

Friday, 1 October 2021

Title: "What's before 'Seek Ye First'?"

By: Ps Cheng Cheung

Matthew 6: 19-34

In Matthew 6, Jesus mentions two big temptations we all face as believers that distract us and draw us away from the intimacy that we can have in our relationship with God the Father. The first temptation is to behave religiously, performing hypocritical works to receive the praise of man instead of doing them in secret in the Father's presence. The second, very simply, is to succumb to the temptation of seeking and accumulating treasure on earth. Both distract us from what truly matters – our relationship with our heavenly Father. Coincidentally, the fact that in this chapter alone, Jesus mentions the term "your (Heavenly) Father" 11 times, drives home the point that we should always seek to live our lives on a higher plane.

Have you heard someone say, "Wherever your heart is, your money will be. Invest your heart in something and you'll put your money there. Focus on getting your heart right and then you'll get your finances right."? Frankly, that is what some of us think the Bible teaches. We think it says, "Where your heart is, there your treasure will be." Right?

No. Jesus said exactly the opposite. For where your treasure is, there your heart will be also...(v. 21).

This is the reality: Our direction in life follows our heart which follows our "treasures." Where you invest your time, money, energy, and ambition will direct your heart, the control panel, the executive function of your life. You and I are more influenced by what we are holding onto, what we hold dear, what gives us security, what we treasure, than anything else.

Jesus' point is not "You tend to put your money into things that matter to you," but, "the possessions you own will change you so that you care more about them than about other things." Therefore, treat with caution not only what you already own but choose carefully what your eyes (hence the reference to healthy eyes being the lamp of the body) cast their gaze upon and desire to own. For you will inevitably begin to value and protect these things once in your possession, to the potential detriment of everything else.

We may call this the “Treasure Principle,” namely, that treasure transforms. Those who invest their deepest treasure in the things of this world will find they are no longer serving God but money (v 24). That can lead to anxiety coming from the uncertainties of money (v 25-34).

In the last verse before Jesus summarizes, He sets up the tension around the lordship question, suspended, as it were, between two magnetic poles which may pull at us — two “masters.” These two “poles” are the heavenly and the earthly: that which is of God, or that which is not. Then Jesus puts it squarely to us – You cannot serve God and wealth (mammon).

What is of particular interest in chapter 6 is the way in which Jesus defines that tension; it is a question of worry. Worry, about one’s life, or food and drink, or clothing, worry about the bottom line that comes with those things, about having enough or not having enough. This can threaten to separate us from God. Worry about money keeps us from God. This may take many forms — too much time earning, too much time managing, too much time spent on the spendable, too much fretting over what is enough and even what to do with what one has, whether I have enough for every contingency, will the market crash? But in each case worry keeps us from right relationship with our Heavenly Father.

In the face of this tension, Jesus makes an accusation: “You of little faith,” he calls the worriers. The accusation is that trust is lacking, reliance on God is taken away and held in one’s hand as one’s own.

In the context of all this, Jesus’ concluding remarks make complete sense “Therefore, I tell you, do not worry about your life . . . But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

My Prayer today

Heavenly Father, forgive me that I have spent time on and been distracted by my treasures. Help me re-focus my energies on the things of the Kingdom.

Also, forgive me my sin of worry and of self-reliance. Help me trust You for all the details of my life. In Jesus’ Name. Amen

星期五，2021 年 10 月 1 日

标题：先求神的国之前是什么？

作者：张祯祥传道

翻译：陈月妃姐妹

马太福音 6：19-34

在马太福音第 6 章中，耶稣提出了我们作为信徒所面临的两大诱惑，这两大诱惑分散了我们的注意力，使我们远离与父神的亲密及联合的关系。第一个诱惑是举止敬虔，做伪善的事来得到人的赞美，而不是在天父面前暗地里行出来。第二，非常简单，就是屈服于在地上寻找和积攒财宝的诱惑。两者都会分散我们对真正重要的事情的注意力——我们与天父的关系。巧合的是，仅在这一章中，耶稣就 11 次提到了“你（天上的）父”一词，这一事实使我们明白了我们应该始终寻求在更高的层面上生活。

我想分享从第 19 节开始到第 24 节结束的那组经文中的一些见解。之后，在第 25 节中，耶稣好像在总结祂自本章开始以来所说的一切，他说：“所以，我告诉你们.....”

第 21 节“因为你的财宝在那里，你的心也在那里。”

你有没有听过有人说，“你的心在哪里，你的钱就在哪里。把你的心投资在某件事上，你就会把你的钱放在那里。专注的摆正你的心态，然后你的财务状况就会变好。”？坦率地说，这就是我们中的一些人认为这是圣经所教导的。我们以为它说，“你的心在那里，你的财宝也在那里。”对吗？

不，耶稣所说的恰恰相反。因为你的财宝在那里，你的心也在那里...（21 节）。

这就是实际的情况：我们的生活方向跟随我们的心，我们的心跟随我们的“财宝”。你在哪里投入你的时间、金钱、精力和雄心壮志将指引你的心，那控制盘，以及你生命的执行功能。你和我更受我们所持有的东西、我们所珍视的东西、给我们安全感的東西、我们所珍爱的东西所影响。

耶稣的观点不是“你倾向于把你的钱花在对你重要的事情上”，而是“你拥有的财宝会改变你，使你更关心它们而不是其他事情。”因此，谨慎选择你拥有的东西，因为你将不可避免地开始珍视和保护这些东西，而无视其他的一切，

我们可以称之为“财宝原则”，即财宝转化。那些把他们最宝贵的财富投资于这个世界的人会发现他们不再是在事奉上帝，而是在事奉金钱（第 24 节）。人们会因为对金钱的不确定性而产生忧虑（25-34 节）。

在耶稣在总结之前的最后一节中，祂围绕着主权问题构建了一种紧张关系，这种紧张关系实际上是悬浮在两个磁极之间的，这两个可能吸引我们的磁极——两个“主人”。这两个“磁极”，一个是属地的，一个是属天的，那就是属神的或是不属神的。然后耶稣就直截了当地告诉我们——你们不能又事奉 神、又事奉财利（玛门）。

第六章特别有趣的是耶稣如何定义这种紧张关系；这是一个关于忧虑的问题。忧虑，忧虑一个人的生活、或饮食，或衣裳，忧虑这些东西是否足够。这可能会使我们与上帝隔绝。对金钱的忧虑会使我们与上帝隔绝。这可能有很多种形式——利用太多的时间挣钱，太多的东西要花时间管理，太多的时间花在可消费品上，为了拥有太多而苦恼，甚至忧虑如何处理自己拥有的东西，我是否有足够的能力应付每一个突发事件，市场会崩溃吗？但在每一种情况下，忧虑都使我们无法与神建立正确的关系。

面对这种紧张局势，耶稣指责说：“你们这小信的人，”祂称那些忧虑的人。指责是因为缺乏信任，不再仰赖上帝，只依靠自己。

在这一切的背景下，耶稣的结论是完全有道理的：“所以我告诉你，不要为你的生活忧虑。。。你们要先求他的国、和他的义这些东西都要加给你们了。”

今天的祷告

天父，请原谅我在我的财宝上花了太多的时间并让我分心。帮助我重新将精力集中在神国度的事情上。

还有，请原谅我的忧虑和依靠自己的罪。帮助我在生活中的所有细节上仰赖你。奉耶稣的名。阿门。

Saturday, 2 October 2021

Title: The Bumps Are What We Climb On

By: Wong Yoke Ming

2 Timothy 4:7

"I have fought the good fight, I have finished the race, I have kept the faith."

As the Apostle Paul neared the end of his days on earth, he raised up two spiritual sons – Timothy (in Ephesus) and Titus (in Crete). In his last letter to Timothy, he wrote the above.

Paul was now in a Roman prison, probably awaiting execution, however he wrote not with fear and trepidation but with assurance, hence giving encouragement to Timothy. Confidently, Paul looked in three directions in bearing witness.

First, he looked around him and saw what he had built in his ministry – the churches that he had planted in Asia, the spiritual sons that he had raised up to continue his legacy, and the groundwork that he was leaving behind for Timothy – his 'good fight'.

He saw not his own impending execution, for which he was ready, instead his own sacrifice for the glory of the Lord. He wrote that the time of his departure was at hand – he did not use the word "death." He wrote as a soldier striking his tent from a battlefield campaign and departing to permanent and glorious new quarters. He reminded Timothy (and us) that our 'tent' (our mortal bodies while on this earth) was merely a temporary shelter. Our 'home' will be our home in eternity.

Secondly, he looked back at his journey in ministry. Had he had an easy journey? Of course not! He was imprisoned; he was beaten; he was shipwrecked and bitten by poisonous snakes. He faced insults, resistance from his own people – he did not have a straight path. The race that Paul ran was not easy – it was full of rocks and stones and bumps along the way. But someone once wrote, "The bumps are what we climb on." An uneven path filled with 'bumps,' but the 'bumps' had been "steps upwards." It had not been a smooth journey – he had fought the good fight against worldly ways, satanic provocations and now, he faced Rome, his final adversary. The Lord had always seen him through; and he had written to the church in Philippi, "I can do all things through him who strengthens me" (Phil. 4:13) – he had finished the race.

He had warned Timothy to be vigilant, for 'the time is coming,' when many shall depart from the faith, drawn away by myths and fables and other falsehoods. Paul looked around, he looked back and he also looked ahead to the crown of

righteousness – he kept his faith. “Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who had loved his appearing.” (2 Tim. 4:8)

The peace in our hearts, once we know that our eternal future has been secured is incomparable. So, Paul could write to Timothy with such confidence and such assurance. Looking back, he had no regret; looking round, he had no fear; and looking ahead, he had no doubt because he trusted in Jesus Christ.

Now we carry that mantle as people with Christ’s Name – as Christians. Do we have the “three looks” that Paul had?

Prayer:

Lord Jesus, like Paul, we run a race. We commit our own race into Your Hands as Paul did with his, and we pray that we too will run our race without regret, without fear and without doubt. Praying in Your Name. Amen.

班底浸信教會

每日靈糧

星期六，2021 年 10 月 2 日

標題：攀登崎嶇的山路

作者：黃玉明弟兄

翻譯：王靖端姐妹

提摩太後書 4:7

“那美好的仗我已經打過了，當跑的路我已經跑盡了，所信的道我已經守住了。”

當使徒保羅在地上的日子接近尾聲時，他培育了兩個屬靈的兒子——提摩太（在以弗所）和提多（在克里特島）。在他給提摩太的最後一封信中，他寫了上述的話。

保羅現在在羅馬的監獄裡，可能正在等待著被處決，但他不是帶著恐懼和惶恐，而是滿懷信心地寫信，藉此來鼓勵提摩太。保羅滿懷信心地為三個方面作見證。

首先，他環顧四周，看到他在事工中的成果——他在亞洲建立的教會，他為傳承他的使命而培養的屬靈兒子，以及他為提摩太留下的基礎——他的‘打得美好的仗’。

他已經做好了準備，他看到的不是他自己即將被處決，反而是為榮耀主而犧牲。他寫道，“我離世的時候到了”（提摩太後書 4:6）——他沒有使用“死亡”這個詞。他寫道，如同一名士兵，他從戰場戰役中遭到襲擊而被打出他的帳篷，前往永久而輝煌的新住所。他提醒提摩太（和我們）我們的“帳篷”（我們在地球上的凡人身體）只是一個臨時的住所。我們的“家”將是我們永恆的歸宿。

其次，他回顧了他的事工之旅。他的旅程輕鬆嗎？當然不是！他被監禁；他被毆打；他在海難中被毒蛇咬傷。他面臨來自他自己同胞的侮辱和抵制——他未曾有一條康莊大道。保羅的競賽並不輕鬆：一路上充滿了岩石、石頭和顛簸碰撞。但有人曾寫道，“攀登崎嶇的山路。”一條凹凸不平的路途充滿了“崎嶇障礙”，但“崎嶇”是“向上的台階”。這並不是一趟平安順利的旅程——他與世俗的方式、撒旦的挑釁進行了一場美好的戰鬥，現在，他面對的是他最終的對手羅馬帝國。主總是協助他堅持到底；他曾寫信給腓立比的教會，“我靠著那加給我力量的，凡事都能作”（腓 4:13）——“當跑的路”他“已經跑盡了”。

他曾警告提摩太要保持警惕，因為“時候到了”，許多人將背離信仰，被神話謬論、寓言和其他謊言所吸引。保羅環顧四周，他回頭看，他也向前看公義的冠冕——他保持信心。”

從此以後，有公義的冠冕為我存留，就是按著公義審判的主到了那日要賜給我的；不但賜給我，也賜給凡愛慕祂顯現的人。”（提後 4:8）

一旦知道我們的永恆的未來已經得到保障，我們心中的平安是無與倫比的。因此，保羅可以如此自信和有把握地寫信給提摩太。回首往事，他無怨無悔；環顧四周，他無所畏懼；展望未來，他毫無疑問，因為他相信耶穌基督。

現在，我們作為接任擁有基督之名衣鉢的人——作為基督信徒，肩負著這一使命。我們能有保羅相同的“三方面的見證”嗎？

禱告：主耶穌，像保羅一樣，我們在競賽。我們像保羅一樣將自己的奔跑交到祢手中，我們祈禱我們也能毫無遺憾、毫無恐懼、毫無疑問地奔跑我們當跑的路。奉祢的名祈禱。阿門。



Sunday, 3 October 2021

Title: The Good Life

By Elder Bryan Lee. 李惠隆.

Matt 6:19-21,24

"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

"No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

At the recent Wimbledon 2021, the packed crowd gave a standing ovation not to the players but to Sarah Gilbert. Many may not know of scientist Sarah Gilbert, who sacrificed making millions to help save millions of lives around the world with the AstraZeneca vaccine.

Oxford University's Dr Gilbert created the covid vaccine with her team but refused to patent it or profit from it.

"As the individual who invented the vaccine which is so much needed now, I could have raked in a huge profit. I rejected to patent the vaccine apart from earning some royalty for the hard work," she said. She did not want to file a full patent as she wanted to share the intellectual benefits with whoever can produce their own vaccine in particular poorer countries.(Star paper 21/7/21)

Dame Sarah Gilbert could have become a very very wealthy person.

Is there anything wrong with having wealth? No, but the Bible also warns us about the dangers of chasing after wealth and that the love of money is the root of all kinds of evil (1 Tim 6:9,10).

Jesus says we should be storing up treasures in heaven.

So where have we been investing our treasures?

Jesus says where your treasure is there will be your heart also.

When we live sacrificially for Jesus' sake or serve Him by serving the body of Christ, we store up treasures in heaven.

Christians who do not treat money as an idol are a blessing to many. They start charities, contribute to help orphans and widows, and keep their local churches financially stable. Without generous financial support from the body of Christ, many missionaries could not serve on the field and the wheels of evangelism will grind to a halt.

However, we must be wise not to use our limited life on earth to chase unlimited money and have no time for God. This is akin to using our health to chase for wealth. Many people after achieving wealth at the expense of health, found out much too late that time has run out. What we thought would be a good life turned out to be an illusion.

One person was Dr Richard Teo of Singapore. He died at the young age of 40 after losing his battle to lung cancer in October 2012. He was a very successful plastic surgeon and he had everything by the time he was in his 30s: wealth measured in millions of dollars, a thriving aesthetics practice, sports cars, houses and land.

Treasures on earth can inflate our ego to the point of shameless arrogance. And so he challenged his church going friends who were trying hard to get him back to church.

"If God really wanted me to come back to church, He will give me a sign."

Three weeks later out of the blues, Dr Teo who was a gym freak found out he had terminal cancer. Realising the folly of chasing after wealth he dedicated the few remaining months of his life on earth to become God's messenger to encourage and exhort people he met to seek first his kingdom and his righteousness (Matt 6:33), for what matters finally is where you lay you treasure (Matt 6:20).

The apostle Paul wrote to his disciple Timothy and said "As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy. They are to do good, to be rich in good works, to be generous and ready to share, thus storing up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life." (1 Tim 6:17-19)

And so the good life is a life of generous sharing and sacrificial giving for the sake of the kingdom of God.

Prayer

Lord, teach us the secret of living this good life. Teach us to generously give our time, treasure and talent for the sake of the kingdom and in doing so lay up treasures in heaven. In Jesus' name. Amen.

每日灵粮

星期日, 2021 年 10 月 3 日

主题：美好的生活

作者：李惠隆长老

翻译：林良億姐妹

马太福音 6:19-21, 24

19 “不要为自己积攒财宝在地上，地上有虫子咬，能锈坏，也有贼挖窟窿来偷。 20 只要积攒财宝在天上，天上没有虫子咬，不能锈坏，也没有贼挖窟窿来偷。 21 因为你的财宝在哪里，你的心也在哪里。

24 一个人不能侍奉两个主，不是恶这个爱那个，就是重这个轻那个。你们不能又侍奉神，又侍奉玛门

在最近的 2021 年温布尔登 (Wimbledon) 网球公开赛上，全场起立鼓掌的，不是球员而是莎拉·吉尔伯特。许多人可能不知道科学家莎拉·吉尔伯特 (Sarah Gilbert)，她牺牲了数百万的收入，使用阿斯利康 (AstraZeneca) 疫苗来帮助挽救全球数百万人的生命。

牛津大学的吉尔伯特博士 (Dr Gilbert) 与她的团队一起研制了这种新型冠状病毒疫苗，但拒绝为其申请专利或从中获利。

她说，“作为现在急需的疫苗发明者，我本可以赚取巨额利润。我拒绝为疫苗申请专利，除了通过辛勤工作赚取一些版税”。她不想申请一项完整的专利，因为她想与那些可以在特别贫穷的国家自己生产疫苗的人分享智力利益。（Star 报纸 – 21/7/21）

莎拉·吉尔伯特夫人本可以成为一个非常富有的人。

拥有财富有什么不对吗？没有不对，但圣经也警告我们追逐财富的危险，贪财是万恶之源（提前书 6:9,10）。

耶稣说我们应该积攒在天上的财宝。

那么我们在哪里投资我们的财富呢？

耶稣说你的财宝在哪里，你的心也在哪里。

当我们为耶稣基督牺牲或通过服侍基督的身体来服侍祂时，我们就在天上积攒财宝了。

不将金钱视为偶像的基督徒对许多人来说是一种祝福。他们创办慈善机构，帮助孤儿寡妇，并保持当地教会的财务稳定。没有基督身体慷慨的财政支持，许多传教士无法在宣教场上服务，传福音的车轮将被磨平停顿。

然而，我们必须明智，不要用我们有限的生命去追逐金钱而没有时间给上帝。这类似于用我们的健康来追逐财富。许多人以牺牲健康为代价，获得财富后，发现时间已经不多了，为时已晚。我们以为会是美好的生活，结果却是幻觉。

其中一人是新加坡的 Richard Teo 博士。2012 年 10 月，他在与肺癌的斗争中失败后，享年 40 岁。他是一位非常成功的整形外科医生，在 30 多岁时就拥有了一切：数百万美元的财富，蓬勃发展的整形外科事业、跑车、房屋和土地。

地球上的宝藏可以使我们的自我膨胀到无耻的傲慢。因此，他向那些正在努力让他回到教会的朋友发起挑战。“如果上帝真的想让我回到教堂，他会给我一个信号。”

三个星期后，出乎意料的是，热爱健身的 Teo 博士发现自己患有晚期癌症。意识到追逐财富是愚蠢的，他将他在世的剩余几个月奉献给了上帝的使者，以鼓励和劝告他遇到的人首先寻求祂的国度和祂的义（马太福音 6:33），因为最后最重要的是你把你的宝藏放在哪里（马太福音 6:20）。

使徒保罗写信给他的门徒，提摩太说：“17 你要嘱咐那些今世富足的人，不要自高，也不要倚靠无定的钱财，只要倚靠那厚赐百物给我们享受的神。18 又要嘱咐他们行善，在好事上富足，甘心施舍，乐意供给[a]人，19 为自己积成美好的根基，预备将来，叫他们持定那真正的生命。”（提摩太前书 6:17-19）

因此，美好的生活是为了上帝的国度而慷慨分享和牺牲奉献的生活。

祷告：主啊，请教我们过好生活的秘诀。教导我们为天上的国度慷慨地奉献我们的时间、财宝和才能，并以此积攒在天上的财宝。奉主耶稣宝贵的名祈求祷告。阿门

Monday, 4th October 2021

KEEP PRESSING ON!

Pastor Soong Kok Kee

Philippians 3: 12-14 "Not that I have already attained all this, or have already been made perfect .... I press on toward the goal."

Many years ago, a promising Greek artist named Timanthes was under the instruction of a well-known tutor. After several years, the young painter created an exquisite portrait. He was so thrilled with what he had painted that he sat day after day gazing at his work.

One morning, however, he was horrified to discover that his teacher had deliberately ruined his painting. Angry and in tears, Timanthes ran to him and asked why he had destroyed his cherished possession. The wise man replied "I did it for your own good. That painting was retarding your progress. It was an excellent piece of art, but it was not perfect. Start again and see if you can do even better." The student took his advice and produced a masterpiece called "Sacrifice of Iphigenia", regarded by some as one of the finest paintings of antiquity.

God never wants us to be content with our accomplishments, no matter how great those may be, like Timanthes admiring his first painting. He wants us to reach even greater plateaus of service and Christlikeness. Paul recognized this, for even though he was a godly man and had accomplished much, he admitted that he still needed to advance in holiness (Phil. 3: 12-14).

We should never be satisfied with our spiritual attainments no matter how great those may be, but rather work even harder while we still can. When Paul says "Forgetting what is behind..." he was reminding us not to let our successes or failures of yesteryears prevent us from pressing on. Paul had tons of successes: having written almost half of the New Testament, went on three missionary journeys, planted many churches along the way, brought many to the Lord and performed many miracles of healing the sick and casting out demons, and yet he humbly said "Not that I have already obtained all this, or have been made perfect, but I press on...".

One time, a former Church leader told me how, in his younger days having started a church, he went from house to house giving out tracts and got chased and bitten by dogs – he even showed me where the dogs had bitten him! He believed he had done his share and now he can rest while the younger ones take over. He has let his former success prevent him for pressing on.

Paul too had his failures but again that did not prevent him from pressing on. He looked after the clothes of those who stoned Stephen to death (Acts 7: 58) and then he began to destroy the church by going from house to house, dragging off men and women and putting them in prison (Acts 8: 3) and he was breathing out murderous threats to the Lord's disciples (Acts 9: 1) until he met our Lord on the road to Damascus (Acts 9). These failures before he met the Lord must have propelled him to press on even harder instead of hindering him.

After he became a Christian, he probably suffered more than many of the other apostles – he was frequently in prison, flogged 39 lashes 5 times, exposed to death again and again, 3 times beaten with rods, once was stoned, 3 times shipwrecked, spent a night and a day at sea, constantly on the move and in danger from rivers, bandits, his own countrymen, Gentiles, in the city, country, at sea and from false brothers (2 Cor 11: 23-28). He didn't let those hardships and "failures" prevent him from pressing on but rather that energized him to press on.

Some former church leaders and even Pastors who had failed or been hurt once or twice in the ministry would stop serving altogether, and may even leave the Church or God, but not Paul. Through successes or failures, he kept pressing on. Brothers and sisters, never let our former successes or failures prevent us from pressing on "toward the goal to win the prize for which God has called us heavenward in Christ Jesus". (v 14).

When you've reached a plateau,  
And your strength's almost gone,  
But the Lord still says, "Go",  
That's the time to press on. – Hess

PRAYER: Dear Lord, thank you for reminding us that no matter what happens in our life, you will always be there for us. For you have promised that you will never leave us nor forsake us. Help us not to be proud and satisfied with our "successes" that we stop serving you nor be discouraged when we meet with our "failures". Help us to continue to serve you until you call us home. In your precious name we pray  
AMEN.

