

Thursday 1st July 2021

Title: "They were amazed..."

Ps Mark Tan

Mark 6:1-6

This short passage highlights three parties who were "amazed". The first were those in the synagogue who were "amazed" at Jesus' teachings. They were not only amazed at how well and clear Jesus taught. They were also astonished that Jesus was teaching on His own authority and claimed to be the anointed One who would bring God's Jubilee. They were so "amazed", they took offense at Jesus' words and wanted to stone him. For further study, read Luke 4:14-30.

What caused the people's unbelief? The hint can be found in the rhetorical questions the crowd asked in verse 3. The people could not look beyond Jesus' flesh and humility as a carpenter's son and truly see that Jesus grew in wisdom and stature and gained honour from God as well as men (Luke 2:52). The people had a bias to expect God's Messiah as a great political power that would deliver them from the Romans. Their lack of trust in God, mixed with their earthly desires for a "superhero" they could control, prevented them from seeing the Lamb of God who would take away the sins of the world.

The second is Jesus Himself, who was "amazed" at their lack of faith. He was not amazed as if he was surprised and didn't know of their lack of faith. Rather, He marvelled at the fact that even though the people of Israel experience God's goodness first-hand, they did not believe in Him. Israel was delivered by God Himself from Egypt, from slavery, from starving, and even from enemy countries. Until today, Israel stands as a testimony of God's goodness as well as Israel's lack of belief in the promised Messiah found in Jesus of Nazareth.

The third group, though not explicitly described as "amazed", were those who marvelled at Jesus' ability and sought for Him to heal them. This group of people may seem small at first, but you will find them throughout the Gospels and Acts of the Apostles, either in the crowds of thousands being fed by Jesus, or even in the ones who were hated by society for their sin, like the tax collector, the soldier and the Samaritan woman. Their marvel was not dampened by Jesus' appearance. Rather, their marvel was amplified seeing that Jesus did not only heal them, but He saved them from their eternal damnation, by proclaiming many a time, "Your sins are forgiven".

While fighting to beat the pandemic, we might get disappointed with the state of our lives today. Let us not forget, while waiting for this pandemic to end, that God has already ended the greater plague which has taken so many more: the plague of sin and eternal death. He did this through the Suffering Servant, who is now our Loving Saviour, Jesus.

So what shall we do? How shall we marvel at our Saviour today? Simple: Help those in need, pray without ceasing and proclaim the Gospel without hesitation. When we do this, we will be able to be amazed again at what a Wonderful Saviour we have in Christ Jesus.

Prayer:

How Marvellous! How Wonderful  
And my song shall ever be  
How Marvellous! How Wonderful  
Is my Saviour's love for me.

<https://www.youtube.com/watch?v=ue8ZCAc9xQ8>

每日灵粮

2021年7月1日，星期四

题目：“他们何等希奇”

作者：陈燕靖传道

翻译：黄姐妹

经文：马可福音6章1-6节

这段简短的章节突显了三个“希奇”的群体。首先是会堂里那些对耶稣的教导感到“希奇”的人。他们不仅希奇于耶稣的教导得如此的好并且清楚。他们也很惊讶耶稣是凭着自己的权威教导，并声称自己是带来上帝禧年的受膏者。他们非常“希奇”，对耶稣的话很生气，想用石头打他。请阅读路加福音 4：14-30。

是什么引起了人们的不信？可以从第3节人群提出的反问问题中看出端倪。人们无法想象作为木匠儿子的耶稣，真正看到耶稣的智慧和身量增长，为人所体现的智慧与谦卑，并获得上帝和人类的尊重（路加福音 2:52）。

人们有一种偏见，期望上帝的弥赛亚是一个有伟大政治力量并可以将他们从罗马人手中拯救出来的。他们缺乏对上帝的信任，再加上他们世俗的想象他们可以控制这位“超级英雄”，以致他们无法看到上帝的羔羊，是可以还清世界的罪债。

第二个是耶稣本人，他对此刻的他们缺乏信心感到“希奇”。他并不惊讶他们缺乏信心。相反，他对这样一个事实感到惊叹：尽管以色列人亲身体验了上帝的良善，但他们并不相信他。上帝亲自将以色列从埃及、奴隶制、饥饿甚至敌国中拯救出来。直到今天，以色列仍是上帝良善的见证，也是以色列不相信在拿撒勒人耶稣身上所应许的弥赛亚的见证

第三组人虽然没有明确描述为“希奇”，但他们惊叹耶稣的能力并寻求为要得医治。这群人一开始可能看起来很微不足道，但无论是在成千上万被耶稣喂养的人群中，还是在那些因犯罪而被社会憎恨的人群中，你会在福音书和使徒行传中找到他们，比如税吏、士兵和撒玛利亚妇人。他们的奇迹并没有因耶稣的出现而减弱。相反，他们的奇迹被放大了，因为耶稣不仅医治了他们，而且通过多次宣布“你的罪赦了”，将他们从永恒的诅咒中拯救出来。

在为着战胜流感疫情而奋斗的同时，我们可能会对今天的生活状态感到失望。在等待这场流感疫情结束的同时，让我们不要忘记，主已经结束了比这场更大的灾难，它带走了更多人的性命：那就是罪恶和永死的灾难。耶稣甘愿降卑，取了奴仆的样式... 祂除了降卑为人、为奴之外，祂更愿走上死亡的道路而成就这一切。祂如今是我们慈爱的救主耶稣。

那我们该怎么做？今天我们要如何效法我们的救主？很简单：帮助有需要的人，不停地祈祷，毫不犹豫地宣讲天国的福音。当我们这样做时，我们将能够再次惊叹我们在基督耶稣里有一位何等奇妙的救主。

祷告：

何等希奇 何等奇妙 我要歌唱到永远

何等希奇 何等奇妙 我竟蒙救主爱怜...

Friday, 2 July 2021

Title: "All about God's glory"

By Ps Cheng Cheung

John 11: 4

My previous devotion on this same passage focussed on the theme of pain which God allows to befall those whom He loves. Today we shall go a step further and try to understand the heart of God who allows the ultimate to overcome His own.

Early in the chapter, John makes it abundantly clear that Mary's was a family Jesus loved.

Verses 3 and 5: The sisters sent to Him, saying, "Lord, behold, he whom You love is sick. . . Now Jesus loved Martha and her sister and Lazarus."

The sisters sent for Jesus as soon as they realised Lazarus' condition was dire. It was expected that if He miraculously met the needs of so many others, some of whom were strangers, He would meet their need also. John means for us to see and feel the love that Jesus has for this family. This request for help comes from within the closest circle of Jesus's friends.

To help us understand the spiritual lesson from this incident, Jesus declares "This sickness will not lead to death, but [will lead] to God's glory, so that the Son of God may be glorified through it."

That's the setting for Jesus's amazing words about death and the pain he permits for those whom He loves, and the glory of God. He said this to the disciples, when the news of Lazarus' illness was first told to Him. Mary and Martha did not hear Him say it.

By the time Jesus arrived at Bethany, the village where Lazarus lived, Lazarus had been dead four days. Mary and Martha could not understand Jesus' delay. Each of them said to Him despairingly, "Lord, if you had been here, my brother would not have died." Behind their words we seem to read their true thoughts: "Lord, we do not understand what took you so long to come. How could you allow the man you love so much, our brother, to die?"

In other words, "WHY did you allow this?"

This is a question many of us would have asked, I think, more so in recent days than at any time in past years.

Many Bible characters would have asked such Why questions:

Abraham: "Why do I need to sacrifice Isaac?" Yet he was willing to obey.

Joseph: "Why did my own brothers betray me, why did you allow my master's wife

to get away with her lies, why the lost years of unjust imprisonment?"

Job: "What did I do to deserve the disasters? And why take my health as well?"

Paul: "Why this thorn in the flesh which won't leave, after all I have done for the sake of the gospel amongst the gentiles?"

I confess I hear my voice in the chorus of questions above. How about you?

So, how did Jesus respond to the sisters?

"24 Your brother will come back to life again . . . 25 I am the resurrection and the life. The one who believes in me will live even if he dies, 26 and the one who lives and believes in me will never die. Do you believe this?"

Everyone who believes in Jesus will be raised to eternal life

This is the news which brings glory to God and the Son of God.

This illness and what happened to Lazarus is about God's glory. It is not mainly about death. It is mainly about God, about the Son of God, and about how glorious God and His Son are. And the narrative records many believed after they saw the things Jesus did.

My Prayer today

Heavenly Father, give me faith to believe despite the fact that many times I do not understand the challenging and often desperate circumstances I face. In Jesus' Name. Amen.

每日灵粮

星期五，2021年7月2日

标题：“乃是为神的荣耀”

作者：张祯祥传道

翻译：巫惠如

约翰11:4

我上篇灵修用了同一段经节，主要讲的是上帝允许痛苦发生在属于祂所爱的人身上。今天，我们将更进一步，尝试了解上帝的心：为了战胜自己的痛苦，祂允许最绝的事发生。

在本章开头部分，约翰非常明确地指出，马利亚是属于耶稣所爱的家庭。

**第三和第五节：“她姐妹两个就打发人去见耶稣，说：“主啊，你所爱的人病了。”...耶稣素来爱马大和她妹子并拉撒路。”**

姐妹俩一发现拉撒路病情很严重，就向耶稣求助。很多人认为，如果祂奇迹般地满足这么多人的需要，而且其中一些还是陌生人，那他肯定也能满足他们的需要。约翰的用意是让我们看到并感受耶稣对这个家庭的爱。这个请求来自耶稣最亲密的朋友圈。

为了帮助我们从这个事件吸取属灵教训，耶稣宣告：“这病不至于死，乃是为神的荣耀，叫神的儿子因此得荣耀。”

这是耶稣当下说出关于死亡的一番话，以及祂所爱的人遭受痛苦，并上帝的荣耀。当门徒第一时间转告祂关于拉撒路的病时，祂如上所述对门徒说。马利亚和马大没有听到耶稣这么说。

**当耶稣抵达拉撒路所居住的村庄伯大尼时，拉撒路已经死了四天。马利亚和马大无法理解耶稣为何晚到。他们每个人都绝望地对祂说，“主啊，你若早在这里，我兄弟必不死。”**

我们似乎在他们的言论背后读到他们的真实想法：主啊，我们不明白为什么你这么晚才来。你怎么能允许你这么爱的人，我们的兄弟，死去？”

换句话说，“你为什么允许这事？”

我认为，许多人这些天都会问这问题，而且比过去几年的任何时候都多。

许多圣经人物都会这样问：

亚伯拉罕：“为什么我需要牺牲以撒？”但他愿意顺服。

约瑟：“为什么我的亲兄弟背叛了我？为什么让我主人的妻子逍遥法外？为什么我得冤枉

坐牢？”

约伯：“我到底是做了什么得忍受这些痛苦？为什么还要夺走我的健康？”

保罗：“为什么我身上的刺不离开我？毕竟我为外邦人能得着福音而做了那么多？”

我承认，我在以上一系列的问题中也听到了自己的声音。你呢？

那耶稣如何回应姐妹俩？

24 马大说：“我知道在末日复活的时候，他必复活。” 25 耶稣对她说：“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？

每个相信耶稣的人都会得着永生。

这好消息给上帝和祂的儿子带来荣耀。

拉撒路的病和他的遭遇都是关乎上帝的荣耀。这主要不是关于死亡。它主要是关于上帝，关于祂的儿子，关于上帝和祂的儿子的荣光。这故事的叙述也提到，在看到耶稣所做的事情之后，他们也相信祂。

我的祷告：天父，尽管很多时候我不明白我所面对的挑战，甚至陷入窘境，求主加添我信心。奉耶稣的名祷告，阿门。



Saturday, 3 July 2021

Title: The Lord's Prayer

By: Wong Yoke Ming

Matthew 6:9

"Pray then like this ..."

We are all so familiar with this. It is called "The Lord's Prayer" but is, in fact, the Lord Jesus teaching the disciples how they should pray. What we often miss are the verses before that from verse 5 to verse 7:

1. We should not pray like the hypocrites who pray for self-glorification in the most 'publicly' seen places and in contempt of others whom they consider less pious than themselves, as in the parable of the Pharisee and the Tax Collector in Luke 18:9.
2. We should not pray like the 'Gentiles' (today these would be people who do not know God) – with many words (Gk. – 'babbling') that cover a myriad of deities but are really nothing more than 'dutiful' incantations thought to be pious prayers.

But neither was it meant to be a prayer to be repeated without understanding as many of us do today. There are six petitions in what we call "The Lord's Prayer", easily divided into the first three, which remind the one praying of who God is, and next three petitions, which remind the one praying of the grace and provision of God in the life of the Christian. We shall focus on the first set of three.

Firstly, we should recognize that we are speaking with, not God, but "Our Father in heaven". Why do I make this distinction? Jesus teaches us to be reverent when we speak with our heavenly Father. How would we speak to our earthly father? Should we not speak to our heavenly Father with, at least, the same reverence, except that this is our Father in heaven, not on earth. Contrast this with what was in Psalm 22, as uttered on the cross by our Lord, "My God, My God, why have you forsaken me?" Here, we are taught to acknowledge our heavenly Father who provides for us, who forgives us all our wrongdoing and who guides us away from succumbing to the evil that overflows from our hearts (Mark 7:21-23).

Secondly, even as we acknowledge Him as our Father in heaven, we long to be sheltered in His house, which will become our eternal domain. Do we not want to be our earthly father's house until such time when we leave our parents to cleave to our spouse? So to, the bride, which is the church, who would cleave to the Bridegroom, the Head of the church? And thirdly, do we not want to be in the place where our heavenly Father rules, not just in eternity coming, but in the "here and now"?

So, our Lord teaches us to long for the Father's kingdom, our ultimate home, to be in our hearts for the peace that surpasses all understanding and dispels all anxiety and that casts out all fears. We long for His will to dominate our lives here on earth; as our Lord has promised – an Advocate who will remind us of everything that our Lord had taught us. And the Apostle Paul reminded us, in Ephesians 4:30, not to “grieve the Holy Spirit of God”, by whom we had been “sealed for the day of redemption”. For our Lord has taught us that if He casts out demons by the finger of God, then the kingdom of God has come upon us (Luke 11:20).

And thus, this is not a prayer per se, but a teaching to us how we should pray, not in a hypocritical manner nor in babbling and empty repetitions, but first to come before God in humble reverence and desiring His will to be done and His kingdom to be in the “here and now”.

Prayer:

Father, we long for Your presence to be with us, even in the “here and now”, and the peace that You give to us amidst all the turmoil in our world. We are grateful for Your provision in our lives; Your forgiveness, even to the extent of seventy times seven; and Your hand in our lives that we may not succumb to the evil that comes from within our hearts. In Christ's name we pray. Amen.

每日靈糧

星期六，2021 年 7 月 3 日

標題：主禱文

作者：黃玉明弟兄

翻譯：王靖端姐妹

馬太福音 6:9

“所以，你們禱告，要這樣說.....”

我們都非常熟悉這一段經文。它被稱為“主禱文”，但實際上是主耶穌教導門徒們應該如何禱告。我們經常忽略的是經文的前一段，也就是從第5節到第7節：

1. 我們不應該像偽君子那樣的禱告，他們在最“公眾”的地方自吹自擂的禱告，並蔑視和瞧不起那些他們自認為不如自己虔誠的人，就如路加福音 18:9 中法利賽人和稅吏的比喻。
2. 我們不應該像“外邦人”（今天是指不認識上帝的人）那樣禱告——用許多重複話語（希臘文：“胡言亂語”）涵蓋無數的神祇，但實際上這貌似虔誠的禱告只不過是“盡職盡責”的咒語。

但這也不意味著要像我們今天許多人那樣不求甚解的重複的禱告。在我們所說的“主禱文”中有六個祈求，很容易分前三個為一組，提醒禱告的人神是誰，接下來的一組三個祈求，提醒禱告的人在基督徒的生活中神的恩典和供應。我們將專注於第一組的三個祈求。

首先，我們應該認識到，我們不是在跟上帝說話，而是在跟“我們在天上的父”說話。我為什麼要做出這樣的區分？耶穌教導我們在與天父交談時要虔誠。我們如何與我們地上的父親交談？我們是否應該至少以同樣的尊重和謙恭的態度對我們的天父說話，只不過這是我們在天上的父，而不是在地上的父。將此句與詩篇 22 的內容進行對比，也就是我們的主在十字架上所說的：“我的神，我的神，為甚麼離棄我？”在這裡，我們被教導要感謝我們的天父，祂供應了我們，祂寬恕了我們所有的過錯，並引導我們遠離從我們心中溢出的惡念（馬可福音 7：21-23）。

其次，即使我們接受承認祂是我們在天上的父，我們也渴望在祂的家中得到庇護，這將成為我們永恆的國度。難道我們不想在我們地上父親的家，直到離開我們的父母而與我們的配偶結合嗎？那麼，新娘，也就是教會，誰會忠於新郎那教會的元首呢？第三，難道我們不想待在天父掌管的地方，不僅在來臨的永恆中，而且在“此時此地”呢？

因此，我們的主教導我們渴望天父的國度，我們最終的家，在我們心中有渴望超越所有的理解並消除所有焦慮和驅逐所有恐懼的和平。我們渴望祂的旨意主宰我們在地上的生活；正如我們的主所應許的那樣——我們有一位會提醒我們主所教導的一切的保惠師。使徒保

羅在以弗所書 4 章 30 節提醒我們，不要“叫神的聖靈擔憂”，因為我們“原是受了祂的印記，等候得贖的日子來到”。因為我們的主教導我們，如果祂用神的能力趕鬼，那麼神的國就臨到我們了（路加福音 11:20）。

因此，這不是禱告的本身，而是教導我們應該如何禱告，不是虛偽的方式，也不是胡言亂語和空洞的重複，而是首先以謙卑的敬畏來到上帝面前，並祈求祂的旨意得以實現，祂的國度降臨在“此時此地”。

禱告：天父，我們渴望祢與我們同在，即使在“此時此地”，以及祢在世界的所有動盪中賜給我們的平安。我們感謝祢在我們生活中的供應；祢的寬恕，甚至到七十乘七次；和祢在我們生活中的扶持，使我們不會屈服於來自內心的邪念。我們奉基督的名祈禱。阿門。

Sunday, 4 July 2021

Title: QT with God

By Elder Bryan Lee 李惠隆

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

As a young Christian decades ago, I was taught to do personal bible reading and prayer. My spiritual mentor told me I must do my QT. This is a spiritual discipline called Quiet Time. And to cultivate this discipline in me, he would knock at my college hostel room every morning and we would do our QT together for some weeks until I could do it on my own.

I have been a Christian for 47 years now and I wish I could tell you that I consistently do my QT every day. But I can tell you surely that the days I missed, and sometimes over a long stretch, were the worst days of my journey as a Christian.

During this pandemic our grand niece Naomi was born a year ago. She was two months premature and spent many days in the incubator in the hospital. There were much anxieties because she was so tiny. Naomi just celebrated her first birthday and you wouldn't know she was a preemie. Naomi is as chubby as any healthy baby because her mother consistently fed her the baby diet daily. And so she grows physically into a very healthy one year old girl. Likewise, for us to grow spiritually, we must be fed with spiritual food. And one of the major diet is our QT. Jesus said "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" (Matt 4:4)

If we consistently and diligently do our QT, I guarantee, you will grow spiritually as a Christian. It means you have to consistently set aside time with the Lord, free from all distractions. Nothing will keep you from doing this. And you must be patient, you must not be in a hurry. Some days you don't seem to get anything out of your reading. Other times you get something but there are times where the light bulb suddenly lights up under the inspiration of the Holy Spirit and you say "Thank you Lord." God shows up.

The farmer who plants does not expect harvest suddenly. He knows he has to be patient. He plows, he breaks up the soil, he puts in the seeds and he waters and pulls the weed. He does this consistently, diligently and patiently.

And as he does this he does it expectantly. He expects a harvest, he expects to get a crop out of the ground. (2 Tim 2:6)

Similarly, you can expect a spiritual crop as you consistently and diligently do your QT. The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes.(Ps19:8). As we read God's Word and talk to Him daily, He will give us joy in our heart and spiritual vision to see beyond this pandemic.

The Bible records in Mark 1:35 that our Lord Jesus took time off the busyness and pressures of his earthly ministry and commune with the Heavenly Father in a quiet solitary place free from all distractions. We must do the same.

Brothers and sisters, the single most important time of my day is my time with my Lord. I pray it is yours as well.

Prayer

Lord,

Thank You for the promise that the person who delights in Your law consistently and diligently is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all we do, we prosper. We give thanks in Jesus' name. Amen.

班底浸信教会

每日灵粮

星期日，2021 年 7 月 4 日

标题：与上帝独处的安静时刻

作者：李惠隆长老

翻译：林良億姐妹

马可福音 1:35

**35 次日早晨，天未亮的时候，耶稣起来，到旷野地方去，在那里祷告。**

几十年前，作为一名年轻的基督徒，有人教导我要有个人阅读圣经和祈祷的习惯。我的灵命导师告诉我必须有个人灵修时间。这是一种灵命纪律，称为QT (Quiet Time)，中文译“**静默操练**”或“**灵修**”。为了在我身上培养这纪律，他每天早上都会来我大学宿舍敲门，我们会一起有几个星期的灵修，直到我可以自己做为止。

**我成为基督徒已经47年了，我希望我能告诉你我每天都坚持灵修。但我可以肯定地告诉你，我错过的那些日子，有时是很长一段时间，也是我作为基督徒旅程中最糟糕的日子。**

在这次大流行期间，我们的侄孙女 Naomi 在一年前出生。她早产了两个月，在医院的保温箱里呆了很多天。因为她太小，所以有很多焦虑。Naomi 刚刚庆祝了她的第一个生日，而你看不出来她是一个早产儿。Naomi 和任何健康婴儿一样胖，因为她的母亲每天都坚持给她喂婴儿食谱。就这样，她长成了一个非常健康的一岁女孩。同样地，我们若要在灵性上成长，就必须得到灵粮的喂养。主要饮食之一是我们的灵修。耶稣回答说：“经上记着说：**‘人活着不是单靠食物，乃是靠神口里所出的一切话。’**”（马太福音 4:4）

**如果我们勤奋地，始终如一灵修，我保证，作为一个基督徒，你会在灵性上成长。这意味着你必须坚持拨置出时间与主独处，不受任何干扰。没有什么能阻止你这样做。而且你必须要有耐心，不能着急。有些日子你似乎没有从阅读中得到任何东西。有时你会得到一些东西，但有时灯泡在圣灵的感动下突然点亮，你说“感谢主。”因祂及时出现。**

**种植的农夫不期待突然收获。他知道他必须要有耐心。他犁地，打碎土壤，播下种子，浇水，拔除杂草。他一贯地、勤奋地、耐心地这样做。当他这样做时，他满怀期待地这样做。他期望收获，他期望从地里收获庄稼。（提后 2:6）**

同样，当您始终如一，勤奋地灵修，您可以期待灵命上的收获。“耶和华的训词正直，能快活人的心。耶和华的命令清洁，能明亮人的眼目”（诗篇 19:8）。当我们每天阅读上帝的话语并与祂交谈时，祂会给我们内心的喜乐和属灵的异象，让我们能看透这场流行病。

圣经在马可福音 1 章 35 节记载，我们的主耶稣从他尘世事工的忙碌和压力中抽出时间，在一个安静、孤独、没有任何干扰的地方与天父交流。我们也必须这样做。

弟兄姐妹们，我一天中最重要的时间就是与主在一起的时间。我祈祷这段时间对你来说也是你最重要的。

祷告：主，感谢祢的应许—喜爱祢律法的人，会像一棵树栽在溪水旁，按时结果子，叶子不枯干。在我们所做的一切中，我们都取得了成功。我们奉主耶稣的名感谢。阿门。



Monday, 5th July 2021

## THE SWEETEST VERSE IN THE BIBLE

Pastor Soong Kok Kee

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."

Herschel Ford in his Simple Sermons Series calls this verse "The Sweetest Verse in the Bible". With the Covid 19 Pandemic into more than one and a half years and the Delta variant killing more people and forcing more lockdowns around the world, who is not weary, who is not burdened?

No place in the world has not been affected one way or another. The latest death toll world-wide is 3.95 million; Asia alone is 790 thousand and more is to come. One scene I saw on Whatsapp lingers in my mind. A man went up to the top floor of a hotel and jumped down, saying Covid 19 had taken his whole family, wife & children – what's the point of living anymore. Last week a man hung himself on an overhead bridge in Balakong, Cheras. Malay Mail says Malaysia alone has recorded about 4 suicide cases a day in the first 3 months of 2021!! And all of us know there are more to come, not just in Malaysia but world-wide.

In Malaysia alone, the daily infected cases hover between 5-6 thousand. So far, more than 5 thousand have died. Pay-cut, loss of job, retrenchment, small, medium and even big companies have closed down. One MCO after another, so much so we have lost count of the number of names given to these lockdowns – half lockdown, semi-lockdown, full lockdown – one SOP after another, morning we get one, afternoon changes, by evening it's another one – no one really knows what's going on, can go out or cannot go out, 1 person, 2 persons or 3 persons in a car? Who is not tired, who is not weary, who is not heavily burdened – all of us are – not a single soul in this whole wide world is exempted – it is totally by the grace of God that none of us have gone mad by now.

But in the midst of all these uncertainties, all these unknowns, our Lord says "*Come to me, all you who are weary and burdened, and I will give you rest*". Yes, to "ME" – to Jesus. Not to the Priest, not to a Creed, not even to the Church but to Jesus.

People can come to the Church without knowing Jesus. Bring all our unknowns, all our anxieties, all our problems, all our questions to Jesus and His promise is "and I will give you rest". Hendriksen says "such rest is not only negatively absence from uncertainty, fear, anxiety, and despair; positively it is peace of mind and heart; assurance of salvation". It is the peace of God, which transcends all understanding that Paul mentions in Philippians 4:7.

Rest, not only for those who are badly affected by the pandemic one way or another, but rest also for those who are ministering and helping others to face the pandemic. We cannot do our best work with nerves taut or frayed from constant pressure. When Jesus' disciples returned from a strenuous preaching mission, their Master recognized their need for rest and invited them to come with Him to a quiet place where they could be refreshed. "Come with me by yourselves to a quiet place and get some rest." (Mark 6:31)

Yes, my dear brothers and sisters in the Lord, apart from our Lord, we will not be able to find true rest and peace anywhere in this world. Remember what our Lord said in:

John 14:27 "Peace I leave with you, my peace I give you".

John 16:33 "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."

And Augustine sums it up nicely "Lord, Thou has made us for yourself and we can find no rest till we find our rest in you".

Herschel Ford not only said that Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest." is the sweetest verse in the Bible, he also said it is the greatest invitation of our Lord.

PRAYER: Truly Lord, all of us are so tired and weary and burdened with so many concerns and anxieties and unknowns in this pandemic world. Help us to find our rest in you Lord so that we can reach out to others that they too may find rest in you. In Jesus name we pray AMEN.

每日灵粮

星期一，2021年7月5日

标题：圣经中最甜蜜的经文

讲员：宋国基牧师

翻译：陈劲年姐妹

【马太福音11:28】“\_ 凡劳苦担重的人可以到我这里来，我就使你们得安息。\_”

赫歇尔·福特(Herschel Ford)在他的简单布道系列中称这节经文为“圣经中最甜蜜的经文”。随着新冠肺炎(Covid 19)大流行进入一年半多的时间，以及德尔塔变种 ( Delta Variant ) 导致更多人死亡，迫使世界各地更多的封锁，谁不疲倦，谁不感到负担？

世界上没有一个地方不受到某种形式的影响。全球最新的死亡人数为395万人，仅亚洲就有79万人，而且还会有更多。我在Whatsapp上看到的一个场景在我脑海里一直挥之不去。一名男子上到一家酒店的顶楼，跳了下来，说新冠肺炎已经夺走了他全家，妻子和孩子 – 活着还有什么意义。上周，一名男子在蕉赖 ( Cheras)无拉港( Belakong)的一座高架桥上吊自杀。《马来邮报》称，在2021年的前三个月里，仅马来西亚一国每天就记录了大约4起自杀事件！！我们所有人都知道，未来还会有更多，不仅在马来西亚，而且是在全世界。

仅在马来西亚，每天的感染病例就徘徊在5至6千之间。迄今，已有5000多人死亡。减薪、失业、裁员；中、小型，甚至大公司都纷纷倒闭了。一个又一个的行动管制令 ( MCO )，如此之多，以至于我们已经数不清这些封锁的名称了 – 半封锁、全面封锁 – 一个接一个标准操作程序 ( SOP)，早上我们得知一个，下午有变化，到了晚上又是另一个 – 没有人真正知道到底发生什么事，可以出门还是不能出门，一车一人，或两、三人可共车？谁不累，谁不疲乏，谁不负重担 – 我们每个人 – 在这个广阔的世界里，没有一个人可以幸免 – 这完全是上帝的恩典，我们至今还没有一人发狂。

但在所有这些不确定性之中，在所有这些未知数中，我们的主说：“\_ 凡劳苦担重的人可以到我这里来，我就使你们得安息。”。是的，到“我” – 到耶稣那里。不是牧师，不是信条，甚至不是教会，而是到耶稣那里。人们可以在不认识耶稣的情况下来到教会。把我们所有的未知、所有的焦虑、所有的问题、所有的疑问都带到耶稣面前，祂的应许是“我就使你们得安息”。亨德里克森(Hendriksen)说：“这种安息不仅是消极地远离了不确定、

恐惧、焦虑和绝望；积极地，它是心灵的平静；是得救的保证\_。”这是保罗在腓立比书4:7中提到的，是上帝所赐出人意外的平安。

**安息**，不仅是赐给那些在某方面受到大流行严重影响的人，而且也赐给那些服务和帮助他人应对大流行的人。我们无法在因持续压力而绷紧或磨损的情况下做好我们的工作。当耶稣的门徒从繁重的传道任务回来时，他们的主意识到他们需要休息，便邀请他们和祂一起到一个安静的地方，让他们可以恢复精神。“你们来，同我暗暗地到旷野地方去歇一歇。”(马可福音6:31)

**是的**，我亲爱主内的兄弟姐妹，除了我们的主，我们将无法在这个世界的任何地方找到真正的安息与平安。记住我们的主所说的话：

约翰福音 14:27 **“我留下平安给你们，我将我的平安赐给你们。”**

约翰福音 16:33 **“我将这些事告诉你们，是要叫你们在我里面有平安。在世上你们有苦难，但你们可以放心，我已经胜了世界。”**

**奥古斯丁**总结得很好：**“主啊，祢为自己创造了我们。我们无法安息，直至我们在祢里面寻得安息。”**

**赫歇尔·福特**不仅说马太福音11:28 **“\_凡劳苦担重的人可以到我这里来，我就使你们得安息。\_”**是圣经中最甜蜜的经文，他还说这是我们主最伟大的邀请。

**祷告**：是的，主啊，在这个大流行的世界里，我们所有人都非常困倦、疲惫，并背负着如此多的担忧、焦虑和未知。主啊，求帮助我们在祢里面得享安息，好叫我们可以接触他人，让他们也可以在祢里面得到安息。我们奉耶稣的名祈祷，阿们。

Tuesday, 6 July 2021

Title: Do Not Worry

By: Stephen Wong

Text: Philippians 4:6-7

Like some, I am one who grew up under less-than-ideal circumstances. To put it another way, my parents were financially poor and had to provide for the needs of 12 children in the family. I was ranked 9th in the family and did not have dreams of going much further after my Form 5 studies, other than to be a civil servant i.e. a teacher or a clerk. Many nights in my early teens, I lay down in bed looking at the wall and wondered about the purpose of my existence. Occasionally, my despairing eyes would chance upon the silhouette of my lizard friends on the wall, which caused me to cringe with fear on many cold breezy nights.

Fast forward 10 years later; I was in my second year of studies at University Malaya soaking up the Bible (RSV) purchased by my friend Daniel Chua. I was reading the gospel of Matthew and found many interesting truths that touched my heart. I chanced upon Matthew 6:33 that said, "Seek first the Kingdom of God and his righteousness and all these things would be yours as well." I must admit I did not have a full understanding of what the words really meant, but I knew I wanted to know the true and righteous God who could impart His righteousness to me. I knew the seriousness of my sins, and I needed a Saviour in my life. I heard from my Christian friends that I needed to receive Christ in my life before I could become a member of God's family. I looked afresh at my fellow Christian friends and saw they led good lives. One day, I decided to say a prayer to Jesus to call Him to come and be my God. I closed the prayer with a happy "Amen". Only God was my witness when I called upon Him to accept me into His family.

I learned an important truth of being a Christian; that is to be able to trust God fully in His word and remain obedient to Him. There were many occasions when I thought I could live life without God after my initial conversion experience. And so, I took some hard lessons from God, learning to trust Him fully and navigate through life with Him, when the storms hit. God led me through all of them by His gentle hand. During raging storms, I found that praising God and thanking Him in adversities had the power to take the sting out of worries that I shouldered. Each time I praised and thanked Him, the burdens got easier and after a while, the burdens left me completely. My prayers were all answered, to the glory of God. Praising God daily with a thankful heart works miracles for me, and I am sure it can work for you as well, to ease your emotional burdens.

Today the world has gotten more complicated than what it was before; but God who stopped the storms on the sea of Galilee 2,000 years ago, can repeat the same miracle today. God is Lord over this current global pandemic and the plagues to come. So, my dear fellow family, let God work through your burdens and challenges in life. You can trust His love and promises that He would not abandon us, no matter what afflicts us. Praising and thanking Him during your trials and tears may not seem normal to the world, but God welcomes your praises and thanksgiving and He will safeguard your faith and walk with Him. He will surely answer your prayers in due time with many blessings. Would you not cast your worries unto God today, by praising and thanking Him daily for all that has taken place in your life?

#### Prayer

Dear Lord God, thank you for Your love and faithfulness. You know our sins but You chose to save us by sending Christ to die on the cross while we were still sinners. All of us are undergoing a powerful storm caused by this global Covid19 pandemic. Some of us are suffering badly because we have lost jobs and income and even our health. We ask Your comfort and help be given to Your people as we walk in faith, and trust in You. Help us to be Your instruments, touching lives in our church and neighbourhoods, with the comfort You have given us. May the nations look up to You and worship You together with us one day, because they saw us as a people of faith, trust, praise and thanksgiving in God. To God be the glory. In the matchless name of our Lord and Saviour, Jesus Christ. Amen.

每日灵粮

星期二，2021年7月6日

标题：不要忧虑

作者：黄德根弟兄

翻译：陈晓佩姐妹

经文：腓立比书4:6-7

像一些人一样，我是在一个不太理想的环境下长大的人。换言之，我的父母经济拮据，且得供养家里12个孩子的需要。我在家排行第九，在中五毕业后，除了当一名公务员，也就是一位教师或文员外，我并不抱有更进一步的梦想。在我十多岁的许多夜晚，我躺在床上看着墙壁，思考我存在的目的。偶尔，我绝望的目光会瞥见墙上蜥蜴朋友的身影，这让我在许多寒风习习的夜晚畏缩着。

快进到10年后，我在马来亚大学读大二的时候，我沉浸在朋友Daniel Chua买给我的修订标准版圣经(RSV)。我阅读着马太福音，发现了许多有趣的真理，触动了我心。我偶然发现马太福音6:33说：“你们要先求他的国和他的义，这些东西都要加给你们了。”我必须承认，我并不充分理解这句话的真正意思，但我知道我要认识能将祂的义赐给我的那位真实而公义的上帝。我知道我罪孽的严重性，我的生命需要一位救主。我听我的基督徒朋友说，我在成为上帝家庭的成员之前，需要先接受基督在我的生命里。我重新审视了我的基督教朋友们，看到他们过着美好的生活。一天，我决定向耶稣祷告，祈求祂来做我的上帝。我以一句快乐的“阿们”结束了祈祷。当我祈求祂接纳我进入祂的家庭时，只有上帝是我的见证人。

我学到了作为基督徒的一个重要真理，那就是必须完全相信上帝的话语，并持续地顺服祂。在我初信主之后的经历中，有许多时候我以为我可以过一个没有上帝的生活。因此，我从上帝那里得到了一些痛苦的教训，学会了完全信靠祂，并在暴风雨来袭时与祂一起度过人生。上帝以祂温柔的手引导我走过每一段的时刻。在狂风暴雨中，我发现在逆境中赞美上帝和感谢祂，让我有力量摆脱那肩负的忧虑。每当我赞美和感谢祂时，负担就会减轻，过一些时候，那重担就完全远离我了。为了上帝的荣耀，我所有的祷告都获得应允。每天以感恩的心赞美上帝，在我身上发生了奇效；我相信这对您也是有效的，缓解您情绪的负担。

今天，世界变得比以前更加复杂了；但是，2000年前平息了在加利利海风浪的上帝，今天可以重演同样的神迹。上帝是当前全球疫情和将来的瘟疫的主宰。所以，我亲爱的家人

，让上帝来帮助你们解决生活中的重担和挑战吧。您可以信靠祂的慈爱和应许，无论我们遭受什么，祂都不会撇弃我们。在您的试炼和泪水中赞美和感谢祂，在世人看来可能并不正常，但上帝喜悦您的赞美和感恩，祂会保守您的信心，与祂同行。祂必定会在合宜的时间并且带着许多的祝福来回应您的祷告。今天，您会不会通过每天赞美和感谢祂，为您生命中所发生的一切，向上帝卸下您的忧虑呢？

## 祷告

亲爱的主上帝，谢谢祢的慈爱和信实。祢知道我们的罪孽，当我们还是罪人的时候，祢选择差派基督来并死在十字架上拯救我们。我们都因着全球新冠疫情正在经历着强大的风暴。我们当中一些人痛苦不堪，因为失去了工作、收入，甚至失去了健康。我们祈求，当我们凭信心而行和信靠祢时，凡是属于祢的人都得到祢的安慰和帮助。帮助我们成为祢的器皿，藉着祢赐予我们的安慰去触摸教会和邻里的生命。愿有一天万民都仰望祢，与我们一同敬拜祢，因为他们见证到我们在上帝里是信靠祢、仰望祢、赞美祢和感谢祢的百姓。**愿荣耀归于上帝。奉我们的主和救主耶稣基督独一无二的名祷告。阿们。**



Wednesday, 7 July 2021

Title: Trust and Obey

Author: Pastor Wallace Ong

9 For I too am a man under authority, with soldiers under me. And I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my servant, 'Do this,' and he does it." – Matthew 8:9

It is very common for us to exercise submission and obey our superior at the work place. Like the soldier under the centurion, he has to submit and obey his commander. However, very often when the words of God speak to us or bring conviction to our heart, or God speaks to us with a still small voice, we have the tendency to ignore or choose not to submit and obey. Our human nature usually persuades us to ask lots of questions instead of choosing just to trust Him. "How does this situation come about?", "Is God really telling me to do this?" (when we know it is from Him), "It is too hard for me!", "What will people be thinking?" Rather than operating with simple faith in trust and obedience, we allow ourselves to over analyse the potential consequences of our decision. This is obviously not the way God intends us to handle things, since he commands us not to worry or be anxious about anything (Philippians 4:6) but to put our trust in Him. "Blessed is the man who trusts in the LORD, whose trust is the LORD. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit." – Jeremiah 17:7-8

Sometimes when questions like these cross my mind, the Holy Spirit gently calms my thoughts and fears by speaking these three words into my spirit, "Trust and Obey". This is His gentle reminder to me that the God of the Universe, who placed the stars in the sky, is capable of handling all things, and in control of all things.

Prayer:

Dear Heavenly Father, I thank you that you have an incredible plan for my life and for your wonderful words to guide my path. I want to say sorry for the times I did not submit, obey, and trust you with what you want to do in my life. O God, please help me to trust you with all my heart, and not to lean on my own understanding. O God, I ask you now to empower me by your Holy Spirit to help me to obey and to do what you ask of me, step by step. In the mighty name of Jesus, I pray, Amen.

班底浸信教会

每日灵粮

星期三, 2021年7月7日

标题：信靠顺服

作者：王振威传道

翻译：陈健萍姐妹

【马太福音8:9】因为我在人的权下，也有兵在我以下，对这个说，‘去’，他就去；对那个说，‘来’，他就来；对我的仆人说，‘你作这事’，他就去作。

我们在工作场所听命并服从上级是很常见的，就像百夫长手下的士兵一样，他必须服从他的指挥官。然而，很多时候，当上帝的话语向我们说话时、或使我们的心信服，或者当上帝用微小的声音对我们说话时，我们往往会漠视或选择不顺服。我们的人性通常会说服我们问很多问题，而不是选择仅仅相信祂。“这种情况是怎么发生的？”、“上帝真的要我做吗？”（虽然知道是从祂而来的）、“这对我实在是太难了！”、“人们会怎么想？”我们允许自己过度分析我们的决定引致的潜在后果，而不是带着信靠和顺服的简单信念行事。这显然不是上帝要我们处理事情的方式，因为祂吩咐我们不要为任何事情担心或挂虑(腓立比书4:6)，而是要我们信靠祂。“倚靠耶和华、以耶和华为可靠的，那人有福了。他必像树栽于水旁，在河边扎根，炎热来到，并不惧怕，叶子仍必青翠，在干旱之年毫无挂虑，而且结果不止。”——耶利米书17:7-8

有时，当这些问题掠过我的脑海时，圣灵会对我的心灵说“**信靠并顺服**”，轻柔地安抚我的思想和恐惧。这是祂给我温馨的提示，把星宿陈设在天上的宇宙之上帝，有能力处理一切，并掌控万有。

祈祷：

亲爱的天父，感谢祢对我的人生有一个极美好的计划，感谢祢以奇妙的话语指引我的道路。我要为我没有顺服、遵从和信靠祢、让祢在我的生命中作成祢的工向祢认错。上帝啊，求帮助我专心仰赖祢，而不是倚靠自己的聪明。上帝啊，恳求祢藉着祢的圣灵赐给我力量顺服祢，一步一步地完成祢对我的期待。我奉耶稣的大能之名祈祷，阿们。

Thursday, 8 July 2021

Title: Be A Good MCO Samaritan

By Dr. Tho Lye Mun

Read Luke 10:25-37

36 "Which of these three do you think was a neighbour to the man who fell into the hands of robbers?" 37 The expert in the law replied, "The one who had mercy on him." Jesus told him, "Go and do likewise."

MCO means Movement Control Order. These are the restrictions that have been implemented in Malaysia over the last 15 months in order to combat the spread of COVID. We are now entering the 5th week of our latest round of lockdowns. Travel is restricted and the majority of businesses and factories are closed. Those particularly affected appear to be the most vulnerable in society to begin with, the lower income group, casual workers and the migrant community. Many are struggling to put food on the table. We hear of mothers who cannot afford to buy milk for their babies and are resorting to feeding them coffee or condensed milk. People are unable and too afraid to leave their homes as they will never be able to pay the fines imposed for breaching SOPs. We hear of the mental anguish and depression leading to suicides. We've all received the gory pictures on our WhatsApp groups.

What is our response? Clearly the right response is to reach out to help. As a front-liner, my colleagues in other hospitals and I have seen first-hand how Buddhists, Muslim and non-religious NGOs have come forward to offer assistance. Funnily enough, we have not been approached by any churches or Christian organisations, nor have my own Christian colleagues been particularly forthcoming in offering to help others admittedly. If non-Christians can pour out their resources, time and love, surely the bar should be set even higher for Christians.

Now, back to the parable. It's interesting that Jesus' choice for the first two bad examples were not just ordinary Jews, but a priest and a Levite specifically. These people were meant to helm religious activities of the day, worship and scripture teaching, as well as act as community leaders. Yet, they turned a blind eye. I think the burden of responsibility placed on church leaders today remains equally critical. In this time of widespread need, they are tasked with leading us to identify needs in the community, to organise and mobilise the church to offer assistance to those who cannot help themselves anymore. I urge church leaders to rise to the occasion and stop holy-huddling, praying and waiting for the pandemic to be over. The time is now, the Samaritans are hard at work, so lead your church to become a beacon

of light in the darkness. Your testimony is in your actions and is plain for everyone to see, especially the younger generation.

Prayer:

Please help us Lord to stop being selfish and fearful. Love is not fearful. Help us to open our eyes to the needs around us and move us mightily in the Holy Spirit to help our neighbour in need. Help our leaders lead. Help them spur their flock on to love and good deeds to bring you glory.

每日灵粮

2021年7月8日，星期四

题目：做一个好MCO撒玛利亚人

作者：陶乃文医生

翻译：吴淑娉姐妹

经文：路加福音10: 25-37节

请阅读路加福音 10:25-37

36 “你想这三个人，哪一个是落入强盗手中的邻舍呢？” 37 律法师回答说：“是怜悯他的。” 耶稣对他说：“你去照样行吧。”

MCO是指行动管制令，为着防止新冠肺炎传播，在过往的15个月，大马都在实施行动管制令。目前，我们已进入最新一轮封锁的第5周，旅行受到限制，大多数企业和工厂都关闭。本来就是社会弱势群体的人所受到的影响最为严重，例如低收入人士、散工及移民。很多人都拼命工作，只求天天有饭开，据说有母亲因无力购买婴儿奶粉，而用咖啡或炼乳喂养婴儿，很多人因无法、也因怕要缴付违反SOP的高额罚款而不敢步出家门，一些人因此而陷入情绪低落或甚至自杀，我们都可能在WhatsApp群组收过一些惨不忍睹的图片。

我们的回应是什么？很明显，正确的回应是伸出援手。作为前线人员，我和其他医院的同事都亲眼目睹了佛教徒、穆斯林、非宗教、非政府组织如何挺身而出提供帮助。“可笑”的是，我们没有接触过任何教会或基督教组织，我自己的基督徒同事也没有特别主动地帮助他人。如果非基督徒可以贡献他们的资源、时间和爱心，那么基督徒的标准应该定得更高。

再看以上的比喻，有趣的是耶稣所选择的两个坏榜样并不是普通的犹太人，而是一位祭司和一个利未人，他们的职责是主持宗教活动、崇拜、教圣经及担任社区领袖，然而他们对这个受伤的犹太人却视而不见。我认为今天的教会领袖所肩负的责任同样重要，在这个需要的时候，他们应该带领我们了解社会上的需要、组织及动员教会，为那些无助的人提供协助。我促请教会领袖不要逗留在自己基督徒的小圈子、单单祈祷或静候疫情自行结束，而要采取更实际的行动。现在是时候了，好撒玛利亚人正在努力工作，你们也要带领自己的教会，成为在黑暗中发亮的灯塔，让所有的人，尤其是年轻的一群，看见你们将见证实践在行动上。

祷告：

主啊！请帮助我们不要自私和害怕，爱里没有恐惧，帮助我们睁开眼睛看到周围的需要，并让圣灵大大的感动我们去帮助各邻舍。帮助领导者，让他们可以激励羊群、以爱和善行为祢带来荣耀。

Friday, 9 July 2021

Panic

Prathab V

1 Peter 5:7 (NIV)

"Cast all your anxiety on him because he cares for you."

That morning, panic set in rapidly. Fear and helplessness took hold of me. The amount of blood in the bathroom toilet was unusually large. It could easily fill half a bowl of porridge. "Let's take her to the hospital now!" I said to my wife, worried for our daughter who had been coughing blood.

It was frightening. Strangely, other than phlegm and a weird taste (according to my daughter) in her throat there were no other symptoms.

As we drove to the hospital, we prayed that God will heal our daughter and that it will not be a life-threatening matter. Secretly, in my heart, I prayed that it will not be cancer or Covid-19. To cut the long story short, after seeing two doctors that day, it was confirmed that the bleeding was due to a burst blood capillary inside her nasal passage, the result of a sinus infection. My wife and I were hugely relieved! We were truly grateful to God for answering our prayers.

Later that day, reflecting on the entire episode, I asked myself: What if the diagnosis has been different? What if it was a complicated medical condition? Would I still be grateful and trust God? Honestly, I don't know. I would certainly be heartbroken and devastated. I dare not say if I would emerge victorious in my test of faith. But I know that I must still cling to the promises of God. He alone cares for us.

This episode reminds me of the old Sunday School song "Did you ever talk to God above" by Francis Towle Rath. I love this song as it a source of great encouragement in times of difficulty and challenge. I especially like the part in the song where it says "Every tiny little fear He knows".

This morning, I encourage you to trust God. He is not too far away from you. He knows your pain, your challenges and your fears. But, trust Him. He alone cares.

Prayer:

Lord and Saviour, teach me to trust in You always even if all seems helpless. In times of panic and fear, teach me to rely on Your everlasting love always. In Jesus' name, I ask. Amen.

每日灵粮

星期五，2021年7月9日

标题：“惶恐不安”

作者：帕拉他伯（Prathab V）

翻译：陈月妃

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。”

那天早上，恐慌迅速袭来。恐惧和无助占据了我。浴室马桶里的血量异常大。大概有半个碗的容量。“我们现在就带她去医院吧！”我对我的妻子说，担心我们一直咳血的女儿。

这太可怕了。奇怪的是，她的喉咙里除了有痰和奇怪的味道以外（据我女儿说），并没有其他症状。当我们驱车前往医院时，我们祈祷上帝能治愈我们的女儿，并祈祷这不是危及生命的事情。我心里暗暗祈祷，不会是癌症，也不会是Covid-19。长话短说，当天看了两个医生后，证实出血是由于她鼻腔内毛细血管破裂所致，是鼻窦感染所致。我和妻子都大大地松了一口气！我们真的很感谢上帝回应了我们的祈祷。

那天晚些时候，我回顾了整个事件，我问自己：如果诊断结果有所不同怎么办？如果这是一个复杂的疾病呢？我还会感恩并相信上帝吗？老实说，我不知道。我肯定会伤心欲绝。我不敢说我是否会在我的信仰考验中获胜。但我知道我仍然必须坚信上帝的应许。只有祂顾念我们。

这一事件让我想起了弗朗西斯·托尔·拉斯 (Francis Towle Rath) 的老主日学歌曲“你曾与上帝交谈过吗”。我喜欢这首歌，因为它在困难和挑战的时候给我很大的鼓励。我特别喜欢这首歌中说“祂知道每一个微小的恐惧”的部分。

今天早上，我鼓励你相信上帝。祂离你不太远。祂知道你的痛苦，你的挑战 and 恐惧。但是，相信祂。祂顾念你。

祷告：主啊，我的救主，求你教导我永远信靠你，即使一切都显得无助。在恐慌和惧怕的时候，教我永远依靠你永恒的爱。奉耶稣的名祈求。阿门。



Saturday, 10 July 2021

Title: Always ought to pray and not to lose heart

By Pastor Johnson Chong

Translator: Margaret Ong

Luke 18:1 "Jesus spoke a parable to them, that men always ought to pray and not to lose heart."

Dear brothers and sisters, nothing in the spiritual life of Christians is more important than prayer; so the spiritual growth, blessings, gifts, and abilities are all derived from prayer. There is nobody who does not pray and is still able to have a sustained, unfaltering, strong, and progressive spiritual life. Similarly, there is no believer who prays well but his spirituality is out of control. Many believers face spiritual problems mainly because something went wrong in their prayer life: As a result of not praying well, not only are they not able to withstand temptations, they have nowhere to hide when they encounter tribulations and during times when they cannot cope with the problems, they eventually get dragged down by Satan, the flesh, and the world.

Of course, some believers never pray properly, so there is no spiritual desire or progress. But some believers initially sought God by praying, but then gradually became indifferent, prayed less, and even stopped praying. What is the reason for this? One of the most important factors is that when the believer's prayers have not been answered and fulfilled, they feel that God is not faithful, His promises are unreliable, and prayers are useless, so they become discouraged and gradually give up. Therefore, the Lord Jesus specially used a parable here to ask men always ought to pray and not give up.

Dear brothers and sisters, we are God's people, and our relationship with God far exceeds the ones we have with people, matters and things. Our lives, our time, our minds, our strength belongs to Him. God should be our purpose in all things.

1 Thessalonians 5:17 Pray without ceasing. Prayer is not only our essential but is also God's will and command. Unfortunately, many Christians ignore it, and some do so only for a short period of time and just deal with it. Dear brothers and sisters, this is far from meeting God's will and even annoys Him.

But there are also Christians who pray frequently and sincerely. They pray in the morning and at night and sometimes they even have special prayers. Isn't that enough? Indeed, this is better than not praying or praying very little, but it still does not satisfy God's will and meet His requirements.

Dear brothers and sisters, many of our prayers are simply hoping to achieve certain goals, and many of our prayers are entirely carnal and secular, and run counter to divine orders and the teachings of the Bible. When prayers fail to be fulfilled or do not produce desired results, the complaining begins.

Jude 20~21 Dear brothers, but you, beloved, building yourselves up on your most holy truth, praying in the Holy Spirit, keeping yourself in the love of God, and looking for the mercy of our Lord Jesus Christ unto eternal life.

Dear brothers and sisters, these verses teach us to pray in the Holy Spirit, that is, not in the mind and will of ourselves and the flesh, but the Holy Spirit. Likewise, the Spirit also helps us in our weaknesses, as mentioned in Romans 8: 26~27: For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. The Holy Spirit who lives in us is constantly praying for us, and we should pray with the Holy Spirit. If you do not follow the guidance of the Holy Spirit, it is hard to abide in the Holy Spirit when you pray.

Prayer: Dear Heavenly Father, I want to thank you and praise you because your faithfulness is everlasting. Thank you for giving us the authority to pray, thank you for choosing and saving us in Christ, so that through the Lord Jesus, we can come to your throne of grace without fear, and be able to pray to you anytime, anywhere, to worship and praise you. Thank you that for those who are weak, you increase power; those who are tired, you give strength; thank you for agreeing that those who hope in the Lord you will renew their strength; thank you, you fill me with your power every day through your holy spirit, so I will soar my wings up like eagles, run and not grow weary, walk and not grow faint. Praying, in the holy name of the Lord Jesus Christ, Amen!

每日灵粮

星期六，2021年7月10日

标题：常常祷告，不可灰心

作者：张胜牧师

路加福音18:1 “耶稣设一个比喻，是要人常常祷告，不可灰心。”

亲爱的弟兄姊妹，在基督徒的属灵生命中，没有一件事比祷告更重要了，所以属灵的长进、祝福、恩赐、能力都是从祷告中得来的。没有一个不祷告的信徒，灵性能维持，不跌倒、不软弱、不退后；也没有一个好好祷告的信徒，灵性会落到不可收拾的地步。许多信徒灵性出问题，都是从祷告出问题开始的，因为没有好好的祷告，以致遇见试探无力抵挡，遇见苦难无处躲藏，遇见问题无法应付，而被撒旦、肉体和世界拖下去。

当然有些信徒从开始就没有好好祷告，所以根本也没有追求和进步。但也有些信徒起初愿意祷告寻求神，但后来渐渐冷淡了，少祷告，甚至不祷告了。这是甚麽原因呢？其中一个很重要的因素，这是因为信徒他的祷告没有得到应允和成就，觉得神不信实、神的应许靠不住、祷告没有用，所以就灰心，而渐渐放弃了。所以主耶稣在这里特别设一个比喻，是要人常常祷告，不可灰心。

亲爱的弟兄姊妹，我们是属神的人，我们与神的关系，远超过与一切人、事、物的关系。我们的生命、时间、心思、力量都是属神的。神应当是我们所有的目标。

帖撒罗尼迦前书 5:17 不住地祷告。祷告不但是我们的需要，也是神的旨意和要求，可惜许多基督徒忽略了祷告，有的也是很短促、仅仅应付而已。亲爱的弟兄姊妹，这远远不能满足神的心意，甚至使神厌烦。

可是也有的基督徒，祷告是不少的，而且很恳切，不但早晚有定时的祷告，有时还有特别的祷告。这不是很好了吗？的确，这比不祷告或很少祷告是好了一些，然而仍没有满足神的心意，达到神的要求。

亲爱的弟兄姊妹，因为我们的许多祷告，不过是凭着自己的意思，盼望达到自己的目的，其中很多更是完全属肉体 and 属世俗的，与神的旨意和圣经的教训背道而驰。一旦祷告没有成就和效果，就要灰心发怨言了。

**犹大书 20~21**亲爱的弟兄阿，你们却要在至圣的真道上造就自己，在圣灵里祷告，保守自己常在神的爱中，仰望我们主耶稣基督的怜悯，直到永生。亲爱的弟兄姊妹，这里教我们要在圣灵里祷告，那就是不要在自己和肉体的思想、意志里，而要在圣灵一同祷告。

**罗马书 8: 26~27**况且我们的软弱有圣灵帮助，我们本不晓得当怎样祷告，只是圣灵亲自用说不出来的叹息，替我们祷告。鉴察人心的，晓得圣灵的意思因为圣灵照着神的旨意替圣徒祈求。**圣灵在我们里面**不住地替我们祈求，我们也应当和圣灵一同祈祷。如果你不随从圣灵的引导，在祷告时就很难在圣灵里来。

**祷告：**

亲爱的天父，感谢和赞美祢，祢的信实直到万代，永恒不变。感谢祢赐给了我们祷告的权柄，感谢祢在基督里拣选拯救了我们，**使我们**藉着主耶稣，可以坦然无惧地来到祢施恩的宝座前，能够随时随地向祢祷告祈求，能够向祢献上敬拜和赞美。感谢祢，软弱的，祢加能力；疲乏的，祢加力量；感谢祢应允凡等候祢的，必重新得力；感谢祢，祢借着祢的圣灵将祢的能力天天充满浇灌在我里面，使我如鹰展翅上腾，行走祢的道也不疲倦，奔跑祢的路也不疲乏。感谢祷告祈求，是奉靠主耶稣基督的圣名，阿们！

Sunday, 11 July 2021

Title: What is more important than Food?

By Elder Yu Chin Shie

John 4: 34

“My food,” said Jesus, “is to do the will of Him who sent me and to finish His work”

I wonder any of us have ever thought of going without food for a length of time. We need food and water to survive. We are told we can survive only days without water, but we may be able to live for weeks if only food is deprived. I can dare say, food is very important for most of us. I remember when I was sick and unable to have solid food, I couldn't wait to be well again and enjoy all the food I missed! For foodies, they will go anywhere that serves delicious food which they can't resist.

This morning's devotion is based on the encounter of Jesus with the Samaritan woman at Sychar recorded in John 4: 4-42.

Briefly, this encounter involved Jesus talking to a Samaritan woman while His disciples had gone to town to buy food. Despite being tired and thirsty, Jesus took the opportunity to tell the woman about the kingdom of God and led her to acknowledge Him as the Messiah. Just when the Samaritan woman left Jesus to go back to the town to tell the people of her encounter with the Messiah, the disciples returned with food for their Master.

When the disciples asked Jesus to eat something, Jesus replied “I have food to eat that you know nothing about”. As the disciples wondered who had brought food for their Master, Jesus replied “My food is to do the will of Him who sent me and to finish His work”

Jesus' response to His disciples set me thinking, “how many of us prioritize doing God's will over what we can't live without, that is our daily food?”. Not only did our Lord do the will of His Father but He finished His work!

At the cross of Calvary, just before Jesus took His last breath, He uttered the phrase “It is finished!”. John 19:30

Jesus' mission on earth is to die on the cross for the atonement of man's sins and to reconcile man to God. Praise God, Jesus has finished what His Father had Him to do!

How about all of us? Do we know what is God's will for us? Do we prioritize doing God's will over our daily food? Are we planning to finish what He has asked us to do?

As God's children, we know His will for us is found in His Word. Keeping the 10 commandments (Exodus 20:1-17) is certainly the will of God. Another specific will of God for every believer is the fulfilling of the Great Commission (Matthew 28:18-20) of evangelism and disciple making.

Here are some bible verses concerning God's will for us:

- Give thanks in all circumstances (1 Thessalonians 5:18)
- Avoid sexual immorality (1 Thessalonians 4:3)
- Deny ourselves and take up the cross daily and follow Him (Luke 9:23)
- Ask God for wisdom (James 1:5)
- Trust in the Lord with all our heart and submit our ways to Him (Proverbs 3:5-6)

I hope this morning's devotion will set us thinking of our priorities in life. What is more important? Our daily food or doing and finishing the will of God He has for us?

Prayer –

Heavenly Father,

As we abide in You daily, with the reading of Your Word and prayer, may we be like Jesus, desiring to do Your will and finish Your work.

In Jesus name,

Amen

每日灵粮

星期日，2021年7月11日

标题：有什么比食物更重要？

作者：余清熹长老

翻译：林良億姐妹

约翰福音 4：34耶稣说：「我的食物就是遵行差我来者的旨意，做成祂的工。」

我想知道我们当中有没有人想过长时间不吃东西。我们需要食物和水才能生存。我们被告知，在没有水的情况下只能存活几天，但如果只缺乏食物，我们可能可以存活数周。我敢说，食物对我们大多数人来说都非常重要。我记得当我生病无法吃固体食物时，我迫不及待地想赶快康复并享受错过的所有食物！对于吃货来说，只要有他们无法抗拒的美味，他们就会去任何地方。

今天早上的灵修是基于耶稣在叙加与撒玛利亚妇人的相遇，记载在约翰福音 4：4-42 中。

简而言之，这次的遭遇包括耶稣在门徒进城买食物时与一个撒玛利亚妇人谈话。尽管又累又渴，耶稣还是趁机向妇人讲述了上帝的国度，并带领她承认祂是弥赛亚。就在撒玛利亚妇人离开耶稣回到城里告诉人们她与弥赛亚相遇时，门徒们带着食物回来了。

当门徒请耶稣吃点东西时，耶稣回答说：“我有食物吃，是你们不知道的”。门徒想知道是谁给他们的父带来食物时，耶稣回答说：“我的食物就是遵行差我来者的旨意，完成祂的工作”

耶稣对祂门徒的回应让我思考，“我们中有多少人优先考虑遵行上帝的旨意，而不是我们不能没有的东西，那就是我们的日常食物？”。我们的主不仅遵行了祂父的旨意，而且完成了祂的工作！

在髑髅地的十字架上，就在耶稣最后一口气之前，祂说出了“成了！”这句话。（约翰福音 19:30）

耶稣在地上的使命是死在十字架上，为人赎罪，并使人与上帝和好。赞美上帝，耶稣已经完成了祂父亲要祂做的事！

我们所有人呢，我们可知道上帝对我们的旨意是什么吗？我们是否将遵行上帝的旨意置于日常饮食之上？我们是否打算完成祂要我们做的事？

作为上帝的孩子，我们知道在祂的话语中可以找到祂对我们的旨意。遵守十诫（出埃及记 20:1-17）当然是上帝的旨意。上帝对每个信徒的另一个具体旨意是完成传福音和培养门徒的大使命（马太福音 28:18-20）。

以下是一些关于上帝对我们的旨意的圣经经文：

- 在任何情况下都要感谢（帖撒罗尼迦前书 5:18）
- 避免淫乱（帖撒罗尼迦前书 4:3）
- 舍己，每天背起十字架来跟从祂（路加福音 9:23）
- 求神赐智慧（雅各书 1:5）
- 在一切所行的事上都要认定祂，祂必指引你的路（箴言 3:5-6）

我希望今天早上的灵修能让我们思考生活中的优先事项。什么更重要？我们每天的食物或是做上帝的旨意并完成祂对我们的旨意？

祷告：天父，当我们每天住在祢里面，阅读祢的话语和祈求祷告时，愿我们像耶稣一样，渴望遵行祢的旨意，完成祢的工作。奉主耶稣的名求的，阿门。



Monday, 12 July 2021

Title: Herd Community to Whole Communities.

Ong Hwee Soo

Mark 5:1-20 (ESV).

In my previous three Devotionals, we have seen Jesus' encounters with different individual Gentiles. Today's text is another troubling tale, but similarly has a marvelous tail end.

The passage opens with Jesus and His disciples entering the region of Gerasenes (v1), part of the Decapolis (v20), a predominantly Gentile area, as evidenced by the presence of a "great herd of pigs" (v11), animals considered unclean by the Jews.

As in previous passages, the theme of uncleanness runs through this narrative. The man was possessed by "unclean" spirits (v2) and was living "among the tombs" (v3), unclean because of the corpses. The text gives the sense that Jesus' intention of going to this Gentile region was to heal the demoniac as "when Jesus had stepped out of the boat, immediately there met him out of the tombs a man with an unclean spirit" (v2). The man was possessed by not just one spirit but many, under the name of "Legion" (v9). A Roman legion consisted of six thousand men, but the explanation "for we are many" (v9) implies a general rather than specific usage. No matter, Jesus cast out the demons, suffice to send "about two thousand" (v13) swine into a stampede.

It is perplexing that, Jesus who throughout the episode exhibits full control of the situation would allow the demons to bargain for their fate. (v10). However, the results reveal that He is fully in command as the demons got more than they bargained for. Literally spooked, the entire swine herd "rushed down the steep bank into the sea and were drowned" (v13b). The irony is that unclean spirits and unclean animals are decimated and a human being is cleansed.

Jesus permitted the demons' request (v13a), as a visual demonstration to the demoniac and to the crowd that all the demons had actually been exorcised from the man. The loss of animal life served a greater good of revealing Jesus' authority, and provoking faith in the man. The herdsmen broadcast to the city and countryside what Jesus had done (v14). But, instead of being appreciative of Jesus delivering the demoniac, the herd community bemoaned their hurt economy due to loss of porky income, and fearful of further losses, begged Jesus to leave (v15-17). Apparently, they valued the hogs more than the human.

