“耶稣醒了；斥责风，向海说：‘住了罢！静了罢！’风就止住，大大的平静了。”（马可福音 4:39）。这让门徒惊恐不已，彼此问道：“这到底是谁？连风和浪都听从他的话！”

我们刚在圣诞节庆祝祂降生的人知道祂是谁 — 耶稣基督，上帝的儿子，我们的救主和朋友。随着一年的结束，我们展望新的一年年的时候，是什么填满了我们的思想和心灵？是不确定和恐惧吗？振作起来，我们的信心虽然小，但我们的上帝是伟大的。祂是万军之耶和华，是我们的避难所和力量，在患难中随时的帮助，祂与我们只是一个祷告之遥。

### 祷告

我们的上帝和天父，我们赞美祢，因为祢是一位伟大而全能的上帝，向我们展示了如此的爱和怜悯。帮助我们渴望更好地认识祢并祢的话语。愿祢成为我们真正的保障、我们的避难所和力量。求祢使我们的心平静安稳，教我们更多信靠祢，好让我们能像诗篇作者那般说：“所以地虽改变、山虽摇动到海心，我们也不害怕。”奉耶稣的名，阿们。

Wednesday, 30th December 2020

Title: Don't Forget to Remember

Author: Pastor Wallace Ong

Psalm 77: 11 – 13

11 I will remember the deeds of the LORD;

yes, I will remember your wonders of old.

12 I will ponder all your work,

and meditate on your mighty deeds

13 Your way, O God, is holy.

What god is great like our God?

Even as our minds are getting ready to welcome the year 2021, the current year is a year like no other. If I ask PBC family members to share lessons we have learned, the joy and difficulties we have gone through together, and our hopes and aspirations for 2021, I believe there will be plenty of heartwarming reflections to reminisce. We have learned how to stay connected despite all the challenges that kept us apart. I believe the reason is because of Christ.

Last week, when we celebrated Christmas, we remembered not only Christ's birth, but also His greatest sacrifice — our Lord and Savior, who laid down His life for us in order that we might be saved. His birth and death gave us the greatest gift of all — freedom from sin and its penalty from the wrath of God.

From Psalm 77: 11 -13, we learn three important things:

1. REMEMBER – “Remember the deeds of the LORD...”

God loves us so much He sent His one and only Son to die for us.

“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Romans 5:8 ESV)” He adopts repentant sinners into His family as His children. That is the amazing and wonderful work of God's saving grace. Do you remember the day God saved you and all the wonderful things He had done for you?

2. MEDITATE – “I will meditate also of all thy work.”

To meditate is to ponder and reflect. How sweet it is to remember and reflect upon His goodness, faithfulness and mercy. Meditation, as an old preacher put it, is to “chew the cud.” Through reflection we are able to appreciate many blessings recalled by our memory.

3. Praise – “What God is great like our God?”

After remembering and meditating comes praising. The heart that is filled with the recollection of the mercies of God cannot help but let it overflow through the lips! — be it singing or proclaiming. This was also the prayer of King David, “proclaiming thanksgiving aloud, and telling all your wondrous deeds. (Psalm 26: 7 ESV)” Have you

praised Him with songs of praise every day and told anyone lately  
of the wonderful things God has done for you?

In the midst of all the troubles, remember Psalm 77. It is a psalm of consolation.  
Our true consolation comes from the remembrance of God's wonderful works.  
Let us not forget to remember!

Prayer:

Dear Heavenly Father,

We praise and thank You for Your faithfulness. You keep us safe through this  
trying time of pandemic. We do not know what the year 2021 will bring, but we  
do know that Your grace is sufficient for us. Show us, oh Lord, glimpses of your  
goodness in each of our days. Help us to rest in You. We pray in Jesus' most  
precious name. Amen.