班底浸信教会

每日灵粮

星期一, 2021 年 10 月 4 日

标题：竭力追求

作者：宋国基牧师

翻译：陈劲年姐妹

【腓立比書 3: 12-14】“这不是说我已经得着了，已经完全了……我向着目标竭力追求。”

多年前，一位很有前途的希腊艺术家蒂曼西斯（Timanthes）接受了一位著名导师的指导。几年后，这位年轻的画家创作了一幅精美的肖像画。他对自己所画的画感到非常兴奋，以至于他日复一日地坐在那里凝视着他的作品。

然而，一天早上，他惊恐地发现他的老师故意毁了他的画。蒂曼西斯（Timanthes）气急败坏地跑到他面前，问他为什么要毁掉他心爱的财产。智者回答“我这样做是为了你好。那幅画阻碍了你的进步。这是一件出色的艺术品，但并不完美。重新开始，看看你不能做得更好。”这位学生接受了他的建议，创作了一幅名为《伊菲革涅亚的牺牲》（Sacrifice of Iphigenia）的杰作，被一些人认为是古代最好的画作之一。

上帝从不希望我们满足于我们的成就，无论这些成就多么伟大，就像蒂曼西斯（Timanthes）欣赏他的第一幅画一样。祂希望我们在事奉和效法基督方面达到更高的境界。保罗认识到这一点，因为尽管他是一个敬虔的人，并取得了许多成就，但他承认他仍然需要在圣洁上竭力追求（腓立比书 3 章 12-14 节）。

无论我们的属灵成就多么伟大，我们都不应该满足于这些成就，而应该在我们还可以的时候更加努力地工作。当保罗说“忘记背后的事……”他是在提醒我们不要让过去的成功或失败阻止我们继续前进。保罗取得了无数的成功：写了将近一半的新约，进行了三趟宣教旅程，沿途建立了许多教会，将许多人带到主面前，并行了许多医病、赶鬼的神迹，但他谦卑地说“不是说我已经得着了，已经完全了，而是我竭力追求……”。

有一次，一位前教会领袖告诉我，在他创办教会的年轻岁月里，他如何挨家挨户分发传单，并被狗追赶和咬伤 – 他甚至向我展示了狗咬他的地方！他认为他已经尽了自己的一份力量，现在他可以休息，让年轻人接手。他让他以前的成功阻止了他继续前进。

保罗也有他的失败，但这并没有阻止他竭力追求。他看管那些用石头打死司提反的人的衣服（使徒行传 7:58），然后他开始残害教会，逐家逐户地连男带女下到监里（使徒行传 8:3）。他一直在向主的门徒发恐吓凶杀的话（使徒行传 9:1），直到他在去大马士革的路上遇见了我们的主（使徒行传 9）。在他遇到主之前的这些失败，一定促使他更加努力地前进，而不是阻碍他。

他成为基督徒后，他可能比其他许多使徒受的苦都多——他经常在监狱里，5 次被鞭打 39 下，常有生命的危险，3 次被棍打，一次被石头打，3 次海难，在海上度过了一天一夜，多次行远路，遇着江河、强盗、同族、外族、城中、旷野、海上、假弟兄的危险（哥林多后书 11:23-28）。他没有让那些困难和“失败”阻止他竭力追求，而是让他充满活力地继续前进。

一些前教会领袖，甚至牧师，在事奉中失败过或受过一两次伤，就完全停止事奉，甚至可能离开教会或上帝，但保罗不会。无论成功或失败，他一直在努力。兄弟姐妹们，永远不要让我们以前的成功或失败阻止我们继续努力“向着目标竭力追求，为要得着 神在基督耶稣里召我往上去得的奖赏。”（第 14 节）

当您到达一个高原时，  
您的力气几乎耗尽了，  
但主仍然说：“去”，  
那是继续努力的时候了。——赫斯

祷告：亲爱的主，谢谢祢提醒我们，无论生活中发生什么，祢都会一直在我们身边。因为祢曾应许永远不会撇下我们，也不会丢弃我们。帮助我们不要为我们的“成功”感到自豪和满足，而停止事奉祢，也不要再在遇到“失败”时而气馁。帮助我们继续事奉祢，直到祢召我们回天家。奉祢宝贵的名，我们祈求。阿们。



Tuesday, 5 October 2021

Title: Why Christians And The Church Should Fast

By: Stephen Wong

Text: Acts 13: 1-3

"Now there were prophets and teachers at Antioch, in the church that was there: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. While they were serving the Lord and fasting, the Holy Spirit said, 'Set Barnabas and Saul apart for Me for the work to which I have called them.' Then, when they had fasted, prayed, and laid their hands on them, they sent them away."

About 20 years ago, I was invited to join a Christian NGO to start a new ministry of supporting pastors and missionaries who were either in retirement or about to retire, because it was recognized that there was a deep financial need amongst Christian workers in both the urban and rural setting. I was very enthusiastic about this matter. After a few months, we entered a phase where things were not moving well. In my naivete, I suggested that we fast and pray for the project as I sensed that we were doing things like any commercial setting. There were pastors in the team but fasting and prayers seemed far from us, as we spent countless hours trying to raise funds and to prepare the guidelines for using these funds. The Head of the Committee shot down the idea of fasting and prayers as it was deemed unnecessary. Prayer and fasting may well be the last thing in our minds as we did the Lord's work in a most flesh-like way at that time

Why should we fast and pray?

In the first instance, fasting is not a spiritual practice monopolized by Pentecostal or charismatic church friends. Our Lord Jesus Christ taught about fasting, in His Sermon on the Mount in Matthew chapter 6. Fasting was a valid spiritual discipline in both the Old and the New Testament. Our Lord told us that we need to be mindful and understand that fasting is a personal discipline, and not be put on display for others with our "woeful" appearance. Fast by all means, but let it be a secret between you and God. But then, is fasting a part of our walk with God today? Jesus said in Mark 2:19-20 "Jesus answered, 'How can the guests of the Bridegroom fast while he is with them? They cannot, as long as they have him with them. But the time will come when the bridegroom will be taken from them and on that day they will fast.'" As it is, fasting is no longer common in our Christian life despite the Word of the Lord.

In Acts 13:1-3, before choosing and sending out missionaries among the Gentiles, the church fasted and worshiped the Lord, and the Holy Spirit spoke to the leaders that Barnabas and Saul were to be chosen for the mission ahead. It was a public fast where the church joined together to fast and worship the Lord before He opened their hearts and convicted them to pick Barnabas and Saul. Somehow, fasting and worship improves our sensitivity to God's guidance and leadership as we make decisions together as a community. Are we receptive to consider a church-wide call to fast and pray, from time to time, so that we may gain wisdom and direction from the Holy Spirit in all things that concern the work of the Lord and the lives of our members?

Ezra proclaimed a public fast to seek the Lord's face and to humble the Israelites and himself before God as they sought a safe journey back to Jerusalem in the rebuilding of the temple. The Israelites had perilous times and the Lord had shown His faithfulness when the leaders and the people sought Him with fasting and prayers. The Lord granted safe passage to the Israelites with their children, possessions, gold and silver for the temple, bearing in mind that the journey was dangerous and marked with challenges from bandits and other environmental elements (Ezra 8:21-23). As we enter a new phase of the Covid19 pandemic, are we fasting and persevering in prayer for the end of this pandemic? Malaysia might face a fresh surge of the covid infections in the future, like in the UK and USA are experiencing. Are we fasting and praying for wisdom to re-start our physical worship services at the right time? Please do not misunderstand. I am an advocate for an early return to the physical worship services but I reckon we need to change our approach in making decisions together as a Body of Christ.

Anna, the prophetess spent much of her life as a widow. She stayed in the temple for most of her life to fast, pray and worship God. One day, her personal devotion to God bore fruit and she saw the baby Lord Jesus (Luke 2:36-38) just as the devout Simeon did earlier.

And in 1 Samuel 7:6, when the prophet Samuel called for a public fast and confession of the sins of Israel, it was well participated as the people recognized the depth of their wickedness and the propensity to sin. Fasting is crucial in dealing with sin in our lives, because sinning is both the old and new normal whatever pandemic might come and go. Fasting and confession brings this matter seriously before the altar of God as we learn to hunger and thirst after righteousness, and seek freedom from the sins that grip us and our children.

Above all, we can do a church-wide fast where we learn to partner each other and intercede for the current and future decisions that we must make. In fasting and prayer, we can draw encouragement from Ecc 4: 9 "Two are better than one, because they have a good return for their labour." Group fasting is a deep encouragement for us to draw strength from one another in seeking the Lord. There is much we can do through fasting. We will continue to be imperfect in what we do. But how about taking a first step into a spiritual journey with our leaders where we choose to experience hunger purposefully, and seek God for His answers and help to breakdown some of the fortresses of sin and unforgiveness in our church and families, or perhaps a new way of fulfilling the 5 fold mission of God for Pantai Baptist Church? You will be surprised by what the Lord will do as we seek and trust Him with all our hearts using fasting and prayer as a channel of seeking His favour. Let fasting be really fasting as we learn to test the limits of our endurance to go without food, as we seek God's favour and answers to our prayers.

#### Prayer

Dear Lord Jesus, Thank You for Your words of encouragement and teaching about fasting and prayers. We have come so far together as a church over the last 64 years, and experienced the ups and downs of a community of believers that is weak but yet dear to You. Help us not to live for the momentary pleasures of our time but help us to seek first Your Kingdom and Your righteousness. And we pray that the church shall continue to seek Your favour through fervent fasting and prayer so that Your will be done in our church and our nation. In Your precious name we pray. Amen

班底浸信教会

每日灵粮

星期二, 2021 年 10 月 5 日

标题：为何基督徒和教会应该禁食

作者：黄德根弟兄

翻译：陈健萍姐妹

经文：使徒行传 13:1-3

“在安提阿的教会中，有几位先知和教师，就是巴拿巴，和称呼尼结的西面，古利奈人路求，与分封之王希律同养的马念，并扫罗。他们事奉主，禁食的时候，圣灵说，要为我分派巴拿巴和扫罗，去作我召他们所作的工。于是禁食祷告，按手在他们头上，就打发他们去了。”

大约 20 年前，我被邀请加入一个基督教非政府组织，为要成立一个新的事工，支持已经退休或即将退休的牧师和宣教士，因为人们意识到，无论是在城市还是农村，基督教工作者都有很大的经济需求。我非常热衷于这件事。几个月后，我们进入了一个进展不顺利的阶段。天真质朴的我建议我们禁食并为这个项目祈祷，因为我觉得我们在以商业界的方式处理我们的事情。团队中有牧师，但我们没有想到要禁食祷告，我们已花了无数的时间试图筹集资金，并准备使用这些资金的指引。委员会主席否决了禁食祈祷的意见，因为这被认为是没有必要的。当时，禁食祈祷很可能是我们完全没有想到的事，因为我们以最属肉体的方式做了上帝的工作。

我们为什么要禁食祈祷呢？

首先，禁食并不是五旬节派或灵恩派的教会朋友所独有的属灵惯例。我们的主耶稣基督在马太福音第六章的登山宝训中教导了禁食。禁食在旧约和新约中都是有效的属灵操练。我们的主告诉我们，我们需要留心并明白禁食是个人的操练，不要以我们的“愁容”外观向他人展示。您可以禁食，但让它成为您和上帝之间的秘密。然则，禁食是我们今天与上帝同行的一部分吗？马可福音 2:19-20 记载：“耶稣对他们说，新郎和陪伴之人同在的时候，陪伴之人岂能禁食呢？新郎还同在，他们不能禁食。但日子将到，新郎要离开他们，那日他们就要禁食。”其实，尽管有主的话语，禁食在我们基督徒的生活中已不再常见了。

使徒行传 13:1-3，在拣选和差派宣教士到外邦人之前，教会事奉主、禁食的时候，圣灵告诉领袖们，要拣选巴拿巴和扫罗来执行前面的使命。这是一次集体的禁食，教会聚集在一起禁食事奉主，然后祂打开他们的心，让他们挑选巴拿巴和扫罗。在某种程度上，我们作为一个群体一起作抉择时，禁食事奉提高我们对上帝的指引和领导的敏感度。我们愿否接受全教会间或的禁食祈祷的号召，以便我们在一切与主的工作和信徒的生活有关的事情上，都能从圣灵获得智慧和指引？

以斯拉宣告群众禁食以寻求上帝的面，为要以色列人和他自己在上帝面前克苦己心，他们祈求安全返回耶路撒冷重建圣殿。以色列人经历过险恶的时刻，当领袖和百姓禁食祷告寻求耶和华时，耶和华就彰显祂的信实。上帝赐予以色列人带同他们的孩子、财物和圣殿的金银，安全的路途；要记得这段路程是凶险的，有来自强盗和其他环境因素的挑战(以斯拉 8:21-23)。在我们进入新冠肺炎大流行的新阶段之际，我们是否禁食并持续祈求这场大流行的结束？马来西亚未来可能会面临新冠病毒感染的新一轮激增，就像英国和美国正在经历的一般。我们是否禁食并祈求智慧，以便在适当的时候重新开始我们的实体崇拜？请不要误会。我支持早日恢复实体崇拜，但我认为我们需要改变我们作为基督的身体一起作出抉择的方式。

亚拿，这位女先知，一生中的大部分时间都是寡居。她没有离开过圣殿，以禁食和祷告昼夜事奉上帝。一天，她对上帝的敬虔结出果实了，她看到了婴儿主耶稣(路加福音 2:36-38)，正如先前虔诚的西面一样。

在撒母耳记上 7:6，当先知撒母耳呼吁以色列人集体禁食并认罪时，人们都响应他的号召，因为他们认识到自己的罪孽深重和犯罪的倾向。禁食是处理我们生活中的罪恶的关键，因为无论大流行如何来去，犯罪都是新的和旧的常态。当我们有饥渴慕义的心，并寻求从缠住我们和我们孩子的罪恶中获得自由时，禁食和认罪将这件事严肃地带到上帝的祭坛前。

最重要的是，我们可以推动一个全教会性的禁食，学习彼此结伴，为我们当前和将来必须作出的决定代祷。在禁食和祷告中，我们可以从传道书 4:9 中得到鼓励：“两个人总比一个人好，因为二人劳碌同得美好的果效。”聚集禁食是一种深刻的鼓励，使我们在寻找主的过程中彼此汲取力量。通过禁食，我们可以做很多事情。我们将会仍然在我们所做的事情上不完美。但是，让我们和我们的领袖一起踏上属灵之旅的第一步，我们选择有目的地经历饥饿，寻求上帝的答案，帮助摧毁我们教会和家庭中的一些罪恶和不饶恕的堡垒，或

许这是一种新的方式来完成上帝在班底浸信会的五重使命？当我们以禁食祈祷作为寻求上帝恩惠的渠道，我们全心全意地寻求和信任祂时，您会惊讶于主所做的一切。让禁食成为真正的禁食吧，当我们测试自己不进食的忍耐力极限，当我们寻求上帝的恩惠并回应我们的祈祷时。

### 祷告

亲爱的主耶稣，为有关禁食祷告的鼓励和教导，我们感谢祢。在过去的 64 年里，我们作为一个教会一起走了那么远，经历了一个信徒群体的跌宕起伏；这个群体是软弱的，但对祢来说却是亲爱的。求祢帮助我们不为瞬间的享乐而活，但帮助我们先寻求祢的国和祢的义。我们祈求教会将继续通过挚切的禁食祈祷来寻求祢的恩惠，使祢的旨意在我们的教会和我们的国家得以实现。我们奉祢宝贵的名祈祷。阿们。

Wednesday, 06 October 2021

Title: The Cost to Follow Jesus

Author: Pastor Wallace Ong

As they were going along the road, someone said to him, "I will follow you wherever you go." And Jesus said to him, "Foxes have holes, and birds of the air have nests, but the Son of Man has nowhere to lay his head." – Luke 9:57-58

There was this person in the story who said to Jesus, "I will follow you wherever you go." However, Jesus' response to him is startling to us. Jesus does not simply accept that person who says he wants to follow Jesus. Jesus told him what is involved in following Him. Following Jesus is not just simply saying that you want to follow but there is commitment and sacrifice required to follow Jesus.

This man says that he will follow Jesus everywhere He goes. Jesus immediately challenges this man that true disciples will need to follow Him wherever He goes, regardless of the inconvenience or sacrifice. Jesus is warning him that following Jesus is not easy. We have to put Jesus before our comfort, our convenience, our job, our family, and our needs. We are following what He commanded us to do and where to go – "But seek first the kingdom of God and His righteousness" (Matthew 6:33a). The path of discipleship is not an easy one. It is the best path for our life but it is not comfortable or convenient.

Jesus shows us that all these other situations, duties, and demands in life cannot come into conflict with following Jesus. The old way of doing things is over and we should have new priorities. We cannot think that we can keep the same schedule and same priorities after coming to Jesus. The point is that these other obligations and duties we have in life are not more important than following Jesus. We think we have these golden excuses for our Lord. I had to work. I had school. I had sports. I have family. I have to get up early. I have to stay out late. We let all of these other circumstances and obligations in life prevent us from following Jesus the way he demands us to follow him. Jesus does not accept even our best excuse. I know this sounds harsh but the reason it sounds harsh is because we do not understand the demands of discipleship. Jesus already taught that anyone who wants to follow him must deny himself and take up the cross daily. We are dead to our old way of living. All the things in life that are so important and hinder us from following Jesus should subjugate so that we will follow Jesus.

When we accepted Him as our Lord and Savior, we committed and accepted the cost of being Jesus' disciples – "...Whoever wants to be my disciples must deny themselves and take up their cross daily and follow me. For whoever wants to save

their life will lose it, but whoever loses their life for me will save it" (Luke 9:23-24). Once we commit to Jesus, we must hold to that commitment without wavering and press forward following Jesus. We must go anywhere Jesus leads. Jesus must come before our comforts. Jesus must come before our obligations and duties.

Prayer:

Dear Heavenly Father, we thank you for Your words given to us to remind us the cost and commitment in following Jesus. Help us to know that it is a great privilege to be Jesus' disciple. Help us to understand all the sacrifices and changes that we made are for our greater good. Because You have only the best interest for our life, the plans to prosper us but not to harm us, plans to give us hope and a future. Help us to surrender to You and place our complete trust in You. Thank You Father. In Jesus' name, I pray. Amen.



班底浸信教会

每日灵粮

星期三, 2021 年 10 月 6 日

标题：跟从耶稣的代价

作者：王振威传道

翻译：陈健萍姐妹

【路加福音 9:57-58】

他们走路的时候，有一人对耶稣说：“你无论往哪里去，我要跟从你。”耶稣说：“狐狸有洞，天空的飞鸟有窝，只是人子没有枕头的地方。”

故事中有一个人对耶稣说：“你无论往哪里去，我要跟从你。”然而，耶稣对他的回应令我们吃惊。耶稣并未轻易地接受那个说想跟从祂的人，耶稣告诉他跟从祂所涉及的事情。跟从耶稣不只是简单地说您想要跟从，而是需要委身和牺牲。

这个人说，无论耶稣走到哪里，他都要跟从。耶稣立即向这人挑战，无论祂走到哪里，不论有任何不便或牺牲，真正的门徒都需要跟从祂。耶稣在警告他，跟从耶稣并不容易。我们必须把耶稣放在我们的舒适、方便、工作、家庭和我们的需要之前。我们是照祂所吩咐的去行、往何处去 – “你们要先求祂的国和祂的义”(马太福音 6:33 上)。门徒的道路不易走。它是我们生命中最好的道路，但是它并不舒坦，也不方便。

耶稣告诉我们，生活中的所有的情况、职责和要求都不能与跟从耶稣相冲突。旧的做事方式已经过去了，我们应该有新的优先顺序。我们不能认为，在来到耶稣面前之后，我们还可以保持同样的日程安排和同样的优先次序。重点是，我们在生活中的其他义务和职责都不比跟从耶稣更重要。我们以为我们找到了这些黄金藉口给我们的主：我必须工作、我需要上学、我有体育运动、我有家人、我得早起、我不得不在外面呆到很晚。我们让生活中所有其他情况和义务拦阻我们按照耶稣的要求跟从祂。耶稣不接受即便是我们最好的藉口。我知道这听起来很苛刻，但之所以听来这般苛刻，是因为我们不了解对门徒的要求。耶稣已经教导，任何要跟从祂的人都必须舍己，天天背起祂的十字架。我们向旧的生活方式已经死了；生活中所有重要和阻碍我们跟从耶稣的事情都应该屈服，这样我们才能跟从耶稣。

当我们接受耶稣作为我们的主和救主时，我们承担并接受了成为耶稣门徒的代价 – “耶稣又对众人说：“若有人要跟从我，就当舍己，天天背起祂的十字架来跟从我。因为，凡要

救自己生命的，必丧掉生命；凡为我丧掉生命的，必救了生命。”一旦我们委身于耶稣，我们就必须坚守这一承诺，毫不动摇地紧跟耶稣前进。无论往何处，我们必须跟随耶稣的指引。耶稣必须比我们的安逸优先，耶稣必须先于我们的义务和职责。

祈祷：

亲爱的天父，我们感谢祢赐下祢的话语，提醒我们跟从耶稣的代价与委身。求帮助我们知道，成为耶稣的门徒是一个莫大的特权；求让我们明白所有我们作出的牺牲和改变都是为了我们更大的益处。因为祢仅为我们生命的好处着想，所定的是使我们得平安而不是遭受灾祸的计划，是叫我们末后有指望的计划。求祢帮助我们降服于祢，并完全信靠祢。感谢祢，天父。我奉耶稣的名祈祷，阿们。

Thursday, 7 October 2021

Title: Learning from a Child

Pr Mark Tan

Mark 10:13-16

Believe it or not, the earliest to wake up in my family is not my wife nor I, but my youngest, Nadia, who turned one year old recently. Like clockwork, she wakes up the moment the sky begins to lighten up, roughly six-thirty to seven in the morning, after which she excitedly beats my body to wake me up and begin my day. Why me and not my wife, some might ask? Well, she's excited to join me, and by that, I mean making me carry her with one arm while I do my morning routine of coffee, wash and brush up, and getting ready for the day. It's not that she only looks forward to breakfast, but she even looks at me with great interest as I brush my teeth, every day! Even when I have my quiet time with God, she either quietly plays around my feet or even sits quietly on my lap as I read His Word. Today's reading made me thankful as not only would I enjoy Nadia's time with me, but she's teaching me something about how I should receive the Kingdom of God.

In today's reading, Jesus teaches that "anyone who will not receive the kingdom of God like a little child will never enter it." Taking the double negative out, Jesus is saying that I should receive the kingdom of God like a little child in order to enter it. How does one do that? Jesus actually exemplifies the lesson by receiving the children, placed His hands on them and blessed them. The trick is not to look at the people passing the children to Jesus, nor is it assuming any inherent humility the children might possess. Rather, it is observing the child's trusting spirit and willingness to be dependent and receive from others like a blessing from Jesus.

Which brings me back to Nadia. When she wakes me up and follows me through my morning routine, she does not have an agenda of her own, nor does she have any expectations for me to do anything different or even just the same. She is simply content and happy for the ride as I carry her, the simple breakfast that I feed her, and the soft cushion of my belly as I read His word. It is her trusting spirit that I give her only good things, and willingness to be dependent on me to do things for her, that Jesus is wanting me to learn.

As much as the world makes us sceptical of and pessimistic with one another, the beginning of freedom in the Kingdom of God starts when we willingly trust in Jesus and dependently receive eternal life from Him like a little child. Let Him take you wherever He wants you to go and feed you with the food of His word. Be content in

sitting in His presence and all the love that He has for you. So, whenever you feel as though life seems so difficult and you can't seem to find a moment of spiritual peace and respite, take a moment to observe an infant's trust in his parent, and do the same in your trusting in Jesus.

Let us pray:

Almighty and everlasting God, You who are always more ready to hear than we are to pray, and to give more than we either desire or deserve: pour upon us Your abundant mercy, and forgive us when our pride makes us afraid to trust in You. Teach us to receive all the good things You give us by grace, like a child receiving goodness from his parents, building our dependence in You against the backdrop of worldly fears and deceit. This we ask and pray in Jesus Christ our Savior; who lives and reigns with You and the Holy Spirit, one God, for ever and ever. Amen.