The man is now described as “sitting there, clothed and in his right mind ” (v15) in contrast to being restless (v5), naked (Luke 8:27) and insane (v 3-4). Such tremendous transformation wrought by the grace and power of Jesus! Come to Christ, if you desire renewal in your life, and experience His transformative power.

Whereas the herd community begged “Jesus to depart from their region ” (v17), the demoniac begged Jesus to go with Him (v18). While it is understandable that the healed man would wish to remain in Jesus’ company, Jesus instead commissioned him as a missionary to his own people: “ Go home to your friends and tell them how much the Lord has done for you.” (v19). The transformed man obeyed immediately: “ he went away and began to proclaim in the Decapolis how much Jesus had done for him, and everyone marvelled.” (v20). The Decapolis was a cluster of ten Greek cities.

Are we intentional in bringing the Good News to the ‘Decapolis’ of diaspora clusters in our region?

PRAYER:

Dear Jesus, we come to You to Live the Life of a delivered past. Grant us, Lord, Your transforming Grace and Power. Amen.

班底浸信教会

每日灵粮

星期一，2021年7月12日

标题：从牧民群体到整个社区

讲员：翁辉赐弟兄

翻译：陈劲年姐妹

【马可福音5:1-20】

在我之前的三篇灵修中，我们看到耶稣与不同的外邦人相遇。今天的篇章是另一个令人不安的故事，但同样有一个奇妙的结局。

这段经文以耶稣和祂的门徒进入 **格拉森(第1节) 地区开始**，这是 **低加波利(第20节)区域的一部分**，一个主要是外邦人的地区，“**一大群猪(第11节)**的存在就证明了这一点，这些动物是被犹太人视为不洁的。

就像之前的段落一样，不洁的主题贯穿了这段叙述。被“**污鬼附着的人(第2节)**”，住在“**坟墓里(第3节)**”，因死尸而不洁净。这段经文给人的感觉是 **耶稣去这个外邦地区的意图** 是为了要治愈这被污鬼附着的人，因为“**耶稣一下船，就有一个被污鬼附著的人从坟墓里出来迎着他(第2节)**”。这人不是被一个污鬼附身，而是被称为“**群( Legion即军团 ) 的很多污鬼所附(第9节)**”。一个罗马军团是由六千人组成的，但解作“**因为我们多的缘故(第9节)**”暗示了一般用法而不是特定的具体用法。无论如何，耶稣赶出污鬼，足以让“**大约两千(第13节)**”头猪惊跑乱窜。

令人困惑的是，在整个情节中表现出完全控制局势的耶稣，竟然会允许污鬼为自己的命运讨价还价(第10节)。然而，结果显示，祂完全掌握了主动权，因为污鬼得到的比他们所求的更多。整个猪群都吓坏了，它们“**闯下山崖，投在海里，淹死了。(第13节下)**”。讽刺的是，不洁的污鬼和不洁的动物都被消灭了，一个人被洁净了。

耶稣准许了污鬼的央求(第13节上)，**以此向被污鬼所附的人和群众展示**，所有的污鬼都已经从这人身上驱赶了。动物生命的丧失对揭示耶稣的权柄和激起人们对耶稣的信心有更大的好处。牧民将耶稣所作的告诉了城市和乡下的人(第14节)。但是，**牧民群体非但没有感激耶稣驱赶了污鬼，反而抱怨由于失去丰厚的收入而造成的经济损失；担心进一步的损失，他们恳求耶稣离开(第15-17节)**。显然，他们更看重猪而不是人。

这个人现在被描述为“坐着，穿上衣服，心里明白过来”(第15节)，而不是焦躁不安(第5节)、赤身露体(路加福音8:27)和精神错乱(第3-4节)。耶稣的恩典和能力带来了如此巨大的转变！如果您渴望生命的更新，到基督这里来，体验祂转化的能力。

牧民群众央求“耶稣离开他们的境界”(第17节)，曾被污鬼所附的人恳求与耶稣同在(第18节)。虽然被治愈的人希望留在耶稣身边是可以理解的，但耶稣却委派他向亲属宣教：“你回家去，到你的亲属那里”并告诉他们，主为你作了何等大的事(第19节)。转变后的人立刻服从了：“他走了，在低加波利开始宣扬耶稣为他作了何等大的事，众人就都希奇”(第20节)。低加波利是十座希腊城市组成的群集。

我们是否有意识地把好消息带给散居在我们地区的“低加波利”？

祷告：

亲爱的耶稣，我们到祢这里来，为已被释放的过去活出生命。主啊，求赐给我们祢转化的恩典和能力。阿们。

Tuesday, 13 July 2021

Title: Hold Each Other Up!

By: Cecilia Tan 陈俊芳

1 Thessalonians 5:11 "Therefore encourage one another and build one another up, just as you are doing."

"Encouragement" says prolific author Doug Fields, "is a constant yes in a world that says no!" The central portion of the word "encourage" is the French "cœur" which means "heart"!

Apostle Paul experienced countless trials throughout his life. God sustained him by providing encouraging friends to walk alongside him. Among those who provided practical support, strength and encouragement to Paul when he was enduring hardship were Barnabas (Acts 9:26-27), Epaphroditus (Philippians 2:25-30), Timothy (Philippians 2:19-23) and Mark (2 Timothy 4:11).

Paul not only received encouragement from others but knew how to encourage others as well. As he travelled on his missionary journeys through the Mediterranean, he founded many Christian communities. He kept in touch with them by personally visiting them, writing letters, giving them advice, instruction and encouragement to stay strong in the faith. Even after he had been imprisoned in Philippi, he met with fellow believers to encourage them (Acts 16:40).

PBC currently has a ministry to encourage seniors to know and love God better, so that our golden years may indeed be our best years! This ministry is appropriately named "Karis" ministry. "Karis" is derived from the Greek word "charis" which means "grace".

Under the able leadership of Sister Stella Hoo, this community of seniors encourage one another to allow God's grace to increasingly work in our lives so that we can more and more be like our Lord Jesus. And as our lives are transformed to reflect Christ's image, we are then able to touch other lives and draw them into God's kingdom.

Why is there a need for encouragement? The Christian life is a pilgrimage. Sometimes the road is difficult, especially for some of us who may be plagued by fear, anxiety, worry, anger, sorrow, guilt, hopelessness and other negative emotions. Many others could be struggling with health, financial and relationship problems. In today's pandemic world, many of us could be living lives of quiet desperation, struggling with loneliness and isolation. Understandably so, as our

freedom of movement as well as our freedom to assemble together, have been severely restricted with the enforcement of the different forms of MCO (Movement Control Order) since 18 March 2020 and this enforcement is still ongoing!!

Our pilgrimage is not a bed of roses. It is critical that we are in a community of believers. When a crisis occurs, we can draw strength and comfort from our fellow believers. We can, in turn, be a source of support and encouragement to those around us in their time of need.

We can use Scriptures, powerful lyrics of hymns, words (spoken or written) to bless, affirm and build others up. Or we can perform acts of service such as sharing a meal, giving a ride, running an errand or teaching and sharing knowledge. We can pray and intercede for those with prayer needs. We can empathize with a

smile , a hug , a thumbs up or a listening ear . (For now, best to observe physical distancing, and do these virtually!)

Many are anxious, apprehensive and depressed in these pandemic times. May we strive to bring comfort and encouragement to them. May it be our hearts' desire to HOLD EACH OTHER UP and bring joy to each other's pilgrimage!

Prayer:

Our Heavenly Father, thank You for the love and support of encouragers who walk alongside us in our life's journey, who remind us that there is hope in You, glorious hope, no matter how painful the circumstances we are in. Help us, in turn, to be intentional, regular and creative in bringing encouragement to others who need it. We ask in the name of Jesus. Amen.

班底浸信教会

每日灵粮

星期二，2021年7月13日

标题：互相扶持！

作者：陈俊芳姐妹

翻译：陈晓佩姐妹

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

多产作家道格·菲尔兹(Doug Fields)说：“在一个说“不”(no)的世界里，“鼓励”是永恒的“是”(yes)！”“鼓励”这个字的中心部分是法文的“cœur”，是“心”的意思！

使徒保罗一生经历了无数的试炼，上帝赐予鼓励他的朋友与他并肩同行来保守他。在保罗忍受着艰苦的时候，给予他实际支持、力量和鼓励的有巴拿巴(使徒行传9:26-27)、以巴弗提(腓立比书2:25-30)、提摩太(腓立比书2:19-23)和马可(提摩太后书4:11)。

保罗不但只是从别人那里得到鼓励，而且也知道如何鼓励别人。当他在地中海进行宣教之旅时，他建立了许多基督徒社群。他与他们保持联系，亲自探访他们，写信、给予他们忠告，指导和鼓励他们保持坚定的信心。甚至在他被囚禁在腓立比以后，他也会见其他信徒，鼓励他们(使徒行传16:40)。

班底浸信会目前有一个事工，鼓励年长者去认识和更爱主，好让我们的黄金岁月成为我们最好的年华！这个事工恰当地命名为“卡里斯”(Karis)事工。“Karis”源于希腊语“charis”，意思是“恩典”。

在Stella Hoo姐妹的干练领导下，这个年长者团体彼此鼓励，让上帝的恩典更多地在我们生活中起作用，让我们越来越像我们的主耶稣。当我们的生命被转化以体现基督的样式时，我们就可以接触其他生命，并将他们带到上帝的国度里。

为什么需要鼓励呢？基督徒的生命是一个天路历程。有些时候天路难行，特别是对于我们当中可能有些被恐惧、焦虑、担忧、愤怒、忧伤、自责、绝望和其他负面情绪困扰着的人；其他许多人可能正在为健康、财务和关系问题而挣扎。在当今环球疫情里，我们许多人可能生活在平静的绝望中，与孤单和孤立挣扎。

这是可以理解的，因为自2020年3月18日起，我们的行动自由和群聚自由已因执行不同形式的“行动管制令”(MCO)而受到严格限制，而这项执法至今仍在持续中。

我们的天路历程并非一帆风顺的，至关重要的是，我们身处一个信徒的团体。当出现危机时，我们可以从我们的信徒同伴那里获得力量和安慰。反过来，在我们周围的人需要帮助的时候，我们也可以成为他们的支持和鼓励的源泉。

我们可以用经文、充满力量的赞美诗歌词、言语(口头或书面)去祝福、肯定和建立他人；或者我们也可以提供一些服务行动，比如分享一顿饭、送一程车、跑腿或教导和分享知识；我们可以祷告和为有祷告需要的人代求。我们可以通过一个微笑、一个拥抱、竖起大拇指或倾听来表达同理心。(目前，最好保持距离，并以虚拟方式进行！)

许多人在这个疫情的时期里感到焦虑、忧惧和郁闷，让我们努力地把安慰和鼓励带给他们。愿这是我们心中的渴望，互相扶持，为彼此的天路历程带来欢乐。

**祷告：**

我们天上的父，我们为人生旅途中与我们并肩同行的鼓励者的爱与支持感谢祢。无论我们的处境有多痛苦，他们提醒我们在祢里面有盼望，荣耀的盼望。求帮助我们转而有意识地、定期地、有创意地鼓励有需要的人。我们奉耶稣的名祷告。阿们。



Wednesday, 14 July 2021

Title: Strength in Contentment

By Wong King Wai

Phil 4:11b – .....for I have learnt to be content whatever the circumstances”.

There is strength in contentment. I came to this realisation after reflecting on the question “What do I have to complain about?”. My answer: Nothing! I’m okay health-wise, financially secure, no bad relationships, and work is going well.

I also noticed that most of my discontentment came because I was comparing myself to others or some impossible standards the world has set. What helped me break that mindset was realising that every standard in this world cannot come close to God’s standard. So why compare? It is of no use. So, I learnt to be thankful and accept what I have with a grateful heart.

While we suffer for a while in this world, the finished work of Jesus on the cross is the only certainty we have to stay the course. Right now, it is hard to be content. The pandemic, the economic uncertainty and the political situation leave little to be thankful for. However, we know that everything is in God’s hands and with His strength we can stand firm even amid challenging times.

Let us not lose hope. Something good will come out of all this and we need to be patient. For those struggling and in need of help, or if you need someone to talk to, reach out to your CG members, pastors, leaders and friends.

May you experience the grace of God mightily in your life and find deep contentment as you wait out this pandemic.

PRAYER: My Father in Heaven. Help me to be content with what I have with a grateful heart. Forgive me if I have sinned against You by not appreciating what I already have. Give me the grace, faith and hope to hold on to Your promises and to not allow myself to be filled with negative thoughts. Guide me and show me how I can be of help to others too so that together, we can encourage each other as we wait out the pandemic. Thank You for hearing my prayer. In Jesus name I pray, AMEN.

班底浸信教会

每日灵粮

星期三, 2021年7月14日

标题：知足的力量

作者：黄经为弟兄

翻译：陈健萍姐妹

【腓立比书4:11下】 ..... 我无论在什么景况都可以知足，这是我已经学会了。

知足中有力量。我是在思考了“我有什么可抱怨的？”这个问题后才认识到这一点的。我的回答是：没有！我很健康，经济稳定，没有糟糕的关系，工作也很顺利。

我也注意到，我的不满大多源自于我将自己与他人或世界设定的一些不可能的标准进行比较。帮助我突破这种心态的是意识到这个世界上的每一个标准都不可能接近上帝的标准。那么为什么要比较呢？这是没有用的。所以，我学会了感恩，用一颗感恩的心去接受我所拥有的。

虽然我们在这个世界上受苦一段时间，但耶稣在十字架上已完成的工作是我们必须坚持到底的唯一确定。眼下，很难满足于现状。大流行病、经济不确定性和政治局势都没有什么值得庆幸的。然而，我们知道一切都在上帝的手中，有了祂的力量，我们即使在充满挑战的时代也能站立得稳。

让我们不要失去希望。这一切都会有好结果的，我们需要耐心。对于那些在挣扎中和需要帮助的人，或者，您若需要与人倾谈，请联系您的CG成员、牧师、领袖和朋友。

愿您的生命体验上帝的恩典，并在等待这场大流行病结束的过程中经历深深的满足感。

祈祷：我的天父，帮助我以一颗感恩的心满足于我所拥有的。如果我没有珍惜我已经拥有的而得罪了祢，求祢赦免我。求祢赐给我恩典、信心和希望，让我坚守祢的应许，不让自己充满消极的思想。求指引我，让我知道我怎样能够帮助其他人，以致我们可以在等待疫情结束的时候相互鼓励。感谢祢垂听我的祈祷。我奉耶稣的名祷告，阿们。

Thursday, 15th July 2021  
Hope Beyond the Grave  
Pr Mark Tan  
Mark 6:14-29

With infection rates remaining high and death being experienced among all age groups and health statuses, we might often wonder whether there is any hope for this to end. The disciples of John the Baptist must have felt somewhat similar. They have just witnessed their teacher and Messiah's herald, beheaded. Moreover, it was Herod who beheaded John the Baptist at his step-daughter's request after illicitly dancing for him and his guests. What hope is there for John's disciples? How will John himself be vindicated by what happened to him? It all just seems unfair.

As much as the passage is centred on a terrible account, it begins with a ray of vindication through Jesus. For as if to haunt Herod, his hearing about Jesus and His miracles and teachings, were as if John the Baptist had been raised from the dead! This, of course, was John's hope all along: "He must increase; I must decrease." (John 3:30) And Jesus did increase! From parables to miracles, Jesus proclaimed that the Kingdom of God was at hand and He gave a foretaste of it by healing the sick, cleansing the lepers, casting out demons and even raising people from the dead. This made Jesus not only like John the Baptist, but more, like Elijah or one of the prophets. Suffice to say, Jesus was up to something big, and Herod was afraid.

We all know the end of this story. Herod tried to kill Him, but death couldn't have Him and the grave couldn't hold Him. Jesus rose from the dead! The empty tomb is the witness. This is where our hope lies: beyond the grave.

Going back to John the Baptist's death, as soon as they heard, John's disciples took their teacher's body and placed it in a tomb. Knowing what we know now, what would we say to the disciples?

1. They will be okay: It is later in Acts that we know many of John's disciples became part of the first church, and though they lost their first master, Jesus shall be their "forever" Master and Saviour.
2. God is just: While Jesus's tomb is empty, and John the Baptist's body is tucked safe in a tomb somewhere in the Middle East (although some say his head and hands are going places), Herod was struck dead and worms ate his body; he did not get to be buried in a tomb (Acts 12). This is significant because symbolically, it means that Herod will never be saved.

3. The tomb is temporary: There will come a day when the tombs and the graves shall give up their dead, and they will be judged with the book of deeds while saved by the Book of Life, and through Jesus Christ we shall be in that Forever Place where He will wipe away every tear: there will be no more sorrow or grief.

What does this mean to us? Well similarly:

1. It's going to be okay: While life nowadays might seem more precarious and fleeting than before, Jesus remains to be our Forever Saviour and Lord. He who healed the sick so that others may draw to Him shall do that again in this day and age so that many will come to faith in Him.
2. God is just: " 'Vengeance is mine, I will repay.,' says the Lord. Meanwhile we must not overcome evil with evil, but with good." (Romans 12). Therefore let's look for Jesus among the least of them: the hungry, the thirsty, the homeless, the naked, the sick, and the imprisoned (Matthew 25) in preparation for His coming again.
3. Death is temporary Billy Graham said it well: "Someday you will read or hear that Billy Graham is dead. Don't you believe a word of it. I shall be more alive than I am now. I will just have changed my address. I will have gone into the presence of God." This too is our hope, as it is for anyone who faithfully depends on the merit of the work of Christ on the cross and resurrection.

Prayer: O Lord, mercifully receive the prayers of Your people who call upon You. Grant that they may know and understand the things they ought to do, and also that they may have grace and power to faithfully accomplish them; through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, now and for ever. Amen.

每日灵粮

2021年7月15日，星期四

题目：“超越坟墓的盼望”

作者：陈燕靖传道

翻译：黄姐妹

经文：马可福音 6:14-29

由于疫情感染率居高不下，所有年龄层的健康状况都在面临死亡的威胁，我们经常会想这种情况到底何时才会结束。施洗约翰的门徒一定也有类似的感觉。他们刚刚目睹了他们的老师和弥赛亚的使者被斩首。而且，希律是因继女和他及客人跳舞后，应继女的要求将施洗约翰斩首的。约翰的门徒还抱有什么希望？约翰将如何平反发生在自己身上的事情？这一切似乎都不公平。

尽管这段经文以一个可怕的叙述为中心，但它透过耶稣的名声证明见到一线曙光。因为这仿佛困扰着希律，他听到耶稣和他的奇迹和教义，就好像施洗约翰从死里复活了一样！当然，这是约翰一直以来的希望：“祂必兴旺，我必衰微”（约翰福音 3:30）耶稣确实兴旺了！从比喻到奇迹，耶稣宣告神的国近了，祂通过医治病人、洁净麻风病人、赶鬼，甚至使人从死里复活来预表祂。这使耶稣不仅像施洗约翰，而且像以利亚或其中一位先知。确切的说，耶稣行神迹奇事，希律很是害怕。

我们都知道这个故事的结局。希律想要杀祂，但死亡不能占有祂，坟墓也不能胜过祂。耶稣从死里复活！空墓是证人。这就是我们的盼望所在：坟墓之外。

回到施洗约翰的死讯，约翰的门徒们一听到，就把他们老师的尸体带到坟墓里。以我们现在所知道的，我们会对门徒说什么？

1.他们会没事的：在使徒行传的后面，我们知道约翰的许多门徒成为第一个教会的一部分，虽然他们失去了他们的第一位主人，但耶稣将是他们“永远”的主人和救主。

2.上帝是公义的：当耶稣的坟墓是空的，而施洗约翰的尸体则被安全地藏在中东某处的坟墓中时（尽管有人说他身首异处。）

希律被虫所咬，气就绝了；他没有被埋葬在坟墓里（使徒行传 12）。这很重要，因为象征性地，这意味着希律永远不会得救。

3.坟墓是暂时的：终有一天，坟墓将交出死者，死了的人都凭着生命册里这些案卷所记载的，照他们所行的受审判。接着耶稣基督，我们将在永恒的国度里，没有悲伤也没有眼泪，充满了神的爱。

这对我们意味着什么？同样：

1.一切都会好起来的：尽管如今的生活似乎比以往更加不稳定和短暂，但耶稣仍然是我们的主和永远的救主。那个医治病人，使人归向他的，同样在今天这个时代再次这样做，以使更多人相信他。

2.上帝是公义的：“伸冤在我；我必报应”主说。同时，

\*你不可为恶所胜，反要以善胜恶。（罗马书 12 章）。因此，让我们在最小的人中寻找耶稣：饥饿的、口渴的、无家可归的、赤身露体的、生病的和被监禁的（马太福音 25 章），为基督再来做准备。

3.死亡是暂时的

葛培理牧师说得好“有一天你会读到或听到葛培理死去的消息。你不要相信人们所说的，我那时的生命比起现今只会更焕发活力。我不过是变更了地址，那时我要进到神的同在。”

这也是我们的盼望，对于任何以信心仰望从十字架复活的耶稣基督的人来说亦是如此。

祷告：慈悲的主啊！请垂听向你呼求之人的祷告。赐予他们通达的道理使他们知道自己应该做的事情，并且因着祢的恩典和力量可以忠实地完成它们；借着我们的主耶稣基督，他与你和圣灵同在并掌权，独一的神，从现在到永远。阿门。

Friday, 16 July 2021

By Chow Ee-Tan 赵一丹

Title: The Spirit Intercedes For Us

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God."

Romans 8:26-27

In our weakness and helplessness, we sometimes do not even know how we can pray, and whether our prayers are acceptable to God. We may have undermined what the Holy Spirit can do.

Paul encourages us that although in our weakness we may be ignorant of how to pray in accordance to God's will. God fully understands that. That's why He gives us His Spirit to enable us, to intercede for us as He can do far more than we can imagine.

The Spirit can help us pray about the decisions and circumstances in our lives which we are at a loss. When we are wrestling with challenges in our lives, the Spirit helps us to discern the will of God and gives us the grace and inspirations to pray for divine wisdom.

And when the Spirit intercedes for us, we will pray in a way that is pleasing to God and to magnify Christ in our lives.

What does it mean by the Spirit intercedes for us through wordless groans'? A few verses earlier in vs 22-23, Paul says: The whole creation groans and suffers the pains of childbirth together until now. And not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly." Groaning is part of the weakness and futility and decay of our fallen world.

John Piper in his devotion says the groaning refers to both our groanings and also the Spirit's groanings. The Spirit moves powerfully in our hearts to create groanings – His groanings experienced as our groanings. This is based on a deep desire for Christ to be magnified in our lives, and a weakness that leaves us unknowing as to how this is going to happen. So we are not sure how we should pray but we know we should pray in accordance to God's will.

But God the Father searches our hearts and He hears this groaning. He knows the mind of the Spirit because the Spirit prays for us according to God's will. He hears

the Spirit's prayer in us – prayers that bring glory to Jesus. It is through God's grace and power that we can come to Him in this way. The necessity of prayer is a constant reminder of our dependence on God for everything.

The words of John Piper sums it up well: "When you feel very weak, because of suffering or decay or sickness or futility or persecution or failed plans or baffling decisions, don't despair, as if God is angry with you or at your inability to know what to do or what to pray. At that very moment, experience the wordless groanings of your heart as groanings for the glory of Christ. And trust the Spirit of God to intercede for you about the specifics. Trust him, that because He is praying for you, your Father will bring about decisions and circumstances that will magnify Christ in the best way – in the very midst of your ignorance and groaning."

Prayer: Father God, we marvel at Your great and unconditional love. You are an all knowing and all powerful God who knows our every weakness. Thank you for Your grace and mercy, and giving us Your Holy Spirit who helps to draw us closer to You. In Jesus name, Amen.



每日灵粮

星期五，2021年7月16日

标题：圣灵为我们祷告

作者：赵一丹

翻译：陈月妃

况且我们的软弱有圣灵帮助、我们本不晓得当怎样祷告、只是圣灵亲自用说不出的叹息、替我们祷告。鉴察人心的、晓得圣灵的意思，因为圣灵照着 神的旨意替圣徒祈求。

-罗马书8:26-27

当我们软弱无助的时候，我们有时甚至不知道如何祷告，也不知道我们的祷告是否蒙神所悦纳。我们可能削弱了圣灵的能力。

保罗鼓励我们，虽然在软弱当中的我们，可能不知道如何按照神的旨意祷告。但上帝却完全明白这一点。这也就是为什么祂赐下圣灵给我们，好让圣灵可以为我们祷告，因为祂可以做的远远超过我们的想象。

当我们在生活中不知所措的时候，圣灵可以帮助我们为着所做的决定和所处的环境来祷告。当我们为着生活中的挑战而绞尽脑汁时，圣灵帮助我们识别上帝的旨意，并赐予我们恩典和灵感来祈求上帝的智慧。

当圣灵为我们代求时，我们会以讨神喜悦的方式祈祷，并在我们的生活中彰显基督。

圣灵用“说不出的的叹息”为我们祈求是什么意思？保罗在之前的第 22-23 节的经文说道：“一切受造之物、一同叹息劳苦、直到如今。不但如此、就是我们这有圣灵初结果子的、也是自己心里叹息。”叹息是我们这堕落世界的软弱、徒劳和衰败的一部分。

约翰派博在他的灵修中说，叹息既指我们的叹息，也指圣灵的叹息。圣灵在我们心中强有力地运行，创造出叹息——祂的叹息如同我们的叹息一样。这是基于对基督在我们生活中被彰显的深切渴望，以及一种让我们不知道这将如何发生的弱点。所以我们不知道我们应该如何祷告，但我们知道我们应该按照神的旨意祷告。

但父神鉴察我们的心，祂听见这叹息。祂晓得圣灵的意思，因为圣灵照着神的旨意替我们祈求。祂听到圣灵在我们里面的祷告——就是那些为耶稣带来荣耀的祷告。靠着神的恩典和能力，我们才能以这种方式来到祂跟前。祷告的必要性不断提醒我们，我们凡事都依赖上帝。

约翰派博的话很好地概括了这一点：“**当你**因为受苦、衰败、疾病、徒劳、迫害、失败的计划或令人困惑的决定而感到非常软弱时，不要绝望，就好像上帝对你发怒，或无法知道该做什么或祈祷什么。在那一刻，你要经历你心中那说不出的叹息，如同为基督的荣耀而叹息。并且相信圣灵会为你代求。你要相信祂，因为祂正在为你祈祷，你的天父必在你的无知和叹息中，并在彰显基督的情况下，为你做出最好的决定和环境”

**祷告：**父神，我们惊叹你伟大而无条件的爱。你是全知全能的上帝，你知道我们的每一个软弱。感谢**你的恩典和怜悯**，并赐给我们你的圣灵，使我们与你更亲近。奉耶稣的名，阿门。

Saturday, 17 July 2021

Title: White Flag (Bendera Putih)

By: Chan Yew Thai

White Flag Campaign or Bendera Putih was started by the people of Malaysia for people who are in desperate need for food and help. Out of compassion for the needy, this campaign was born and was later supported by NGOs, corporates and individuals. All they need to do is to raise a white flag in their premises, inform the organisers via WhatsApp their name and location, and help will be provided with no questions asked.

Similarly, Christians are taught by Jesus to do these acts of love when Jesus in Matthew 22:39 (NKJV) said, "And the second is like it: 'You shall love your neighbour as yourself.'" Jesus explained the meaning of neighbour in the parable of the Good Samaritan (Luke 10:36-37): "He who showed mercy on him." And He continued by saying, "Go and do likewise."

In another passage, Paul told the Galatians to "Bear one another's burdens, and so fulfil the law of Christ." (Galatians 6:2). Paul was telling the Galatians to share each other's load when one fell by showing concern and mutual support out of love as the new principle revealed in Jesus Christ in John 15:12 – "This is My commandment, that you love one another as I have loved you."

You may ask, "How do I love my neighbour and share one another's burden?" As a lone individual what can I do, especially in this MCO/EMCO environment where movements are restricted?

Answer: Plenty and most of it do not require you to leave your house.

1. Pray for your neighbours, friends, family, extended family and even those whom you do not know, who are sick, lost their main income stream or feeling depressed and hopeless.
2. Make phone calls to those who are living alone and feeling trapped at home. You can encourage them to do likewise by calling others. That way, they will feel connected and will not be lonely or have the feeling of being forgotten. Conversations need not be serious. It can be something light or silly where you can have a good laugh. The objects of the calls need not be to the lonely ones. It can be to anybody to show that you care and remember them.

3. For those who are more tech savvy, you can WhatsApp or Zoom call a group of people and have a virtual meet-up and enjoy some fun. Alternatively, you can send an email.
4. Order food and send it to people whom you are aware in need and give them a pleasant surprise.
5. For those who want to provide financial assistance, there are lots of need out there requesting for donations, contributions to food banks, etc. You can identify a project and ask some friends to assist.
6. The list is not exhaustive. Stretch your imagination.

Brothers and Sisters, there is much we can do to show our love for the community, friends and families that glorify God. Let us not tarry, but start doing our small share in our own quiet way. We may not be able to do much that is noticeable, however little drops of water over time will make a mighty ocean. Do not be discouraged. Arise and shine for Jesus.

Prayer:

Dear Lord Jesus, grant us the wisdom to know what to do that will glorify You. Help us not to wallow in despair, but to only shine for You. Grant us divine appointments, and lead us to those in need. In Your mighty name we pray. Amen!

每日靈糧

星期六 2021 年 7 月 17 日

標題：白旗

作者：陳有娣姐妹

翻譯：王靖端姐妹

白旗運動或 Bendera Putih 是由馬來西亞民眾為急需食物和援助的國人發起的。源於對有需要的人的關愛、憐憫和同情，這項運動誕生了，後來得到了非政府組織、企業和個人的鼎力支持。任何人只需在住家豎起白旗，再通過 WhatsApp 通知主辦單位自己的姓名和住址，將毫無質疑地得到協助。

同樣的，基督徒被耶穌教導要對鄰里做這些出於愛的行為。耶穌在馬太福音 22章39節中說：“其次也相愛，就是要愛人如己。”耶穌在路加福音 10章36-37節好撒瑪利亞人的比喻中，解釋了鄰居的含義時說“是憐憫他的。”祂繼續說：“你去照樣行罷。”

在另一段經文加拉太書 6章2節中，保羅告訴加拉太人“你們各人的重擔要互相擔當，如此，就完全了基督的律法。”保羅告訴加拉太人要分擔彼此的重荷，當一個人跌倒時，出於愛表現出關心和相互支持，正如約翰福音 15 章 12 節耶穌基督所啟示的新原則——“你們要彼此相愛，像我愛你們一樣，這就是我的命令。”

您可能會問：“我如何去愛我的鄰居並分擔彼此的重負？”作為一個單獨的個人，我能做什麼，尤其是在這個行動受限制的“行動管制/加強行動管制”(MCO/EMCO)的大環境中？

答案：很多，其中大部分不需要您離開家。

1. 為您的鄰居、朋友、家人、家族，甚至那些您不認識、生病、失去主要收入來源或感到沮喪和絕望的人祈禱。
2. 給那些獨居並感覺被困在家裡的人打電話。您可以鼓勵他們也照樣打電話給別人。這樣，他們就會覺得和別人有聯繫，而不會感到孤獨或被人遺忘。交談的內容不必正經八百。它可以是輕鬆或可笑無厘頭的事情，令大家可以開懷大笑。聯絡的對象不一定只是孤獨的。對任何人都可以表現您的關心和牽掛。
3. 對於那些通曉科技的人，您可以通過 WhatsApp 或 Zoom 召集一群人並進行虛擬聚會而玩得開心。或者，您可以向別人發送電子郵件。
4. 訂購食物來派送給您知道有需要的人，而給他們一個驚喜。
5. 對於那些想要提供經濟援助的人，社會上有很多需求如要捐款、向食物銀行捐助等。你可以確定一個項目，並請一些朋友來參與和協助。
6. 上面的建議並不全面。您可以發揮您的聯想力和創意。

弟兄姐妹們，我們可以因為對社區、朋友和家庭的關愛做很多事情來榮耀上帝。讓我們不要拖延耽擱，而是開始默默的扮演我們的小角色。我們可能無法做出驚天動地引人注目的

事情，但是隨著時間的推移，一點點的水滴就會匯成一片遼闊的海洋。不要氣餒。站出來為耶穌發光。

禱告：親愛的主耶穌，請賜我們智慧知道怎樣做才能榮耀祢。請幫助我們不要陷入絕望，而是為了祢而發光。賜予我們神聖的任務，帶領我們去協助有需要的人。我們奉祢大能的名禱告。阿門！

Sunday, 18 July 2021

Title: Discern the Time

By Elder Tan Seng Kee

Bible Verse: Luke 12:56 (b)

On 5 July 2021, I had my second dose of AZ vaccine. My eldest daughter got married in early July 2021 in PBC. One sister reminded me that I had shared in a PBC worship service years ago that when my eldest daughter was a baby, she had to be driven around in a car at night to help her fall asleep. How time passes by so quickly where my eldest daughter is concerned and as for me, what's next after I am fully vaccinated and happily hold an orange digital vaccination certificate? Jesus in Luke 12: 54-57 asks us to discern the time and Paul in Ephesians 5:14-17 tells us to redeem the time because the days are evil. As a Christian, how do I discern the time as Jesus commands and what can I do to redeem the time as Paul tells us to? For many of us in the Klang Valley and in tight movement control lockdown areas, we would have discerned by now that we are confronting unknown and fearful circumstances and events we have never faced before in our life-time. In response to Paul's instruction, what then can I do to redeem the time under such disconcerting global conditions?

The first thing I will do is to accept that my time on earth is limited by how long God gives me life on earth. I will therefore put myself to fully know my God better. It would be awkward for me if I were to spend eternity with God whom I hardly know when I am on earth. I will prioritize my daily Quiet Time with God where I will diligently read the Bible and trust God to speak to me as I read His Word. I will also desire to be in a prayerful state where at 'the drop of a coin' I can pray and my heart is confident that my God hears me and will reach out to help me.

Secondly, I will look at the current situation in my life to assess my strengths and to plan what I can do to serve God better and to be a blessing to my family, my church and my community. One person I know just sold many things that she had accumulated over the years and donated the money to the community.

Thirdly, I will not put off what needs to be done. Procrastination is not always the thief of time as the old adage goes, but it does steal the good results which otherwise could be achieved if timely action is taken. So, if there are matters in the family to be resolved, forgiveness to be sought or given and past or future actions that need to be taken, I will without haste act on them.

The fourth thing I will do is to more anxiously and courageously share the Gospel with everyone who has not accepted Jesus as Lord and Savior. I believe with all my heart that Jesus is the only way to God and every other road is the way to destruction.

Lastly, I will take more steps to obey Jesus' command to 'do unto others as you

would others do unto you.' I will take the initiative to do good to others.

Prayer: Dear heavenly Father, please help me to discern the time and like Paul, redeem the time. Let each day You give to me be a day where I lift Jesus high by the way I fully obey His commandments and love Him. In Jesus' name I pray. Amen.



每日灵粮

星期日 2021 年 7 月 18 日

标题：辨别理解时间

作者：陈诚基长老

翻译：林良億姐妹

圣经经文：路加福音 12:56 (下) 假冒为善的人哪，你们知道分辨天地的气色，怎麼不知道分辨这时候 呢？

2021 年 7 月 5 日，我注射了第二剂 AZ 疫苗。我的大女儿于今年的 7 月初在班底浸信教会(PBC)结婚。一位姊妹提醒我，我多年前曾在PBC的崇拜中分享过，当我的大女儿还是婴儿时，我们必须晚上开车，帮助她透过乘车兜风入睡。对我的大女儿来说，时间怎么过得这么快？对我而言，在我完成全剂量接种疫苗，也有了橙色的电子疫苗证书之后，接下来又会发生什么？

耶稣在路加福音 12：54-57 中要求我们辨别时间，保罗在以弗所书 5：14-17 中告诉我们要爱惜光阴，因为现今的时代是邪恶的。作为基督徒，我如何辨别耶稣所吩咐的时间，我可以怎样做才能如使徒保罗所说的那样爱惜光阴呢？对于我们在Klang Valley和严格的行动控制封锁区的许多人来说，我们现在已经意识到我们正面临着前所未有的不定性和可怕的情况。响应保罗的指示，在如此令人不安的全球疫情下，我能怎样爱惜时间呢？

我要做的第一件事就是接受我在地球上的时间是受到上帝给我生命时间的限制。因此，我会让自己更充分地认识我的上帝。如果我要与我在世时几乎不认识的上帝共度永恒，那对我来说会很尴尬。我会优先考虑每天与上帝在一起的灵修时间，在那里我会努力阅读圣经，并相信上帝会在我阅读祂话语时对我说话。我也希望处于一种虔诚的状态，在“硬币落下”时，随时我可以祈祷，我的心相信我的上帝会听到我的声音，并会伸出援手帮助我。

其次，我会审视我目前的生活状况，以评估我的优势并计划我可以做些什么来更好地事奉上帝，并成为我的家人、教会和社区的祝福。我认识的一个人刚刚卖掉了她多年来积累的很多东西，并将这些钱捐给了社区。

第三，我不会推迟需要做的事情。正如那句老话所说，拖延并不总是时间的窃贼，但它确实窃取了如果丢失了及时行动本来可以取得的良好结果。所以，如果家里有什么事情需要

解决，有什么需要寻求或给予的宽恕，需要采取过去或未来的行动，我会毫不犹豫地采取行动。

我要做的第四件事是更加迫切并勇敢地与所有尚未接受耶稣为主和救主的人分享福音。我全心相信主耶稣基督是通往上帝的唯一道路，其他所有道路都是通往毁灭的道路。

最后，我会采取更多的步骤来遵守耶稣“待人如己”的命令，我会主动向人行善。

祷告：亲爱的天父，请帮助我能爱惜光阴，像使徒保罗一样。求主祢给我的每一天都成为我通过完全遵守祂的诫命和爱祂的方式高举主耶稣的一天。我奉我主耶稣基督的名祈祷。阿门。

Monday 19th July 2021

"I'M NOT THE PERSON I WAS"

Pastor Soong Kok Kee

Luke 19:9 Jesus said to him. "Today salvation has come to this house."

A woman was contacting her high school classmates about their 35th reunion. Many were excited about seeing their old friends. One man wrote back to the woman, "I have the 5 Bs – baldness, bifocals, bridgework, bulges, and bunions." A woman quipped, "I wasn't half the woman then that I am today" (referring to her weight).

But another woman said, "I can't wait to see everyone. I've changed completely. In high school I was the class 'tramp.' I had no standards and everybody knew it. But a few years after high school I received the Lord Jesus as my Savior. My life was transformed. Because of Christ, I'm not the person I was, and I want my classmates to know about it."

Zaccheus was a cold-hearted, money-loving tax collector. But then he met Jesus, and his life was transformed. This is evident from his willingness to make complete restitution – "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." (Luke 19:8). No wonder our Lord said to him, "Today salvation has come to this house." Receiving Christ marked the beginning of a brand-new life for Zaccheus.

The same thing happened to the Apostle Paul after his encounter with Christ on the road to Damascus – from Persecutor of the Faith to Preacher of the Faith. No wonder he said "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"

Have you ever asked yourself whether there was a change in your life after you became a Christian? The former class "tramp" had and wanted to tell everyone about that, so had Zaccheus and the Apostle Paul. Hudson Taylor once said: "If your father and mother, your sister and brother, if the very cat and dog in the house, are not happier for your being Christian, it is a question whether you really are."

For some the change may be immediate like Zaccheus and the Apostle Paul. For others, it may be a slow but sure process, as someone had described "sanctification" in layman terms – it is a process whereby we slowly sin less and less and become more and more like Christ.

A Christian should slowly but surely grow in the grace and knowledge of our Lord, sinful attitudes should be replaced with godly traits. Selfishness should give way to caring, greed to generosity and lust to purity.

A changed life is the greatest testimony that we can share to the world that we have indeed met our Lord. So my dear brothers and sisters, the question we should ask ourselves often is "Has Christ transformed our life?" Can we truly say, "I'm not the person I was"?

PRAYER: Dear Lord, thank you for coming into the world to die for us on that cruel cross that we may have forgiveness of sin and eternal life. Help us to examine our life often to see where we can change for the better to the glory of your name. In your precious Name we all pray AMEN.

班底浸信教会

每日灵粮

星期一，2021年7月19日

标题：我已不是以前的我了

讲员：宋国基牧师

翻译：陈劲年姐妹

路加福音第19:9 耶稣对他说：“今天救恩到了这家。”

一位女士正在联系她的高中同学，谈论他们的第35届同学会。许多人为见到他们的老朋友而感到很兴奋。一名男士给她回信说：“我有5个B – 秃头(baldness)、双焦(bifocals)、搭桥手术(bridgework)、赘肉(bulges)以及拇囊炎(bunions)。”一名女士打趣道：“我当时还不及今天的一半呢”(指她的体重)。

但另一位女士说：“我迫不及待地想见到大家。我已经彻底改变了。高中时，我是班上的“流浪者”。我没有什么标准，每个人都知道。但是高中毕业几年后，我接受了主耶稣为我的救主。我的生命改变了。因为基督，我不再是以前的我，我希望我的同学知道这件事。”

撒该是个冷酷无情、贪财的税吏。但后来他遇到了耶稣，他的生命发生了改变。这从他愿意完全赔偿就可以看出——“主啊！请看，此时此刻我把我的一半财产给穷人，我若敲诈了谁，就还他四倍。”（路加福音19:8）。难怪我们的主对他说：“今天救恩到了这家。”接受基督标志着撒该一个崭新生命的开始。

使徒保罗在前往大马士革的路上与基督相遇后，也发生了同样的事情 – 从信仰的迫害者到信仰的传道者。难怪他说：“所以，若有人在基督里，他就是新造的；旧的已经过去，新的已经来了！”

您有没有问过自己，当您成为基督徒后，您的生命有没有改变？以前的班级“流浪者”有了改变并想要把这件事告诉每一个人，撒该和使徒保罗也是如此。戴德生曾经说过：“如果您的父亲和母亲，您的姐妹和兄弟，如果家里的猫和狗，不因为您是基督徒而感到更快乐，那么问题就在于您是否真的是基督徒了。”

对于某些人来说，这种改变可能会像撒该和使徒保罗一样立竿见影。对于其他人来说，这可能是一个缓慢但肯定的过程，正如有人用浅白易明的话描述“成圣”那样 – 这是一个我们慢慢地越来越少犯罪，越来越像基督的过程。

一个基督徒应该在我们主的恩典和知识上缓慢但肯定地成长，罪恶的态度应该被敬虔的品质所取代。自私应该被关怀取代，贪婪被慷慨取代，欲望被纯洁取代。

一个改变了的生命是我们可以向世界分享的最好的见证，证明我们确实遇见了我们的主。所以我亲爱的弟兄姐妹们，我们应该经常问自己的问题是：“基督改变了我们的生命了吗？”我们真的可以说：“我已不是以前的我了”吗？

**祷告：**亲爱的主，感谢你来到这个世界，为我们死在残酷的十字架上，使我们可以得到罪的赦免和永生。求帮助我们经常检视自己的生活，看看我们可以在哪些方面改变得更好，以荣耀祢的名。我们奉祢宝贵的名祈祷，阿们。

Tuesday, 20 July 2021

Title: Living The Abundant Life

By: Shaun Ling

Text: John 10:10

"The thief comes only to steal and destroy. I came that they may have life and have it abundantly." John 10: 10 (ESV)

I have often wondered what it really means to have an "abundant life" in Christ. Preachers like Kenneth Copeland and Joel Osteen often used this as their signature verse to the prosperity gospel, promising (and deceiving) many believers that you are entitled to material gains because God loves His followers and wants them to have good things. This, of course, is a perversion of the gospel. Read in context, the abundant life suggested here has to do with knowing Jesus and being known by Jesus, not material things.

So, what does the "abundant life" really look like?

My parents have 2 sons and they decided early on that the elder must be a lawyer and the younger must be a doctor. They reckon that if their sons are in these noble professions, they will be set for life, at least materially. For me, after being a lawyer for over 25 years and now in my 50s, I can't say I am rich like some of my peers. The hope of making lots of money is but a dream.

What about my spiritual life? I have been a Christian since 1986 and although I have shared the gospel a number of times in my life, I don't remember directly leading more than 2 people to Christ. Not quite the glowing record.

To interpret John 10:10 with a picture of a stress-free life, filled with happiness and prosperity, would be a shallow view. The profound truth in this verse promises superior, elevated spiritual life and life empowered by the indwelling of Jesus Christ. Because we have Christ in our lives, we live in riches. This is what Paul meant when he said that he counted all things lost, that he might win Christ (Phil 3:8).

One of the greatest misconceptions is that a super spiritual life is different from the ones we are currently living. They say that a super spiritual life only exists when we read the Bible, pray to God, fellowship with believers, preaching the gospel and doing charitable works. If that were the case, then we are wasting 95% of our time.

Our spiritual work is far more than ministry work and it includes the work of marriage, parenting, working as a social worker, investor, accountant and even doing your chores. Yes, you read right; washing clothes and mopping the floor of

your house is spiritual. So, my identity in Christ is not just as a lawyer but as a father, son, husband, church leader, employer and many more. Truth is, God has put us where we are to fulfil the responsibilities that He has given us. And we are to fulfil these responsibilities to the best of our abilities. It may be going to court submitting orally before the Judge or it may be the “mundane” task of keying in data or even doing taxi runs for your family members.

So, we should embrace our daily life as part of this Christ-exalting-spirit-filled life. We know as we live today, we are preparing for a day to come where our hope in Christ will finally come to pass. What we do today matters to God as we are energized by the knowledge of our future reality. I believe in so doing, we will then embrace the true meaning of living the abundant life in Christ.

#### Prayer

Father, we acknowledge that we are eternally grateful for what You have done for us by having our Lord Jesus to die on the cross for our sins. We know we can never outgive You. Help us this day, to learn to live today knowing that we have a much, much better tomorrow. Help us to be patient and to persevere this side of heaven that we may look forward to experience eternity when we meet You. Amen.



班底浸信教会

每日灵粮

星期二，2021年7月20日

标题：活出丰盛的生命

作者：林世勋执事

翻译：陈晓佩姐妹

**“盗贼来，无非要偷窃，杀害，毁坏；我来了，是要叫羊（或作人）得生命，并且得的更丰盛。”约翰福音10:10（和合本）**

我常常在想，在基督里拥有“丰盛的生命”到底是什么意思。肯尼斯·寇普兰(Kenneth Copeland)和约尔·欧斯汀(Joel Osteen)等传道人经常以此作为他们成功神学的标志句，向许多信徒承诺**(并欺骗)**您有权获得物质利益，因为上帝爱祂的跟随者，希望他们得着美好的东西。当然，这是对福音的歪曲。从上下文来看，这里所指丰盛的生命与认识耶稣和被耶稣认识有关，而不是物质。

那么，“丰盛的生命”到底是怎样的呢？

我的父母有两个儿子，他们很早就做了决定，大儿子一定要成为一名律师，而小儿子一定要成为一名医生。他们推算，如果他们的儿子从事这些高尚的职业，他们的生活就会有保障，至少在物质上是这样。对我来说，我当律师已经有**25年之久**，现在**50多岁了**，我不能说我像我的一些同龄人一样富有。赚大钱的希望只是一个梦想。

那我的属灵生活呢？我从**1986年开始**就成为了基督徒。虽然我曾多次分享福音，但我只记得带领过两个人相信基督。不是那么辉煌的记录。

以一幅没有压力、充满幸福和昌盛的生活画像来解读约翰福音10:10，是一个肤泛之论。这节经文深奥的真理应许了优越崇高的灵性生活，以及藉着耶稣基督的内住而赋予的生命。因为我们的生命里有基督，所以我们活在丰富中。这就是保罗所谓，他已经丢弃万事，为要得着基督。（腓立比书3:8）

最大的误解之一是以为超凡的属灵生活和我们现在所过着的生活是不同的。他们说，只有当我们阅读圣经、向上帝祈祷、与信徒相交、宣讲福音和做慈善工作时，才会有超凡的属灵生活。如果是这样的话，我们就是在浪费我们**95%的时间**。

我们的属灵工作远不止事工，它包括婚姻、养儿育女；作为一名社工、投资者、会计师，甚至是做家务。是的，您没看错；洗衣服和抹家里的地板是属灵的。所以，我在基督里的身份不只是一名律师，而且是一位父亲、儿子、丈夫、教会领袖、雇主等等。事实是，上帝把我们安排在我们要去履行祂赋予我们的责任的地方，我们要尽最大努力履行这些责任。这可能是在法庭上向法官提交口头诉状，也可能是一项“乏味”的输入数据的任务，甚至是载送您的家人。

因此，我们应该欣然接受我们的日常生活为“圣灵充满，高举基督”的一部分。我们知道，我们今天活着的时候，我们是在为将来的一天做准备，在那一天，我们在基督里的盼望将最终实现。我们今天所做的对上帝很重要，因为我们被将来的实情所激励。我相信当我们这么做的时候，我们就领悟那在基督里过着丰盛生命的真谛了。

## 祷告

父啊，我们永远感谢祢为我们所作的一切，让我们的主耶稣为我们的罪死在十字架上。我们知道我们永远不可能比祢付出更多。帮助我们学习活在当下，并且知道我们有着更加美好的明天。求祢帮助我们在世上的日子忍耐并坚守，好让我们可以期待见祢面时体验永恒。阿们。

Wednesday, 21 July 2021

Title: Do you not see all these things?

Author: Pastor Wallace Ong

Jesus came out from the temple and was going away when His disciples came up to point out the temple buildings to Him. And He said to them, "Do you not see all these things? Truly I say to you, not one stone here will be left upon another, which will not be torn down." (Matt 24:1-2)

The disciples and the Lord Jesus were going away from the great temple in Jerusalem. The disciples pointed to Him the buildings of the temple. That is where their eyes are, that is what they thought to be important, that is their idea of impressiveness, importance, greatness, and grandeur. Very often we see the things of the world as "impressive, grand, and important" according to this world's ideas and standards. It is a constant battlefield for many, even as it is to some great Christian leaders, and even evangelical leaders of our time. The same standard also governed the mindset of these disciples at that time.

However, our Lord Jesus makes His pronouncement about that. The whole thing is going to be completely disintegrated. All that which the disciples thought to be so established then will not have one stone left upon another. All that which they thought was so great and so permanent will not stay for long. How does that speak to us?

Prayer:

Dear Heavenly Father,

Thank you for showing us the truth from Your Word so that we know what is everlasting and what is temporal. Please help us to be able to place our focus to what you teach us instead of the values from the world. Please open our spiritual eyes to see beyond the temporal things of the world into Your eternal world. Thank you, Dear Heavenly Father. In Jesus's name I pray. Amen.

班底浸信教会

每日灵粮

星期三, 2021年7月21日

标题：你们不是看见了这一切吗？

作者：王振威传道

翻译：陈健萍姐妹

耶稣出了圣殿，往前走的时候，门徒前来把圣殿的建筑指给他看。他对门徒说：“你们不是看见了这一切吗？我实在告诉你们，将来在这里必没有一块石头留在另一块石头上面，每一块都要拆下来。”（马太福音24:1-2 新译本）

门徒和主耶稣正要离开耶路撒冷的圣殿。门徒把圣殿的建筑指给祂看。这就是他们的视线所在之处，这就是他们认为重要的东西，这就是他们对印象深刻、重要、伟大和宏伟的想法。按照世人的观念和标准，我们常常认为世上的事物是“令人印象深刻的、宏伟的和重要的”。对许多人来说，这是一个持续不断的战场，就像对我们这个时代的一些伟大的基督教领袖，甚至是福音派领袖一样。同样的标准也支配着当时这些门徒的心态。

然而，我们的主耶稣对此作了声明。这殿宇将颓垣断壁，彻底被毁。当时门徒看为如此牢固的一切，将必没有一块石头留在另一块石头上面；所有他们认为如此伟大、如此永恒的东西都不会长久存在。这对我们有什么意义呢？

祈祷：

亲爱的天父，

感谢祢以祢的话语向我们启示真理，让我们知道什么是永恒的，什么是短暂的。求帮助我们能够把我们的注意力放在祢所教导的事上，而不是来自世界的价值观上。求祢开启我们属灵的眼睛，能以超越属世的事物，进入祢永恒的世界。谢谢祢，亲爱的天父。我奉耶稣的名祷告，阿们。

Thursday 22 July 2021

Title: Take Up His Cross Daily (Luke 9:23d)

By Choong Yoon Tong

Jesus requires His would-be followers to take up His cross daily. Contextually, the disciples would understand that the cross is an instrument of death. Rightly, it is an instrument to exterminate the evil elements and criminals in the society, to provide security and peace for the innocent. By the metaphor, Jesus desires His disciples to daily eliminate their sin that cause havoc against their peaceful righteous living.

Temptation penetrates easily through any defective screen and destroys the soul much like the prevailing virus against the body. Knowing that our own feeble will is too weak to withstand the wiles of the devil, God graciously sends the Holy Spirit in us to remind us to confide and confess to Him. We need to take up our personal cross daily, while Christ took up the cross of atonement for us, once and for all.

The cross is also a symbol of injustice of the Roman court. Pressured by the crowd, Pilate released the murderer but consented to crucify the innocent Christ (Luke 23:18-25). To be followers of Christ, the disciples know well they must be prepared to face daily mockery, shame and to suffer injustice for the calling of God. We must be ready to deny our pride and comfort to walk in His steps.

The cross also means excruciating death. Jesus purposefully sandwiches “taking up the cross” between prophecy of His death and the paradoxical eternal value of life and death. This is to forewarn that physical death is not unexpected for following Him. Notwithstanding the threat, we are also required to present our bodies as a daily living sacrifice, holy and acceptable to God, as our spiritual worship.

Prayer

Dear Lord, thank You for taking up the heavy cross for all us sinners. Help me to take up my personal cross daily and be cleansed of all sin. Enable me to have the will and courage to follow Your way and command diligently, and to embrace any adverse condition with joy in the narrow path of Christian walk. Amen.

## 每日灵粮

2021年7月22日，星期四

题目：每天背起他的十字架

作者：钟荣堂执事

翻译：吴淑娉姐妹

经文：路加福音9：23d

若有人想要跟从耶稣，耶稣要求他们必须每天背起自己的十字架，根据上文下理，门徒应该明白十字架是执行死刑的工具，更正确地说，是用来消灭社会上的罪恶和罪犯的刑具，好让没有犯罪的人受到保护。通过这个比喻，耶稣希望祂的门徒每天不要犯罪，以确保他们能够过着平安、公义的生活。

就像现时流行的病毒会对人体造成伤害，诱惑（或试探）也很容易穿过本身已有破损的防线，摧毁我们的灵魂，慈爱的上帝深知意志软弱的我们，不能抵挡魔鬼的诡计，于是差遣圣灵住在我们心中，提醒我们要对祂倾诉、向祂认罪。虽然我们每天必须背起自己的十字架，但基督为了让我们得以赎罪而背起十字架，一次便足够。

十字架也是罗马法庭不公正的象征，在群众的压力下，彼拉多选择释放凶手罪犯，却将无辜的基督钉在十字架上（路加福音23：18-25），若要跟从基督，门徒知道他们要有心理准备：为着回应上帝的呼召，可能每天都要面对嘲笑、羞辱或甚至不公平的待遇；在追随祂的过程，我们可能要学习谦卑、舍弃骄傲及舒适的生活。

十字架也意味着痛苦的死亡，耶稣特意将这“背起自己的十字架”的要求夹在预言自己受难及讨论“生与死”这矛盾的言论之间，这是要预先提出警告：跟随祂可能引致肉体上死亡，尽管有这样的威胁，我们依然要将身体献上，当作活祭，是圣洁的，上帝所喜悦的，如此事奉，乃是理所当然的。

## 祷告

亲爱的主，感谢您，为我们的罪背起了沉重的十字架，请助我每天背起自己的十字架，洁净所有的罪。使我们有遵行你的道的意愿和勇气，并勤奋地作出指挥带领。在与主同行的路上，若遇到逆境困难，我们都可以欣然面对，阿们。

Friday, 23 July 2021

Isolation and Loneliness

By: Sally Cheong

Luke 22:43 " And there appeared to Him an angel from heaven, strengthening Him."

We are lonely even in a crowd.

We can feel lonely even if we are married. People think those who are married don't experience loneliness. That is not true. The reason is because your spouse, husband or wife, does not really understand you. And it is not fair to expect that they should all the time because we don't even really understand ourselves at times.

We are lonely even if we have a family. Ask any teen or child. Even when they are much loved by their parents and grandparents, they still feel lonely. Much more for those who have lost a parent or both, or their parents are divorced. Their deep sense of loneliness makes them reach out to friends and anyone who would listen to them.

We are lonely when we are old. Whether we are single or married, age does not discriminate. Our children, if we have any, have their own lives to live. They have no time for the aged. We were young once, remember?

We are lonely when we are suffering, whether from estranged relationships or just being alone too long. We remember Jesus asking Peter, " couldn't you watch with me even an hour?" He was in agony and His soul was consumed with sorrow to the point of death, yet when He needed His closest companions most, they were sleeping. Is it not a common experience that when we desperately need someone close to be with us, we can't reach them, or they are too busy?

Illness accentuates loneliness. We have to go through it alone. Who can really understand the pain and discomfort that we feel when we are ill? Painkillers and sleeping pills only give transient relief. There is no medication for the despair of the soul when you are lying sick on your hospital bed or at home, even if there are people around.

We are lonely when we are dying. An ancient tale once said of a man who pleaded with the angel of death when his time has come, "I don't want to go alone." The angel told him he can bring someone along if he can find someone willing to go with him.

God has put eternity into the hearts of man that only He can fill. Nothing in the world, nothing external can fill that hollow void or emptiness inside. Not family, not friends, not work, not pleasure, not food, not things, not even death.

Man needs his God, not any god, but the one true Living God. Only Jehovah can make us feel complete in Him.

But why do Christians still feel lonely sometimes if they have found their Saviour and their God?

Ecclesiastes 3 tells us that there is a time for everything under heaven, a time to laugh and a time to cry, a time to live and a time to die....and so there is a time to be lonely.

What then is the difference between those who have Christ and those who have not, since both experience loneliness?

The BIG difference is this – an angel from heaven will minister to us as an angel had ministered to Jesus at the time of His agony in Gethsemane. We have to cry out to God the way Christ did in His hour of deepest loneliness and sorrow. He was alone without human companions but He was alone with God. And the Father sent Divine help to strengthen Him and to lift Him up to face His cross. He will do the same for us, whatever our cross may be.

Prayer :

Abba Father, how wonderful are the lives of those who live and move and have their being in You. They are never lonely for long. You strengthen them from on high and lift them up above the dark clouds on wings like an eagle.

Father, we pray for the weak in faith who are struggling emotionally, spiritually, physically, and financially during these never seem to be ending lockdowns. Strengthen them with Divine hope to carry on, hold them up with Your Right Hand, and assure them as only You can because You are GOD, that You have blessings in store for them. Even though they may be suffering now, You will restore to them these years the locusts have eaten.

We ask in the precious Name of Jesus. Amen



每日灵粮

星期五 2021 年 7 月 23 日

标题：隔绝与寂寞

作者：张绣梅

翻译：巫惠如

路22:43 有一位天使从天上显现，加添他的力量。

即使众欢喧嚣闹，我们也感到孤单寂寞冷。

即使结婚了，我们也会感到寂寞。人们认为已婚的人不会感到寂寞，其实并非如此。因为你的配偶、丈夫或妻子，也许并不真正了解你。而且期望他们一直了解你是不公平的，因为有时我们甚至也不真正了解自己。

即使我们有了家庭，我们还是很孤单。问问任何青少年或孩子。即使父母和祖父母很喜欢他们，他们仍然感到孤单。对于那些失去父亲、母亲、双亲，或父母离异的人来说，更是如此。他们深深的落寞感使他们渴望接触朋友和任何愿意听他们的人。

当我们老了会感到孤寂。无论我们是单身还是已婚，年龄也只是个数字。我们若有孩子的人都晓得，他们自己的人生和生活。他们没有时间照顾年老的。我们也曾年少啊，你记得吗？

当我们受苦受难时，我们感到孤单，无论是因为疏远的关系，还是因为独处太久。我们记得耶稣问彼得，“怎么样，你们不能同我警醒片时吗？”他痛苦不堪，他的灵魂深陷悲伤直至死亡，但是当他最需要他的战友时，他们却睡着了。难道这不是一种常见的情况吗？当我们迫切需要一个亲近的人与我们在一起时，我们无法联系他们，或者他们太忙？

疾病加剧了寂寞感。我们得自己面对一切。谁能真正理解我们生病时感到的痛苦和不适？止痛药和安眠药只能暂时缓解疼痛。当你病倒在病床上或家里时，即使周围有人，也没有药物来治疗灵魂的绝望。

我们离世时也一人孤寂。有个古老的故事说道，当死亡天使降临时，一个男人恳求，“我不想一个人死去。”天使告诉他，如果他能找到愿意和他一起的人，他可以带人来。

上帝将永恒注入人心，而且只有祂才能填满人心。世上没有任何的事物能填补空洞或心里深处的空虚——包括家人、朋友、工作、快乐、食物、东西，甚至死亡。

人需要上帝，不是任何一位上帝，而是永活的真神。只有耶和華能讓我們在祂里面感到完整。

但是，基督徒既然已找到了救主和上帝，那他們為什麼還會感寂寞呢？

傳道書第三章告訴我們：凡事都有定期，天下萬務都有定时。哭有时，笑有时。生有时，死有时。所以这样看来，孤独也有时。

既然有基督的人和沒有得着基督的人都會經歷寂寞的時候，那麼兩者之間有什麼區別呢？

最大的不同在於：有一位天使會從天上显现加添力量，就如當時耶穌在客西馬尼園痛苦中，有天使加添他力量。我們不得不像耶穌在他最孤單、最悲傷的時刻那樣呼叫上帝。他獨自一人，沒有同伴，但他與上帝在一起。父神賜他從天而來的力量並高舉他，使他能面對十字架。無論我們的十字架是什麼，他也會為我們做同樣的事。

祈禱：阿爸天父，那些住在你里面的人，真是何等有福。他們不會永遠陷在孤單里。你如鷹從高處加添他們力量，扶他們飛越烏雲密布。

父啊，在似乎永遠都不會結束的封城時候，我們為信心軟弱的弟兄姐妹代禱，那些在情感、屬靈、身體和金錢上苦苦掙扎的人。求主永恆的希望堅固他們，用你的右手緊握他們，並使他們確信只有你能做到這一切，因為你是上帝，你為他們準備了祝福。即使他們現在可能正在遭受痛苦，但蝗蟲已吞噬的這些年，你必定會償還他們。我們奉耶穌的寶貴的名祈禱，阿門。

Saturday, 24th July 2021

Title: Parents raised us when we were young and we take care of them when they are old

By Pastor Andrew Lim

Mother's day in May, Father's day in June and Parents' day in July — these are all seasons of thanksgiving. These celebrations let us remember we were protected by our parents to grow healthily and happily till present. These celebratory days remind us not to ignore the love and care of our parents, and reminded all of us not to neglect the love to our parent, love must be timely!

Since I was old enough to be sensible, I have not told my dad and mom that I love them, until 2006 when my dad passed away. From then on, I'd go back to my hometown to visit my mom every month. Apart from providing her living expenses and accompanying her, I started to tell my mom : I love you, and at the same time before I leave, I'd pray, bless her and give her a loving hug; if my children followed me back to home town, I'd ask my wife and children to hug her too.

"Children, obey your parents in the Lord, for this is right. Honor your father and mother—which is the first commandment with a promise— so that it may go well with you and that you may enjoy long life on the earth. Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord." Paul gave a blueprint for Christian family: husbands love their wives, wives submit to their husbands, and children obey their parents. It is the foundation for both family harmony and social harmony.

The 5th commandment in the Ten Commandments stated: Do as your Lord God had commanded: to honor your father and your mother, so that you may be blessed and live long in the land the Lord your God is giving you.

As children, we should respect our parents. Therefore, we are blessed by our parents and receive blessings from God.

Obeys parents is God's commandment, and it is also pleasing to God. The Bible places great emphasis on doctrine of filial love and duty. The Bible says: "Honor your parents so that your days will be long on the land the Lord your God is giving you." "Children, obey your parents in everything, because this is pleasing to the Lord." Not only must we obey our parents in the Lord, but the Bible also says: We must honor our parents. Being Filial love encompasses respect, care, love, attend to, serve, care, and support.

Children should know how to honor their parents, because when we have the opportunity to become parents, we can understand the hard work and hardship of

our parents, and being a parent, we will be busy for our children till old. There is a saying: "Raise a child to a hundred years, worries will last for ninety-nine years".

It is justified and only right for children to be filial to their parents. It is not easy for parents to raise us up. In the past, our parents brought us up when we were young, now we take care of our parents when they are old. Everyone will get old one day. We should show our filial affection to our parents and be considerate. But parents should also be considerate of the struggles that their children face, because they have aging parents and young children—the burden is heavy, and the pressure is great. Hope that the elderly in the family can also be understanding.

We don't need to treat our parents with fancy meals every day. We just need to care about them more often, to see them more, to talk about happy things with them, to listen to them, and when our parents see that we are healthy, safe and respectful, they will be satisfied. Parents rarely even have the opportunity to see us especially in the midst of this raging pandemic, but advances in technology have allowed us to use video call to talk face-to-face with our parents to help them to ease the pain of missing us.