每日灵粮

星期三, 2020 年 12 月 30 日

标题: 莫忘了要记住

作者: 王振威传道

翻译: 陈健萍姐妹

【诗篇 77:11-13】[新译本]

11 我要述说耶和华的作为，我要记念你古时所行的奇事。

12 我要默想你一切所行的、思想你的作为。

13 神阿、你的道路是圣洁的。有哪一位神好像我们的神这样伟大呢？

在我们的思想准备迎接 2021 年的同时，今年确是与众不同的一年。如果我请 PBC(班底浸信教会)家庭成员分享我们从中学习到的功课、我们共同经历的喜乐和度过的困难、我们对 2021 年的希望和心愿，我相信会有很多让我们缅怀的温馨感想。我们学会了如何在所有将我们隔离的挑战中保持联系。我相信这是因为基督的缘故。

上周，当我们庆祝圣诞节的时候，我们不仅记念基督的诞生，也记念祂最伟大的牺牲——我们的主和救主，祂为我们献出了生命，使我们可以得拯救。祂的诞生和死亡给了我们最伟大的礼物——从罪中得释放，并且免于遭受上帝忿怒的刑罚。

从诗篇 77:11-13，我们学到三件重要的事：

1. 记念——“记念耶和華所行的……”

上帝如此爱我们，差遣祂独生的儿子为我们而死。“惟有基督在我们还作罪人的时候为我们死、神的爱就在此向我们显明了。（罗马书 5:8）”祂接受悔改的罪人进入祂的家庭作祂的儿女。这就是上帝拯救恩典的奇妙作为。您还记得上帝拯救您的那一天以及祂为您所作一切奇妙的事吗？

2. 默想——“我也要默想祢所有的作为。”

默想就是思想和反思。记念并回想祂的良善、信实和怜悯是多么甜蜜。正如一位老传教士所说，默想就是“反复思考”。通过反思，我们能够领略到从我们的记忆中回想起的许多祝福。

3. 赞美——“有哪一位神好像我们的神这样伟大呢？”

在记念和默想之后，相继而来的就是赞美了。心中充满了对上帝慈爱的回忆，便禁不住要让它从嘴唇溢出来！——不论是歌唱还是宣扬。这也是大卫王的祷告：“我好发称谢的声音，也要述说你一切奇妙的作为。（诗篇 26:7）”您有没有每天以颂歌赞美祂？最近有没有告诉别人上帝为您做了什么奇妙的事？

在所有的困扰中，请记住诗篇 77。这是一首安慰的诗篇。我们真正的安慰来自对上帝奇妙作为的缅怀。让我们莫忘了要记住！

祈祷：

亲爱的天父，

我们称颂并感谢祢的信实。祢在这场大流行病的艰难时刻保守我们平安。我们不知道 2021 年会带来什么，但我们确知祢的恩典够我们用。哦，主啊，在我们的每一天，求让我们瞥见祢的良善；帮助我们在祢里面得安息。我们奉耶稣最珍贵的名祷告。阿们。

Thursday, 31 December 2020

Title: Count Your Blessings And It Will Surprise You What The Lord Has Done In 2020

By: Pastor Isaac Yim

Psalms 103:1-5 (NLT)

1 Let all that I am praise the LORD;  
with my whole heart, I will praise his holy name.

2 Let all that I am praise the LORD;  
may I never forget the good things he does for me.

At the end of 2020, I must admit many things in life are really difficult to understand. The pandemic has hit the whole world in diverse ways. The hardship is hard to bear. I had the opportunity to minister to many people who experienced pain that is too much to tolerate in life. In those situations, we can only name our pain and suffering. Yet the Psalmist reminds us not to forget to give thanks and to praise His Holy Name. Don't forget the good things He has done for us. The hardships and sufferings resulting from the pandemic seem to overshadow all the good things God has done for us in 2020.

The Psalmist has enumerated six benefits, or blessings, which God has so graciously showered upon all of us who put our trust in Him (Psalm 103:3-5)

3 He forgives all my sins  
and heals all my diseases.

4 He redeems me from death  
and crowns me with love and tender mercies.

5 He fills my life with good things.

My youth is renewed like the eagle's!