班底浸信教会

每日灵粮

2021 年 10 月 7 日，星期四

题目：“学像孩子”

作者：陈燕靖传道

翻译：黄姐妹

经文：马可福音 10:13-16

耶稣为小孩祝福

13 有人带着小孩子来见耶稣，要耶稣摸他们，门徒便责备那些人。14 耶稣看见就恼怒，对门徒说：“让小孩子到我这里来，不要禁止他们，因为在神国的正是这样的人。15 我实在告诉你们：凡要承受神国的，若不像小孩子，断不能进去。”16 于是抱着小孩子，给他们按手，为他们祝福。

信不信由你，我家最早起床的不是我的妻子也不是我，而是最近刚满一岁，我最小的女儿 Nadia。就像人行闹钟一样，她在早晨天刚亮的那一刻醒来，大约是早上六点三十分到七点，然后她兴奋地敲打我的身体，把我叫醒，开启了我的一天。

有些人可能会问，为什么是我而不是我的妻子？嗯，她很喜欢让我用一只胳膊抱着她一起参与洗漱和刷牙及喝咖啡，为新的一天做好准备。她不是只盼着吃早饭，每每刷牙的时候还饶有兴致地看着我。即使在我灵修的时候，她也会在我的脚边静静地玩耍，在我阅读神的话语时安静地坐在我的腿上。今天的阅读让我很感激，因为我不仅会享受 Nadia 和我在一起的时光，而且她还教我一些关于我应该如何接受上帝的国度的事情。

在今天的读经中，耶稣教导说：“凡要承受神国的，若不像小孩子，断不能进去。”除去双重否定，耶稣是说我应该像小孩子一样才能承受神的国。如何做到这一点？耶稣实际上通过接待孩子，将他的手放在他们身上并祝福他们来体现这一课程。诀窍不是看那些把孩子交给耶稣的人，也不是假设孩子们可能拥有任何与生俱来的谦卑。相反，它是观察孩子的信任精神和依赖他人的意愿并全然的接受，像领受耶稣的祝福一样。

这让我回想到了 Nadia。当她把我叫醒并跟着我完成早上的梳洗和早餐时，她没有自己的日程安排，也不期望我做任何不同甚至相同的事情。我给她吃的简单早餐，把我肚子当柔软的垫子一起完成灵修，当我抱着她完成任务时，她对我的引领感到满足和快乐。她愿意依靠我为她做事，就是她信任的精神，我只给她好的东西，耶稣希望我学习这点。

尽管这个世界让我们彼此怀疑和悲观，但当我们心甘情愿地相信耶稣并像小孩子一样依赖他，从他那里获得永生时，上帝国度的自由就开始了。让他带你去任何他想要你去的，并用他的话喂养你。满足于坐在他的面前，享受他对你的所有爱。所以，每当你觉得生活似乎如此艰难，你似乎找不到片刻精神上的平静和喘息时，花点时间观察婴儿对父母的信任，并运用在你对耶稣的信任上去面对任何的事。

让我们祈祷：

全能和永恒上帝，你聆听祷告的意愿总多过我们对祈祷的热诚，并给予比我们所希望或应得的更多：将你丰富的怜悯倾倒在我们身上，当我们的骄傲使我们害怕相信你时，请原谅我们。教导我们接受你通过恩典赐给我们的所有美好事物，就像一个孩子从父母那里得到好处一样。在世俗的恐惧和欺骗的背景下建立我们对你的依赖。这是我们在我们的救主耶稣基督里祈求和祈祷的；与你和圣灵同在并掌权的那一位唯一的上帝，在永恒的荣耀中。直到永远。阿门！

Friday, 8 October 2021

Betrayal

By: Prathab V

John 13:18-21

Few things cut deeper in the heart than the searing pain of betrayal. The famed British poet, William Blake once wrote: "It is easier to forgive an enemy than to forgive a friend". How true those words are, when I reflect upon what I went through at work

Several years ago, my job as a consultant, required me to interview candidates and evaluate their suitability for hiring. In one such occasion, a well-known Datuk, who held a top position in the government, introduced his nephew to me. Not wanting to be influenced, I made it clear that I will evaluate his nephew objectively and fairly.

After the interview and subsequent tests, I was impressed and made a recommendation to hire the nephew. When he joined the company, I taught the young man all that I knew and guided him step by step. He showed much promise and I liked the young man's talents.

However, as time went on, he began to backstab in various sinister methods while undermining my authority. It was then I realised, that he was an ambitious and impatient young man who coveted my position.

As I look back on the damage that he did, I was very hurt and angry. I had trusted him but he wanted power and money quickly. He betrayed my trust and I felt lonely in the organisation. "No loneliness is lonelier than distrust," a psychologist wrote in Psychology Today webzine a few years ago.

It was an apt description of how I felt then. Trust precedes the pain of betrayal. Without trust, any form of treachery would have lost its sting.

Still, my hurt cannot be compared to the betrayal that our Saviour experienced. Jesus was clearly overwhelmed when one of his 12 disciples, Judas Iscariot, "turned his heel" against him. Verse 21 of John 13 describes Jesus as being "greatly distressed". Indeed, the pain of betrayal can be emotionally overwhelming.

This morning, I just want to bless my Lord for His love to me. He healed my pain and gave me hope. He also taught me to forgive graciously. Holding on to the pain will only do more damage to one's heart.

The beautiful thing is that Jesus promises to bind the broken-hearted and give us peace.

Perhaps this morning, you have some heartache in the past that is causing much pain within you. If so, I urge you to come to Jesus and ask Him to heal the pain. He knows the pain you are going through because He Himself was betrayed. Talk to Him. He is with you right now.

Commit your life to Him and let Him be the pilot of your life.

Prayer:

Lord Jesus, only you understand my heartaches and the pain I have suffered. Help me not to hold on to the past. Heal me and teach me to forgive graciously. In Jesus' name I ask, Amen.



每日灵粮

星期五，2021 年 10 月 8 日

标题：背叛

标题：Prathab V.

作者：巫惠如

约翰福音 13:18-21

没有什么东西比背叛的痛苦更深刻。英国著名诗人威廉·布莱克曾写道：“原谅敌人比原谅朋友容易”。当我反思我在工作中经历的事情时，这些话是多么真实。

几年前，身为顾问，我需要面试面试者并评估他们是否适合被聘用。有一次，一位在政府担任高级职务的著名拿督，介绍他的侄子给我。我不想被影响，并明确表示我将客观、公正地评估他的侄子。

经过面试和随后的测试，我对他的侄子留下了深刻的印象，并决定聘请他。当他加入公司时，我把我所知道的一切都教了这个年轻人，并一步一步地指导他。他很有前途，我喜欢这个年轻人的才能。

然而，随着时间过去，他开始以各种方法耍阴招，暗中算计我。我意识到，他是一个野心勃勃、缺乏耐心的年轻人，也觊觎我的地位。

当我回顾他所造成的损害，我感到非常受伤和愤怒。我曾信任他，但他想迅速获得权力和金钱。他背叛了我的信任，我在组织中感到很孤独。几年前，一位心理学家在《今日心理学》网络杂志上写道：“没有什么孤独比不被信任更孤独了”。

这是对我当时感受的恰当描述。信任先于背叛的痛苦。若是没有先前的信任，任何形式的背叛都会失去它毒刺的杀伤力。

尽管如此，我的伤痛不能与我们的救主所经历的背叛相比。当他的 12 个门徒之一，加略人犹大，“翻脸不认人”时，耶稣显然悲痛欲绝。约翰 13: 21 描述耶稣“心里忧愁”。的确，在感情上被出卖的痛苦是难以承受的。

今天早上，我要因主对我的爱称颂祂。祂治愈了我的痛苦，给了我盼望。祂还教我以恩典宽恕。抱着痛苦不放只会对自己的心灵造成更大的伤害。

美妙的是，耶稣应许医治破碎的心，给我们平安。

也许今天早上，你在过去有一些心痛的事情，在你内心造成了很大的痛苦。如果是这样，我劝你来到耶稣面前，求祂医治这些伤痛。祂知道你正在经历的痛苦，因为祂自己曾被出卖。告诉他吧！祂现在就与你同在。

把你的生命交付给祂，让祂成为你生命的引导。

祈祷：主耶稣，只有你了解我的心事和我所遭受的痛苦。帮助我不要执着于过去。医治我，教我以恩典宽恕别人。奉耶稣的名祷告，阿门。

Saturday, 9 October 2021

Title: Jesus is an endless source of living water, and can supply this depleted world.

Author: Pastor Johnson Chong

Translator: Margaret Ong

John 4:13~14 "Jesus answered and said to her, "Whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life."

There are millions of people of all kinds in the world, but they have one thing in common, that is, they are all thirsty, and they are all looking for water to drink. There is also a lot of water in the world. In addition to natural large rivers, small rivers, lakes, and seas, people have also dug many wells, but none of them seem to quench people's thirst. Some water can quench people's thirst for a while, but they will long for another drink again later; some water after drinking will make one even more thirsty. Let us have a look: people all over the world are running around, all eager and anxious, they all feel a need in their hearts, but they can not find something to satisfy. We observe that some people seem to get what they seek: some people get money, fame, love, enjoyment, knowledge and many other things. However, their hearts are still empty and inadequate. With anxiety and disappointment, although the heart is small but dissatisfied. Even if the whole world is swallowed up, there is still empty room. Even when all the water in the world is drunk, they still feel thirsty. Some people may have little desires and are content with just a few things, but that is compared to his pitiful situation at the time, it seems like (in the metaphor) the rich man in the underworld, only asking for a little bit of water to cool his tongue.

People are thirsty, and the reason is very simple. This is not only because people's desires are not filled, but those who want to satisfy their fleshly desires will never be satisfied. They can only add fuel to the fire to make the desires more intense, and it is the fleshly desires that are obtained. Even after being satisfied, there is still a kind of hunger and thirst in the human heart. It is the hunger and thirst of the soul. It is not the material world, which can be satisfied by the physical relationship. The human mind will feel alone in the crowd, feeling lonely among relatives, chills in the heyday and tears in the carnival. What is the reason?

If the soul has not found God, it has not found its origin and pillar to rely on. It is like a homeless prodigal son, and there will be no rest. Without eternal life, the soul has no destination and purpose. How can a soul not be anxious, when it is like a boat drifting in the sea? Only the water given by the Lord Jesus comes from the

throne of God, and people will never thirst after drinking this water of life, because the water God "shall give him will become in him a fountain of water springing up into everlasting life ."

Prayer: Lord! Pray for the Lord to help us, let our lives become a fountain, have the courage to witness the Lord, be filled with the Holy Spirit, and glorify the name of the Lord. Let us joyfully drink the fountain of salvation, always delight in Jehovah in our hearts, let our faith leap forward, "shall mount up with wings as eagles"( Isaiah 40:31), and take heaven as our abode. 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 10 月 9 日

标题：耶稣是源源不绝的活水泉源，可供应这枯竭的世界。

作者：张胜牧师

约翰福音 4：13~14 “耶稣回答说，凡喝这水的，还要再渴。人若喝我所赐的水就永远不渴。我所赐的水，要在他里头成为泉源，直涌到永生。

世界上有千千万万形形色色的人，但每个人却有一个共同点：即都是渴人，都在寻找水喝。世界上的水也是不少的，除了自然的江、河、湖、海以外，人也挖造了不少池井，但似乎都不能解人的渴。有的水能解人一时之渴，但过后还要再渴；有的水喝了之后渴得更厉害。让我们举目观看吧：全世界的人都在到处奔波忙碌，都带着急切渴望的心情，都感到心里有一种需要，却找不到满足之物。我们看到有人似乎得到所寻求的；有人得到了钱，得到了名，得到了爱情，得到了享受，得到了知识，得到许多东西。然而在他们心里仍是空虚不足的，焦躁而失望。这颗心虽小却填不满，即使整个世界吞下去也还有空处，世界所有水喝尽了还是觉得渴。有的人可能欲望很小，有一点东西就知足了，但那是比较他当时的可怜情况而言，好像（譬喻中）在阴间的财主，只求一点点的水凉凉舌头。

人都渴了，这原因也很简单，这不正是人的欲望填不满，凡想满足肉体情欲的永不会得到满足，只能是火上加油，使欲望更熾更烈。而且就算肉体的情欲得到了满足，人的心里还是有一种饥渴，那是灵魂的饥渴。它不是物质世界，肉体关系所能满足的。人的心灵会在闹市之中感到寂寞，在亲人之间感到孤单，在极盛之时打起寒战，在狂欢之际流出眼泪，这究竟是甚麽原因呢？

灵魂没有找到神，就没有找到本源和依靠，好像一个无家可投的浪子，不会有安息。灵魂没有得到永生就没有归宿和目的，好像一叶扁舟子大海中飘泊，哪会不焦急？惟有主耶稣所赐的水源於神的宝座。人喝了这生命的水就永远不渴了，因为神在他里面成为泉源直涌到永生。

祷告：主啊！求主帮助我们，让我们的生命成为泉源，勇於见证主，被圣灵充满，荣耀主的名。让我们畅饮救恩之泉，心中常以耶和華為乐。让我们的信心踊跃，如鹰展翅上腾，以天堂为我们的居所。

感谢祷告祈求，是奉靠主耶稣基督的圣名，阿们！

Sunday, 10 October 2021

Title: Jesus, Man's Best Friend

By Elder Yu Chin Shie

John 15:15

"I no longer call you servants, 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"

I can't imagine what our lives will be if we are deprived of friends. Friends come in all shapes and sizes. They could be our spouses, our kids, our church friends, school mates, colleagues, neighbors, our relatives, including in laws. They could be of different background, temperament and interests.

Good friends are those who stand by us, accept us as we are, are patient and kind, rejoice with us in good times and share our sorrows when we are down.

In February this year, I lost a good friend who succumbed to Covid. That was before we could get our ourselves vaccinated. Many had prayed for him. We thought he could pull through and when I heard of the news, I had a good cry.

At the wake service, I had the honor to give the eulogy for my good friend and to thank God for our friendship.

Let's call my good friend, SY (his initials) whom I had known for more than 40 years.

Below is an excerpt from the eulogy

"I would like to share some fond memories I have of SY.

And thank God for our friendship and for his life well lived to honor God.

SY was a faithful friend, trustworthy and caring. Permit me to share some nostalgic memories.

SY was one of the few friends I had when I first started work in KL and attended FBC, PJ in 1977. He helped me adjust to life in the city and the church when I started my career in KL, after having been away studying and working overseas. We had a lot of good times together, attending a bible study group in a rented bachelor house then. We are of the same age and our kids are nearly of the same age group. That added to the close bonding between us and the kids as well. We had gone for holidays together with our families. We visited one another.

Let me share why I treasure our friendship

When we first shifted to our current house more than thirty years ago, we didn't install an alarm system. Our house was burgled twice when we went out for dinner. You can imagine the traumatic experience of having your house burgled and ransacked. Each time, I called SY, he and his wife would come immediately to see how they could be of help to us. Their presence had a calming effect on us as we assessed the loss and did the police report. At the time, I couldn't think of anybody else for help but SY, knowing he would be there for me. What a faithful, trustworthy and caring brother in Christ.

SY and family left our church some years back and we have missed him dearly. However, God has enabled us to meet quite regularly before he retired. We had lunch together quite often as his office at KLCC is quite near mine. From my fellowship with him I know he was very involved in his church in the CG ministry and also in evangelism."

Thank God for SY and my other good friends. There is one other friend who means more to me than all my good friends. He is Jesus, Man's best friend!

Jesus is God and Savior (Titus 2:13 & 2 Peter 1:1), Master and Lord (Jude 1:4) and yet He called us His friends (John 15:14). It is mind boggling that the King of kings and Lord of lords (Rev 17:14) called us His friends! He loves us enough to lay down His life for us for the forgiveness of our sins (John 15:13). He is a friend that "loves at all times" (Proverbs 17:17); He holds us fast and "no one will snatch us out of His hand" (John 10:28); He is a listening friend: "Call to Me and I will answer you, and I will tell you great and mighty things which you do not know" (Jeremiah 33:3). He will be with us in our darkest hour: "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)

Jesus desires us to be His friend. There is a condition though. "You are My friends IF you do what I command you." (John 15:14).

Friends of Jesus listen and heed His commands.

One of my favorite hymns is "I've Found a Friend, O Such a Friend" written by James G. Small in 1862. The first verse says:

"I've found a friend, O such a friend!  
Christ loved me ere I knew Him;  
He drew me with the cords of love,  
And thus he bound me to him;  
And round my heart still closely twine

Those ties which naught can sever,  
For I am his and Christ is mine,  
Forever and forever. "  
Have you found such a friend?

I have and He is truly "Man's best friend!"

Prayer –

Heavenly Father,  
Thank you for your son, Jesus who is not only our Savior and Lord but also our friend who will never leave us or forsake us. Help us always to honor Him in obedience to Your will. May Your kingdom come and Your will be done on earth as it is in heaven.  
In Jesus name,  
Amen



班底浸信教会

每日灵粮.

星期日 2021 年 10 月 10 日

主题：耶稣，我们最好的朋友

作者：余清熹长老

翻译：林良億姐妹

约翰福音 15:15 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。

我无法想象如果我们没有朋友，我们的生活会怎样。我们有各式各样的朋友。他们可能是我们的配偶、我们的孩子、我们教会的朋友、同学、同事、邻居、亲戚，包括姻亲。他们可能有不同的背景、性格和兴趣。

好朋友是支持我们的人，接受我们本来的面目，有耐心又善良的，在顺境时与我们一起欢喜，失落时分担我们的悲伤。

今年 2 月，我失去了一位好朋友，他死于新型冠状病毒。那是在我们可以接种疫苗之前。许多人为他祈祷。我们以为他能挺过去，当我听到他离世的消息时，我大哭了一场。

在追思会上，我有幸为我的好朋友致悼词，并感谢上帝赐予我们的友谊。

让我称呼这位认识了 40 多年的好朋友为 SY（他的英文名字的缩写）。

以下是悼词的摘录：

“我想分享一些我对 SY 的美好回忆，并为我们的友谊和他为荣耀上帝而活出的生命感谢上帝。SY 是一个忠实的朋友，值得信赖和充满爱心。请允许我分享一些令人怀念的回忆。

1977 年我刚开始在吉隆坡工作并参加 FBC, PJ 时，SY 是我为数不多的朋友之一。当我在海外学习和工作后开始在吉隆坡工作时，他帮助我适应了城市和教会的生活。我们在一起度过了很多美好的时光，当时我们在租来的单身汉房子里参加了一个圣经学习小组。我们同龄，我们的孩子几乎同龄。这也增加了我们和孩子们之间的紧密联系。我们和家人一起去度假。我们互相拜访。

让我分享为什么我那么珍惜我们的友谊。

三十多年前，当我们第一次搬到现在的房子时，我们没有安装警报系统。我们的房子在我们出去吃饭的时候被盗了两次。你可以想象你的房子被盗和被洗劫一空的痛苦经历。每次我给 SY 打电话，他和他的妻子都会立即赶来，看看他们能不能为我们提供帮助。当我们评估损失并提交警方报告时，他们的出现都让我们感到平静。除了 SY，我想不出还有谁能帮助我，因为我知道他将会在我身边。他是一个多么忠诚、值得信赖和关心人的主里弟兄。

SY 和家人几年前离开了我们的教会，我们非常想念他。然而，在他退休之前，上帝使我们能够经常见面。我们经常一起吃午饭，因为他在 KLCC 的办公室离我很近。从我与他的团契中，我知道他非常活跃地参与他的教会关怀小组事工和传福音”。

感谢上帝赐予我，SY 和其他的好朋友。还有一位朋友对我来说比我所有的好朋友都更重要。祂是主耶稣，人类最好的朋友！

耶稣是上帝和救主（提多书 2:13 和 2 彼得 1:1），主人和主基督（犹 1:4），但祂称我们为祂的朋友（约翰福音 15:14）。万王之王和万主之主（启 17:14）称我们为祂的朋友，这真是令人难以置信！祂爱我们到足以为我们舍命，以赦免我们的罪（约翰福音 15:13）。祂是“时常亲爱”的朋友（箴言 17:17）；祂紧紧抓住我们，“没有人能把我们从祂手里抢走”（约翰福音 10:28）；祂是一个倾听的朋友：“你求告我，我就应允你，并将你所不知道、又大又难的事指示你”（耶利米书 33:3）。在我们最黑暗的时刻，祂将与我们同在：“我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。”（诗篇 23:4）

主耶稣基督希望我们成为祂的朋友。但有一个条件。“你们若遵行我所吩咐的，就是我的朋友了。”（约翰福音 15:14）。耶稣的朋友们倾听并听从祂的诫命。

我最喜欢的赞美诗之一是 James G. Small 于 1862 年创作的“我有一友，何等良友”。第一节说：

我有一友，何等良友！未识时已先爱我；  
慈绳引我爱索系我，教我与祂相连合。  
情深意切萦绕我心，愿与恩主永不分；  
我属我友，我友属我，直到永远仍相亲。

你遇到过这样的朋友吗？

我有！祂真的是“我们最好的朋友！”

祷告：天父，感谢祢的儿子耶稣，祂不仅是我们的救主和主，也是我们的朋友，永远不会离开我们或抛弃我们。帮助我们时常顺从祢的旨意来荣耀祂。愿祢的国降临，愿祢的旨意行在地上，如在天上。奉主耶稣基督的名，阿门。

Monday, 11 October 2021

Title: Compassion Fatigue

By: Ong Hwee Soo

Matthew 5:7

"Blessed are the merciful, for they shall receive mercy."

This fifth Beatitude is unique and notably different from the preceding ones. In the first four, there is a distinction between the need and the fulfilment: those 'poor in spirit' receive the kingdom; those 'who mourn' are comforted; 'the meek' inherit the earth, and those who 'hunger and thirst' are satisfied. But in this Beatitude, "the merciful... shall receive mercy". It seems to imply that we cannot receive mercy unless we give mercy.

This reverberates Jesus' teaching in the 'Lord's Prayer' and the 'Parable of the Unforgiving Servant' that "if you do not forgive others their trespasses, neither will your Father forgive your trespasses" (Matt.6:14-15; 18:33-35).

However, even as we look at the apparent conditionality in the text, we must not lose sight of Scriptural doctrine that salvation is by grace alone and not by works. What Jesus teaches in the fifth Beatitude is that when we demonstrate mercy to others, we enable God's mercy to penetrate deeper into our lives. The act of giving endows us the means to receive and realize mercy.

In his book, 'Ministries of Mercy' Timothy Keller writes "The only true and enduring motivation for the ministry of mercy is an experience and a grasp of the grace of God in the Gospel. If we know we are sinners saved by grace alone, we will be both open and generous to the outcasts and the unlovely."

Mercy is not an attribute that arises from our natural temperament. A 'merciful' person is "not simply possessed of pity but is actively compassionate." (William E. Vine, author of 'Vine's Expository Dictionary of New Testament Words'). "A Christian who is merciful feels such compassion and concern that he is not content until he does something about the plight of the one whom he has come in contact." (Selwyn Hughes). In short, mercy is compassion in action.

At the peak of the present pandemic, many frontliners encountered 'compassion fatigue', a term that describes the physical, emotional and psychological impact of frequently caring for others, usually through experiences of stress and trauma. It affects especially caregivers and healthcare professionals, who experience exhaustion resulting in diminished ability to empathize or feel compassion for others. Tributes have poured in through the media for the frontliners whose

compassion fatigue arose largely due to the near collapse of the country's healthcare system.

Let's join in the chorus of salutation for our healthcare frontliners and continue to encourage them in their good works. With daily infection cases still hovering around five figures, and considerably high fatalities, may they not take the burden upon themselves. May they be reminded of the motto of William Osler ('Father of Modern Medicine'): "To cure sometimes, to relieve often, to comfort always". After all, according to Osler (co-founder of Johns Hopkins Hospital, USA), "Medicine is a science of uncertainty and an art of probability".