Prayer: Heavenly Father, I have never been a role model in honoring my parents, because I need to treat them with all kinds of love and patience. In every stage of their lives, please allow me to do my duty and use all wisdom to honor, respect, care, love, to attend to, serve, take care of, and provide for them. Because our parents raised us up when we were young, now we have to take care of them as they grow old. I pray this with sincerity, in the name of Jesus. Amen.

每日灵粮

星期六，2021年7月24日

标题: 父母养我们小，我们养父母老

作者：林金仪传道

5月的母亲节、6月的父亲节到7月的双亲节，都是感恩的季节，这些节日让我们回忆在父母的庇护下健康快乐成长至今。这些节日都在提醒我们不要忽略了父母一直以来给予我们的关怀及爱，也提醒大家对父母的爱不能怠慢，爱要及时！

我自从懂事之后，好似就从来没有跟爸爸妈妈说我爱他们，直到2006年爸爸离世后，从那时起，我在每个月回去家乡探望妈妈，除了给她生活费和陪伴她，亦开始跟我妈妈说：我爱您。同时在离开时，为她祷告祝福和给她一个爱的拥抱；若孩子也跟着我回乡，我也会要求太太与孩子们也一样拥抱婆婆。

“你们作儿女的，要在主里听从父母，这是理所当然的。要孝敬父母，使你们福，在世长寿。这是第一条带应许的诫命。你们作父亲的，不要惹儿女的气，只要照着主的教训和警戒，养育他们。”保罗给了基督徒家庭一个蓝图：丈夫爱妻子，妻子顺从丈夫，儿女听从父母。是家庭和谐以及社会和谐的基础。

十诫里面的第5诫命令：當照耶和華你 神所吩咐的、尊敬父母、使你得福、並使你的日子在耶和華你神所賜你的地上、得以長久。

身为孩子的我们应当尊敬父母，我们因此得到父母的祝福，也领受从上帝来的赐福。

听从父母是神的戒命，也是神所喜悦的。圣经非常注重孝道，圣经说：“当孝敬父母，使你的日子在耶和華你神所賜你的地上得以長久。”和“你们作儿女的，要凡事听从父母，因为这是主所喜悦的。”我们不仅在主里要听从父母，而且圣经也说：也要孝敬父母。孝敬包涵尊重、关心、爱护、伺候、服侍、照料、供养等意思。

做孩子的要懂得孝敬父母，因为有机会我们也成为父母时，更加可以理解父母的辛劳和不易为，并且为人父母会为女忙碌到老。有话说：“养儿一百，常忧九十九”就是这个意思。

孩子孝顺父母那是应该的，是天经地义的。父母把我们养育大，那是多么的不容易，以前父母养我们小，现在我们养父母老，谁都有老的那么一天，我们应该孝顺父母，体谅他们。但是做父母的也应该体谅一下做儿女的辛苦，因为上有老下有小，负担很重，压力很大，希望家里的老人也能明白事理。

我们不需要每天都给父母吃大餐，只需要多一点去关心他们、多看看他们、陪陪他们谈谈开心的事、听听他们说话，当父母看到我们健康平安并孝敬，就心满意足了。特别是在这个疫情肆虐中，父母甚至都很少机会看到我们，但是科技的进步，让我们能够用视频与父母面对面的谈话，解他们思念之苦。

**祷告：**天上的父神，在孝敬父母方面，我从来都不是个堪称楷模的榜样，因为需要用各种爱心与耐性去对待他们。在他们生命的每个阶段里，恳请您让我能尽本分并以各种智慧去孝敬、尊重、关心、爱护、伺候、服侍、照料、供养他们。因为父母曾经养我们小，现在我们养父母老。诚心祷告是奉耶稣的名。阿门。

Sunday, 25 July 2021

Title: Happy

By: Abraham Verghese

Matthew 5:3 Blessed are the poor in spirit, for theirs is the kingdom of heaven. (ESV) , or

Happy are people who are hopeless, because the kingdom of heaven is theirs. (CEB) The Beatitudes provide us with the right mental and spiritual attitudes for healthy and abundant living. The first of these profound statements is Matthew 5:3. The word "blessed" is stated as "happy" in some versions. The word "happy" ( Greek: makarios ) carries a far richer tone than we commonly attach to the word. It suggests deep, abiding happiness, not just a temporary emotional lift.

Jesus knows that personal or individual happiness is one of life's most vital issues. He starts the Sermon on the Mount with the word happy ( or blessed ). Don't we all rightly want to be happy? We have been wired longing for lasting happiness. Our Creator has built into us a deep-rooted instinct of such a longing. All around us we see the creation of God – the sunrise, the sunset, the beautiful flowers, from my balcony the jungle on the hills with differing shades of greenery, to just mention a few.

Although it is a God-given instinct to be happy, we should also realise it is only God who can make us truly happy. In 1 Corinthians 15:19 it is stated " If in Christ we have hope in this life only, we are of all people most to be pitied." Apart from Him and His redemptive love as expressed through the cross and the resurrection love as expressed through the cross and the resurrection we would indeed be "people most to be pitied ".

Prayer: Heavenly Father, thank you that You have not only commanded us to be happy but have provided us with the resources which make it gloriously possible.

每日灵粮

星期日, 2021 年7月25日

标题：快乐

作者：Abraham Verghese

马太福音 5:3 虚心的人有福了，因为天国是他们的

或英文CEB 版本：无望的人有福了，因为天国是他们的。

登山宝训为我们提供了正确精神和灵命的态度来过着健康和丰盛的生活。这些深刻的陈述中的第一个是马太福音 5:3。在某些版本中，“有福”一词在英语译本被表述为“快乐”。“快乐”（希腊语：makarios）这个词的语气比我们通常认为的要丰富得多。它暗示着深刻而持久的幸福，而不仅仅是暂时的情绪提升。

耶稣基督知道个人本身的幸福是人生最重要的问题之一。祂以快乐（或有福）这个词来开始登山宝训。我们不都想快乐吗？我们一直渴望持久的幸福。我们的造物主已经在我们心中建立了这种根深蒂固的渴望并本能。在我们的周围，仅举几个例子，我们可以看到上帝的创造——日出、日落、美丽的花朵，从我阳台上所能看到山丛林，有着不同深浅的绿色植物。

虽然快乐是上帝赋予的本能，但我们也应该认识到，只有上帝才能让我们真正的快乐。在哥林多前书 15:19 中说：“我们若靠基督，只在今生有指望，就算比众人更可怜。”若不是因为祂和透过十字架所表达的救赎之爱及复活之爱，我们确实是“最可悲的人”。

祷告：天父，感谢祢不仅命令我们要快乐，而且为我们提供了资源，使之成为可能。奉我主耶稣基督的名祈祷。阿门。



Monday, 26 July 2021

Title: Meagre Meal Multiplied to Feed a Multitude.

Ong Hwee Soo

Mark 7:31-8:10

In my Devotional (Mark 5:1-20), fortnight ago, we have seen the healed Gentile demoniac, going back “to proclaim in the Decapolis how much Jesus had done for him” (5:20a). Apparently, he did such an incredible job that not only “everyone marvelled” (5:20b), but when Jesus returned to the Decapolis, the people being already aware of His healing power now “brought to him a man who was deaf and had a speech impediment” for Him to heal (7:31-32). Once again, Jesus immediately obliged and healed that man (7:33-35).

Mark narrates the episode in such a way, that it gives the impression, Jesus intentionally went out of His way, entered into this Gentile enclave a second time, to heal the man. However, our focus today is not on individual Gentiles (as in my previous four Devotionals) but on the Gentile multitude.

After healing the deaf man, Jesus remained in the region and continued ministering to the Gentiles there (8:1a). Having been with Jesus three days, the crowd was hungry but “had nothing to eat” (8:1b-2). According to Mark, it was here in the Decapolis where Jesus miraculously fed the four thousand. Earlier, in Mark 6:30-44, Jesus had fed five thousand Jews, and presently four thousand Gentiles.

Though both miracles were motivated by Jesus’ compassion (6:34; 8:2), undoubtedly, in this case, Jesus desired to demonstrate having compassion to the Gentiles, as an object lesson for His disciples.

In this anecdote, Jesus miraculously multiplied a meagre meal of ‘seven loaves’ (8:5) and “a few small fish” (8:7) to feed a multitude of four thousand. The loaves in those days were flat, round bread (like our local ‘roti canai’ and the fish were the small anchovy-variety.

It is significant to note that Jesus “having given thanks, he broke them and gave them to his disciples to set before the people” (8:6). It must have dramatically dawned on Jesus’ disciples that He had no qualms about breaking bread with Gentiles.

In my Devotional (Matthew 8:5-13), last month, we have seen that in commending the Roman Centurion for his faith, Jesus declared that in heaven many Gentiles will dine together with the Jewish Patriarchs at the Messianic feast (Matthew 8:11),

breaking into His disciples' Jewish exclusiveness. Jesus' encounters with the Gentiles not only anticipate a future Gentile mission, but also prepared His disciples for breaking bread with the Gentiles.

From my previous four Devotionals, we have seen Jesus going out of His way traversing to Gentile territories thrice, each time healing a Gentile on their home ground, pointing to us that we should be willing to leave our comfort zones and cross racial barriers to compassionately reach out to people of different ethnicities.

How intentional are we in bringing the Good News to our neighbourhood migrant communities, with word and deed? What 'little loaves' can we bring for Jesus to multiply them to massive impact?

When Jesus had healed the deaf man, the people were "astonished beyond measure" saying "He has done all things well" (7:37). When Jesus had providentially fed the populace, "they ate and were satisfied ... they took up the broken pieces left over, seven baskets full" (8:8), representing one basket for every loaf. Come to Jesus, with your needs and the hunger of your heart, for He who does all things well will satisfy you to overflowing.

#### PRAYER

Dear Jesus, we beseech You say "Ephphatha" (7:34) to us, that our ears "Be opened" to hear Your voice, whereby in obedience we can Live the Life beyond measure. Amen.

班底浸信教会

每日灵粮

星期一，2021年7月26日

标题：微薄的一餐倍增以喂饱一大群人

讲员：翁辉赐弟兄

翻译：陈劲年姐妹

【马可福音7:31 - 8:10】

在我两周前的灵修(马可福音5:1-20)中，我们看到已治愈的被污鬼所附的外邦人，返回“在低加波利传讲耶稣为他所作的大事”(5:20上)。明显地，他做了一件令人难以置信的工作，不仅“众人都希奇”(5:20下)，而且当耶稣回到低加波利时，人们已经知晓祂的治愈能力，“有人带着一个又聋又哑的人到他那里”求祂医治(7:31-32)。再一次，耶稣立即答应并医治了那个人(7:33-35)。

马可以这样的方式叙述这事件，给人的印象是，耶稣“刻意”地第二次进入这个外邦人的领土，来医治这个人。然而，我们今天的焦点不是个别的外邦人(如我之前的四篇灵修那般)，而是外邦人的群众。

治愈了聋子之后，耶稣留在该地区，继续服事那里的外邦人(8:1上)。和耶稣在一起三天后，群众饿了，但“没有什么东西吃”(8:1下-2)。根据马可福音，正是在低加波利，耶稣行了使四千人吃饱的神迹。早些时候，在马可福音6:30-44中，耶稣已经使五千犹太人吃饱，现在是四千外邦人。

虽然这两个神迹都是出于耶稣的怜悯(6:34；8:2)，但毫无疑问，在这种情况下，耶稣希望表现出对外邦人的怜恤，作为祂门徒的实物教训。

在这则轶事中，耶稣行神迹将微薄的一餐“七个饼”(8:5)和“几条小鱼”(8:7)倍增，以喂饱四千人。那时的饼是扁平、圆形的（就像我们本地的印度煎饼“roti canai”，鱼是小鲱鱼品种。

值得注意的是，耶稣“祝谢了，擘开递给门徒，叫他们摆在众人面前”(8:6)。耶稣的门徒一定戏剧性地意识到，祂对与外邦人一起进餐没有丝毫的不安。

在我上个月的灵修(马太福音8:5-13)，我们已经看到耶稣在称赞罗马百夫长的信心时宣布，在天上，许多外邦人将在弥赛亚盛宴上与犹太族长一起用餐(马太福音8:11)，打破了祂

门徒的犹太人的排他性。耶稣与外邦人的相遇不仅预示着未来的外邦使命，而且也为祂的门徒与外邦人一起进餐做好了准备。

**在我之前的四篇灵修中，我们看到耶稣三次特意穿越外邦领土，每次都在他们的家乡治愈一个外邦人，指出我们应该愿意离开我们的舒适区，跨越种族障碍，以富有怜悯的心接触不同种族的人。**

**我们有多用心通过言行将福音带给我们附近的移民社区？我们能带些什么“小饼”给耶稣，让祂使它们倍增，产生巨大的影响？**

耶稣治好耳聋舌结的人后，众人“非常惊讶”，说“他所作的一切事都好极了”(7:37)。当耶稣恩赐喂饱群众时，“众人都吃了，并吃饱了”...。他们把剩下的零碎收拾起来，装满了七个大篮子”(8:8)，相当于一个篮子对应一个面包。带着您的需要和您内心的饥渴来到耶稣面前吧，因为祂所作的一切事都好极了，必使您饱足。

### **祈祷**

亲爱的耶稣，我们恳求祢对我们说“以法大”(7:34)，求祢“开”我们的耳朵，聆听祢的声音，让我们在顺服中无限地活出生命。阿们。

Tuesday, 27 July 2021

Title: A living sacrifice

By: Dr. Hew Fen Lee

Rom 12:1 "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

Sacrifices were offered to God in the temple under the Mosaic law to atone for sins of individuals and even for the whole nation. When Jesus died on the cross, the curtain in the temple was torn into 2 to expose the most sacred part of the temple that represents the presence of God. This is NOT to allow us to see how the priests offer sacrifices to God for our sins. It is so that each of us can approach God personally as Jesus has become the ultimate sacrifice to enable us to come face to face with the Holy God, our father in heaven. No more sacrifice of dead animals is needed for our sins ever again.

Paul here appealed to us, having received God's mercy of our assured salvation, we are to present our bodies as living sacrifice not that it is needed as an atonement for our sins, which is superfluous, but as a worship. A worship that represents our thankfulness and praise for God's mercy. Jesus said we are to love God unreservedly and to love our neighbours as ourselves (Luke 10:27). This was also the occasion when Jesus told us the parable of the good Samaritan.

The pandemic has left many of us with heartaches and sufferings. The loss of loved ones and the economic suffering that has not only affected us and those in our neighbourhood but also in the whole of Malaysia and in fact the whole world.

Our faith in our God to love God unreservedly will serve as an anchor in the face of storm, a solid foundation in a hurricane. The torn curtain in the temple reveals to us the assured hope. A living sacrifice for our God should point others to the same God that has abundant mercy and grace, and the assured hope only Christ can give. Not only we are to point out the hope, we are to dispense hope in actively reaching out to those around us, not only our brothers and sisters in the church (John 13:34-35) but also like the Samaritan reaching out to a total stranger. We are asked to do the same: feed the hungry, clothe the naked, nurse the wound and more – bringing hope to those who cannot see a future.

The Covid Aid Initiative from PBC as well as many church members reaching out to those who require help in the present crisis is one of the ways to fulfil the calling of our Lord. This is a worship to our God.

Prayer:

Dear Father in heaven, make us thankful people for your grace. We thank you that you are watching over us even when we are battered and thrown about by the ravages of the Covid pandemic. The storm is severe and relentless but we will not lose hope in your ability to calm this storm. Strengthen us oh God and make us mindful of the needs around us so that we may be the salt and the light, a living sacrifice, holy and acceptable to you. In Jesus's name we plead.

班底浸信教会

每日灵粮

星期二，2021年7月27日

标题：活祭

作者：丘宏礼医生

翻译：陈晓佩姐妹

罗马书12:1 “所以，弟兄们，我以神的慈悲劝你们，将身体献上，当作活祭，是圣洁的，是神所喜悦的；你们如此事奉乃是理所当然的。”

按照摩西律法，人们在圣殿里向上帝献祭，是为个人乃至全民族赎罪。当耶稣死在十字架上时，圣殿的幔子裂为两半，露出圣殿中代表上帝同在的最神圣的部分。这并不是为了让我们看到祭司如何为我们的罪向上帝献祭，这是为了让我们每个人都可以亲近上帝，因为耶稣已经成为最终的牺牲，让我们可以与圣洁的上帝，我们的天父面对面。我们再也不需要以死的动物来赎罪了。

保罗在此呼吁我们，既然领受了上帝的怜悯，有了救恩的确据，我们就应当献上我们的身体，当作活祭，不是为了赎我们的罪，这是**多余的，乃是作为敬拜**；代表我们对上帝的怜悯的感恩和赞美。耶稣说，我们要毫无保留地爱上帝，且要爱邻舍如同自己(路加福音10:27)。这也是耶稣给我们讲好撒玛利亚人比喻的场合。

这场大流行病给我们许多人留下了伤心和痛苦。失去亲人和经济困苦不单只影响到我们和我们周边的人，而且影响到整个马来西亚，事实上，全球都受到了影响。我们对上帝毫无保留地爱祂的信心，将成为我们面对风暴的锚，在飓风里坚固的根基。在圣殿里裂开的幔子对我们显露了坚定的盼望。向我们的上帝献上活祭，应会将其他人引向同一位上帝，这位有丰盛的怜悯和恩典、以及**只有基督才能**赐给我们可靠盼望的上帝。我们不只是要指出盼望，也要积极地向我们周围的人传递盼望；不仅是限于教会里的弟兄姐妹(约翰福音13:34-35)，**而且要像好撒玛利亚人**向一个陌生人伸出援手。我们被吩咐作同样的事情：喂饱饥饿的人、给赤身露体的人穿上衣服、护理伤口等等 – **把希望**带给那些看不到未来的人。

在目前的危急关头，班底浸信会发起的新冠援助关怀组，以及许多教会会友在向需要帮助的人伸出援手，这是实现我们主的呼召的方式之一。这是向我们上帝的敬拜。

祷告：

亲爱的天父，帮助我们成为感谢祢恩典的人。我们感谢祢，**即使在我们**遭受新冠大流行的蹂躏的时候，祢仍在守护着我们。这场风暴严峻而残酷，但我们不会对祢平息这场风暴的能力失去希望。上帝啊，求祢坚固我们，使我们留心周围的人的需要，好让我们作盐与光、成为活祭，圣洁并为祢所喜悦。我们奉耶稣的名祈求。



Wednesday, 28 July 2021

Title: Focussing on what matters

By Wong King Wai

2 Corinthians 4:8 – We are hard pressed on every side, but not crushed; perplexed, but not in despair.

I once sat in a fast ferry travelling across choppy and rough seas. Being a land walker all my life, I was soon feeling nauseous. One trick, it seems, to stop yourself from throwing up is to focus on the destination ahead. Sometimes, because of rough and unstable circumstances, we may get distracted from what we should be focussing on to help us from being discouraged and in despair.

In the fourth chapter of second Corinthians, Paul explains how Jesus resides in him (and obviously, us), and because of this he/we is/are able to endure challenging times. He later goes on to talk about how God's power that raised Jesus is the same power that will raise us to see both Jesus and God eventually. As a result he says in v16, "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day" and in v18, he says, "So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal."

What I understand from these verses and the entire chapter is how we must keep our focus on what matters. Right now the pandemic doesn't seem to be abating. Family members and close friends have been touched by the virus in one way or another and we live in constant fear or uncertainty not knowing if life will ever return to normal. Moreover, some struggle with mental health issues after being cooped up at home for extended periods of time.

Like Paul, you and I may feel hard pressed and perplexed with the current situation. But Paul reminds us that the One in us, the One who raised Jesus from the dead, has got you in His hands and while we cannot control what is happening around us, He is ultimately in control and you can rest in His grace and love knowing He will see you through.

One way to cope that I find helpful, is to take a moment to sit quietly, and reflect on how God has seen me through challenging times in my life. I recall those moments when God revealed Himself to me in a real way. This activity helps me to take my eyes off my problems and the current situation and to fix them on my future destination.

You may have other practices that can help you, maybe through prayer, maybe through service, maybe it is taking the Lord's Supper to remind yourself of Jesus' and God's sacrifice for you. Whatever you do, take time to turn your eyes away from your problems and struggles, and fix them upon Jesus. Let Him be your anchor for life.

PRAYER: My Father in Heaven. Thank You for Your grace and mercy and love in my life. Guide me in Your ways and help me to focus on You in the challenging times I am going through. Thank You for always being with me and helping me even when I have been unfaithful. I praise You for who You are and thank You for being the anchor in my life. In Jesus name I pray, AMEN.

班底浸信教会

每日灵粮

星期三, 2021年7月28日

标题：专注于重要的事情

作者：黄经为弟兄

翻译：陈健萍姐妹

### 【哥林多后书4:8】

我们四面受敌，却不被困住。心里作难，却不至失望。

我曾经坐在一艘快速渡船上，横穿波涛汹涌的大海。我一辈子都在陆上行走，很快就感到恶心了。看来，阻止自己呕吐的一个诀窍就是专注于前方的目的地。有时候，由于恶劣和不稳定的环境，我们或会从能以帮助我们摆脱气馁和绝望、并从我们应该关注的事情上分心。

在哥林多后书第四章，保罗解释了如何因为耶稣住在他里面(显然也住在我们里面)，他/我们能够忍受具挑战的时刻。他后来继续说，上帝使耶稣复活的能力，与使我们最终得看见耶稣和上帝的能力是一样的。因此，他在第16节说：“所以我们不丧胆。外体虽然毁坏，内心却一天新似一天。”在第18节，他说：“原来我们不是顾念所见的，乃是顾念所不见的。因为所见的是暂时的，所不见的是永远的。”

我从这些经文和整章中理解到的是，我们必须把注意力集中在重要的事情上。目前，大流行疫情似乎并没有减弱。家人和亲密朋友因某种原因感染了病毒，我们生活在不断的恐惧或不确定之中，不知道生活是否会恢复正常。此外，有些人长时间被困在家里面后，还会有心理健康问题。

像保罗一样，您和我可能会对当前的情况感到压力很大，感到困惑。但是保罗提醒我们，在我们里面，那位使耶稣从死里复活的，已经把您捧在手心，珍惜爱护着您。虽然我们无法控制周遭发生的事情，但祂最终会掌权。知道祂会帮助您度过难关，您可以安息在祂的恩典和爱中。

我发现一个应对的好方法是，花点时间安静地坐下来，反思上帝是如何帮助我度过生命中艰难时刻的。我回想上帝如何真实地向我显示自己的那些时刻。这个行动帮助我把目光从我的问题和现状上转移到我未来的终点上。

**您**或许有其他的方法可以帮助您，可能是通过祈祷，也许是通过聚会，也许是通过守主餐来提醒自己耶稣和上帝为您所作的牺牲。无论您做什么，都要花时间把您的目光从您的问题和挣扎中移开，转而专注于耶稣；让祂成为您人生的锚。

**祈祷：**我在天上的父，感谢祢在我生命中的恩典、怜悯和爱。求祢以祢的方式引导我，并帮助我在我所经历充满挑战的时刻专注于祢。谢谢祢一直与我同在、帮助我，即使在我不忠的时候。我赞美祢，感谢祢成为我生命中的锚。我奉耶稣的名祈祷，阿们。

Thursday, 29 July 2021

Morning has broken... time to pray

By Dorothy Teoh

Mark 1: 35

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

Is morning the best time to pray? For many people, it is, and our Lord Himself set the example. It feels right to start the day with God, and to commit the day that stretches ahead to Him.

I came across the writing of someone named W.G. Barrett on a website, on the subject of praying in the morning and would like to share some excerpts here from the notes I jotted down.

Morning is the time for reflection, he said. It seems natural to think, and to be quiet, in the early morning.

It is also the time for observation. "The curtain is drawn aside and we look upon the lace of God's creation," said Barrett. I thought he put it delightfully. If you live in a landed property, go out to your garden early in the morning. The dew on spider webs is like "the lace of God's creation".

Morning is the time for purpose, said Barrett. We may begin again, every morning, with fresh purposes. As the morning gives wings to the day, so prayer gives wings to the morning, he said.

The old American Express credit card slogan "Don't leave home without it" has new relevance in the age of Covid. We would not dream of leaving our homes without a face mask to protect ourselves from the virus. But how often do we leave our homes or start our day without praying?

Often, I awaken and resolve that the first thing I will do is spend time with the Lord, read His Word and pray. Then I think, "Oh, I have to check my Whatsapp first" or send a message to someone before I forget. And because this daily devotion is sent through a Whatsapp group on our handphones, I am all the more easily distracted. And before I know it, an hour has flown by.

Has that happened to you before? If so, don't let the guilt or frustration stop you

from proceeding with your original plan. Many a time I have had to ask the Lord humbly for forgiveness and for help to focus on Him and His Word after being distracted. And God is gracious – we may get distracted and take detours but He is always there, waiting, like the loving father in the parable of the prodigal son.

What if, for various reasons, you are unable to carve out a portion of uninterrupted time in the morning, for example, mothers with young children or care-givers to spouses or elderly parents? You could find a time during the day when your charges have been fed and are resting or sleeping. Think of it as your “date with God”.

Morning may be the best time for many, but any time is good for us to pray. Again, our Lord exemplified that. In Mark 6: 46, after performing the miracle of feeding the five thousand, it was already late. Jesus made his disciples get into the boat to go on ahead of Him to Bethsaida, while He dismissed the crowd and went up on a mountainside to pray.

In Ephesians 6, Paul exhorts his readers to “put on the full armour of God so that you can take your stand against the devil’s schemes” (v11) and to “pray in the Spirit on all occasions with all kinds of prayers and requests” (v18). Prayer is part of the full armour of God, an essential part of both our arsenal as Christians and of our “PPE”, personal protective equipment.

Let us be like the psalmist who says in Psalm 5:3 : “In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.”

#### PRAYER

Abba Father, thank you for the gift of prayer that enables us to speak directly with you. Thank you that it is a gift that we can give others by praying for them, especially in these challenging times when we cannot meet them in person. Help us to pray in the spirit on all occasions with all kinds of prayers and requests and to wait expectantly, as the psalmist did. We ask this in Jesus’ name. Amen.

## 每日灵粮

2021年7月29日，星期四

题目：清晨破晓时分。是晨祷的时刻

作者：赵秋霞姐妹

翻译：黄姐妹

马可福音 1章：35节

“次日早晨，天未亮的时候，耶稣起来，到旷野地方去，在那里祷告。”

清晨是祈祷的最佳时间吗？对许多人来说，确实如此，我们的主亲自树立了榜样。一天的开始就与神同行，并将一整天交托给神，这是美好的开始。

我想在这里分享一些我在网站摘录下来的一段话。作者W.G. Barrett说，早上是反思的极佳时间。清晨可以自然冷静的思考。并且也是观察的时间。我想他很愉快的描述说“帷幕拉开，我们看到了上帝的创造映入眼帘”。

如果您早晨醒来到您的花园观看。在蜘蛛网上的露珠就像“上帝创造的花边”。

作者W.G. Barrett说，早上是设定目标的时候。我们可以每天早上重新设定新的目标。他说，正如早晨开启了新的一天，祈祷则给予新一天早晨的力量。

旧的美国运通信用卡口号“没有它，别离家！”在新冠疫情时代有了新的意义。我们没想到如今不戴口罩出门，就不能保护自己免受病毒的侵害。但是如今的我们有多常以祈祷开始我们的路程或新的一天？

通常，我醒来要做的第一件事就是灵修，那就是读经和祈祷。然后我想，“哦，我必须先检查我的群组简讯”或在我忘记之前向某人发送讯息。因为每日灵修是通过我们手机上的群组简讯而发送的，所以我很容易分心。不知不觉，一个小时就过去了。

你以前有过这种情况吗？如果是这样，不要让内疚或沮丧阻止您继续执行最初的计划。很多时候，我不得不谦卑地祈求上帝的宽恕和帮助，让我在分心之后专注于他和他的话语。上帝是仁慈的——我们可能会分心并绕道而行，但他总是在那里，等待着，就像浪子寓言中慈爱的父亲一样。

如果由于各种原因，您无法在早晨腾出一部分不受干扰的时间，例如，有年幼孩子的母亲或配偶或年迈父母的照顾者，该怎么办？您可以在白天腾出任何空档时间，把他预留为“与上帝约会”的时间

早晨对许多人来说可能是最好的时间，但任何时候我们都可以祈祷。我们的主再次证明了这一点。在马可福音 6：46 中，在行了喂饱五千人的神迹之后，已经晚了。耶稣随即催门徒上船，先渡到那边伯赛大去，等他叫众人散开。46 他既辞别了他们，就往山上去祷告。

在以弗所书 6 章中，保罗劝告他的读者“要穿戴神所赐的全副军装，就能抵挡魔鬼的诡计”（第 11 节）并“靠著聖靈，隨時多方禱告祈求；並要在此儆醒不倦，為眾聖徒祈求”（第 18 节）。祷告是上帝全副武装的一部分，是我们作为基督徒的武器库和我们的“个人防护装备”。

让我们像诗篇 5:3 中的诗人一样：“**耶和華啊，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**”  
祷告

阿爸天父，感谢您赐予我们祷告的恩赐，使我们能够直接与您交谈。感谢您让我们可以通过祷告祝福他人，尤其是在这疫情我们无法见面的期间。帮助我们在任何场合不住地祷告，交托并像诗人般耐心等待。我们奉耶稣的名祈求。阿门。



Friday 30 July 2021

Title: Grief and Sorrow

Writer: Richard YW Yeoh

Verse: Matthew 5:4 NIV

"Blessed are they who mourn for they will be comforted"

We live in a fallen world where suffering, sorrow and grief is part of life and death is a certainty.

If we live long enough, we will, sooner or later, be confronted with the loss of a loved one dear to us. Such loss brings great sorrow as death and the separation it brings is permanent. There is no way to turn the clock back.

Fortunately, Christians are blessed to have a Saviour who knows what suffering, sorrow and death is and we do not need to suffer alone.

Many biblical verses address this subject. Example:

'... Comfort all who mourn'. – Isaiah 61:2

'Mourn with those who mourn'. – Romans 12:15b

'Visit widows and the fatherless in their distress'- James 1:27

Since grief and sorrow will inevitably touch our lives at one time or another, we must learn to reach out to those that mourn and walk alongside them in their hour of grief. God commands all Christians to comfort those who mourn and not leave the task only to ministers, pastors and leaders.

Truly grief shared is grief halved. And reaching out is a basic act of compassion and kindness.

Different people react very differently to loss and grief. In extreme cases, some may become suicidal or fall into depression. Others may deny their grief and carry the burden and guilt of the unresolved grief with them for many years and thereby causing them to not live the life of joy and victory that God intended for them. Grief support and therapy is crucial to help us resolve our grief experience in biblical ways so we do not lose the joy of our salvation.

In difficult times like the present pandemic, many in our midst need help to deal with loss and grief. Let us equip ourselves with the skills to counsel and support our brothers and sisters in their grief journey and help turn their mourning in the night to joy in the morning. As Christians, we must endeavour to be a beacon of light in a darkened world and walk alongside the hurting as Christ enables us.

Prayer:

Father God, we pray for the those who grieve and are in sorrow. Use us to channel your great love and compassion to bring joy and healing to the hurting. Flood their souls with hope and your saving Grace. We pray in Jesus' Name. Amen.

每日灵粮

星期五，2021年7月30日

标题：悲伤与悲痛

作者：杨勇伟

翻译：巫惠如

太5:4 哀恸的人有福了！因为他们必得安慰。

我们生活在一个堕落的世界中，痛苦、悲伤和悲痛是生命的一部分，而且死亡是必然的。如果我们活得足够长的话，我们迟早会失去所爱的亲人。这种损失带来巨大的悲伤，因为它带来的分离是永恒的。我们无法让时间倒流。

感恩的是，基督徒蒙恩拥有一位了解痛苦、悲伤和死亡的救主，我们不需要独自承受痛苦。

许多经文都提到了这主题。例如：

赛61:2 “...安慰一切悲哀的人”

罗12:15 “...与哀哭的人要同哭”

雅1:27 看顾在患难中的孤儿寡妇”

由于悲伤和悲痛总会时不时地影响我们的生活，我们必须学会接触那些悼念者并与他们一起走过难过的时期。上帝命令所有基督徒安慰哀悼者，而不是把任务只留给牧师、传道人 and 领袖。能分担别人的悲伤才是真的能减低对方的悲伤。伸出援手是怜悯和善意的基本行为。

不同的人对失去和悲伤的反应非常不同。在极端情况下，有些可能会产生自杀的念头或沮丧感。另一些人可能否认他们的悲痛，并背负多年未解决的悲痛的负担和负罪感，使他们无法活出上帝所应许喜乐和得胜的生命。悲伤辅导和悲伤治疗是帮助我们用圣经的方式化解悲伤体验的关键，这样我们才不会失去救恩的喜乐。

像疫情这样的困难时期，我们当中的许多人需要别人的帮助来应对损失和悲痛。让我们装备自己，指导和支持在悲痛之旅中的兄弟姐妹，并帮助他们从夜晚的哭泣转为早晨的欢呼。作为基督徒，我们必须努力成为黑暗世界的灯塔，在基督加添我们能力时，与处在痛苦中的朋友们并肩前进。

**祈祷：**父神，我们为那些悲伤的人祈祷。使用我们来传达祢伟大的爱和怜悯，治愈受伤害的人并带给他们喜乐。愿主的希望和救赎的恩典充溢他们的心。我们奉耶稣的名祈祷，阿门。

Saturday, 31 July 2021

Title: First of All, Pray

By: Amanda Foo

1 Timothy 2:1-2

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

In 1 Timothy, Paul offered practical and pastoral advice to young coworker, Timothy, who was working in the church at Ephesus. As Paul began to tell Timothy how to conduct oneself in the local church, he put prayer as the first priority. Note that Paul did not just talk about the need for prayer in general. He talked about the need for prayer as it relates to the salvation of the lost. (1 Timothy 2:3-4) God desires for all to be saved.

In today's verse, Paul specifically mentioned prayers for those in positions of authority and the government. At the time of Paul's letter, Nero was the emperor in power, one of Rome's most infamous rulers, notorious for his cruelty and debauchery. Yet, Paul did not call Christians to political revolution, but to prayer.

It is easy to be filled with despair and frustration, especially as we observe the nation's current affairs and the never-ending rise in Covid-19 cases. The pandemic has gone on far longer than we have anticipated, and many lives and livelihoods have been and have continued to be affected. But we don't have to stand on the sidelines and wait for things to tide over. We can pray. Prayer is God's means for removing tyrants and establishing peace. It is also a means God uses to bring things to pass in this world.

In Luke 18, Jesus talked about the parable of the persistent widow to encourage the disciples to "always pray and not lose heart." (Luke 18:1) If an unjust judge finally grants the widow's request, how much more will God hear the prayers of his elect? God is present and He is always at work (John 5:17) – whether we see it or not. His good purposes will always prevail and He is our reliable source of hope.

James 5:16 says, "The prayer of a righteous person has great power as it is working." On one of his visits to Europe, Charles Spurgeon met an American pastor who said, "I have long wished to see you, Mr. Spurgeon, and to put one or two simple questions to you. In our country there are many opinions as to the secret of your great influence. Would you be good enough to give me your own point of

view?" After a moment's pause, Spurgeon said, "My people pray for me." (In Iain, Murray, The Forgotten Spurgeon [Banner of Truth], p. 44)

During this time of crisis, as we look for opportunities to serve others and providing for the needy, let us also remember that prayer is of first importance. And certainly, we can pray for justice. More importantly, we pray for political peace so that we can live in observable godliness so that lost people will be saved.

Prayer:

A Prayer for Our Leaders (taken from Malaysia Gospel)

Almighty God, ruler of the nations of the earth. Give wisdom to our Yang di-Pertuan Agung, to the Prime Minister and his cabinet, and to all who hold office in this land. Grant that their decisions may be based on wise counsel, so that peace, welfare, truth and justice may prevail among us. Grant that we may live peaceful and quiet lives in all godliness and holiness, so that many Malaysians will come to a knowledge of the truth about Jesus, who gave himself as a ransom for us all. Through Jesus Christ our Lord, Amen.

每日靈糧

星期六2021年7月31日

標題：第一要祈禱

作者：符偉敏姐妹

翻譯：王靖端姐妹

提摩太前書 2章1-2 節 我勸你，第一要為萬人懇求、禱告、代求、祝謝；為君王和一切在位的，也該如此，使我們可以敬虔、端正、平安無事的度日。

在提摩太前書中，保羅向在以弗所教會工作的年輕同工提摩太提供了實用和靈牧的建議。當保羅開始告訴提摩太如何在當地教會中行事時，他把禱告放在首位。請注意，保羅不只是一般性地談論禱告的必要性。而他談到了祈禱的必要性，是因為它關係到失喪者的得救。(提摩太前書 2章 3-4節) 上帝“願意萬人得救，明白真道。”

在今天的經文中，保羅特別提到為那些在位和執政的人禱告。在保羅寫這書信的時候，尼祿是掌權的皇帝，是羅馬最臭名昭彰的統治者之一，以殘忍和道德敗壞而名聞天下。然而，保羅並沒有呼召基督徒去政治革命，而是要禱告。

我們有時很容易感到絕望和沮喪，尤其是當我們看到當前國家的時事和疫情病例永無止境的飆升時。這場大流行病持續的時間比我們預期的要長得多，許多人的生活和生計已經並將繼續受到侵襲和影響。但我們不必袖手旁觀或靜待事情如潮水般退去。我們可以祈禱。禱告是上帝除暴君、建立和平的方法。這也是上帝用來成就世事的一種方式。

在路加福音 18 章，耶穌用切求的寡婦的比喻來鼓勵門徒“常常禱告，不可灰心”。（路加福音 18章1節）如果一個不義的法官，最終應允了寡婦不斷的苦苦哀求，上帝還會聽不到他選民的祈禱嗎？無論我們是否看到，上帝就在身邊，祂總是在工作“我父作事直到如今，我也作事。”（約翰福音 5章17節）——祂的美好旨意將永遠得勝，祂是我們可靠的希望之源。

雅各書 5 章 16 節說：“義人祈禱所發的力量，是大有功效的。”查爾斯·司布真(英國浸信會的著名傳道人)有一次訪問歐洲時，遇到一位美國牧師對他說：“久仰大名，司布真先生，想請問您一兩個簡單的問題。在我們的國家，對於您的巨大影響力的秘密，有很多的說法。那您自己的觀點呢？”片刻停頓後，司布真說：“我的人民為我祈禱。”（摘於伊恩·默裡的《真正的復興》第 44 頁〈被遺忘的司布真〉）

在這個危機時期，當我們尋找機會服務他人和援助困苦有需要的人時，讓我們也記住祈禱是最重要的。當然，我們可以為正義祈禱。更重要的是，我們祈求政治穩定，這樣我們才能活出明顯的敬虔，而使失喪的人得救。

禱告：

為我們的領袖祈禱（摘自馬來西亞福音）

全能的上帝，萬國的統治者。

賜智慧給我們的國家元首、總理和他的內閣，以及所有在這片土地上的政府任職的人。

讓他們的決定可以基於明智的建議忠告，使我們享有平安和睦、健康幸福、真理和正義。

賜予我們可以虔誠和聖潔地過和睦和平靜的生活，好讓許多馬來西亞人了解有關耶穌的真理，他捨己成為我們眾人的贖罪祭。藉著我們的主耶穌基督，阿門

Sunday, 1 August 2021

Title: Rich But Foolish

By Elder Bryan Lee 李惠隆

Luke 12:20-21

But God said to him, 'Fool! This night your soul is required of you, and the things you have prepared, whose will they be?' So is the one who lays up treasure for himself and is not rich toward God."

If there is one precious lesson I can take away from this covid pandemic it is this: Health is wealth. When the health system of any country is overwhelmed, when there is no hospital bed to accommodate a seriously ill covid patient, money is no use. I never imagined I would live to see this happening in my life time. Yet despite the fact that money cannot solve our problems, countless people think and live and make choices as if it can. This money centred worldview is an illusion. And to cling on to this belief is fatal. In correcting this fatal perspective, Jesus said, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions" (Luke 12:15)

And Jesus went on to tell the story of the rich fool.

"The land of a rich man produced plentifully, and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' And he said, 'I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, "Soul, you have ample goods laid up for many years; relax, eat, drink, be merry." (Luke 12:16-19)

Like any hardworking person, the barn builder was very much blessed in his business. There was no indication of dishonesty, injustice or corruption in the way he did his business. He was a forward looking businessman and made very good plans as his business grew leaps and bounds. He was looking forward to living the good life. Is anything wrong with that? In a money centred worldview, that seems perfectly fine. Then comes the big surprise: But God said to him, 'Fool! This night your soul is required of you, and the things you have prepared, whose will they be?' (Luke 12:20)

This parable serves as a warning to all of us. Jesus applies the rich fool's experience to that of others: "So is the one who lays up treasure for himself and is not rich toward God" (Luke 12:21). To lay up treasures for ourselves and not be rich toward God means clinging to our riches instead of honoring God by helping those who are physically and spiritually needy.



And so two weeks ago we launched the covid initiatives to help those who are physically and financially affected by this pandemic. We praise and thank God that many of you gave generously and some even gave beyond your means. We thank and praise God for blessing us with abundant resources. He has blessed us so that we can bless others. Freely we receive, freely we give.

One thing is sure, we cannot outgive God. The greatest Giver proves His love for us in that while we were yet sinners Christ died for us. We love because He first loved us. We give because He first gave to us.

August is also mission month of our church. Let us then use the resources that God has blessed us to meet the physical and spiritual needs of the people for such a time as this.

Prayer:

Mighty God, We have never seen such unprecedented devastation in so many spheres of life. And yet in the midst of such a time as this You have entrusted so much resources to our church. We have surplus when others outside our church are going through tremendous suffering and hardships. We cannot sit idly in clear conscience when we have the means to provide physical and spiritual relief to the many out there who are suffering. Help us O God to trust and obey! In Jesus' Name. Amen.

每日灵粮

星期日 2021年8月1日

标题：富足而愚蠢

作者：李惠隆长老

翻译：林良億姐妹

路加福音 12:20-21

20 神却对他说：‘无知的人哪，今夜必要你的灵魂，你所预备的要归谁呢？’

21 凡为自己积财，在神面前却不富足的，也是这样。”

如果我可以从这次疫情中学到一个宝贵的教训，那就是健康就是财富。当任何国家的卫生系统不堪重负时，当没有病床要容纳一个重病的新冠病人，钱是没有用的。我从未想过我会活着看到这件事发生在我有生之年。

然而，尽管金钱不能解决我们的问题，但无数人过着并选择金钱是万能的生活。这种以金钱为中心的世界观是一种幻觉。坚持这种信念是致命的。在纠正这种致命的观点时，主耶稣说：“你们要谨慎自守，免去一切的贪心，因为人的生命不在乎家道丰富。”（路加福音 12:15）

耶稣接着讲述了富人的故事。

路加福音 12:16-19 就用比喻对他们说：“有一个财主田产丰盛，自己心里思想说：‘我的出产没有地方收藏，怎么办呢？’又说：‘我要这么办：要把我的仓房拆了，另盖更大的，在那里好收藏我一切的粮食和财物，然后要对我的灵魂说：“灵魂哪，你有许多财物积存，可做多年的费用，只管安安逸逸地吃喝快乐吧！”

像任何勤劳的人一样，建造谷仓的财主在他的事业中是非常幸运的。他做生意的方式没有不诚实、不公正或腐败的迹象。他是一个有远见的商人，而且随着他的业务突飞猛进，他也作了非常好的计划。他很期待过着美好的生活。有什么问题吗？

在以金钱为中心的世界观中，这似乎完全没问题。

然后是一个大惊喜：上帝却对他说，“无知的人哪，今夜必要你的灵魂，你所预备的要归谁呢？”（路加福音 12:20）

这个比喻是对我们所有人的警告。耶稣应用无知财主的经验与其他人的经验相比：“凡为自己积财，在神面前却不富足的，也是这样”（路加福音 12:21）。为自己积蓄财宝，不

为上帝积蓄财宝，就是执着去帮助我们自己积蓄财富，而不是通过帮助身体和灵命上有需要的人来荣耀上帝。

**所以两周前**我们发起了关于新冠病毒的一些倡议来帮助那些因为疫情而受到身体和经济影响的人。我们赞美并感谢上帝，你们当中的许多人慷慨解囊，有些人甚至超出了自己的能力范围。我们感谢并赞美上帝赐予我们丰富的资源。祂祝福了我们，好让我们能够祝福他人。我们自由地接受，自由地给予。

**有一件事是肯定的**，我们不能比上帝付出地更多。上帝是最伟大的施予者，从祂对我们的爱就证明了，因为当我们还是罪人时，基督就为我们而死。我们爱是因为祂先爱我们。我们给予是因为祂先给了我们。

**八月也是**我们教会的宣教月。那么让我们使用上帝所赐予的资源来满足人们在这样一个时期的身体和精神需求。

**祷告：至高万能的上帝**，我们从未在如此多的生活领域看到过如此史无前例的破坏。然而在这样的时刻，祢将如此多的资源托付给我们的教会。当教会以外的其他人正在经历巨大的苦难和艰辛时，我们有多余的资源。当我们有办法为许多遭受痛苦的人提供身体和**精神上的救济**，我们不能无所事事。上帝啊，帮助我们信靠和顺服！奉主耶稣基督的名求的，阿们。

Monday 2nd August 2021  
DECLARE YOUR DEPENDENCE  
Pastor Soong Kok Kee

John 5: 30 *"By myself I can do nothing"*

Early in his career as a youth leader, Paul Cedar was being interviewed for a job by some pastors. The discussion was going well until one pastor raised his hand and said, "Paul, I've just one problem here." He looked at the now-worried candidate and told him, "I believe you have enough talent to pull this off by yourself – and that frightens me."

Cedar, who did get the job, considers that pastor's comment the best counsel he received. It made him realize that to be successful in serving God, he needed to rely totally on God.

Whenever we begin to think that we can do it all by ourselves, whether living our lives or even serving him in ministry, we need to remember the example of our Lord. He never once acted on His own but looked constantly to the Father. Speaking of His role as judge, Jesus said, "By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me."

Of course our Lord wants all of us to use all the spiritual gifts and talents He has bestowed upon us to serve Him. But if we want to be effective, we must lean totally on His Spirit for our strength, wisdom, and power. Remember His words in John 15:5 "Apart from Me you can do nothing."

My life is a living testimony to that. Having to leave school at 16 in 1960 with only a Form 3 education, I started work as an Office Boy for RM75 a month. Renting 2 rooms with no electricity for RM12 at 4 ½ Mile Old Klang Road and cycled all the way to PJ for work. To make ends meet, my younger sister and I took in clothes to wash. I cycled to KL Baptist Church for Prayer Meeting on Wednesday nights, Training Union on Saturdays, and Sunday School & Worship on Sundays, all this while depending on God to provide, lead and guide with Prov 3: 5-6 close to our hearts "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight." Never once did we dare declare our independence.

As we all look at who we are and what we have today, we can only praise and thank God for His bountiful blessings upon our lives. Let us never be proud and forget, as we look at all the things we have today, that it is the Lord who gave us the ability to

produce wealth (Deut 8: 17-18) which was not by our own power or strength. Let us always remind ourselves that indeed by ourselves, we can do nothing.

We praise God that many of us, who once lived in the “desert and wilderness” but now in the “promised land, flowing with milk and honey”, are now giving a little back to the many who are in dire need because of the pandemic. But even in our giving and in reaching out, let us continue to depend on the Lord for his guidance and protection, for indeed by ourselves, we can do nothing. To reach and help as many as we can, we once again need to depend on Him and Him alone.

PRAYER:

Dear Lord, we want to thank you for your bountiful blessings upon so many of our lives. We want to thank you for your moving among your people to give in this time of need. It is you and your doing ALONE that makes it possible. Protect your people Lord from this dangerous virus as we reach out to help them in your name and in your love. In the precious name of our Lord Jesus we pray AMEN.

班底浸信教会

每日灵粮

星期一，2021年8月2日

标题：申明你的倚靠

讲员：宋国基牧师

翻译：陈劲年姐妹

约翰福音第 5:30 \_ “我靠自己不能作什么” \_

在担任青年领袖生涯的早期，保罗·西德(Paul Cedar)曾接受一些牧师的面试。讨论进行得很顺利，直到一位牧师举手说：“保罗，我只有一个问题。”他看着这位现在忧心忡忡的应聘者，对他说：“我相信你有足够的才华独自完成这件事 – 这让我感到害怕。”

西德确实得到了这份工作，他认为这位牧师的话是他收到最好的忠告。这让他意识到，要成功地服事上帝，他必须完全倚靠上帝。

每当我们开始认为我们可以靠自己完成一切时，无论是过生活，还是事奉祂，我们需要记住我们主的榜样。祂从来没有独自行动过，而是不断地仰望天父。论到自己作为审判者时，祂说：“我靠自己不能作什么，我怎样听见，就怎样审判。我的审判是公义的，因为我不寻求自己的意思，只求那差我来者的旨意。”

当然，我们的主希望我们所有人都运用祂所赐给我们的属灵恩赐和才能来事奉祂。但是，如果我们要有成效，我们就必须完全倚靠祂的灵赐予我们力量、智慧和能力。记住祂在约翰福音15:5的话：“离开了我，你们就不能作什么。”

我的生活就是活生生的见证。1960年，我16岁时只接受了中三教育就离开学校，以月薪75令吉开始了办公室快递员的工作；在4.5英里旧巴生路以12令吉租了两间没有电的房间，然后骑自行车一直到八打灵上班。为了使收支相抵，我和妹妹收衣服回来洗。我在周三晚上骑车去吉隆坡浸信会参加祷告会，周六去助道会，周日去主日学和崇拜。在这段时间里，我们一直仰赖上帝的供应、带领和引导；内心谨记箴言3:5-6 “你要一心仰赖耶和华，不可倚靠自己的聪明；在你一切所行的路上，都要承认他，他必使你的路径平坦正直。”我们从来没有一次敢说我们是单靠自己，不倚靠祂的。

当我们审视我们是谁以及我们今天所拥有的，我们只能赞美和感谢上帝对我们生活的丰富祝福。当我们看着今天所有的一切时，让我们永远不骄傲，也不忘记，是主给了我们生产

财富的能力(申命记8:17-18), 而不是靠我们自己的力量或能力。让我们时刻提醒自己, 事实上, 靠自己, 我们什么也做不了。

我们赞美上帝, 我们许多人曾经生活在“沙漠和旷野”, 但此刻在“流奶与蜜的应许之地”, 现今正向许多因这场大流行而急需帮助的人作出回馈, 。但即使在我们给予和伸出援手的时候, 让我们继续倚靠主的引导和保护, 因为单凭我们自己, 我们确实无能为力。为了尽可能地接触和帮助更多的人, 我们再次需要倚靠祂, 并且单单倚靠祂。

**祷告:** 亲爱的主, 我们要感谢祢对我们许多人生命中丰盛的祝福。我们要感谢祢运行在祢子民中, 在这个需要的时候给予援助。唯独祢和祢的作为使之成为可能。主啊, 当我们以祢的名义和祢的爱伸出援手帮助他们时, 请保护祢的子民免受这种危险病毒的侵害。奉我们主耶稣宝贵的名祈求, 阿们。

Tuesday, 3 August 2021

Title: Peace and Hope

By: Stephen Wong

Text: Romans 5:1-5

Many of my friends are filled with fear during the current pandemic which has been on-going for the last 17 months. I am like them, quite concerned and personally worried over the effects of the pandemic. I have been thinking of all possibilities to protect my family from the potent dangers outside. Our phone conversations invariably lead us to the topic of covid infections which have escalated in an exponential way that worries all of us. While we continue to take precautions and make attempts to strengthen our immunity from infection, God's Word is the one reliable source of strength and spiritual immunity that we can take hold of, to confront the tumultuous situation.

In our old previous nature, we were in rebellion towards God (Romans 3:23) and we were thus enemies of God. In Romans 5 however, we are told that we have peace with God today because the enmity between God and man has been resolved by Jesus, who died a sacrificial death on the cross. He received the full wrath of God, for the sins of mankind, at the cross. When you have peace with God, there is no longer any reason not to approach the Almighty God and have fellowship with Him. In Philippians 4:7 Paul again talks about the peace that surpasses all understanding that will guard our hearts and minds when we bring all of our concerns to God. The peace of God helps to dispel the fears and the gloom that confront us this season. And not only are we assured of peace filling our hearts, God promises grace in abundance for us to stand on.

Secondly, we are told to rejoice in the hope of the glory of God. God's Word provides us with a glimpse into the fact that we will one day depart from this world to be with God. That is true hope expressed in a tangible way i.e., we will die and be resurrected to be with Christ one day whom we shall see face-to-face. Indeed, I ask God to make this hope my great joy too in facing the uncertainties of this time. As God's people, the Holy Spirit is given to us as a seal and deposit to guarantee our salvation (Eph. 1:3-14) and nothing can take this completed work of God away from us. So, we draw comfort in Him that in life, disease or death, we have a glorious future.

Finally, we are to persevere in these trying times. Perseverance is the outcome of being patient with the suffering we are experiencing now. In my counselling learnings, one of the approaches towards dealing with various challenges is not to fight bodily or mental challenges head-on with anger, but to understand your pains



and feelings better by being “mindful.” It is hard to persevere when you are alone in this world regardless of the techniques that we use. But with the presence of God in our lives, we can persevere and be victorious in the face of trials. Paul tells us that suffering produces perseverance, perseverance builds our character and character gives hope for the future. And we persevere by talking to God concerning our fears and needs, whatever they might be. And God will grant His help and relief to our hearts and minds.

My brethren, are you suffering today? Are you despairing over the escalating plague and social-economic turmoil in the country? Speak to God and the church. There is peace, grace, hope and joy from God, awaiting to be experienced in your life. Do not despair but trust in the Lord with all your heart. Do not lean on your own understanding to resolve difficult challenges in your life, but in all situations acknowledge the Lord Jesus is Lord over your sufferings; and the pathway to health, joy and glory shall be made clear to you.

#### Prayer

Dear Lord Jesus, our wonderful Saviour, we thank you for Your word of encouragement to us that in the worst of circumstances, there is hope and opportunity for all of us because we have placed our trust in You. We pray for Your help and encouragement to enable us to persevere amidst much emotional, financial and physical strain so that we will be victorious till the very end. We do pray for an end to this pandemic as Your purposes are being fulfilled daily in our community and the nation. Protect us from harm. Enable us to be strong and healthy throughout this period of the pandemic. We pray Your will be done in Malaysia. In the precious name of our Lord and Saviour, we pray. Amen.

班底浸信教会

每日灵粮

星期二, 2021年8月3日

标题：平安和盼望

作者：黄德根弟兄

翻译：陈晓佩姐妹

我的许多朋友对目前已经持续了17月的大流行病充满着恐惧。我也和他们一样，对大流行病所带来的影响非常关切和忧虑。我一直在想各种可能的办法以保护我家人免受外界潜在危险的伤害。我们的电话交谈总是将我们引向新冠病毒感染的话题，新冠感染已经以指数方式攀升，让我们所有人都感到担忧。在我们继续采取预防措施并努力增强我们对感染的免疫力的同时，上帝的话语是我们能够把握的力量和灵性免疫力的一个可靠来源，以应对动乱的局势。

在我们过去的本性中，我们背叛了上帝(罗马书3:23)，因此我们是上帝的敌人。然而，在罗马书第5章，我们被告知今天我们能与上帝和好，因为上帝与人之间的冤仇已经被耶稣在十字架上牺牲而解决了。因着人类的罪孽，祂在十字架上承受了上帝全部的震怒。当我们与上帝和好了，就没有任何理由不亲近全能上帝，与祂相交。在腓立比书4:7，保罗再次谈到，当我们把所有的忧虑交托上帝时，祂所赐超过人能了解的平安，必保守我们的心思意念。上帝的平安帮助我们驱散这个时节所面临的恐惧和阴郁。我们不仅有确凿的平安充满我们的心，上帝也应许给我们丰盛的恩典，让我们站立得住。

其次，圣经告诉我们要因盼望上帝的荣耀而喜乐。上帝的话语让我们瞥见一个事实，我们终有一天会离开这个世界，与上帝同在。这是一种以确实的方式去表达真正的盼望，即有一天我们将会死后复活，与基督同在，我们将与基督面对面地相见。事实上，在面对这个时候的不确定性，我祈求上帝让这盼望成为我最大的喜乐。作为上帝的子民，我们被赐予圣灵作为我们得救的印记和凭据（以弗所书1:3-14），没有什么可以从我们夺走上帝所完成的工作。因此，我们从祂得到安慰，无论生、病或死，我们都有一个荣耀的未来。

最后，我们要在这些艰难的时刻坚定不移。毅力是我们经历痛苦时保持忍耐的结果。在我的辅导学习中，应对各种挑战的方法之一不是用愤怒来正面对抗身体或精神上的挑战，而是通过“正念”来更好地理解您的痛苦和感受。无论我们使用什么方法，当您独自一人生活在这个世界时，是很难坚定下去的。但只要我们的生命有上帝的同在，我们就能在试炼中坚忍不拔且得胜。保罗告诉我们，患难产生毅力，毅力塑造我们的品格，品格给我们带

来未来的盼望。我们坚持不懈地与告诉上帝我们的恐惧和需要，无论它们是什么。上帝将赐予我们心灵的帮助和宽慰。

**我的弟兄们**，您今天在受苦吗？您是否对国家面临不断飙升的瘟疫和社会经济动荡而感到绝望？向上帝和教会说吧。您会有从上帝而来的**平安、恩典、盼望和喜乐**，等待着您在生活中去体验。不要绝望，要全心全意地信靠上帝。不要依靠自己的理解去解决您生活中的困难挑战，但在任何情况下都要承认主耶稣是您患难的主；那通往健康、喜乐和荣耀的道路将会清晰地向您显明。

### **祷告**

亲爱的主耶稣，我们奇妙的救主，我们感谢祢对我们鼓励的话语，在最糟糕的情况下，我们所有人都有盼望和机会，因为我们已经信靠祢。我们祈求祢的帮助和激励，让我们能够在情感、经济和身体的劳损下坚持下去，使我们至终得胜。当祢的心意天天在我们的社区和国家实现时，我们祈求这场大流行病的结束。求祢保护我们免受伤害；使我们能够在流行病期间保持强壮和健康。我们祈求祢的旨意成就在马来西亚。奉我们主宰和救主宝贵的名，我们祈祷。阿们。

Wednesday, 04 August 2021

Title: For Him Are All Things

Author: Pastor Wallace Ong

"For from him and through him and for him are all things." Romans 11:36

God's WORD proclaims Christ Jesus as the source of all blessing in Romans 11:36, "For from him and through him and for him are all things." This verse comprises both the extravagant and the mundane, everyday gifts in our lives. Jesus told us in Matt 28:18 "All authority in heaven and on earth has been given to me." and in James 1:17 "Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens" and it is because of His love for us.

I remembered once when I was treated by a physical therapist due to my shoulder pain. The therapist stretched and bent my arm in an uncomfortable position which caused a natural response to tense up the arm due to the pain and fear. My therapist gently told me: "It is okay, relax your arm so that you will experience less pain when I move your arm." I think I heard that at least 10-15 times during the therapy session. And true enough when I took a deep breath to relax my arm and trusted the therapist to do her job, I found that I experienced less pain and was less anxious.

Today many of us suffer from difficulty due to the pandemic. We display more expressions of fear rather than have inner freedom in Christ. Many things in our everyday lives can cause us to be uptight and tense, but we should grow in our trust in Christ by reminding ourselves that "for him are all things" and learn to relax in God's goodness and faithfulness instead of worrying. As we draw on God's strength we will learn to live in a world with freedom and peace, and we can hear from our Lord saying to us, "It is okay, you can relax." Therefore, let us keep our eyes directed at the One who says, "Do not be afraid," so that we may slowly let go of our fear and place our trust in HIM.

To increase our trust with God and find our rest in Him, we need to always remind ourselves of God's blessings in our life. We can learn to cultivate a heart that acknowledges all the goodness of God we experience each day, especially the ones we often take for granted. For example, fresh air in the morning, breakfast with family, the beautiful sunrise outside our window and the aroma of freshly brewed coffee. When we daily cultivate such heart in appreciation and thanksgiving to acknowledge God's love for us and all things come from Him, we will find freedom and strength in Him.

What are the “all things” that God has already given to you? Opening our eyes to those blessings will help us to develop a joyful heart to overcome the hard situation around us.

Prayer:

Dear Heavenly Father, we thank you for your powerful and wonderful WORD that always gives us strength in time of need. Help us, O Lord, to understand the peace that you give to us that is beyond our thoughts and feelings. Help us, O Lord, to really trust that peace is there for us to claim even in the midst of our moments of despair. In the precious name of Jesus, we pray. Amen.

班底浸信教会  
每日灵粮

星期三, 2021年8月4日

标题：万有都归于祂

作者：王振威传道

翻译：陈健萍姐妹

【罗马书11:36】因为万有都是本于他，倚靠他，归于他。

罗马书11:36，上帝的话语宣告基督耶稣是所有祝福的源泉，“因为万有都是本于他，倚靠他，归于他。”这一节经文既包括我们生活中奢侈的恩赐，也包括平凡的日常恩赐。耶稣在马太福音28:18告诉我们：“天上地上一切权柄都赐给我了。”雅各书1:17“各样美好的赏赐，各样完备的恩赐，都是从上面、从众光之父降下来的。”这是因为祂对我们的爱。

记得有一次，我因为肩痛接受了理疗师的治疗。治疗师以一种让我感到不舒服的姿势伸展我的胳膊，这引起了由于疼痛和恐惧而使手臂绷紧的自然反应。我的治疗师温和地告诉我：“没关系，放松你的手臂，这样当我摆动你的手臂时，你就不会感到那么痛了。”在治疗过程中，这句话我至少听过10到15次了。果不其然，当我深吸一口气放松手臂，并相信治疗师会做好她的工作时，我发现我感受到的疼痛和焦虑都减少了。

今天，由于大流行病，我们许多人都遭受着困难。我们表露的恐惧更多于在基督里所享有的内心的自由。在日常生活中，许多事情都会让我们感到紧张不安，但我们应该通过提醒自己“万有都归于祂”来增长我们对基督的信靠，并学会在上帝的良善和信实中放松，而不是忧虑。当我们汲取上帝的力量时，我们将学会在一个自由与平安的世界里生活。我们也会听到我们的主对我们说：“没关系，你可以放松。”因此，让我们把目光转向说“不要害怕”的那位，这样我们就可以慢慢放下我们的恐惧，信靠祂。

为了提升我们对上帝的信靠，并在祂里面得到安息，我们需要时刻提醒自己上帝在我们生命中的祝福。我们可以学习培养一颗确认我们每天所经历一切上帝的恩惠的心，尤其那些我们经常认为是理所当然的恩惠。例如：早晨的新鲜空气、与家人共进早餐、窗外美丽的日出，以及新冲泡好的咖啡的芳香。当我们每天培养这样一颗欣赏并感恩的心，承认上帝对我们的爱，而且一切都是来自祂的时候，我们就会从祂得到自由和力量。

上帝已经赐给您的“万有”是什么？开启我们的眼睛，看到这些祝福会帮助我们培养一颗喜乐的心来克服我们周遭的艰难处境。

祈祷：

亲爱的天父，我们感谢祢大能和奇妙的话语，在我们需要的时候总给予我们力量。主啊，求祢帮助我们明白，祢所赐给我们的平安是超越我们的思想和感受的。主啊，求祢帮助我们着实地相信，即使在我们失望的时刻，我们依然可以获取平安。我们奉耶稣宝贵的名祈祷，阿们。

Thursday, 5 August 2021

Listen to Him

Ps Mark Tan

Luke 9:28-36

A voice came from the cloud, saying, "This is my Son, whom I have chosen; listen to him." – Luke 9:35

This weekend marks the memory of the Transfiguration of Jesus. The Scripture describes it very well:

<sup>27</sup> "Truly I tell you, some who are standing here will not taste death before they see the kingdom of God."

<sup>28</sup> About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray. <sup>29</sup>As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. <sup>30</sup>Two men, Moses and Elijah, appeared in glorious splendour, talking with Jesus. <sup>31</sup> They spoke about his departure, which he was about to bring to fulfilment at Jerusalem. <sup>32</sup> Peter and his companions were very sleepy, but when they became fully awake, they saw his glory and the two men standing with him. <sup>33</sup> As the men were leaving Jesus, Peter said to him, "Master, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah." (He did not know what he was saying.)

<sup>34</sup> While he was speaking, a cloud appeared and covered them, and they were afraid as they entered the cloud. <sup>35</sup> A voice came from the cloud, saying, "This is my Son, whom I have chosen; listen to him." <sup>36</sup> When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves and did not tell anyone at that time what they had seen.

For today's devotion, I want to focus on Peter's response and God's exhortation.

Having seen God's glory in Jesus and the presence of Moses and Elijah, Peter's response is one of ignorance to the situation as well as to Jesus' destiny on the cross. For rather than waiting to be told what to do, he suggested to put up three shelters, one each for Jesus and the others. This shows Peter's ignorance because

- 1) Jesus only just told the disciples of his fate on the cross yet Peter wanted to prolong their presence by building shelters for them,
- 2) three, presumably equal, dwelling places assumes that Peter viewed Jesus to be on par with Moses and Elijah when actually He's above them all, and
- 3) rather than waiting for Jesus to speak as He would normally do, Peter jumped to his own idea.