The refrain of the Hymn, Count Your Blessings (by Johnson Oatman, Jr 1897):

Count your blessings, name them one by one,

Count your blessings, see what God has done!

Count your blessings, name them one by one,

And it will surprise you what the Lord has done.

I have been greatly blessed during this pandemic. I cannot help but to count my blessings and name them one by one. It surprised me what the Lord has done:

1. I thank the Lord for slowing me down to spend more intimate time with Him.
2. I am from a workaholic background. The MCO has given me the opportunity to spend my morning unhurriedly, in reading God's Word and praying.
3. I must confess I did not see and appreciate many things about my wife Rosie. I now can see the loneliness she went through, when I used to travel almost three months away from home.

4. I thank God the MCO enables me to go back to daily exercise which I had stopped for more than 10 years. I am still healthy and active in serving God.
5. I have a new appreciation for what matters. Beside loving and serving God, I treasure my family and friends. I have more time for people over a cup of tea.
6. Even in hard times, God didn't abandon us. God still send ravens to provide food for us, like in the days of Elijah. Many of you have been so kind to make sure we are well. Two months ago, at a wedding of one of the church members, I met up with a former student whom I taught a few years ago. This person is now sending dinner to us three times a week.
7. I thank the Lord that even in the MCO, God blessed PBC with a great team of faithful pastors, elders, deacons and deaconesses, Care Groups leaders and many unsung heroes and heroines serving the flock and the community.
8. I thank the Lord for the faithful team of Daily Devotion writers, proof-readers, translators, and staff coordinators. This Daily Devotion was intended to hold the church together during the MCO but today it has spread to about 20 countries. We praised God for testimonies received from those who have been encouraged to walk with the Lord, and we received testimonies of people coming to know Jesus as their Lord and Saviour.

I encourage you to pick up a pen and paper to start writing down the blessings you have received from the Lord in 2020.

May I borrow this paragraph to close this devotion: "There are times in our lives when we don't always see God's blessings right away. Sometimes they are disguised, and the things we once thought of as bad, or scary, turn into wonderful blessings. Think of a caterpillar. He isn't very pretty. And I wonder if it is a little bit scary for him to seal off the cocoon, he entwined around himself. I wonder if it is dark in there. I wonder if Mr. Caterpillar screams, 'Let me out of here. I can't breathe!' But then one day, at just the right time, we see something beautiful happening. We see God's plan, the miracle of a beautiful butterfly." (I couldn't trace the author.)

Prayer for today

Lord, forgive me for taking many things in life for granted. Thank you, Lord, You allow me to slow down and enjoy living in Your presence. I am grateful that You forgive, You heal, You save, You have lavished on me Your love and mercies and You satisfy me with good things and You renew my strength daily. You have

given much to me and You require much from me. Thank you for this great privilege to be alive and well, serving You with joy and gladness in 2020.

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it (1 Thess.5:23-24 ESV).

In Jesus' Name. Amen.

每日灵粮

星期四，2020 年 12 月 31 日

标题：数算您的祝福，这将会让您对主在 2020 的作为感到惊讶

作者：严以撒牧师

翻译：薛秀合姐妹

诗篇 103:1-5（和合本）

1 我的心哪，你要称颂耶和华！

凡在我里面的，也要称颂他的圣名！

2 我的心哪，你要称颂耶和华！

不可忘记他的一切恩惠！

临到 2020 年尾声，我必须承认生活中的很多事情确实很难理解。疫情以各种方式冲击了整个世界。这种艰苦是很难承受的。我有机会服侍许多在生活中经历过无法忍受的痛苦的人。在这种情况下，我们只能说出我们的痛苦和折磨。然而，诗人提醒我们不要忘记感谢和赞美祂的圣名；不要忘记祂为我们所做的美好事情。疫情带来的艰辛和痛苦似乎掩盖了上帝在 2020 年为我们所做的一切美好事情。