Back to our reflection on the fifth Beatitude, Scripture does not insinuate a guilt-producing motivation but stimulates an abundant generosity in response to God's mercy.

In his same book, Keller writes: "Many people today are very concerned that relief only go to the 'deserving poor'. However, we must be careful about using the word 'deserving' when it comes to mercy. Were we ever deserving of God's mercy?

If someone is completely deserving, is our aid really mercy?"

How may we enhance our empathy and extend more relief and comfort for the sick or needy?

PRAYER

Merciful God, lead us to Live the Life full of compassion towards others. Amen.

班底浸信教会

每日灵粮

星期一，2021 年 10 月 11 日

标题：怜悯心疲劳

讲员：翁辉赐弟兄

翻译：陈劲年姐妹

【马太福音 5:7】

“怜悯人的人有福了，因为他们必蒙怜悯。”

八福中这第五个福是独特的，与前面的明显不同。在前四个中，需要和满足是有区别的：那些“虚心”的人会得到天国；那些“哀恸”的人得到安慰；“温柔”的人承受地土，“饥渴”的人得到饱足。但在这八福中，“怜悯人的……必蒙怜悯”。这似乎暗示着除非我们给予怜悯，否则我们不能蒙受怜悯。

这呼应了耶稣在“主祷文”和“不饶恕人的恶仆的比喻”中的教导：“如果你们不饶恕人的过犯，你的天父也必不饶恕你们的过犯”（马太福音 6 章 14-15 节；18 章 33-35 节）。

然而，即使我们看到文本中明显的条件限制，我们也不能忽视圣经的教义，即救恩乃靠恩典，而不是靠行为。耶稣在第五福中的教导是，当我们怜悯他人时，我们就能让上帝的怜悯更深入地渗透到我们的生活中。给予的行为赋予我们领受和体验怜悯的渠道。

蒂莫西·凯勒 (Timothy Keller) 在他的《怜悯事工》（Ministries of Mercy）一书中写道：“怜悯的事工唯一真实而持久的动力是在福音中体验和把握上帝的恩典。如果我们知道我们是单靠恩典得救的罪人，我们就会对被排斥的人和不可爱的人敞开心扉又慷慨。”

怜悯不是从我们的自然气质中产生的属性。一个“有怜悯”的人“不仅具有同情心，而且积极地怜悯。”（威廉·爱德威·范隐，《新约单词评注字典》的作者）。“一个怜悯人的基督徒对他所接触在困境中的人会感到如此怜悯和关心，以至于他非为他们做些事情，他不会满足。”塞尔温休斯（Selwyn Hughes）。简而言之，怜悯是行动中的怜悯。

在当前大流行的高峰期，许多前线人员遭遇“怜悯心疲劳”，这一术语描述经常照顾他人，通常是通过压力和创伤经历造成的身体、情感和心理学的影响。它尤其影响护理人员和医疗保健专业人员，他们感到疲惫，导致对他人的同理心或怜悯的能力下降。媒体纷纷向前线人员致敬，这些前线人员的怜悯心疲劳主要是由于该国医疗系统几近崩溃造成的。

让我们齐声向我们的医疗前线人员致敬，并继续鼓励他们的善行。每日感染病例仍徘徊在五位数左右，死亡率相当高，愿他们不会自己承担这个负担。愿他们想起威廉·奥斯勒 (William Osler) (“现代医学之父”) 的座右铭：“有时治愈，经常缓解，总是安慰”。毕竟，根据威廉·奥斯勒 (William Osler) (美国约翰霍普金斯医院的联合创始人) 的说法，“医学是不确定性的科学和概率的艺术”。

回到我们对第五福的反思，经文并没有暗含产生内疚的动机，而是意在激发对上帝怜悯的慷慨回应。

在他的同一本书中，凯勒 (Keller) 写道：“今天许多人非常担心救济只会流向‘值得救济的穷人’。然而，当谈到怜悯时，我们必须小心使用‘值得’这个词。我们值得上帝的怜悯吗？”

如果有人完全值得，我们的援助真的是怜悯吗？”

我们如何增强我们的同理心，为病人或有需要的人提供更多的救济和安慰？

祷告

怜悯的上帝，带领我们活出对他人充满怜悯的生命。阿们。

Tuesday, 12th October 2021

Title: God's grace is a lifetime

By. : Pastor Andrew Lim

Our current generation would often lament the savage bitterness of life and feel helpless about it. Such helplessness and bitterness could even strike down the toughest among us, especially in our current world where catastrophes, disasters, injustice, evil and persecution plague us. All these could lead us all to question our faith. Amid all these calamities, we must bear in mind that the grace and peace granted to us by God has never ever left us because our Lord God has already "personally" left His peace to all His beloved children – the cleansing of our sins with His sacrifice on the cross. The hope He has left for us will never be extinguished. His comfort will always be there. We are safe and secure in the hands of our God.

It will indeed a lifetime to dwell upon the grace of God. From the moment of our birth till our death, God's grace is always there with us. He forgives all our sins, cures our afflictions, and frees us from the shackles of death. He crowns us with His mercy and lovingkindness and satisfies our years with good things. (Psalm 103:3,4) There are still so many more good things by the grace of God that have always remained with us until the end of our lives. Although our lives can be met with many difficulties and suffering, we will surely shout with joy in the daybreak after a night of tears. And, that dawn is near. Tears and pain are temporary for they are without a staying place and must leave at dawn.

All the grace of man is received from God; He is the one who blesses His people, and, by His providence, He takes care of us. "For His anger is only a blink of an eye; His grace lasts a lifetime." The God, Yahweh, that David knew was not merely his Shepherd, but also his Father. God is like a normal father; He does not lecture nor does He land His rod on His children every day, but He will, like a normal father, use his lifetime to cherish His children, spending time nurturing them, and, occasionally, disciplining them.

David had on various occasions been very disobedient to God. At times, he offended God greatly. As a result, God did pour His wrath on David for those offences as a form of strict discipline. But from David's point of view, God's anger and discipline were just for a short moment but His grace is a lifetime. God's wrath is brief, but His grace is eternal. His discipline on those He loved is just a temporary thing, but His love for them is everlasting.

Once a man gains some achievements in life, he very often would feel financially satisfied and secured. He would even feel a great but misconceived sense of safety



and stability in his career and life. Because of that, he might even forget to continually rely upon the one true God who is the only one who could grant true peace in life...As this endemic persists, we are reminded that we cannot afford to be egoistic and arrogant. This endemic also wakes us up to the fact that no matter how great we think we are, or how great others perceive us to be, we are no match for a tiny winy virus that could bring the world to a halt. (The original text is in English ) It is reminding us to keep our egos in check. It is reminding us that no matter how great we think we are or how great others think we are, a virus can bring our world to a standstill.)

Our vanity leads us to forget about the grace of God; that we may have a conceited idea that all our "great" achievements came solely from our own efforts and success. This deceptive idea then leads us away from God; He is being gradually shut out and phased out from our lives. We would then focus purely on ourselves, forgetting that all we have comes from God by His grace. Satan used these weaknesses to tempt David into thinking very highly of himself, and, with that, tempting him to take census of his army. David then glorified himself for the might of his army, instead of glorifying God. Are we not the same as David?

When we face difficulties, suffering and unfortunate circumstances, it is easy for us to feel sorrowful, thinking that God has mistreated us. Even some might think that God is punishing us in anger, bringing us one misfortune upon another. It is true that He will mercifully guide, edify, teach and correct us. He will also occasionally discipline, rebuke, and even punish us in anger.

But His wrath is just in a blink of an eye because He loves us. His love for us restrains His anger. When we repent, He will cease His punishing rod and stretch out His hands to comfort and heal us. He will not unceasingly blame nor will He bear grudges against us. He never fully deals with us according to our evil deeds nor does He inflict us according to the gravity of our sins. Therefore, [Psalm 30:5 says, "For His anger is but for a moment, and His favor is for a lifetime. Weeping may tarry for the night, but joy corners with the morning."]

There are many who are afraid of getting the jab because it will be prickly painful, albeit a moment. Just like a jab from a doctor, the discomfort and suffering that God allows would be temporary because God will not let the suffering remain for long, instead He will imprint all the beneficial effects in you. If the suffering lingers, it is because God thinks highly of you, and He wants to use your life to be a blessing to others. Let this lingering suffering increase our dependency on God and keep us

on guard to avoid sins. The pain and suffering that He allowed is transient but His grace a lifetime.

Our lives are ever-changing just like the forms of the clouds in our sky; it folds, expands, contorts and disintegrates. At end of a path is a beautiful scenery. When there is not a path ahead of you, why do you not sit down to rest and observe the wonders of the skies? Instead of feeling anxious or grumbling, why do you not watch out for the change? Even in desperate moments, why do you not try to look sideways or to the back? There might be an alternative path. Even if you are at a dead end, look up! Even in your excruciating moments of suffering, look up to God. The wonders of the skies could reveal the mesmerising beauty of His words and glory.

Oh God! Because You love us, You don't hold Your anger forever, You won't blame forever, You didn't treat us according to our sins, and You didn't repay us according to our sins. Your anger is only a blink of an eye, but Your grace and love lasts a lifetime. When we turn to Your repentance, You immediately stop Your punishing rod and stretch out Your stroking hand to comfort my soul, so even though I cry throughout the night, I will cheer in the morning. Oh God! I praise You with a grateful heart. Prayer of thanksgiving is in the holy name of our Lord Jesus. Amen.

每日灵粮

星期二，2021年10月12日

标题：上帝的恩典是一生之久

作者：林金儀傳道

在我们這年代的人，常常会觉得人生很苦，很無助，特别是近日特別多天災人禍、逼迫和不公義生命中的狂風暴雨和捆鎖劫難是何等的让人难以招架，叫人對所遭遇的失去信心，但是要緊記：神所賜下的平安和恩典其實不曾離開我們，因上帝已經「親自」為祂所愛的孩子把平安留下來。祂十架的犧牲洗清了我們的罪過，祂賜下的盼望不會滅，祂的安慰常在，在祂裡面我們穩如泰山。

當我們思想神恩典的時候，的確是一生之久，從我們一出母胎直到老死，時時處處都有神的恩典和同在，祂赦免我們的一切罪孽，醫治我們的一切疾病，救我們的命脫離死亡，以仁愛和慈悲為我們的冠冕，用美物使我們所願的得以知足（詩 103：3，4）。還有許多數不盡的恩典，這從來都沒一刻離開過我們，直到人生在世最後的一剎。雖然人在世上就難免有苦難和問題，但一宿雖然有哭泣，早晨便必歡呼，而那個早晨不但即將到來。哭泣和痛苦的留宿只是短暫的，他沒有住處，不能停留很久，天亮他必須離去。

人的一切恩典都從神領受；神是賜福人的神，神是施恩的神，神是眷顧人的神。“因為祂的怒氣不過是轉眼之間；祂的恩典乃是一生之久。”在大衛的認識當中，耶和華不僅是他的牧者，更是他的父親。就好似正常的父親不可能每一天都打罵孩子，但是父親却會用盡他的一生來愛惜孩子，花時間在孩子身上，但偶爾也會管教孩子。

大衛也有非常不聽話的時候，很嚴重得罪神的時候，神也有向他發怒的時候，給于他很嚴厲的管教。但是在David看來，神的怒氣和管教是轉眼之間，但是祂的恩典乃是一生之久。上帝的怒氣是一時的，恩典却是永遠的。神對人的管教是暫時的，對人的愛心却是亘古不變的。

人往往因為有了成就，就常常會自覺有了保障，安居了，樂業了，便會忘記倚靠那能真正賜人平安的神.....正像這一場病毒提醒我們，我們不能妄自尊大。病毒還提醒我們，無論你覺得自己多偉大，也無論別人覺得你多么偉大，一個小小的病毒就能讓整個世界停擺。  
(原文是英文 It is reminding us to keep our egos in check. It is reminding us that no

matter how great we think we are or how great others think we are, a virus can bring our world to a standstill.)

我們就是這樣妄自以為偉大，善於遺忘上帝一切的恩典；只想到我們所以有今天是依靠自己的努力与成功，很容易就把神剔出了思想的邊界，踢出生命的宝座之外：只是单单注视到我们自己，而忘記一切是来自神的恩典。撒但就是这样乘機會引誘大卫，使他妄自以為自己就是偉大的領袖，下令要數點統計戰士的數目，然后歸榮耀給自我；我們豈非也一样。

當人一旦遭到困難，痛苦，不幸的時候，很容易傷心難過，覺得神沒恩待我們，好似苦待我們，似乎向我們發怒。是的，祂會恩待引導我們、造就我們、教訓我們、改正我們，但亦有時會管教我們、責備我們、甚至懲治我們，向我們發怒。

不過祂的怒氣不過是轉眼之間，因為祂心系愛着我們，使祂的怒氣不能盡發。當我們轉向悔改時，祂就立刻停止祂的杖責，伸出撫摸的手，祂不會長久責備，也不永遠懷怒，祂沒有完全按我們的罪過待我們，也沒有照我們的罪孽報應我們。所以【詩 30：5 說「祂的怒氣，不過是轉眼之間，祂的恩典乃是一生之久，一宿雖然有哭泣，早晨便必歡呼。」】

許多人都害怕打針，因為打針會痛一下。就似挨了醫生一針的痛，來自神允許的不舒服或痛苦只有一會兒的功夫，因為上帝不會讓痛苦停留很久，而好的作用卻要持續下去。如果痛苦是停留比較久，是神看得起你，上帝特別要使用您的生命成為別人的祝福。就讓這一陣刺痛成為我們對神更加依靠，這是在警告我們離開罪惡。上帝容許的痛苦只是一息間，但祂恩典卻延續一生。

人生處處有風景，你看天上的雲卷雲舒，不也是千變萬化的風景嗎？路的盡頭便是風景，有時候前無去路，無路可走又何妨，干脆就坐下來靜觀風雲變幻，與其焦慮抱怨，不如坐觀其變；山窮水盡失落難免出現，此時不妨往旁邊或回頭看，也許有別的路通往別處；即使根本沒路可走，往天空看吧！在極之痛苦時要抬頭仰望上帝。坐看雲起時真是詩中有畫，畫中有詩。

主啊！因為您心愛我們，您不永遠懷怒，您也不會長久責備，您沒有按我們的罪過待我們，也沒有照我們的罪孽報應我們。您的怒氣不過是轉眼之間，但您的恩典和慈愛却是一生之久。當我們轉向您悔悟時，您就立刻停止您的杖責，伸出撫摸的手，安慰我的心靈，

所以我一宿雖然有哭泣，早晨便必歡呼。主啊！我以感恩的心赞美您。感恩祷告是奉主耶稣的圣名。阿们

Wednesday, 13 October 2021

Title: Carry it on to Completion

By Thong Vee Kean

Philippians 1:6 – being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. (NIV)

When I believed and received Jesus as my Lord and Saviour in university, I was under the impression that my salvation in Christ was completed. Then I came across justification, sanctification and glorification in the Bible and from sermons.

Justification, sanctification and glorification are three aspects of salvation in Christ. Justification had taken place when I received Jesus' gift of salvation through His sacrifice for me on the cross. Jesus had saved me from the penalty of my sin (my position is in Christ). I had at the same time received the Holy Spirit who carries out sanctification, so that I'm presently being saved from the power of sin (my condition is becoming like Christ). Glorification will come when Christ returns, so that I will be saved in the future from the presence of sin (my expectation is to be like Christ). Therefore, those in Christ are subjects of justification work that has passed, sanctification work that is on-going and glorification work that is to come by our Triune God.

I was recently reminded that a good haircut would depend on giving the barber my full co-operation. Sudden movements on my part would result in an awkward snip here and there. Similarly, as subjects of God's work of salvation, it is in our interest and for our wellbeing that we give our full co-operation to God. It involves trusting in God, obeying Him and submitting to Him instead of relying on our own strength and understanding. Our God who began the good work of salvation in us will carry it on to completion until the day of Christ's return.

Prayer:

Our Heavenly Father, we thank You for Your perfect plan of salvation for us. We seek Your forgiveness as we did not put our trust in You, we disobeyed You or we did not submit to Your will from time to time. We acknowledge that You who began the good work of salvation in us will carry it on to completion until the day of our Lord. In Jesus' most precious name we pray, Amen.

班底浸信教会

每日灵粮

星期三, 2021 年 10 月 13 日

标题：成全这工

作者：汤伟权弟兄

翻译：陈健萍姐妹

【腓立比书 1:6】我深信那在你们心里动了善工的，必成全这工，直到耶稣基督的日子。

当我在大学里相信并接受耶稣作为我的主和救主时，我以为我在基督里的救恩已经完成了。后来，我在圣经和证道中发现称义、成圣和得荣耀。

称义、成圣和得荣耀是在基督里得救的三个层面。当我因耶稣在十字架上为我牺牲而领受祂的救恩时，就已经称义了；耶稣已使我从罪的刑罚得拯救(我的位置在基督里)。我同时也领受了使我成圣的圣灵，以致我现今从罪的权势得拯救(我的情况变得渐渐像基督了)。当基督再来的时候，荣耀将会到来，这样我将来就可以从罪的界域得拯救(我的期望是要像基督一样)。因此，那些在基督里的人是过去式称义工作的对象，是现在式正在进行的成圣工作的对象，以及是将来式由我们三位一体的上帝而来荣耀工作的对象。

最近有人提醒我，一个好的发型取决于我能否与理发师充分合作。我这方面的突然动作会导致四处都是修剪失误的尴尬。同样，作为上帝拯救工作的子民，我们与上帝充分合作，是为了我们的利益和福祉。它包括信靠上帝、听从祂并顺服祂，而不是依靠我们自己的力量和聪明。我们的上帝，在我们里面开始了拯救的善工，祂会成全这工，一直到基督再来的那一天。

祈祷：

我们的天父，我们感谢祢对我们的完美救恩计划。我们寻求祢的宽恕，因为我们不时地没有信靠祢，违背了祢，没有顺服祢的旨意。我们知道，祢在我们里面开始了拯救的善工，必定会成全这工，直到我们主的日子。我们奉耶稣最宝贵的名祈祷，阿们。

Thursday, 14 October 2021

Title: Money Can't Buy

Pr Mark Tan

Mark 10:17-27

The rich man's question to Jesus is the question of a lifetime: "What must I do to inherit eternal life?" What intrigues me in today's reading is not the question itself, but the person who is asking as well as the person who is expected to give an answer. The rich man, as the title suggests, was rich. Verse 22 notes that he possessed great wealth. He would not have the worries of common people, in fact he wouldn't have had any worries at all, except for the great equalizer of all mankind: death. As someone said before, "Money can't buy you happiness, but it can buy you a Ferrari." This saying, though funny and rings with some truth, does have its limitations: Money can never buy you another life, nor can it prolong your existence one day more than what fate has planned.

So the rich man, seeing the great knowledge and power of Jesus, went up to him and asked the question which would solve his one and only problem: "What must I do to inherit eternal life?" Jesus' answer is not only heart-breaking for the rich man, it is also telling of what our hearts and attitudes must be like, in order to receive eternal life:

1. We must recognize Jesus as God. Notice Jesus' first response wasn't an answer but another question and a revealing statement "Why do you call me good? There is none good but God". Jesus was affirming the rich man that he was asking the right person for help, but it isn't because Jesus was a "good teacher", and since Jesus just said only God is good, He was affirming to the Rich Man that Jesus is God.
2. We must recognize that we cannot achieve God's impossible standards. After revealing implicitly that He is God, Jesus continues to set the standard of God's holiness i.e. we must be perfect and holy in order to have eternal life. Now, the rich man probably didn't understand this because he replied to Jesus that he had kept God's standards since he was a young boy. So, to test the Rich Man, Jesus told him to sell everything he had, and then, to follow Him. Why? Because if he was perfect, he would have known who Jesus is and what a Saviour must do: give up his life for another person.
3. We must recognize that we can only depend on Jesus. The rich man, hearing Jesus' answer, disappointingly left, because he could not give up his wealth. It should sadden us as well because it proves that no



one can ever be good enough to gain eternal life on his own. But thankfully for us, Jesus did not just give an answer, He is the answer to eternal life. Put your trust in Jesus and you will receive eternal life, for "all things are possible with God."

I hope the rich man's story doesn't end here. I hope he had the chance to discover eternal life: to know the only True God, and Jesus the Saviour whom He had sent (John 17:3). Meantime, dear reader, I pray today's devotion reminds us that Jesus has given something that literally money can't buy, and for all eternity, we should be grateful and thankful.

#### PRAYER

Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; 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 10 月 14 日，星期四

题目：金钱买不到

经文：马可福音 10:17-27

作者：陈燕靖传道

翻译：吴淑娉姐妹

财主向耶稣提出一个人穷其一生所追求的问题："我当作什么事，才可以承受永生？"在今天的经文中，引起我兴趣的不是问题本身，而是提问和将作答的人，正如题目所显示，那财主很富有，第 22 节指出他拥有庞大的财富，他应该不会有常人的烦恼，事实上，他可能不会有任何烦恼——除了对世人一视同仁的：死亡！曾经有人这样说："金钱买不到幸福，但它可以给你买一辆法拉利跑车！"这句话饶有趣味，也有些道理，但却不尽然：金钱永远买不到另一条生命，也不能将你的寿命延长一天，超出命运的安排。

看到耶稣的知识和能力，财主走上前，问祂一个可以解决他仅有的一个问题的方法："我必须做什么事，才可以承受永生？"耶稣的答案不仅伤了财主的心，还告诉我们，若要得到永生，我们必须有以下的心态：

1. 必须承认耶稣是上帝——请留意耶稣即时的反应不是直接的回答，而是提出另一个问题及一句有启示性的说话："你为什么称我为良善的？除了上帝一位以外，再没有良善的。"耶稣确认财主找对了人来帮忙，但却不是因为耶稣是一个良善的夫子（好老师），而是因为耶稣说只有上帝是良善的，祂正是向财主肯定自己就是上帝。
2. 必须承认我们不能达到上帝所定下永不能达到的标准——耶稣含蓄地宣告自己是上帝后，继而为上帝的圣洁定下标准，即我们必须完美、圣洁才能有永生。这可令财主困惑了，因为他已回答耶稣说他从小就遵守上帝的标准。为了试探财主，耶稣吩咐他去变卖所有的，然后跟从祂。为什么？因为如果财主是完美的，他应该已经知道耶稣是谁，并知道一个救主应该做什么：为另一个人舍弃自己的生命。
3. 必须承认我们只能依靠耶稣——财主听了耶稣的回答，失望地离开了，因为他不能放弃自己的财富。我们也应为此而感到悲伤，因为这证明了没有人可以靠自己的力量而得到永生，幸而，耶稣不仅给了答案，祂更是获得永生的答案——相信耶稣，你就会有永生，因为上帝凡事都能。

但愿财主的故事并不就此结束；我希望他有机会发现永生：认识独一的真神，认识祂所差来的救主耶稣（约 17：3）。同时，各位亲爱的读者，我祈祷今天的灵修提醒我们：耶稣给了我们金钱买不到的东西，我们要常存感恩感谢的心。

#### 祷告

主啊，我们祈求祢的恩典永远在我们之前和之后，借着与祢同在、一同掌管的主耶稣基督和圣灵，独一真神，让我们可以继续行善，从今时直到永远，阿们。

Friday 15th October

By Chow Ee-Tan 赵一丹

LOVE WILL FIND A WAY

And above all these put on love, which binds everything together in perfect harmony – Colossians 3: 14

Love – the four-letter word that is so often used, and misused. The idea of love is universal and vast and is lauded in art, literature, music and films. I remember back in the 90s when I caught the King of Pop in concert here in Kuala Lumpur. In between singing, he shouted out: 'I love you, I love you, I love you!' and his fans reciprocated. The cynical me thought to myself, his proclamation of love was lip service at most.

In the Bible, we know that love is an important attribute that all believers should possess and manifest, simply because God is love and we have received His love.

There are at least 55 direct commandments in the New Testament telling us to love one another and exhortations to practice loving qualities. Leading up to the well-known passage on love found in 1 Corinthians 13, the apostle Paul calls love the 'more excellent way' (1 Cor 12:31).