Thankfully, God in His mercy exhorted Peter saying "This is my beloved Son, whom I have chosen; listen to Him." God's exhortation to Peter corrected every wrong perception conceived by him:



- 1) Peter should listen to Jesus more carefully and remember His words and promises.
- 2) Jesus is God's Son, the Chosen One. Moses and Elijah are nowhere near equal.
- 3) Don't listen to your own wisdom, rather listen to Him.

Oftentimes, especially when in a crisis situation like now, I find myself doing as Peter did: I forget what Jesus encourages and commands, I tend to equate my wisdom with God's wisdom, and in turn, I end up making my own decisions rather than just listen to Him Who holds my world in the palm of His hand and Who makes all things work together for His and our good. Thanks be to God that in the Transfiguration of Jesus, I am reminded:

- 1) I must remember Jesus's words and salvation work more carefully and attentively.
- 2) I should value Jesus' words above any other wisdom, especially my own.
- 3) I should listen to Jesus and heed His voice. I should expect it. In fact, I look forward to it.

#### PRAYER

O God, who on the holy mount revealed to chosen witnesses your well-beloved Son, wonderfully transfigured, in raiment white and glistening: Mercifully grant that we, being delivered from the disquietude of this world, may by faith behold the King in his beauty; who with you, O Father, and you, O Holy Spirit, lives and reigns, one God, for ever and ever. Amen.

每日灵粮

2021年8月5日，星期四

题目：“你们要听他！”

作者：陈燕靖传道

翻译：黄姐妹

经文：路加福音 9:28-36

有声音从云彩里出来，说：“这是我的儿子，我所拣选的，你们要听他！”

– 路加福音 9:35

这个周末是纪念耶稣登山变像。圣经中很好地描述了它：

9:27 我实在告诉你们：站在这里的，有人在没尝死味以前，必看见 神的国。”

9:28 说了这话以后约有八天，耶稣带着彼得、约翰、雅各上山去祷告。

9:29 正祷告的时候，他的面貌就改变了，衣服洁白放光。

9:30 忽然有摩西、以利亚两个人同耶稣说话；

9:31 他们在荣光里显现，谈论耶稣去世的事，就是他在耶路撒冷将要成的事。

9:32 彼得和他的同伴都打盹，既清醒了，就看见耶稣的荣光，并同他站着的那两个人。

9:33 二人正要和耶稣分离的时候，彼得对耶稣说：“夫子，我们在这里真好！可以搭三座棚，一座为你，一座为摩西，一座为以利亚。”他却不知道所说的是什么。

9:34 说这话的时候，有一朵云彩来遮盖他们；他们进入云彩里就惧怕。

9:35 有声音从云彩里出来，说：“这是我的儿子，我所拣选的（注：有古卷作“这是我的爱子”），你们要听他。”

9:36 声音住了，只见耶稣一人在那里。当那些日子，门徒不提所看见的事，一样也不告诉人。

今天的灵修，我想重点关注彼得的回应和神的劝勉。彼得在耶稣身上看到了上帝的荣耀，看到了摩西和以利亚的同在，他的回应是对情况以及耶稣在十字架上的命运一无所知。

因为与其等待别人告诉他该做什么，他建议建立三个庇护所，一个给耶稣，各一个给其他俩人。

这表明彼得的无知，因为...

1) 耶稣刚告诉门徒他在十字架上的命运，但彼得想通过为他们建造庇护所来延长他们的存在。

2) “搭三座棚”表示不但要留住基督，也要留住摩西和以利亚，彼得把与基督有关的人、事、物提高到与基督同等的地位上，但耶稣基督是神儿子的身份如此崇高，却是没有任何人能比得上祂。

并且

3) 彼得没有像往常那样等待耶稣说话，而是跳到了他自己的想法上。

感谢神，上帝以祂的怜悯劝告彼得说：

**这是我的兒子（愛子），我所揀選的，你们要听祂」**

上帝对彼得的劝勉纠正了他所有的错误观念：

1) 彼得要更仔细地听耶稣说话，记住他的话和应许。

2) 耶稣是上帝所喜悦的爱子，没有任何人（包括摩西和以利亚）可以与祂并列的。

3) 不要依靠自己的聪明，要听命順服基督

很多时候，尤其是在像现在这疫情情的当下，我发现自己像彼得一样迷失自己：忘记了耶稣的劝励和命令，我倾向于将自己的智慧等同于上帝的智慧而我最终会做出自己的决定，而不是寻求主宰万有并爱我们的上帝美好的旨意，感谢上帝藉耶稣當年登山变像，使我被提醒。

（1）我一定要紧记主的话，用心传扬救恩的福音。

（2）我的生命要心意更新而變化，不要依靠自己的聪明。

（3）要专心听主耶稣基督的话，要寻求祂，单单仰望祂。”

祷告

上帝，登山变像的预表，启示了你的爱子，祂的面貌就改变了，祂原是圣洁光明无比：慈悲地拯救我们脫離这世界的不安与挟制，可以凭信心看到神的荣美；父啊，圣灵与你同在并掌权，独一的真神，从今时直到永远，阿门。

Friday, 6 August 2021

Title: A Parable for the "Me" generation.

By: Ps Cheng Cheung

Luke 18:13 'God, be merciful to me, a sinner!'

Do such ideas sound familiar: "Loving yourself is the greatest love of all"; "I need to feel good about myself"; "I have to buy that product because I am worth it"; "I owe it to myself to reward myself in this way." ?

This is common speech of the "me" generation.

Sadly, some popular preachers join this trend by saying "Your problem is not sin or your relationship with God, but your failure to take your place as God's sons and daughters on planet earth. This is your entitlement and God's blessing! Claim your rights."

What we believe and feel about ourselves is obviously important. But God's way of giving significance to our "selves" is completely different from the world's. Only when God is truly seen for who He is, can we see ourselves for who we are. Meaning comes only when life is theocentric, not egocentric.

Are we able to see ourselves for who we are?

The parable of the pharisee and the tax collector (Luke 18: 9-14) starts with this interesting preface: Verse 9 Jesus also told this parable to some who were confident that they were righteous and looked down on everyone else.

From the context, it would seem that Jesus knew that there were those in his audience who could not see themselves for who they were – the foundation of their self-confidence was themselves, not God. Such self-confidence is a dangerous delusion. Pharisaism, and its modern day cousins – religiosity, new age dogma and humanism – cannot remove our guilt before God and therefore give us peace with Him.

What were the pharisee's blind spots?

He had an inflated sense of self. He was proud and self-centered. He was blind to his real position before a holy God. He also had contempt for others not like him.

He had a deflated sense of God. It showed because his prayer lacked praise, petition or confession. One did not get the sense he was aware of God's presence.

He had a distorted sense of values. His focus was on his works, not on his character.

Even in God's presence, he could not examine beneath the surface of his own life, to see who he really was. Are we able to go beneath the surface to see ourselves with all our shortcomings as God sees us?

The reputation of tax collectors was the total opposite of pharisees. They were thought to be traitors to their own people, corrupt personally and unclean religiously and therefore shunned by the respectable.

What was his posture as he approached God?

He stood at a distance, on the fringes because he felt totally unworthy before God. He would not even look up to heaven, the body language of guilt, but beat his breast, saying 'God, be merciful to me, a sinner!' He demonstrated humility, brokenness and repentance.

By this, he showed he knew that in God's presence, there cannot be pretence. He offered no excuses, for this would be futile. He sought atoning mercy from God and received that.

Jesus concluded the parable with "I tell you that this man went down to his home justified rather than the Pharisee." \_ Due to the tax collector's sincerity and God's grace, He had not only forgiven the tax collector, but had declared him righteous and placed him in a right relationship with Him.

My Prayer today

Heavenly Father, I thank you that You look at the attitude of my heart whenever I come into Your presence.

Make my motives pure and keep my hands clean that I might be fit for Your use. In Jesus' Name. Amen.

每日灵粮

星期五，2021年8月6日

标题：“我”世代的比喻

作者：张祯祥传道

翻译：陈月妃

路加福音18：13“神阿、开恩可怜我这个罪人。”

这样的想法是否耳熟能详：“最伟大的爱就是爱自己”；“我需要自我感觉良好”；“我必须购买那个产品，因为我值得拥有”；“我应该以这种方式奖励自己。”？

这是“我”这一代人的共同语言。

可悲的是，一些受欢迎的传道人也加入了这一趋势，说“你的问题不是罪或你与上帝的关系，而是你未能在地球上成为上帝的儿女。这是你的权利，也是上帝的祝福！争取你的权利。”

我们对自己的信念和感受固然很重要。但是上帝赋予我们“自我”意义的方式与世界是完全不同的。只有当我们真正认识上帝是谁，我们才能看到我们自己是谁。只有当生命是以神为中心，而不是以自我为中心时，生命才会有意义。

我们能看清自己是谁吗？

法利赛人和税吏的比喻（路加福音18:9-14）以一个有趣的序言开始：第9节耶稣也把这个比喻告诉了一些仗着自己是义人、而藐视别人的人。

从上下文来看，耶稣似乎知道祂的听众中有些人无法看清他们自己是谁——他们自信的基础是他们自己，而不是上帝。这种自信是一种危险的错觉。法利赛主义及其现代近亲——虚伪的信仰、新时代教条和人文主义——无法消除我们在上帝面前的罪疚，从而让我们与上帝和好。

法利赛人的盲点是什么？

他有一种膨胀的自我意识。他骄傲又以自我为中心。他对自己在圣洁的上帝面前的真实地位视而不见。他也鄙视其他和他不一样的人。

他对上帝有种泄气感。这是因为他的祈祷缺乏赞美、祈求或忏悔。他并没有意识到上帝的存在。

他的价值观是扭曲的。他的把重点放在他的作为，而不是他的性格。

即使是在上帝面前，他也无法在自己生命的表面下审视自己，看清自己到底是谁。我们是否能够像上帝看到我们一样，在表面之下看到我们自己的所有缺点？

税吏的名声与法利赛人则完全相反。他们被认为是民族的叛徒，腐败的人格和宗教不洁，因此受到其他正派人物的回避。

当他接近上帝时，他是怎样的态度？

他站在远处，站在边缘，因为他觉得自己在上帝面前毫无价值。他甚至连举目望天也不敢，这是一种内疚的肢体语言，他只捶着胸说、“神阿、开恩可怜我这个罪人！”他表现出谦逊、破碎和悔改。

借此，他表明他知道，在上帝面前，不可能有伪装。他没有提供任何借口，因为这是徒劳的。他向上帝寻求赎罪的怜悯并得到了。

耶稣以“我告诉你们、这人回家去、比那法利赛人倒算为义了。”结束这个比喻。由于税吏的真诚和上帝的恩典，祂不仅宽恕了税吏，还称他为义，并与他建立了正确的关系。

我今天的祷告：天父，我感谢你，每当我来到祢面前时，祢都能看到我内心的态度。求祢洁净我的心，洁净我的双手，使我可以被祢所用。奉耶稣的名。阿门。

Saturday, 7 August 2021

Title: Genuine Love

By: Wong Yoke Ming

1 Corinthians 13:7

"Love bears all things, believes all things, hopes all things, endures all things."

The word 'love' has been translated from the Greek word, Agape, which has often been used to romanticize "love" in novels, stories and, yes, even in a platform for imaginative lustful desires. But 'love' is the depiction of, not a relationship but, the basis for a one.

Paul's words present a challenge to me in the very things that I do – are these acts done out of the charity in my heart as the Holy Spirit leads, or are they motivated by a desire for my own glory? This very same Apostle Paul wrote to the church in Galatia that verse, which I am so familiar with: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law." (Galatians 5:22-23) Notice that it is the fruit of the Spirit, and as such there is only one manifestation.

The Christian author, Ray Stedman, wrote:

"Joy is love enjoying itself. Peace is love at rest. Patience is love willing to wait. Kindness is love's reaction to other people. Goodness is love making righteous decisions. Faithfulness is love keeping its word. Gentleness is love empathizing with others. Self-control is love resisting temptation."

So, love is not, as I may have thought, a natural human tendency to do good; it is the outpouring of the Holy Spirit into my life that prompts me to live according to the Word. After all, the Apostle John reminded me that God is Love (1 John 4:8); and without Him, so Paul also reminded me, I am just a noisy gong or a clanging cymbal with no coordinated harmony.

But now, I see the words of an Apostle who had spent three years with Jesus Christ, and the words of another Apostle, who never met Jesus but encountered His Spirit on the Damascus Road, come together in harmony. This, then, becomes to me the harmony of the Scripture, an inerrancy of the Scriptural message given through different human authors over the vast periods of time, not forgetting that prophecy began many millennia ago and authored by men who were carried along by the Holy Spirit. (2 Peter 1:21)

This testimony alone, the harmony of three Apostles who together wrote twenty (twenty-one if we consider Peter as the source of the Gospel according to Mark) of the twenty-seven books in the New Testament.



In the so-called main line evangelical churches, the work of the Holy Spirit is seldom emphasized and yet Apostle John recorded in John 16 (verses 13-15) that "When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you." The harmony of the Scripture and the 'oneness' of the Father, Son and Spirit. Maranatha!

Prayer:

Lord Jesus, You remind me that without love, I am but a noisy gong and a clanging cymbal. For God is love, and You are God, and the Spirit takes what is Yours and declares it to me. Amen.

每日靈糧

星期六

2021 年 8 月 7 日

標題：愛的真諦

作者：黃玉明弟兄

翻譯：王靖端姐妹

哥林多前書 13:7

“愛凡事包容，凡事相信，凡事盼望，凡事忍耐。”

“愛”這個詞是從希臘語Agape（無私之愛）翻譯過來的。這個詞經常被用來美化小說或故事中的「愛」，是的，甚至被濫用在一個充滿幻像力的淫蕩慾望的平台上。但是“愛”不是關係，而是對關係的描寫，也是一段關係的基礎。

對於我的行事作為，保羅的話提出了挑戰——這些行為是出於聖靈引導我內心的仁慈，還是出於渴望自我的炫耀？正如這位使徒保羅寫給加拉太教會的那節我非常熟悉的經文：“聖靈所結的果子，就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、溫柔、節制；這樣的事，沒有律法禁止。”（加拉太書 5:22-23）請注意，這是聖靈的果實，因此只是一種表現。

基督教作家雷·斯特德曼 (Ray Stedman) 寫道：“喜樂是樂在其中的愛。和平是安息中的愛。忍耐是願意等待的愛。恩慈是對他人愛的回應。良善是作正確決定的愛。信實是堅定守諾的愛。溫柔是與他人感同身受的愛。節制是抗拒誘惑的愛。”

所以，非同我所想的，愛並不是一種人類向善的自然傾向；而是聖靈澆灌在我的生命中，促使我按照聖經來生活。畢竟，使徒約翰提醒我神就是愛（約翰一書 4:8）；所以保羅也提醒我，沒有祂，我就成了鳴的鑼，響的鈸一般，沒有協調的和諧。

但現在，我看到一位與耶穌基督共處三年的使徒的話，和另一位從未見過耶穌但在大馬士革路上遇到祂的靈的使徒的話，相互對應和諧。那麼，這對我來說就是聖經的一致性，是在很長一段時間內通過不同的作者所傳達的聖經信息的無誤性，不要忘記預言開始於幾千年前，乃是人被聖靈感動，寫出神的話來。（彼得後書 1:21）“因為預言從來沒有出於人意的，乃是人被聖靈感動，說出神的話來。”

僅此見證，三位使徒的對應和諧，他們共撰寫了二十七卷新約書中的二十卷（根據馬可福音，如果我們認為彼得是福音的來源，則為二十一卷）。

在所謂主流福音派教會中，很少強調聖靈的工作，但使徒約翰在約翰福音十六章（13-15 節）中記載：“只等真理的聖靈來了，祂要引導你們明白(原文作進入)一切的真理。因為祂不是憑自己說的，乃是把祂所聽見的都說出來；並要把將來的事告訴你們。祂要榮耀我；

因為祂要將受於我的，告訴你們。凡父所有的，都是我的，所以我說，祂要將受於我的，告訴你們。”聖經是與聖父、聖子和聖靈的三位一體和諧一致。主必要來。

禱告：主耶穌，祢提醒我，沒有愛，我只是一個嘈雜的鑼和響的鈸。因為神就是愛，祢就是神，聖靈把受於祢的告訴我。阿門。

Sunday, 8 August 2021

Title: How not to be anxious?

By Elder Yu Chin Shie

Philippians 4:6-7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." ESV

The apostle Paul, the author of the book of Philippians, has every good reason to be anxious. At the time he wrote the book, he was under house arrest in Rome, awaiting for his trial with a high possibility of it ending in execution. His beloved friends in Philippi were at odds with one another (Phil 4:1-3) and there were preachers in Rome jealous of him and trying to get him into trouble (Phil 1:15).

Despite his circumstances, Paul's dominant theme in the letter of Philippians is "Joy". The key verse of the book is "Rejoice in the Lord always. I will say it again: Rejoice!" (4:4)

Paul evidently has found the secret of overcoming anxiety. Let's learn from him (through inspiration of God) so that we know how not to be anxious.

The first thing we are told is "Not to be anxious!". Notice it is a command of the Lord that we should not be anxious. It is not easy as most of us will admit. However, if we are told to do so, we can be assured God will enable us to overcome anxiety by His Holy Spirit.

The antidote of anxiety is PRAYER. Paul's admonition is not to worry about ANYTHING but pray about EVERYTHING. We are inclined to pray about the "big things" that bothers us, like financial worries, job security, relationship and health issues. Here we are told to pray about everything. There is nothing too "small" that God our Heavenly Father is not interested to hear from us and willing to help us. What is of concern to us is of concern to God. In fact, He knows what you need before you ask Him. (Matthew 6:8)

We are told to bring our concerns and anxieties to God through prayer and supplication with thanksgiving.

Prayer is talking to God. Generally, when we approach God in prayer, we start with worship, adoration and thanksgiving. Whenever we find ourselves filled with anxiety, our first action should be to spend time with God in prayerful worship and adoration. As we meditate on God's greatness and majesty, we are reminded that

whatever problems or anxieties we have, God is big enough to deal with it. We also thank God for what He has done for us in the past.

Having spent time with God in worship and thanksgiving, we are ready to move on to supplication where we begin to make known our requests to God.

We must take note that God may not necessarily remove the problems that cause our anxiety. However, He promises a peace which surpasses all understanding. This peace is beyond our ability to understand or to explain. Therefore, it must be experienced. Jesus said in John 14:27 "Peace I leave with you; my peace I give you. I do not give you as the world gives. Do not let your hearts be troubled and do not be afraid."

However, there is a condition to receiving this peace that surpasses all understanding. We must be IN CHRIST JESUS. For those who are anxious and fearful under current Covid pandemic situation and have been affected in one way or another, I like to appeal to you to put your trust in Jesus to experience His peace that will sustain you and see you through this difficult time.

Prayer –

Heavenly Father,

Thank you for reminding us not to be anxious. Instead, to bring before you our anxieties in prayer and supplication with thanksgiving. Even though you may choose not to solve the problem immediately, we thank you for your promise to give us the peace of God that surpasses all understanding.

In Jesus name,

Amen

每日灵粮

星期日 2021 年 8 月 8 日

标题：如何不焦虑？

作者：余进时长老

翻译：林良億姐妹

**腓立比书 4:6-7** 应当一无挂虑，只要凡事借着祷告、祈求和感谢，将你们所要的告诉神。神所赐出人意外的平安，必在基督耶稣里保守你们的心怀意念。

**腓立比书**的作者使徒保罗有充足的理由焦虑。在他写这本书的时候，**他正在罗马被软禁**，等待他的审判，很有可能以处决告终。他在腓立比的挚友们意见相左（**腓立比书 4:1-3**），罗马的传道人嫉妒他并试图让他陷入困境（**腓立比书 1:15**）。

尽管处境艰难，保罗在腓立比书信中的主要主题是“**喜乐**”。这本书的关键经文是“**你们要靠主常常喜乐。我再说，你们要喜乐**”。（**4:4**）

保罗显然找到了克服焦虑的秘诀。让我们（通过上帝的灵感）向他学习，这样我们就知道如何不焦虑。

我们被告知第一件事是“**不要焦虑！**”。请注意，我们不应焦虑，这是主的命令。正如我们大多数人所承认的那样，这并不容易。然而，如果我们被告知这样做，我们可以确信上帝会通过祂的圣灵使我们克服焦虑。

焦虑的解药是祷告。保罗的告诫是不要为任何事情担心，而是为一切祷告。我们倾向于为困扰我们的“**大事**”祷告，例如财务问题、工作保障、人际关系和健康问题。在这里，我们被告知要为一切祈祷。没有什么太“**小**”了，我们的天父上帝很感兴趣听到我们的声音并愿意帮助我们。我们所关心的，就是上帝所关心的。事实上，在你问祂之前，祂就知道你需要什么了。（**马太福音 6:8**）

我们被告知要借着感恩的祷告和恳求，将我们的忧虑和焦虑带到上帝面前。

祷告是对上帝说话。一般来说，当我们在祷告中接近上帝时，我们从敬拜、朝拜和感恩开始。每当我们发现自己充满焦虑时，我们的第一个行动应该是花时间与上帝在一起，虔诚地崇拜和敬拜。当我们默想上帝的伟大和威严时，我们会想起无论我们有什么问题或焦虑，大能的上帝都可以应付。我们也感谢上帝过去为我们所做的一切。

在敬拜和感恩中与上帝共度时光后，我们准备好继续祈求，开始向上帝表达我们的要求。

我们必须注意，上帝不一定会消除引起我们焦虑的问题。然而，他应许了一种超越所有理解的和平。这种平安是我们无法理解或解释的。因此，必须经历。耶稣在约翰福音 14 章 27 节说：“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。”

然而，获得这种超越所有理解的和平是有条件的。我们必须在基督耶稣里。对于那些在当前疫情下感到焦虑和恐惧并以某种方式受到影响的人，我想呼吁您相信主耶稣基督，体验祂的平安，这将支持您并帮助您度过这个困难时期。

**祷告：**天父，谢谢祢提醒我们不要焦虑。取而代之的是，在祷告和恳求中，带着感恩，把我们的焦虑带到祢面前。即使祢可能选择不立即解决问题，我们感谢祢的承诺，让我们获得超越所有人理解上帝的平安。奉主耶稣基督的名求的。阿们。

Monday 9 August 2021

Title: Foreign Contact Tracing.

Ong Hwee Soo

Matthew 2:1-15

In my previous five Devotionals, we have seen Jesus' encounters with Gentiles, and that His first such recorded engagement was with a Roman Centurion who appealed to Jesus to heal his servant (Matthew 8:5-12). However, it is surprising to note that Jesus' very first contact with Gentiles was when He was visited by "wise men from the east" when He was a child (2:1). It is significant indeed that the Matthew Gospel, written for a Jewish audience is the only Gospel which narrates the visit of the pagan Persian Magi, who travelled hundreds of miles to worship the new born "king of the Jews" (2:2), presenting Him with symbolic gifts (2:11). With this visitation, Matthew foreshadows his theme of the Gentile's positive response to Jesus' ministry. The text today also recounts another initial Gentile contact when Jesus was a child refugee in Egypt that would presage Jesus' ministry.

When the wisemen did not return to Jerusalem as instructed by King Herod to report to him the whereabouts of the "king of the Jews" (v3-5; 12), the then king of Judea perceived a threat to his throne, was furious and decreed the mass murder of all baby boys below age of two in Bethlehem where Christ was born. But, before the edict was enforced, the child's father, Joseph being warned in a dream of the imminent threat to his infant's life was instructed to take Jesus and His mother to Egypt. They remained in Egypt as refugees until Herod died.

Here again, this contact tracing of Jesus' early years in Egypt as a refugee, recorded only in the Matthew Gospel, would be the harbinger of the New Testament (NT) diaspora ministry (as indicated in Acts 8:1; James 1:1; I Peter 1:1)

With that backdrop, you would recall that we have seen from my previous Devotional (24 May), Jesus traversing geographical territories, driving through racial and gender divides, contravening social conventions, demolishing religious demarcations, entering emotional walls and breaking psychological barriers to reach out to a Samaritan woman, a social outcast. In the ensuing four Devotionals, we have also seen, Jesus intentionally entering Gentile enclaves to heal, minister as well as feed a hungry Gentile multitude in their home ground.

These Gentile ministry rendezvous of Jesus were eventual to His initial ministry priority to the Jews which was aimed at directing the Israelites to bring the Gospel



of salvation to the Gentiles. Christ demonstrated to His disciples that men are no longer to be divided by race, gender, social status etc.

The Book of Acts is vital and pivotal in the NT as it is a sequel to and outcome of the Gospels. We see Acts 8:1 as the fulfilment of Acts 1:8. The disciples “were all scattered throughout the region of Judea and Samaria” due to “a great persecution against the church in Jerusalem” (8:1). This sparked off a diaspora mission that we see in the NT, in which the Apostles and other disciples brought the Gospel to the ends of the then known world.

Church history is replete with many examples of diaspora missions. However, present day phenomena of globalization and mass migration have brought the nations to our shores. This too presents vast opportunities for diaspora missions.

In the face of the myriads of migrant needs, how are we doing in bringing the Good News to the various diaspora enclaves around us?

PRAYER:

Lord Jesus, empower us, we pray, to Live the Life of Missions, including to Diaspora Communities around us. Amen.

班底浸信教会

每日灵粮

星期一，2021年8月9日

标题：异国接触史追踪

讲员：翁辉赐弟兄

翻译：陈劲年姐妹

【马太福音2:1-15】

在我之前的五篇灵修中，我们看到耶稣与外邦人的相遇，他第一次有记录的接触是与一位罗马百夫长，他恳求耶稣医治他的仆人(马太福音8:5-12)。然而，令人惊讶的是，耶稣与外邦人的第一次接触是在祂还是个孩子的时候，当“几个来自东方的智者”来访时(2:1)；深具意义的是，为犹太读者写的“马太福音”是唯一叙述异教徒波斯的智者来访的福音书，他们长途跋涉数百英里来到这里朝拜新生的“犹太人的王”(2:2)，向祂献上象征性的礼物(2:11)。通过这次的到访，马太预示了他的主题，即外邦人对耶稣的事工积极的回应。今天的经文也叙述了另一次耶稣初步与外邦人的接触，当时耶稣还是埃及的儿童难民，这预示着耶稣的事工。

当智者没有按照希律王的指示返回耶路撒冷，向他报告“犹太人的王”的下落时(第3-5；12节)，当时的犹太国王察觉到他的王位受到威胁，非常愤怒，下令在基督出生的伯利恒屠杀所有两岁以下的男婴。但是，在法令实施之前，孩子的父亲约瑟在梦中被警告他的婴儿的生命即将受到威胁，他被指示带耶稣和他的母亲去埃及。他们作为难民留在埃及，直到希律王去世。

同样在这里，这种对耶稣早年在埃及作为难民的接触史追踪，仅记录在马太福音；是新约(NT)散居社区事工的先驱(如使徒行传8:1；雅各书1:1；彼得前书1:1所示)。

在这样的背景下，您会记得我们在我之前的灵修(5月24日)中看到，耶稣跨越地理区域，跨越种族和性别鸿沟，违反社会惯例，拆除宗教界限，进入情感壁垒并打破心理障碍，接触撒玛利亚妇人，一个被社会排斥的人。在随后的四篇灵修中，我们还看到，耶稣刻意进入外邦人的聚居区，在他们的家乡治愈、服侍和喂养饥饿的外邦人。

耶稣的这些外邦事工最终成为祂最初优先考虑犹太人的事工，旨在指导以色列人将救恩的福音带给外邦人。基督向祂的门徒表明，人不再按种族、性别、社会地位等来划分。

使徒行传在新约中是至关重要和关键的，因为它是福音书的续集和**成果**。我们将使徒行传8:1节视为使徒行传1:8的应验。门徒“**都分散到犹太和撒玛利亚各地**”，因为“**耶路撒冷的教会大受迫害**”（8:1）；这引发了我们在新约看到的散居的使命，使徒和其他门徒将福音带到了当时已知的世界的尽头。

**教会**历史上充满了许多散居社区宣教例子。然而，当今的全球化 and 大规模移民现象将各国带到了我们的海岸。这也为散居使命提供了巨大的机会。

面对无数的移民需求，我们如何将福音带给我们周围的各个移民聚居区？

**祷告：**

主耶稣，我们祈祷，赋予我们力量去 **活出宣教的生命**， **包括我们周围的散居社区**。阿们。

Tuesday, 10 August 2021  
Heaven, Our Eternal Home  
By: Cecilia Tan 陈俊芳

John 14:1-3

"Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also."

Once more, death has invaded the PBC Karis (Seniors) family circle. On 25 July 2021, our beloved sister Helen Chong was suddenly called home to be with the Lord after a fall in her home. Her death shocked many as Helen appeared fit and healthy all this while, without any sign of serious illness.

Helen had a special loving and caring touch. During pre-Covid days, she participated in our weekly Ladies Bible Study with great zest and enthusiasm. She would bring a big pot of "tong sui" for all of us to enjoy after the study. She even brought the bowls and spoons to dish out the "tong sui"! She loved gardening and often gave me fresh basil from her garden. She did not just cut the stems with the leaves but would go the extra mile of wrapping the stems with wet tissue so that the leaves would stay fresh for hours and not wilt away!

In the last 2 years, we have bade farewell to quite a number of our Karis brothers and sisters. They did not succumb to the Covid virus but died of various other afflictions.

It is only normal that we experience sorrow and grief when death removes a loved one from our midst. We feel a deep sense of loss. We are robbed of their presence, of their affections and of joyful interactions with them. "Good-bye" is a sad word in every language!

However we can draw comfort from the fact that our loved ones have gone ahead of us, to be with our Lord Jesus. In John 14:1-3, Jesus Himself announced to His disciples (and to us) that He was going away to prepare a "place" for us in His "Father's house", so that where He is, we would also be!

We can only be transported to that place via the vehicle of death. That magnificent place called "Heaven" is an eternal home we were created to inhabit. Revelation 21:3-4 describes it as a place where death, pain and sorrow no longer prevail, where peace and praise replace struggle and strife, where we meet God face-to-face and experience His glorious presence forever.

Heaven will be a place of perfect health like we have never known before! – no more Covid (whatever the variants!), no more joint pains, migraines, backaches, vertigo, muscle cramps, cancer, diabetes, heart problems, other diseases or allergies of any kind whatsoever! We will no longer suffer the infirmities of old age. We will forever be full of life and vigorous, walking with the step of an athlete!

God has indeed prepared for us a place that surpasses our imagination! – a place of relief from suffering, a place to rest from our earthly toils and labours, a place where we will be rewarded for our faithfulness in following Christ while on earth, a place to call home where perfect holiness, perfect health, unending joy and fellowship with God and all His saints will be experienced by all His children!

May we gain strength and hope from God's promises to cope with this troubled earthly existence, and rest in the fact that God's best is yet to come! May we dispel unrestrained grief and prolonged sorrow over the deaths of our loved ones. For death has merely served to transport them to the best place ever – the bosom of the Lord! And one day, we will all meet again in that indescribably beautiful place called HEAVEN, OUR ETERNAL HOME!

With John Donne, the famous 17th century English preacher and poet, let us rebuke death as only a Christian can:

"Death, be not proud...

One short sleep past, we wake eternally,

And death shall be no more:

Death, thou shalt die."

Prayer:

Our Heavenly Father, we miss our loved ones terribly. But we take comfort that we will one day see them again. For our Lord Jesus has promised, "Because I live, you also will live" (John 14:19). We are grateful for the blessed hope that at the end of our earthly journey, Jesus Himself will lead each of us to our heavenly home that He has prepared for us. We thank You in His name! Amen.

班底浸信教会

每日灵粮

星期二, 2021年8月10日

标题：天堂·我们永恒的家

作者：陈俊芳姐妹

翻译：陈晓佩姐妹

约翰福音14:1-3

“你们心里不要忧愁；你们信神，也当信我。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。我在哪里，叫你们也在那里。”

**死亡再一次侵袭班底浸信会卡里斯团契 (PBC Karis – 年长者)家庭圈子。**2021年7月25日，我们深爱的姐妹Helen Chong在家里跌倒后，突然被上帝呼召回天家了。她的逝世让许多人感到震惊，因为她在这段时间里看起来很健康，没有任何严重疾病的迹象。

**海伦 (Helen) 有一片特殊的爱心和关怀之情。**在新冠疫情之前的日子里，她怀着极大的热忱参加我们每周的姐妹查经班。她会带上一大锅的“糖水”让我们每个人在查经班完毕之后享用，她甚至还带了碗和勺子来盛出“糖水”！她喜欢园艺，经常从她的花园摘取新鲜的九层塔送我。她不只是割下茎连着叶，还特地用湿纸巾把茎包裹，让叶子保持新鲜数小时而不枯萎！

在过去的两年里，我们已经告别了相当多位卡里斯 (Karis) 的弟兄姐妹。他们不是死于新冠病毒，而是因其他疾病离世。

当死亡带走我们当中所爱的人，我们经历悲伤和哀痛是很正常的。我们深感失落。我们被剥夺了他们的存在、他们的爱和与他们愉快的互动。“再见”在每一种语言中都是一个悲伤的词！

然而，我们可以从我们所爱的人先我们一步与主耶稣一起的这个事实里得到安慰。在约翰福音14:1-3，耶稣亲自向祂的门徒(和我们)宣布，祂要去祂“父的家”为我们预备“地方”，这样，祂在哪里，我们也会在哪里！

我们只能通过死亡被送到那个地方。那个称为“天堂”的壮丽地方是一个我们被创造去居住的一个永恒的家。启示录21:3-4将其描述为一个不再有死亡、痛苦和悲伤的地方，平安和赞美取代斗争和冲突，在那里我们与上帝面对面，永远体验祂荣耀的同在。

天堂将是一个我们从未有过的一个完美健康的地方！ – 不再有新冠肺炎(不管是什么变种！)，不再有关节痛、偏头痛、背痛、眩晕、肌肉痉挛、癌症、糖尿病、心脏病、其他疾病或任何种类的过敏！我们将不再遭受老年的病痛。我们将永远朝气蓬勃，以运动员的步伐行走！

上帝确实为我们预备了一个超乎我们想象的地方！ – 一个从苦难中得解脱的地方，一个让我们从尘世的辛劳中得到安息的地方，一个我们因在地上忠心跟随基督而获得奖赏的地方，一个称为家的地方，在那里，上帝的儿女都能体验到完美的圣洁、完美的健康、无尽的喜乐并与上帝及祂所有圣徒的团契！

愿我们从上帝的应许获得力量和盼望，以应对这个混乱的世俗生活，并安息在上帝最好的、尚未出现的事实中！愿我们驱散因亲人逝世而产生的无限悲痛和长期的忧伤。因为死亡只是把他们送到了有史以来最好的地方 – 主的怀抱！总有一天，我们会再次相聚在那无法形容的美地，叫做 天堂，我们永恒的家！

让我们与17世纪著名的英国传教士和诗人约翰·多恩(John Donne)一起训斥死亡，因为只有基督徒才能这么做：

“死亡，不要骄傲...

短暂的一眠过后，我们永远醒来，

死亡将不复存在：

死亡，你必逝去。”

祈祷：

我们的天父，我们非常想念我们所爱的人。但我们感到欣慰的是，有一天我们将会再见到他们。因为我们的主耶稣已经应许：“因为我活着，你们也要活着”(约翰福音14:19)。我们为这有福的盼望感恩，在我们尘世旅途的终点，耶稣会亲自带领我们每一个人回到祂为我们预备的天家。我们奉祂的名献上感谢！阿们。

Wednesday, 11 Aug 2021

Title: Encouraging others

By Wong King Wai

Colossians 4:6 – Let your conversations be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Recently, I did a stand-up comedy course and for those who think it is easy – it isn't! The preparation and repetition until you remember your jokes takes weeks to perfect and even then you don't know if you will actually make it through the live performance. I wonder how much effort we put into preparing how we speak or say things to others?

In today's verse, we are encouraged by Paul to have meaningful conversations with others. Conversations that are "seasoned with salt", that have flavour and texture that engage and touch the heart. It means authentic and real speech. It also means to have a genuine interest in the other person. Listening is an important ingredient in a conversation.

Consider practising active listening. Be present and fully focussed on the other person and what they are saying, especially what they are not saying. That way your response will be genuine and real to the other person.

In today's world when communication is limited to the flat screen of our phones or computers, having meaningful things to say and share is vital to keep people's hopes up and stay optimistic in challenging times. Let's take this time and opportunity to reach out and encourage others.

Here are some practical tips you can do: i) Ask a church leader or pastor if there are people who would like someone to call them and speak with them. ii) Pray and seek God's direction for who you should reach out to. iii) Ask people you know if there is anything you can pray for them about.

May your "seasoned" conversation be the balm and tonic that lifts the spirit and helps those struggling during this time.

PRAYER: My Father in Heaven. Thank You for loving me and giving me the grace to speak with You directly. Thank You for life and the gifts You have given me. Use me to be a conduit of Your grace and lead me to those who are in need of an encouraging word. I thank You for Your guidance and help. In Jesus name I pray. AMEN.



班底浸信教会

每日灵粮

星期三, 2021年8月11日

标题：鼓励他人

作者：黄经为弟兄

翻译：陈健萍姐妹

【歌罗西书4:6】 你们的言语要常常带着和气，好像用盐调和，就可知道该怎样回答各人。

最近，我参加了一个单口喜剧课程，对于那些认为这很容易的人来说，事实并非如此！准备和重复直到您记住您的笑话，需要数周的时间来达至完美；即使到了那时，您也不知道自己是否真的能完成现场表演。我不知道我们会花多少心思来准备如何说话或与人谈话？

在今天的经文中，保罗鼓励我们与他人进行有意义的对话。“用盐调和”的谈话，其味道和质地能触动人的心灵。它意味着实在而真心的说话，也意味着对另一个人感真正的兴趣。倾听是交谈的一个重要关键。

考虑练习积极倾听。完全专注于对方和他们正在说的话，尤其是他们没说出口的话。如此，您给对方的回应才会是真诚的。

在现今世界，当交流仅限于手机或电脑的平板屏幕时，有具意义的事情可说和分享，对于保持人们的希望和在充满挑战的时代保持乐观是至关重要的；让我们值此时刻和机会去接触和鼓励他人。

这里有一些您可以采用的实用技巧：i)问问一位教会领袖或牧师，是否有人希望别人打电话给他们并与他们交谈。ii)祷告并寻求上帝的指引，以决定您应该接触的人。iii)问问您认识的人，是否有什么事情您可以为他们祈祷的。

愿您的“老练”谈话成为振奋心灵且帮助那些在这段时间挣扎的人的香膏和滋补品。

祈祷：我在天上的父，感谢祢爱我，并赐给我与祢直接交谈的恩典。感谢祢赋予我生命和恩赐。求祢用我作祢恩典的导管，领我到那些需要鼓励话语的人那里。我感谢您的引导和帮助。奉耶稣的名祷告，阿们。

Thursday, 12 August 2021

Title: Evil Men in a Crisis

By Dr. Tho Lye Mun

"Don't let a crisis go to waste". Whilst it is unclear to whom this quote is attributed to, it is commonly used to describe people who capitalise on dire circumstances to advance their selfish personal agenda. Our pandemic has been no different. It has become increasingly apparent there are individuals who have taken advantage of the situation to consolidate their wealth and power at the expense of others. Ephesians 5:12 says, "it is shameful even to mention what the disobedient do in secret."

The bible indeed has a lot to say about people who take advantage of others, not least Jesus. In Mark 10:42, Jesus tells us the pattern of the world is for "rulers of the Gentiles lord it over them". In contrast he tells the disciples in the next verse, "Not so with you. Instead, whoever wants to become great among you must be your servant".

What is our response as Christians to the gross injustice we see being perpetrated around us?

1. I think we need to understand that these evil deeds will be coming to an end one day. They will be exposed, every detail, every twist and turn, there will just be no place to hide from the coming judgement. Meditating on scripture such as Ephesians 5 and Revelations 20, will help us gain perspective.
2. We must not become part of the rot. Some of us during this time, will be presented with the opportunity to take "short cuts". Ephesians 5:7 tells us "do not be partners with them (these evil men)."
3. Let us support those whose are exposing evil, protecting the weak and feeding the hungry. Ephesians 5:11, "Have nothing to do with the fruitless deeds of darkness, but rather expose them". They need our assistance, prayers and finances to continue doing good. Please do help them.

Prayer:

Lord, through the crisis, evil is being exposed. We have a choice to join the good or the bad side. We choose to partner with those who are doing Your will, those who stand on the side of righteousness and truth. Please uphold them, please send your angels to watch over them, please give them strength and boldness. Watch over their families Lord.

## 每日灵粮

2021年8月12日，星期四\*

题目：危机中的恶人

作者：陶乃文医生

翻译：吴淑娉姐妹

" **不要让危机白白浪费** "，这句话不知是谁说的，它通常用来形容那些利用一些糟糕的情况，来谋求一己利益的人。就以目前的疫情来说，越来越明显的是：有人利用这种情况，以牺牲他人为代价，来巩固自己的财富和权力。以弗所书5章12节：" **因为他们暗中所行的，就是提起来，也是可耻的。** "

对于惯于利用他人的人，圣经，特别是耶稣，的确有很多评论，在马可福音10：42，耶稣说现今世界的模式是因为" **外邦人有君王治理他们** "，相反，在下一节，耶稣告诉门徒：" **只是在你们中间，不是这样，你们中间谁愿为大，就必作你们的用人。** "

作为基督徒，在目睹周遭所发生各种严重不公平后，应该作出什么反应？

1. **我想我们需要明白**，这些恶行总有一天会结束，在即将来临的审判，它们将被揭发，每一个细节、每一个转折，都会无所遁形。试默想以弗所书第5章和启示录20章会令我们有更深入透彻的看法。
2. **我们万万不能同流合污**。在此期间，我们当中一些人或有机会走捷径，以弗所书5：7告诉我们：**不要与他们（恶人）同伙。**
3. **支持那些揭发邪恶的人、保护弱者、给饥饿的人温饱**。以弗所书5：11：  
" **那暗昧无益的事，不要与人同行，倒要责备行这事的人。** " 他们需要我们的帮助、祷告和资金继续行善，请帮助他们。

祷告：

**主啊！通过危机，邪恶正被揭露**，我们可以选择站在好或坏的一边，让我们与那些遵行祢的旨意、站在正义和真理这边的人合作。请支持他们、赐他们勇气和力量、派遣天使保护他们、并保守他们的家人，阿们。

Friday, 13 Aug 2021

Hypocrisy

By: Prathab V

Romans 12: 9

"Let love be without hypocrisy. Abhor what is evil. Cling to what is good. "\_  
No one likes hypocrites. But we all have certainly met them. Hypocrisy needs no explanation. Neither is it necessary to demonstrate and teach what hypocritical behaviour is all about.

According to Focus on the Family, one of the biggest obstacles for an individual to accept Jesus as Saviour is the problem of hypocrisy among Christians. Don Thorsen in his book What's True about Christianity: An Introduction to Christian Faith and Practice has this to say:

"Regrettably, some of the worst hypocrites exist in churches. They claim to love their neighbour as themselves, and yet they are among the first to say disrespectful or hateful things about others due to their race, ethnicity, sex, class, education, politics or religious affiliation." This is unfortunate indeed.

Jesus used some of the most biting words against the Scribes and Pharisees, chiding them as hypocrites. Perhaps, because of the extent of the problem, some often joke as such: "I like Jesus. It is his followers that I can't stand!"

As a Christian, I know many Christians and non-Christians who have faced various hypocritical behaviour from other Christians. Not all Christians are hypocrites. But it is a major problem.

Perhaps this is why Paul in his epistle to the Romans emphasises that love should be bereft of hypocrisy.

This calls for self-reflection and self-examination: Have I been accused of being a hypocrite before? Do Christians treat a popular leader differently from an ordinary church member? Have I uttered words of prejudice against another person due to his/her ethnicity or economic background? Are Christians hypocrites when they condemn homosexuality until they have a sibling who is a homosexual and then proceed to love him/her? (Note: the Bible clearly condemns homosexual behaviour).

Let us love sincerely. Forgive others freely.

The award-winning Christian author, Philip Yancey, has this to say: "Christians get very angry toward other Christians who sin differently than they do."

We are all sinners. If we have made mistakes, do not despair. God is able to forgive our transgressions. God's forgiveness is limitless to all who seek Him earnestly.

Today, allow the Holy Spirit to search your heart. Let God transform us little by little into the image of His Son, Jesus. All we need to do is to trust and obey Him.

Prayer :

Father God, forgive my sins, especially hypocrisy. Teach me Your ways, so that I change to be more and more like Your Son Jesus. Teach me Your ways, dear Lord. In Jesus' name I ask, Amen.

每日灵粮  
星期五  
2021年8月13日

题目：假冒为善

作者：Prathab V.

翻译：巫惠如

罗12:9 爱人不可虚假；恶要厌恶，善要亲近。

没有人喜欢伪善的人。但我们肯定都见过他们。伪善不需要任何解释，也没有必要去指出或教导虚伪行为到底是什么。

据《聚焦家庭》（Focus on the Family）报道，接受耶稣为救主的最大障碍之一是基督教徒虚伪的问题。唐·索森(Don Thorsen)在《基督教的真理：基督教信仰与实践概论》这样写道：

“令人遗憾的是，教堂里存在着一些最恶劣的伪君子。他们宣称自己爱邻舍，然而，他们却是最先因为种族、民族、性别、阶级、教育程度、政治或宗教信仰，对他人说出不尊重或仇恨言论的人群之一。”这的确令人遗憾。

耶稣用一些最尖刻的词语来抨击文士和法利赛人，指责他们假冒为善。或许，由于这个问题的广泛性，有些人经常这样开玩笑：“我喜欢耶稣。我不能忍受的是他的追随者！”

作为一名基督徒，我认识许多基督教徒和非基督教徒，他们面临其他基督徒的各种虚伪行为。并非所有的基督徒都是伪君子，但这是一个大问题。

也许正因如此，保罗在他的书信中强调，爱不应该伪善。

我们需要进行自我反思和反省：我曾被指责是假冒为善的人吗？基督徒对待一个受欢迎的领袖和普通教会成员的方式有不同吗？我是否曾因另一个人的种族或经济背景而对他发表过偏见言论？当基督徒谴责同性恋，直到他们自己的兄弟姐妹是同性恋却爱他/她时，他们是伪善的吗？(附注：圣经明确谴责同性恋行为)。

让我们真诚地爱吧。自由地原谅他人。

获奖的基督徒作家菲利普·扬西 ( Philip Yancey)说：“当一些基督徒觉得其他信徒的罪与他们不同时，他们就会感到非常愤怒。”

我们都是罪人。如果我们犯了错误，不要绝望。上帝能够原谅我们的过错。上帝的宽恕对所有认真寻求祂的人是无限的。

今天，让圣灵查验你的心。让上帝一点一点地改变我们，成为耶稣的样式。我们要做的就是信靠和顺服祂。

祈祷：父神，原谅我的罪过，尤其是假冒为善的罪。指教我，使我能越来越像你的儿子耶稣。教导我，亲爱的主。奉耶稣的名祷告，阿门。

Saturday, 14 August 2021

Title: How beautiful are their feet

Author: Pastor Johnson Chong

Translator: Margaret Ong

Romans 10:15 "How beautiful are the feet of those who preach the gospel of peace, who bring glad tidings of good things!" "

Dear brothers and sisters, there are many news, legends, and information in the world, but none of them is more important than the good tidings of great joy which will be to all people. This good news is that Jesus Christ, the Son of God, was born into the world as the Savior of mankind. Only the Lord Jesus was crucified and resurrected for man's sins, and this gospel will be preached to all people in the world. But this responsibility to share is not on the angels, but passed on from generation to generation by the Lord to His disciples. In our generation, who will pass it on? Thousands of people are waiting to no avail there, to have long been looking forward with eager expectancy, their eyes are worn out anxiously. They really look forward to hearing the good tidings, not only related to their present life, but also related to their afterlife and eternal life and blessing.

The Pantai Baptist Church has designated August as Mission Month throughout the years, and this year is no exception. Dear brothers and sisters, can we still preach the gospel to relatives and friends when the pandemic is spreading? Even though the pandemic in our country is severe or even on the verge of getting out of control, I absolutely believe that our God Most High is still in power.

The apostle Paul said: "We must preach the word! Be ready in season and out of season." Although Paul was chained in a Roman prison, he still preached the gospel to the soldiers. We are now locked down at home, how can we spread the gospel and persist in practicing the Great Commission promulgated by the Lord Jesus? "Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all long-suffering and teaching." (2 Timothy 4:2) "For if I preach the gospel, I have nothing to boast of, for necessity is laid upon me; yes, woe is me if I do not preach the gospel. For if I do this willingly, I have a reward; but if against my will, I have been entrusted with a stewardship." (1 Corinthians 9:16-17).

In 2 Timothy 4:2 "Preach the Word!" is a command given by the apostle Paul to Timothy, and it is also a command given by the Holy Spirit to all Christians. Moreover, this "Preach the Word" command is something we must carry out in any situation. For "Be ready in season and out of season." means: be ready (this is also a command), no matter in season (good time) or out of season (bad time), we must



preach. "Preaching" means preaching the word of God and evangelism, which means "Convince, rebuke, exhort, with all long-suffering and teaching." Using all kinds of patience and all kinds of teachings to rebuke, warn, and persuade others. The apostle Paul taught Timothy in this way. In fact, the apostle Paul himself was a preacher who was preaching at all times, in season or out of season.

Dear brothers and sisters, who is willing to be sent by the Lord to preach it? Only those who have the gospel themselves are qualified to preach, but among those who have received the gospel, some have a father in their family and there is responsibility, some have too many properties to be given up, and some are afraid of suffering and have no place to live. As a result, few people are willing to take up the calling. No wonder the gospel has not been preached to every created person. But those who are willing to be sent by the Lord to preach the gospel, how beautiful are the feet of those who preach the gospel. In the eyes of the angels, their shoes are made of the best materials in the world, and their feet are the most beautiful on the ground. In the eyes of those who have been favored by hearing the gospel, their feet are fragrant and can almost be kissed with their mouths; one day when they come to God, their feet are not lost, but are preserved in eternity, because they are wearing the shoes of the gospel, walking a bright road.

Dear brothers and sisters, is evangelism just a matter of a few preachers? No, "The Lord gave the word; Great was the company of those who proclaimed it" (Psalm 68:11), and the whole church united in one accord to prosper the gospel. Dear brothers and sisters, do you have a part in it? Are you willing to leave beautiful footprints? Have you planted the good seeds of the gospel on your way?

Prayer: Dear Heavenly Father, we thank you and praise you! May your love inspire us again, so that we have the heart of loving souls, the ability and wisdom to spread the gospel passionately! The whole church is in one accord to prosper the gospel. Pray that the Lord will also use this pandemic to soften people's hearts so that they can listen to the gospel and be willing to return to you! Glory to the Lord! Prayer and supplication with thanksgiving, in the holy name of the Lord Jesus Christ, Amen!

每日灵粮

星期六, 2021年8月14日

标题：他们的脚踪何等佳美

作者：张胜牧师

罗马书10:15 “报福音，传喜信的人，他们的脚踪何等佳美。”

亲爱的弟兄姊妹，世界上有许多消息、传说、见闻，但没有一件比那关乎万民的大喜信息更重要。那就是神的儿子耶稣基督降生到世上作人类的救主。这大喜的信息只有天使天军能首先报告赞美，当主耶稣为人的罪钉死复活升天之后，这福音要传遍天下给万民听。但这不能靠着天使，这责任是主交给祂的门徒，一代一代传下去的。到了我们这一代有谁来传呢？千千万万的人等在那里，他们的心渴极了，他们的眼望穿了。他们何等盼望听到一个大喜的信息，不只关系到他们的今生，而且关系到他们的来世和永远的生命与福份。

**班底浸信会**历年来，都把八月份定为宣教月，今年也不例外。亲爱的弟兄姊妹，在疫情蔓延时，我们是否还能向亲友们传福音？纵然我国疫情严峻甚至濒临失控，但我绝对相信，至高的主，仍然在掌权。

**使徒保罗**说：得时与不得时，我们务要传福音。保罗虽然捆锁在罗马监狱，还是跟兵丁传福音。我们现在捆锁在家里，如何去传福音，坚持实践主耶稣颁布的大使命？务要传道！无论得时不得时，总要专心，并用百般的忍耐，各样的教训，责备人，警戒人，劝勉人。（提摩太后书4：2）我传福音原没有可夸的，因为我是不得已的。若不传福音，我便有祸了。我若甘心作这事，就有赏赐；若不甘心，责任却已经托付我了。（哥林多前书9：16~17）。

**提摩太后书4：2**中的“务要传道”，是使徒保罗给提摩太的一个命令，也是圣灵给所有基督徒的命令。而且，这“务要传道”的命令，是我们在任何情况都要执行的。“无论得时不得时，总要专心”的意思是：要做好准备（这也是命令），无论得时（好时候），不得时（坏时候），都要传道。“传道”，就是传神的话，就是传福音，就是“用百般的忍耐，各样的教训，责备人，警戒人，劝勉人”。使徒保罗如此教导提摩太，其实使徒保罗他自己就是一位无论得时不得时都在传道的传道人。

亲爱的弟兄姊妹，有谁愿意奉主的差遣去传呢？只有自己得着福音的人才有资格去传，但是在已得福音的人中，有人家中有父亲，有责任，有人产业多撇不下，有人怕受苦无住处，结果肯应召的人就无几了，难怪福音到今天还没有传遍每一个受造的人。可是那肯奉主

差遣去传福音的人，他们的脚踪何等佳美。在天使的眼中，他们的鞋是以世上最好的材料作的，他们的脚印是地上最美的脚印。在听到福音而蒙恩的人看来，他们的脚踪是馨香的，**几乎可以用嘴亲吻**；有一天到神那里，他们的脚踪没有泯没，而是在永世被保存下来，因为他们穿着的是福音的鞋，走的是光明的路。

亲爱的弟兄姊妹，但传福音只是少数传道人的事吗？不，主发命令，传好信息的妇女成了大群（诗篇68：11），**全教会都同心合意兴旺福音**。亲爱的弟兄姊妹，你在其中也有份吗？你也愿意留下佳美的脚踪吗？在你走的路上是否撒下了福音的佳种？

**祷告：**亲爱的天父，我们感谢和赞美祢！愿祢的爱再次激励我们，使我们有爱灵魂的心，有火热传福音的能力和智慧！全教会都同心合意兴旺福音。恳求主也借着这次疫情使人心软化，**使他们得以听信福音**，都愿意回转归向祢！荣耀归于主！

**感谢祷告祈求，是奉靠主耶稣基督的圣名，阿们！**

Sunday, 15 August 2021

Title: Teach me to be faithful

By Elder Tan Seng Kee

Matthew 25:14-30

In the parable of the three servants in Matthew 25:14-30, Jesus told a story of a man who was going away for a long trip. Before he left, he called his three servants and entrusted each with five, two and one bag of silver respectively.

We are not told of the reasons why the bags of silver were entrusted with the servants nor did the parable tell us what the master told the servants to do with the bags of silver. However, in verse 16 of Matthew 5, the first servant with 5 bags of silver proceeded to invest the money and earned five more while the second with two bags of silver went to work and earned two more. Each of the two servants used the bags of silver differently. The third servant merely dug a hole in the ground and buried the master's money.

A simple lesson we can pick up from here is that whatever resources, skills and talents God has blessed each one of us with must be put to good use. Often, we hoard too much today in our perceived fear of hardship which tomorrow may bring; ignoring that tomorrow may bring sunshine and abundance beyond what we dare to trust God for.

The servants in this parable merely had to put their resources to work and each was in turn blessed with a 1 fold increase in wealth. In Daniel 1:20, Daniel and his three friends made up their mind to trust God totally and were in turn blessed with abilities ten times more than any other officials of the King. In Mark 10:29,30, Jesus promised a hundred times blessings for those who have sacrificed hugely for his sake and for the Good News and he concluded verse 30 by saying "And in the world to come that person will have eternal life."

We need to make mention that Matthew 25:15 tells us that the master gave the bags of silver to each of his three servants, "dividing it in proportion to their abilities." This is a wonderful reminder to me every time I wonder whether I have served well enough or when I compare what I do with what other Christians do in the Kingdom of God.

We have been blessed in accordance with our abilities to handle such resources put in our midst. As long as I have wisely used the resources I have been blessed with, I do not have to worry that I have not done my part in the Kingdom of God.

In PBC's recent Pandemic Relief Initiative, we raised a huge sum of money (over a short 2 weeks) and many gave from their heart but one young boy, Tod broke his piggy bank and gave his entire savings to the relief fund. God blesses us with resources according to our abilities to handle them.

A statement was recently made in relation to the Pandemic Relief Initiative that in doing God's work, we must be prepared to take some risk. Matthew 5:11 specifically pronounces a blessing on those who are persecuted or suffer for the sake of the Gospel.

I was reminded of a recent picture of a PBC pastor in a lonesome graveyard setting performing a burial service with only 3 family members present in the picture. Another nearby church pastor had just passed away after being likely infected at a funeral service.

In the midst of this pandemic, men of God continue to serve and minister assured of their calling and that "Christ's love compels us" (2 Corinthians 5:14) ringing out loud in their hearts and delightfully obvious in the observing ears and hearts of others, now able to relate and understand what being the salt and light of the world really means and perhaps, even a glimpse of heaven.

Prayer:

Help me God to be the salt and light of the world and teach me to wisely use the resources you have given to me according to my abilities to handle. In Jesus' name I pray. Amen.

每日灵粮  
星期日  
2021年8月15日  
题目：教我忠诚  
作者：陈诚基长老  
翻译：林良億姐妹  
马太福音 25:14-30

在马太福音 25:14-30 的三个仆人的比喻中，耶稣讲了一个人要长途跋涉的故事。临走前，他召来三名仆人，分别托付了五、二、一袋的银子。

我们没有被告知将银袋托付给仆人的原因，比喻也没有告诉我们主人吩咐仆人如何处理银袋。然而，在马太福音 5 章 16 节，第一个拿着 5 袋银子的仆人继续投资，赚了 5 袋银子，而第二个拿着 2 袋银子去上班，又赚了 2 袋。两个仆人对银袋的使用方式各不相同。第三个仆人只是在地上挖了一个坑，把主人的钱埋了。

我们可以从这里吸取了一个简单教训，那就是上帝赐予我们每个人的任何资源、技能和才能都必须加以善用。我们常常因为担心明天可能带来的困难而囤积了太多东西，忽视了其实明天有可能会带来阳光和丰盛，而且是超出我们所能想象的。

这个比喻中的仆人只需将他们的资源投入到工作中，每个人的财富就增加了 1 倍。在但以理书 1 章 20 节，但以理和他的三个朋友下定决心要完全信靠上帝，因此他们得到的能力比国王的其他任何官员都多十倍。在马可福音 10:29,30 中，耶稣应许那些为他的缘故和为好消息作出巨大牺牲的人祝福一百倍，祂在第 30 节结束时说：“那人在来世必得永生”。

值得一提的是马太福音 25:15，主人将银袋分给三个仆人，“按他们的能力分配”。在上帝的国度中，每当我怀疑自己是否做得足够好时，或者当我将自己的所作所为与其他基督徒的做比较时，这经节对我来说都是一个很好的提醒。

我们蒙恩拥有能处理这些资源的能力。只要我明智地使用了我所拥有的资源，我就不必担心没有在上帝的国度中尽自己一份的力量。

在班底浸信教会最近的新冠疫情救助计划中，我们筹集了大量资金（在短短两周内），许多人发自内心地捐赠，但一个小男孩Tod打破了他的存钱罐，将他的全部积蓄都捐给了救助基金。上帝会根据我们的资源能力来祝福我们。

关于最近发表的新冠疫情救济计划声明，即在做上帝的工作时，我们必须准备好承担一些风险。马太福音 5:11 特别宣布祝福那些为福音而受迫害或受苦的人。

我想起了最近的一张照片，班底浸信教会牧师在一个寂静的墓地主持葬礼，照片中只有 3 个家庭成员。附近的另一位教堂牧师可能在某个葬礼上被感染后刚刚去世。

在这场疫情中，属上帝的人继续服事和侍奉，确信他们神圣的呼召，“基督的爱激励我们”（林後5:14）在他们心中响亮，在观察者的耳朵和心中清晰可见。其他人现在能够感悟和理解世界的盐和光真正意味着什么，甚至是一瞥天堂。

祷告：求主帮助我成为世上的盐和光，教我根据自己的能力，有智慧地使用祢赐给我的资源和能力。我奉我主耶稣基督的名求的。阿们。

Monday 16th August 2021

BE THAT FRIEND

Pastor Soong Kok Kee

John 15: 13-15 Greater love has no one than this, that he lay down his life for his friends. You are my friends if you do what I command. I no longer call you servant, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

An English publication offered a prize for the best definition of a friend, and among the thousands of answers received were the following:

"One who multiplies joys, divides grief."

"One who understand our silence."

"A volume of sympathy bound in cloth."

"A watch which beats true for all time and never runs down."

But here is the definition that won the prize: "A friend – the one who comes in when the whole world has gone out."

There is also a Chinese saying that says if you have one true friend in your life, you can die without any regrets. Albrecht Durer found one.

From childhood Albrecht Durer wanted to paint. Finally, he left home to study with a great artist. He met a friend who also had this same desire and the two became roommates. Both being poor, they found it difficult to make a living and study at the same time. Albrecht's friend offered to work while Albrecht studied. Then when the paintings began to sell, he would have his chance. After much persuasion, Albrecht agreed and worked faithfully while his friend toiled long hours to make a living for both of them.

The day came when Albrecht sold a wood-carving and his friend went back to his paints, only to find that the hard work had stiffened and twisted his fingers and he could no longer paint with skill. When Albrecht learned what had happened to his friend, he was filled with great sorrow. One day, returning home unexpectedly he heard the voice of his friend and saw the gnarled, toiled, worn hands folded in prayer before him.



"I can show the world my appreciation by painting his hands as I see them now, folded in prayer." It was this thought that inspired Albrecht Durer when he realized that he could never give back to his friend the skill which had left his hands.

Durer's gratitude was captured in his inspired painting that has now become world famous – the praying hands. And, we are blessed by both the beauty of the painting and the beautiful story of gratitude, friendship and brotherhood. (The Bible Friend)

As a Pastor, our family has received many gifts, big and small. Except for the piano in our living room, all the rest were blessed by brothers and sisters in the Lord. When my children were young, they would always say how they wish when they grow up, they pray they too would have friends like those Uncles and Aunties who have blessed us so bountifully. I told them NOT to pray to have friends like those uncles and aunties but rather pray to BE FRIENDS like those uncles and aunties. The Bible teaches us that its more blessed to give than to receive – obviously our Lord has blessed those uncles and aunties physically, materially and spiritually and thus they are able to bless others. The giver and the receiver are both blessed but the giver is more blessed.

So, my dear brothers and sisters, our Lord will continue to bless and reward all those who have given so sacrificially and generously to the Covid Aid Fund so that those in need may be blessed during this pandemic and indeed so many have been blessed. Our Lord has made that ultimate sacrifice of giving his life for us so we may have forgiveness of sin and eternal life. Indeed – What a Friend We Have in Jesus, all our sins and griefs to bear.

So let us not pray to have friends that will bless us but rather let us be friends that would bless others – like Durer's friend, like my children's uncles and aunties who have blessed our family all these years and like our Lord who had even given His life for us – His friends.

I went out to find a friend,  
But could not find one out there,  
I went out to be a friend,  
And friends were everywhere!

PRAYER: Father God, thank you for sending your one and only Son to be our truest FRIEND who was willing to suffer and die for our sins. With that example He has set, help us to be like Him, reaching out and giving sacrificially all that you have blessed us with, to be Friends to those who are in dire need in this difficult times, so that

your name may be blessed and honored and glorified. In our Lord Jesus precious Name we pray AMEN.