诗人列举了六个好处，或祝福，是上帝如此仁慈地倾注在我们所有信靠祂的人身上的 (诗篇 103:3-5):

3 他赦免你的一切罪孽，医治你的一切疾病。

4 他救赎你的命脱离死亡，以仁爱和慈悲为你的冠冕。

5 他用美物使你所愿的得以知足，以致你如鹰返老还童。

赞美诗《数算主恩》(奥提曼·詹森，1897 年) 的重唱：

主的恩典，样样都要数；

主的作为都要记清楚，

主的恩典，样样都要数，

必能叫你惊讶立时乐欢呼。

我在这场疫情中蒙了极大的祝福。我不禁数算自己的祝福，并一一列举。主的作为使我感到惊讶：

1. 我感谢主让我放慢脚步，让我有更多的时间与祂亲密度过。

2. 我来自工作狂背景。行动管制令给了我机会，让我可以从容不迫地度过我的早晨，阅读上帝的话语并祈祷。

3. 我必须承认，我有很多方面没有察看到和欣赏我的妻子若茜（Rosie）。我现在可以体会到我在过去经常离家差不多三个月的行程，她所经历的孤单。

4. 我感谢上帝，行动管制令期间使我能够恢复我已经停止了 10 多年的日常运动。我依然健康并积极地事奉神。

5.我对重要的事情有了新的感悟。除了爱与事奉上帝之外，我珍惜我的家人和朋友。我有更多的时间和他们一起喝杯茶。

6.即使在艰难时刻，上帝也没有抛弃我们。上帝仍然派乌鸦为我们提供食物，就像在以利亚时代一样。你们许多人都很和善地确保我们安然无恙。两个月前，在一位会友的婚礼上，我遇到了一位我几年前教过的学生。他现在每周给我们送三次晚餐。

7.我感谢上帝，即使在行动管制令期间，上帝也祝福班底浸信教会（PBC）有一支由忠心的牧者、长老、执事与女执事、关爱小组领袖以及许多无名男女英雄组成的很棒的团队，为羊群和社区服务。

1. 我为每日灵粮的作者、校对员、翻译员和协调员忠心的团队感谢主。每日灵粮旨在于行动管制令期间将教会团结在一起，但今天它已传播到大约 20 个国家。我们为着那些受到鼓励与上帝同行的人所提供的见证赞美上帝，我们也收到了人们认识耶稣成为他们的主和救主的见证。

我鼓励您拿起笔和纸，开始写下您在 2020 年从主得到的祝福。

允许我借用这一段文字来结束这篇每日灵粮：“在我们的生活中，有时我们并不总是立即看到上帝的祝福。有时它们会被伪装，还有一些我们曾经认为不好或可怕的事物竟变成美好的祝福。

想想毛毛虫。它不是很漂亮。我不知道它被缠绕在自己周围的茧封住时是否有点害怕。我不知道那里面是否黑暗。我在想毛毛虫先生是否尖叫：“让我离开这里。我无法呼吸！”但是有一天，在适当的时候，我们看见了美好的事情发生。我们看见了上帝的计划，一只美丽的蝴蝶的奇迹。”（我无法追踪作者。）

今日祷告

主啊，求祢赦免我把生活中的许多事情视为理所当然。感谢主，祢让我放慢脚步并享受有祢同在的生活。我感谢祢赦免、医治、拯救了我；感谢祢把祢的爱与怜悯倾注在我身上，用美好的事物满足了我，并且每天更新我的力量。祢给予了我很多，祢向我要求的也多。谢谢祢赐我存活与健康的特权，在 2020 年满怀喜悦和欢乐地事奉祢。

愿赐平安的上帝亲自使你们全然成圣。又愿你们的灵与魂与身子得蒙保守，在我们主耶稣基督降临的时候，完全无可指摘。那召你们的本是信实的，他必成就这事。（帖撒罗尼迦前书 5:23-24 和合本）

奉耶稣的名祷告，阿门。