The love spoken of and taught by God is Agape love – a self-sacrificial love that puts others above yourself. Love is not about a feeling or emotion. Love is a commitment to action, and true agape love possesses all the qualities and virtues of what 1 Corinthians 13 describes.

Jesus Himself teaches on love to His disciples in John 13:34-35 saying: "A new commandment I give to you, that you love one another; just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another." Yes, we ought to emulate Jesus, who is the epitome and embodiment of love.

In Colossians, Paul teaches that love is the most important and supreme virtue believers should display. Love supersedes all other attributes and attitudes that believers should possess in Col 3:12-13: compassionate hearts, kindness, humility, meekness, and patience, bearing with one another, forgiving each other..

Why is love a virtue above all others? This is because love brings people together despite their differences in backgrounds and characters. Not only that, love binds us together in unison and harmony.

Harmony as understood musically means “the combination of simultaneously sounded musical notes to produce a pleasing effect.” Similarly in the church and beyond, believers, although being different in many ways, can live and interact with each other in harmony because of love. Just like in an orchestra or a band, love is the song that believers must all play so that they can be bounded in perfect harmony.

Of course, we are still humans and this ‘perfect harmony’ that Paul mentioned may be delusive to achieve. But let us remember that we have Christ’s love dwelling in our hearts thus we can and ought to love others like He loves us.

In his article for Bible.org, Pastor and author Steven J. Cole writes that agape love is the basis for mature Christian unity, and such love should be shown in peaceful relationship in the church. However, we do not want to idealise and believe that the body of Christ is one big loving family without any discord. From time to time, there’s bound to be disagreements, misunderstanding and even conflicts among Christian brothers and sisters.

But we are called to above all virtues, to put on love in our relationships with one another. Jesus even said not only love your neighbours but love your enemies too. This stems from the fact that we have experienced how deep our Father’s love is, so much so that Jesus died for us to give us eternal lives. Our love should overflow from inside us, not by our own human effort, but by the filling and empowerment of the Holy Spirit.

Paul concludes his sermon on love with: “And now these three remain: faith, hope and love. But the greatest of these is love.” (1 Cor 13:13).

Love will find a way, because we are called to love.

Prayer: Father God, thank You for Your amazing love to us, so that as Your children, we are called to love one another. We pray that we can love one another with Your love, putting aside our differences and be bound in harmony. Let us remember that love is a virtue above all virtues, and help us to live a life that reflects Your wonderful love for us. We thank You in Jesus name, Amen.

每日灵粮

星期五，2021 年 10 月 15 日

标题：有爱就有出路

作者：赵一丹

翻译：陈月妃

在这一切之外、要存着爱心。爱心就是联络全德的。—歌罗西书 3：14

爱——是个经常被使用和误用的字。“爱”的概念是普遍而广泛的，在艺术、文学、音乐和电影中都广受赞誉。我记得上世纪 90 年代，我在吉隆坡的音乐会上看到了流行天王。在唱歌的间隙，他大声喊道：“我爱你，我爱你，我爱你！”他的粉丝们也纷纷回应。愤世嫉俗的我心想，他的爱的宣告充其量只是口头上的而已。

在圣经中，我们知道爱是所有信徒都应该拥有和彰显的重要属性，因为神就是爱，而我们已经接受了祂的爱。

新约中至少有 55 条直接的诫命告诉我们要彼此相爱，并告诫我们要实践爱的品质。在哥林多前书 13 章中关于爱的著名篇章之前，使徒保罗称爱为“最妙的道”（哥林多前书 12:31）。

上帝所说和教导的爱是神圣的爱——一种将他人置于自己之上的自我牺牲的爱。爱不是一种感觉或情绪。爱是付诸行动的承诺，真正的神圣的爱具备哥林多前书 13 所描述的所有品质和美德。

耶稣在约翰福音 13:34-35 中亲自教导祂的门徒关于爱的道理，祂如此说：“我赐给你们一条新命令、乃是叫你们彼此相爱。我怎样爱你们、你们也要怎样相爱。你们若有彼此相爱的心、众人因此就认出你们是我的门徒了。”是的，我们应该效法耶稣，祂是爱的典范和化身。

在歌罗西书中，保罗教导说，爱是信徒应该展现的最重要和最崇高的美德。爱取代了信徒在歌罗西书 3:12-13 中应具备的所有其他属性和态度：怜悯的心、恩慈、谦虚、温柔及忍耐、彼此包容、彼此饶恕。。。

为什么爱高于其他一切的美德？这是因为爱把人们聚集在一起，尽管他们的背景和性格不同。不仅如此，爱将我们团结在一起，和谐一致。

和谐在音乐上的理解是“同时发出的音符的组合，以产生令人愉悦的效果”。同样，在教会内外，信徒们虽然在许多方面有所不同，但因为爱，他们可以和谐地生活和互动。就像在管弦乐队或乐队中一样，爱是信徒们都必须演奏的和旋，以便他们可以完美地和谐相处。

当然，我们仍然是人类，保罗提到的这种“完美的和谐”可能是难以实现的。但让我们记住，我们心中有基督的爱，因此我们可以也应该像祂爱我们一样去爱别人。

牧师兼作家史蒂文·科尔（Steven J. Cole）在为《圣经》网站撰写的文章中写道，神圣的爱是成熟的基督徒合一的基础，这种爱应该在教会的和平关系中表现出来。然而，我们不想理想化，并相信基督的身体是一个充满爱且没有任何不和谐的大家庭。有时，基督徒弟兄姐妹之间难免会有分歧、误解甚至冲突。

然而我们被呼召在所有美德之中，在我们彼此的关系中表现出爱。耶稣甚至说，不仅要爱你的邻舍，还要爱你的仇敌。这源于我们经历了天父深切的爱，以至于耶稣为我们而死，赐给了我们永生。我们的爱应该从我们内心流露出来，不是靠我们自己的努力，而是透过圣灵的充满和能力。

保罗在结束他关于爱的讲道时说：“如今常存的有信、有望、有爱、这三样、其中最大的是爱。”（哥林多前书 13:13）。

有爱就有出路，因为我们蒙召去爱。

祷告：父神，感谢你对我们奇妙的爱，我们作为你的孩子，也被蒙召彼此相爱。我们祈祷我们可以用你的爱彼此相爱，抛开我们之间的分歧，和谐相处。让我们记住，爱是高于其他一切的美德，并帮助我们活出彰显你的奇妙的爱的生活。我们感谢你。奉耶稣的名，阿门。

Saturday, 16 October 2021

Title: The Cheerful Giver (2 Corinthians 9:6-8) (NKJV)

By: Chan Yew Thai

Paul told the Corinthians, "He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully." This verse brings to mind that everything belongs to God for He is the Creator (Psalm 24:1). We are just custodians of His assets due to His love and generosity for us. Understanding this concept will help us viewing our possessions, especially money and time, in a different perspective, and not being possessive and selfish about it.

If we are just stewards, then we should not horde them only for ourselves, but instead to be generous and wise in our giving so that God's name be glorified. This reminds me about the parable of the talent (Matthew 25:14-30), where the servants who invested wisely were given more. All of them who "grew" their talent had their shares doubled, but the one who buried his talent and did nothing with it had his talent forfeited and cast away.

I remembered what Pastor Tan Eng Lee in one of his sermons long ago said, "Some people are so tight fisted that even when God wants them to give, He has to prise open the fists." He went on saying that we must keep our fists loose to give generously, so that God can also bless us in return. I believe this is a good reminder to not be stingy with our money, but to be generous in our giving that others may experience the love of God through our giving. An example of this generous giving is the Covid relief fund of Pantai Baptist Church where many members and regular worshippers contribute towards it. This has benefited many through the food aid and meal programs, including foreign workers who were unable to work and had no money to buy food. Though many of the recipients had different religions, they experienced God's love and were grateful to the church.

God loves a cheerful giver, not one who gives grudgingly or follows what others gave. We should give based on our ability and what our hearts prompt us to give. To borrow my nephew's words, "God has never shortchanged us, neither will we be able to match God in His giving." My nephew is an ardent believer of a cheerful giver; and looking at his life, I am convinced by what he says of God. No matter how much we give, God gives us more, not necessarily in terms of money, but in good health as we save on medical fees and the ability to work to make money, protect us from accidents that cost money in the form of repairs or replacement and many other forms that has financial implications.



God's economy is different from the worldly one as it is unlimited. He can bless us in many different forms. However, we should not give only with the thought of receiving but to give freely; as freely we received, freely we should give.

Prayer:

Thank you, Lord, for all the blessings. May you help us to be cheerful givers and wise stewards of your resources that many may experience your love and be drawn to you. Thank you, Jesus, for your love. We pray and asked all these in Jesus precious name. Amen!

班底浸信教會

每日靈糧

星期六

2021 年 10 月 16 日

標題：快樂的捐獻者（哥林多後書 9:6-8）（NKJV）

作者：陳友娣姐妹

翻譯：王靖端姐妹

保羅對哥林多人說：“少種的少收，多種的多收。”這節經文讓人想起“地和其中所充滿的，世界和住在其間的，都屬耶和華。”（詩篇 24:1）因為祂是創造者。由於祂對我們的疼愛和慷慨大方，我們成了祂資產的保管人。理解這個概念將幫助我們從不同的角度看待我們的財富，尤其是對於金錢和時間，不再是具佔有慾和自私自利。

如果我們只是位管家，那麼我們不應該只為我們自己而聚集它們，而應該在我們的奉獻上慷慨而明智，以便榮耀上帝的名。這讓我想起了才幹的比喻（馬太福音 25:14-30），聰明善用恩賜的僕人得到的更多。那些善加運用屬靈產業的人，他們的恩賜都增了一倍，但輕忽並荒廢恩賜而無所作為的人，原有的天賦則被剝奪淨盡和被拋棄。

我記得陳英理牧師很久以前在他的一次講道中說過的話：“即使上帝要他們捐獻，有些人的拳頭卻抓得很緊，而他的拳頭則必須被撬開。”他接著說，我們必須鬆開拳頭，慷慨解囊，這樣上帝也會以祝福作為回報。我相信這是一個很好的提醒，不要吝嗇我們的金錢，而是要大方地施贈，以便其他人可以通過我們的贈予來體驗上帝的愛。這種慷慨捐獻的一個例子是班底浸信教會的冠狀病毒病救濟基金，許多成員和常參與聚會的崇拜者都做出了貢獻。這通過食品援助和膳食計劃使許多人受益，包括無法工作且沒有錢購買食物的外國勞工。許多受援助的人雖然信仰不同的宗教，但他們經歷了上帝的愛，並對教會心存感激。

上帝喜愛一個快樂的捐獻者，而不是一個不情願地給予或追隨別人來捐奉的人。我們應該根據自己的能力和內心的感受來促使我們贈予多少。借用我侄子的話，“上帝從來沒有虧待過我們，我們的付出也遠遠比不上上帝的恩賜。”我的侄子是一位捐得樂意的熱心信徒；查看他的生活，我相信他對上帝的評語出自內心。無論我們付出多少，上帝都會加倍回報給我們更多，不一定是金錢，而是身體健康，為我們節省了醫療費用和有工作賺錢的

能力，保護我們免遭意外事故，因此不需要花錢維修或更換零件以及許多其他牽連到財務的事項。

上帝的經綸與世俗的經綸不同，因為它是無限的。祂可以以許多不同的形式祝福我們。但是，我們不應該只帶著會蒙受恩賜的想法來給予，而是要心無所求地捐贈；正如我們白白地得來，也要白白地舍去。

禱告：主啊，感謝祢所有的祝福。願祢幫助我們成為捐得樂意的人和祢資源的明智管家，使許多人能體驗到祢的愛並被祢所吸引。耶穌，感謝祢的愛。我們奉耶穌寶貴的名祈禱並懇求這一切。阿門！

Sunday, 17 October 2021

Title: An Obedient Life

By Elder Tan Seng Kee

Matthew 7:21

In Matthew 16:24, Jesus told his disciples that "If anyone would come after me, let him deny himself and take up his cross and follow me." The call of Jesus to his disciples and to everyone who desires to follow him is put aside their own selfish desires and follow Jesus. It is a call for every disciple of Jesus to emulate the character and values of Jesus.

Jesus was obedient to God the Father even at the need to suffer and die on the cross in obedience to God's commandment to fully pay for the penalty of our sins. In Matt 7:21-23, Jesus said not everyone who calls me "Lord, Lord shall enter the Kingdom of Heaven but he who does the will of my Father in heaven." Jesus wants obedient disciples to follow His examples.

I have been a Christian for many years and I have been encouraged by the life of many Christians who live in accordance with God's commandments. I have learnt to emulate their examples and I praise God for tangible expressions of God's love seen through the life and ministries of my fellow Christian brethren.

I have gone on several mission trips with a senior pastor in our church and I always noticed that despite the fact that he has been on his toes the whole day and is tired out at the end of each evening when we returned for rest, he will never fail to see that we all tuck into our food before he takes his. He will go from table to table and even bring food to our plates to ensure the rest of us have our fill before he even considers his. Many of us may be years younger than him and have not ministered as hard as he did during the day but the senior pastor looked to our interest before his, at all times.

From the actions of the senior pastor, I have learned to care more for others and to see if there are needs and help I can respond to; sometimes requiring effort and personal difficulties. Our senior pastor on mission trips was never flustered with the heat and dust and preplanned arrangements sometimes going awry. He exercised such a sense of calm and trust in God and through such examples from the senior pastor, I learned to be calmer and to have a cool head when situations surrounding me get out of hand.

In Matthew 5:48, Jesus sets a very high calling for those of us who call him Lord and that is to be perfect even as our Father in heaven is perfect. It is a command from

Jesus to constantly obey the commandments in the Bible. It is not a requirement to be perfect but a command to value and be conscious each day of what are the commands of God I need to obey or to work harder at obeying. Daily, I need to step up my obedience to the commands in the Bible and Jesus makes it clear that His commands are not burdensome for us. We all need to be better at obeying God's commandments today compared to yesterday.

The Bible contains all the commandments of God and the Holy Spirit in us can help us to remember the commands of Jesus and give us the strength to obey Jesus. The way we live our life matters for those in the Kingdom of Heaven. Often by our examples in obeying God we can encourage a fellow disciple to love and follow Jesus more. Those who do not know Jesus can also be persuaded to consider Jesus if our life always shines forth for Jesus, because it is hard for people to turn away from the light.

Be an influencer for Jesus and boldly we can tell others to imitate us as we imitate Jesus.

Prayer:

Dear God, help each of us to enjoy reading your word and after that to obey and follow your commandments. We ask the Holy Spirit who indwells us to give us the strength to be obedient and to obey Jesus every day of our life. In Jesus' name we pray. Amen.

每日灵粮

星期日

2021 年 10 月 17 日

主题：遵守服从的生活

作者：陈诚基长老

翻译：林良億姐妹

马太福音 7:21

在马太福音 16 章 24 节，主耶稣告诉他的门徒：“若有人要跟从我，就当舍己，背起他的十字架来跟从我。”主耶稣对祂的门徒和所有愿意跟随祂的人的呼召是要他们抛开自己的私欲而跟随主耶稣基督。这是一个呼吁，主耶稣的每个门徒都应效仿耶稣的品格和价值观。

主耶稣顺服父神，即使需要受苦并死在十字架上，以顺服神的诫命，为我们的罪的惩罚完全付清。在马太福音 7 章 21-23 节，主耶稣说不是所有称呼我“主阿，主阿”的人都能进天国；惟独遵行我天父旨意的人才能进去”。耶稣希望顺服的门徒效法他的榜样。

我身为基督徒多年，许多按照上帝诫命生活的基督徒的生活使我深受鼓舞。我已经学会效法他们的榜样，我赞美上帝，因为我通过我的基督徒弟兄们的生活和事工，切实表达了上帝的爱。

我曾与我们教会的一位主任牧师参与几次宣教工作，我总是注意到，每天晚上我们回来休息的时候，他已经累得不行了，但他绝不会不看到我们都在他拿食物之前吃饱。我们中的许多人可能比他年轻几岁，并没有像他白天那样努力地服侍，但主任牧师始终将我们的利益放在他之先。

从主任牧师的行动，我学会了更多地关心他人，看看有没有我可以回应的需要和帮助；有时更需要努力和面对个人的困难。我们主任牧师在宣教途中从未因炎热和灰尘以及预先计划的安排有时出错而感到慌乱。他操练了不一般的冷静和对上帝的信靠，通过他的这些例子，我学会了在周围的情况失控时保持冷静和淡定。

在马太福音 5:48 中，耶稣对我们这些称祂为主的人提出了严肃致高的呼召，那就是要尽善尽美，就像我们在天上的父是完善完美的一样。不断遵守圣经里的诫命是主耶稣的命

令。这不是完美完善的要求，而是每天都要重视并意识到我们需要遵守或更加努力地遵守上帝诫命的使命。我们每天都需要加紧遵守圣经中的诫命，主耶稣清楚地表明祂的命令对我们来说不是负担。与昨天相比，我们今天更需要好好地遵守上帝的诫命。

圣经包含了上帝所有的诫命，住在我们里面的圣灵可以帮助我们记住耶稣基督的命令，赐给我们力量去顺服耶稣。我们的生活方式对其他的基督徒很重要。通过我们顺服上帝的榜样，我们可以鼓励其他门徒更多地爱和跟随主耶稣。如果我们的生活是为主耶稣而发光，那么不认识耶稣基督的人也可以被说服考虑跟随耶稣基督，因为人很难远离光。

为耶稣基督影响他人，大胆地告诉别人效法我们，就像我们效法耶稣基督一样。

祷告：亲爱的上帝，请帮助我们每个人享受阅读祢的话语，然后遵守并服从祢的诫命。我们祈求住在我们里面的圣灵给我们力量，让我们生活中的每一天都顺服主耶稣基督。我们奉主耶稣基督的名祷告。阿门。

Monday 18th October 2021

## BE CONTENT IN ALL CIRCUMSTANCES

Pastor Soong Kok Kee

Philippians 4: 12-13 "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength."

In his book *The Practice of Godliness*, Jerry Bridges defined contentment as believing that God is good to me right now. After he spoke on this topic at a church, he heard these testimonies:

"It's hard for me to be content right now because I am married to a good but unsaved man. I keep thinking that I can't be content as long as he's not a believer. But I see that God is calling for me to be content right now."

Another woman rose and said, "I'm a single mother rearing two boys by myself. I see how much they need a father, and it makes me unhappy with God. Pray that I will do better at accepting this as God's will for me right now."

Then a man stood to say, "I want a promotion at work and our family needs the extra money. I have to admit I've really been complaining about it. I need prayer to accept this as God's goodness for me."

Especially during this pandemic, the list can go on and on – that single mother not only struggling to rear her two boys all by herself but also barely able to make her monthly rent payments. That man wanting a promotion will find it hard not to covet a car that isn't rusty, or that single mother again, how not to envy a woman who doesn't have to send her children to school in hand-me-downs. Or how, another person who struggles to stretch a paycheck across 2 months, can be content in a world where he is surrounded by wealth?

Paul in the above two verses could get along happily because he could see life from God's point of view. He focused on what he was supposed to do, not what he felt he should have. Paul had his priorities straight, and he was grateful for everything God had given him. Paul had detached himself from the nonessentials so that he could concentrate on the eternal. Often our desire for more or better possessions is really a longing to fill an empty place in our life. To what are we drawn when we feel empty inside? How can we find true contentment in all circumstances? The answer lies in our perspectives, our priorities and our source of power. And that's the reason Paul says "I can do everything through him who gives me strength."



In 1Tim 6:5, Paul warns us to beware of people who think that being godly will bring them riches. He says contentment plus godliness makes us truly rich. But how do we become content in whatever circumstances? By recognizing that we brought nothing into this world and that we'll carry nothing out – that everything we have is from God.

A bishop of the early church, who was a remarkable example of the virtue of contentment, was asked his secret. The venerable old man replied: "It consists in nothing more than making a right use of my eyes. In whatever state I am. I first of all look up to heaven and remember that my principal business here is to get there. Then I look down upon the earth, and call to mind how small a place I shall occupy in it when I die and am buried. I then look around in the world, and observe what multitudes there are who are in many respects more unhappy than myself. Thus I learn true happiness is placed, where all our cares must end, and what little reason I have to complain".

One final word on how to live a life of contentment in whatever circumstances: Keep your heart free from hate, your mind from worry, live simply, expect little, give much, sing often, pray always, forget self, think of others and their feelings, fill your heart with love, and scatter sunshine. These are tried links in the golden chain of contentment.

PRAYER: Father God, please help us to be content in all circumstances, in plenty or in want. Help us to count our blessings and be content with all that you have already blessed us with and not to covet things we don't really need but want. In Jesus precious name we pray AMEN.

班底浸信教会

每日灵粮

星期一，2021 年 10 月 18 日

标题：在任何情况下都知足

讲员：宋国基牧师

翻译：陈劲年姐妹

【腓立比书 4:12-13】“我知道怎樣處卑賤，也知道怎樣處豐富；或飽足，或飢餓；或有餘，或缺乏，隨事隨在，我都得了祕訣。我靠著那加給我力量的，凡事都能做。”

杰瑞·布里奇斯(Jerry Bridges)在他的《敬虔的操练》一书中，把满足定义为相信上帝现在对我很好。他在教堂讲完这个话题后，听到了这些见证：

“我现在很难满足，因为我嫁给了一个善良但未得救的男人。我一直在想，只要他不是信徒，我就不能满足。但我看到上帝在呼唤我现在就满足。”

另一个女人站起来说：“我是一个单身母亲，独自抚养两个男孩。我看到他们多么需要一个父亲，这让我对上帝感到不满。祈祷我现在能更好地接受这是上帝对我的旨意。”

然后一个男人站起来说：“我想在工作上升职，我们的家人需要这额外的钱。我不得不承认我真的一直在为此抱怨。我需要祈祷才能接受这是上帝对我的恩惠。”

尤其是在这疫情期间，这样的清单还可以继续下去——这位单身母亲不仅难以独自抚养她的两个儿子，而且几乎无法支付每月的房租。那位想要升职的男人会发现很难不贪图一辆不生锈的车；或者那单身母亲，很难不羡慕一个不用穿旧衣服送孩子到学校的女人。或者，另一个努力将薪水延长使用 2 个月的人，如何能够在一个被财富包围的世界里感到满足？

上面两节经文中的保罗可以过得安然自若，因为他可以从上帝的角度来看生活。他专注于他应该做的事情，而不是他觉得他应该拥有的东西。保罗很清楚他的优先事项，他感谢上帝赐予他的一切。保罗已经脱离了非必要的事物，如此他便可以专注于永恒。通常，我们对更多或更好的财物的渴望，实际上是一种填补我们生活空白的渴望。当我们内心空虚时，我们会被什么吸引？我们如何能在所有情况下找到真正的满足？答案在于我们的观

点、我们的优先事项和我们的力量来源。所以保罗说“我靠着那加给我力量的，凡事都能做。”

在提摩太前书第 6 章 5 节中，保罗警告我们要提防那些认为敬虔会给他们带来财富的人。他说知足加上敬虔使我们真正富有。但我们如何在任何情况下都变得满足呢？通过认识到我们没有给这个世界带来任何东西，我们也不会带走任何东西——我们所拥有的一切都来自上帝。

一位早期教会的主教，他是知足美德的杰出典范，被问及他的秘诀。这位可敬的老人回答说：“无非是正确地使用我的眼睛；无论我处于什么状态。我首先抬头仰望天堂，并记住我在这里的主要任务是要到达那里。然后我俯视大地，提醒我死后被埋葬时，只占据其中的一小块地方。然后我环顾世界，观察有多少人在许多方面比我更不快乐。因此我学会了真正的幸福就在我们所有的烦恼结束之处，我有什么理由抱怨。”

关于如何在任何情况下过上知足生活的最后一句话：让您的心远离仇恨，您的思想远离烦恼，简单地生活，少期待，多付出，常唱歌，常祈祷，忘记自我，为他人和他们的感受着想，心中充满爱，散发阳光。这些都是贯穿知足金链中尝试过的环节。

祷告：

天父，请帮助我们在任何情况下都知足，无论是富足还是匮乏。帮助我们数算我们的祝福，满足于祢已经赐给我们的一切，不要贪图我们并不真正需要但却想要的东西。奉耶稣宝贵的名祈求，阿们。

19/10/2021, Tuesday

Title: Finishing Well

By: Shaun Ling

Text: Philippians 1:21

"For me to live is Christ, to die is gain"

One of my favourite movies growing up is "Back to the Future". In one scene, the main protagonist, Marty went back to the past (1955) and informed Doc Brown that the latter will be shot dead by assassins in 1985. He passed him a note which Doc Brown tore up when he realized Marty was going to tell him the future. Fast forward to 1985, Doc Brown was chased by assassins and was gunned down. Marty in his despair, approached Doc Brown only to find that Doc Brown had survived, as the latter had actually reconstructed the torn note and put an iron plate on his chest for protection.