班底浸信教会

每日灵粮

星期一，2021年8月16日

标题：做那个朋友

讲员：宋国基牧师

翻译：陈劲年姐妹

【约翰福音 15:13-15】13人为朋友舍命，人间的爱没有比这个更大的了。14你们若行我所吩咐你们的，就是我的朋友了。15我不再称你们为仆人，因为仆人不知道主人所作的事；我已经称你们为朋友了，因为我从我父那里听见的一切，都已经告诉你们了。

一家英文出版物提供了一个最佳朋友定义奖，在收到的数千个答复中，有以下几个：

“一个使欢乐倍增、分担悲痛的人。”

“一个了解我们沉默的人。”

“裹在布里大量的同情。”

“一只一贯准时、永不掉链子的手表。”

但这是获奖的定义：“朋友 – 整个世界都消失了，他仍在你身边。”

中国也有一句俗语说，如果您一生中有一个真正的朋友，您可以死而无憾。阿尔布雷希特·杜勒（Albrecht Durer）找到了一个。

阿尔布雷希特·杜勒从小就想画画。后来，他离开家去向一位伟大的艺术家学习。他遇到了一个也有同样愿望的朋友，两人成了室友。他俩都很穷，他们发现很难同时谋生和学习。阿尔布雷希特的朋友主动提出在阿尔布雷希特学习期间工作。然后，当这些画开始销售时，他就有机会了。在多次劝说之后，阿尔布雷希特同意了，并认真地学习；而他的朋友则长时间地辛勤工作，为他们两人谋生。

有一天，阿尔布雷希特卖了一件木雕，他的朋友回到他的画作上，却发现辛苦的工作已经使他的手指僵硬和扭曲，他无法再熟练地作画了。当阿尔布雷希特得知他朋友的遭遇时，他悲痛欲绝。一天，他突然地回到家，听到朋友的声音，看到他那双粗糙、劳累、磨损的双手在他面前合十祈祷。

“我可以画出我现在看到的他双手合十祈祷的样子，来表达我的感激之情。”阿尔布雷希特意识到他永远无法将离开双手的技艺还给他的朋友了，正是这个想法激发了他的灵感。

杜勒的感激之情体现在他的灵感画作中，现在这幅画已成为世界著名的《祈祷之手》了。而且，我们被这幅画的美丽和感恩、友谊和兄弟情谊的美丽故事所祝福。(Bible Friend圣经之友)

作为牧师，我们家收到了许多大大小小的礼物。除了我们客厅的钢琴，其余的都是主内弟兄姐妹的祝福。当我的孩子们还小的时候，他们总会说他们长大后的愿望，他们祈祷他们也能有像叔叔阿姨这样慷慨地祝福我们的朋友。我告诉他们不要祈祷有像那些叔叔阿姨那样的朋友，而是要祈祷成为那些叔叔阿姨那样的朋友。圣经教导我们施比受更有福 – 很明显的，我们的主在身体、物质和心灵上祝福了这些叔叔阿姨，因此他们也能够祝福别人。给予者和接受者都受到祝福，但给予者更受祝福。

因此，我亲爱的弟兄姐妹们，我们的主将继续赐福和奖赏所有为新冠病毒援助基金作出牺牲和慷慨捐赠的人，以便那些需要帮助的人在这场大流行中得到祝福，而且确实有很多人得到了祝福。我们的主已经做出了最终的牺牲，为我们舍弃了祂的生命，这样我们就可以得到罪的赦免和永生。确实，在耶稣里我们有这么一位恩友，祂背负承担我们所有的罪孽与忧伤。

所以让我们不要祈求有祝福我们的朋友，而是让我们成为祝福他人的朋友 – 像杜勒的朋友，像我孩子们的叔叔阿姨，这些年来一直祝福我们的家人，像我们的主，甚至为我们 – 祂的朋友 – 付出了生命。

我出去找朋友，  
却无从找得到，  
我出去当朋友，  
朋友无所不在！

祷告：父神，感谢您差遣您的独生子成为我们最真诚的朋友，祂愿意为我们的罪受苦，甚至为我们的罪而死。以祂所树立的榜样，帮助我们像祂一样，伸出援手，并牺牲性地施予祢赐予我们的一切，在这个困难时期成为那些急需帮助的人的朋友，以让祢的名被称颂、受尊崇和荣耀。奉我们主耶稣宝贵的名祈祷，阿们。

Tuesday, 17 August 2021

Title: Pursuit Of Happiness

By: Shaun Ling

Text: Philippians 4:12

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."

What really makes one happy?

Ironically, I will start with a sad story. My ex-neighbour was seemingly the epitome of a wonderful marriage – husband and wife in stable jobs, with 3 young and very smart kids. What disguises the happy façade was laid bare one day when the wife told me and my brother that her marriage was falling apart. He was seeing another woman and was contemplating shifting out that very night. I could not really remember much about the conversation except that she'd said something that struck a chord with me. She recounted that when she and her husband were poor and could not make ends meet, they were far happier but when wealth and opportunity came around especially for her husband, things went awry.

Is true happiness achievable or is it, in fact elusive? As I reflect on this, I am inclined to the latter.

Advertisements promise that a Rolex will get me instant status, a no-effort diet will transform my life, and an endless supply of Netflix, Disney Hotstar and the like will give me smiles and happiness. But soon enough, when the pleasures of all these are set aside, we return to the real world of cranky neighbours, a house that's falling apart and broken relationships. Thus, true happiness must be rooted in reality.

And then it hits me! Real happiness involves struggle and pain. As Augustine once said, "Everywhere a greater joy is preceded by a greater suffering". Much like someone who has an itch and to finally get away from friends and go to a hiding place where he can scratch to his heart's content. Or someone who lived in a desert yearning for rain, how sweet it is to have rain fall on their bare skin. Or for me, to finish my first full marathon, the anguish of the hours of tiredness and pain was immediately replaced with unbridled joy at the sight of the finish line and the cheap medal that I will cherish forever.

To experience happiness, we need to experience pain whether in ourselves or in people we care about. There are good and bad days but when we see the results of our perseverance, a sense of pride and joy wells up within us.

Which reminds me of Phil 4:11-13, a statement from a prisoner writing from his prison cell, "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

Happiness can indeed emanate from a sense of contentment. And this can be cultivated (but it may take a long time) and most importantly, is within our control. The assurance of God's presence and being in our lives, despite our circumstances. Just as Paul has a purpose to bring meaning in the life of others by preaching Christ, we too can find our purpose where God calls us however insignificant it may be. Perhaps we are called to serve others. Maybe we are called to be encouragers. Many have the gift of giving. Others would quietly serve by doing menial tasks.

The pursuit of happiness may well be found when we are content in God's purpose in our lives.

Prayer: Father, You have brought us to being that we may enjoy You in our finite and short lives. Help us Lord to appreciate that we live for You and pursue happiness that has its foundation in You and You alone. Help us to be grateful for what You have given us and that we can learn to continually align our attitude to Yours. Amen

班底浸信教会

每日灵粮

星期二, 2021年8月17日

标题：追求幸福

作者：林世勋执事

翻译：陈晓佩姐妹

经文：腓立比书4:12

“我知道怎样处卑贱，也知道怎样处丰富；或饱足，或饥饿；或有余，或缺乏，随事随在，我都得了秘诀。”

真正让人幸福的是什么？

讽刺地，我将从一个不幸的故事开始。我的前邻居看似是一段美满婚姻的缩影 – 丈夫和妻子有稳定的工作，有3个年幼并且非常聪明的孩子。有一天，当那位妻子告诉我和弟弟她的婚姻即将破裂时，隐藏在幸福外表下的东西被揭露了。她的丈夫与另一个女人幽会并打算当天晚上搬出去。我不太记得那次谈话的内容了，只记得她说了一些触动我的心的话。她回忆说，当她和丈夫贫穷并入不敷出时，他们幸福得多，但是当财富和机会到来时，特别是对她的丈夫来说，事情就出现问题了。

真正的幸福是可以实现的，还是难以捉摸的？当我思考这一点时，我倾向于后者。

广告承诺，劳力士(Rolex)会立即提升我的地位、不费力的节食会改变我的生活，而奈飞(Netflix)、迪士尼星空(Disney Hotstar)等无穷无尽的产品会给我带来微笑和欢乐。但很快地，当这些乐趣都被搁置一边时，我们又回到了真实世界，脾气暴躁的邻居、一所快塌了的房子，以及破裂的关系。所以，真正的幸福必须植根在现实里。

突然间，我明白了！真正的幸福包括奋斗和痛苦。正如奥古斯丁曾说：“在任何地方，极大的欢乐之前都先有极大的痛苦”。就像一个人感到瘙痒时，终于摆脱了朋友们，去一个让他可以尽情挠抓的地方；或者是一个住在沙漠渴望雨水的人，雨点落在他们裸露的皮肤上是多么的愉快。或者，对我来说，完成了我的第一个全程马拉松，数小时的疲惫和痛苦立即被看到终点线时的狂喜和我永远珍惜的廉价奖牌所取代。

要**体验幸福**，我们需要经历痛苦，无论是在我们自己身上或者在我们关心的人身上。日子有好也有坏的时候，但是当我们看到自己坚持不懈的成果时，自豪感和幸福感会油然而生。

这让我想起了腓立比书4:11-13，**一名囚犯在牢房里写道：“我并不是因缺乏说这话；我无论在什么景况，都可以知足，这是我已经学会了。我知道怎样处卑贱，也知道怎样处丰富；或饱足，或饥饿；或有余，或缺乏，随事随在，我都得了秘诀。我靠着那加给我力量的，凡事都能做。”**

**幸福感确实可以源自满足感。这是可以培养的(但可能需要很长时间)，最重要的是，它在我们的控制范围之内。不管我们的处境如何，在我们的生活中有上帝同在的确据。正如保罗传扬基督的目的是要带给其他人有生活的意义一样，我们也可以在上帝呼召我们的地方找到我们的目的，无论它是多么微不足道。也许我们被召唤去服侍他人，也许我们被呼召去做鼓励者；许多人都有给予的恩赐。其他的人则通过做琐碎的任务默默地服侍。**

**当我们满足于上帝在我们生命中的旨意时，我们就很可能会找到所追求的幸福。**

**祷告：父啊，祢使我们存活在世上，是为了让我们在有限而短暂的生命中享受祢的同在。求主帮助我们领悟到，我们为祢而活，并追求以祢和祢为唯一根基的幸福。帮助我们懂得为祢所给予我们的一切而感恩，使我们能学习不断地与您保持一致的态度。阿们。**



Wednesday, 18 August 2021

Title: Mustard Seeds vs. Mountains

By: Eleanor Woo

Matthew 17:20, He replied,

Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." (NIV)

What does it mean to have faith as small as a mustard seed? Originated from Iran, the mustard seed is known to be one of the smallest seed in the world. However, one of these miniscule seeds, when planted in fertile soil, can produce a bush up to ten-feet tall in just a few short months! It strikingly demonstrates the potential of this small, insignificant seed. So, does it mean that faith need not be outwardly large to have a large impact?

As I write, our beloved country is in the throes of fighting the virulent Delta variant. The battle is now suddenly at our doorsteps, as friends and families are infected, and some have even succumbed. Have we on occasions, faced with monumental mountains, not felt that our faith is small and insignificant?

I have. In fact, as the following real-life proverb\* puts across, our lives may be filled with heartaches that can't be solved with easy answers or simple solutions:

Life can be difficult, painful and utterly senseless.

Life present us with challenges and disappointments we'd never choose or ever want to deal with.

Life poses problems we cannot humanly solve.

Life can be as unpredictable as an earthquake that strikes with devastating force.

Life may be unfair, and justice may not be done here on earth.

Life may assault our body and brain with terrible diseases and incredibly painful conditions that modern medicine cannot heal or relieve.

Life may confront us with heartaches and trials that cause us to question our faith.

So I have asked myself, how is God going to remove my mountains in light of the fact that my faith is so inadequate? Here, the Holy Spirit prompts me to switch my perspective. My faith may be puny, but I have an AWESOME GOD! He is powerful and spoke the world into existence (Genesis 1:2; Jeremiah 32:17), He is faithful and honours and fulfils His promises (Psalm 89:1-8), He is omniscient – nothing is a mystery to Him (Psalm 139:7-12), He is love – He gave us His Son so that He can embrace each of us personally and intimately (I John 4:7-10), and He is the great "I AM WHO I AM"; an independent and self-complete being (Exodus 13:14). Therefore, it is not how great my problem is, but how GREAT IS MY GOD!

The mustard seed is a reminder to walk to the base of the mountain hand in hand with the all-powerful God. It is a tangible symbol that it is not my strength that will move the mountain; rather, it is the God in whom I place my faith that can move a mountain out of my way.\*\*

PRAYER: Dear God, thank you for who You are. When the mountain of circumstances seems so overbearing, remind me to look to you always as the source of my strength. Lord, take my tiny seed of faith and multiply it with your strength, wisdom and guidance. AMEN.

Source:

- Cragg, S. (1996) *A Woman's Walk with God*. Wheaton: Crossway Books
- \*\* Fuller, C. (2003) *The One Year Praying Through the Bible*. Wheaton: Tyndale House

班底浸信教会

每日灵粮

星期三, 2021年8月18日

标题：芥菜种与山对比

作者：胡少凤姐妹

翻译：陈健萍姐妹

【马太福音17:20】（环球圣经译本）

他说：“因为你们的信心太小了。我实在告诉你们，如果有像一粒芥菜种那样的信心，就可以对这座山说‘**从这里移到那里，它就会移开。没有什么是你们不能做的。**’”

**小如芥菜种的信心是什么意思？芥菜种**原产于伊朗，被认为是世界上最小的种子之一。然而，一颗微小的种子，当种植在肥沃的土壤中时，可以在短短几个月内长成**10英尺高的灌木丛**！它惊人地展示了这颗小小的、微不足道的种子的潜力。那么，这是否意味着信心不需要外在的强大就能产生巨大的影响呢？

**就在我写这篇文章的时候**，我们深爱的国家正处于与致命的德尔塔（Delta）变种的激战中。这场战斗现在突然来到了我们家门口，因为朋友和家人都被感染了，有些人甚至因而逝世了。某些时候，面对巍峨的高山，我们有没有感到自己的信心很渺小？

**我有。**事实上，正如下面现实生活中的谚语所说，我们的生活充满了伤心，而这些伤痛不是简单的答案或方案就能解决的：

**生活是艰难的，痛苦的，毫无意义的。**

**生活给了我们很多挑战和失望，我们从未选择或想过要去应对。**

**生活带来的问题是人力无法解决的。**

**生活是不可预测的 像一场毁灭性的地震一样。**

**生活是不公平的，正义在地球上得不到伸张。**

**生活会用现代医学无法治愈或缓解的可怕疾病和令人难以置信的痛苦状况来攻击我们的身体和思想。**

**生活会让我们面临心伤和考验，让我们质疑自己的信心。**

**所以我问自己**，既然我的信心如此不足，上帝将如何移走我的山呢？在这里，圣灵促使我改变我的观点。我的信心也许弱小，但我有一位 **大而可畏的上帝**！祂大有能力，凭口中的话语创造了天地(创世记1:2；耶利米书32:17)；祂是信实的，尊荣的，祂履行祂的应许(诗篇89:1-8)；祂无所不知 – 对祂来说没有什么是奥秘的(诗篇139:7-12)；祂就是爱 – 祂将

自己的儿子给了我们，这样，祂就可以亲自且亲密地拥抱我们每个人(约翰一书4:7-10)；祂是那伟大的“自有永有者”，是独立的、自我完全的存在(出埃及记13:14)。所以，不是我的问题有多大，而是我的上帝有多伟大！

芥菜种是一个提醒，要与全能的上帝携手走向山脚。这是一个有形的象征，不是我的力量能移动这座山，而是我所信靠的上帝能够移开挡在我路上的高山。★★

祈祷：亲爱的上帝，感谢祢。当境况如高山般使人畏惧时，提醒我要永远仰望祢为我力量的源泉。主啊，接受我那微小的信心种子，以祢的力量、智慧和引导使它倍增。阿们。

资料来源：

- Cragg, S. (1996) A Woman's Walk with God. Wheaton: Crossway Books
- ★★ Fuller, C. (2003) The One Year Praying Through the Bible. Wheaton: Tyndale House

Thursday 19 Aug 2021  
Out is More Important than In.  
Pr Mark Tan  
Mark 7:15, 21-23

<sup>15</sup>Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them....<sup>21</sup> For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, <sup>22</sup> adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. <sup>23</sup> All these evils come from inside and defile a person."

Very much in people's minds today is what we put in our bodies: the type of vaccine, the brand of health supplements, the medications we should consider taking. Even what food we eat and whether we eat to live or, now we live to eat.

In many other times, Jesus reminds us that while we should ask God for our daily bread, it is not something we should prioritize so greatly in our lives. For vaccines, please take one, anyone that is available to you and recommended by the attending physician. For medication, please consult a doctor. For food and supplements, everything is fine with moderation.

However, Jesus reminds us in this passage the most important matter is not what goes in, but what comes out. More importantly, what comes out of our hearts. What saddens me in the midst of the pandemic is not only the daily new cases and death rates due to Covid-19, but the silent, unreported suffering of others: divorce, domestic violence and suicide have increased dramatically this year compared to last year, and last year was already far worse than the year before. And while we talk about all the evil that is out there, we forget to address the evil that first begins in us.

You see, while we have been worrying about the physical matters, however important that may be, we forget that evil festers in our hearts all the time. This evil, which may seem like nothing at first, grows and manifests from within our hearts to without, through our actions.

Two challenges today:

1. Search your heart, and if there is anything at all that is bothering you and causing you to grow evil in your heart, surrender it to the Lord and if need be, seek help through the church, family, and friends.

2. Call someone, anyone that you haven't been in touch with for a long time, whoever the Lord is leading you to, and ask them how they are doing. For all you know, you might be the help they so divinely needed, just that they weren't vocalizing it.

Prayer:

Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

题目：“罪由心生”

作者：陈燕靖传道

2021年8月19日，星期四

翻译：黄姐妹

经文：\*马可福音 7：15，21-23 \*

【15】「从外面进去的不能污秽人，惟有从里面出来的乃能污秽人。』」

【21】「因为从里面，就是从人心里，发出恶念、苟合、」

【22】「偷盗、凶杀、奸淫、贪婪、邪恶、诡诈、淫荡、嫉妒、谤讟、骄傲、狂妄。」

【23】「这一切的恶都是从里面出来，且能污秽人。』」

今天人们在很大程度上考虑的是我们每天摄入体内的东西：疫苗的类型、保健品的品牌、我们应该考虑服用的药物。甚至我们吃什么食物，我们吃是为了活着，还是现在我们活着是为了吃。

在很多时候，耶稣提醒我们，虽然我们应该向上帝祈求我们每日所需，但这不是我们应该在生活中如此重视的事情。对于疫苗，请用一种，您可以使用主治医师推荐的任何一种。如需用药，请咨询医生。对于食物和补品，只要适度就好。

然而，耶稣在这段经文中提醒我们，

在神国里，污穢不是外面的，乃是裏面的；不是物質的，乃是心灵的。人内心的不洁，乃是一切邪恶和污穢的根源。

在大流感疫情中让我感到难过的不仅是 Covid-19 导致的每日新增病例和死亡率，而是还有未经报导的默默呻吟，无声的痛苦：与去年相比，今年离婚、家庭暴力和自杀急剧增加，去年已经比前一年糟糕多了。当我们谈论外面的所有污秽时，我们忘记对付首先从我们心中萌生的污秽。

你看，虽然我们一直在为身体健康的事操心，不管它有多么重要，我们却忘记了污秽一直在腐蚀着我们的心。这种，起初乍看似乎没什么，从我们的内心，由内到外，成长和体现出来。

今天有两个挑战：

1. **省察你的心**，如果有什么事情困扰着你，让你的内心变得污秽，把它交给主，如果需要，通过教会、家人和朋友寻求帮助。
2. **主引领你**，打电话给任何一个你很久没有联系的人，问他们过得怎么样。就你所知，你可能是他们非常及时的帮助，只是他们没有说出来而已。

**祷告：**

**全能全知的主**，赐下所有美好事物的造物主：在我们心中刻画出对你圣名的爱；加添我们信仰的见证，以良善滋养我们；并在我们里面结出圣灵的果子。

**借着我们的主耶稣基督**，他与你和圣灵同在并掌权，独一的真神，从今时直到永远。阿门



20-8-2021

By Chow Ee-Tan

Forgetting What is Behind

“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14. I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus”. – Philippians 3:13-14

Our Christian life is a journey, or rather, a marathon. The finish line would be when we reach our eternal home – heaven. This journey on earth is not easy – there are always ups and downs, with good times and tough times along the way. Being in our human flesh and weakness, sometimes we feel like giving up.

The only thing that can get us going and persevere is to fix our eyes on the goal, which is our eternal home when we will be in the presence of our God and creator. But it seems an arduous and long journey. Although Christians are called to be like Christ, in our flesh, we continue to make mistakes, and to sin. In fact, we will never obtain complete sanctification until we stand before God. But we are called to persevere.

The Apostle Paul knew it, and in writing to the Philippians, encouraged and challenged them to look forward and not backward.

Paul recalled his past when he was hostile to Christianity and persecuted the early Christians violently. He also played a part in the stoning of Stephen. He was the enemy of Christianity until His personal encounter with Christ. He could have let the guilt and shame of what he did cripple him and haunt him. But he didn't. Instead, he said we should forget what is behind and strain towards what is ahead.

Yes, we all have our pasts and we all have sinned in one way or another. They can be painful and shameful, and from time to time such memories arise to haunt us. The Devil would use this against us and whispers to us that we are not worthy because we have fallen short so much. One thing we should not do is to wallow in our past sins. When we have repented sincerely and resolved to move on, we ought not to look back and be burdened with the weight of the past failures.

God has promised us in Scripture: “when we confess and repent of our sins, God is faithful and just and will forgive us our sins and purify us from all unrighteousness”. (1 John 1:9) Therefore, we should not let yesterday's failure to derail us from the goal for which God has called us, instead to diligently strive forward with our

spiritual muscle to pursue and to persevere in the journey that God has intended for us.

We are living in a temporal world, only what is eternal matters and will last forever. So let us fix our eyes on the Cross and the eternal crown. We have the Holy Spirit's help and God's strength to spur us on, and even though we may still falter from time to time, we can carry on and not lose sight of that eternal destination.

Because as Christians, what we most long to hear one day is when Jesus welcomes us in heaven saying: "Well done, good and faithful servant!" (Matthew 25:21)

Prayer: Heavenly Father, I know I'm weak but You're strong. You're a merciful God who has forgiven all my sins – past, present and future. I pray that as I walk with You this journey on earth, You will give me the strength to carry on this marathon and never to give up. And whatever sins that I have committed in the past, I have laid them at Your feet. Let me forget what is behind but fix my eyes on what is ahead, so that I will win the prize when I meet You one day. In Jesus name, Amen.

每日灵粮

星期五，2021年8月20日

标题：忘记背后

作者：赵一丹

翻译：陈月妃

**腓立比书3：13-14** “弟兄们、我不是以为自己已经得着了，我只有一件事、就是忘记背后努力面前的、向着标竿直跑、要得 神在基督耶稣里从上面召我来得的奖赏。”

我们的基督徒生活就像是一次旅程，或者更确切地说，是一场马拉松。终点线将是当我们到达我们永恒的家园——天堂。地球上的这段旅程并不容易 – 总是有起有落，一路上有美好的时光也有艰难的时候。在我们的肉身和弱点中，有时我们想放弃。

唯一能让我们前进并坚持下去的事情就是将目光锁定在目标上，那就是我们永恒的家，在那里我们与上帝和造物主同在。但这似乎是一段艰巨而漫长的旅程。虽然基督徒被呼召要像基督一样，但在我们的肉体中，我们继续犯错，继续犯罪。事实上，直到我们站在神面前以前，我们永远不会完全成圣。然而我们被呼召要坚持下去。

使徒保罗深知这一点，并在写给腓立比教会的书信中鼓励和挑战他们，向前看而不是向后看。

保罗回忆起他过去对基督教怀有敌意并猛烈迫害早期基督徒的经历。他还参与了用石头砸死司提反的事件。在他与基督相遇之前，他一直是基督教的敌人。他本可以让他所做的一切的罪行和羞耻感使他变得一蹶不振和困扰。但他没有。相反的，他说，我们应该忘记背后努力面前。

是的，我们都有自己的过去，我们都以各种方式犯过罪。它们可能是痛苦的和可耻的，这样的记忆时不时会出现来困扰着我们。魔鬼会用这个来对付我们，并低声告诉我们，我们不配，因为我们有许多的不足。我们不应该做的一件事就是沉溺于我们过去的罪中。当我们真诚地悔改并决心继续前进时，我们不应该回首过去，并背负过去失败的重担。

神在圣经中应许我们：“我们若认自己的罪、 神是信实的、是公义的、必要赦免我们的罪、洗净我们一切的不义。”。（约翰一书1:9）因此，我们不应让昨天的失败使我们偏离神呼召我们的目标，而是要用我们的属灵力量努力前行，去追求并持守神为我们所定的旅程。

我们生活在一个短暂的世界里，只有永恒的东西才是最重要的，并且将永远长存。因此，让我们把目光集中在十字架和永恒的冠冕上。我们有圣灵的帮助和神的力量来激励我们前进，即使我们有时仍会步履蹒跚，但我们可以继续前进，不会忘记那永恒的目标。

因为作为基督徒，我们最渴望有一天听到耶稣在天堂欢迎我们说：“**好、你这又良善又忠心的仆人！**”(马太福音25:21)

**祷告：天父，我知道我很软弱，但你是强大的。你是慈悲的上帝，你赦免了我所有的罪过——过去、现在和未来。我祈祷，当我与你一起走过地球上的这段旅程时，你会给我力量继续这场马拉松，永不放弃。无论我过去犯了什么罪，我都将它们放在你的脚下。让我忘记背后，而定睛在前面的事，这样当有一天我遇见你的时候，我会得到你所赐的奖赏。奉耶稣的名，阿门。**

Saturday, 21 August 2021

Title: Peace! Be Still! (Mark 4:39)

By: Chan Yew Thai

There was a great windstorm with waves beating against the boat and water filling it. However, Jesus was still asleep but the disciples were afraid. They woke Him and said, "Teacher, do You not care that we are perishing?" Jesus' response to the sea was, "Peace! Be still!" and to the disciples, "Why are you so fearful? How is it that you have no faith?" (Mark 4:37-40)

Like the disciples, we watch in fear the mounting numbers of daily infections of covid cases. We are overwhelmed by fear upon hearing of covid infection and death of friends, family, neighbours and friendly coffeeshop operators. Our emotions are like the waves in the sea, threatening to capsize us. During our lowest, we may wonder like the disciples, "Jesus, don't You care? Or Lord, are You still in control?" I believe and know that Jesus is in control because if He is in control of the wind and the sea (Mark 4:39) He is in control of the covid viruses. He has allowed this pandemic for a purpose. Whatever the reason is; may we not be like Peter, who saw that the wind was boisterous, became afraid and began to sink. (Matthew 14:30)

The command to the sea to be still is also applicable to us. Let us be still and know that He is God (Psalm 46:10); and keep our focus on Jesus, our mighty and victorious Saviour. Hinging our hope on Jesus, we will be able to walk on the waves of the covid 19 pandemic successfully like Peter walking on water. Therefore, do not despair when everything around us seems to be falling apart, crowding us out. Continue to place our hope in Jesus, for we have a faithful God who does not forsake us and will take us through, difficult as it may be, especially when we are in the thick of the storm.

Psalm 46:10 and 37:1 ministered to me when I was very ill, being in and out of hospital, including the ICU, with blood pressure measuring 180-220/80-90. I learnt to be still and trusted God to lead me through that period. He did it with me coming out without much "scratches", totally not on medication though I was sick for six years, and I do not know why He chose to heal me. Being still does not mean we do nothing. On our part, we need to draw close to Him by spending time reading the Bible, praying and submitting to His will which may change our lives.

My lesson learnt from my long sickness is to draw close to Jesus, trusting that He has a plan that is far greater than mine and, in His timing, I will be delivered. Yes, my life has changed because I had to give up the job I loved, but in retrospect, I

should have given up earlier. Accordingly, I would like to encourage you to cling onto Jesus whatever your circumstances or problems and to wait upon Him.

Prayer:

Mighty God and heavenly Father, You know what is best for us. You know our sufferings, fear and pain. Please guide us and hold on to us, lest we slip into the slippery tunnel and not be able to get up because we are overwhelmed by our environment and circumstances. Help us to keep our gaze on You alone, placing our hopes in You and removing our fears. Thank You! Thank You, Jesus! Amen!

每日靈糧

星期六 2021年8月21日

標題：住了罷，靜了罷。（馬可福音 4:39）

作者：陳友娣姐妹

翻譯：王靖端姐妹

“忽然起了暴風，波浪打入船內，甚至船要滿了水。”然而，耶穌還在睡覺，門徒卻害怕。他們叫醒了祂，說：“夫子，我們喪命，您不顧麼？”耶穌對大海的回應是：“住了罷，靜了罷！”對門徒說：“為甚麼膽怯，你們還沒有信心麼？”（馬可福音 4:37-40）

像門徒一樣，我們恐懼地看著每天感染新冠病毒的人數不斷的飆升而居高不下。聽到朋友、家人、鄰居和友好的咖啡店經營者感染新冠病毒和死亡的消息，我們感到恐懼不知所措。我們的情緒就像大海中的兇濤波浪，威脅著要傾覆我們。在我們最低谷的時候，我們可能會像門徒一樣想知道，“耶穌，你不顧嗎？還是主啊，你還在掌權嗎？”我相信並知道耶穌在掌控中，因為如果祂能控制了狂風和驚濤駭浪（馬可福音 4:39），祂就自然能控制了新冠病毒。祂允許這種流行疫病是有目的的。不管是什麼原因；願我們不要像彼得一樣，看見狂風巨浪，就害怕，開始下沉。“只因見風甚大，就害怕；將要沉下去”（馬太福音 14:30）。

令海“住了罷，靜了罷！”的命令也適用於我們。“你們要休息，要知道我是神！”（詩篇 46:10）；並專注於耶穌，我們大能而得勝的救主。將我們的希望專注寄托在耶穌身上，我們將能夠像彼得在水上行走一樣，成功地在2019新型冠狀病毒的波浪上行走。因此，當我們周圍的一切似乎都分崩離析，將我們排擠出去時，不要絕望。繼續將我們的希望擺在耶穌身上，因為我們有一位信實的上帝，祂不會拋棄我們，尤其是當我們身處強風暴雨的時候，祂會排除萬難帶我們渡過難關。

詩篇 46:10 和 37:1 在我病得很重的時候開導我，進出醫院，包括重症監護室，血壓為 180-220/80-90。我學會了安靜並相信上帝會帶領我渡過那段時期。祂真的讓我復原後沒有留下太多的“刮痕”，雖然我病了六年，但完全不用再繼續吃藥，我不知道祂為什麼選擇了醫治我。“靜了罷”並不意味著我們什麼都不做。就我們而言，我們需要花時間閱讀聖經、祈禱和順服祂的旨意，從而更親近祂，這可能會改變我們的生命。

我從長期患病中學到的教訓是親近耶穌，相信祂有一個比我自己更完美的計劃。在祂的時間裡，我會被拯救。是的，我的生命發生了變化，因為我不得不放棄我喜歡的工作，但回頭看來，我應該早點放棄。因此，我想鼓勵你，無論你的境遇或難題如何，都要緊緊牢抓耶穌，並等候祂。

禱告：全能的上帝和天父，祢知道對我們最好的的是什麼。祢知道我們的苦難折磨、恐懼和痛楚。請引導我們並抓住我們，以免我們滑入濕滑的隧道，被周圍的環境和情況所淹沒而無法站立得住。幫助我們單單定睛於你，把希望擺在祢身上，消除我們的畏懼。謝謝！謝謝祢，耶穌！阿門！



22 August 2021  
by Abraham Verghese  
Joy from beating

Luke 6: 22-23:

Blessed are you when people hate you and when they exclude you and revile you and spurn your name as evil, on account of the Son of Man! Rejoice in that day, and leap for joy, for behold, your reward is great in heaven; for so their fathers did to the prophets.

Also read Acts 5: 12 – 42.

People hate you, exclude ( avoid ) you, revile ( insult ) you and spurn your name as evil ( slander ) you .....would it be reasonable to expect a person who is at the receiving end of such treatment to be joyful or feel blessed? It would be difficult to think of false accusations, unjust punishment, and persecution as being privileges. However, that was how Jesus was treated by his fellow countrymen.

The Bible does warn us that we should expect similar treatment while we are in this world. When we reflect upon our lives, there would have been, over the years many instances that our values and ethics as Christians would have been contrary to the ways of the fallen world – whether in our educational institutions, our workplaces, social settings and even our family lives. It would have made it easier for us to conform to the ways of the world so that we are tolerated or even loved, not avoided, not insulted or slandered. The Bible reminds us that God has special blessings in store for those who are mistreated for their commitment to God. When we identify with Christ's suffering, we are drawn closer to Him. He gives us strength to endure. Our life styles being different in that our actions reflect that we live the talk becomes a powerful witness for Christ.

In Acts 5: 12 – 42 we read the account of the apostles being put in prison because they testified about Christ. They were warned not to preach any more about Christ before they were released. In verse 40 it stated that they were beaten, and in verse 41 it is recorded that they rejoiced that they were counted worthy to suffer dishonour for the name of Jesus. In the next verse it is noted that they did not cease preaching and teaching that Christ is Jesus.

Prayer :

Heavenly Father, thank you that we are your children and You are our Father and our Sovereign Lord. May our hearts rejoice in good times and in bad times. May we

rejoice when we suffer because we are Your people and do not conform to the ways and expectations of this fallen world. In Jesus name, we do pray. Amen.

**每日灵粮**

**星期日2021 年 8 月 22 日**

**标题：迫害中的喜悦**

**作者：Abraham Verghese**

**翻译：林良億**

**路加福音 6：22-23** 人为人子恨恶你们，拒绝你们，辱骂你们，弃掉你们的名以为是恶，你们就有福了！当那日，你们要欢喜跳跃，因为你们在天上的赏赐是大的。他们的祖宗待先知也是这样。

**另请阅读使徒行传 5：12 - 42。**

当人们憎恨你，排斥（回避）你，辱骂（侮辱）你，把你的名字斥为邪恶（诽谤你），我们会指望受这些待遇的人感到幸福吗？难道受这些委屈是合理的？我们很难将诬告、不公正的惩罚和迫害视为荣幸。然而，主耶稣当时的同乡就是这样对待祂。

圣经确实警告我们，我们在这个世界上应该预料类似的待遇。当我们反思我们的生活时，多年来，有很多例子表明我们作为基督徒的价值观和道德与堕落世界的方式背道而驰——无论是在我们的教育机构、工作场所、社会环境，甚至我们一家人生活。它会让我们更容易顺应世界的方式，这样我们就会被容忍甚至被爱，不被回避，不被侮辱或诽谤。圣经提醒我们，上帝为那些因委身于上帝而受到虐待的人准备了特别的祝福。当我们认同基督的苦难时，我们就会更接近祂。祂给了我们忍耐的力量。我们的生活方式不同，因为我们的行为反映了我们的言行成为基督有力的见证。

在使徒行传 5：12-42 中，我们读到使徒为基督作见证而被关进监狱的记载。他们被警告在获释之前不要再传讲基督。40 节说他们被殴打，41 节记载他们因为配得为耶稣的名受辱而欢喜。在下一节中，注意到他们并没有停止传讲和教导主耶稣是基督。

**祷告：天父，感谢祢，我们是祢的孩子，祢是我们的父和至高主宰。愿我们的心在顺境和逆境中欢欣鼓舞。愿我们受苦时欢喜快乐，因为我们是祢的子民。唯愿我们不效法这堕落世界的方式和期望。奉主耶稣基督的名，我们祈祷。阿门。**

Monday 23 August 2021

Title: Soli Deo Gloria

By Ong Hwee Soo

Matthew 5:16

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

In a nutshell, this verse exhorts us to shine by doing good works that glorify God. What Jesus means by "good works" is enunciated in the rest of the Sermon on the Mount (which is PBC's current sermon series). It is a concept that encompasses more than charitable deeds.

However, let me begin with altruistic acts that are the context of the ensuing text in Matthew 6:1-3, wherein Jesus highlights that motive is what matters when almsgiving. Where the motive is pure, public acts of philanthropy are to be commended. In fact, today's verse, implies that the motive of good works should be to glorify God, solely.

'S oli D eo G loria' (Latin for 'Glory to God Alone') were words used by renown composers, Johann Sebastian Bach and George Frideric Handel to signify that their works were produced for the sake of praising God. Abbreviated S.D.G, Bach signed off all his church compositions and some of his secular compositions.

It is heart-warming to know that during the recent Tokyo Olympics, some Christian athletes publicly gave glory to God for their achievements. When the Fiji Rugby Sevens Team (comprising all Christians) won the Gold Medal, their first response was to kneel down together in a circle, to pray and thank God, instead of running or jumping around, or hugging one another in celebration. Sidney McLaughlin, the American hurdler and sprinter, who won the 400m hurdles race (in world record time) as well as the 4X400m women relay, gave her personal testimony to "live a life worthy of glorifying God".

The recently launched PBC Covid Aid Initiatives are commendable indeed. With the initiatives gaining momentum, let's remind ourselves that our benevolent endeavours are exclusively for the Glory of God. To quote C.S Lewis: " Don't shine so others can see you. Shine so that through you others see Him. "

Now, let me turn our attention on the broader context of good works. Ephesians 2:8-9 states "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." We are saved not by good works , but we are saved for good works . Good works are

not the means to our salvation but they are the purpose of our salvation. Our salvation is solely by the grace of God, through faith in Christ.

Soli Deo Gloria originated from the series of slogans that the Reformers held onto, called the Five Solas, which are now the tenets of our Christian belief: Sola Scriptura (Scripture Alone), Sola Fide (Faith Alone), Sola Gracia (Grace Alone), Solus Christus (Christ Alone). Soli Deo Gloria is both the beginning and the end of the four Solas. Hence, 'To the Glory of God Alone' should be the purpose of our being and our doing.

Are you striving to do good in order to gain God's favour? May I encourage you to approach God simply by faith and receive Christ's grace of salvation.

If we were to sign off every decision made in our church board/committee/members' meeting, would we be able to seal them with S.D.G? If we were to thumbprint every good work we do, will they show the S.D.G mark?

#### PRAYER

Dear God, help us Live the Life of Doing Good, Giving Glory to Your Name. In Jesus' Name. Amen.

班底浸信教会

每日灵粮

星期一，2021年8月23日

标题：唯独上帝的荣耀

作者：翁辉赐弟兄

翻译：陈劲年姐妹

【马太福音5:16】

你们的光也当这样 **照在人前**，叫他们看见你们的 **好行为**，便 **将荣耀**归给你们在天上的父。

简而言之，这节经文劝勉我们要以善行发光，从而荣耀上帝。耶稣所说的“好行为”的意思，在“登山宝训”(这是班底浸信教会目前的证道系列)的其余部分中都有阐明。它是一个不仅仅包含慈善行为的概念。

然而，让我从利他行为开始，这是马太福音 第6章1-3 节中随后文本的上下文，其中耶稣强调，施舍时动机是最重要的。在动机纯正的情况下，公众慈善行为应该受到赞扬。事实上，今天的经文暗示，善行的动机应该只是为荣耀上帝，唯独荣耀上帝。

‘S oli D eo G loria’ (拉丁语为“唯独上帝的荣耀”的意思)是著名作曲家约翰·塞巴斯蒂安·巴赫 (Johann Sebastian Bach) 和乔治·弗里德里克·亨德尔 (George Frideric Handel) 用来表示他们的作品是为了赞美上帝而创作的。巴赫将其缩写为S.D.G，在他所有的圣乐和一些非宗教作品上签名。

令人欣慰的是，在最近的东京奥运会期间，一些基督徒运动员公开为他们的成就荣耀上帝。当斐济七人制橄榄球队(由所有基督徒组成)赢得金牌时，他们的第一反应是围成一圈跪下，祈祷和感谢上帝，而不是又跑又跳，或互相拥抱庆祝。美国跨栏和短跑运动员西德尼·麦克劳克林(Sidney McLaughlin)赢得了400米跨栏比赛(世界纪录时间)以及4×400米女子接力赛的冠军，她个人的见证是“过一个配得上荣耀上帝的生活”。

最近发起的“班底浸信教会冠状病毒援助行动”确实值得赞扬。随着这些举措正获得动力时，让我们提醒自己，我们的慈善努力完全是为了上帝的荣耀。引用克莱夫·斯通·刘易斯(C.S. Lewis)的话：“不要为了让别人看到你而发光；要为了让别人通过你看到祂而发光。”

现在，让我将我们的注意力转向善行更广泛的背景上。以弗所书2:8-9指出：“你们得救是本乎恩，也因着信，这并不是出于自己，乃是神所赐的。也不是出于行为，免得有人自夸

。“我们不是靠善行得救，乃是 为善行而得救。善行不是我们得救的途径，但却是 我们得救的目的。我们的得救完全是靠着上帝的恩典，靠着对基督的信心。

“唯独上帝的荣耀”（Soli Deo Gloria）起源于改革者秉持的一系列口号，被称为“五个唯独”。这些口号现在是我们基督教信仰的信条：唯独圣经（Sola Scripture）、唯独信心（Sola Fide）、唯独恩典（Sola Gratia）、唯独基督（Solus Christus）。唯独上帝的荣耀（Soli Deo Gloria）既是四个唯独的开始，也是四个唯独的结束。因此，“唯独上帝的荣耀”应该是 我们存在和我们行为的目的。

您在竭力行善为要得到上帝的恩惠吗？让我鼓励您仅凭信心接近上帝，领受基督救赎的恩典。

如果我们要在教会董事会/执事会/会友会议上的每一项决定签署，我们能用S.D.G盖章吗？如果我们对我们所作的每一个善行都留下印记，它们会显示出S.D.G标记吗？

祈祷

亲爱的上帝，求祢帮助我们过 行善的生活，荣耀祢的名。奉主耶稣的名。阿们。

Tuesday, 24 August 2021

Title: Rejoice always

By: Dr. Hew Fen Lee

1 Thess 5:16-18

16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Madam TF has been my patient for quite a few years. She has just celebrated her 80th birthday. She has had more medical issues and hospital admissions in the last few years than the number of letters Paul has written in the New Testament. On top of that she had to look after her daughter who had gone through a major surgery, despite the fact that she herself was needing a wheelchair to move around. This was not helped by the recent death of her son. Despite all these events plus the pandemic she would sit in front of me in the clinic recounting joyfully the things that she had to give thanks to God for. She would tell me how thankful she was that her grandson has taken a day off to take her to run errands; how her church group had made her favourite dish for her birthday; that she could now walk with a frame for another 10m at home.....All these were blessings from above and she would joyfully acknowledge and share with others. She then presented me with a thank you card which she made herself. In it she copied Psalm 23 in Chinese in clear and firm strokes – a reflection of her faith in God, perhaps even clearer and firmer.

Paul wrote to the Thessalonian church which he founded during his second missionary journey. The young church faced opposition and persecution from non believing Jews almost immediately and Paul and Silas had to leave town secretly and hastily to escape harm (Acts 17:1-10). It would have been quite daunting for the new Christians to face such violent persecution so early in their faith. Yet they have remained steadfast in their faith. Paul was writing to encourage them to live spirit filled lives in Christ by always rejoicing, continually praying and be thankful at all times in all circumstances. Yes in all circumstances especially difficult and trying times. We are to see beyond those circumstances and see God behind those dark clouds and stormy weather.

Madam TF's heart and kidney function were not as good as her ever beaming smile would suggest. I adjusted her medication and advised her on the timing of her medications. As she left she thanked me and as she would do each time she visited me, reminded me that she would have me in her prayers. I hope that the change of medication would make her better. One thing was for sure, her visit that day was



certainly therapeutic to me in reminding me to rejoice always, pray continually and give thanks in all circumstances.

Prayer:

Father please make us rejoice and be thankful for the blessings you have given us each day, some so small that we hardly have noticed, some so mundane that we have taken for granted, some so trivial that perhaps we don't think it is necessary to give thanks for. Please help us to pray and yearn for your face to shine upon us each day. In Jesus' name we ask, Amen.

班底浸信教会

每日灵粮

星期二，2021年8月24日

标题：常常喜乐

作者：丘宏礼医生

翻译：陈晓佩姐妹

帖撒罗尼迦前书5:16-18

要常常喜乐，不住地祷告，凡事谢恩；因为这是神在基督耶稣里向你们所定的旨意。

TF女士多年以来一直是我的病人。她刚刚庆祝了80岁的生日。在过去几年里，她的健康问题和入院的次数超过保罗在新约里所写书信的数量。除此之外，她还需要照顾动了大手术的女儿，虽然她自己需要依靠轮椅行动；最近她儿子的逝世更是雪上加霜。尽管发生了这些事，再加上大流行疫情，她还是会在诊所里坐在我的面前，喜乐地数算她要向上帝感恩的事。她会告诉我她是多么的感恩，因为她的孙子请了一天假带她处理杂事；她教会的团体为她的生日准备了她最喜欢的菜肴；她现在可以在家使用助行架多走10米了.....所有这些都是上天的恩赐，她欣然感谢并与他人分享。然后她送给我一张她亲手制作的感谢卡。在里头，她以清晰和坚定的笔迹用中文抄写了诗篇23篇 – 这反映了她对上帝的信心，也许更清晰、更坚定。

保罗写信给他在第二次宣教旅程建立的帖撒罗尼迦教会。这年轻的教会几乎立即遭到了来自不信的犹太人的反对和迫害，保罗和西拉不得不暗中而匆忙地离开城镇逃避伤害（使徒行传17:1-10）。新基督徒在信仰初期就面对猛烈的迫害是相当令人畏惧的；然而，他们仍然坚持他们的信仰。保罗写信鼓励他们在基督里过圣灵充满的生活，在任何情况下要常常喜乐、不住地祷告和感恩。是的，在任何情况下，尤其在艰辛和难挨的时候。我们要超越那些环境，看见那在乌云和暴风雨背后的上帝。

TF女士的心脏和肾功能并不像她灿烂的笑容所显示的那么好。我调整了她的药物并建议她服药的时间。当她离开时，她向我道谢，并且像她每次来看我时一样，提醒我她会在祷告中记念我。我希望换了药会让她更好一些。有一件事是肯定的，她那天的来访对我来说无疑是一种治疗，提醒我要常常喜乐、不住地祷告并且在任何情况下都感恩。

祈祷：

父啊，求祢帮助我们，为祢每天所给我们的祝福而喜乐和感恩；有些小至我们几乎没有注意到，有些平凡到我们认为理所当然，有些琐细的，也许我们认为没有必要感恩。求祢帮助我们祷告，渴望祢的脸光照我们。奉耶稣的名求，阿们。

Wednesday, 25 Aug 2021

Title: A matter of Grace

By Wong King Wai

Ephesians 1:7 – In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace

The world seems to be going crazy. Covid cases are high, the political situation is uncertain, health and job security are on everyone's mind. And the stress levels are high especially for those who do not have any food or help. It is certainly by the grace of God that PBC has the Covid Aid Initiative to help those who are in need.

In moments like that, I try to remind myself to be patient and to wait for the end of what seems like a never ending situation. As a result, many, including myself, are experiencing some mental health issues as we try to weather the pandemic storm but the lack of human interaction is slowly taking a toll. However, staying at home is the best thing to do for now.

The verse in Ephesians, Paul is reminding us of how we are redeemed from sin by the blood of Jesus by God's grace.

Grace – unmerited favour – is essential in any Christian's life. It is the fuel that keeps us going even when times are tough. And if you know about Paul's life, he had it tough! He had to weather storms, shipwrecks, imprisonment and mobs, to name a few. Yet, he always remembers what Jesus did on the cross and how those who confess their sins and accept Jesus into their lives are saved and called children of God. All because Jesus shed His precious blood for us.

While we cannot change how the world is or what is going on in our own backyard, we can turn our eyes away from the chaos and the craziness of life to the cross where Jesus died in our place. Let us put our hope in Him so that we may draw upon His strength, wisdom and guidance during these challenging times.

PRAYER: My Father in Heaven. As the world around me seems to be going out of control, let me find peace and calm within Your love and promises that all things work out for the good for those who love You and are called by You. In Jesus name I pray, AMEN.

班底浸信教会

每日灵粮

星期三, 2021年8月25日

标题：关乎恩典

作者：黄经为弟兄

翻译：陈健萍姐妹

**【以弗所书1:7】** 我们藉这爱子的血，得蒙救赎，过犯得以赦免，乃是照他丰富的恩典。

这个世界似乎快疯了。新冠肺炎病例高企，政治局势不确定，健康和工作保障困扰着每个人。压力水平很高，特别是对于那些欠缺食物或帮助的人。是上帝的恩典，让班底浸信教会能以“**冠状肺炎援助行动**”来帮助那些有需要的人。

在如此时刻，我试着提醒自己要有耐心，等待似乎永无止境的局面的结束。因此，许多人，包括我自己，在我们努力度过这场大流行风暴时，都经历一些心理健康问题；缺乏人际互动正在慢慢造成负面影响。然而，呆在家里是目前最好的办法。

在以弗所书的这一节，保罗提醒我们，我们是如何照着上帝的恩典，藉着耶稣的血，从罪中得救赎。

**恩典 – 不应得的恩惠 – 在任何基督徒的生活中都是必不可少的。它是即使在艰难时期也能让我们继续前进的燃料。**如果您知道保罗的生命，他过得很艰难！他不得不经受风暴、海难、监禁和暴民的袭击，仅举几例。然而，他总是记得耶稣在十字架上所作的，以及那些承认自己的罪并接受耶稣进入他们生命的人是如何得救的，并被称为上帝的儿女。这一切都是因为耶稣为我们流出祂宝贵的血。

虽然我们不能改变世界的现状，也不能改变在我们范围内正在发生的事情，但我们可以把目光从混乱和疯狂的生活转移到耶稣代替我们死去的十字架上。让我们把希望寄托在祂身上，这样我们就能在这个充满挑战的时刻汲取祂的力量、智慧和指引。

**祈祷：我在天上的父，当我周围的一切似乎要失去控制的时候，让我在祢的爱和应许中找到平安和宁静；为了爱祢的人，就是按祢旨意蒙召的人的益处，万事都一同效力。我奉耶稣的名祈祷，阿们。**

Thursday 26th Aug 2021

Title: Thy kingdom come, Thy will be done, on earth as it is in heaven (Matt 6:10)

By Choong Yoon Tong

Often we pray the Lord's Prayer without pondering the meaning of this verse. Our focus is on our daily bread more than God's kingdom and will. Subconsciously, we might think that God's kingdom and His will on earth and in heaven are fully under His sovereign control and we need not pray. Yet Jesus has placed it as the second priority in His list.

As we meditate on God who presides on His glorious throne in heaven, we join the angels to proclaim "Holy, holy, holy, is the Lord God almighty, who was and is and is to come!" He rules and governs the spiritual realm with authority and power. He reigns with perfect order, judges with righteousness, and triumphs over Satan and every evil spirit. He commands and His will is executed in perfection. Peace, joy and love prevail in His kingdom. All spiritual beings bow and worship Him, attributing honour and glory He rightfully deserved. Yes, Lord we pray, Your kingdom comes on earth as it is in heaven. May Your kingdom on earth mirror Your reign in heaven. Your power defeats the prince of the power of the air, the spirit that is at work in the sons of disobedience. Let every falsehood and lie be eradicated by your light of truth while every knee shall bow and every tongue shall confess Jesus Christ is Lord. Let Your holiness, justice and power prevail over this fallen world.

God's universal will is for none to perish, but all to be saved and come to the saving knowledge of Christ (1 Tim 2:3-4). He desires every believer to be sanctified (1 Thess 4:3) and consecrated in His Word. Though the whole world is now suffering from the pandemic, war, violence, natural disasters, and many more calamities, His will shall not be hindered. Let the children of God soldier on in His will to spread His love and goodness to every corner of the earth.

Prayer:

We pray O Lord for Your kingdom to be established in this land. Let Your light shine forth to overcome all darkness, deceit, falsehood and injustice. Proclaim Your judgement upon the "prince" of this nation so as to eradicate all evil, corruption and abuse. Let the current pandemic and political mire not only expose the evil but also magnify Your righteousness, Your love and Your salvation; that hearts may be opened to the saving grace of our Lord Jesus Christ. Amen.

## 每日灵粮

2021年8月26日，星期四

题目：愿你的国降临，愿你的旨意行在地上，如同行在天上（马太福音6：10）

作者：钟荣堂执事

翻译：吴淑娉姐妹

在引用“主祷文”祈祷时，很多时我们对“主祷文”的含义没有作深入思考，我们把重点放在“日用的饮食”，而不是“神的国度和旨意”上。潜意识里，我们或以为上帝的国度，以及祂在地上、天上的旨意都已在祂的掌控之下，所以不需要祈求，但在“主祷文”中，耶稣却把它列在祈祷事项的第二高位。

每当默想到上帝坐在充满荣耀的宝座，掌管天上的一切时，我们会与众天使一同歌颂赞美：“圣哉，圣哉，主上帝，是昔在、今在、以后，永在的全能者！”上帝以权柄和能力统治管理属灵的国度，使之有着完美的秩序，祂以公义审判，胜过撒但和一切邪灵，祂的命令和旨意被完美地执行。在这国度里充满平安、喜乐和爱，所有属灵的都向祂鞠躬敬拜，把荣誉与荣耀都归与祂——是的，主啊，我们祈祷，祢的国降临在地上，如同在天上，愿地上的王国反映出天上的统治，祢的大能战胜空中掌权者的首领，就是现今在悖逆之子心中运行的邪灵，让一切谬误及谎言都被祢的真理之光铲除，叫一切因耶稣的名无不屈膝，无不口称耶稣基督为主，让祢的圣洁、正义和力量战胜这堕落的世界。

上帝的旨意是不让任何人灭亡，而是要所有的人都可以因认识耶稣而得救（提前：2：3、4）。祂希望每个信徒都成为圣洁（帖前4：3），并在祂的话语中成圣。虽然世界目前正面对着疫情、战争、暴力、天灾，或更多的灾难，但上帝的旨意不会因此而受到阻碍，让上帝的儿女在祂的旨意中坚守，将祂的爱和良善传播到世界上每一个角落。

## 祷告

主啊，求祢在这土地上建立祢的国度，让祢的光照耀大地，驱走一切黑暗、欺骗、虚假和不公平。宣布祢对这个国家掌权者的审判，以根除所有邪恶、腐败及滥权，让当前的疫情和政治泥潭，不仅揭露邪恶，也彰显祢的公义、爱和救恩，好让人们可以把心房打开，接受耶稣的救恩。阿们。

Friday, 27 Aug 2021

That Sinking Feeling

By: Sally Cheong

Matthew 14:30

" Lord, save me!"

These are extraordinary times.

Many are losing hope. Even among people of the faith. It's that sinking feeling. Some like Peter are afraid of what is happening to their lives and to their children.

Peter's cry was " Lord, save me! " when he started to sink. What made Peter lose control? Why was his faith suddenly gone?

The wind

It was the wind. Peter was a fisherman and he knew a lot about winds. The Sea of Galilee was known for violent storms because of its low-lying position in the rift valley. When Peter saw the wind, he was terrified. It was a harbinger of a rude tempest that was brewing. His faith left him. But his Master did not. So Peter cried out, " Lord, save me! "

Immediately Jesus reached out and caught Peter by His Hand. What the Lord said to Peter is what all of us need to hear today in these troublous times. Jesus said, " you of little faith, why did you doubt? "

None of the other disciples had the little faith of Peter to step out of the boat when the Master said, " come ." They must have been stunned when Peter actually left the boat. All common sense and human understanding told them that death by drowning was a real possibility. And even more stupefied they were when they saw Peter walking on water!

Yet none of the eleven attempted the feat. They saw the wind. The boat was safer. They saw the Lord walking on water with Peter. They didn't believe they could do it. Not even if the Lord said, " come ." The wind and the danger it foreshadowed were more real to them.

The sea

The sea represents circumstances in our lives. Its only constant is change. The ebb and flow of the tide continues endlessly until the wind starts to blow. The wind makes the sea restless and unpredictable, like life. Once the waves are whipped up, the angry sea becomes dangerous. Shipwrecks testify to the power of the stormy



seas to annihilate everything in its path. Every seaman is afraid of the terror of the seas.

Why did the Lord walk on the Sea of Galilee to the boat?

Why did He say to Peter, "come"?

It was a Divine call to walk on water. Not to sink and drown in the sea of the circumstances of life but to walk on top of it. Not even to swim in it but to rise above its waves. Not to do it on your own but to do it when your Master is with you in the open sea.

Peter answered the call. He had the faith to step out of the boat. The others did not. Peter walked on water. The others did not.

Faith asks us to hear our Master's call to walk on water in times like these. Others drown but no one who believes in Jesus will. The instant we cry out "Lord, save me!" His Hand will immediately be stretched out to us. We will not sink, much less drown.

Peter did not cry out to his friends in the boat to save him. The little faith he had left told him they would not be able to save him in time. Or at all. Only His Master could.

Did the Lord carry Peter back to the boat?

No. Verse 32 tells us this, "And when they climbed into the boat, the wind died down." With His Hand the Lord held Peter and they walked on water towards the boat and as scripture says, they climbed into the boat on reaching it.

The storm that Peter feared never came. The wind died down. Often we are terrified of things we imagine will happen but did not come to pass. We frighten ourselves more than the world frightens us.

Prayer :

Lord Jesus, we need You today as Peter did on that fateful day on the Sea of Galilee. Teach us to cry out with our little faith "Lord, save me!" Some among us have no faith left even to cry out. Grant them Lord the needed faith to do so for You will surely hear their cries and stretch out Your Hand to save them. You will not let them sink lower. You will not let them drown.

And dear Lord, as you rebuked the wind and said to the stormy sea " Be still " in Mark 4, please do the same for us today. For we ask in the precious Name of Jesus, Amen.

每日灵粮

星期日2021 年 8 月 27 日

标题：那沉闷的心情

作者：张绣梅

翻译：巫惠如

太14:30 “主啊，救我！”

这是特殊时期。

许多人已渐渐失去希望，而且信徒也包括在内。这是一种沉闷的感觉，犹如彼得担心他们的生活以及孩子们会受到什么影响。

当彼得开始往下沉，他哭喊，“主啊，救我！”。是什么让彼得失去控制？为什么他的信心突然消失？

风

是一阵风。彼得是个渔夫，他对风很了解。加利利海以暴雨闻名，因为它位于裂谷的低洼地带。彼得看到风的时候就害怕。这是一场暴风雨的先兆。他瞬间失去信心，但他的主却没有。彼得大喊道，“主啊，救我！”

耶稣立刻伸出手抓住了彼得。上帝对彼得说的话是我们今天在这个动荡时期需要听到的。耶稣说，“你这小信的人哪，为什么疑惑呢？”

当主说“你来吧”时，其他门徒都不相信彼得会下船。他们一定在彼得真正离开船时惊呆了。所有常识和人类理解都告诉他们，他很可能会溺水致死。更让他们惊愕的是，他们看到彼得在水面上走！

然而，十一位门徒都没有尝试这一壮举。他们看到了风但船显得比较安全。他们看见主和彼得在水面上走，但他们不相信他们也能做到。即使主说“你来吧”，风和所预示的危险对他们来说更加真实。

## 海

大海代表生活的环境。它唯一的常数是变化。海中潮起潮落一直持续到风开始吹起。风使海变得不稳定和不可预测，就像人生。一旦海浪升起，愤怒的海水就会变得危险。沉船事故证明狂风怒潮的力量足以摧毁海中的一切。每个海员都害怕巨浪的可怕来袭。

上帝为什么在加利利海上行走呢？

他为什么对彼得说“你来吧”？

是上帝呼唤他在水上行走。不是沉入和淹没在生活的大海，而是走在海面。甚至不是在水中游泳，而是越过海浪。不是自己独自一行，而是与主在海上同行。

彼得以行动回应了呼唤。他有信心下船，其他人则没有。他在水面上行走，其他人则没有。

信心催促我们听主的呼唤，在这样的时刻在水上行走。其他人会往下沉，但相信耶稣的人不会。我们哭喊求助的那一刻，“主啊，救我”，他会赶紧伸手拉住我们。我们不会沉下去，更不会淹溺。

彼得没有向船上的朋友求救。他仅存的一点小信心告诉他，他们不能及时救他，或者是根本无法。只有他的主才能救他。

是上帝把彼得带回船上的吗？

不，32节告诉我们，“他们上了船，风浪就平静了。”上帝用他的手抓住彼得，他们行在水面朝船走，如圣经所说，他们上了船。

彼得担心的风暴从未发生。风停了。我们常常害怕想象中会发生的事，但后来都没有发生。我们吓自己的程度比世界吓我们的还要多。

祈祷：主耶稣，今天我们需要你，正如彼得在加利利海的那天一样。教导我们用小小的信心大声喊叫，“主啊，救我！”。我们当中有些人甚至没有信心哭出来。主啊，赐他们所需的信心，你一定会听到他们的呼求，也会伸出你的手去救他们。你绝不会让他们沉溺。

亲爱的主，当你斥责风，止住狂风巨浪，向海说：“住了吧！静了吧！”，请你今天也这样帮助我们。我们以耶稣宝贵的名求，阿门。

Saturday, August 28, 2021

Title: God does not give up on you

Author: Pr. Andrew Lim

Translator: Margaret Ong

Recently, no corner of the entire world is left unaffected by the pandemic. Due to the pandemic, everyone is having a hard time. Everyone is like a tight spring, and in this difficult time, it seems that everything is not going well. Life also seems to be more fragile. The never-ending isolation and non-isolation have caused many people to build up a thick backlog of depression. People may have been raising white flags mentally, emotionally and economically. They are seeking help on the outside, and inwardly they are shouting and asking: Where is the way out?

Many people even think that at this most difficult time of life, the government is unhelpful as it has no time to take care of itself, much less take care of its people? One has to learn how to play the erhu: a saying in Teochew Chinese which means to take care of oneself. When you felt sad and upset in the past, you could find someone to chat and dine together, or care and hug each other. Now, it seems like there is no one to rely on, even family members seem to have given upon us. If we are still in close contact with each other, the possibility of a positive diagnosis is high. What is even more difficult to understand is why God has not stopped the pandemic. We will begin to question God, feeling that He has abandoned us. In fact, it is not that God does not stop the pandemic, but that people continue to spread, desperately spreading, and multiplying the spread of the virus.

Life is often full of setbacks, and too many thorns have crowded in. When everyone leaves you...when you feel God is abandoning you...when you are struggling at the bottom of the food chain....when your life becomes a mess...Will you self-destruct? Will you give up lightly? When your future is getting more and more gloomy, where should you go? How should you face it? What choices should you make? Do you back down easily and fall into the abyss, or rise up in resistance to get out of the shadows?

If you feel that you have lost your courage, if you really want to give up, or your experience is like Elijah...your life has been so frustrating to the point you want to die—please don't give up on yourself and be strong and determined, because there is always another opened window, God has promised to open a way out for you. If you are going through a spiritually depleted period...if you feel no one loves you, and it seems that you have reached the bottom of the valley, don't forget that there is someone who loves you, and don't just give up lightly! Please don't abandon your expectations in the Lord, but continue to maintain the trust in the Lord as always, to wait for the Lord patiently, because Lord Jesus has promised us: "I will not leave

you as orphans, I will come to you.”(John 14:18 ). He himself will become the strength of your soul.

If you are lying on a hospital bed, cheer up. Cherish yourself, don't give up and have hope in the Lord, and learn to express gratitude and praise, because the Bible promises “ The LORD will strengthen him on his bed of illness; You will sustain him on his sickbed.”(Psalm 41:3) Jehovah-Rapha will personally heal your anxieties and comfort you, and bless you with peace that surpasses all understanding and protection. You can ask the pastor, brothers and sisters in the church to pray for you.

If you are facing a life storm that you think is a hard fight, please don't give up on being calm and steady your heart, because the Lord Jesus once said to you: “Be of good cheer! It is I; do not be afraid.”(Matt. 14:27). When you feel that your ship is “about to sink”, call out to the Lord for help like Peter. Jesus will immediately stretch out his hands to hold you. You must sincerely invite the Lord Jesus to the “boat” of your life storm, “there was a great calm.” (Matt. 8:26)

God's grace is always sufficient for us: “For the Lord will not cast off his people, Nor will He forsake His inheritance.”(Psalm 94:14) Although the road of life is long, God's loving hands are eager to embrace you tightly and he wants to accompany you through life. Believe in God and let Him hold your hand and walk along with you on the journey of life.

If you will believe, you will definitely receive, because Jesus said: “So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”( Luke. 11:9-10)

Prayer: Lord Jesus! Have mercy on me, as I am of little faith. When I lack faith, Lord, please help me. Help me to focus on your promises and not to divert my trust in you and not to walk away from your Word. Let me hold on to you tightly until the Lord is with me deeply. May my soul find spiritual rest in You. Thank you, because you will not cast me off or forsake me. Sincerely I pray in the name of Jesus, Amen!