If you could turn back time, what would you tell your younger self? I know that I had frittered away a lot of my time and one of the things I would tell my younger self is to focus my time on things of the Lord. I would tell my younger self to ask what is my measure of success in the eyes of the Lord. Indeed, the past 30 years, I felt I could have done better in many ways. My perspective could have been better, my priorities could have been set right and my focus could have been sharper. Maybe I will share some of that another time.

An example of someone in the Bible who has got his life sorted is Apostle Paul. He believed his life belonged to God – "For me to live is Christ, and to die is gain" (Phil 1:21). He was focused that in all that he did, Christ be glorified through his life. He said in verse 20 that "I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death".

Going back to my reflections, I thank God that I still have a few good years ahead of me. What is past is past. I cannot change that. But what lies ahead is an adventure. I am grateful that I am still relatively healthy and still have energy to serve the Lord in various capacities. I am neither an earth shaker nor an influencer. And I pray that I could be as focused as Paul. To seek God and to have the courage to do things that will glorify His name.

In the past few months or so, I have had the privilege of giving food packs to many families near my home or at my workplace. I not only realize how I should be grateful for what God has given me materially, but I now better understand Jesus'

heart for the downtrodden and poor. Jesus reached out to the poor in their despair when others shunned them. So, it was indeed a privilege to have had contact with these people and in some small way, to be Jesus to them.

Last night at midnight, I received another message to help a family with food items. The food I gave them earlier had run out and the woman who requested is still out of a job. Her father had died of Covid19 a couple of months ago and she is the sole breadwinner of seven at home – her younger siblings, mother and grandmother. The needs are still out there.

I struggled a lot whether I should share what I have been doing for fear of being labeled as a “show off” or even, God forbid, taking advantage of the poor. But I give glory to Him and thank God for brothers and sisters who are truly dedicated to helping out in the Food Aid initiative. He has truly made PBC the hands and feet of our Lord Jesus to the community. May His name be glorified.

I may not have done well when I was younger but I hope to finish well.

Prayer:

Lord, You are the Lord of our lives. You know us before the earth was formed and we belong to You. Help us each day as we live our lives, that we remember the penalty that the Lord Jesus has paid for us that we may have the privilege of being reconciled to God. Let us not take this truth for granted and let us be like Jesus to our community. Amen.

班底浸信教会

每日灵粮

星期二, 2021 年 10 月 19 日

标题: 美好的终结

作者: 林世勋执事

翻译: 薛秀合姐妹

经文: 腓立比书 1:21

“因我活着就是基督，我死了就有益处。”

我成长过程中最喜欢的电影之一是《回到未来》。在一个场景中，主角马蒂回到过去（1955 年）并告诉布朗医生，后者将在 1985 年被刺客枪杀。他递给他一张纸条，当布朗医生意识到马蒂要告诉他未来时便把纸条撕掉了。快进到 1985 年，布朗医生被刺客追赶并被枪杀。绝望中的马蒂走近布朗医生，却发现布朗医生幸存了下来，因为他已经把撕破的纸条重新拼好，并在他的胸前放了一块铁板作为保护。

如果时间可以倒流，您会对年轻的自己说些什么呢？我知道我已经浪费了很多时间，因此我要告诉年轻的自己的一件事就是把时间集中在主的事情上。我会告诉年轻的自己，问问自己在主眼中，我衡量成功的标准是什么。的确，在过去的 30 年里，我觉得我可以在很多方面做得更好。我的观点本可以更好，我的优先事项可以设置正确，而且我的注意力也可以更清晰。也许下次我会再分享多一些。

圣经中一个将自己的生命处理得好的例子是使徒保罗。他相信他的生命是属于上帝的——“因为我活着就是基督，我死了就有益处”（腓 1:21）。他专注于他所做的一切中，基督通过他的生命得到荣耀。他在第 20 节说道：“照着我所切慕、所盼望的，没有一事叫我羞愧。只要凡事放胆，无论是生是死，总叫基督在我身上照常显大。”

回到我的反思中，我为着自己未来还有好几年美好的时光而感谢上帝。过去的就让它过去吧！我无法改变这一点，但未来会是一场奇遇。我很庆幸自己还算健康，而且还有精力以各种能力事奉主。我既不是惊天动地的人物，也不是有影响力的人。我只祈愿自己能像保罗一样专注。寻求上帝，并有勇气去做荣耀祂名的事。

在过去几个月的时间里，我有幸为我家附近或工作场所的许多家庭提供粮食包裹。我不仅意识到自己应该感谢上帝在物质上所赐给我的一切，而且我现在更了解耶稣对受压迫和贫

困人的心。当其他人对他们避而远之时，耶稣向在绝望中的他们伸出援手。因此，能够与这些人接触并在某种渺小的程度上成为他们的耶稣，确实是一种荣幸。

昨晚午夜，我收到了另一则帮助一个家庭提供粮食的消息。我之前给他们的粮食已经用完了，同时提出要求的女人仍然失业。几个月前，她的父亲死于新冠肺炎，因而她成了一家七口唯一养家糊口的人——她的弟妹、母亲和祖母。外面的需求依然存在。

我对于是否应该分享我一直在做的事情而感到万分挣扎，因为害怕会被贴上“炫耀”的标签或甚至，但愿不会如此，在利用穷人。但我将荣耀归给祂，并为那些真正致力于帮助粮食援助计划的弟兄姐妹感谢上帝；祂确实使班底浸信教会成为我们主耶稣对这社区的四肢。愿祂的名得荣耀。

我年轻的时候可能做得不好，但我希望能有美好的终结。

祷告：

主啊，祢是我们生命的主。在地球形成之先祢已经认识我们，我们也属于祢。愿祢在我们活着的每一天帮助我们，让我们记住主耶稣为让我们有与上帝和好的特权，已为我们所付出的代价。愿祢使我们不要把这真理视为理所当然，并让我们像耶稣一样对待我们的社区。阿门。

Wednesday, 20 October 2021

Title: From the Father's Perspective

Eleanor Woo

1 Peter 4:12 "Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you." (ESV)

I recall the many conventions and conferences I have attended, and from the many keynote speakers I have heard – the authority and authenticity of God's word in their lives, their insights and their experiences – they never fail to enthral me. How did they mature to be such men and women to be used by God, and reflecting His image? Surely not by having a smooth sailing, trouble-free life after their conversion.

The text for today is written by the apostle Peter to the diaspora believers in Asia Minor, and by extension to us who would read his words. For these first century Christians came, hardships of all kinds, which included intense political and social persecution. For us today, becoming a Christian does not exempt us from problems, trials, difficulties and sufferings. Hence, we should not be shocked when they come our way. Why?

Let's view trials/sufferings from the Father's perspective\*.

In Romans 5:3-4 (ESV) "Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope." Notice the sequence: sufferings => endurance => character => hope. In other words, problems and trials (suffering) help us become more patient (endurance) which in turn develops strength of character in us. This helps us trust God more until our hope and faith are strong and steady, maturing in the Lord.

Likewise, James 1:2-4 (ESV) "Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing." Again, notice the sequence: trials => testing faith => steadfastness => perfect and complete => readiness. So, as trials come, it is not the time for a believer to be discouraged, depressed or miserable, but rather see it as an opportunity for joy because then steadfastness has a chance to grow. To become "perfect and complete, lacking in nothing", the key is to learn to respond to any situation and/or circumstance in life with steadfast endurance.

From the above two passages, God views our problems, trials, difficulties and sufferings as opportunities for spiritual growth and maturing. These verses are



inspired by God and we know God does not lie! Trials are to be expected (1 Peter 4:12), so let's face them with the right heart attitude and from the Father's perspective. Those keynote speakers mentioned earlier, who have emerged from their life experiences as better and more useful vessels, are evidence of spiritual growth.

The song, I Thank You Lord (<https://www.youtube.com/watch?v=cinA87zowWs>) which was very popular during my university days, aptly expresses the spiritual lessons and human struggles we face during periods of testing and other difficult experiences. The Father's perspective is to mould us. He loves us and His trustworthiness is not based on the quality of our circumstances.

PRAYER: Dear Father, I thank you for Your immense and infinite love. Help us to view life's silent sufferings and trials from Your perspective so that we can be driven deeper into Your loving arms. In Jesus' name, Amen.

Source:

\*Fine, J & Fine, M (2014) One on One with God. Go Face to Face International, Inc.

班底浸信教会

每日灵粮

星期三, 2021 年 10 月 20 日

标题：从天父的观点看

作者：胡少凤姐妹

翻译：陈健萍姐妹

【彼得前书 4:12】(当代译本)

亲爱的弟兄姐妹，若有火一般的试炼临到你们，不要觉得奇怪，以为发生了些什么不寻常的事。

我回想起我参加过的许多大会和会议，从我所听过的许多主题讲员所述 – 上帝的话语在他们生活中的权威性和真实性、他们的洞察力和他们的经历 – 总是那么地吸引着我。他们是如何成熟至这样的人，被上帝使用，并反映祂的形象的？肯定不是因为他们信主后过着一帆风顺、没有困难的生活。

今天的经文是使徒彼得写给小亚细亚的散居海外的信徒，并延伸到我们这些读他话的人。在这第一个世纪的基督徒，他们经历了各种各样的苦难，其中包括激烈的政治和社会迫害。对今天的我们而言，成为基督徒并不能免除我们的问题、考验、艰辛和苦难。因此，当它们朝向我们来时，我们不应感到震惊。为什么？

让我们从天父的观点来看试炼/苦难\*。

罗马书 5:3-4 (当代译本) “不但如此，我们在苦难中也欢喜，因为知道苦难使人生忍耐，忍耐生品格，品格生盼望。” 注意序列：苦难 => 忍耐 => 品格 => 盼望。换句话说，问题和试炼(苦难)帮助我们变得更有耐心(忍耐)，转而又培养了我们坚毅的性格。这有助于我们更加信靠上帝，直到我们的盼望和信心在主里坚定、稳固，成熟起来。

同样地，雅各书 1:2-4 (当代译本) “我的弟兄姐妹，当你们遭遇各种磨炼的时候，都要认为是喜乐的事。要知道你们的信心经过考验会产生坚忍。你们要坚忍到底，使你们纯全、完备、毫无缺欠。” 再次注意序列：磨炼 => 考验信心 => 坚忍 => 纯全、完备 => 准备就绪。因此，当考验来临时，信徒不应感到气馁、沮丧或痛苦，而应视之为喜乐的时机，因

为这样坚忍就有机会成长了。要想变得“纯全、完备，毫无缺欠”，关键是要学会以坚韧的毅力应对生活中的任何情况和/或环境。

从以上两段经文中，上帝将我们的问题、考验、艰辛和苦难视为灵性成长和成熟的机会。这些经文是上帝所启示的，我们知道上帝是不会说谎的！试炼是意料之中的(彼得前书 4:12)，所以，让我们以正确的心态和从天父的观点去面对它们。前面提到的那些主讲者，他们从生活经历中脱颖而出，成为更好、更有用的器皿，就是属灵成长的证据。

这首诗歌“主，我感谢祢” I Thank You Lord

( <https://www.youtube.com/watch?v=cinA87zowWs>) 在我大学时代非常流行，恰如其分地表达了我们在考验和其他艰难经历中所面临属灵的功课和人生的挣扎。天父的观点是要塑造我们。祂爱我们，祂的可信不是基于我们所处的境况。

祈祷：亲爱的天父，我感谢祢无限的爱。求帮助我们祢的观点来看待生命中无声的苦难和考验，使我们能够更深入地投进祢慈爱的怀抱。奉耶稣的名，阿们。

资料来源:

\* Fine, J & Fine, M (2014) One on One with God. Go Face to Face International, Inc.

Thursday, 21 October 2021

Title: Not to Be Served but to Serve

Pr. Mark Tan

Mark 10:35-45

As sinful human beings, we let our ambition cloud our foresight. This was especially the case with James and John who went to Jesus and asked for glorious positions next to Jesus. They were so bold to even say that they could go through the same suffering and death that Jesus was to go through on the cross and in the tomb. Jesus' prophecy that James and John would suffer and die as martyrs was also the prophecy that James and John would participate in the suffering and killing of Christ: their silence and betrayal during Jesus' trial and crucifixion. Anyway, the lofty positions next to Jesus in heaven is only for those whom the Father prepared for.

The requests of James and John angered the other ten disciples, who argued with them, possibly because they too wanted to have posts next to Jesus. So Jesus gave them a telling lesson. Eugene Peterson paraphrases it well in 'The Message': "You've observed how godless rulers throw their weight around," he said, "and when people get a little power how quickly it goes to their heads. It's not going to be that way with you. Whoever wants to be great must become a servant. Whoever wants to be first among you must be your slave."

How accurate this description is of the world today. As the saying goes "Give someone an inch, and he will take a mile!" Some may try and justify that attitude as a means of survival of the fittest. Some may be more truthful and say that it's the only way to remain as top dog to complete his selfish ambition.

However, Jesus calls us to counter the culture of the world, as He himself countered the world's expectations of the Messiah. "...whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all." Jesus reminds us that the Gospel life is a humble life, where possessions and positions are not given to us to lord over others, but to use them to serve and care for others. Why? Because that is what Jesus, the King of kings and Lord of lords did: "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

Friends, whether you are many or few, have much or less. "To whom much is given, much will be required" (Luke 12:48). Jesus has given us so much, even His life, let us strive to attempt to do the same for others.

Prayer:

Almighty and everlasting God, in Christ you have revealed your glory among the

nations: Preserve the works of your mercy, that your Church throughout the world may persevere with steadfast faith in the confession of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

班底浸信教会

每日灵粮

2021 年 10 月 21 日，星期四

题目：“不是来受人服侍，而是来服侍人”

作者：陈燕靖传道

翻译：黄姐妹

经文：马可福音 10 章 35-45 节\*

35 西庇太的儿子雅各、约翰进前来，对耶稣说：夫子，我们无论求你甚麽，愿你给我们作。36 耶稣说：要我给你们作甚麽？37 他们说：赐我们在你的荣耀里，一个坐在你右边，一个坐在你左边。38 耶稣说：你们不知道所求的是甚麽，我所喝的杯，你们能喝麽？我所受的洗，你们能受麽？39 他们说：我们能。耶稣说：我所喝的杯，你们也要喝；我所受的洗，你们也要受；40 只是坐在我的左右，不是我可以赐的，乃是为谁预备的，就赐给谁。

41 那十个门徒听见，就恼怒雅各、约翰。42 耶稣叫他们来，对他们说：你们知道，外邦人有尊为君王的，治理他们，有大臣操权管束他们。43 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；44 在你们中间，谁愿为首，就必作众人的仆人。45 因为人子来，并不是要受人的服事，乃是要服事人，并且要舍命作多人的赎价。

人有罪，带着罪恶的本性的我们让野心蒙蔽了我们的远见。雅各和约翰的情况尤其如此，他们想要在主的荣耀里；一个坐在主左边，一个坐在主右边(36-37 节)。这祈求有两个意思：一个是亲近主，一个是在荣耀里的权柄。他们甚至大胆地说，他们可以经历耶稣在十字架上和坟墓中所经历的痛苦和死亡。耶稣预言雅各和约翰将作为殉道者受苦和死亡，也是雅各和约翰将参与基督受难和杀害的预言：他们在耶稣受难和受难期间的沉默和背叛。不管怎样，天上耶稣旁边的崇高地位乃天父所赐，是为谁预备的，就赐给谁。

耶稣的其他十位门徒知道了雅各和约翰对耶稣所提出的要求以后，就十分恼怒。他们这样的表现与雅各和约翰是一样的糟糕。毫无疑问的，他们自己也想拥有高位。接着耶稣就再一次耐心地向他们解释。

尤金·畢得生，在“信息本”中很好地解释了它：“你已经观察到不敬虔的统治者是如何施压的，”他说，“当人们获得一点权力时，它会以多快的速度主宰他们的思想。”你不会这样的。

真正合上帝心意之领袖特质，不是权力和特权，而是降卑为奴，谦卑的服事。

对当今世界的这种描述是多么准确。俗话说“得寸进尺”有一些人可能会试图证明这种态度是适者生存的一种手段。有些人可能更真实说这是高姿态表示要完成他自私野心的唯一途径。

然而，耶稣呼召我们对抗世界的文化，就像他自己对抗世界对弥赛亚的期望一样。*“耶稣提醒我们，福音生活是一种谦卑的生活，没有给我们财产和职位主宰他人，而是我们甘愿为仆人，服事他人，为什么？因为那是万王之王、万主之主耶稣所做的：‘因为人子来，并不是要受人的服事，乃是要服事人，并且要舍命作多人的赎价。’”*（马可福音 10 章 43-45 节）

朋友，神的恩赐总是「多给谁，就向谁多取；多托谁，就向谁多要」（路加福音 12：48 节），耶稣给了我们这么多，甚至牺牲自己，让我们努力效法基督尝试为他人做同样的事。

祷告：

全能而永恒的上帝，你在基督里已在万国中彰显你的荣耀：保守你慈悲的作为，使你在全世界的教会能以坚定的信念坚持荣耀你的名；借着我们的主耶稣基督；与你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, 22 October 2021

Sudden illness

By: Sally Cheong

“ Come to me, all who are heavy laden, and I will give you rest .”

Matthew 11:28

In times of illness ask, “Is this Your will for me?”

A sister in Christ told me she was not afraid of death but greatly apprehensive of the suffering of illness preceding death. Dying, if swift and peaceful, is to be welcomed. She said for it takes us out of this world of trials and tribulations. There is also the futility of living long if one is alone and aged.

What about you?

Do you fear being struck suddenly with terminal cancer, stroke, heart disease or other serious illness?

What is the root of your fear?

Is it the suffering of great pain because you can't handle pain?

Or you worry about the huge medical costs you foresee will arise, and there are financial obligations you still have like house instalments, children's education fees, car loans or the upkeep and care of your aged parents?

Or you worry about who will take care of your children, especially those who have mentally or physically challenged ones?

Or you have always been an independent person and it vexes you to think of having to depend on family members for basic nursing care because you know you will lose the ability to care for yourself? And you can't afford long term paid nursing care.

Or you feel you will not be able to do the things that you planned having lived in fairly good health all this time with no expectation of becoming critically ill? Illness as you know disrupts everything. You will be left struggling with decisions to make which you didn't have to make otherwise and very little time to make it. That you feel will distress you immensely.

Or all the above and more?

What would a Christian do in the face of sudden critical illness?



We will ask the Almighty GOD why.

Because He has the answers, and we have none.

Strong Christians will also ask "Is this Your will for me?" Because we know that if it is His will for us to be afflicted with a certain illness, He will bear us up well and use it well that we might glorify Christ.

And we can hold Him to His promise that He will go with us through the fire and the flood, and neither shall consume or overwhelm us. Remember that the only thing the fire burned of the three friends in the furnace were the cords that bound them. Nothing else. Christ was in the furnace with them. He will be with us all the way in the illness given by GOD's will.

We need not fear terrible pain for He will not allow it. Psalm 41: 3 tells us that the Lord Himself will sustain us on our sickbed. None so comforting is the care and sustenance by the Eternal GOD when we are ill. Medicine can only do so much.

As for our worries and concerns of all sorts, the Father knows. Jesus said, " Come to me all who are heavy laden, and I will give you rest ." Rest from being tossed about regarding what will happen next.

The Lord reminds us also " Do not worry about tomorrow," whether it be for ourselves or our loved ones. It is not a request. It is a command. True disciples obey to their great benefit.

For financial or other needs of ourselves and loved ones, remember that " everything under Heaven belongs to GOD " (Job 41:11). His Hand is never shortened. Divine Providence will work in our favour when we resolutely trust in Him.

GOD will take care of our children when we are gone. He said He will teach and bless the children of the righteous. We need not worry if we have trained them up to honour GOD at all times and to walk in His ways.

Finally, " My peace I give to you," is the greatest blessing to a Christian who is ill. A tranquil heart is a fountain of joy. Once you are calm and assured that the Living GOD will take care of you and all your matters because you can't, you will have time to pray and minister to loved ones and others. And what a great testimony that will be! Who knows how many souls will be saved by the sharing of an ill friend who rests peacefully in His GOD for whatever the outcome of his illness? The Lord may still heal and lengthen his days like in King Hezekiah's life. Who knows?

Prayer :

Father, we ask for faith in times of health but especially in times of illness. Hold us up with your Right Hand and give us the Divine miraculous comfort that our souls need when we lie on our sick bed.

Help us to see Jesus when we are in the furnace of illness because we want to talk with Him like the three friends did. And grant us the peace to know You will always take care of us and our loved ones when sudden illness by Your Will comes our way. For we ask this in the glorious name of our Lord Jesus, Amen.

每日灵修

星期五

2021 年 10 月 22 日

标题：忽然生病

作者：张绣梅

翻译：巫惠如

马太福音 11:28 凡担重担的人，可以到我这里来，我就使你们得安息。

在生病的时候问：“这是你对我的旨意吗？”

一位主里的姐妹告诉我，她并不害怕死亡，但担忧死亡前的疾病痛苦。如果死亡是迅速和平静的，那就可以坦然接受它。她说，因为它使我们脱离了这个充满考验和磨难的世界。如果孤身一人，年事已高，那么长寿也是徒劳的。

你呢？

你是否害怕突然癌症晚期、中风、心脏病或遭遇其他严重疾病？

你恐惧的根源是什么？

是因为你无法承受痛苦，所以才承受巨大的苦难吗？

还是你担心，预见巨额的医疗费用，又或者你有房屋分期付款、孩子的教育费用、汽车贷款或年迈父母的赡养和照顾等经济义务？

也许你担心谁会照顾你的孩子，特别是那些有智力或身体障碍的孩子？

也可能你一直很独立，想到要依靠家人提供基本的护理就感到很苦恼，因为你知道你会失去照顾自己的能力？而你又负担不起长期的护理费。

或者你觉得你将无法完成计划中的事情，因为你一直生活在相当健康的环境，没有想到会成为重病患者？如你所知，疾病会扰乱一切。你将会挣扎着做一些决定，而这些决定是你原本不需要做的，而且没有什么时间去做。你觉得这将使你非常苦恼。

是上述的情况又或者更多？

面对突如其来的重病，基督徒会怎么做？

我们会问全能的上帝，为什么？

因为祂有答案，而我们没有。

坚强的基督徒也会问“这是祢对我的旨意吗？”因为我们知道，如果我们被某种疾病折磨是祂的旨意，祂会与我们一起承担，让危机变为转机，使我们可以荣耀基督。

我们可以坚守祂的承诺，祂将与我们一起经历火和洪水，我们也不会被吞噬或淹没。请记住，火焰没有烧伤那三位朋友，唯一被烧伤的是捆绑他们的绳索。没有其他东西。基督与他们同在烈焰熊熊的火窑中。在上帝的旨意所允许的疾病中，祂将与我们一路同行。

我们不需要害怕可怕的痛苦，因为祂不会允许。诗篇 41：3 告诉我们，主自己会在我们的病床上扶持我们。当我们生病时，永恒的上帝对我们的照顾和扶持是最令人欣慰的。医学也只能做那么多。

至于我们的忧虑和各种担心，天父知道。耶稣说：“凡劳苦担重担的人可以到我这里来，我就使你们得安息”。这安息使我们不再为未知数而折腾。

主还提醒我们：“不要为明天忧虑”，无论是为我们自己还是为我们所爱的人。这不是一个请求，是一个命令。真正的门徒都会顺服，使他们得益处。

对于我们自己和亲人的经济或其他需求，请记住上帝说，“天下万物都是我的”（约伯记 41:11）。祂的手从未缩短过。当我们坚定地相信祂时，属天的旨意会使你蒙神恩宠。

当我们离开时，上帝会照顾我们的孩子。祂说祂会教导和祝福义人的孩子。如果我们把他们培养成时时敬畏上帝并按祂的方式行事的人，我们就不必担心。

最后，“我将我的平安赐给你们”是对一个患病的基督徒最大的祝福。一颗平静的心是快乐的源泉。一旦你平静下来，并确信活着的上帝会照顾你和你所有的事情因为你应付不了，你就会有时间祷告，并向亲人和其他人传福音。这将是一个多么伟大的见证啊！谁知道有多少灵魂会因为一个生病的朋友的分享而得到拯救，因为无论他的疾病结果如何，他都会在他的上帝那里享受安息？主可能仍然会像希西家王的生命那样治愈并延长他的日子。谁知道呢？

祈祷：父啊，我们要求在健康的时候有信心，特别是在生病的时候。用你的右手托住我们，当我们躺在病床上时，求主给我们的灵得到神圣并奇妙的安慰。

帮助我们在疾病的火窑中看到耶稣，因为我们想与祂交谈，就像那三个朋友那样。赐给我们平安，让我们知道当突然的疾病按祢的旨意降临到我们身上时，你会一直照顾我们和我们所爱的人。我们是奉主耶稣的荣耀之名请求的，阿门。

Saturday, October 23, 2021

Title: God's calling

Author: Pastor Andrew Lim

Translation: Margaret Ong

Little children know the feeling when they are called home by their father while having a great time outside: knowing that they are coming home late, still wet and dirty, stepping into the house tremblingly, waiting for their father to lose temper. What is it like! However, for us, the situation is just the opposite. We are not called to come before God the Father to receive the rod of discipline, but to receive His embrace with open arms.

People who are often sent on business trips by the company and those who have never had the chance to, have a very different feeling. When called, people will respond: because they feel that they have a mission on their shoulders, and they feel that it is a great honor. Remember, God's calling to you is a calling of love.

After Adam and Eve sinned in the Garden of Eden, they did not immediately confess their mistakes to God. Instead, because of shame they chose to cover their body with leaves, and also hid. Let us look at the people nowadays who seldom admit when they make mistakes. Most of them are trying to escape and they use methods to cover up their faults, and cover up one by one. It was God who took the initiative. He proactively called Adam and Eve instead of scolding them, but prepared sheepskin to cover them from the cold. Likewise, today when we stumble, He actively calls rather than rebuke us, and has prepared a lamb for salvation to cover our sins.

Jesus said, "I did not come to call the righteous, but sinners." ( Mark 2:17) This is not to say that the Lord only came to gather a certain group of people. This calling applies to all human beings. All people need to repent and accept the gospel. However, those who can open their hearts to the same calling will be aware of their sins and their own needs, so that they can "hear" the Lord's calling to them. Others turn a blind eye and deaf ear to the Lord's invitation.

The human situation is that he cannot use his own ability and good deeds to meet God's righteous standards and requirements. No one can say with certainty: I have done good for decades, and will definitely go to heaven. Man cannot be justified by himself. Because humans are separated from God in sin, they cannot rely on any of their own merits, but rely on the awakening and assistance of pre-determined grace to be justified: "For by grace you have been saved through faith and that not of yourselves; it is the gift of God, not of works, lest anyone should boast."(Eph 2:8-

## 9) The pride of human can be healed and people can be justified based on God's "Born-again Grace in Christ"

The call of love is a sincere invitation, an invitation to salvation. Jesus said, "Come to Me, all you who labor and are heavy laden, and I will give you rest." (Matt. 11:28) Modern people often feel that they are carrying heavy burdens, and the pressure and suffering they endure in their hearts are sometimes hardly understood by outsiders. Faced with social transformation, global competition, increase in working hours, tension between people, economic pressure, and the invasion of viruses, etc.

If a person wants to shoulder heavier burdens, he must have a stronger physique and ability, just like a weightlifter, to make himself stronger and stronger. But Jesus' approach is just the opposite. If we are to bear great responsibility while being light, then we must have His meek and humble heart. Because a gentle heart can accommodate others; a humble heart can hold God's work. Not only can I entrust Him with the external burden, but also the inner pressure, struggle and suffering. A humble heart always believes that there is a God outside of oneself. He will be our help when we need it, find a way of breaking the deadlock for us, inspire us to think, and deal with problems from a completely different perspective.

We will not be alone and helplessly struggling. Because the Holy Spirit shall assist us at any time. God gives those who are saved the Holy Spirit as a seal to ensure that they are indeed God's inheritance, and the Holy Spirit proves with our hearts that we are God's children. In other words, the Holy Spirit acts as our guarantor in salvation, guaranteeing that we live a life of honoring God and benefiting others on the heavenly road. So we can abide by the rules of the new life on the road to heaven, we shall abstain from vice.

Whether we really hear the voice of God, the only way is to answer to God like little Samuel: "Speak, for Your servant hears." (1 Samuel 3:10) The understanding of God's will and the confession of sins are the result of God's call to restore the image of the destroyed God in man. If people choose God's calling, they shall "find grace in the eyes of the Lord." (Gen 6:8)

The reason why a man sins is not because he does not have the grace of God, but because he does not use the grace that he has. The calling of God is a door that God opens for man, so that everyone can start on the road of salvation by possessing, accepting, and obeying it. The calling of God is given to everyone. If a person rejects this grace, he will continue to live in the "natural" and anxious, fearful situation.

Man cannot rely on his own good deeds to redeem for his sins, and man can never be saved by his own deeds. To be saved, grace must intervene. The purpose of grace is to restore man's image of the destroyed God, so that man can regain the ability to come to God. Grace restores the slumbering spirit of man, renews the ability to respond to God's grace, and restores man's knowledge of God and His laws.

God has given a calling to enable people to respond to the grace given by God. People must choose whether to accept God's calling or reject this grace. If you reject this grace, people will perish by continuing to live in sin; if you accept this grace, people will be led into the journey of salvation and have eternal life. Those who accept God's grace will begin to admit their sins, recognize their powerlessness in sin, and begin to hunger for God.

Prayer: Father God, thank you for your grace. Because of your calling, we come to you here not to be struck with a rod, but you are willing to open your arms to embrace me. Your calling and grace of love have made me in Your favor. Thank you for the salvation you prepared for me. Please untie the deadlock of my tangled mind and heart, take on my burden, and let me have complete rest in you. I sincerely pray in the precious name of Jesus. Amen.



每日灵粮

星期六，2021年10月23日

标题：上帝的呼唤

作者：林金儀傳道

小孩子都知道，当他们在外面玩得乐极忘形，被爸爸叫回家时的那种感觉：自知自己晚归了，浑身又湿又脏，战战兢兢地踏入家门，等待父亲发火，那是一种什么滋味！但是，对我们来说，情形恰好相反，被父上帝叫到跟前不是来领受刑杖的，乃是来接受祂张开双手的拥抱。

常常被公司派出差和从来不被公司派出差的人，是有很不同的感觉的。被召唤时，人都会回应：因为觉得有使命在肩，觉得是无上荣耀。记得，上帝对您的恩召是爱的呼唤。

亚当夏娃在伊甸园犯罪之后，没有立刻向神承认错误，却因为羞耻而选择用树叶遮体，也因为羞耻而躲避起来。看一看现在人一旦犯了错误，是不是也很少会主动承认，大部分都是为了躲避，就用方法遮盖所犯的过错，而且是一个接一个的遮掩。是上帝采取主动，祂主动呼唤亚当夏娃而不是责骂，为他们预备了羊皮遮寒。同样，今天当我们犯错，祂主动呼唤而不是责骂我们，并为我们预备了救恩和遮盖我们罪的羔羊。

耶稣说：「我来本不是召义人，乃是召罪人。」这并不是说主只是来召聚某一部份的人。这召唤对所有人类都适用。所有的人都需要悔改接受福音。但是同一个呼唤，凡能打开心装载的，则会觉悟到自己的罪和自己的需要，才能「听见」主对他们的呼唤。其他人对主的邀请是视而不见、听而不闻的。

人的境况是不能藉着自己的能力及善行，来达到上帝公义的标准和要求。没有人有把握说：我行了几十年的善，绝对可以上天堂。人不能靠自己称义。人因在罪中与神隔绝，因此不能靠任何自身的功劳，而是要靠预设恩典的苏醒及协助，才能得以称义：「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」。人的骄傲得以被医治，人得以被称义是基于上帝在「基督里重生的恩典」。

爱的呼唤是真诚的邀请，是拯救的邀请。耶稣说，「你们所有劳苦担重担的人哪，到我这里来吧！我必使你们得安息」。现代人常常有担着千斤重担的感觉，内心所承受的重压与

煎熬有时候真不足对外人说。面对社会转型、全球竞争、工时增长、人与人的关系紧张、经济的压力、病毒的侵袭等。

一个人如果要担更重的担子，就要更强的体魄与能力，就像举重的人一般，使自己越来越强。可是耶稣的办法却刚刚相反，如果我们要负重担而又能轻省，那么就要有祂一样柔和谦卑的心。因为柔和的心，能容纳他人；谦卑的心，能容让神工作。不只是可以将外面的重担交托，也可以将内心的压力、挣扎和煎熬交托给祂。谦卑的心永远相信在自己外还有上帝，祂会在我们需要的时候成为我们的帮助，替我们解开不能解的死结，启发我们思考，从一个完全不同的角度处理问题。

我们不会孤单并无助地在挣扎。因为我们有圣灵作随时的帮助。上帝赐给得救的人圣灵，当作印鉴盖上，以保证他们确实是属上帝的产业，圣灵与我们的内心同证我们是神的儿女。换句话说，圣灵在救恩中作我们的担保人，担保我们在天路上过荣神益人的生活。所以我们可以行天路上遵守新生活的守则，可以不犯罪作恶。

我们是否真的听到了上帝的声音？唯一的方法就是像小撒母耳一样，对上帝说：「请说，仆人敬听。」人之所以能了解神的旨意并开始知罪，乃是因为神的恩召恢复了人被毁坏之神的形象的结果。人若选择上帝的恩召便可以蒙神的恩眷。

人之所以犯罪，并不是因为他没有上帝的恩典，而是他没有使用他所拥有的恩典。上帝的恩召是神为人开的一扇门，让所有人都可以藉着拥有、接受和顺服它，就可以开始走在救恩的道路上。上帝的恩召是赐给每个人的，人若拒绝了此恩典，就继续活在“属血气”和惶恐不安的境况中。

人不能靠自己所做的善事来赎自己的罪愆，人决不能靠自身的行为得救。人要得救就必须有恩典的介入。恩典的目的乃为了恢复人被毁坏神的形象，使人可以重新有能力到上帝面前。恩典使人沉睡的灵被复苏，让人重新有回应上帝恩典的能力，人对神及神律法知识被恢复。

上帝给了恩召使人有能力回应神所赐的恩典，人必须选择是否要接受上帝的恩召，或是拒绝此恩典。若拒绝此恩典，人就会因继续活在罪中而引致灭亡；若接纳此恩典，人就会被引领进入救恩的旅程，得着永生。凡接纳神恩典者会开始知罪，认清自己在罪中的无能为力。

力，并会开始渴慕神。

祷告：父上帝，感谢祢的恩典，因为祢的呼唤，叫我们到跟前不是来领受刑杖，乃是祢愿意张开双手要拥抱我。祢爱的呼唤和恩召让我倍受宠爱。谢谢祢为我准备的救赎。求祢解开我心灵纠结的死结，担当我的重担，让我从祢哪里得全然的安息。诚心祷告是奉耶稣宝贵的名。阿门。

Sunday, 24 October 2021

by Abraham Verghese

Going somewhere and yet not knowing

Read Acts 20: 17 – 35

Focus on verse 22 – And now, behold, I am going to Jerusalem, constrained by the Spirit, not knowing what will happen to me there.

Our lives in our Christian journey can seem to be that of ambiguity and uncertainty. We may know our final destination past the end of the narrow path but there may be much ambiguity and uncertainty along the way. It is not unusual for us to face the ambiguity, where the Lord's purposes are not clear or face the uncertainty of which direction to take on the road ahead.

Many of us would like to see the way ahead as far as we possibly can. We may get frustrated and agitated when the Lord only unfolds His purposes just step by step. If so, is it because we are fearful of trusting ourselves to the unseen and unknown purposes of God?

As Christians, we have all been called to walk this path of ambiguity and uncertainty. In Acts 20:22, Paul's words are recorded as "And now, behold, I am going to Jerusalem, constrained by the Spirit, not knowing what will happen to me there". Christ's apostle to the gentiles too did not know what lay ahead for him. Paul knew he was "going somewhere and yet not knowing" what would happen to him. Was there any anxiety or apprehension in his statement? Paul had surrendered to God and he was not at the mercy of circumstances, situations or for that matter anything. God has created all that exists – the marvellous vast universe and the intricately complex planet that we live on. He sees the end from the beginning. He is the one great certainty.

Paul did not need to fear any uncertainty. Why should we? Can we not trust our God like how Paul did?

Prayer: Heavenly Father, thank you that our certainty is in You. Help us to remember that You are our certainty when, whenever there appears to be ambiguity and uncertainty in the journey along the narrow path that we are moving along. We are dependent on You and not our own strength. Amen.

每日灵粮

星期日

2021 年 10 月 24 日

主题：去某个地方却不知道

作者：Abraham Verghese

翻译：林良億

请阅读使徒行传 20: 17 – 35

专注于第 22 节 – 现在我往耶路撒冷去，心甚迫切（原文是心被捆绑），不知道在那里要遇见甚麽事；

我们在信仰的旅程中，生活似乎充满了未知数和困惑。我们可能知道自己的最终目的地是在窄路的尽头，但沿途可能会有很多模糊和不确定性。我们经常会遇到模棱两可的情况，即主的旨意不明确，或者在前面的道路上面临不确定的方向。

我们中的许多人希望尽可能地看到前方的道路。当主只是一步步展开祂的旨意时，我们可能会感到沮丧和焦躁。如果是这样，是因为我们害怕把自己托付给上帝那看不见和未知的旨意吗？

作为基督徒，我们都被呼召走这条模糊和不确定的道路。在使徒行传 20 章 22 节，保罗的话被记载为“现在我往耶路撒冷去，心甚迫切（原文是心被捆绑），不知道在那里要遇见甚麽事”。基督在外邦人中的使徒也不知道未来会发生什么。使徒保罗知道他“要去某个地方，却不知道”会发生什么。他的陈述中是否有任何焦虑或忧虑？保罗已经降服与上帝，他不受环境、情况或任何事情的摆布。上帝创造了所有存在的事物——奇妙，浩瀚宇宙和我们赖以生存的错综复杂的星球。他从一开始就看到了结局。上帝的存在是最大的确据。

使徒保罗不需要害怕任何不确定性。我们为什么要这样做？我们能否像使徒保罗那样信靠我们的上帝呢？

祷告：天父，谢谢祢，我们的确信在祢里面。帮助我们记住，当我们沿着狭窄的道路前进，出现模糊和不确定时，祢是我们的确定性。我们依靠祢而不是我们自己的力量。阿门。

Monday, 25 October 2021

Title: What Makes for Peace?

By: Ong Hwee Soo

Matthew 5: 9

"Blessed are the peacemakers, for they shall be called sons of God."

According to church history, Telemachus, a monk attempted to stop a gladiatorial fight in a Roman amphitheatre and was stoned to death by the spectators. The Christian Roman Emperor, Honorius was so impressed by the monk's martyrdom, it moved him to issue a historic ban on gladiatorial combat. The last known Roman gladiatorial fight was on 1 January AD 404, purportedly on the day St Telemachus sacrificed his life in preventing the gladiators from killing each other.

We may not perform a heroic Telemachus act to bring peace between warring parties, but we can certainly do our part in making or maintaining peace in our fellowships, workplaces or communities. First and foremost, we need to be peaceable ourselves. Apostle Paul admonishes "so far as it depends on you, live peaceably with all" (Romans 12:18) and "let us pursue what makes for peace" (Rom. 14:19). In Philippians 2:3-4, Paul highlights what makes for peace: "Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others." In Colossians 3:12-14, Paul emphasizes, "Put on ...compassion, kindness, humility, meekness and patience...forgiving each other...above all these put on love..." Paul's exhortation culminates in the ensuing v15, "let the peace of Christ rule in your hearts."

Indeed, Christ Himself "is our peace, who has made us both one, and has broken down in his flesh the dividing wall of hostility" (Ephesians 2:14).

Just as Telemachus brought peace to warriors through his death, Jesus makes our peace and reconciliation with God possible by His sacrificial death on the cross and His resurrection. If we believe in Christ, "we have been justified by faith, we have peace with God." (Romans 5:1). If Jesus is our peace, we need not let our differences become walls that divide us.

It is significant that our text today (the seventh Beatitude), is so well placed. The preceding Beatitudes imply that it is those who are "poor in spirit", who "mourn", are "meek", who "hunger and thirst for righteousness", the "merciful" and "pure in heart" (v3-8) who are equipped to be peacemakers.

"The meaning of being called the sons of God is that the peacemaker is a child of God and that he is like the Father." (Martyn Lloyd Jones). Sons are those whose character and life simulate God in closest semblance.

If we practice the Beatitudes (or divine attitudes), we stand in good stead to become peacemakers, the children of God who reflect His image. Apostle John exclaims, "See what kind of love the Father has given to us, that we should be called children of God; and so we are." (1John 3:1)

We are all included in "so we are", once we have placed our faith in Jesus Christ. "For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life." (Rom. 5:10).

If you have yet to find "peace with God" let me encourage you to believe in Jesus, and through Him, be reconciled to God.

As believers, how do we exemplify being at peace with others? What issues or differences stand in the way of "Be at peace among yourselves" ? (1 Thessalonians 5:13b).

"In essentials, unity. In non-essentials, liberty. In all things, charity" (Rupertus Meldenius, 1627). Church historian, Philip Schaff, termed this quotation "the watchword of Christian peacemakers.

PRAYER:

God of peace, help us Live the Life, peaceably among ourselves always. Amen.

班底浸信教会

每日灵粮

星期一，2021 年 10 月 25 日

标题：什么导致和睦？

讲员：翁辉赐弟兄

翻译：陈劲年姐妹

【马太福音 5:9】

“使人和睦的人有福了！因为他们必称为神的儿子。”

根据教会历史，特勒马科斯(Telemachus), 一名修道士曾试图阻止罗马圆形竞技场中的角斗而被观众用石头砸死。基督教罗马皇帝霍诺里乌斯(Honorius)对修道士的殉难印象深刻，这促使他颁布了一项历史性的禁止角斗的禁令。最后一次的罗马角斗士战斗是在公元 404 年 1 月 1 日，据称，在那天圣特勒马科斯 (St Telemachus) 为了阻止角斗士互相残杀而牺牲了自己的生命。

我们可能不会采取英勇的特勒马科斯 (Telemachus) 行为在交战各方之间带来和平，但我们肯定可以尽自己的一份力量，在我们的团契、工作场所或社区中建立或维持和平。首先，我们自己必须维系和睦。使徒保罗告诫“若是能行，总要尽力与众人和睦”（罗马书第 12 章 18 节）并且“我们总要追求和睦的事”（罗马书第 14 章 19 节）。在腓立比书 2 章 3-4 节，保罗强调了和平的意义：“凡事不可结党，不可贪图虚浮的荣耀；只要存心谦卑，各人看别人比自己强，各人不要单顾自己的事、也要顾别人的事。”在歌罗西书第 3 章 12-14 节中，保罗强调，“要存……怜悯、恩慈、谦虚、温柔和忍耐的心……彼此饶恕……在这一切之外，要存着爱心……”保罗的劝勉在随后的第 15 节达到高潮，“让基督的平安在你们心中作主。”

事实上，基督自己“使我们和睦（原文是因他是我们的和睦），将两下合而为一，拆毁了中间隔断的墙”（以弗所书 2:14）。

正如特勒马科斯(Telemachus),通过他的死为战士带来和平一样，耶稣通过祂在十字架上的牺牲和复活使我们与上帝的和平与和解成为可能。如果我们相信基督，“我们已经因信称义，得与上帝相和。”（罗马书第 5 章 1 节）。如果耶稣是我们的平安，我们就不必让我们的分歧成为分隔我们的墙。



重要的是，我们今天的经文（第七福）放置得非常恰当。前面的福暗示那些“虚心”、“哀恸”、“温柔”、“饥渴慕义”、“怜恤人”和“清心”的人(3-8 节) 才有能力成为和平缔造者。

“被称为上帝之子的意思是，使人和睦的人是上帝的孩子，他就像天父一样。” 马丁·劳埃德·琼斯 (Martyn Lloyd Jones) 。儿子是那些性格和生活与上帝最为相似的人。

如果我们实践八福（或神圣的态度），将有利于我们成为使人和睦的人，使人和睦的人乃上帝的儿女，且反映上帝的形象。使徒约翰说：“你看父赐给我们是何等的慈爱，使我们得称为神的儿女；我们也真是他的儿女。”（约翰一书 第 3 章 1 节）

一旦我们相信耶稣基督，我们都被包括在“我们也真是”中。“因为我们作仇敌的时候，且藉着神儿子的死，得与神和好；既已和好，就更要因他的生得救了。”（罗马书 第 5 章 10 节）。

如果您还没“与上帝和好”，让我鼓励您相信耶稣，并通过祂与上帝和好。

作为信徒，我们如何体现与他人和睦相处？什么问题或分歧阻碍了我们“彼此和睦”？

“在基要的事情上，合一；在不重要的事情上，自由；在所有的事情上，爱。”

（Rupertus Meldenius 鲁珀图斯·梅尔德纽斯，1627）。教会历史学家菲利普·沙夫（Philip Schaff）将这句话称为“基督教和平缔造者的口号”。

祈祷：

和平的上帝，帮助我们活出彼此和睦的生命。阿们。

Tuesday, 26 October 2021

Fill them to the brim

By Dr Hew Fen Lee

John 2:1-11

On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, 2 and Jesus and his disciples had also been invited to the wedding. 3 When the wine was gone, Jesus' mother said to him, "They have no more wine." 4 "Woman, why do you involve me?" Jesus replied. "My hour has not yet come." 5 His mother said to the servants, "Do whatever he tells you." 6 Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons. 7 Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim. 8 Then he told them, "Now draw some out and take it to the master of the banquet." They did so, 9 and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside 10 and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now." 11 What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples believed in him.

This is a well known story of Jesus' first miracle of turning water into wine. This also marks the beginning of His ministry on earth and the outward demonstration of His miraculous power as the Son of God. Jesus' mother, Mary requested Jesus to deal with the problem at hand – wine running out in a wedding, an embarrassing situation for the host. Jesus obliged and the host as well as all the guests were treated with the best wine of the banquet.

The instruction from Jesus was simple, 'fill the jars with water' but to carry it out could actually be quite daunting. We are told each of the jars would hold up to 113L of water and 6 jars to be filled to the brim would easily take 680L of water which weighs 680kg. In those day water would have to be carried from the communal well of the town or from a nearby river or stream. The servants could have filled the jar half full which would still be in fulfilment of the instruction but would half their substantial work. However, they chose to do it to the best of the ability with the maximum result. They were in a position to work with Jesus, the son of God and consequently saw the miracle and the blessing of Jesus would bring to those in the banquet, in abundance.