每日灵粮

星期六, 2021年8月28日

标题：上帝沒有放棄你

作者：林金仪传道 (Pr. Andrew Lim)

最近全球無一幸免疫情困扰。疫情之下，人人都过得非常不容易。每一个人犹如紧绷的弹簧，而我們在這個艱難時期，好像遇到各種事情都不順。生命也视乎顯得更脆弱。无上限的被隔离和不隔离令不少人都積壓起厚厚的鬱悶。在心靈、情緒、经济上都可能升上了无形的白旗，要向外尋求帮助，内心不其然在呐喊，問：出路在哪里？

許多人甚至会認為，在生命最难过的时候，政府自己都不济，自顾不暇，还怎样可以照顾到人民呢？只好自己要学拉二胡：自己顾自己。在过去觉得很难过时，可以找人聊天吃东西，彼此关怀抱抱。现在，似乎没有人可以依靠，甚至是家人都好似放弃了我们。如果彼此间依旧亲密来往，确诊的可能性很高。更加难以理解的是：为何上帝还不停止疫情。我們開始質問上帝，觉得祂已放弃了我们。其实不是上帝不停止，而是人们不断的传播、拼命的传播、倍增的传播。

人生往往挫折接连不断，太多的荆棘接踵而来。当所有的人离你而去...当你觉得上帝弃你于不顾...当自己成为一个在社会底层苦苦挣扎的人...当自己的生活成为一团乱麻...你是否会自暴自弃？是否会轻言放弃？当自己的前途越来越渺茫，你该何去何从？你该如何面对？你该做何选择？是轻言放弃，跌进深渊，还是奋起反抗，走出阴影？

你若觉得失去勇氣，若真的很想放棄，又或者你的经历好像以利亚一样，生命遭到极大的挫折，以至于有了寻死的心——请你不要自我放弃，仍然持有勇敢和坚定的心，因为天无绝人之路，上帝应许必定会为你开一条出路。

如果你心靈历尽極難过的“枯竭期”，若感覺沒人愛你，好像走到谷底，不要忘記有人愛你，也不要轻易说放弃！请不要放弃对主的那份期待，要继续对主保持一如既往的信任。继续耐心等待，因為主耶稣曾应许我們：“我不撇下你們为孤儿，我必到你們这里来”。祂自己必会成为你心靈的力量。

如果你正躺臥在病床上，要振作你的心情。珍惜自己，不要放棄仰望的心，并且学习献上感恩和赞美，因为圣经应许“他病重在榻，耶和華必扶持他；他在病中，你必给他铺床”。



耶和華拉法要親自醫治你心靈的不安和安慰你，還要賜你出人意料的平安保守你。你可以請教會的牧師和弟兄姐妹為你禱告。

如果，你正面臨一場你自己都認為難以招架的人生風暴，請不要放棄平靜安穩的心，因為主耶穌曾對你說：“你們放心，是我，不要怕”。當你感覺你的船“將要沉下去”之時，要像彼得向主呼救。耶穌會立刻伸出手拉住你。你要誠心邀請主耶穌到你人生風暴的“船”上來，“風就住了”。

在上帝里面總是有足夠的恩典為我們存留：耶和華必不丟棄他的百姓，也不離棄他的產業。人生漫長，上帝慈愛的雙手渴望緊緊擁抱你、一生陪你走。相信上帝，讓祂牽著你的手，陪伴你走人生路。

你若肯相信，你必定得到，因為耶穌說：你們祈求就給你們，尋找就尋見，叩門就給你們開門。因為凡祈求的，就得著；尋找的，就尋見；叩門的，就給他開門。

禱告：主耶穌啊！憐憫我这小信的人。當我信心不足時，求主幫助。幫助我定睛在祢應許上、叫我不要轉移對祢的信靠、不離開祢話語。讓我緊緊抓住你，直到我深深地體會祢的同在。讓我心靈可以從祢那裡得著安息。謝謝祢，因為祢必不撇下我，也不丟棄我。誠心祈禱是奉主耶穌基督的名，阿們！

Sunday, 29 August 2021

Title: The God of lost and found  
By Dorothy Teoh

Luke 15: 8-10

"Or suppose a woman has ten silver coins and loses one. Doesn't she light a lamp, sweep the house and search carefully until she finds it? And when she finds it, she calls her friends and neighbours together and says, 'Rejoice with me; I have found my lost coin.' In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents."(NIV)

Have you ever misplaced an important document or item? Remember your relief and joy when you found it?

Some years ago, when it was time to renew the work permit for the Indonesian helper who took care of my mother, I realised that I had misplaced her passport. It wasn't lost, exactly. But I had kept it away so well without making a note of where it was that it might as well have been lost!

After a week of looking for it at home and at the office, I was ready to give up. But I decided to give it one last try. In my desperation, I told the Lord: "If it's anywhere here, please lead me to look for it in the right place, because I have absolutely no idea where it is."

A search of the two sets of drawers under my office desk yielded nothing. I even pushed the drawers out from under the desk, hoping the passport might have dropped beneath. All I found were some coins, a paper clip and a piece of paper.

I decided to look in the steel filing cabinet again. The previous two searches had been unsuccessful. Ignoring the second drawer which I had gone through with a fine-tooth comb, I opened the top drawer and removed all the files at the front, looking between and through them. Nothing.

With the files at the front removed, the pocket folders at the back spread forward. I looked in the first one and saw two envelopes. Picking up one, my heart skipped a beat when I saw written on the front my helper's name and the word "passport".

Imagine my relief and joy when I looked inside and saw the green-coloured passport! Holding the passport in my hand, I went down on my knees to give thanks and to praise God, over and over.

The lost coin in the parable that Jesus told was worth about a day's wages. Beyond the monetary value, it would have held personal value as part of the woman's bridal jewelry, the equivalent of a wedding ring in modern times, according to one source. No wonder she rejoiced.

Like her, I could not rejoice alone. God is so good and gracious, I told my sister. The matter had been weighing on me. Aside from the unsettling feeling of having misplaced something important, it was the thought of having to lodge a police report and the large sum I was told I would have to pay to replace it at the Indonesian embassy.

Later, at home, it occurred to me that God is the God of lost and found. "I once was lost, but now am found, was blind, but now I see." How true those words are. I was a sinner, but now I'm saved, because my God found me when I was lost in sin. I was blind then, but now I see – this was also true with regards to the passport. I had looked in that exact same spot twice before and must have seen the envelope but I was not prompted to pick it up and look inside.

I thought to myself, if I experienced so much joy in finding a lost passport, how much more joy I should feel if someone was lost and then found. May the Lord help us to value a life saved more than a document or item found, however important that may be.

#### Prayer

Thank you, Lord Jesus, that you came to seek and save the lost. Thank you for saving us. Bring to mind our family members, relatives, friends and co-workers who are lost. Help us to be salt and light to them, to make use of every opportunity to share the good news, and to be faithful in praying for their salvation, even if progress seems slow. Amen.

每日灵粮

星期日 2021 年 8 月 29 日

标题：失物招领的上帝

作者：赵秋霞

翻译：林良億

路加福音 15：8-10 “**或是一个妇人**有十块钱，若失落一块，岂不点上灯，打扫屋子，细细地找，直到找着吗？**找着了，就请朋友邻舍来，对他们说：‘我失落的那块钱已经找着了，你们和我一同欢喜吧！’我告诉你们：一个罪人悔改，在神的使者面前也是这样为他欢喜。**”

**你是否曾错放重要的文件或物品？当你找到它时，还记得那如释重负的喜悦吗？**

几年前，当我要为照顾我母亲的印尼佣人续签工作许可证时，我发现我错放了她的护照。确切地说，它并没有丢失。但我把它藏得如此之好，却没有记下它在哪里，简直就像是丢失了！

在家里和办公室找了一星期后，我准备放弃。但我决定再试一次。无奈之下，我对主说：“**如果它在这里的任何地方，请带我去正确的地方寻找它，因为我完全不知道它在哪里。**”

我翻遍办公桌的两层抽屉，结果还是一无所获。我甚至把抽屉从桌子下面推出来，希望是护照掉到下面。我只找到了一些硬币、一个回形针和一张纸。

我决定再看看钢制文件柜。之前查了两次都未成功。我打开了最上面的抽屉，取出了前面的所有文件，在它们之间和里面查看。什么都没有。

当我取了前排的文件，后面的口袋文件夹就移前来。我看了第一个文件夹，看到里头有两个信封。我拿起其中一个信封，而当我看到正面写着佣人的名字和“护照”两个字时，我心里一阵紧张。

当我看到里面的绿色护照时，想象一下我如释重负的心情！我手里拿着护照，跪下来，一直感谢赞美上帝。

耶稣在比喻中所讲的失落的钱，价值约一天的工资。除了货币价值外，这钱可能是新娘首饰的一部分，它具有个人价值，相当于现代的结婚戒指。难怪她很高兴。

和她一样，我想跟别人分享这个喜悦。我告诉我姐姐，上帝是如此美好和满有恩典。这件事一直困扰着我：除了把重要的东西放错地方的不安之外，我还想到必须向警方报案，而且我被告知，必须支付大笔费用才能在印尼大使馆更换它。

我突然想到上帝就如失物招领的上帝。“前我失丧，今被寻回，瞎眼今得看见。”这些话是多么真实啊。我曾经是个罪人，但现在我得救了，因为当我是瞎子在罪中迷失时，我的上帝找到了我。但现在我明白了——关于护照也是如此。我之前曾两次在完全相同的地方找寻文件，一定看到了信封，但却没有想要拿起它并查看里面。

我心想，如果我在找到丢失的护照时体验到如此多的快乐，那么如果被丢失的人后来被找着，我会感到无比的快乐。愿主帮助我们重视被拯救的生命，而不只是看重找到的文件或物品，无论它们多么重要。

祈祷；主耶稣，感谢你来寻找并拯救失丧的人。谢谢祢救了我们。想想我们迷失的家人、亲戚、朋友和同事。帮助我们成为他们的盐和光，利用每一个机会与他们分享好消息。即使进展缓慢，让我们能够忠心地为他们的得救祈祷。阿门。

Monday 30th Aug 2021

But the greatest of these is love

Richard YW Yeoh

1 Corinthians 13:13 (NIV): "And now these three remain: faith, hope and love. But the greatest of these is love. "

Love must be one of the most commonly used words; in any language. We all grow up hearing it said all around us. Quite likely, it may also be the most common word in the titles of popular songs, all professing various forms of endless love, everlasting love, deepest love, first love, only love etc.

Many a time though, the word is used loosely or even flippantly without serious thought or intention. Indeed, humanly speaking, the meaning varies according to context and culture, and is often used to convey unwholesome motives like greed, lust and desires of the flesh.

Let's ponder a bit on what God intends for us to learn about love, and what it truly means in His Word – even if we may never fully comprehend His immense Love for us.

The Bible emphasizes much on love as the bedrock of life and relationships. 1 Cor 13: 4-8 describes love as patience, kindness, not envious, not boastful, not conceited, does not act improperly, is not selfish, is not easily provoked, and does not record wrongdoings. Love finds no joy in unrighteousness but rejoices in the truth. Love bears all, believes, hopes and endures in all things, love never ends. We see here that in a few verses, God's Word shows us the breadth and width, the depth and height and the eternity of true love. Love is best exemplified by God's love for us, His Creation.

Let us therefore be motivated by love in our thoughts, our words and our deeds. In life and in relationships, we often face dilemmas on what is the right course of action, or what decision to make. Love is always a good consideration in such situations. When in doubt, be guided by love for all concerned and who may be impacted by the decision. This is especially true when these decisions affect our family, our friends and our local community.

Thus, even in our daily lives and routines and especially at home, let's allow love, kindness and consideration to guide our words and deeds.

Prayer: "Father God, thank you for first loving us and showing us through your Son, Jesus Christ, the true meaning of love and sacrifice. May it be that in our daily living,

we will always be motivated by Your immense Love for us. In Jesus' Name we pray.  
Amen."

班底浸信教会

每日灵粮

星期一，2021年8月30日

标题：其中最大的是爱

讲员：杨勇伟弟兄

翻译：陈劲年姐妹

【哥林多前书 13:13】（和合本）

“如今常存的有信、有望、和有爱这三样，其中最大的是爱。”

在任何言语，“爱”一定是最常用的词之一；我们从小到大都听着周围的人说着它。它也很可能是流行歌曲中最常见的词，都表达着无止境的爱、永恒的爱、最深的爱、初恋、唯一的爱等各种形式。

然而，很多时候，这个词在没有认真思考或意图的情况下被松散甚至轻率地使用了。事实上，从人的角度来说，其意义因语境和文化而异，常被用来表达不善的动机，如贪婪、欲望和肉体的情欲。

让我们思考上帝要我们学习什么是爱，以及在祂的话语中爱的真正含义 – **即使**我们可能永远无法完全理解祂对我们无限的爱。

圣经非常强调爱是生命和人际关系的基石。哥林多前书13:4-8 将爱描述为忍耐、恩慈、不嫉妒、不自夸、不张狂、不作害羞的事、不求自己的益处、不轻易发怒、不计算人的恶、不喜欢不义，只喜欢真理。凡事包容，凡事相信，凡事盼望，凡事忍耐。爱是永不止息。我们在这里看到，在几节经文中，上帝的话语让我们看到真爱的辽阔高深，以及真爱的永恒。上帝对我们，祂的创造物的爱就是爱的最好例证。

因此，让我们的思想、言语和行为受到爱的激励。在生活的人际关系中，我们经常面临什么是正确的行动方针或做什么决定的困境。在这种情况下，爱总是一个很好的考虑因素。当有疑问时，请以对所有相关人员和可能受该决定影响的人的爱为指导。当这些决定影响到我们的家人、朋友和当地社区时，尤其如此。

故此，**即使**在我们的日常生活中，尤其是在家里，让爱、善意和体贴来指导我们的言行。



**祷告：**“父上帝，感谢祢先爱我们，并通过祢的儿子耶稣基督向我们展示了爱和牺牲真正的含义。愿在我们的日常生活中，我们总会被祢对我们无限的爱所激励。我们奉耶稣的名祈祷，阿们。”

Tuesday, 31 August 2021

Title: God Is At Work

By: Amanda Foo

Today marks the 64th year of Malaysia's independence. It is probably difficult for many of us to take pride in our country right now, especially when we look at the state of our politics. In the span of three years, we've had our premiership changed thrice; leaving many of us disenchanted.

Yet, Romans 13:1 says "Let every person be subject to the governing authorities, for there is no authority except from God, and those that exist have been instituted by God." According to Paul, our rulers have been put in place by God for His good purposes, and to rebel would be to disobey God's authority and ultimately, oppose God. This can be a hard pill to swallow, especially when our country's leaders are far from ideal.

However, notice that Paul does not say that those who occupy positions of authority are good people. Rather, Paul is saying that God is working through human government, and this can sometimes mean evil men being appointed to leadership positions so that God's good purposes can be accomplished.

Take Nebuchadnezzar for example. He was not a "good" man, but God made him the king of Babylon. Nebuchadnezzar, the Lord's "servant", was used to bring down Israel, take Israel captive and hold the nation as slaves for 70 years. It must have been difficult for Israelites to decipher God's agenda at that time. Nonetheless, God's purpose was still being carried out. Without their temple, the Israelites learned that obedience is better than sacrifice (1 Samuel 15:22). They learned the importance of obeying God's commands. During this time, the Israelites were able to renew their faith. They returned from Babylon with a renewed focus on being faithful to God (see below for Ezra's prayer of confession).

Now, our God, what can we say in light of this? For we have abandoned the commands you gave through your servants the prophets, saying "The land you are entering to possess is an impure land. The surrounding peoples have filled it from end to end with their uncleanness by their impurity and detestable practices..."

After all that has happened to us because of our evil deeds and terrible guilt – though you, our God, have punished us less than our iniquities deserve and have allowed us to survive – should we break your commands again and intermarry with the peoples you commit these detestable practices? Wouldn't you become so angry with us that you would destroy us, leaving neither remnant nor survivor? Lord God of Israel, you are righteous, for we survive as a remnant today. Here we are before

you with our guilt, though no one can stand in your presence because of this.” Ezra 9:10-11, 13-15 (CSB).

Let us not lose hope. It’s hard to see it now, but God has a plan for Malaysia. And it is playing out as He has willed it to be. As for us – let us shine the light of God’s love during this turbulent time. As far as it depends on us, let us live at peace with everyone (Romans 12:18) and overcome evil with good (Romans 12:21).

Prayer: Dear God, just as the heavens are higher than the earth, so are Your ways higher than our ways, and Your thoughts than our thoughts. And so, we commit our country to You today. Though Malaysia is far from perfect, we want to thank You for the nation that You’ve given us. Thank You for the abundance and peace that You’ve blessed us with. Thank You that the national vaccination program is progressing well. We pray for Your intervention Lord, that the pandemic will be contained soon so that lives may go on. As for Your servants, help us to live at peace with everyone and give us the strength and courage to overcome evil with good. In Jesus’ name we pray, Amen.

班底浸信教会

每日灵粮

星期二，2021年8月31日

标题：上帝在动工

作者：符伟敏姐妹

翻译：陈晓佩姐妹

今天是马来西亚独立64周年。我们当中许多人或许现在很难为我们的国家感到自豪，尤其是当我们看到我们的政治状况时。在三年的时间里，我们三次更换了首相；让我们不敢再抱有幻想。

然而，罗马书13:1说：“**在上有权柄的，人人当顺服他，因为没有权柄不是出于神的。凡掌权的都是神所命的。**”按照保罗的说法，我们的统治者是上帝为祂的美好旨意而设立的，反叛是违背上帝的权柄，最终是与上帝为敌。这是必须接受的严酷事实，尤其是当我们的国家领袖远非理想的时候。

然而，注意保罗并没有说那些占据权威地位的人是好人。相反地，保罗是说上帝通过人的政府来运作，有时候意味着邪恶的人被任命为领袖，以成就上帝美好的旨意。

以尼布甲尼撒为例。他并不是一个“好”人，但是上帝使他成为巴比伦王。尼布甲尼撒是上帝的“仆人”，被用来攻下以色列，俘虏以色列人，奴役以色列人70年。当时的以色列人必定很难理解上帝的计划。尽管如此，上帝的旨意仍然实行了。没有圣殿，以色列人学到听命胜于献祭（撒母耳记上15:22），他们学会了遵守上帝诫命的重要性。在此期间，以色列人得以更新他们的信心。他们从巴比伦回来，重新专注在忠于上帝（见下文以斯拉的认罪祷告）。

我们的神啊，既是如此，我们还有什么话可说呢？因为我们已经离弃祢的命令，就是祢借祢仆人众先知所吩咐的说：“**你们要去得为业之地是污秽之地；因列国之民的污秽和可憎的事，叫全地从这边直到那边满了污秽。．．．**”神啊，我们因自己的恶行和大罪，遭遇了这一切的事，并且祢刑罚我们轻于我们罪所当得的，又给我们留下这些人。耶和華——以色列的神啊，因祢是公义的，我们这剩下的人才得逃脱，正如今日的光景。看哪，我们在你面前有罪恶，因此无人在祢面前站立得住。【以斯拉记9:10-11，13-15】（和合本）

让我们不要失去盼望。现在很难看到，但是上帝在马来西亚有一个计划；它正在按照祂的意愿行事。至于我们 — 让我们在这动荡的时期闪耀上帝之爱的光。这取决于我们，让我们和所有人和平相处（罗马书12:18）并以善胜恶（罗马书12:21）。

## 祷告

亲爱的上帝，正如天高过地，祢的道路高过我们的道路，祢的意念高过我们的意念。因此，我们今天将我们的国家交给祢。虽然马来西亚远非完美，但是我们要感谢祢赐给我们这个国家。谢谢祢赐福予我们的丰盛和平安，谢谢祢让国家的疫苗计划顺利地进行。主啊，我们祈求祢的介入，好让大流行疫情将很快受到控制，以便我们的生活可以如常。至于祢的仆人，求祢帮助我们与每个人和平相处，并给我们力量和勇气以善胜恶。我们奉耶稣的名祷告，阿们。

Wednesday, 01 September, 2021

Title: So That Your Joy May Be Made Full!

Author: Pastor Wallace Ong

"...Truly, truly I say to you, if you ask the Father for anything in My name, He will give it to you. Until now you have asked for nothing in My name; ask and you will receive, so that your joy may be made full." – John 16:23b-24

I remember at the beginning of this year, in my devotion about how I often woke up in the middle of the night because I felt overwhelmed by the empathy for our beloved brothers sisters who suffered from different illness. In November 2020, after having spoken to my mentors who both confirmed with burden and tears telling me that our church needed to strengthen and revive the spiritual atmosphere. With this confirmation and prayer, I trusted that it was God's will for me to take the lead in the prayer ministry of our church. It was with fear and trembling that I took on the ministry. As I started to pray and seek God's guidance, HE moved me to form an intercessory prayer team. As a new pastor to the church and followed immediately by the MCO lockdown most of the months, I hardly got to know members in the church. Who can I call to serve as intercessors? In my mind, intercessors must be someone with certain spiritual maturity and must have the willing heart to pray for others. They are the volunteer soldiers who put on the armour of God and stays in the gap for God's beloved people. I asked God, "Who shall I call, my Lord? I do not know many of them well and definitely a lot less about their spiritual life?" I started to approach some of the members I knew. One by one they turned me down! I was very much discouraged with this "mission impossible", so I went back to my prayer closet and cried out to God for weeks. "What should I do now?" Then the story of Jesus choosing His disciples came to me, so I decided to lock myself inside my prayer closet every day for 4 hours to pray and wait upon God until I have the name list. Within a few weeks, God brought to me 24 prayer warriors. Most of them have been waiting for the call. Some of them already have had their small prayer group, and they were eager and full of joy to join the team. It is like the story in 1 King 19:18 where God reserved 7000 with clean hands and pure hearts for Himself. The intercessors team officially started in on 25 February 2021.

Today, after almost 6 months of interceding and praying for various requests for different ministries, church members, and their families with urgent needs, we have seen many prayers answered by God! Some are not according to our expectations because God has different plans. We grieve together with some, and we rejoice with many. Most of all, we rejoice together and find ourselves drawing closer to God and experience His greatness each day. It is like the verse in John 16:23b-24, our Lord Jesus told His disciples, "...Truly, truly I say to you, if you ask the Father for

anything in My name, He will give it to you. Until now you have asked for nothing in My name; ask and you will receive, so that your joy may be made full.”

I was once much burdened and full of weariness for our beloved brothers and sisters. I was feeling so weak, helpless, incapable, and perplexed. Today, I am full of joy and feel so blessed. Not only have my burdens been lifted up, but God has brought in a team of prayer warriors to battle together with all of our leaders. I also learned that there are more unsung prayer warriors in our midst, either they come together to pray every Saturday morning, or pray on their own time alone or with their small groups. Even our young people have formed their own prayer meeting to uphold the church, the nation, and one another!

Indeed, when God answers prayer, HE makes our joy complete! How awesome HE is! Praise be to our God!

Prayer,

Dear Father in Heaven, we want to praise You and bless Your name! You are a living God and altogether powerful. Nothing we ask is too small or too big for You. Thank You for always hearing our prayers. You, who created heaven and earth, are a great God who will listen to our prayers! O Father, please help all of us to pray unceasingly for Your church, Your kingdom and Your righteousness, and for others. Open our eyes to see the things that break your heart so that we can bring it to You in prayer. Give us the hearts that love and care for one another and for others as You have loved them. Thank You Father. In Jesus’ name we pray.

班底浸信教会

每日灵粮

星期三, 2021年9月1日

标题：叫你们的喜乐可以满足

作者：王振威传道

翻译：陈健萍姐妹

【约翰福音16:23下-24】（和合本）

“.....我实实在在的告诉你们，你们若向父求什么，他必因我的名，赐给你们。向来你们没有奉我的名求什么，如今你们求就必得着，叫你们的喜乐可以满足。”

我记得今年年初，在我一篇灵修里，提及我经常在半夜醒来，为患有各样疾病的亲爱的兄弟姐妹感到不堪重负。2020年11月，在与我的导师交谈后，他们都带着沉重的负担和泪水确认并告诉我，我们的教会需要**强化并复苏属灵氛围**。在这次确认和祷告之后，我相信我在教会领导祷告事工是上帝的意愿。我怀着战战兢兢的心承担这事工。当我开始祈祷并寻求上帝的指引时，祂感动我组成一个代祷小组。作为教会一名新的牧者，且紧随其后大部分时间的MCO（行动管制令）封锁，我几乎不认识教会的会友。我可以找谁作代祷人呢？在我看来，代祷者必须是属灵成熟的人，并且必须有为他人祈祷的心；他们是穿戴上帝的全副军装且置身在上帝所爱的子民的空隙上的自愿军。我问上帝：“主啊，我该找谁呢？我对他们许多人都不是很了解，对他们的属灵生命更是不怎么了解了。”我开始接触一些我认识的会友。他们一个接一个地拒绝了我！我对这个“不可能完成的任务”感到非常气馁，所以我回到我的祈祷室，向上帝呼求了几个星期：“我现在该怎么办？”后来，我想起耶稣拣选门徒的事迹，所以我决定每天4个小时安静在祈祷室里，祷告并等候上帝，直到我有了名单。在几周内，上帝给我召来了**24名祈祷勇士**。他们其中大多数人都在等候着被召唤。他们有些人已经有了自己的祈祷小组，他们渴望并充满了喜乐地加入这个小组。这正如列王纪上19:18所记，上帝为自己预留了7000个手洁心清的人。代祷小组于2021年2月25日正式启动了。

今天，经过近6个月为不同事工、教会会友和有迫切需要的家庭代祷，许多的祷告都蒙上帝应允了！有些并不如我们所期望的，因为上帝有不同的计划。我们与一些人一同悲伤，和许多人一同喜乐。最重要的是，我们一同喜乐，发现自己每天都更接近上帝，体验祂的伟大；就如约翰福音16:23下-24所载，我们的主耶稣对祂的门徒说：“.....我实实在在的告诉你们，你们若向父求什么，他必因我的名，赐给你们。向来你们没有奉我的名求什么，如今你们求就必得着，叫你们的喜乐可以满足。”



我曾经为我们亲爱的弟兄姐妹背负沉重的担子而感到十分疲惫；我感到如此软弱、无助、无能和困惑。今天，我充满了喜乐，感到多么蒙福。不仅我的重担已脱落，上帝还带来了一支祈祷勇士的队伍，与我们所有的领袖并肩作战。我也了解到，在我们中间有更多无名的祈祷勇士，他们或者在每个星期六早上聚集一起祈祷，或者依据自己的时间个别祈祷，又或者与他们的小组一起祈祷。甚至连我们的年轻人也组成了他们自己的祈祷会，为教会、国家守望，彼此扶持！

诚然，当上帝应允祷告时，祂使我们的喜乐完全！祂是多么令人惊叹！我们的上帝是应当称颂的！

### 祈祷

亲爱的天父，我们要赞美祢，称颂祢的名！祢是永活的上帝，是全能的上帝。在于祢，我们向祢所求的从不太大或太小。感谢祢总是垂听我们的祈祷。祢创造了天地，是伟大的上帝，必听我们的祈祷！哦，父啊，求帮助我们每个人都不住地为祢的教会、祢的国度、祢的公义以及其他人祈祷。开启我们的眼睛，看到那些让祢心碎的事，好让我们在祷告中带到祢跟前。求赐给我们一颗彼此相爱、互相关顾的心，就像祢爱他们一样。感谢祢，天父。我们奉耶稣的名祷告，阿们。

Thursday 2 September 2021

The Best for our Children.

Ps Mark.Tan

Mark 7:25-30

"Lord,..." Mark 7:28

As a father of two young children, there are times when I wonder: what can I do that's best for them? So far the only things I can decide with certainty are: regular Bible study and discussions with them and Boys' Brigade, of course. But for other things, if it was difficult to determine before, it's even more difficult now with the pandemic and the lack of vaccines for them. So which would it be? Home-school, international school or government school? Should I get a music teacher now or should I wait? What diet and activities would be best for her now?

In this morning's Gospel reading, we see a woman whose child was demon-possessed. Being a Gentile in Tyre, there were sure to be temples to many gods, witchdoctors, and soothsayers available for her to consider. As a desperate parent, I wouldn't be surprised if she had tried them all for her child. Then one day, Jesus was in town. Hearing the amazing things He has done before, including healing a Jewish woman of her issue of blood in Mark 5, she does something that would certainly have raised eyebrows in that politically charged environment. She asked Jesus for help. In doing so she did three things:

First, she was honest of her situation (v. 26).

She didn't care about her social status, the politics between Jew and Gentile and she was not afraid to lose face. She saw that Jesus could save her child, so she honestly sought His help.

Second, she was humble while focused.

Jesus answering her while inferring her as a "dog", didn't offend the woman at all. In fact she completely understood what Jesus said – that He was trying to offer salvation first to the Jews, meaning He would get to the Gentiles eventually.

Nevertheless, she was determined to help her daughter and even replied saying "Lord,...even dogs under the table eat the children's crumbs." She knew it was unique for her, a Gentile, to ask for help, but she asked nevertheless.

Finally, she knew who Jesus was, calling Him Lord (v. 28). For her to refer to Him as Lord was not brown-nosing Jesus. It was a genuine recognition of who He is: God With Us, Saviour and Healer. So genuine was her faith, that Jesus recognised it and said "for such a reply,... the demon has left your daughter."

Times like this, I cannot help but be grateful for the many things He has already provided: protection and providence for my family, and that His peace and

salvation is as Sure and Stedfast (BB motto) as ever. Therefore I know the best I can do now for my family is this: be honest of my limitations, be humble and focussed before God, and recognise that Jesus is Lord. I hope that the same will be for you and your family as well as friends, and I pray that we remember daily like in the good-old bluegrass hymn by Alison Krauss:

Many things about tomorrow  
I don't seem to understand  
But I know who holds tomorrow  
And I know who holds my hand  
<https://www.youtube.com/watch?v=B3rlzgXJBX0>  
Let's pray:

Grant us, O Lord, to trust in You with all our hearts; for, as You always resist the proud who confide in their own strength, You never forsake those who make their boast of Your mercy; through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

班底浸信教会

每日灵粮

2021年9月2日，星期四

题目：“最适合我们孩子的”

作者：陈燕靖传道

翻译：黄姐妹

经文：马可福音 7:25-30

25 當下，有一個婦人，他的小女兒被污鬼附著，聽見耶穌的事，就來俯伏在他腳前。

26 這婦人是希利尼人，屬敘利腓尼基族。他求耶穌趕出那鬼離開他的女兒。

27 耶穌對他說：讓兒女們先吃飽，不好拿兒女的餅丟給狗吃。

28 婦人回答說：主阿，不錯；但是狗在桌子底下也吃孩子們的碎渣兒。

29 耶穌對他說：因這句話，你回去罷；鬼已經離開你的女兒了。

30 他就回家去，見小孩子躺在床上，鬼已經出去了。

作为两个年幼孩子的父亲，有时我会想：我能为他们做些什么最好？到目前为止，我唯一可以确定的事情是：定期学习圣经并与他们探讨少年军，当然。但对于其他事情，如果以前很难确定，现在大流感和缺乏疫苗的情况就更难了。那么会是哪一个呢？家庭学校、国际学校还是政府学校？我现在应该找一位音乐老师还是我应该等待？现在什么饮食和活动最适合她。

今天早上的福音书中，我们看到一个女人的孩子被鬼附了。作为泰爾的外邦人，肯定会有许多神灵、巫医和占卜者的寺庙在她的考虑范围内。我并不觉得惊讶，以一个处于迫切需要的父母，能为她的孩子竭尽所能尝试各种解决办法。

有一天，当她听到在城里的耶稣以前做过的奇妙事情，包括在马可福音 5 章治愈一名犹太妇女的血漏问题，她向耶稣寻求帮助这事，肯定会在那个充满政治色彩的环境中引起人们的注意。为此，她做了三件事：

首先，她对自己的处境很诚实（第 26 节）。

她不在乎自己的社会地位，不在乎犹太人和外邦人之间的政治，也不怕丢面子。当她看到耶稣可以拯救她的孩子，为此她诚实地寻求了他的帮助。

其次，她很谦卑的寻求。

很讓人不解的是，主耶穌怎會用「狗」來比喻這女人呢？

主耶穌的那句話反影了當時這個女人的地位，然而在主的眼中人人平等，她也一樣有與兒女一樣的權利和機會。她只要碎渣，但主耶穌給她的是跟兒女一樣的餅。這個女人會祈求主耶穌醫治她的女兒，是因為她相信主耶穌有這樣的能力，另外，但她还是问了。就是她必定知道主耶穌一定會伸手醫治她女兒。她知道主耶穌的愛，不會僅限於猶太人，而是所有來到祂面前的人，祂都會伸出憐憫的手。主耶穌把她從「狗」的層次提升至「兒女」的層次，她照顧這個弱勢的女人，這個卑微的女人，為她的女兒醫治，這婦人的女兒真的痊癒了。

28 婦人回答說：主阿，不錯；但是狗在桌子底下也吃孩子們的碎渣兒。

最后，她知道耶穌是誰

稱他為主（第 28 節）。\* 因為她稱他為主，並不是無禮的耶穌。這是對他是誰的真正認可：上帝與我們同在，救主和醫治者。她的信心是如此真誠，以至於耶穌認出了它並對他說：因這句話，你回去罷；鬼已經離開你的女兒了。這婦人的女兒真的痊癒了。

在這樣的時刻，我不禁感恩神已豐富的供應並保守我們一家：以及他的平安和救贖一如既往地成為我們確認並堅定的座右銘。因此，我知道我現在可以為家人做最好的事情是：\* 誠實面對自己的局限，謙卑並專注在上帝面前，並承認耶穌是我的主\*。

我希望您和您的家人以及朋友也能如此，我祈禱我們每天都能像讚美詩：

“我知道誰掌管明天”

的歌詞一樣記住：

許多事明天將臨到，許多事難以明瞭；

但我知主掌握明天，祂必要領我向前。

我們同心祈禱：\*

主啊，求你使我們全心信賴你；因為神阻擋驕傲的人，賜恩給謙卑的人。

你從不放棄那些以你的慈悲為傲的人；借着我們的主耶穌基督，父神和聖靈同在並掌權，獨一的真神，從今時直到永遠。阿門

<https://youtu.be/tlSwYlJDRGI>

Friday, 3 September 2021

Title: "Our Father need not be nagged"

By: Ps Cheng Cheung

Luke 18: 1-8

Luke 18: 7 And will not God surely see to it that justice is done to His chosen ones who cry out to Him day and night, and will He delay toward them?

I have for a long time had difficulty with those verses relating to the need to pray and thereafter, our prayers being answered. And things have not been made easier by the pandemic. Since March 2020, when a routine set in (movement restrictions, SOPs, daily covid numbers, job losses, and lately, political uncertainty, etc., etc.) our prayers have centred around all these for the last seventeen months. I would not blame anyone if the questions "When will it stop? Is God listening?" arose in one's mind. These have come up in mine as well, from time to time.

Doesn't God's word say God will answer? Of course, I realise now a major issue is the importance of reading God's word in context and also to use a good translation. These things matter.

I say, "I realise now" to my shame. I should have, long ago, but one is never too old to learn.

Luke 18: 1 in the NKJ reads " Then He spoke a parable to them, that men always ought to pray and not lose heart"

What had the subject matter been in the latter part of Luke 17, the previous chapter? The Kingdom of God. When Christ returns the Kingdom of God will be revealed in its full power and glory. But Jesus pulled no punches. He warned the people that prior to the ushering in of God's Kingdom, evil will flourish, and God's people will know suffering and persecution. We may not experience that in Malaysia, but in recent days, many hotspots in the world have surfaced, and Christians are facing injustice, mistreatment and even threats to their lives and martyrdom.

I often wonder how I would have responded if I had been there to hear Jesus' description of what to expect in the last days. Would I have been in despair? Would I have wanted to bail out? And indeed, how would I respond if my family and I are Afghan Christians living in Kabul today?

So, Jesus now pulled them (the disciples) aside. His formula, in the face of persecution and rejection is clear and simple: You always ought to pray and not lose heart. One commentator even said: " 'always ought to pray' doesn't say it quite strongly enough. Prayer is not something we are permitted to do if we please. The word should be translated 'must.' 'you must always pray and not lose heart.' " He stresses.

The second half of the narrative starts with this appeal to our common sense, almost like saying "Did you hear what the unjust / unrighteous / authoritarian judge said? Rest assured, your Heavenly Father is nothing like that." He does not need to be nagged or badgered or manipulated into answering our prayers.

To add to our assurance, Jesus asks two rhetorical questions:

"Won't God give justice?" YES!

"Will He delay long?" NO!

And the wonderfully comforting word the Lord Jesus uses to describe us is we are His "chosen." The elect, children of the Father, partnering with Him to carry out His purposes on earth. Will we pray persistently to that end? The ultimate question posed "Will He find faith on earth?" is not about whether believers will fail, but whether or not they will fail to pray.

My Prayer today

Heavenly Father, I confess the recent local political and global upheavals have driven me close to the brink. God, help me turn my eyes on Jesus.

Strengthen my resolve to pray and help me understand what it means to cry out day and night to You. Draw me closer to You and may hurts and disappointments cause me to keep calling out to You in prayer.

In Jesus' Name. Amen.

每日灵粮

星期五，2021年9月3日

标题：我们的天父不需要被唠叨

作者：张祯祥传道

翻译：陈月妃姐妹

路加福音18：1-8

路加福音18：7神的选民、昼夜呼吁他、他纵然为他们忍了多时、岂不终久给他们伸冤么。

很长一段时间以来，我一直很难理解那些关于需要祷告及祷告后得到回应的经文。然而，这次的疫情并没有让事情变得更容易。自2020年3月以来，当这些常规（行动管制令、标准作业程序、每日新冠病毒感染人数、失业以及最近的政治不确定性等）开始实施后，我们在过去的17个月里一直围绕着这些事情祈祷。如果一个人的脑海中浮现这样的问题“什么时候停止？”“上帝是否在聆听？”，我并不会责怪他。因为这也经常出现在我的身上。

圣经里不是说上帝会应允吗？当然，我现在意识到一个主要的问题就是阅读上帝话语时，看其上下文并使用优秀的翻译本的重要性。这是至关重要的。

我很羞愧地说，“我现在意识到了”。我其实早该知道，但一个人永远不会因为太老而无法学习。

NKJ版本中的路加福音18：1如此写道：“耶稣设一个比喻、是要人常常祷告、不可灰心、”

前一章-路加福音17章后半部的主题是什么？上帝的国度。当基督再来时，上帝的国将显出它全部的能力和荣耀。但耶稣毫无保留的警告人们，在上帝的国度到来之前，邪恶会盛行，上帝的子民会经历苦难和迫害。我们在马来西亚可能没有经历过这种情况，但最近几天，世界上出现了许多焦点议题，基督徒面临着不公义、苛待，甚至生命和殉难的威胁。

我常常想，如果我在那里听耶稣描述在末世会发生的事情时，我会如何反应。我会绝望吗？我会想逃离吗？事实上，如果我和我的家人都是生活在喀布尔的阿富汗基督徒，我会如何应对？



所以，耶稣现在把他们（门徒）拉到一边。面对迫害和弃绝，祂的方程式是明确而简单的：你应该常常祷告，不可灰心。一位解经家甚至说：“**常常祷告**”说得还不够强烈。这个词应该翻译成**“必须”**。“**你必须**要常常祷告、不可灰心。”他如此强调。

故事的后半部分是这样的，几乎就像在说“你听到那**不公正/不公义/专制**的法官说了什么吗？”？请放心，你的天父不是这样的。”祂不需要被烦扰、缠磨或操纵来回应**我们的**祈祷。

为了增加我们的信心，耶稣提出了两个反问：

“难道上帝不会伸张正义吗？”**会的！**

“祂会耽搁很久吗？”**不！**

主耶稣用来描述我们的奇妙安慰的词语是，我们是祂的“选民”。选民，是天父的儿女，与祂同工，在地上成就祂的旨意。我们会为此坚持不懈地祈祷吗？最终的问题不是信徒是否会失败，而是信徒会否停止祷告。

**我今日的祷告：天父，我承认最近的地方政治和全球动荡已经把我逼到了崩溃的边缘。神啊，求你帮助我注目耶稣。坚定我祷告的决心，帮助我明白昼夜向你呼求的意义。让我亲近你，让这些伤害和失望使到我能在祷告中不断呼求你，奉耶稣的名。阿门。**

Saturday, 4 September 2021

Title: Provoked!!

By: Wong Yoke Ming

Acts 17:16

Now while Paul was waiting for them at Athens, his spirit was provoked within him as he saw that the city was full of idols.

Oftentimes as Christians, we say, we must share the good news, but we are not journalists and certainly not reporters. Read what the verse said of Paul – his spirit was provoked within him as he saw that the city was full of idols.

Paul's motivation to share the good news came from within him – not as a herald who just proclaimed what others wanted to be proclaimed. It was a specific pronouncement directed at the people in a city full of idols. Today, we do not see only idols of deities adopted as gods, but also as idolatry from within the heart – covetousness, greed, anxiety, materialism and the like.

Until we identify the 'idols' in our midst and feel the provocation within our own spirit, how would we proclaim the 'good news' with the compassion of an "Apostle Paul" and with the strength and perseverance of Spirit?

In the 'darkening' world of the first century (it was darkening compared to what the deep darkness of today), Paul had to deal with either Jews or Gentiles. Today, the "Gentile" faction has become a myriad of religious followings, atheism, pantheism, gnosticism and more. Claims and proclamations of secularism threaten to drown out every voice.

Therefore, before we even begin to be 'provoked', we need to identify the 'provocateur.' There are those that are still visible (in various places of 'worship') but there are a lot of 'gods' that we may not recognize as 'gods' in our lives; the insidiousness of sin is truly its craftiness. Then there is the Voice of Truth.

Just as Paul's spirit within him was provoked, what battles within us (as also with us) are the two spirits – ours and the Holy Spirit. "For from within, out of the heart of man," Jesus said, our temptations arise, our strongholds are built (or broken); we are lured and enticed by our own desire. (James 1:14)

We need to learn who God is. Paul wrote that He is the Creator, He is the Sustainer, He is the Ruler, He is the Father, and He is the Judge. (Acts 17:22-31) He gives us our being, He sustains our being, He rules over us, and while He is our heavenly Father, He also is the Judge (the One who brings condemnation). The only route to victory

is obedience to the Word. The Law given through Moses in the Septuagint (the Old Testament translated to Greek) is called the "Ten Words." (Gk. The Decalogue)

"And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth." (John 1:14)

Within us, how deep is the seed of truth planted? How well do we hear the Voice of Truth? These are the reflections that, individually, each one of us needs to battle through.

Prayer:

Lord Jesus, as Your followers, Your Spirit is within us as it is Your Truth. Let our conviction come from the Spirit that will lead us into all truth. We pray and commit this into Your loving hands. Amen.

每日靈糧

星期六 2021 年 9 月 4 日

標題：心裏著急

作者：黃玉明弟兄

翻譯：王靖端姐妹

使徒行傳 17:16

“保羅在雅典等候他們的時候，看見滿城都是偶像，就心裏著急。”

我們經常說，作為基督徒，我們必須分享好消息，但我們不是報紙撰稿人，當然也不是新聞記者。讀一讀這節經文對保羅的描述：當他“看見滿城都是偶像，就心裏著急”。

保羅分享好消息的動機來自他的內心，而非作為先驅，只宣揚別人想要宣揚的事情。這是一個特殊聲明，針對住在滿城都是偶像的人們。今天，我們不僅看到眾多神明偶像被奉為真神，也看到了內心深處的偶像崇拜——垂涎妄羨、貪婪、焦慮惶恐、物質主義等等。

除非我們辨認出我們當中的“偶像”，感受到自己心靈裡的激動著急，否則我們如何能像“使徒保羅”般，感受沉重的負擔和聖靈的力量及恆心來宣講“好消息”？

在第一世紀的“暗淡”世界（與現今深沉的黑暗相比，當時是暗淡的），保羅不得不與猶太人或外邦人打交道。今天，“外邦人”派系已五花八門：無數的宗教追隨者，無神論、泛神論、諾斯底主義等等。世俗主義的主張和宣言威脅著淹沒蓋過所有的聲音。

因此，在我們開始“心裏著急”之前，我們需要確定“令心裏著急者”。有些仍然明顯可見（在“膜拜”的各個地方），但有很多“神祇”在我們的生活中可能不被我們認為是“神祇”；罪的詭計在於它狡猾的潛伏性。然而我們有真理之聲。

正如保羅在他裡面的靈被激動著急一樣，我們心裡面（也包括我們肉體）的爭戰是兩種靈——我們的靈和聖靈。耶穌說：“因為從裏面，就是從人心裏，”（馬可福音 7:21），我們的試探出現了，我們的堡壘建立（或破壞）了；“但各人被試探，乃是被自己的私慾牽引誘惑的”。（雅各書 1:14）

我們需要了解上帝是誰。保羅寫道，祂是創造者，祂是扶持者，祂是統治者，祂是父親，祂是審判者。（使徒行傳 17:22-31）祂賜給我們我們的存在，祂支持我們的存在，祂管理我們，祂既是我們的天父，又是審判者（定罪的那一位）。得勝的唯一途徑是順服神的話。神的話在七十士譯本（舊約翻譯成希臘文）中通過摩西頒布的律法被稱為“十句話”。（希臘文：十誡）

“道成了肉身，住在我們中間，充充滿滿的有恩典有真理。我們也見過祂的榮光，正是父獨生子的榮光。”（約翰福音 1:14）

在我們裡面，真理的種子種得有多深？我們聽到真理之聲的程度如何？這些是我們每個人都需要單獨克服的反思。

禱告：主耶穌，作為祢的跟隨者，祢的靈在我們裡面，因為祢是祢的真理。讓我們的信念來自會引導我們進入所有真理的聖靈。我們祈禱並把這交託在祢慈愛的手中。阿門。

Sunday, 5 September 2021

Title: Sowing and Reaping

By Elder Bryan Lee 李惠隆

Galatians 6: 7-9

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap.

For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Jose Racasa and Walter Nishioka first met at the restaurant in the Hawaiian Radisson hotel on Waikiki Beach in 1998. Walter, 70 frequented the restaurant every Wednesday and had been coming for 5 years now. The food was good but the service was first class. Jose, 52 a Filipino immigrant was the waiter. Walter was always kind and polite and at the end of every meal would generously tipped Jose as a gesture of deep appreciation for the excellent service rendered.

Over the years both men had developed a strong friendship. As Jose served the many meals to his friend he came to know that Walter was battling with kidney disease.

Then one day Walter broke the news that he needed an urgent transplant. As time was running out to find a matching organ, Jose offered one of his own.

Amazingly, the kidney was a perfect match.

"I am totally indebted to that man," Walter said. "I was in dire need of a new kidney, and the doctors said that it was unlikely that they could find a match in time. But with a good man here, and a lot of help from above, now I am alive and well."

The kindness, courtesy and generosity that Walter sowed as a guest at that Hawaiian restaurant earned him much more than he ever imagined. A new kidney was never on the menu. Jose was not only his server, "but also my savior" Walter said. Walter had reaped bountifully.

Jesus says "Let your light so shine before men, that they may see your good works and glorify your Father in heaven." (Matt 5:16)

Thank God during this pandemic doing good works has also become a new norm in our church. It probably started when someone took the first step to bring cheer to somebody. It takes the love of God to make or order that meal and deliver to someone in need. Or to make that call to someone lonely or shut-in. Love is kindness in work clothes. As the song goes "It only takes a spark to get the fire going....."

Now with the covid initiatives started, many more are getting involved to reach out to those outside the church heeding the command of our Lord to let our light so shine into a seemingly dark world made darker by this pandemic.

We thank God that in the midst of extreme restrictions we can reach out to the poor and destitute.

We must be a church that reaches out. We must be constantly giving and serving. We must be outward focused. Only then can we stay relevant to society as a body of Christ.

Our little acts of kindness to those outside of our church walls will grow into a passion for the unsaved. When we are faithful in little then we can be faithful in much. We are serving the Lord when we do this.

The donation of money, time and supplies to the covid initiatives is an act of love for God who so loved the world that He sent His Son to us. He loved us first so we can love others. He gave us first so we can give. Our profession of faith is empty if we are not engaged in good works. Faith without works is dead.(James 2:17)

I pray more in our church will get involved. Let us get the "fire of good works burning." Let us not be discouraged even if we face opposition from within and without.

Doing what is right is not easy in this fallen world. God knows we can get weary doing good deeds and that is why Paul exhorts us to always give ourselves to the work of the Lord knowing that our labor is never in vain. (1Cor 15:58)

Jose Racasa gave his best as a waiter to the point of saving someone's life. As people of God saved by His grace and empowered by His Spirit doing good becomes a norm. And so, Paul tells us in this passage to never grow weary in doing good for in due season we shall reap. Keep sowing, my dear brothers and sisters.

Prayer

Lord, the fact that we are saved by your grace, we are of all peoples most blessed. Help us to go forth and let our light so shine in this darkened world so they may know you the only true God. In Jesus' name. Amen.

每日灵粮

星期日，2021年9月5日

标题：播种与收获

作者：李惠隆长老

翻译：林良億姐妹

加拉太书 6：7-9

7 不要自欺，神是轻慢不得的。人种的是甚麽，收的也是甚麽。

8 顺着情欲撒种的，必从情欲收败坏；顺着圣灵撒种的，必从圣灵收永生。

9 我们行善，不可丧志；若不灰心，到了时候就要收成。

何塞·拉卡萨 (Jose Racasa) 和沃尔特·西冈 (Walter Nishioka) 于 1998 年在威基基海滩的夏威夷丽笙酒店的餐厅首次见面。70 岁的沃尔特每周三经常光顾这家餐厅，持续这样大概 5 年了。食物很好，服务一流。52 岁的何塞是一名菲律宾移民，是服务员。沃尔特总是和蔼可亲，每顿饭结束时都会慷慨地给何塞小费，以表示对所提供的优质服务的深切感谢。

多年来，两人建立了深厚的友谊。当何塞为他的朋友提供许多餐点时，他才知道沃尔特正在与肾脏疾病作斗争。

有一天，沃尔特说他需要紧急移植手术。寻找合适器官的时间所剩无几，何塞主动提出用他的器官。

令人惊讶的是，何塞的肾脏是一个完美的匹配。

“我完全感谢那个人，”沃尔特说。“我非常需要一个新的肾脏，医生说他们不太可能及时找到匹配的。但是这里有一个好人，得到上天的帮助，现在我活得很好。”

沃尔特在那家夏威夷餐厅做客时所表现出的善意、礼貌和慷慨，为他赢得了比他想象的更多好处。菜单上从来没有新的肾脏。何塞不仅是他的服务员，“也是我的救星”沃尔特说。沃尔特得到了丰厚的回报。

耶稣说：“16 你们的光也当这样照在人前，叫他们看见你们的好行为，便将荣耀归给你们天上的父。”（马太福音 5:16）

在这疫情中感谢上帝，做好事也成为我们教会的新常态。它可能是在有人迈出第一步为某人带来欢呼时开始的。为有需要的人做饭、点餐，或送餐是需要上帝的爱。或者打电话给



孤独或隔离中的人。爱是穿着工作服的善意。正如这首歌所说的“只需要一个火花就能让火燃烧.....”

现在，随着疫情的开始，更多的人开始接触到教会外的人，听从我们主的命令，让我们的光照耀到一个看似黑暗的世界，这个世界因这场疫情而变得更加黑暗。

我们感谢上帝，在极端的限制中，我们可以向穷人和贫困者伸出援手。

我们必须是一个伸出援手的教会。我们必须不断地供应给并服事他人。我们必须专注于向外的需要。只有这样，我们才能作为基督的支体与社会保持联系。

我们对教堂外的人的一点善意行为会变成未得救的人的热情。当我们在小事上忠心时，我们就能在很多事上忠心。当我们这样做时，我们就是在侍奉我们的主。

向针对疫情的慈善机构捐赠金钱、时间和物资是对上帝的爱，祂如此的爱世人，以至于祂将祂的儿子赐予我们。祂先爱我们，这样我们才能爱别人。祂先给了我们，所以我们才能给别人。如果我们不从事善行，我们的信仰宣称就是空洞，**是没意思的。没有行为的信心是死的。**（雅各书 2:17）

我祈祷我们教会更多地参与。让我们的“**善行之火**”继续燃烧。即使我们面对来自内与外的反对，也不要气馁。

在这个堕落的世界里，做正确的事并不容易。上帝知道我们行善会感到疲倦，这就是为什么保罗告诫我们要始终将自己献给主的工作，因为我们知道劳苦永远不会白费的。（哥林多前书 15:58）

何塞·拉卡萨 (Jose Racasa) 作为一名服务员付出了最大的服侍：挽救了某人的生命。作为上帝的子民，我们被祂的恩典所拯救并被祂的圣灵赋予力量，心善理当成为常态。所以保罗在这段经文中告诉我们，行善永不厌倦，因为我们将在适当的时候得到收获。继续播种吧，我亲爱的弟兄姐妹们。

祷告：主啊，我们是因祢的恩典而得救，我们是最有福的。帮助我们前行，让我们的光在这个黑暗的世界中闪耀，让世人认识祢是唯一的真神。奉主耶稣基督的名祈祷。阿门。

Monday 6th September 2021

Restoring A Brother With Love and Gentleness

Pastor Soong Kok Kee

Galatians 6:1 "Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted."

Only those who realize their own potential and tendency toward sin in their own lives will have the humility that is necessary to help restore a wayward brother or sister.

There was a member of a church board who had fallen into sin. The pastor called together the other board members, and with love and compassion, he told them the sad story. Then he asked them this question: "If you had been tempted as our brother was, what would you have done?" The first man, confident of his ability to withstand temptation, said, "I'm sure I would never have given in to that sin." Several others made the same statement.

Finally, the pastor addressed the question to the last member of the board, a man the others respected as being deeply spiritual. "Pastor," he answered, "I feel in my heart that if I had been tempted and tested as he was, I would probably have fallen even lower." There was silence. Then the pastor said, "You are the only one who can go with me to talk with our erring brother and try to restore him to fellowship."

We must never take a superior attitude toward fellow believers who have fallen. We must seek to lift them up with love, humility, and gentleness that comes from knowing ourselves. Martin Luther says we must "run unto him, and reaching out your hand, raise him up again, comfort him with sweet words, and embrace him with motherly arms."

If Peter, the chief of the apostles, could have denied our Lord three times after being forewarned, how much more we lesser souls? Yet, our Lord in his grace and mercy forgave him and truly restored and used him mightily on the day of Pentecost. There is no sin so big our Lord will not forgive us if we truly come to him in repentance. God will always forgive but sometimes we men don't.

Let me not judge my fellow men,  
But understand them, Lord, and when  
*the casting of the stones begin,*  
Remind me of my many sins Vandegrift

PRAYER: Father God, none of us are perfect this side of eternity. Help us not be judgmental when one of our brothers or sisters fall into sin. If not by your grace and mercy, we would have fallen too. Help us, with love and humility, to reach out to restore them back into your presence. You are a God who will never turn away anyone coming to you for forgiveness. In Jesus precious Name we pray this, Amen.

班底浸信教会

每日灵粮

星期一，2021年9月6日

标题：用爱和温柔挽回弟兄

讲员：宋国基牧师

翻译：陈劲年姐妹

【加拉太书 6:1】\_“弟兄们，若有人陷在一些过犯里，你们属灵的人，要用温柔的心使他回转过来。自己却要小心，免得也被引诱惑。”\_

只有那些认识到自己在生活中潜在犯罪倾向的人，才会有必要的谦卑，帮助挽回任性的弟兄姐妹。

有一位教会董事会的成员陷在过犯中。牧师召集其他董事会成员，带着爱和怜悯，向他们讲述了这个伤痛的事件。然后他问了这个问题：“如果您像我们的弟兄一样受到试探，您会怎么样？”第一位相信自己有能力抵御试探的人说：“我敢肯定我绝对不会屈服于那罪恶。”其中几位也发表了同样的声明。

最后，牧师向董事会的最后一位成员提出了这个问题，他被其他人视为非常属灵的人。“牧师，”\_他回答，“我心里觉得如果我像他一样受到诱惑和考验，我可能会跌得更低。”\_一片寂静。然后牧师说：“您是唯一可以和我一起去和我们那犯错的弟兄倾谈，并试图让他恢复团契的人。”

我们绝不能以优越的态度对待跌倒的信徒。我们必须寻求以爱、谦卑和来自认识自己的温柔来使他们振作。马丁路德说我们必须“奔向他，伸出您的手，把他扶起来，以良言安慰他，用慈母般的双臂拥抱他。”

使徒的领袖彼得在被预先警告后尚且会三次否认我们的主，何况我们更卑微的人？然而，我们的主以祂的恩典和怜悯宽恕了他，并在五旬节那天真正恢复并极大地使用了他。没有什么罪大至我们的主不能赦免的，只要我们真心悔改来到祂面前。上帝总是会饶恕的，但有时我们人不会。

让我不要评判我的同伴，

*但是，去谅解他们，*

主，当开始指摘时，

让我想起我的许多罪孽

\_ 范德格里夫特 (Vandegrift) \_

祷告：父上帝，在世上我们都不完美。在我们的兄弟姐妹犯了罪时，帮助我们不妄加评判。如果不是祢的恩典和怜悯，我们也会跌倒。帮助我们以爱和谦卑伸出援手，让他们重新回到祢的跟前。祢是一位永远不会拒绝任何向祢寻求宽恕的人的上帝。我们奉耶稣宝贵的名祷告，阿们。

Tuesday, 7 Sept 2021

Title: Giving In Worship

By: Stephen Wong

Text: 2 Corinthians 9:6-7

“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.”

Christians have great opportunities to serve the Lord our God through giving. All of us, have in one way or another, been giving to God a portion of our income when we were active in employment, business or investing. In addition, fellow believers also contribute to worthy causes in and around the community in which we live. Some have undertaken bold causes that are praiseworthy like giving scholarships to students from less privileged backgrounds, or to causes like the Covid-19 Food Aid project which is reaching out to many of the needy in Klang Valley these few months. But what does God say about our giving?

How can we give our offerings in a manner that will please God?

First, giving is really a matter between us and God. We do not give regular offerings to God via the church because we are compelled to. It is up to us to give regularly, or not to give at all. We give our offerings through the church, because we believe that the church is the body of Christ established by God, to proclaim the Great Commission and this work needs financial support to be sustained. In our “old normal”, we were physically present in church to worship God and to enjoy the facilities for fellowship and bible studies alongside other wholesome activities. Yet, in the “new normal”, we ought to maintain financial support so that the church can continue her good work to meet the needs of the church community through the Elders, Pastors, Deacons and other ministry helpers. Reaching out to the world requires a physical presence in the world through our mission partners. Online presence is never the same as being physically present. Our missionaries and pastors make a difference by being present to share the gospel and offer pastoral care. And workers and facilities must be paid for.

While the Old Testament prescribes a tithe or a “tenth” of what you earned to be given to God, it is not so in the New Testament (NT) era. There is no prescribed portion of our income in the Bible that we ought to give in this church age, though I would support the notion that a “tenth” is indeed a good start to begin with. In other words, you can give more to God after the 1st tenth. What is important is not

the amount of monies, that you give to God, but whether the giving is sacrificial in nature. God is the best example of giving in John 3:16, where He gave His only begotten Son so that all who believe in Him would not perish but have everlasting life. It costs the triune God, the life of His Son, to redeem the world. Likewise, we should learn to experience what it means to give sacrificially. It is painful, and we must give up some of our wants and even needs, to be able to give more. It is important to give a "tenth" of what you earn from the beginning of your career so that it becomes second nature to give to God every first week of the month. Now, what happens when you cannot afford a tenth, or even two percent of your earnings, as offerings to God because of poor income? You can still give your one percent, or whatever amount you have purposed. Fix the amount and be faithful to offer the gift to God, the moment you get your pay-check every month. Tell God what you have purposed to give Him each month. In time, God will help you to give more. It is certain that God does not want us to give till we are dependent on others for our basic living requirements. That is not right, and we must have the correct perspective. As we give, our personal and family needs must be considered as priorities by us as a responsible parent or adult child. We cannot abandon the needs of our families in the name of giving "corban" to God (Mark 7:11).

God accepts the gift from us whether it is big or small, so long as we give it purposefully and with a cheerful heart (2 Cor 9:7). He knows our hearts and our generosity with Him even as He has been generous with us. So, my fellow brethren, do not fear but even as we start a new month with God, let us give faithfully of ourselves and then of the first fruits of our labour. God will be pleased to see you, in the midst of the multitudes from every tribe and tongue that bow down and worship Him. God will help you in your offerings and pledges unto Him. He is the wonderful God who provides for us in every circumstance. But what about the unemployed Christian? We can talk about that in my next article.

### Prayer

Our Heavenly Father, hallowed be Your Name, Your Kingdom come, Your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. Lord, we pray that we will persevere in obedience to Your commandments to live godly and purposeful lives. As Your people, we offer ourselves first to You as a living sacrifice and then the first fruits of our labour. We pray that You will accept all that is offered with a sincere and grateful heart, and may You bless it and make us even more bountiful in the coming weeks and months. In Jesus's name. Amen

班底浸信教会

每日灵粮

星期二，2021年9月7日

标题：奉献的敬拜

作者：黄德根弟兄

翻译：陈晓佩姐妹

经文：歌林多前书9:6-7

**“少种的少收，多种的多收。这话是真的。各人要随本心所酌定的，不要作难，不要勉强，因为捐得乐意的人是神所喜爱的。”**

基督徒有很好的机会通过施予来事奉我们的上帝。当我们积极从事就业、经商或投资时，我们所有人都能以某个方式将我们一部分的收入奉献给上帝。此外，信徒也在居住的社区内外作出一些有价值的贡献。有些人更开展了值得赞扬的豪迈的贡献，例如提供奖学金给那些贫困的学生，或者是新冠疫情的食物援助项目，在这几个月的时间里向巴生谷一带有需要的居民提供援助。但是，上帝对我们的施予有什么看法呢？

我们怎样才能以讨上帝喜悦的方式奉献？

首先，奉献是我们与上帝之间的事情。我们不是被迫通过教会定期奉献给上帝。无论是定期奉献或者是不奉献，这都取决于我们。我们通过教会献上我们的奉献是因为我们相信教会是上帝所设立的基督的身体，宣讲大使命的这项工程需要金钱的支持才能维持。在我们的“旧常态”中，我们亲身到教会敬拜上帝并享受团契和圣经查考的设施以及其他有益健康的活动。然而，在这“新常态”下，我们应该保持给予教会经济上的支持，好让教会可以继续那美好的工作，通过长老、牧师、执事和其他事工的同工去满足教会团体的需要。接触世人需要通过我们的使命伙伴亲身出现在他们中间。在线上出席是无法和亲身在场相比的。我们的传道和牧师通过在场分享福音和提供教牧关怀发挥不同的作用，这就必须支付员工和设施的费用了。

虽然旧约规定您所赚得的十分之一(tithe or “tenth”)要献给上帝，但是在新约时代并非如此。圣经中没有规定我们应该在这个教会时代奉献的收入比例，尽管我支持“十分之一”确是一个很好的开始。换句话说，您可以在第一个的十分之一之后奉献更多给上帝。重要的不是您奉献给上帝金钱的数目，而是奉献是否具有牺牲的本质。在约翰福音3:16，上帝是最好的奉献的榜样，祂献出祂的独生子，好叫一切信祂的，不至灭亡，反得永生。三



位一体的上帝要付上祂儿子生命的代价去救赎世人。同样地，我们应该要学习体验具牺牲性奉献的意义。这是痛苦的，我们必须放弃一些我们想要的，甚至是需要的，才能给予更多。重要的是，在您的事业开始时，将所赚取的奉献“十分之一”，这样在每个月的第一个星期奉献给上帝就成了您的第二个天性。那么当您收入低而无法负担您收入的十分之一，甚至百分之二作为对上帝的奉献时该怎么办？您仍然可以奉献百分之一，或者您想要奉献的任何数额。在您每个月收到您的薪水支票的那一刻，确定奉献的数额并忠心地献上礼物给上帝。告诉上帝您每个月要奉献多少给祂；假以时日，上帝将会帮助您奉献更多。可以肯定的是，上帝不要我们奉献到一个地步以至我们的基本生活需要都须靠赖别人。那是不对的，我们必须要有正确的观点。当我们给予时，作为一个负责任的父母或成年子女，我们必须先考量我们个人和家庭的需求。我们不能以“各耳板”（各耳板，就是供献的意思）的名义不理我们家人的需要而奉献给上帝（马可福音7:11）。

上帝接受我们的礼物，无论大小，只要我们随本心所酌定的并以喜乐的心献上。（哥林多后书9:7）。祂知道我们的心和我们对祂的慷慨，就像祂待我们宽厚一样。所以，我的弟兄姐妹们，不要惧怕，当我们在上帝面前开始新的一个月份时，让我们忠心地奉献我们自己，接着奉献我们劳碌得来初熟之果。上帝将会在来自各支派和不同语言俯伏敬拜祂的人群当中，喜悦见到您。上帝会在您对祂的奉献和承诺上帮助您。祂是奇妙的上帝，祂在任何情况下都供应我们。但是那些失业的基督徒怎么办呢？我会在下一篇文章里讨论。

## 祷告

我们在天上的父，愿人都尊你的名为圣。愿你的国降临，愿你的旨意行在地上，如同行在天上。

我们日用的饮食，今日赐给我们。免我们的债，如同我们免了人的债。不叫我们遇见试探，救我们脱离凶恶。主啊，我们祈求我们会坚持遵守祢的诫命去过一个敬虔和有目标的生活。作为祢的子民，我们首先将自己作为活祭奉献给祢，然后是我们劳动所得的初熟的成果。我们祈求祢接纳我们以真诚和感恩的心献上的一切，愿祢赐福并让我们在接下来的每个星期每个月更加慷慨地给予。奉耶稣的名，阿们。

Wednesday, 8 Sept 2021

Title: You belong

By Wong King Wai

John 8:35 – Now a slave has no permanent place in the family, but a son belongs to it forever.

The verse above was said during, what I can only imagine, a rather hostile situation where the Jews of the day was challenging Jesus about His divinity and identity. Of all the words spoken, this line speaks volumes about OUR identity in Christ and how that identity is what makes us sons in God's family.

"Sons" here doesn't refer to males but signify the rights of a son. That include females as well. Back then, ladies did not have many rights and mostly needed a male representative to deal with things. However, both males and females who believe in Christ are now called "Sons" because they both have the rights to inheritance from the Father.

For a long time, I never felt like I belonged in any group. Even Christian groups at one time. I recall feeling left out in many things and when I look back I realise I didn't help myself by being rather awkward and needy (yes, yes, it seems so unlikely for those who know me now, but believe me, I was). Thanks be to God for His patience and for putting the right people, books and situations in my way to help me along the way.

If you're feeling left out or finding it hard to feel a sense of belonging, remember that Jesus felt that way before too. He understands what it's like to be different. And thankfully, He has the answers to our problems and we just have to take our cares to Him and ask Him for help. Sometimes it may seem like nothing is happening. Just like in the book of Esther (the drama there is better than a K-drama, but I digress ...), you would see things happening but there wasn't any mention of God; just people living their lives and trying to figure things out as they went. But in the background, God was working and so it is with you.

You belong to the family of God. You matter and are important in our Lord's sight. Maybe you can't see that now, but hang in there. Some practical things you can do is to call up the church to see if there is anyone you can speak to for counselling, if you need it. Maybe you can call up a friend that you haven't spoken to for a while to touch base and catch up. Or maybe sing a favourite song and revel in the goodness that God has brought into your life. Whatever you do, don't lose sight of who you are in God and trust Him to see you through all things in life.

PRAYER: My Father in heaven, thank You for making me part of Your family and a son of the Most High. Help me to remember that I have an inheritance and the rights of a son in Your family and together, we can glorify Your Name, through helpful deeds and prayers for those in need. Thank You for everything. In Jesus name I pray, AMEN.

班底浸信教会

每日灵粮

星期三, 2021年9月8日

标题：您是有所属的

作者：黄经为弟兄

翻译：陈健萍姐妹

**【约翰福音8:35】奴仆不能永远住在家里，儿子是永远住在家里。**

我只能想象，上面这节经文是在一个相当敌对的情况下说的，当时的犹太人在挑战耶稣的神性和身份。在一切所说的话中，这句话充分说明了我们在基督里的身份，以及这个身份如何使我们成为上帝家里的儿子。

这里的“儿子”不是指男性，而是指儿子的权利；这也包括了女性。当时，女性没有太多权利，大多需要一位男性代表来处理事情。然而，相信基督的男女现在都被称为“儿子”，因为他们都有从父继承基业的权利。

在一段很长的时间里，我从未觉得自己属于任何一个群体；曾一度甚至也包括了基督教团体。回想起来，我觉得自己在很多事情上都被冷落了。当我回首往事时，我意识到自己的尴尬和需要帮扶并没有帮助到自己（是的，是的，对于现在认识我的人来说，这似乎不太可能。但相信我，我确实曾是这样）。感谢上帝的忍耐，感谢祂沿途安排了合适的人、书籍和处境来帮助我。

如果您感到被冷落，或觉得很难有归属感，请记住耶稣也曾有过这样的感觉。祂明白与别人有别是什么感觉。欣慰的是，祂可以解决我们的问题，我们只需将忧虑交托给祂，向祂寻求帮助。有时似乎什么都没发生，就如《以斯帖记》一般(剧情比韩剧好，但我离题了.....)。您会看到事情的发生，但完全没有提到上帝；只是人们过着自己的生活，试图一边生活一边想办法解决问题。但在幕后，上帝在作工，对您也是如此。

您属于上帝的家。主在意您，在我们主的眼中，您是重要的。也许您现在感受不到，但您要坚持下去。您可以实际着手做一些事情：如有需要，您可以打电话到教会，看看有哪一位可以与您倾谈，提供咨询；或许您可以打电话给一位久已没有联络的朋友，与他取得联系，叙叙旧；或者唱一首最喜欢的歌，陶醉于上帝在您生命中所赐予您的一切美好。无论您做什么，不要忘记您在上帝心目中是谁，并信靠祂会帮助您度过人生的一切。

**祷告：**我在天上的父，感谢祢使我成为祢家庭的一员，成为至高者的儿子。求帮助我记住，我在祢的家有基业和儿子的权利；而且，通过助人的行动和为有需要的人祈祷，我们可以一起来荣耀祢的名。为祢所作的一切，我们感谢祢。我奉耶稣的名祷告，阿们。

Thursday, 9 September 2021

Title: Save Our Children

By Dr. Tho Lye Mun

According to a report by UNICEF, [1] “While the world has experienced many crises, COVID-19 presents unprecedented challenges. António Guterres, Secretary General of the UN, suggests that the coronavirus pandemic is quickly turning into a “broader child rights crisis”. Media coverage indicates an increase of domestic violence and violence against children. It is abundantly clear that risk factors for violence, abuse, and neglect are on the rise for children under containment. At the same time, some COVID-19 prevention measures have abruptly cut children off from positive and supportive relationships they rely on when in distress, including at school, in the extended family, and in the community.”

World Vision defines child abuse as more than just physical trauma, it also involves psychological trauma, child trafficking, child marriages, exploitation for profit, be it child labour, sexual gratification, and in extreme cases child murder or religious sacrifice [2]. They estimate 40.3 million adults and children are currently in forced labour, sexual slavery, and forced marriage. Alarming, one in four modern slaves is a child.

Children are a precious gift from God, and we are entrusted to love and care for them. Jesus said, (Matthew 19:14 ) “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.” But as Christians we must open our eyes to the fact that child abuse and trafficking is a real and present problem. We have a duty to protect those who are powerless to defend themselves. As we do that, we remember that we fight against the powers of evil that seeks to corrupt. Nevertheless, we remember the fate of those who cause the innocent to fall into sin. Matthew 18:6 “If anyone causes one of these little ones—those who believe in me—to stumble, it would be better for them to have a large millstone hung around their neck and to be drowned in the depths of the sea.”

Prayer

Dear Lord, Your Word calls us to hunger and thirst for righteousness — a righteousness that leads to compassion. Lead us to this kind of faith that works to make a better world for all children.

1. [www.unicef.org/media/68711/file/COVID-19-Protecting-children-from-violence-abuse-and-neglect](http://www.unicef.org/media/68711/file/COVID-19-Protecting-children-from-violence-abuse-and-neglect)

2. [www.worldvision.org/child-protection-news-stories/matthew-25-protecting-children-prayer](http://www.worldvision.org/child-protection-news-stories/matthew-25-protecting-children-prayer)

## 每日灵粮

2021年9月9日，星期四

题目：拯救我们的孩子

作者：陶乃文医生

翻译：吴淑娉姐妹

根据联合国儿童基金会的报告显示（注1）：**尽管世界经历过许多危机，但冠状病毒正为全球带来前所未有的挑战。联合国秘书长安东尼奥·古特雷斯表示，冠病疫情正迅速地演变成“更大的儿童权利危机”。**媒体报道显示：家庭暴力及针对儿童的暴力行为正有上升之势，**更明显的是：在行动管制令下的儿童，他们受到暴力、虐待和忽视的风险亦有所增加。**与此同时，儿童在平日遇到困难时可以倚赖的帮助，例如亲戚、学校及社会上的有关团体组织，也因一些为预防冠病传播的措施而突然切断了他们的联系。

**世界宣明会**认为虐待儿童的定义不仅是身体创伤，还包括心理创伤、贩卖儿童、童婚、童工、剥削儿童以谋取利益、从儿童身上获取性满足，以及在极端情况下，谋杀儿童或以宗教理由将儿童作献祭（注2），**他们估计目前约有4千零30万成年人及儿童正被迫进行劳动、性劳役、或逼婚，令人震惊的是：四分之一的现代奴隶正是儿童。**

**孩子是上帝赐予我们珍贵的礼物，我们受委托要爱护和照顾他们，耶稣在马太福音19：14说：“让小孩子到我这里来，不要禁止他们，因为在天国的，正是这样的人。”**但作为基督徒，我们必须睁大眼睛看清楚这事实：虐待和贩卖儿童是一个肯定存在的问题。我们有责任保护那些无法自卫的人，当我们这样做时，要记得：我们正与令人腐败的邪恶力量抗衡，那些令无辜的人犯罪的人，他们的命运将会如何？马太福音18：6“**凡使这信我的一个小子，跌倒的，倒不如把大磨石拴在这人的颈项上，沉在深海里。**”

## 祷告：

亲爱的主，祢的话语呼召我们，要我们饥渴慕义——一种对他人心生怜悯的公义，请带领我们建立这种信念，为所有的儿童创造一个更美好的世界。

1. [www.unicef.org/media/68711/file/COVID-19-Protecting-children-from-violence-abuse-and-neglect](https://www.unicef.org/media/68711/file/COVID-19-Protecting-children-from-violence-abuse-and-neglect)
2. [www.worldvision.org/child-protection-news-stories/matthew-25-protecting-children-prayer](https://www.worldvision.org/child-protection-news-stories/matthew-25-protecting-children-prayer)



Friday, 10 September 2021

Rest

By: Prathab V

Matthew 11:28-30

“ Come to Me, all of you who are weary and burdened, and I will give you rest. Take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. For My yoke is easy and My burden is light. ”

One of the things that attracted me to Jesus is the fact that Jesus never forced anyone to follow Him. Jesus only persuaded all through his teachings and was never coercive in His message of love and reconciliation to God the Father. It was love in action while teaching the people about God the Father.

In doing so, Jesus was humble and showed love to both adults and children. Jesus also accepted all kinds of ethnic groups – both Jews and Gentiles.

Even today, Jesus speaks through His Word, to everyone who humbly seeks the Creator earnestly. Jesus is the same yesterday, today and forevermore. He hasn't changed.

I am convinced that Jesus is the only hope for us. He is the only Messiah for humanity. He is kind, gentle and knows full well the sufferings we go through daily. He knows what weariness is all about because He Himself experienced it. Jesus knows what burdens of the heart and sorrows are, as He also went through it, even to the point of death.

Jesus promises to give us rest. He says his yoke is easy and His burden is light.

Today, let us surrender to Jesus and pray in faith. Are you weary? Go to Jesus. Are you tired and frustrated? Go to Jesus. Have you been back stabbed? Go to Jesus. Have you been misunderstood? Talk to Jesus. Seek Jesus with all your soul. Pour out your heart to Him. He understands. He will encourage and comfort you. Jesus said He will give us rest. So, just rest in Jesus.

Remember also that Jesus is coming soon. This morning, if you hear His voice, do not harden your heart. Yield to Jesus and rest in Him.

Prayer :

Heavenly Father, I am tired of running and moving away from You. I see suffering and pain everywhere. But my heart tells me that You are the only hope and the

answer. I yield to Your Son Jesus. Please take charge of my life Lord. Help me to focus and rest in You Lord. In Jesus' name, I ask. Amen.

每日灵粮

星期五

2021年9月10日

标题：安息

作者：Prathab V.

翻译：巫惠如

太11:28-30

“凡劳苦担重担的人，可以到我这里来，我就使你们得安息。我心里柔和谦卑，你们当负我的轭，学我的样式，这样你们心里就必得享安息。因为我的轭是容易的，我的担子是轻省的。”

我之所以会关注耶稣的其中一个原因是祂从未强迫任何人跟随祂。耶稣只通过祂的教导说服人们，而且从未强迫性地宣讲爱神和与神和好的信息。在教导人们关于天父时，祂实践爱。

耶稣如此谦卑，对成人和小孩都表达祂的爱。耶稣也接受各种族群，就如犹太人和外邦人。

今天，耶稣仍然透过祂的话语向那些谦卑地认真寻找造物主的人说话。耶稣昨日、今日直到永远都是一样的。祂不曾改变。

我相信耶稣是我们唯一的希望。祂是人类唯一的弥赛亚。祂良善、温柔，也对我们每天经历的苦难深有体会。祂明白我们的疲惫，因为祂亲身经历过。耶稣知道心灵和悲伤的重担，因为祂也承受过至死的痛苦。

耶稣保证给我们安息。祂说祂的轭是容易的，担子是轻省的。

今天，让我们降服于耶稣并虔诚祈祷。你感到疲乏吗？到耶稣那里。你又累又沮丧吗？到耶稣那里。你被朋友出卖了吗？到耶稣那里。你被误解了吗？跟耶稣说。全心全意寻找耶稣。向祂倾心吐意。祂理解你。祂会鼓励和安慰你。耶稣说祂会让我们得着安息。所以，在耶稣那里得享安息吧。

还要记住：耶稣将要再回来。今天早上，如果你听到祂的声音，不要刚硬你的心。降服于耶稣，在祂里面安息。

祈祷：天父，我不想再逃离祢。到处都是痛苦和悲伤。但我的心告诉我，祢是唯一的希望和答案。我降服于祢的儿子耶稣。主啊，请掌管我的生命。助我专注于祢并在祢里面安息。我奉耶稣的名祷告，阿门。

Saturday, September 11 2021

Title: Fill our hearts with goodness

Author: Pastor Johnson Chong

Translation: Margaret Ong

Matthew 12:35 "A good man out of the good treasure of his heart brings forth good things,"

Here the Lord Jesus spoke of another principle, an important truth and that is, what is filled in a person's heart will be revealed externally. This is very natural. We can know what is filled within a person from what a person says, does, likes, and pursues naturally. So if a person is full of sin, then filth, pride, jealousy, greed, lust, anger will also come out. He may suppress these, living in pretence for one moment or once, but he cannot keep suppressing and pretending, because if he does not vent what is filled within, he would not be able to withstand it, and in fact he cannot help it.

Here we not only learn to know people, but also examine ourselves: What do we fill ourselves with? Many people are filled with all kinds of unrighteousness, evil, greed, and malice, and their hearts are full of jealousy, murder, rivalry, deceit, and hatred, so that evil comes out of their hearts. But don't believers have these things in their hearts? Wouldn't you say these things in your mouth? Are you not greedy or jealous in your heart? Is there no competition or deceit in your mouth? Are there no fornication or filthy thoughts at all? Don't you have some proud, arrogant ideas? You are just afraid that it's useless to be known by others. The question is what is in your heart? So first, purify your heart and empty the evil inside.

But the human heart is never empty, it always has to be filled. You emptied sin, it will come in again, and it will give birth to itself, because you have the flesh, and you live in a sinful world. There is only one way, and that is to fill your heart with good treasure, with the Lord, with the Holy Spirit, with the Words of the Lord. In this way, you can fill your heart, get rid of the sin and filth, and prevent them from coming in again. If you allow sinful thoughts and ideas in it, Satan may be following in. Let's take another look at what is full of our hearts? The world or God, lust or the Holy Spirit, Satan or Christ?

Prayer: Dear Father, we want to thank you and praise you, bless your name! Pray for the Lord to protect our hearts, renew our thoughts, and fill our hearts with the Lord, with the Holy Spirit and with Your Words. Thank You for praying and asking, in the holy name of the Lord Jesus Christ, amen!

每日灵粮

星期六，2021年9月11日

标题：让我们的心充满善

作者：张胜牧师

马太福音12：35 “因为心里所充满的，口里就说出来，善人从他心里所存的善就发出善来。”

主耶稣在这里又讲出一个原则，一个重要的真理，那就是人心里充满甚麽，外面就流露什么。这是很自然的。我们可以从一个人自然流露的所说、所作、所喜好、所追求，知道这个人里面充满的是什么。所以一个人里面若充满罪恶、污秽、骄傲、嫉妒、贪心、情欲、恼怒，这些也会发出来。他可能压抑、假装一时、一次，但不能一直压抑、假装，因为他若不发泄里面所充满的，他是受不住的，实在说来也是身不由己的。

在这里我们不但学习认识人，也当察看我们自己：究竟我们里面充满什么？有许多人内在装满了各样不义、邪恶、贪婪、恶毒，满心是嫉妒、凶杀、争竞、诡诈、毒恨，因此从心里也就发出那些恶来。但是信徒的心里就没有这些东西吗？口中也不会说出这些东西吗？你心中没有贪心、嫉妒吗？你口中没有争竞、诡诈吗？一点也没有淫乱、污秽的思想吗？没有一些骄傲、狂妄的意念吗？你仅仅怕外面流露出来被人知道是没有用的。问题在於你心里存些什么？所以首先要清洁你的心，倒空里面的恶。

但人的心却总不会空，它总要有所装满。你将罪倒空了，它还要进来，它自己也会生出来，因为你有肉体，而且你住在罪恶的世界中。只有一个办法，那就是让你的心充满善，充满主，充满圣灵，充满主的话。这样就可以占满你的心，把罪恶污秽除掉，不让它再进来。如果你容让罪恶的思想意念在里面，可能撒旦就要跟着进来了。让我们再看一看心中充满的是甚麽？世界或是神，情欲或是圣灵，撒旦或是基督？

祷告：

亲爱的天父，我们要感谢和赞美祢，称颂祢的名！求主保守我们的心，更新我们的思想意念，让我们的心充满主，充满圣灵和充满主祢的话。感谢祷告祈求，是奉靠主耶稣基督的圣名，阿们！

Sunday, 12 September 2021

Title: I can do ALL THINGS through Christ?

By Elder Yu Chin Shie

Philippians 4:13

"I can do all things through Him who strengthens me." ESV

Philippians 4:13 is one of the most quoted and loved bible verses by Christians according to one survey done recently. It is not difficult to see why. However, it is also one of the most misunderstood, misquoted and misused bible verses.

All of us want to be able to achieve what we set out to do. It could be getting top in our class, finishing the race first, get into the best university, secure the best job and marry the person of our dreams, etc. Hence, Philippians 4:13 has been used by many as motivation to achieve what they could not do on their own. This verse has been printed on millions of key chains and t-shirts, cellphone cases and coffee mugs. Many Christians recite the passage when they need to draw power from God to defeat a formidable enemy or achieve a challenging goal.

One well known prosperity gospel preacher has this to say –

"Most people tend to magnify their limitations. They focus on their shortcomings. But scripture makes it plain: all things are possible to those who believe. That's right. It is possible to see your dreams fulfilled. It is possible to overcome that obstacle. It is possible to climb to new heights. It is possible to embrace your destiny. You may not know how it will all take place. You may not have a plan, but all you have to know is that if God said you can ... you can!"

To understand the actual meaning of Philippians 4:13, we have to read the verse in context as well as the background of Paul when he wrote the epistle of Philippians.

At the time Paul wrote Philippians, he was in prison in Rome awaiting trial for his preaching of the gospel of Christ. It is likely he would end up being executed for his faith. Although Paul had faced severe hardships, poverty, beatings, illness and even his current imprisonment, in every circumstance he had learned to be content.

The preceding two verses of Philippians 4:13 bear this truth.

"Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need."

Many people have misused the verse and take it to mean you can do all things you desire through Christ. When you take this verse out of context, you will think it means doing anything you want. This is not true because God only fulfils the desires of our hearts that align with His word. You can't pursue ungodly desire (2 Tim 2:22) and expect God to strengthen you to fulfil them.

Instead of being defeated by difficult circumstances, Paul was telling his readers that he could endure any and every circumstance because he has the strength that only comes from Christ.

Certainly, as believers of Christ, we can have access to His strength. In John 15: 5 & 7 we read in verse 5, "I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." Verse 7 reads "If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you."

As we spend time with Christ daily by reading His word and in prayer, we grow in our relationship with Christ. We will know His will and be guided to pray with confidence for requests that glorify His name – like courage to witness to an unbeliever, wisdom and strength to serve in a difficult ministry and faithfulness and joy in facing the Covid pandemic.

In conclusion, we are not to use Philippians 4:13 as a magical charm to claim God's strength to achieve whatever our hearts desire. However, we can ask for God's strength to be the salt of the earth and light of the world. (Matthew 5:13-14)

That we can be assured He will grant our request!

Prayer –

Heavenly Father,

Thank you that you have promised to be with us and will never forsake us. Help us to abide in you daily to know Your will and be strengthened always to live our lives for the glory of Your name.

In Jesus name,

Amen



每日灵粮

星期日，2021年9月12日

标题：我可以靠着基督凡事都能做？

作者：余清熹长老

翻译：林良億姐妹

腓立比书 4:13 我靠着那加给我力量的，凡事都能做。

根据最近进行的一项调查，腓立比书 4:13 是基督徒最常引用和喜爱的圣经节之一。不难看出原因。然而，它也是最容易被误解、误引和误用的经文之一。

我们所有人都希望能够实现我们的目标。它可能是在班里名列前茅，比赛第一，进入最好的大学，获得最好的工作，并与我们梦想中的人结婚等等。因此，腓立比书 4:13 已被许多人用作实现目标的动力来完成自己不能做的。这节经文已印在数百万计的钥匙链和 T 恤、手机壳和咖啡杯上。许多基督徒会背诵这段经文在需要从上帝那里得力量以击败强大的敌人或实现具有挑战性的目标时。

一位著名的成功福音布道者有这样的说法——

“大多数人倾向于夸大他们的局限性。他们专注于自己的缺点。但圣经说得很明白：在信的人，凡事都能。这是正确的。有可能看到你的梦想实现。克服这个障碍是可能的。有可能攀登到新的高度。征服你的命运是可能的。你可能不知道这一切将如何发生。你可能没有计划，但你需要知道的是，如果上帝说你可以.....你就可以！”

要理解腓立比书 4:13 的实际含义，我们必须结合上文下文以及保罗写腓立比书时的背景来阅读这节经文。

保罗写腓立比书时，他正因传讲基督的福音而在罗马监狱里等候审判。他很可能最终会因为他的信仰而被处决。尽管保罗曾面临严峻的艰辛、贫穷、殴打、疾病，甚至目前的监禁，但在每一种情况下，他都学会知足。

腓立比书 4 章 13 节的前两节经文证实了这个真理。

“我知道怎样处卑贱，也知道怎样处丰富，或饱足或饥饿，或有余或缺乏，随事随在，我都得了秘诀。”

许多人误用了这节经文，认为这意味着你可以通过基督做你想做的一切。当你断章取意地看待这节经文时，你会认为它意味着你可以做任何你想做的事。这不是真的，因为上帝只会满足我们心中与祂的话一致的愿望。你不能追求不敬虔的欲望（提后 2:22）并期望上帝使你得力来实现它们。

保罗没有被困难的环境打败，而是告诉他的读者，他可以忍受任何环境，因为他拥有唯独来自基督的力量。

当然，作为基督的信徒，我们有得到祂力量的通道。在约翰福音 15 章 5 和 7 节，我们在第 5 节读到：“5 我是葡萄树，你们是枝子。常在我里面的，我也常在他里面，这人就多结果子；因为离了我，你们就不能做什么... 7 你们若常在我里面，我的话也常在你们里面，凡你们所愿意的，祈求，就给你们成就。”

当我们每天通过阅读祂的话语和祈祷与基督共度时光，我们就会在与基督的关系中成长。我们将了解祂的旨意，并被引导满怀信心地为荣耀祂名的旨意祈祷，例如向非信徒作见证的勇气、在艰难事工中服事的智慧和力量，以及在面对新冠疫情的忠诚和喜乐。

总而言之，我们不要将腓立比书 4:13 当作一种神奇的护身物来宣称上帝的力量来实现我们心中的任何愿望。然而，我们可以祈求上帝的力量成为世上的盐和世界的光。（马太福音 5:13-14）

我们可以确信祂会答应我们的要求！

祷告——

天父，

感谢祢答应和我们在一起，永远不会抛弃我们。帮助我们每天更坚强地住在祢里面，明白祢的旨意，为荣耀祢的圣名而活。

奉主耶稣的名祈求。阿门。

Monday 13 Sept 2021

Title: When Not to Wear a Mask.

By: Ong Hwee Soo

Matthew 6:1-4

In my Devotional on 23 August, entitled 'Soli Deo Gloria', we have seen in this text, Jesus emphasizing that motive is all that matters when doing good works.

Public acts of obedience are virtuous and honourable but if they are performed solely for the sake of public acclaim, there will be no reward from God (v 1). Almsgiving (v 2) is one of the Jewish Pillars of Piety, the other two being prayer (v 7) and fasting (v 16).

The religious leaders, particularly the Pharisees, gave to the needy in order to be praised by the people (v 2). In this verse, Jesus uses the word "hypocrites" to describe them. The original Greek word, 'hypokrites' referred to theatre actors who wore masks to play various characters in a drama.

Jesus censured these religious leaders for a particular form of hypocrisy: doing the right thing with the wrong motive. The word 'hypocrite' is used 16 times in the Matthew Gospel, out of the 27 times in the New Testament, underlining Matthew's theme of not wearing a mask in religious observances (especially Chapter 23), rather practicing true faith. In this text, it characterizes a person whose actions are intended to impress others (v 1-3, 16-18); whose focus is on the outward trappings of religion rather than the inward issues of the heart (v16), and whose spiritual verbosity conceals impure motives (v 5,7). In Matthew 6, the hypocrite stands in contrast with the person of genuine faith, whose relationship with God is "in secret" (v 4, 6, 18).

The phrase "in secret" is repeated four times in Matthew 6, underpinning the point that our relationship with God is a deeply personal communion, a bonding of our hearts to Him. Religion is not a matter of outward display.

Back to the Pharisees – the irony is that they had received their reward of public and professional admiration, and that was all the reward they would ever receive. Such fleeting human adulation precludes satisfaction of the deepest longing of the human heart to stand approved by God in heaven who sees in secret.

Charity, prayer and fasting are supposed to be worshipful acts rendered to God, never a show of self-righteousness to gain sycophancy. When Jesus admonishes,

“do not let your left hand know what your right hand is doing” (v 3), He is highlighting that our motives for giving to God and to others must be pure.

In this passage, Jesus intends for us to understand that in His kingdom, relationship with God must be real and intimate, unlike the ‘playacting’ of the hypocrites, who perform their religious responsibilities to procure popular applause.

If you have not placed your personal trust in Jesus, may I encourage you to come to Christ simply by faith, warts and all, without a mask. Indeed, you don’t have to hide or run from God, instead you can run to Him for help and forgiveness. Certainly, Christ forgives you of your past, no matter how dark it might have been, and gives you a new life.

Since religion is not about externalities, genuine faith is not about wearing a saccharine smile while in a state of spiritual dissatisfaction. It is not about putting on our Sunday best, so our public persona masks the real situation of your private spiritual life.

**PRAYER:**

Dear God, forgive us if we have covered our ‘wrinkles’ by our ‘cosmetic’ subterfuges. Help us, Lord, come to You completely unmasked, and Live the Life of Genuine Faith . Amen.

班底浸信教会

每日灵粮

星期一，2021年9月13日

标题：什么时候不戴面具

讲员：翁辉赐弟兄

翻译：陈劲年姐妹

【马太福音 6:1-4】

在我 8 月 23 日题为“唯独上帝的荣耀”的灵修中，我们在这段文字中看到，耶稣强调动机是做善事的关键。

公开的服从行为是有德行且是尊贵的，但如果只是为了公众的赞誉而这样做，就不会得到上帝的奖赏（第 1 节）。施舍（第2节）是犹太虔诚的支柱之一，另外两个是祈祷（第7节）和禁食（第16节）。

宗教领袖，尤其是法利赛人，施舍穷人是为了得到百姓的称赞（第 2 节）。在这节经文中，耶稣用“假冒为善”（hypocrites）这个词来形容他们。最初的希腊词“伪善者”（hypokrites）指的是戴着面具在戏剧中扮演各种角色的戏剧演员。

耶稣谴责这些宗教领袖的特殊形式的虚伪：以错误的动机做正确的事。“假冒为善”（hypocrites）这个词在新约中使用了 27 次，其中在马太福音中使用了 16 次，强调了马太的主题在宗教仪式中不戴面具（尤其是第 23 章），而是实践真正的信仰。在这篇文章中，它描述了一个人的行为是为了给他人留下好印象（1-3节，16-18节）；他们的重点是宗教的外在装饰而不是内在的问题（第 16 节），其属灵的华丽虚饰掩盖了不纯的动机（第 5,7 节）。在马太福音第 6 章，假冒为善的人与真正有信心的人形成对比，他们与上帝的关系是“在暗中的”（第 4、6、18 节）。

“在暗中”一词在马太福音第 6 章重复了四次，这强调了我们与上帝的关系是一种深刻的个人交流，是我们的心与祂联系在一起。信仰不是外在的表现。

回到法利赛人 – 讽刺的是，他们已获得了公众和专业上的赞赏，而这正是他们所能获得的全部奖赏。人类这种转瞬即逝的奉承无法满足人心最深切的渴望，即得到在天上暗中察看上帝的认可。

**施舍、祈祷和禁食**应该是对上帝的崇拜行为，而不是表现自以为义来获得谄媚。当耶稣告诫“不要叫左手知道右手所作的”（第 3 节）时，祂强调我们献给上帝和给予他人的动机必须是纯洁的。

在这段经文中，耶稣想让我们明白，在祂的国度里，与上帝的关系必须是真实而亲密的，不像假冒为善的人那样“演戏”，他们履行宗教职责以赢得民众的掌声。

**如果您**还没有把您个人的信心放在耶稣里，让我鼓励您毫不掩饰地、**不戴面具**，仅仅凭信心来信靠基督。事实上，您不必隐藏或逃避上帝，相反，您可以向祂寻求帮助和宽恕。毫无疑问的，无论您的过去有多黑暗，基督会赦免您，并给您一个新的生命。

**既然信仰与外在表现无关**，真正的信仰不是在心灵失意的状态下带着甜甜的微笑；不是穿着最体面的衣服，以我们的公众形象掩盖私人属灵生活的真实情况。

**祷告：**

亲爱的上帝，如果我们用“**化妆品**”的诡计掩盖了我们的“皱纹”，请原谅我们。帮助我们，主，完全揭开面具来到祢面前，并活出真正信仰的生命。阿们。

Tuesday, 14 September 2021

Title: Be RENEWed!

By: Cecilia Tan 陈俊芳

2 Corinthians 4:16

“So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.”

Apostle Paul’s life was marked by unrelenting and soul-sapping suffering. He was mercilessly persecuted, whipped, beaten, stoned and left for dead, shipwrecked, imprisoned, often hungry and thirsty, and faced all kinds of perils on land and sea as he travelled extensively through the Mediterranean, bringing the Gospel message to the Gentiles. Needless to say, he suffered in a way that is hard for us to imagine.

Yet in Romans 5:3, Paul declared that he could “rejoice” in his suffering! What was his secret? In 2 Corinthians 4:7 Paul revealed that it is the “all-surpassing power” of God that sustained him in the face of overwhelming odds and unceasing opposition to his ministry. This power, activated by God Himself through the working of His Holy Spirit, enabled Paul’s inner self to be renewed day by day.

How then can we be similarly renewed? By applying the key concepts embedded in the acronym “RENEW”:

“R” is for “Restore”

Psalm 23:3 “He restores my soul.” In the past 18 months, it is not only our respiratory tracts that have been attacked by the covid-19 virus. Our souls have been assaulted like never before! We have been sucked into the pits of fear, anxiety, loneliness, hopelessness, helplessness, depression and grief. Many are mourning lost loved ones, lost jobs, lost savings, lost security and lost relationships. Suddenly our lives have been thrown into alarming disarray. We are like sheep being evicted from the sheepfold where we are safe and protected.

But there is hope! Our Good Shepherd, the Lord Jesus Christ is right here with us, fighting whatever we fear with His rod, and nudging us closer to Him with His staff. He beckons us to draw near to Him. He wants to restore us. To bring us back to a state of new strength and vigour. To rebuild, to repair, to recharge our worn-out batteries. And so we will be restored if we will only follow Him closely, and allow Him to strengthen us through prayer, through His Word, through others or through changing circumstances.

“E” is for “Endure”

1 Corinthians 10:13 “No temptation has overtaken you that is not common to man.

God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it." We can endure suffering only because God gives us His strength to endure. He is merciful and will not allow us to be tested beyond our strength. He knows if we abide in Him, trials will never topple us but will top up our faith!

"N" is for "New"

Psalm 40:3 "He put a new song in my mouth, a hymn of praise to our God." Just as God rescued King David out of many desperate life-threatening situations and put a new song in his mouth, we can depend on our faithful God to deliver us when we face insurmountable challenges. May we focus on cultivating a spirit of praise and thanksgiving and look daily for something new to praise God for! In doing so, we proclaim our faith in His goodness, faithfulness and power. Thus God is exalted and our faith is strengthened and revitalized.

"E" is for "Entrust"

Psalm 55:22 "Cast your burdens on the Lord and He will sustain you." All of us have burdens to carry. Truly, only those in the cemetery have no burdens! Trials and troubles can cripple our faith. Hence King David exhorts us to cast our burdens on the Lord and leave them with Him, the great burden-bearer! Let Him assume full responsibility for those burdens even as He sustains and upholds us.

"W" is for "Wait"

Isaiah 40:31 "But those who wait on the Lord shall renew their strength." To wait on the Lord means to trust Him when a situation looks hopeless. Trust in His goodness and perfect timing. Trust involves confidence in God's power to deliver and faith that He will keep His promises. We are to never fear, only trust and obey.

No matter how big the storms or how rough the waves during this pandemic, our Almighty God is with us. With our hand in His, we will surely soar to the heights like the eagle! For He Who is the ALPHA and the OMEGA has got the Beta, Delta and all other variants surrounded and defeated!

Prayer:

Our Heavenly Father, even the strongest humans get tired and weary at times but Your infinite power and strength never diminish. You are never too tired or too busy to help us in our hour of need. Your divine power is the source of our strength. When we feel all of life crushing us and cannot go another step forward, help us to turn our eyes on Your Son, our Lord Jesus in order that we will BE RENEWED by the power of Your Holy Spirit. In Jesus' name, we pray. Amen.



每日灵粮

星期二, 2021年9月14日

标题：要更新！

作者：陈俊芳姐妹

翻译：陈晓佩姐妹

哥林多后书4:16

**“所以，我们不丧胆。外体虽然毁坏，内心却一天新似一天。”**

使徒保罗的一生充满了无情的折磨和侵蚀心灵的苦难。他被无情地迫害、鞭打、殴打、被人用石头砸了撇下不管、遭遇海难、监禁、饱经饥渴；为把福音带给外邦人，在地中海穿越，面对在陆地和海上**各种危险**。不用说，他遭受我们难以想象的痛苦。

然而，在罗马书5:3，保罗宣称他可以在受苦中**“喜乐”**！他的秘诀是什么？在哥林多后书4:7 保罗透露，在他的事工面对压倒性的困难和不断的反对时，是上帝那**“莫大的能力”**支撑着他。这能力是上帝亲自藉着圣灵的工作而激发的，使保罗的内心一天新似一天。

我们要怎样才能得着同样的更新呢？通过应用这首字母缩略词**“RENEW”**里的关键概念：

**“R”代表“恢复”**

诗篇23:3 **“他使我的灵魂苏醒。”**在过去的18个月中，不单是我们的呼吸道受到新冠病毒的攻击，我们的灵命也**受到前所未有的突击**！我们被卷入恐惧、焦虑、孤独、绝望，无助、沮丧和悲伤的深渊。许多人在哀悼失去的亲人，为失去的工作、失去的积蓄、失去的安全感和失去的关系感到哀伤。突然间，我们的生活陷入了令人震惊的混乱之中。我们就像被赶出羊圈的羊，在羊圈里我们是安全和受到保护的。

**但是还有希望**！我们的好牧人，主耶稣基督就在我们的身旁，用祂的杆与我们所惧怕的抗争，并用祂的杖轻推我们使我们更接近祂。祂召唤我们亲近祂。祂要恢复我们，使我们回到有着新的力量和活力的状态；重建、修复、为我们耗尽的电池充电。因此，如果我们紧紧地跟随祂，让祂通过祷告、祂的话语、其他人或者不断变化的环境来坚固我们，我们就会得到恢复。

**“E”代表“忍受”**

哥林多前书10:13 **“你们所遇见的试探，无非是人所能受的。神是信实的，必不叫你们受试探过于所能受的；在受试探的时候，总要给你们开一条出路，叫你们能忍受得住。”**我们可以忍受苦难，只因为上帝给我们祂的力量去忍受。祂是仁慈的，并不会让我们受到超

出我们力量的考验。祂知道如果我们常在祂里面，试炼永不会倾覆我们，但会提升我们的信心！

#### **“N” 代表 “新”**

诗篇40:3 “祂使我口唱新歌，就是赞美我们神的话。” **正如上帝将大卫王**从许多危及生命的绝境中拯救出来，使他口唱新歌一样，当我们面临无法克服的挑战时，我们可以倚靠信实的上帝来拯救我们。愿我们专注于培养赞美和感恩的心，并且每天留意着新的事物来赞美上帝！这样做的时候，我们在宣告我们对祂的良善、信实和能力的信心。因此，上帝被尊崇，我们的信心得着坚固和振兴。

#### **“E” 代表 “交托”**

诗篇55:22 **“你要把你的重担卸给耶和华，他必抚养你。”** 我们每个人都有负担。真的，只有在墓地里的才没有负担！试炼和困难会削弱我们的信心。因此，大卫王劝勉我们要把我们的重担卸给主，把它们交给伟大的担负重担的主！让祂承担重担的全部责任，恰如祂也正扶持着我们一样。

#### **“W” 代表 “等候”**

以赛亚书40:31 **“但那等候耶和华的必从新得力。”** 等候上帝的意思是，当情况看起来毫无希望时，信靠祂；相信祂的良善和完美的时机。信靠包括相信上帝拯救的能力，并相信祂会遵守祂的承诺。我们永远不要害怕，只要信靠和顺服。

在这场大流行疫情中，无论风暴有多猛烈，海浪有多汹涌，我们的全能上帝与我们同在。有祂握着我们的手，我们一定会像鹰一样翱翔于高处！因为祂是阿拉法，是俄梅戛，已经将**“贝塔”（Beta），“德尔塔”（Delta） 和所有其他的变种病毒**包围击败了！

#### **祷告：**

我们的天父，即使最强壮的人有时也会感到疲惫不堪，但祢无限的能力和力量永不会减少。在我们有需要的时刻，祢永不会因为太累或太忙而无法帮助我们。祢属天的力量是我们力量的源头。当我们感到生活的一切压垮我们而无法再向前迈步时，帮助我们将目光转向祢的儿子，我们的主耶稣，好让我们被祢圣灵的能力更新。我们奉耶稣的名祷告。阿们。

Wednesday, 15 September 2021

Title: Sweet Hour of Prayer

Eleanor Woo

Hebrews 4:16 "Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need." (NASB)

Are you familiar with the hymn, Sweet Hour of Prayer by William Walford? It may not be as well-known as Amazing Grace by John Newton, the slave trader who later became an abolitionist, but the lyrics of Sweet Hour of Prayer is very meaningful and I hope that the two verses I have chosen resonate with you.

Sweet hour of prayer! sweet hour of prayer!

That calls me from a world of care,

And bids me at my Father's throne

Make all my wants and wishes known.

In seasons of distress and grief,

My soul has often found relief,

And oft escaped the tempter's snare,

By thy return, sweet hour of prayer!

Sweet hour of prayer! sweet hour of prayer!

Thy wings shall my petition bear

To Him whose truth and faithfulness

Engage the waiting soul to bless.

And since He bids me seek His face,

Believe His Word and trust His grace,

I'll cast on Him my every care,

And wait for thee, sweet hour of prayer!

Do we sometimes feel like we are carrying the weight of the world on our shoulders, especially during these trying times? There are bills to pay, mouths to feed, chores to complete and the list goes on. But, we can leave this "world of care", go to the Father's throne, bare our soul to Him and He promises that He will give us rest (Matthew 11:28).

In fact, praying first thing in the morning can set (or change) the tone of our day – invite God into the day, ask His help in the challenging and difficult areas and turn the daily frustrations into prayer prompts. We can "escape the tempter's snare" because praying puts God in the forefront of our minds. We are mindful that He is with us! (I find this particularly true especially while driving and an inconsiderate driver cuts into my lane, my tendency to react fizzles out.) Call upon Him to help

and we will find strength and joy even in the midst of our struggles and the mundane.

We know that prayer is communication with God. To build a strong relationship requires frequent communication, that is, the more we have quality conversations with each other, the better our relationship will be. Likewise, with God, when our prayer “wings shall our petition bear”. We need our frequent quality conversation with Him. Pay attention to that still small voice, retrieve and recite memory verses learnt and sense the prompting of the Holy Spirit.

I read somewhere that answered prayers are prayers prayed. God is waiting for us to call on Him and He will answer (Jeremiah 33:3) in His time and His way. Calling on God means engaging and encountering Him in prayer, for unless we pray how can He answer? Therefore, Walford’s lyrics which encouraged us to “... seek His face, believe His Word and trust His grace”, is very apt.

William Walford was a blind preacher. He would memorise a huge amount of the Bible which he quoted verbatim in his sermons. Some thought he had memorised the entire Scripture, cover to cover. And he prayed. Sweet Hour of Prayer, was published on September 13, 1845, which expressed the genuine joy Walford found in prayer.

PRAYER: Dear Father, thank you that we can use the life-line of prayer to come before You, the King of kings. Thank you for William Walford’s hymn that points to the blessings in prayer. Lord, we want to commit to spend time daily and regularly with You in personal prayer, so that You can transform our day and our hearts. Help us to make You a priority in our schedules. In Jesus’ name, Amen.

班底浸信教会

每日灵粮

星期三, 2021年9月15日

标题：祷告良辰

作者：胡少凤姐妹

翻译：陈健萍姐妹

【希伯来书4:16】“所以我们只管坦然无惧的，来到施恩的宝座前，为要得怜恤，蒙恩惠作随时的帮助。”（和合本）

您熟悉威廉·沃尔福德的“祷告良辰”这首圣诗吗？它可能没有后来成为废奴主义者的奴隶贩子约翰·牛顿的“奇异恩典”那么广为人知，但“祷告良辰”的歌词非常有意义，我希望我挑选的这两个诗节能引起您的共鸣。

祷告良辰，祷告良辰，召我离开世事操心，  
引我到父施恩宝座，将我心愿向主说明。  
每逢痛苦忧愁之时，我灵得主安慰救拯，  
未落试探所张网罗，全亏有此祷告良辰。  
祷告良辰，祷告良辰，如有双翼向主飞升，  
携我衷曲宛转敷陈，主爱永恒有求必应。  
主既诏我时常入觐，赖主宏恩仰主威信，  
我便卸去肩头重担，静候再逢祷告良辰。

我们是否有时觉得自己扛负着千斤的重担，尤其是在这个艰难的时刻？有账单要缴付，有人需要赡养，有家务要完成，还有更多的事情要做。但是，我们可以离开这些“让人操心的世事”，到父的施恩宝座前，向祂倾吐心声，祂应许我们必得安息(马太福音11:28)。

事实上，早晨第一件事就祈祷可以设定(或改变)我们一天的基调 – 邀请上帝进入这一天，在具挑战性和困难的领域寻求祂的帮助，并将日常的挫折转化为祈祷的提示。我们可以“逃脱试探者的网罗”，因为祈祷把上帝放在我们思想的前沿。我们会意识到祂与我们同在！(我发现这一点尤其在我开车时格外真实，当一个轻率的司机闯入我的车道时，我对此举动作出反应的倾向消失了。)求告祂，向祂寻求帮助，即使在我们的挣扎和平淡中，我们也会觅得力量和喜乐。

我们知道祈祷是与上帝沟通。建立牢固的关系需要频繁的沟通，也就是说，我们彼此之间的高质量对话越多，我们的关系就越好；同样地，当我们的祷告“**如有双翼向主飞升**”时，我们与上帝的关系也是如此。我们需要经常与祂进行高质量的对话。留意那微小的声音，回想和背诵所学的经文，感受圣灵的提示。

我曾读到，蒙应允的祈祷就是所作的祈祷。上帝正等待着我们求告祂，祂会按祂的时间和方式应允我们(耶利米书33:3)。求告上帝就是在祷告中与祂相遇，因为除非我们祷告，否则祂怎么能应允呢？因此，沃尔福德鼓的歌词鼓励我们“**入觐（寻求祂的面）**，仰赖祂的宏恩与威信”，是非常贴切的。

威廉·沃尔福德是一位瞎眼的传道人。他会背诵很多经文，在讲道时一字不差地引用。有人认为他已经把整本圣经背下来了；而且他祈祷。“**祷告良辰**”于1845年9月13日发行，它表达了沃尔福德在祈祷中所获得的真正的喜乐。

祈祷：亲爱的父，感谢祢让我们能够以祈祷生命线来到万王之王祢的跟前。为威廉·沃尔福德的圣诗，指出了祈祷中的祝福，我们向祢感恩。主啊，我们要向祢许下承诺，每天并常时地在私祷中与祢亲近，好让祢改变我们的一天，转化我们的心。求帮助我们在我们的日程安排中以祢为优先。奉耶稣的名，阿们。

Thursday, 16 September 2021

Title: What is a Christian Malaysian?

By Ps Mark Tan

John 12:31-36

This Malaysia Day, many of us are challenged with recent developments to ask the question "What is Malaysia? What are we without being able to travel? What are we when we cannot eat at our favourite eateries and savour diverse cuisines without risk? What are we when our nation is going in a direction which we are uncomfortable with? What are we when the definition of being a 'Malaysian' is being challenged at our very core?"

The Christian Malaysian's identity is guided by Jesus, our pivoting point, from whom we draw a radius and head in a steadfast direction, ultimately back to Him. Today's passage reminds us how we ensure that our identity is in Christ, thus keeping our true "Christian-Malaysian" identity steadfast and not misguided.

Jesus is Judge (v31): Thinking of Jesus as Judge might seem unsettling to some. We often think of Jesus as the all-loving Saviour who takes as we are without condemnation; this is true and shall continue to remain true. In fact, Jesus as Judge is actually very assuring to us as believers. Why? Because surrendering to Him as Lord and Saviour gives us the assurance that we will always know and stand for all that is right. The Christian Malaysian is assured and called to stand for justice and for what is right.

Jesus is the Son of Man (v34): Jesus as the Son of Man basically means that God is not a distant being that only cares for us from afar. For God demonstrates His love for us: while we were still sinners, Christ died for us (Romans 5:8). This makes our God a loving and gracious God whom we can go towards for help and comfort in our hour of need. The Christian Malaysian is assured of God's love so even when there are times of intense hate and discrimination in our land, we have plenty of mercy and love to go around in Jesus.

Jesus is our Light (v35-36): Jesus as our Light gives us confidence that no matter how dark and lost we are in any circumstance, we will always be found in His marvellous light. Jesus calls us to be the light of the world, to shine His light so that they may see God's goodness work in us and in response, glorify our Father in heaven (Matthew 5:16). The Christian Malaysian is never lost nor is he ever out of God's sight. They bear the light of Jesus and are tasked to share His light in the darkness so that the lost might be found.

Notice that the Christian Malaysian does not depend on any culture, merit or content of their own work. They depend on Christ: His Sovereignty, Love and Guidance. Only through trusting in Him alone do we become the best that our country needs. Let us therefore deny ourselves, take up the cross and follow Him. That is the best a Christian Malaysian can do.

Let us pray:

Almighty God, whose Son our Saviour Jesus Christ, was lifted high upon the cross that He might draw the whole world to Himself: Mercifully grant that we, who glory in the mystery of our redemption, may have grace to take up our cross and follow Him; who lives and reigns with You and the Holy Spirit, one God, in glory everlasting. Amen.



每日灵粮

2021年9月16日，星期四

题目：“何谓马来西亚基督徒？”

作者：陈燕靖传道

翻译：黄姐妹

经文：约翰福音 12:31-36\*

在这马来西亚日，我们中的许多人都面临着最近事态发展的挑战，要问“什么是马来西亚？如果不能旅行，我们还能做什么？当我们不能在最喜欢的餐馆里且没有风险的情况下用膳品尝各种美食时，我们该怎么办？当我们的国家与我们的意愿背道而驰，我们是什么？当我们‘马来西亚人’的核心定义受到挑战时，我们是什么？”

马来西亚基督徒的身份由我们的主耶稣基督的教导为宗旨，我们从中划出一个半径并向着标杆坚定的前进，最终回到祂身边。今天的经文提醒我们如何确保我们在基督里的身份，从而坚定不移地保持我们真正的“马来西亚基督徒”身份，而不被误导。

**耶稣是审判者\* (v31)：**

将耶稣视为审判者可能让某些人感到不安。这里的意思并不是说，主耶稣完全不对人施行审判乃是说祂来到世上的主要目的，是要拯救世人，而不是要审判世人。

耶稣是慈爱的救主这是真实的。事实上，耶稣作为审判者实际上对我们信徒非常有保障。为什么？因为降伏于我们的主和救主，让我们确信我们将永远知道并支持所有正确的事情。马来西亚基督教信徒确信，并呼吁因维持正义而行对的事。

**耶稣是人子\* (v34)：**

耶稣作为人子基本上意味着上帝不是一个遥远的存在，只在远处关心我们。因为上帝向我们表明了他的爱：当我们还是罪人时，基督为我们死了（罗马书 5:8）。这就是我们充满爱和恩典的上帝，我们可以在需要的时候寻求帮助和安慰。马来西亚基督徒确信上帝的爱，所以即使在我们的土地上有强烈仇恨和歧视的时候，在耶稣基督里我们也有足够的怜悯和爱操练。

**耶稣是我们的光 (v35-36)：**

\*耶稣是我们的光，无论在多么黑暗和迷失的情况下我们都有信心在祂奇妙的光中寻见。耶稣呼召我们成为世界的光，照耀祂的光，使他们可以看到上帝在我们身上的良善工作，并以此回应，荣耀我们在天上的父（马太福音 5:16）。马来西亚基督徒永远不会迷失，

也永远不会离开上帝的视线。他们承载着耶稣的光，并肩负着在黑暗中分享祂的光的任务，以便失丧的人被寻回。

请注意，马来西亚基督徒不依赖于他们自己工作的任何文化、优点或内容。他们依赖基督：基督的主权、爱和引导。只有通过单单相信祂，我们才能成为我们国家所需要的合适人选。因此，让我们坚定地舍弃那顾惜自我的生活态度，背起十字架来跟从祂。这是马来西亚基督徒最好的献上。

让我们同心祷告：

**全能的神，上帝的爱子，救主耶稣基督**，在十字架上被高举，并且吸引万人归向祂。

**愿**我们都被祂牺牲的爱所感召，从此不再为自己活而是为他活；背起十字架来跟从祂；与祂和圣灵同在并掌权的那一位唯一的上帝，在永恒的荣耀中。阿门。

Friday, 17th September 2021

By Chow Ee-Tan 赵一丹

Seek Ye First

But seek first the kingdom of God and His righteousness, and all these things will be added to you – Matthew 6:33 (ESV)

This is one of the most well-known verses in the New Testament. We are also familiar with the song 'Seek Ye First the Kingdom of God' that consists of the catchy Hallelujah chorus'.

Personally, this verse speaks volumes to me. There had been times in my life that I asked God for something and I believed that He would fulfill my wish. Sometimes I got so desperate and prayed earnestly for it, as I thought that only He can and He will make it possible. Looking back, I think there were times when I had inadvertently treated God as a Genie.

A few years ago when I was again praying for something, this verse popped into mind. The Holy Spirit reminded me that instead of seeking after the things of my heart's desire, I should be seeking first the kingdom of God and His righteousness. And when I truly seek God first then things will fall into place, by His mercy and grace.

What does it mean by seeking God's kingdom first? According to a devotion on this verse from [devotableapp.com](http://devotableapp.com), it can mean at least three things:

Seek first the kingdom of God means trusting that He will take care of your needs, despite how things look. When Jesus talks about how the birds and the flowers are taken care of, how much more we can trust that God will take care of us – His children. We don't need to worry about our cares or strive too hard to make something work according to our wishes. We simply need to trust that He will come through for us because He has said he would.

Seek first the kingdom of God means worshipping God in the middle places. Anxiety stems out of concern for the future, a form of control that says we need to have all the answers in order to feel safe. But true security lies in the middle place – before we see God come through and before we see the provision. We can worship God right where we are. If we approach God and believe that no matter what, He is God and we want to see His Kingdom come to earth, we can worship Him.

Seek first the kingdom of God means noticing the work that God is doing in our midst and partnering with Him. We should turn our attention outwards. Stop

focusing on our needs and fear that God won't provide (like I once did). We can take our eyes off that need and instead, look up and look around. And we will notice that God is already at work in us, in our family, in our community. We should ask Him how we can partner with Him to bring His Kingdom to the people around us.

When Jesus spoke this verse during the Sermon on the Mount, it was after telling His disciples not to worry and be anxious about anything in life, for God provides. Indeed, God is our loving Father. When we seek His Kingdom first, He promises that 'all these things will be added to us'. "All these things" do not mean our own personal desires but whatever that we need in this life, and whatever God knows that is good for us.

Now, whenever I have a desire in my heart, or an uncertainty in the future that I want to bring to the Lord, I am reminded of this verse. It also reminds me to keep the right perspective, that there is nothing on earth more important than seeking first the Kingdom of God and His righteousness. After all, our Heavenly Father knows us better than ourselves. So we can submit everything unto God and trust that He will provide, according to His will and His timing.

Prayer: Father God, I have sometimes magnified my worldly concerns and worries, and I have prayed and asked for things out of my own personal desires. Forgive me for my short-sightedness, and forgive me for my little faith. I want to commit myself to You again and I want to seek first Your kingdom and Your righteousness. For I know that You love me and have my best interest in heart. Help me Holy Spirit to always put God first in my life, and the rest I will leave it to Him. In Jesus' name I pray, Amen.

每日靈糧

星期五，2021年9月17日

标题：先寻求祂

作者：赵一丹

翻译：陈月妃

你们要先求他的国、和他的义这些东西都要加给你们了。（马太6：33）

这是新约圣经中最广为人知的经文之一。我们也熟悉这首由朗朗上口的“哈利路亚大合唱”所组成的歌曲“你们要先求他的国”。

就我个人而言，这节经文对我来说意义重大。在我的一生中，我曾多次向上帝祈求一些东西，我相信祂会实现我的愿望。有时我会非常绝望地为它恳切祈祷，因为我认为只有祂才能成就这事，而且祂会让这变为可能。回想起来，我想有时候我不经意间将上帝视为一个精灵。

几年前，当我再次为某事祈祷时，这节经文突然浮现在我的脑海中。圣灵提醒我，与其追求自己心中所渴望的，不如先寻求神的国和神的义。而当我真正首先寻求上帝时，事情就会因祂的怜悯和恩典而水到渠成。

先寻求神的国是什么意思？根据 [devotableapp.com](http://devotableapp.com) 对这节经文的解释，它至少可以意味着三件事：

先寻求神的国意味着相信祂会顾念你的需要，不管事情看起来如何。当耶稣谈到天父如何看顾飞鸟和野花时，我们更加相信上帝会看顾我们——祂的孩子们。我们不需要过于忧虑我们所需用的，也不需要致力使某些事情按照我们的意愿行事。我们只需要相信祂会来帮助我们渡过难关，因为祂说过祂会的。

先求神的国，就是在中心位置敬拜神。焦虑源于对未来的担忧，这是一种控制形式，表明我们需要掌握所有的答案才能感到安全。但真正的安全在于中心位置——在我们看到上帝带领我们渡过难关之前，在我们看到神的供应之前。我们可以就地敬拜上帝。如果我们亲近上帝并相信无论境况如何，祂就是上帝，我们希望看到祂的国度降临，我们就可以敬拜祂。

**先求神的国意味着留意神在我们当中所行的事并与祂同工。**我们应该把注意力转向外面。不要再专注于我们的需要，也不要害怕上帝不会供应（就像我曾经做过的那样）。我们可以将目光从这种需求上移开，而是抬头环顾四周。我们会注意到上帝已经在我们身上、在我们的家庭、在我们的社区中工作。我们应该问祂，我们如何与祂同工，将祂的国度带给我们周围的人。

**当耶稣在登山宝训期间讲解这节经文时，是在告诉祂的门徒不要为生活中的任何事情担忧和焦虑，**因为上帝会供应。的确，上帝是我们慈爱的父亲。当我们先寻求祂的国时，祂应许“这些东西都要加给我们了”。“这些东西”**并不是指我们个人的欲望，**而是指我们今生所需用的一切，以及上帝所知道对我们有益的一切。

现在，每当我心中有一个愿望，或是对未来的不确定性，我想带到主面前时，我就会想起这节经文。这也提醒我要保持正确的观点，世上没有什么比先寻求神的国和祂的义更为重要的了。毕竟，我们的天父比我们自己更了解我们。因此，我们可以将一切交给上帝，并相信祂会按着祂的旨意和时间来供应。

**祷告：父神，**我有时会放大我对世俗的担忧和焦虑，我也为着我的私欲向你祷告和祈求。原谅我的短视，赦免我的小信。我想再次委身于你，我想先寻求你的国和你的义。因为我知道你爱我，并且对我最关心。祈求圣灵帮助我，让我经常把上帝放在我生命的首位，其余的我将交托给祂。我奉耶稣的名祷告，阿门。

Saturday, 18 September 2021

Title: Not Understanding, Yet Obey (John 21:3-12)

By: Chan Yew Thai

The context of the above passage is Peter wanted to go fishing and invited the rest to join him. They were all fishermen by trade. With the death of their Master (Jesus), they might be thinking of returning to their previous occupation. After whole night out in the sea, they caught nothing. Early in the morning as they were calling it a night, Jesus instructed them to cast their net on the right side of the boat. Following His instruction, they got a big catch.

When I read the above passage, I wondered why there was no protest from Peter and friends. They fished the whole night and caught nothing. Being experienced and professional fishermen, they knew what they were doing. Could it be they were in a state of despondency and did what they were told? They were at their lowest point after the death of Jesus, more so for Peter who earlier claimed that he would lay down his life for Jesus (John 13:37), but denied his Master thrice when facing the challenge; were they just being obedient even if they did not understand? At the time when they threw their net to the right of the boat, they had not recognised that it was Jesus who was talking to them (v 4). When they followed Jesus' instruction, they were unable to haul the net in because of the large number of fish.

Then, John recognised Jesus and told Peter that it is the Lord. When Peter heard that, immediately he jumped into the water and waded towards Jesus. Jesus met them on the shore and asked them to bring some fish and to join Him for breakfast.

In life, many times we encounter such situation, especially when we are at our lowest point. We may be told or may have a hunch to do something, but do not understand why. Should we follow our intuition and obey, we may in retrospect find that it is the correct thing to do. This is when we have prayed over it for some time. Our faith and obedience may be tested at times and it is at these times that we really learn and experience the faithfulness and goodness of our Lord Jesus: when we obey without understanding but still submit totally. Our Lord knows our needs and encourages us when we most need it.

Prayer:

Heavenly Father, we thank You for Your love and faithfulness. You know us and our needs and meet us when we most need it. May You open our hearts, eyes and ears to be sensitive to Your presence and prompting. Help us to obey even when we fail

to understand and submit to Your leading and guiding. In Your mighty name we pray. Amen!



每日靈糧

2021 年 9 月 18 日

星期六

標題：雖不理解，卻順從（約翰福音 21:3-12）

作者：陳友娣姐妹

翻譯：王靖端姐妹

上面這幾段經文是彼得要打魚去，並邀請其他的人一同前往。他們原本都是漁民。隨著他們的主（耶穌）的去世，他們可能在考慮回到以前從事的行業。“那一夜並沒有打著甚麼”，他們一無所獲。“天將亮的時候”，當他們打算收工時，耶穌吩咐他們在船的右邊撒網。聽從了祂的指示而行後，他們收獲豐碩。

當我讀到上面這幾段經文時，我驚異奇怪為什麼彼得和他的朋友們沒有反對抗議。他們徹夜打魚，毫無收獲。作為經驗豐富老練的以捕魚為生的漁民，他們知道自己在做什麼。難不成他們心灰意冷，而照他們被指示的去做了？耶穌死後，他們處於人生的最低谷，彼得更是如此，他早先聲稱他會為耶穌捨命（約翰福音 13:37），但在面對挑戰時卻三次否認他的主；難道他們不理解就隨便照做嗎？當他們把網撒到船的右邊時，他們還沒有認出是耶穌在和他們說話（第 4 節）。當他們聽從耶穌的吩咐“便撒下網去，竟拉不上來了，因為魚甚多。”

然後，約翰認出了耶穌，並告訴彼得是主。彼得一聽，立刻跳進水里，泅水到耶穌那兒。耶穌在岸邊和他們相遇，讓他們帶些魚來和祂一起吃早飯。

在生活中，我們很多時候都會遇到這樣的情況，尤其是在我們生命最低谷的時候。我們可能被告知或可能有做某事的預感，但不明白為什麼。如果我們跟隨這直覺走，後來追溯回想起來可能會發現這是正確的做法。這乃是我們已為它禱告了一段的時間。我們的信心和順服有時會受到考驗，正是在這種時候，我們才真正學習和體驗到我們主耶穌的信實和仁慈：當我們雖不明瞭卻仍然完全地順服。我們的主知道我們的需求，並在我們最需要的時候支持激勵我們。

禱告：天父，我們感謝祢的愛和信實。祢了解我們和我們的需求，並在我們最需要的時候滿足我們。願祢打開我們的心、眼睛和耳朵，能敏感地感受到祢的存在和提示。幫助我們順服，即使我們無法理解卻要順從祢的帶領和引導。我們奉祢大能的名禱告。阿門！

Sunday, 19 September 2021

Title: Time for Everyone

By Elder Tan Seng Kee

Bible Verse: Matt 10:8 b "...Give as freely as you have received."

At the end of my 2nd year studies at a local Malaysian university, I was required to do a 3-month internship with a local organization related to my field of study. A neighbor of mine then got me the internship position and I remembered clearly walking into the Bangkok Bank building in Chinatown, Kuala Lumpur on my first day of reporting to work.

I was concerned with what is expected of me and at the same time loaded with trepidation as this was the first time in my life I was going to work in an office with strangers, all qualified in their respective field of expertise. I was quickly shown around the office and assigned a desk and given a file to read. It was a tenancy agreement file.

I don't remember anyone coming up to talk to me that morning nor did I try to be friendly with anyone. Soon it was lunchtime and most of the lights were switched off and the office staff quickly filtered out in pairs and groups to the many coffee shops in the Petaling Street vicinity. In the brief stammering darkness of the floor, a staff member in the office came up to me and asked if I wanted to follow her out for lunch. I remembered the corner coffee shop was diagonally across the office building and that afternoon, I had beef noodle soup for lunch.

That incident was almost 40 years ago but I could remember it because it was an act of kindness shown to me by this kind lady. I am not sure whether this kind lady was a Christian then. Today, she is a disciple of Jesus and she greatly inspires, motivates and encourages many other Christians to live lives worthy of their calling as a Christian.

Jesus in the Gospel had time for everyone. He called out to the repentant tax collector on the tree, stooped down to draw a line in front of the adulterous woman, sat on the mountainside to teach the crowds what to expect in the Kingdom of heaven, called each of the Apostles by name from their respective station in life, answered patiently the questions of the rich young man, visited the home of Mary and Martha, healed the leper, visited the family whose loved ones had died and had time for a little child.

It is not difficult finding people to rejoice and celebrate with and often after that we forget the occasion and even the people who attended the celebrations with us. It is

however not so easy to have people to mourn together with and to suffer alongside because we naturally rather gravitate towards happy times than sad.

In this very difficult time and for the many foreseeable challenging days ahead, we should find more time to observe, care and come alongside people in need. Jesus calls us to a sacrificial lifestyle not detached from the world but to be in the world. A phone call, an expression of care, a helping hand or an offer of help could mean a world of difference for a person struggling to stay afloat in this pandemic.

As a church, we were thinking whether we could scale down PBC Covid Relief Initiative only to be told that personal recoveries are not there yet and many help organizations are still inundated with calls for help. If God “cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, ...” (Matt 6:30), then not only we should trust and have more faith that God will certainly care for us, but we should also care for others as well.

In the final analysis, people will remember us more for the time we set aside to be with those in sorrow and sufferings than for our presence at their parties and celebrations. An act of kindness with words and actions will stand out more than the presents and gifts. A pronouncement of a blessing from God for someone may mean more and have greater effect than we can imagine. Let us all consciously be instruments of God to be a blessing each day of our life.

Prayer:

God, help me to care and love the way Jesus would. Teach me acts of kindness that mean more than the money we can give and finally help me to be a blessing to someone in need. In Jesus’ name I pray. Amen.

**每日灵粮**

**星期日，2021 年 9 月 19 日**

**标题：给每个人的时间**

**作者：陈诚基长老**

**翻译：林良億姐妹**

**圣经文：马太福音 10:8 b “...你们白白的得来，也要白白的舍去。”**

我在马来西亚当地的一所大学念完第二年后，我需要在 一个与我研究领域相关的当地组织实习三个月。然后我的一个邻居给我找到了实习的职位。我很清楚记得**第一天在我**报到时，走进吉隆坡唐人街的曼谷银行大楼的情形。

**我担心公司**对我的期望，同时也充满了恐惧，因为这是我一生中第一次和陌生人一起在办公室工作，而且他们都具备各自专业领域的资质。我很快被带到办公室周围看了一下，被分配了一张桌子，并被吩咐阅读一份文件。这是一份租赁协议文件。

**我不记得**那天早上有人过来跟我说话，我也没有尝试和任何人友好相处。很快就到了午饭时间，大部分的灯都关了，办公室的工作人员很快就成群结队地到茨厂街附近的许多咖啡店。在这短暂的黑暗中，办公室的一名工作人员走过来问我是否愿意跟她出去吃午饭。我记得**街角的咖啡店就在办公楼斜对面**，那天下午，我吃了牛肉面汤。

**那件事是近 40 年前的事了，但我记得**，因为这位善良的女士对我的善举。我不确定这位善良的女士当时是否是基督徒。今天，她是耶稣的门徒，她极大地启发、激励和鼓励许多其他基督徒过着值得他们作为基督徒被呼召的生活。

**福音中的主耶稣**有时间陪伴每一个人。祂呼叫树上悔改的税吏，弯下腰在淫妇面前划线，坐在山腰上教导众人天国的事，并按名字称呼每一位使徒。耐心地回答富有年轻人的问题，拜访了马利亚和马大的家，治愈了麻风病人，拜访了亲人去世的家庭并有时间问候小孩子。

**找到人们一起欢庆和庆祝并不难**，而且在此之后我们常常就忘记了欢庆场合，甚至忘记了一起参加庆祝活动的人。然而，与人们一起哀悼和一起受苦并不容易，因为我们自然而然地倾向于快乐而不是悲伤。

在这个非常困难的时期和未来许多可预见的充满挑战的日子里，我们应该找到更多的时间去观察、关心和陪伴有需要的人。耶稣呼召我们过一种牺牲的生活方式，不是脱离世界，而是活在世界。对于一个在这场疫情中挣扎求生的人来说，一通电话、一个关心的表达、所伸出的援手或提供的帮助可能意味着一个不同的世界。

作为一个教会，我们在考虑是否可以缩小 PBC Covid Relief Initiative 的规模，结果却被告知个人康复尚未完全，许多帮助组织仍然收到大量求助电话。如果上帝“**野地里的草今天还在，明天就丢在炉里，神还给他这样的妆饰，何况你们呢**”（马太福音 6:30），**那么我们不仅应该信靠并更加相信上帝一定会照顾我们，而且我们也应该关心他人。**

归根结底，人们会更多地记住我们，因为我们安排时间陪伴那些悲伤和受苦的人，而不是仅仅出席他们的聚会和庆祝活动。善意的言行会比礼物更引人注目。上帝对某人的祝福可能比我们想象的更有意义，产生的影响也更大。让我们有意识地成为**上帝的器皿，成为生活中每一天的祝福。**

**祷告：上帝啊，帮助我能像主耶稣那样关心和爱护他人。教我行善，这比我们可以给予的金钱更重要，并最终帮助我成为有需要的人的祝福。奉我主耶稣基督的名祈求。阿门。**

Monday 20th September 2021  
Life-Changing Grace  
Pastor Soong Kok Kee  
An Encounter with Christ

2 Cor 5:17 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

William James, Harvard University's famous professor of philosophy and psychology, once said that after age 30 we become set like plaster and never change. But he was wrong. We can and do change.

John D. Rockefeller had become the world's only billionaire. But he was a miserable man who couldn't sleep, who was unloved, and who needed bodyguards. Then at age 53 he was stricken with a rare disease. He lost all his hair, and his body became shrunken. He was given a year or so to live.

Rockefeller started thinking about eternal issues, and suddenly he began to change. He gave away his money to help churches and the poor. He established the Rockefeller Foundation, which has under-written critical health research. His health improved, and contrary to the doctor's prediction, he lived to be 98.

Author, pastor, and onetime atheist Lee Strobel said in one sermon: How can I tell you the difference God has made in my life? My daughter Allison was 5 years old when I became a follower of Jesus, and all she had known in those 5 years was a dad who was profane and angry. I remember I came home one night and kicked a hole in the living-room wall just out of anger with life. I am ashamed to think of the times Allison hid in her room to get away from me.

Five months after I gave my life to Jesus Christ, that little girl went to my wife and said. "Mummy, I want God to do for me what he's done for Daddy." At age 5! What was she saying? She had never studied the archaeological evidence regarding the truth of the Bible. All she knew was her dad used to be this way: hard to live with. But more and more her dad is becoming different. And if that is what God does to people, then sign her up. At age 5, she gave her life to Jesus. God changed my family. He changed my world. He changed my eternity.

Of course Rockefeller and Lee Strobel are not the only two. As a Pastor, I have heard scores of testimonies and witnessed with my own eyes how God had changed lives that seemed impossible. Someone had said apart from the greatest miracle of our Lord's resurrection, the second greatest miracle is a changed life.

Zacchaeus gave half his possessions to the poor and repaid four times those he had cheated after his encounter with our Lord (Luke 19: 8). Paul turned from a persecutor of Christ to a preacher of Christ. No one, who truly had an encounter with Christ, will not have his life changed for the better.

Of course, we are not talking about a sinless or perfect life. There is no such life this side of eternity for anyone. But, to use a theological term “sanctification”, by putting it in laymen’s words, is to sin less and less and become more and more like Christ as our days go by. It’s a process all through our life until we come face to face with our Lord. If you have not had that encounter with Christ, pray to have one. If you want a changed life – only an encounter with Christ can do that: “if anyone is in Christ, he is a new creation; the old has gone, the new has come!”

PRAYER: Dear Lord Jesus, we want to thank you for changing our lives for the better since our encounter with you. Help us to live our lives striving daily to be more and more like you. We know we will never be perfect this side of eternity, but like Paul we can one day say proudly: I have fought the good fight, I have finished the race, I have kept the faith. For those who have yet to have an encounter with you, we pray you will reveal yourself to them as you did to Paul on the road to Damascus. In Jesus precious name we pray, AMEN.

班底浸信教会

每日灵粮

星期一，2021年9月20日

标题：改变生命的恩典

讲员：宋国基牧师

翻译：陈劲年姐妹

【与基督相遇】

哥林多后书5章17节 所以，如果有人在基督里，他就是新造的人；旧事已经过去，你看，都变成新的了！

威廉·詹姆斯（William James），哈佛大学著名的哲学和心理学教授曾经说过，30岁以后，我们就像石膏一样固定，永不改变。但他错了。我们可以而且确实会改变。

约翰·D·洛克菲勒（John D. Rockefeller）成为世界上唯一的亿万富翁。但他是一个睡不着的可怜人、无人爱戴、需要保镖。53岁时，他患上了一种罕见的疾病。他的头发全都掉光了，身体也萎缩了。他还能活一年左右。

洛克菲勒（Rockefeller）开始思考永恒的问题，突然间他开始改变。他把钱捐出去帮助教堂和穷人。他建立了秉承危急重症研究的洛克菲勒基金会。他的健康状况有好转，与医生的预测相反，他活到了98岁。

作家、牧师和曾经是无神论者的李·史特博（Lee Strobel）在一次讲道中说：我怎样才能告诉你上帝在我的生命中所做的改变？当我成为耶稣的追随者时，我的女儿艾莉森（Allison）5岁；在那5年里，她所知道的只是一个亵渎上帝和愤怒的父亲。我记得有一天晚上回到家里，因为对生活的愤怒，我在客厅的墙上踢了一个洞。想到艾莉森（Allison）为了避开我而躲在她房间里的时候，我感到很惭愧。

在我将生命献给耶稣基督五个月后，那个小女孩对我妻子说：“妈咪，我希望上帝也为我做祂为爸爸所做的一切。”才5岁！她在说什么？她从未研究过有关圣经真实性的考古证据。她只知道她父亲曾经是这样的：难以相处；但她的父亲变得越来越不同了。如果这就是上帝对人所做的，那就让她也加入吧。5岁时，她将自己的生命献给了耶稣。上帝改变了我的家庭。祂改变了我的世界。祂改变了我的永恒。



当然，洛克菲勒（Rockefeller）和李·史特博（Lee Strobel）并不是仅有的两个。作为牧师，我听过很多见证，亲眼目睹了上帝如何改变了看似不可能的生命。有人说，除了我们主复活的最大神迹之外，第二个最大的神迹就是生命的改变。撒该与我们的主相遇后，将他一半的财产分给穷人，并四倍偿还他曾讹诈的人（路加福音 第19章8节）。保罗从基督的迫害者转变为基督的布道者。凡真正与基督相遇的人，生命都必会变得更好。

当然，我们不是在谈论无罪或完美的生命；在世上没有任何人有这样的生命。但是，使用神学术语“成圣”，通俗来说，就是随着我们的日子一天天过去，犯罪越来越少，变得越来越像基督。这是一个贯穿我们一生的过程，直到我们与主面对面。如果您还没有与基督有过这样的相遇，祈求有一次吧。如果您想要一个改变的人生 – 只有与基督相遇才能做到这一点：“如果有人基督里，他就是新造的人；旧事已经过去，你看，都变成新的了！”

祷告：亲爱的主耶稣，我们要感谢祢，自从我们与祢相遇后，我们的生命变得更美好。帮助我们每天努力地变得越来越像祢。我们知道在世上我们永远不会完美，但有一天我们可以像保罗一样自豪地说：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。那些尚未与祢相遇的人，我们祈求祢会向他们显现，像祢在大马士革路上向保罗显现一样。奉耶稣宝贵的名祷告，阿们。

Tuesday, 21 September 2021

Title: Why is God Not Helping?

By: Shaun Ling

Text: Job38:36

“Who has put wisdom in the inward parts or given understanding to the mind?”

One of my most painful moments was when I got a message from my mother informing me that my father had passed on in hospital. He had been in hospital for over a month and we (and other friends) had been praying for his recovery. When the death certificate was finally issued, the cause of death was stated as “nosocomial infection” which meant my father’s death was caused by a separate infection while recovering in hospital. Ironically, the very place where he sought relief was also the place that had caused his death.

When painful moments come into our lives, we are often told to pray to God to seek mercy. We are told that God has the power to heal. The Jehovah Rapha, the God who heals. But all too often, we find that God does not answer our prayers. And honestly, I find myself questioning God and being angry with Him. I am annoyed that God does not respond to my pleas for mercy or answer my questions.

Job was exactly in this same position and without a doubt, he had the right to question God as he was a righteous man and even in his suffering, he did not curse God. In Chapters 29 to 31, Job asserts his innocence and demands that God explains the injustice that he sees is happening to him. When God finally responded to him in Job chapters 38 to 41, God takes Job on a virtual tour of the universe and asks Job questions on how every detail fits together – the sunrise, the habits of animals and plants. Indeed, God’s response has more questions than answers. In essence, God tells Job that Job has only a limited perspective of God’s world and that God is in fact, in control and is aware of every detail.

I sincerely believe that if you are going through heartache and pain, God invites you to bring your grief to Him and that He indeed cares for your every need. As our Father, He will not give you a snake if you ask for a fish and neither would He give you a scorpion if you ask for an egg (Luke 11:11-12). Yet, the challenge for us is to continue to trust even when He seemingly does not respond.

We may have to be satisfied – that this side of eternity – we will not get all our answers and like Job, we need to trust in a God that is timeless; an all knowing, compassionate and loving God. Perhaps, maybe perhaps like Job, questions do tell us more than answers could ever do.

Prayer:

Father, You are truly an infinite God and we ask this day that You give us a sense of Your majesty and greatness. In our own little world, sometimes we fail to acknowledge that You have the big picture and we are truly sorry. So, help us to trust that You are a God who cares, who listens to us, who shows Yourself to us; and even in grief and pain, You are there for us. Amen.

班底浸信教会

每日灵粮

星期二, 2021年9月21日

标题：为何上帝不帮助？

作者：林世勋执事

翻译：陈晓佩姐妹

经文：约伯记38:36

“谁将智慧放在怀中？谁将聪明赐于心内？”

**我最痛苦**的时刻之一是当我收到母亲的消息，告诉我父亲已经在医院去世了。他住院一个多月了，我们（和其他朋友）一直在为他的康复祷告。当死亡证书最终签发时，死因是“**医院感染**”，意思是我父亲的死是在医院康复期间因另一种感染造成的。讽刺的是，他寻求缓解的地方，也是导致他死亡的地方。

**当痛苦**的时刻临在我们的生活时，我们经常被告知要向上帝祈祷寻求怜悯。我们被告知上帝有医治的能力。**耶和**华拉法，医治的上帝。但是很多时候，我们发现上帝没有应允我们的祷告。老实说，我发现自己质问上帝并且生祂的气。我懊恼上帝没有回应我的恳求或回答我的问题。

约伯也在同样的处境，毫无疑问，他有质问上帝的权利，因为他是一位义人；即使他在苦难当中，他也没有咒诅上帝。在第**29到31章**中，约伯声称自己是无辜的，并且要求上帝解释他所看到发生在他身上的不公义。约伯记第**38到41章**，上帝终于回应了他。上帝带约伯进行一次虚拟的宇宙之旅，并问约伯每一个细节是如何联系在一起的问题 — **日出**、动物和植物的习性。的确，上帝的回应**包含**的问题多于答案。在本质上，上帝告诉约伯，约伯对上帝的世界只有一个有限的观点，而事实上，上帝掌控一切，并且晓得每一个细节。

**我由衷地相信**，如果您正在经历悲伤和痛苦，上帝邀请您把伤痛交托给祂，祂确实关心您的一切需要。作为我们的父，如果您求鱼，祂不会拿蛇给您；如果您求鸡蛋，祂也不会给您蝎子(路加福音11:11-12)。然而，我们面临的挑战是，即使祂似乎没有回应，我们也要继续信靠祂。

我们可能必须感到满足 — 在这世上 — 我们不会得到所有的答案。像约伯一样，我们需要相信一位永恒的上帝；一位全知、怜恤和慈爱的上帝。也许，像约伯一样，问题比答案能告诉我们更多。

### 祷告

父啊，祢真的是一位无限的上帝，我们今天祈求祢让我们感受到祢的威严和伟大。在我们自己渺小的世界里，有时我们无法意识到祢掌控全局，我们真的感到很惭愧。所以，请帮助我们相信祢是一位关心我们、倾听我们、向我们启示自己的上帝；即使在悲伤和痛苦中，祢也在我们身旁。阿们。

Wednesday, 22 Sept 2021

Title: Let the child in you be free

By Wong King Wai

Philippians 3: 13b – Forgetting what is behind and straining toward what is ahead

Sometimes, we get caught in the cycle of self-condemnation and self-incrimination because we have done something terrible in the past. While Paul did do many horrible things in his past, he realizes he cannot focus on what he cannot change and turns his focus on the things he can change and do, with God's help and strength. Moreover, the end goal of being with God keeps Paul motivated to do all he can for God's glory with a positive mindset. He also does not dwell and wallow in condemnation for his past mistakes. He has forgiven himself and found his purpose.

If you struggle to let go of the past and need help to love yourself and to accept yourself, you might want to do this simple exercise. Firstly, find a childhood photograph of yourself, when you were below 12 years old. Then find a quiet place and study the photograph intently, noticing every detail of the child in the photograph. Next, close your eyes and imagine this child in a happy and wonderful memory. If you can't find an actual memory, make up a situation.

In that memory/scenario, pay close attention to what the child is doing, follow the child wherever he or she goes, notice the expression on his/her face. Then imagine the adult you in the scene, and you and the child (which is also you) playing together and spending time together. After some time, imagine you and the child facing each other and you two hugging. Feel the love and compassion for this child. Then slowly see the child merge into you and let the love and compassion sweep over you.

After a while, open your eyes and stare at the photograph again. Then, on a piece of paper, complete sentences that start with "I am...." (for example, I am happy, I am powerful etc). Write as much as you like. After you have run out of ideas, study each sentence. Each of them describes your true essence, the pure "you" before the world corrupted your view of yourself.

Take time to reflect and think about what is revealed and ask God to help you to start living your life based on who you are, who God has created you to be. Review the list regularly to help you keep moving forward in life and do what God has placed in your heart to serve Him so you can glorify and honour Him.

God bless you and keep you, God shine His face upon you and give you peace.

PRAYER: My Father in Heaven. Thank You for being my God. Thank You for giving me a second chance. Help me to know that I have been forgiven of all my sins and that You do not hold them against me and neither should I. Guide me to serve You and to honour You in all that I do. Thank You for everything. In Jesus name I pray, AMEN.

班底浸信教会

每日灵粮

星期三, 2021年9月22日

标题：让您内心的孩子自由吧

作者：黄经为弟兄

翻译：陈健萍姐妹

**【腓立比书3:13下】 我只有一件事，就是忘记背后努力面前的。**

有时，因为我们过去做了一些很不好的事情，我们会陷入自我谴责和自证其罪的循环中。虽然保罗在过去确实做了许多可怕的事，但他意识到他不能专注于他无能改变的事情，而在上帝的帮助和力量下，把注意力转向他可以改变和可以做的事情上。此外，与上帝同在的最终目标使保罗有动力以积极的心态为上帝的荣耀竭尽所能。他也不会沉湎在对自己昔日过犯的谴责中；他原谅了自己，找到了自己的目标。

**如果您在努力**摆脱过去，需要帮助去爱自己、接受自己，您可能会想要做这个简单的练习。首先，找一张您12岁以下的童年照片。然后找一个安静的地方，专心地研究这张照片，留意照片中孩子的每一个细节。接下来，闭上您的眼睛，想象这个孩子在一个快乐而美好的记忆中。如果您找不到真实的记忆，就编造一个情境。

在那记忆/情境中，**要密切关注孩子的举动**，无论他或她到任何地方，都跟着并注意他/她脸上的表情。之后想象成人的您在情境中，您和孩子**(也是您)一起玩耍，一起度过时光**。过了一段时间，想象您和孩子面对面拥抱在一起。感受一下您对这个孩子的爱和怜惜。然后慢慢地看着孩子融入您，让爱和怜惜席卷您。

过了一会儿，睁开眼睛，再次凝视这张照片。然后，在一张纸上，完成以“**我/我是...**。”开头的句子。**(例如：我很快乐，我很强大等等)**。您想写多少就写多少。当您再也想不出了，**仔细看这些句子**。它们每一个都描述了您的真实本质，在这个世界破坏您对自己的看法之前的纯净的“您”。

花时间自省和思想所得的启示，并求上帝帮助您开始生活在您是谁、上帝创造您要成为谁的基础上。定期查看列表以帮助您在生活中不断前进，并作上帝放在您心中服事祂的事情，这样您就能荣耀并尊崇祂。

**愿耶和華賜福给您，保护您。愿耶和華使祂的脸光照您，赐您平安。**



祈祷：我在天上的父，祢是我的上帝，我感谢祢。感谢祢给我第二次机会。求祢帮助我知晓，我所有的罪都已被赦免，祢不会因为我的罪过而谴责我，我也不应该这样做。求祢引导我服侍祢，在我所行的一切事上尊荣祢。感谢您所作的一切。我奉耶稣的名祈祷，阿们。

Thursday 23 September 2021

Title: I see people, they look like trees walking (Mark 8:24)

By Choong Yoon Tong

Mark 8:22-26 narrates a strange healing incident in Bethsaida, a town Jesus had rebuked for their unrepentant hearts despite seeing many miracles (Mt 11:21). For the only time, the healing appears unsuccessful. Jesus spit on his eyes and laid hand on him but the man only regained blur vision, seeing people like trees walking. No, it was not that Jesus' power had left Him momentarily. The blind man was brought in by others who appeared to be more eager for the healing than the patient himself. Jesus was patient and led him away from the village of the doubtful and sinful crowd that He may reveal His power to him personally. The blind man's unbelief probably was the cause that he was not healed completely at first. Jesus was merciful to touch and heal him again.

In a subsequent event at Jericho, another blind man, Bartimaeus, who had faith in Jesus cried out for His attention. Without touching him, the beggar recovered his sight because his faith has made him well. (Mk 10:46-52)

Intercalated between these two events, the disciples' faith was shallow like the first blind man, despite following Jesus all this time. They could not understand His prophesy of death and resurrection (Mk 8:31-38, 9:32). They were dumbfounded by the transfiguration, faithless to cast out demons (Mk 9:18-19), squabbling about who was the greatest and wrongly restricting children from coming to Christ. Despite the personal touch from Jesus, they were like the first blind man who saw people like trees walking; they could not see clearly who Jesus was nor understand His plan of salvation.

Without faith it is impossible to please him. We must have faith like Bartimaeus, the beggar who cried out to Jesus, "Lord have mercy on me, let me recover my sight."

Prayer:

Dear Lord, let not the current depressing pandemic and economic situation blind my faith in You. Open my eyes that I may continue to trust in You; knowing that You are sovereign and have greater plans for Your kingdom and Your people beyond my perception. I trust You and bless You Lord. May You also heal this nation that those spiritually blind will receive their sight and turn to You for salvation. Amen.

每日灵粮2021年9月23日，星期四

题目：我看见人，他们就像行走的树木（马可福音8：24）

作者：钟荣堂执事

翻译：吴淑娉姐妹

马可福音8：22-26叙述了在伯赛大城发生的一件奇怪的医治事件，之前耶稣曾斥责城内的人尽管看过许多神迹，但依然不愿悔改。（马太 11: 21）这是唯一看似不成功的一次——**耶稣吐唾沫在瞎子的眼睛，并按手在他身上，但那人只获得模糊的视力，看到人好像树木，并且行走。**不！这并非因为耶稣的能力暂时离开了祂！带瞎子来求医的人显得比瞎子本人更积极，耶稣很有耐心，将瞎子带离村庄，离开那些充满罪恶和不信的人，好让祂亲自向他展示自己的大能，瞎子的不信可能就是祂最初没有得到完全康复的原因，慈爱的耶稣再次触摸他，并把他治愈。

之后在耶利哥，一个相信耶稣的瞎子巴底买，在耶稣和门徒经过时，呼叫耶稣，求耶稣医治，乞丐巴底买没有碰触到耶稣就恢复了视力，因为他的信使他康复了。（马可：10: 46-52）

门徒虽然一直跟随着耶稣，但在这两件医治事件之间，他们的信心却是像第一个瞎子那样肤浅：**无法理解耶稣对死亡和复活的预言（马可8: 31 -38, 9：32）、对耶稣的改变形象目瞪口呆、没有足够信心赶鬼（马可9：18-19）、争论谁伟大、更错误地不让小孩走近耶稣。**尽管有耶稣亲自带领和教导，他们依然像第一个瞎子看到人像在行走的树木，看不清耶稣是谁，也无法理解祂的救恩计划。

**没有信心，就不可能取悦祂，我们必须像乞丐巴底买那样有信心，向耶稣呼求：**“主啊，可怜我吧！让我能看见。”

## 祷告

亲爱的主，不要让当前令人沮丧的瘟疫和经济不景而**蒙蔽了我**对祢的信心，开我的眼目，让我可以继续信靠祢，知道祢是至高无上的，祢对祢的国度和子民伟大的计划超乎我的理解。我相信祢，祝福祢亲爱的主，愿祢也医治这国家，使那些属灵失明的人能重见光明，转向祢寻求救恩。阿们

Friday, 24 September 2021

Hold on

By: Sally Cheong

John 21:6 The disciples "were not able to draw it for the multitude of fishes. "

Sometimes we just can't hold on.

Like Job, we complain bitterly and not without cause perhaps. Job was enduring great mental depression. He had reason for his sorrow. He was struck with sudden poverty and bereavement. His children had died unexpectedly. All his wealth and possessions had been taken away. He had no comforts left. He was tried to the utmost.

Job lamented to his friends, " I do not moan or complain without cause. If I still enjoyed my former comforts, even a little of them, I will not murmur. But I am grievously afflicted." He lost the care to breathe. All his zest for life was gone. "Why was I even born?" He asked.

Are some of us feeling like that now?

Job was faithful. God said he was. We dare not claim to have the righteous life of Job but to all intents and purposes, some feel they have not transgressed so heavily to warrant such afflictions as now. Discouraged, frustrated and angry, Job did not curse GOD but he demanded answers from the Almighty.

He just wanted to know why.

We know God answered him at the beginning of chapter 38 of the Book of Job. Not to satisfy his fancy of insight into Divine counsels but to knock him back to his senses. GOD asked Job 64 questions. At the end of it, all the wind that was blowing in Job's heart and mind to ruffle and shipwreck his faith died down. When GOD condescends to answer our foolish questions, we can only remain silent. We come to realise the fullness of the fool residing in our bosom. Job fell on his knees and repented. He was blessed thrice over for all he lost and he lived to see his great, great grandchildren.

Job lived way before Abraham. Is there something in the gospel for us today?

Yes.

In John 21, we learn that the disciples had returned to fishing after the death and resurrection of the Lord Jesus, their closest friend and Master. They were waiting for the appointed time to meet him at the hills in Bethany. Meanwhile they decided to do what they used to do – fishing.

The whole night they caught nothing.

It was a long night. The pandemic is like a long night out at sea. The disciples worked diligently. They threw their nets to the left and to the right side of the boat countless times. Still no fish. Nothing. They were seasoned fishermen, not novices. Confusion and discouragement set in.

It is dawn and the net is still empty. What is happening? The world resorts to desperate measures for desperate times. Do Christians do the same?

Sudden destitution wrecks lives. It makes men cry. We have not the faith of the prophet Habakkuk who rejoiced in the Lord of his salvation even though the olive harvest fails and the barn is empty. We are lesser beings.

Then they saw someone standing at the shore. Watching them. They couldn't quite recognise him. When we are depressed, our minds are fuzzy and our eyes of faith are blur.

He asked them if they caught any fish. If someone else had asked them, they would have blown up. But it was the voice of GOD. They answered no. The Lord then said, " cast your nets to the right. " The power of that command led to immediate obedience. They cast their nets to the right.

Lo and behold! There was such a miraculous draught of fishes splashing here and there that they could not draw them in. Such a multitude of fishes!

Then the disciple whom Jesus loved said to Peter, " It is the Lord! "

Prayer :

O Lord our God! We long for that multitude of fishes to come our way. It has been a very long night for many of us Lord. We are grievously afflicted and we do not understand why.

We want to believe O Lord that it will all end well for us, those who love You and walk close to You. Help us overcome our unbelief in times like these. We have been

out at sea too long now and our nets are empty. Tears fill our eyes and we can't see  
You clearly on the shore.

Hurry Lord to shorten our sufferings and restore to us the joy of our salvation. Let  
us hear Your voice, " cast your nets to the right. "

For we ask this in the precious Name of Jesus Christ, Amen.

每日灵粮

星期五，2021年9月24日

标题：坚持

作者：张绣梅

翻译：巫惠如

约翰福音21:6 耶稣说：“你们把网撒在船的右边，就会捕到。”他们就把网撒下，竟拉不上来，因为鱼很多。<sup>[1]</sup>

有时我们就是无法坚持。

和约伯一样，我们会抱怨，或许也不是毫无理由。约伯经历严重的精神折磨。他有理由感到悲伤。他突然贫困潦倒，又丧失亲人。他的孩子意外死亡。他所有的财富和财产都被夺走，也失去了舒适安逸的生活。他受尽苦楚。

约伯向他的朋友们哀叹，“我不是无缘无故地抱怨或呻吟。如果我仍可以享受过去的舒适，哪怕只是一点点，我也不会嘀咕。但我深受折磨。”他死气沉沉，对生活的热情也完全消失了。他问道，“我为什么要出母胎？”

我们当中是否也有些人也有类似的感受？

约伯很忠心。上帝说他忠心。我们不敢宣称自己过着如约伯义人的生活，但无论从哪个方面来看，有些人觉得他们并不应该遭受如此严重的折磨。沮丧而愤怒的约伯没有诅咒上帝，但他要求全能者给他答案。

他只是想知道为什么。

我们知道上帝在约伯记第38章开头回答了他，不是为了满足他对于上帝的智慧的好奇心，而是让他醒悟。上帝问了约伯64个问题。最后，在约伯心中，脑里所刮起的扰乱和挫败其信心的狂风都将平息。当上帝屈尊回答我们愚蠢的问题时，我们只能保持沉默。我们逐渐意识到我们满腔的愚蠢。约伯跪下认罪。他最终所得的恩典是比先前失去的多三倍，他活着得见儿孙，直到四代。

约伯活在比亚伯拉罕更早的时代，今天，我们在福音里有没有可以学习的功课？

有的。

在约翰21中，我们了解到，在耶稣 — 他们最亲密的朋友和主人 — 的去世和复活之后，这些信徒又重新开始捕鱼。他们在伯大尼山上等待指定时间。同时，他们决定像过去那样：去捕鱼。

他们一整晚什么都没抓到。

那是个漫长的夜晚。这场疫情就像在海上度过一个漫长的夜晚。门徒勤奋工作。他们把网子往船的左边和右边扔了无数次。还是没有鱼。什么都没有。他们是经验丰富的渔夫，不是新手。他们开始感到混乱和沮丧。

天亮了，但网还是空的。到底发生了什么？属世的做法就是在绝望的时候，采取孤注一掷的措施。基督徒也这样吗？

突然的贫困摧毁了生活。这会让人流泪。我们没有先知哈巴谷的信心，尽管橄榄树不效力，田地不出粮食，他却因救我的神喜乐。我们都很懦弱。

然后他们看见有人站在岸边，看着他们。他们认不出来是谁。当我们沮丧的时候，我们的思绪混乱，信心的眼也模糊。

他问他们有没有捕到鱼。如果有人问他们，他们真的会崩溃。但那是主的声音。他们回答没有。主接着说，“把你的网撒向右边。”这一命令的力量使人们立即服从命令。他们把网撒向右边。

看啊！到处都是鱼，而且它们无法把网拉上来。好多的鱼啊！

然后耶稣所爱的门徒彼得说：“是主！”

祈祷：哦主我们的神！我们渴望很多的鱼出现在我们眼前。对于我们许多人来说，现在犹如漫长的夜晚。我们深受折磨，我们也不明白其中的原因。

主啊，我们想相信，那些爱你，并与你同行的人必会得到好结果。在如此时刻，帮助我们克服我们的不信。我们出海太久了，网也空了。我们热泪盈眶，看不清在岸上的你。

求主你减轻我们的痛苦，让我们恢复救赎的喜乐。让我们听你的声音，“把网撒在右边。”我们奉耶稣基督的名祷告，阿门。



Saturday, September 25, 2021

Title: God listens to prayer

Author: Pastor Andrew Lim

Translation: Margaret Ong

Everyone knows to pray to God, because they firmly believe that God loves them and cares for them, so they will pray to God earnestly for certain things and express their distresses and worries in detail. However, some people feel very depressed because their prayers have not been answered. Sometimes wonder why God seems to have done nothing? Did God listen to my prayer seriously? Many people may have such doubts: "I have prayed wholeheartedly many times for something. Why does God not comply with my request? What is keeping God from responding after I've prayed for so long?" Why is God like this? Is your prayer answered in accordance to your wish? In fact, it is not that God did not hear our prayers. Sometimes, it is because God needs time to wait— wait for us to transform, or when our time is up, He will bless us with the gifts that are already "prepared" in the most suitable way with the right timing. Just as a child saw his father driving a car, he wanted to drive also. Dad would definitely not let him drive at that moment. If he got the car so young, he would for sure get into a serious accident, so his father waited until he grew up and had a driver's license. Only when he was mature enough to be trusted with a car.

God will hear everything, including our prayers. Because He is God. God is omniscient, and He has perfect knowledge of everything (Ps. 139:1-4). The question is not whether God is aware of every prayer, but whether God decides in our prayers whether to respond to them immediately. God wants us to pray. He created prayer. Prayer is a way of communicating with God so that we can enjoy intimate relationship with Him (Revelation 3:20), confess our sins to Him (1 John 1:9), and "call upon Him in the day of trouble," (Psalm 50:15), to enjoy His presence and protection, and to enable us to fully obey the will of God because we understand His love and will for us (Jeremiah 29:11-12; Luke 22 :42.) There is a kind of prayer that can definitely be answered. It is the prayer of repentance. When we willingly cry out to God with honest, humble and repentant heart, He desires to make us righteous and to forgive our transgressions.

The promises of the Bible give us confidence that God will listen to people's prayers. Because Jesus said: "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your

children, how much more will your Father who is in heaven give good things to those who ask Him!" (Matt 7:7~11). God, our Heavenly Father will definitely prepare all the best things for those who ask him, but when "the hour has not yet come", if the prayer insists on asking for it, the bread you want may turn into a stone, and the fish you desire may turn into a snake that bites people.

What is really certain is that we can come to God at any time, talk to Him or pray to Him. No matter the answer is: "Positive", "Negative", "Wait", He will always answer. God also promises that He will not let anything happen to us indiscriminately, but what can happen to us, even if everyone thinks it is bad, He can make it the most beneficial to us. Because the promise of the Bible is: "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." (1 Cor. 10:13) "And we know that all things work together for good to those who love God," (Rom. 8:28 ) So do not underestimate the purpose of God putting us through the mill.

When we make decisions for the sufferings or difficult problems we face in life, God is absolutely capable of helping us to get rid of our challenges, but God's spirit will not make decisions for us. He allows us to act according to our own wishes, and God will give us enough wisdom and ability to face them. The Bible promises "Fear not, for I am with you, be not dismayed, for I am your God , I will strengthen you. Yes, I will help you, I will uphold you with My righteous right hand." (Isaiah 41:10) The Holy Spirit will guide us, help us understand the principles of the Bible, and teach us how to put the principles into practice, respond positively to ordeals and make the right choices and decisions.

The Bible assures us: "For the eyes of the LORD are on the righteous, and his ears are open to their prayers." (1 Peter 3:12 ) Therefore, Jehovah God listens to the prayers of the righteous, whether they pray loudly or pray silently in their hearts. God does not despise our every prayer, we have to wait for God's time, when the time is right, God will help. You don't have to shout to Him in prayer, He knows your every little fear. Before you pray, he already knows your mind and thoughts. When you face Him alone, you can even cry as you pray, and God will not despise it; you can find the answer in His words; this is true because He walks with you.

Prayer: Dear God, thank You for allowing me to give you all my worries and troubles so that I can be released. You know every tiny fear in me, so I do not need to hide from You, even if sometimes I will still be suspicious in prayer. You still listen to my spoken and unspoken prayers. Help me believe that You will keep Your promises.

Thank You for listening to my prayers. Thank You and I pray in the holy name of the Lord Jesus. Amen.

每日灵粮

星期六， 2021年9月25日

标题：上帝垂听祷告

作者：林金儀傳道

人人都晓得向上帝祷告，因为坚信上帝爱护并关心他们，因此他们都会认真心诚地为着某一些件事向上帝祷告，细诉自己的苦恼与忧虑。不过，有些人由于祷告未蒙成就，感到十分懊丧。有时候觉得为何上帝好像什么事都没做呢？上帝到底是有没有认真听到我的祷告？可能有不少人会有这样的疑惑：“我已经为某件事真心诚意地祷告很多次，为何上帝总是不应允？祷告了那么久都没有反应，为什么上帝这样呢？”**你的祷告如愿以偿吗？**其实，不是上帝没有垂听到**我们**的祷告，有些时候，是因为上帝要时间等候，等待我们的改变，或者等我们的时间到了，才将早已经“预备好了”的**礼物**，在**最适合**的时候，赐给我们。就像儿童看到爸爸驾车，他也想驾。爸爸肯定当时不会让他驾驶，因为如果他早得到车，他肯定会闯大祸。所以爸爸一直到他长大了，有驾照驾驶了，成熟了才将车子放心交给他。

**上帝会听到一切**说话，包括我们的祷告。因为他是上帝。上帝是无所不知，没有一件事上帝不知道 (诗139:1-4)。问题不在于上帝是否意识到每一个祷告，而是上帝是否在我们的祷告中决定是不是立刻回应它们。上帝要我们祷告。**是祂创造了祷告**，祷告作为一种与上帝沟通的方式，让我们可以享受与祂亲密的沟通(启3:20)，**可以向祂承认我们的罪**(约一1:9)，**祈求祂满足我们的需要**(诗50:15)，**享受祂的同在与保护**、并使我们因为明白祂对我们的爱和意愿，愿意做与祂的旨意相符的事(耶29:11-12;路22:42。)有一种祷告肯定可以得到回应，那就是悔改的祷告。当我们愿意以诚实、谦卑悔改的心向上帝呼求时，祂渴望让我们成为公义的人并原谅我们的过犯。

圣经的应许，让我们有把握上帝必定垂听人们的祷告。因为耶稣说：“你们祈求，就给你们；寻找，就寻见；叩门，就给你们开门。因为凡祈求的，就得着；寻找的，就寻见；叩门的，就给他开门。你们中间谁有儿子求饼，反给他石头呢？求鱼，反给他蛇呢？你们虽然不好，尚且知道拿好东西给儿女，何况你们在天上的父，岂不更把好东西给求他的人吗？”太7:7-11**天父上帝肯定会预备好各种最好的东西给向祂求的人**，但是时候没到的时候，祈祷的人如果硬硬是要的话，要的饼可能会变成石头，要的鱼可能会变成咬人的蛇。

**真是可以确信的是**，我们随时都可以随时来到上帝的面前，和祂说话或向祂祈求。无论答

案是：“肯定”、“否定”、“等候”，祂总是会答复。上帝也应许，祂不会胡乱让任何事物都临到我们身上，但是能够临到我们身上的事，就算是人人都认为不好的，祂都能使其，成为对我们最有益的。因为圣经的应许是：“你们所遇见的试探，无非是人所能受的。神是信实的，必不叫你们受试探过于所能受的；在受试探的时候，总要给你们开一条出路，叫你们能忍受得住。”“我们晓得万事都互相效力，叫爱神的人得益处。”所以别轻看上帝给我们的磨练。

在我们为人生面对的苦难或难题作决定时，上帝绝对有能力帮助我们，除去我们的难题，但是上帝的灵不会为我们作决定，祂容许我们按自己的意愿行事，上帝会给足够的智慧与能力让我们面对。圣经应许“你不要怕，因为我与你同在。你不要四顾张望，因为我是你的上帝，我要使你坚强。我必定帮助你，也必定用正义的右手扶持你。”圣灵会引导、帮助我们理解圣经的原则，又会教导我们怎样把原则付诸实行，在困难面前正面回应和做出正确的选择与决定。

圣经向我们保证：“耶和華的眼看顧義人，祂的耳傾聽他們懇切的祈求。”所以，耶和華上帝傾聽義人的禱告，不論他們是朗聲禱告還是心里默禱。上帝沒有輕看我們的每一個禱告。要等候上帝的時間，時間到了上帝就會出手相助。你禱告不必向他大喊，你每一個微小的恐懼祂都知道。你未禱告前，祂已經知道你的心思與想法。當你獨自面對祂時，你的禱告甚至可以哭泣，上帝不會輕看；你可以在祂的話語中找到答案；這是真的，因為祂與你同行。

禱告：親愛的上帝，謝謝祢允許我，將我所有的忧虑和煩惱都可以交給祢，因此我可以被釋放，我內心每一個微小的恐懼祢都知道，因此我向祢不需要隱藏，即使有時我禱告仍會懷疑，祢仍然垂聽我有聲或無聲的禱告，幫助我相信祢必信守承諾，謝謝祢垂聽我的禱告。感謝禱告

是奉主耶穌的聖名。阿們。

26 September 2021  
by Abraham Verghese  
Struggling with doubts

Mark 9 : 24

Immediately the father of the child cried out and said, "I believe; help my unbelief!"  
Read Matthew 11 : 2 – 19

One of the hardest things about doubt is admitting it is there. Doubts often start small. Yet one question quickly leads to another. Does it make any difference whether we pray or not? After all if God is God does He not already know? Does God bother to hear? Does God hear? Does God care? And finally, is God even there?

Atheists let their unbelief hang out while we keep ours hidden. How can you admit to doubt if you are a Sunday school teacher, a care group leader, or employed by a Christian organisation? How can you speak of unbelief when you are part of a family of "believers"?

Such doubts do exist. Just like unwanted weeds, doubts grow when left unattended. If we don't face them head on, they will soon overwhelm us.

I grew up in a Christian family with parents who were well established in the Christian faith . At the age of 15 however I began reading a "Christian" magazine and some books that challenged some of the biblical doctrines . With no proper organised study of the Bible and limited prayer life, I soon over the years became a loyal member of a church which on hindsight was an off track cult. When the then off track church realised some of their errors and started changing for better, I became disillusioned and went off tangent into more questioning and disbelief.

God is faithful. By the grace of God, He led me back into fellowship with believers. This journey has set me more established in spirit and in truth of Lord Christ Jesus than ever.

In Matthew 11: 2-19, John the Baptist while in prison sent his disciples to Jesus with a question : "and said to him, "Are you the one who is to come, or shall we look for another?" As John languished in prison, did he struggle with confusion? John had the privilege of baptising the Son of God. Perhaps he wondered why Jesus had not yet freed the world of injustice and sin as the Messiah was expected to do so. Whatever the thoughts he struggled with, he took his doubts to the right person. Jesus told John's disciples to report back to John the miracles they witnessed.

Likewise our doubts must be confronted and nipped in the bud, otherwise it might spiral out of control and lead you into the wilderness like it happened to me.

Doubt is part of being human. At times we doubt our beliefs, our reasons, our work, our friends and even ourselves. It would be odd if we never doubt God at times.

Doubt is an inevitable part of the Christian experience. This is why Jesus was continually chiding his disciples: "O you of little faith!" (Matt. 8:26). In our human sinful nature, we still sin and have doubts at times. A doubt-less Christian maybe as impossible as a sin-less Christian. Sin springs from unbelief . It is not much of a stretch to rephrase 1 John 1: 8, 9 this way: "If we say we have no doubts we deceive ourselves and the truth is not in us. But if we confess our doubts, God is faithful and just to forgive us our doubts and purify us from all unbelief."

:

Prayer : Heavenly Father, forgive us of our doubts and have mercy upon us. Forgive us for looking through worldly eyes instead of asking You for heavenly vision. Thank You for Your endless grace and patience. More than anything, we want to walk in Your will. In the precious Name of Jesus I pray. Amen.

每日灵粮

星期日， 2021 年 9 月 26 日

标题：带着疑惑挣扎

作者：Abraham Verghese

翻译：林良億姐妹

馬可福音9：24“孩子的父亲立时喊着说（有古卷：立时流泪的喊着说）：我信！但我信不足，求主帮助！”

阅读马太福音 11 章：2 - 19

关于怀疑的最难的事情之一就是承认它存在。怀疑往往是从小事开始的。然而，一个问题很快就会引出另一个问题。我们祷告与否有什么不同吗？毕竟，如果上帝是上帝，祂难道还不知道吗？上帝想要听吗？上帝听见了吗？上帝在乎吗？最后，上帝还在吗？

无神论者显露他们的不信，而我们却隐藏自己的不信。如果你是主日学教师、关怀小组的领导或在基督教组织里工作，你怎么能承认你有怀疑呢？当你是“信徒”家庭的一员时，你怎么能说不信呢？

这样的质疑是存在的。就像没用的杂草一样，如果无人看管，疑虑就会增加。如果我们不直接面对它们，疑虑很快就会压倒我们。

我在一个基督教家庭长大，父母都在基督教信仰中建立了良好的基础。然而，在 15 岁时，我开始阅读一本“基督教”杂志和一些挑战圣经教义的书籍。由于没有适当并系统性的学习圣经以及有限的祷告生活，很快我成为了一个教会的忠实成员，但事后看来这是一个偏离轨道的邪教。当偏离轨道的教会意识到他们的一些错误并开始变得更好时，我的幻想破灭了，转而陷入更多的质疑和怀疑。

上帝是信实的。靠着恩典，祂带领我重新与信徒相交。这次旅程经验使我在主耶稣基督的灵命和真理上比以往任何时候都更加坚定。

在马太福音 11 章 2-19 节，在狱中的施洗约翰派他的门徒问耶稣：“那将要来的是你麼？还是我们等候别人呢？”当约翰在监狱里苦苦挣扎时，他是否在困惑中挣扎？约翰有幸为上帝的儿子施洗。或许他想知道为什么耶稣还没有像所期望的弥赛亚那样将世界从不公正



和罪恶中解放出来。无论他如何纠结，他都将心中的怀疑交给了正确的人。耶稣吩咐约翰的门徒告诉约翰他们所见证的神迹。

同样，我们也必须面对我们的疑惑，防患于未然，否则它可能会失控，像发生在我身上一样，把你带入荒野沙漠。

怀疑是人性的一部分。有时，我们怀疑自己的信念、推论、工作、朋友甚至自己。如果我们从不怀疑上帝，那会很奇怪。怀疑是基督徒经历中不可避免的一部分。这就是为什么耶稣不断责备祂的门徒：“你们这小信的人啊！”（马太福音 8:26）。在我们人类的罪性中，我们仍然会犯罪，有时也会怀疑。一个没有怀疑的基督徒可能和一个没有罪的基督徒一样不可能。罪源于不信。将约翰一书 1 章 8、9 节这样改写并不过分：“如果我们说我们没有怀疑，我们就是在己欺欺人：骗自己，而真理并不在我们心里。但如果我们承认我们的怀疑，上帝是信实的，会宽恕我们的怀疑，并净化我们所有的不信。”

**祷告：**天父，请原谅我们的疑惑，并怜悯我们。饶恕我们用世俗的眼光看事情，而不是向祢祈求天国的异象。感谢祢无尽的恩典和耐心。最重要的是，我们想遵行祢的旨意。我奉主耶稣宝贵的名祈求祷告。阿门

Monday, 27 September 2021

Title: Constitutional Monarch or Sovereign Saviour?

By: Ong Hwee Soo

Matthew 6:10

"Your kingdom come  
Your will be done,  
On earth as it is in heaven."

The Matthew Gospel is often called 'The Book of the King' in view of its kingly theme. Beginning, with the declaration by John the Baptist, Christ's forerunner, "the kingdom of God is at hand" (3:2), Matthew points to the Messianic kingdom. The coming of the kingdom, means bringing into human life the eternal reign of God. It was "at hand" when Jesus began His earthly ministry (4:17), and every significant event throughout Christ's life was a progressive step towards its final consummation at the end of time.

The Jews during Jesus' time were waiting for the kingdom, but generally, their concept of the Messianic kingdom was one that would overcome their colonial masters. The Twelve disciples were focused on the kingdom not so much as to honour the king or the victory of the kingdom as their obsession with their place in the kingdom. For them, the kingdom was about position, prominence and personal power. For instance, James and John requested Jesus to designate them "one at your right hand and one at your left hand in your kingdom" (Matthew 20:20-28 and Mark 10:35-45). Subsequently, "when the ten heard it, they began to be indignant at James and John" (Mark 10:41) simply because they were equally ambitious.

In the Lord's Prayer (v9-13) Jesus models for us not what to pray but how to pray. You either pray that God's kingdom come and that His will be done or you endeavour to ensure your way and your will win the day.

While the Matthew Gospel carries the theme of the kingdom, the whole Bible really is a story of a kingdom at war, that rages on in the arena of our hearts. One kingdom leads you to the King of kings, the other sets you up as king. Many people treat God as a Constitutional Monarch figurehead whereas they remain as the Prime Minister of their lives. True freedom is not found in doing what you want to do or putting yourself in the centre of your cosmos. It is found in the willing submission of our hearts to God's authority.

If you have not surrendered your life to Jesus, may I encourage you that Christ's grace is bestowed to you not to let your little dynasty work your way, but to offer

you an incomparably better dominion in which He reigns as the Sovereign Saviour. Jesus says, "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom" (Luke 12:32)

For believers in Christ, may I remind us that if we are not careful, our church or para-church ministries can easily become our Lilliputian kingdoms. Leaders in God's domain shepherd the flock whereas leaders in the Lilliputian kingdom lord it over them (I Peter 5:2-3). In God's kingdom we carry out His mandate, whereas Lilliputians pander their man-made agendas. God's kingdom leaders concede full control to Christ, the CEO whereas Lilliputians clamour for control. "Leadership is not about being in charge. Leadership is about taking care of those in your charge." (Simon Sinek)

Leaders in the Lord's realm pivot on people rather than processes. Lilliputian leaders tend to micro-manage because of their microscopic view of their microcosm, instead of having a telescopic view of God's universal purposes.

In what ways have we become self-sovereign mini-monarchs instead of obeying our Mighty Monarch?

PRAYER

Sovereign Saviour King, helps us Live the Life fully in allegiance to Your Kingdom.  
Amen.

班底浸信教会

每日灵粮

星期一，2021年9月27日

标题：宪法君主还是君王救主？

讲员：翁辉赐弟兄

翻译：陈劲年姐妹

【马太福音 6:10】

“愿你的国降临，  
愿你的旨意行在地上，  
如同行在天上。”

基于其君王主题，马太福音通常被称为“君王之书”。以基督的先驱施洗约翰的宣言开始，“天国近了”（第3章2节），马太指向弥赛亚王国。国度的降临，意味着将上帝永恒的统治带入人的生命。当耶稣开始祂在地上的事工时，天国已“近了”（第4章17节），基督一生中每一个重大事件，都是向着它在末日的终局迈进的一步。

耶稣时代的犹太人在等待国度的降临，但一般来说，他们对弥赛亚国度的概念是能够战胜殖民统治者。十二门徒专注于国度，与其说是尊崇君王或国度的得胜，不如说是他们对自己在国度中的地位的热衷。对他们来说，国度关乎地位、声望和个人权力。例如，雅各和约翰要求耶稣指定他们“在祢的国度中，一个坐在祢的右边，一个坐在祢的左边”（马太福音第20章20-28节和马可福音第10章35-45节）。随后，“那十个人听见了，就向雅各、约翰生气”（马可福音第10章41节），因为他们也有同样的野心。

在主祷文(9-13节)中，耶稣为我们示范的不是祈求什么，而是如何祈求。您要么祈求上帝的国度降临，祂的旨意得以实现，要么您努力确保您的方式和您的意愿达成。

马太福音的主题是国度，而整本圣经其实是一个王国在争战中的故事，在我们心中的舞台上激荡；一个王国将您引向万王之王，另一个将您立为王。许多人将上帝视为宪法君主的傀儡，而他们仍然是自己生活中的首相。真正的自由不是在做您想做的事或把自己置于宇宙的中心；它体现在我们的心愿意顺服上帝的权威中。

如果您还没有把您的生命交给耶稣，容许我鼓励您，基督的恩典已经赐给您，不是让您的小王朝按照您的方式行事，而是为您提供一个无与伦比的更好的治理，让祂作为君王救主统治。耶稣说：“你们这小群，不要怕，因为你们的父乐意把国赐给你们。”（路加福音第12章32节）

对于基督的信徒，我想提醒大家，如果我们不小心，我们的教会或辅助教会事工很容易成为我们的小人国。上帝国度的领袖牧养羊群，而小人国的领袖则辖制他们（彼得前书第5章2-3节）。在上帝的国度里，我们执行祂的命令，而小人国则迎合他们人为的议程。上帝王国的领袖们将完全的控制权让给首席执行官基督，而小人国的却叫嚣着要控制权。“领导不是掌权，领导是要照顾好您负责的人。”（西蒙·西内克）

**主国度里的领袖**是以人为中心，而不是过程。小人国领袖倾向于微观管理，因为他们对自己的微观世界有微观的看法，而不是对上帝的普遍旨意有一个远景视野。

我们是如何变成了自我主权的迷你君主，而不是服从我们大能的君主？

**祷告**

至高无上的救赎主，帮助我们充分地活出 **忠于祢国度** 的生命。阿们。

Tues, 28 September 2021

He knows

By Dr Hew Fen Lee

Hebrews 4:14-16

14 Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. 15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are – yet he did not sin. 16 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.

The last 18 month have been the most disruptive to all our lives by a single external event that has engulfed the whole world. Many people across the world including some of us have lost loved ones and many more have lost livelihood and lifestyles as we know it.

Governments and political leaders have been expected to provide answers and solutions to alleviate the impact. However, many were frustrated and left feeling that the political elites did not empathise the challenges they face daily in their various roles as employees, employers, parents, frontline workers etc.

Jesus has asked us to cast our burden upon Him. Jesus has told us not to worry as He will be with us at all time. Sometimes when our prayers have not been seemingly answered within our expectation, we begin to wonder if Jesus understood and knew what we were going through. Hebrew 4:15 says that Jesus as our high priest not only has made the sacrifice for us, He understands and knows our every suffering, challenge and temptation in life we face because He has gone through them Himself.

Jesus lived as a refugee running to Egypt away from Herod in his early childhood. He endured hunger in the wilderness and was homeless (Matt 8:20). He was tempted with power and authority (Luke 4:5-8). He was rejected by his hometown (Luke 4:14-28) and was ignored by those closest to Him (Luke 22:46). He was slandered and called glutton and drunkard (Luke 7:34) and prince of demon (Luke 11:15). He was betrayed by Judas and denied by Peter. He was mocked and insulted repeatedly. He was abused physically and violently and was crucified as a criminal.

He was not what He was accused of and he did not deserve any of this. He did not have to go through all the humiliations, rejections, physical pain and mental

anguish. Yet He did and He went further. He is now seated at the right hand of God interceding for each one of us in all circumstances and in all situations (Heb 7:25). Let us hold unswervingly to the hope we profess, for He who promised is faithful (Heb 10:23). The one who parted the Red Sea for the Israelites will surely lead us safely through the ocean of Covid pandemic.

Prayer:

Dear Jesus, thank you for being with us in all the challenges in life we are facing. You know and understand what we are going through. We thank you for paying the price for us and redeeming us with your blood. We thank you for your ever presence even during the time when we do not feel you are with us at times. Remind us of your presence each day and remind us that you are seated at the right hand of God and are in control of all situations. Amen.

班底浸信教会

每日灵粮

星期二, 2021年9月28日

标题：祂知道

作者：丘宏礼医生

翻译：陈晓佩姐妹

希伯来书4:14-16

我们既然有一位已经升入高天尊荣的大祭司，就是神的儿子耶稣，便当持定所承认的道。因我们的大祭司并非不能体恤我们的软弱。祂也曾凡事受过试探，与我们一样，只是祂没有犯罪。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，作随时的帮助。

在过去的18个月里，一场席卷全球的事件对我们的生活造成了巨大的干扰。世界各地的许多人，包括我们当中的一些人失去了他们的亲人，更多人失去了生计和所熟悉的生活方式。

人们期望政府和政治领袖提供答案和解决方案以减轻影响。然而，许多人感到失意并感到政治精英们没有体谅他们身为员工、雇主、父母、前线人员等各种角色每天所面临的挑战。

耶稣要我们把重担卸给祂。耶稣告诉我们不要忧虑，因为祂会一直与我们同在。有些时候，当我们的祷告似乎没有依据我们所期待的得到回应时，我们开始怀疑耶稣是否明白并知道我们所经历的一切。希伯来书4:15说，耶稣作为我们的大祭司，不仅是为我们作出了牺牲，祂了解并知道我们生命中所面临的每一个痛苦、挑战和试探，因为祂亲自经历了这些。

耶稣在幼年的时候过着一个逃亡去埃及以躲避希律的难民生活。祂在旷野里忍受饥饿，祂无家可归（马太福音8:20）。祂受到能力和权柄的试探（路加福音4:5-8）。祂被自己的家乡拒绝（路加福音4:14-28），连与祂最亲近的人也没有与祂同心守望（路加福音22:46）。

祂被诽谤为贪食好酒（路加福音7:34）和鬼王（路加福音11:15）。祂被犹大出卖，被彼得否认。祂多次被嘲笑和侮辱。祂遭受身体和暴力的虐待并以罪犯身份被钉在十字架上。祂不是所指控的那样的人，祂不应该遭受这些；祂不必经历这一切的屈辱、拒绝、身体上的痛苦和精神上的熬煎。然而，祂经历了，并且作了更多。祂现在坐在上帝的右边，在各



种情况和处境下为我们每一个人代求（希伯来书7:25）。让我们坚守着我们所宣称的盼望，因为那应许我们的是信实的（希伯来书10：23）。那为以色列人分开红海的，也一定会带领我们安全地渡过新冠疫情大流行的海洋。

**祷告：**

亲爱的耶稣，感谢祢与我们一起面对生活中所有的挑战。祢知道并了解我们所经历的一切。感谢祢为我们付上了代价，用祢的血救赎了我们。我们感谢祢一直同在，即使在我们感觉不到祢和我们在一起的时候。每天提醒我们祢的同在，并且提醒我们祢坐在上帝的右边，掌控着所有的情况。阿们。

Wednesday, 29 September 2021  
Title: Tending the 'soil' of our hearts  
By Dorothy Teoh

Luke 8: 4-15

Since this pandemic began, many people have taken up gardening, especially during the periods of full lockdown. There is evidence to show that gardening is good for you. It contributes to mental health and emotional well-being. In fact, even just being in the garden or among nature is beneficial.

The setting for the Parable of the Sower is not a garden but a field, although gardeners would be able to identify with the farmer's problems. Jesus told the parable when he was becoming a popular preacher, with people coming "from town after town" to hear him. But Jesus was not interested in numbers. He was looking for sincere seekers, those who would dig deeper to find the meaning of the stories, not casual hearers.

The seed that fell along the path were trampled on and the birds ate it up. Those that fell on the rock or stony ground withered because there was not enough soil to hold moisture. The seed that fell among thorns were choked because, like weed, these grow faster than grain. But the seed that fell into good soil yielded fruit a hundred-fold.

When the disciples asked Him to explain the meaning of the parable, Jesus told them that the seed is the word of God. The ones along the path are those who heard the word, but did not heed it – Satan took it away before they could believe. The ones on the rock fared better – they received the word with joy. But they have no root, and fall away when their faith is tested.

Those that fell among thorns are those who could have grown spiritually had they not allowed "life's worries, riches and pleasures" to snuff out their faith. The seed that fell on good soil not only heard the word, but they persevered to produce an abundant harvest.

And although Jesus was referring to different types of hearers, the different categories of soil could be applied to us too as individuals. Our hearts may consist of areas of "good soil" alongside areas where the soil is stony or rocky. We may be hearers of the word, but not doers. And sometimes, we may allow worries or the

world's pleasures or riches to choke God's word and keep us from growing into spiritual maturity.

But poor soil can be turned into productive soil by taking certain steps. The condominium where I live had a patch of ground where very few things could grow. Last year, after the first MCO, a group of residents who are gardening enthusiasts decided to turn it into a community herb and vegetable garden. After adding several lorry-loads of soil and hard work, that patch of barren ground is now a verdant vegetable plot.

Gardeners know too that some parts of a garden have better soil or are more suited for growing certain plants. Even if you do container gardening on a small balcony, certain types of pots are better than others and different plants do better at different spots.

But whether backyard or balcony, all gardeners know that if you want a good harvest, you cannot simply chuck the seed into the soil and wait for the plant to grow. First, you need to ensure that you sow in good soil and then, when the plant starts to grow, you need to continue to fertilise and watch for pests and ensure that weeds do not choke the plant. Last but not least, you need to be patient and persevere.

Even a mature plant can continue to fruit under the right conditions. I have an okra plant or ladies' finger growing in a small pot on my balcony. It has grown to over seven feet tall after bearing fruit every now and then, and has very few leaves. But I continue to water and fertilise it and, this morning, I saw three new buds! I had thought of uprooting it and replacing it with a new plant, but I am glad I didn't.

Like gardens, the "soil" of our hearts too needs tending if we are to be fruitful. Do we have more areas of "good soil" in our hearts than patches of rocky or thorns-infested ground?

Prayer

Dear Lord, help us to be as careful in tending our hearts as we are in tending our gardens. Enlarge the areas of "good soil" in our hearts so that when we hear your word, we may retain it and by persevering, bear abundant fruit, to your glory. In Jesus' name we pray. Amen.

班底浸信教会

每日灵粮

星期三, 2021年9月29日

标题：护理我们心田的“土壤”

作者：赵秋霞姐妹

翻译：陈健萍姐妹

路加福音8:4-15

自从这场大流行开始以来，许多人开始从事园艺，特别是在全面封锁期间。有证据显示园艺对您有好处，它有助于心理和情感健康。事实上，即使只是呆在花园里或置身于大自然之中也是有益的。

“撒种的比喻”的背景不是花园，而是一块田地，虽然园丁们能够理解农民的问题。耶稣在正成为一名受欢迎的传道人时讲述了这个比喻，人们“从各城里”赶来聆听祂讲道，但是耶稣对数量并不感兴趣。祂在寻找真诚的探索者，那些愿意更深入地挖掘故事意义的人，而不是漫不经心的听者。

落在路旁的种子被践踏了，被鸟儿吃尽了。落在石头地上的种子都枯萎了，因为没有足够的土壤来保持水分。落在荆棘丛中的种子被挤住了，因为荆棘像杂草一样，它们比麦子生长得更快。但落在好土里的种子结出了百倍的果实。

当门徒请耶稣解释这个比喻的意思时，祂告诉他们，种子就是上帝的道。落在路旁的，就是人听了道却置之不理 – 撒旦在他们相信之前就把道夺去了。那些落在石头地上的反倒好些 – 他们欢欢喜喜地接受了；但是他们没有根，当他们的信心受到试炼时，他们就退后了。

那些落在荆棘丛中的，就是人听了道，要不是让“今生的思虑、钱财和宴乐”扼杀了他们的信心，他们本可以在灵性上成长。落在好土里的，就是人不仅听了道，而且持守住，忍耐着结出果实。

虽然耶稣指的是不同类型的听者，但不同类别的土壤也可以适用于我们个人。我们心田的土壤可能包含“好土”同时也兼有多石块的土壤。我们可能是听道者，但不是行道者。有时候，我们可能允许忧虑、世间的宴乐或财富扼住上帝的道，阻碍我们属灵的成长。

然而，通过采取某些步骤，贫瘠的土壤可以变成肥沃的土壤。我住的公寓有一小块地，几乎没有什么东西可以生长。去年，在第一次行动管制令（MCO）之后，一群热爱园艺的居民决定把它转变成为一个社区药草和蔬菜园。在加上几罗里的泥土和辛勤的劳作后，那片荒地现在成了一片葱郁的蔬菜园圃。

园丁也知道花园的某些地方土壤更好，或者更适合种植某些植物。即使您在一个小阳台上**做容器园艺**，某些类型的花盆比其他的更好，不同的植物在不同的地方长得**更好**。

但无论是在后院还是阳台上，所有的园丁都知道，如果您想要有好收成，您不能随意地把种子扔进土壤里，然后等待植物生长。首先，您需要确保在好的土壤中播种，然后，当植物开始生长时，您需要继续施肥，留心害虫，并确保杂草不会挤住植物。最后但同样重要的是，您需要**耐心和坚持**。

**即使是一株成熟的植物，在合适的条件下也能继续结果**。我在阳台上的一个小盆里种了一株秋葵。它偶尔结果，已经长到七英尺多高了，叶子也很少。但是我继续给它浇水和施肥，今天早上，我看到了三个新芽！我曾想把它连根拔起，换上一株新的，我很高兴我没有这么做。

如花园一样，如果我们要硕果累累，我们内心的“土壤”也需要护理。我们心中的“好土”是否比一块块布满岩石或荆棘丛的土地还多呢？

### 祷告

亲爱的主，求祢帮助我们细心护理我们的心田，就像我们护理我们的花园一样。扩大我们心中“好土”的范围，好叫我们听见祢的道，就可以保留住，并忍耐结出丰盛的果子以荣耀祢。我们奉耶稣的名祈祷。阿们。

Thursday, 30 Sep 2021

Title: Acts of Random Kindness

By: Richard YW Yeoh

Matthew 25:44-45

<sup>44</sup>" they will reply, 'Lord, when did we see you hungry or thirsty or naked or sick or in prison and didn't do anything to help you? <sup>45</sup>Then he will answer, I assure you that when you haven't done it for one of the least of these, you haven't done it for me" From the early 60s, when I was a young lad of seven, I used to accompany my grandma to the open-air market at PJ Old Town (there was no market building yet then). I was fascinated by the pretty tropical fish at a stall. One day, the seller netted a few fish and gifted them to me. This random act of kindness left a lifelong impression on me.

Later in life, I had many teachers who took a personal interest in my progress in school and many a time treated me like a little brother. In those simple days of a bygone era, I had teachers who would take me to the movies, to the ice cream parlour (as they were known then), give me a ride to school as they passed my bus stop, teach me to play the guitar, to do the high jump etc. And of course, share with me about God's salvation and His Love for me.

My purpose in sharing these true stories is to highlight how impactful and motivating these random acts of kindness can be to children and younger persons. Indeed our little acts of kindness and concern for people who cross our paths is the very essence of showing love for one another.

Let us, therefore, endeavour to live by this credo and most importantly, to never pass up any opportunity to share the gospel of Jesus Christ and to be a good testimony for Christ in our interaction with others.

Truly, people must see the Love of God shine through our lives.

PRAYER:

"O Lord, May it be that in each and every day that I am alive in this earthly life, I may always reach out in love and kindness to others around me and be a good testimony of Jesus' unfailing love for all humanity. In Jesus' Name, Amen.

每日灵粮

2021年9月30日，星期四

题目：“随机善举”

作者：Richard YW Yeoh

翻译：黄姐妹

经文：马太福音 25章：44-45节 \*

【马太：廿五44】「他们也要回答说：“主啊，我们什么时候见你饿了，或渴了，或作客旅，或赤身露体，或病了，或在监里，不伺候你呢？”」

【马太：廿五45】「王要回答说：“我实在告诉你们，这些事你们既不做在我这弟兄中一个最小的身上，就是不做在我身上了。”」

从 60 年代初，当我还是个七岁的小伙子时，经常陪奶奶去 PJ 老城的露天市场（当时还没有市场建筑）的我，被一个摊位上漂亮的热带鱼迷住了。

有一天，卖家捉了几条鱼送给我。这种随机的善举给我留下了深刻的印象。

在后来的生活中，很多时候很多老师把我当作小兄弟一样对待，对于我在课业的进步很是上心。在过去那些简单的日子里，我有老师会带我去看电影，带我去冰淇淋店，在经过我的公交车站时载我去学校，教我玩吉他，跳高等等。当然，与我分享上帝赐我的爱与救恩。

我分享这些真实故事的目的是强调这些随机的善举对儿童和年轻人的影响必会发起作用。

的确，在与我们相遇的人给予善意和关心的小举动是彼此相爱的表现。

因此，让我们努力按照这一个命令生活，最重要的是，永远不要放弃任何分享耶稣基督福音的机会，并在我们与他人的互动中为基督作美好见证。

确实，人们必从我们的生命轨迹里看见耶稣基督的爱彰显出来。

祷告：

“主啊，愿我在世上生活的每一天，都能以爱和善意对待周遭的人，成为耶稣对全人类永恒之爱的美好见证。奉耶稣的名祷告，阿门。