Unlike the servants in the wedding banquet who knew Him only as a carpenter's son at best, we have seen His miracles, we have listened to His teaching, we have felt the touch of His love for us on the cross, we have seen Him rising from the dead. All of us are called to serve God. Serving God is to work with God and to work alongside Him. It is through working with Him that we can hear His voice, that we can see His hand guiding ours; indeed the presence of the Holy God with us. Like the servants in the wedding banquet, we should make every effort to fill the jars to the brim so that the blessing from God can overflow to touch us and touch those around us.

#### Prayer

Dear God, thank you that you have called us out of darkness into the light. Grant us the vision of your glory and the privilege to serve you. May you grant us your presence at all times and make us channels of blessings that overflow with abundance. In Jesus name we ask. Amen

班底浸信教会

每日灵粮

星期二，2021 年 10 月 26 日

标题：把它们装满

作者：丘宏礼医生

翻译：薛秀合姐妹

约翰福音 2:1-11

1 第三日，在加利利的迦拿有娶亲的筵席，耶稣的母亲在那里。2 耶稣和他的门徒也被请去赴席。3 酒用尽了，耶稣的母亲对他说：「他们没有酒了。」4 耶稣说：「母亲（原文是妇人），我与你有甚麽相干？我的时候还没有到。」5 他母亲对用人说：「他告诉你们甚麽，你们就做甚麽。」6 照犹太人洁净的规矩，有六口石缸摆在那里，每口可以盛两三桶水。7 耶稣对用人说：「把缸倒满了水。他们就倒满了，直到缸口。」8 耶稣又说：「现在可以舀出来，送给管筵席的。他们就送了去。」9 管筵席的尝了那水变的酒，并不知道是那里来的，只有舀水的用人知道。管筵席的便叫新郎来，10 对他说：「人都是先摆上好酒，等客喝足了，才摆上次的，你倒把好酒留到如今！」11 这是耶稣所行的头一件神迹，是在加利利的迦拿行的，显出他的荣耀来；他的门徒就信他了。

这是耶稣所行的头一件神迹 – 水变酒的著名故事。这也标志着祂在地上传道事工的开始，以及祂作为上帝儿子的神奇能力的对外彰显。耶稣的母亲，马利亚请求耶稣处理手头的问题 – 婚礼中的酒喝光了，这对主人家来说是一种尴尬的情况。耶稣答应了，那主人和所有的客人都享用到了宴会上最好的酒。

耶稣的指示很简单，“把缸倒满了水”，但实际执行起来却相当艰巨。我们被告知每个水缸最多可容纳 113 公升的水，而要装满那 6 个水缸至少需要装入 680 公升的水，重 680 公斤。在那个时代，水必须从城镇的公共水井或附近的河流或小溪中汲取。那些仆人本可以将水缸只装满一半，这仍然可算是完成了指示，却会减半他们原本的工作量。然而，他们选择尽其所能以取得最大的成果。他们能够与上帝的儿子耶稣一起作工，因此看到了耶稣给宴会上的人带来的神迹和丰盛的祝福。

不像婚宴上的仆人，他们至多只知道祂是一个木匠的儿子。我们却看到了祂的神迹；我们听到了祂的教导；我们感受到了祂在十字架上给予我们的爱；我们看到了祂从死里复活。我们所有人都被呼召事奉上帝。事奉上帝就是与上帝一起作工，并且与祂并肩作工。借着

与祂一同作工，我们可以听见祂的声音；我们可以看到祂的手引导我们；确实，圣洁的上帝与我们同在。我们应当像婚宴上的仆人一样，尽一切努力把水缸装满，好让上帝的祝福溢出，触及我们，也触及我们周围的人。

#### 祷告

亲爱的上帝，感谢祢召我们脱离黑暗，进入光明。愿祢让我们看见祢的荣耀，并赐给我们事奉祢的特权。愿祢时刻与我们同在，让我们成为充溢着丰盛祝福的管道。我们奉耶稣的名求。阿门。

Wednesday, 27 October 2021

Title: Do we have peace in our daily lives?

By Ted Hoo

John 14:27a – Peace I leave with you, my peace I give to you.

This is particularly relevant in the times we live in. We have the Covid-19 pandemic, catastrophies of earthquakes and floods, the South China Sea tension with battleships that are vying for war. We live in dark times where death is everywhere and physical deprivation from economic and financial crises abound. We live in fear rather than in hope.

Have we come to the point of realising that we are not in control of the external circumstances that are thrust on us and get anxious and stressed? Do we feel that we are not able to do anything except to mull over the issues in our being, which saps all our strength and energy in our daily lives? On the other hand, we could be in denial and live as if life goes on as usual but without any peace and joy. That is not what Jesus promises us when He says, "Peace I leave with you; my peace I give to you."

Christians are the people of the Light and that should give us hope in the circumstances that we live in. Yet, are we living in that peace even in the midst of disasters and pestilences that are allowed by our sovereign God? Are we looking to ourselves to solve the problems in our lives and find no peace, joy or comfort? That peace and joy does not come from our own being but it's in Jesus. Turning to Him and reflecting His peace is proof that we are right with God and have come out of darkness into His light. If we are not right with God, we will only turn to ourselves even though we are not the solution but the problem.

Allowing circumstances to hide the face of Jesus from us either causes us to become troubled or gives us a false sense of security. We should live in His presence daily, reading His word that reveals His will for us in our lives and looking to Him who is the author and finisher of our faith. Prayer is another avenue we can use both in encouraging one another and sharing one and another's burden. It is in sharing our resources and loving those in physical deprivation and sharing with those who have lost hope that brings us joy. We are doing God's work as we help in meeting their needs during this time.

Looking unto Jesus and receiving peace from Him is the solution to our problems. Are we living in submission and laying it all at the altar of Christ? Jesus took our sins away yet are we carrying them daily like a millstone? Do we only know in our minds

that our sins are forgiven but have not experienced forgiveness of sins? If this is the case, the guilt of sins still hovers and we live daily in torment, not having experienced the peace of God that He promises. In Him is life, in Him is joy and in Him is peace. We become troubled because we have not been taking Him into account in our lives. We can come to Jesus and lay everything before Him when we are faced with difficulties, bereavement and listen to Him say, "Peace I leave with you; my peace I give to you."

Prayer.

Our heavenly Father, help us in our unbelief if we are troubled by the pandemic and the challenges in our lives today and focus our dependence on You as the source of our life, our joy and our peace. Your perfect love casts out all fears. Grant us Your daily presence that we may know Your rest and Your peace. Amen.

班底浸信教会

每日灵粮

星期三, 2021 年 10 月 27 日

标题：我们在日常生活中有平安吗？

作者：何福华医生

翻译：陈健萍姐妹

【约翰福音 14:27 上】

我留下平安给你们，我将我的平安赐给你们。

这与我们所处的时代特别相关。我们历经新冠肺炎大流行、地震和洪水的浩劫，和在南中国海布下战舰的紧张局势。我们生活在黑暗的时期，死亡无处不在，经济和金融危机造成的物质匮乏比比皆是。我们生活在恐惧中，而不是在希望中。

我们是否已经意识到，我们无法控制强加于我们身上的外部环境而感到焦虑不安？我们是否觉得除了反复思量我们自身存活的问题之外，我们什么也做不了，而这些问题耗尽了我们在日常生活中所有的体力和精力？另一方面，我们可能拒绝接受现实，生活如往常一样，却毫无平安和喜乐。这并非当耶稣说“我留下平安给你们，我将我的平安赐给你们。”时所给我们的应许。

基督徒是光明的子民，这应该给我们在生活的环境中带来希望。然而，即使在我们至高的上帝允许的灾难和瘟疫中，我们也能生活这样的平安中吗？我们是否指望自己来解决生活中的问题，却得不着平安、喜乐或安慰？这平安和喜乐不是来自我们自己，而是在耶稣里面。转向祂，反映祂的平安，就证明我们与上帝和好，已经出黑暗，进入祂的光明中了。如果我们未与上帝和好，我们只会求助于自己，尽管我们不是解决方案，而是问题所在。

任由环境把耶稣的脸容向我们隐藏，要么会使我们陷入不安，要么会给我们一种虚假的安全感。我们应该每天活在祂的同在里，阅读祂的话语，祂的话语会在我们的生活中揭示祂的旨意；并仰望祂，祂是我们信心的创始成终者。祷告是另一途径，我们可以互相鼓励和分担彼此的负担。正是在分享我们的资源、爱那些处于物质匮乏情况的人、与那些失去希望的人分享，给我们带来喜乐。在这段时间里，我们帮助满足他们的需求，也是在做上帝的工作。



仰望耶稣，并从祂得到平安是我们问题的解决之道。我们是否活在顺服中，把一切都放在基督的坛前？耶稣已除去了我们的罪，但我们是否每天背负着它们如同背负一块磨石？难道我们心里只知道我们的罪已被赦免，却没有经历罪的赦免吗？如果是这样的话，罪疚仍然在徘徊，我们每天都生活在折磨中，没有经历上帝所应许的平安。生命在祂里面，喜乐在祂里面，平安在祂里面。我们之所以陷入困扰，是因为我们在生活中没有考虑到祂。当我们面对困难和丧失亲人的时候，我们可以来到耶稣跟前，将一切卸下，听祂说：“我留下平安给你们，我将我的平安赐给你们。”

### 祈祷

我们的天父，如果我们今日对大流行病和生活中的挑战感到困扰，求祢在我们的疑惑中帮助我们，并将我们的信赖集中于祢，以祢为我们生命、喜乐与平安的源泉。祢完全的爱驱散所有的恐惧。求赐予我们祢每天的同在，好叫我们体验祢的安息和平安。阿们。

Thursday 28th Oct 2021

Title: That Whoever Believes in Him May Have Eternal Life (John 3:15)

By Choong Yoon Tong

In the three synoptic gospels, a man asked Jesus: "Teacher, what good deed must I do to inherit eternal life?" The three gospels narrate Jesus answer as to abide in the Law and be charitable (Mt 19; Mk 10; Lk 10, 18). This gives a false impression that salvation is through works of the Law. In order to counter any possible misconception by readers, Jesus, in John's gospel, employs the word "believe" no less than ninety-six times as the basic requirement for eternal life. The word "believe" is translated from the Greek word πιστεύω, which is defined as "to have faith". Believing thus requires faith for one to trust his whole self onto who Jesus is and what He reveals.

Apostle John emphasizes that belief is not just a mental knowledge but engenders commitment to receive Christ into one's life (Jn 1:12, 17:23). One has to believe that Jesus is the Christ, the anointed Messiah, destined to save the world. Jesus is the Son of God, who co-existed with God before the foundation of the world. God has sent Him to fulfil all the promises God made to His people, as the Word to reveal who the Father is (Jn 1:18). Believing implies one has to trust Christ's every word, that He is the truth, the resurrection and the life, and He is the only way to God the Father. He is the bread of life, the light of the world and the Good Shepherd that protects and guides the flock. The lost sheep recognises His voice and follow Him and abide in His commands (Jn 14:21). Yet His command is simple, Christ merely requires all to believe in Him, abide in His word and commands, and to love Him and love one another.

The man went away dejected as he lacked the faith in Jesus to surrender his old baggage and walk close with Christ. Without faith, it is impossible to please God.

Prayer:

Lord Jesus, thank You for revealing Yourself to me and given me the faith to believe in You. Yes, Jesus, You are my Lord and my God. You love me and live within me. I love You and praise You for giving me life, life eternal and life abundant.

每日灵粮

2021 年 10 月 28 日，星期四

题目：信祂的人都得永生

经文：约翰福音 3: 15

作者：钟荣堂执事

翻译：吴淑娉姐妹

在 3 本对观福音书（马太、马可、路加福音）中，有人问耶稣："夫子，我该做什么事才能得永生？" 这 3 部福音书记载到耶稣的回答都是："遵守诫命及行善"（马太 19 章，马可 10 章，路加 10，18 章），这可能令人误会，以为遵守诫命便可得永生。为免读者产生任何误解，耶稣在约翰福音中，一共用了 96 次 "相信" 这词语作为获得永生的基本要求。"相信" 一词是从希腊文 πιστεύω 翻译而来，定义是 "要有信心"，因此 "相信" 的意思是要有信心，并将自己的一生交上，相信耶稣是谁及祂所显示的一切。

使徒约翰强调，所谓 "相信"，不仅是一种理性上的知识，而是要邀请耶稣进入你的生命（约翰 1: 12，17: 23）。一个人必须相信：耶稣是基督、是受膏的弥赛亚、祂是要来拯救这世界。耶稣是上帝的儿子，在世界未创造之前已经与上帝同在。祂受上帝的差遣，道成肉身，实现上帝对祂的子民的各项应许，并将上帝表明出来。（约翰 1: 18）"信耶稣" 的意思是相信祂所说的每一句话，信祂是真理、复活和生命。祂是通往父神唯一的道路，既是生命的粮、世界之光，也是一个会保护、带领羊群的好牧羊人，迷途的羔羊都认得祂的声音、愿意跟从祂、遵守祂的命令（约翰 14: 21），祂的命令很简单——耶稣基督要我们相信祂，活在祂的话语及诫命里，爱祂，及彼此相爱。

那人就忧忧愁愁的走了，因为他不相信耶稣，以致无法放下身上的包袱，不能与耶稣亲密同行。没有信，就不能取悦上帝。

祷告

主耶稣，感谢祢向我揭示祢自己，让我有信心相信祢。是的，耶稣，祢是我的主和我的上帝，祢爱我，住在我里面；我爱你，赞美你，因为祢不但赐我生命，而且是丰盛的生命，永恒的生命。

Friday, 29 October 2021

Title: Stand out for God

By: Amanda Foo

Many of us would have heard Romans 12:1-2 being quoted at one point (if not on numerous occasions) in our lives, whereby Paul issues a command to the Roman church: '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. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.'

These two verses essentially outline how we should be living our lives; as true servants and followers of God. Having experienced the grace of God, we are not to live for ourselves but instead, offer our lives up to Him, yielding to His will and purpose.

To not conform to this world can be difficult, especially when we care about what others think. Growing up, though loved by my parents, I struggled with low self-esteem. I had hit puberty at an early age, and due to my love for food, I was always on the fleshier side, making me very self-conscious. It probably didn't help that I was tall for my age, because it only made me stand out more. In fact, when my Youth student told me that she wished that she was shorter, my heart broke a little because I could totally empathize with what she was going through.

Yet, God calls us to stand out in this world. Having been set free from sin, we are now slaves of God (Romans 6:22). We are able to take a bold stand for God because Jesus has already paid the ultimate price by dying on the cross for you and me. Praise God! Looking back, my lack of self-esteem was a God-shaped hole, stemming from my innate desire to be accepted. Through the Cross, we can be sure that we have been fully accepted and fully loved. People's opinions are fickle, but God is not. He is everlasting, and nothing can separate us from the love of God.

I wish I can say that the life I now live, I live fully for God; alas, I remember that His mercies are new every morning. So, let us (you and I) make a decision today to live boldly for Him. Wherever God has placed you, I urge you to stand out by living radically for God, always giving glory to the One who deserves all the praise. We live in an increasing world of skepticism, which makes shining God's light ever more important (Matthew 5:14).

## Prayer

Father God, I thank You for the Cross; for through it, my soul is at peace knowing that I am fully known and fully loved. Forgive me for the times that I have strayed and conformed to the world out of fear, when in reality, it is Your opinion that truly matters. Help me God to live boldly for You. Guide me in Your truth and renew my mind, that I may live each day for Your glory.

In Jesus' precious name, Amen.

每日灵粮

星期五，2021 年 10 月 29 日

标题：为上帝而活

作者：符偉敏

翻译：陈月妃

在我们的生活中，许多人或多或少都曾听过罗马书 12:1-2 在某些时刻被引用，保罗借此向罗马教会发出命令：“所以弟兄们、我以 神的慈悲劝你们、将身体献上、当作活祭、是圣洁的、是 神所喜悦的。你们如此事奉、乃是理所当然的。不要效法这个世界。只要心意更新而变化、叫你们察验何为 神的善良、纯全可喜悦的旨意。

这两节经文基本上概述了身为上帝真正的仆人和追随者的我们应该如何生活。在经历了神的恩典之后，我们不再是为自己而活，而是应将我们的生命献给祂，顺服祂的旨意和计划。

不效法这个世界或许很困难，尤其是当我们在意别人的看法时。在我成长的过程中，虽然受到父母的疼爱，但我一直很自卑。我很早就进入了青春期，由于我对食物的热爱，我总是偏向肉食，这让我很难为情。就我的年龄而言，我偏高的个子也无济于事，因为这只会让我更加突出。事实上，当我的年轻学生告诉我她希望自己更矮一点时，我的心都碎了，因为我完全能理解她所经历的一切。

然而，上帝呼召我们不与这个世界同流合污。脱离罪恶的捆绑之后，我们现在是上帝的奴仆（罗马书 6:22）。我们应该勇敢的为上帝站稳立场，因为耶稣已经为你我死在十字架上付出了最终的代价。赞美神！回想起来，我的自卑感源于我内心深处对于被接纳的渴望。透过十字架，我们可以确定我们已经被完全接纳和完全被爱。人的意见是变化无常的，但神不会。祂是永恒的，没有什么能使我们与上帝的爱隔绝。

我希望我可以说，我如今的生活，是完全为神而活；我记得祂的怜悯每早晨都是新的。所以，让我们（你和我）今天就做出决定，勇敢地为祂而活。无论上帝将你安置在何处，我都敦促你彻彻底底的为上帝而活，永远将荣耀归给配得所有赞美的那一位。我们生活在一个充满怀疑的世界里，这使得为主发光变得更加重要（马太福音 5:14）。

祷告

父神，我为那十字架感谢你；因为透过它，我的灵魂得以安息，因为我知道我是被完全认

识并被完全爱着的。原谅我有时候因为恐惧而迷失方向，并效法这个世界。而实际上，真正重要的是你的看法。愿上帝帮助我勇敢地为你而活。用你的真理引导我，更新我的心意，使我每天活着都是为了荣耀你。奉耶稣宝贵的名，阿门。

Saturday, 30 October 2021

Title: Let Not Materialism Be a Bondage

By: Richard YW Yeoh

Luke 12:15

He told the people, "Be careful to guard yourselves from every kind of greed. Life is not about having a lot of material possessions"

Modern society is steeped in materialism. The 1950s post World War 2 economic boom resulted in the consumerism culture – first evident in the US, and then embraced by the whole world, made worse by the explosion of cheap manufactured goods from China since the 1980s. Unbridled materialism comes at a great cost to the health of the planet with serious long term consequences to mankind.

When the need for material possessions becomes an obsession, Christians should be on guard as it borders on idolatry, which can lead us away from godliness and can obstruct our spiritual growth.

We must not value wealth and material possessions excessively beyond a certain point; we must learn to share what we have with those in our community.

Marie Kondo, a Japanese woman, is a global sensation who teaches people how to declutter their material possessions and simplify their lives. Despite not speaking much English, she is considered a guru in the field in the US. She teaches people not to cling on to material things that do not bring them joy anymore. I would take it a step further, and say that we should pass on these things to others who can find joy in owning them. Too much concern for material possessions are obstacles to our own spiritual growth. It would be wise to declutter and simplify our lives so that we may grow spiritually in the ways of God, and not have our creativity and energies sapped away by the things of the world which holds no eternal value but instead to invest our time and energies on reaching out to people around us who are yet to know Christ.

I often reflect on how little we really need in terms of physical possessions as evidenced when we are traveling and all we need is in a suit case. And at the end of the day, we sleep in a hotel room bed. And yet we are none worst for that. In the same way, a decluttered life will free our energies and attention to focus more on eternal values and not on the things of the world.

Prayer:

(Psalm 119:36-37)



O Lord, Turn my heart toward your statutes and not toward selfish gain. Turn my eyes away from worthless things; preserve my life according to your word. Amen.

班底浸信教會

每日靈糧

2021 年 10 月 30 日星期六

標題：別讓唯物主義所束縛

作者：楊勇偉弟兄

翻譯：王靖端姐妹

路加福音 12:15

祂於是對眾人說：『你們要謹慎自守，免去一切的貪心；因為人的生命，不在乎家道豐富。』

現代社會充斥著唯物主義。從二戰後的 1950 年代開始，經濟繁榮催生了消費主義文化——首先出現在美國，並為全世界所追隨採納；自 1980 年代迄今，中國廉價製成品的爆炸式增長使情況變得更糟。肆無忌憚的物質主義讓地球的健康付出了巨大的代價，對人類造成了嚴重的長期後遺症。

當痴迷於物質財富時，基督徒務要警醒，因為它接近偶像崇拜，這會導致我們遠離敬虔度日並阻礙我們的靈性的成長。

我們不能過分重視錢財和物質財富；我們必須學會與社區中的人分享我們所擁有的。

日本女性近藤麻理惠（Marie Kondo）在全球引起轟動，她教人們如何整理物質財富並簡化生活。儘管不會說太多英語，但她在美國被認為是該領域的大師。她教導人們不要再執著於不再能給他們帶來快樂的物質事物。我會更進一步闡明，我們應該將這些東西贈送給能找到樂趣的新主人。過分關注物質財富會阻礙我們自己靈性的增長。明智的做法是整理和簡化我們的生活，以便我們可以按照上帝的方式在靈性上成長，不讓沒有永恆價值的世界事物消耗掉我們的創造力和精力，而是投入我們的時間和精力向我們周圍尚未認識基督的人伸出援手。

我經常反思我們真正需要的物質財富是多麼少，在旅行時我們需要的只是一個行李箱是個佐證。一天結束時，我們睡在酒店房間的床上。然而，我們並沒有因此而變得更糟。同樣的，規整簡化過的生活將釋放我們的精力和注意力，讓我們能更多地專注於永恆的價值，而不是世界上的事物。

禱告：（詩篇 119:36-37）

主啊, 求你使我的心趨向你的法度, 不趨向非義之財。 求你叫我轉眼不看虛假, 又叫我在你的道中生活。 阿們。

Sunday, 31 October 2021

Title: Putting out into deep water

By Dorothy Teoh

Luke 5: 1-11

Luke 5: 1-11 is about the calling of the first disciples. The first three verses set the scene: the crowd pressing in on Jesus as he stood by the Lake of Gennesaret or the Sea of Galilee.

Jesus saw two boats at the water's edge, left there by the fishermen who were washing their nets. An uncle of mine owned two boats and made a living from fishing. I learned that whether you catch anything or not, nets had to be checked, cleaned and, if torn, mended in readiness for the next fishing trip.

Jesus got into one of the boats, the one belonging to Simon (Peter), and asked him to put out a little from shore. Then he sat down and taught the people from the boat.

When he had finished teaching, he said to Peter: "Put out into deep water, and let down the nets for a catch,"

Imagine yourself in Peter's shoes (he would have been barefoot but I am just using a figure of speech). Together with his fishing partners, he has toiled all night, and they have caught nothing. As an experienced fisherman, he knows that night is the best time for fishing. Along comes this carpenter, who tells him to go fishing – in the daytime! He has just cleaned his nets, he is tired and disheartened, and he wants to go home and rest before night falls and he has to go fishing again so that he can earn enough to feed his family.

After a year and a half of this pandemic, some of us may be feeling like Peter. We may not be physically tired but we may be emotionally tired and disheartened.

Is the Lord calling us to strike out into the unknown – "deep water" – and let down our nets? If He is and we lack the courage and faith to obey Him, take heart from Peter's response. I don't think he believed that he would catch anything. At that point, he may merely have been humouring Jesus' request. He might have seen or heard Jesus as He preached in the synagogue or to the crowds. And as he sat with his hand on the tiller to keep the boat steady so that Jesus could teach the people on the shore, Peter probably listened and caught snatches of what the Lord was saying. Did he have faith in Jesus' request?

No, but he followed it anyway – “But because you say so, I will let down the nets.” (v5) And when the nets were filled to breaking point with fish, he fell at Jesus’ knees and asked the Lord to go away from him, for “I am a sinful man”. He and his companions were “astonished at the catch of fish they had taken”.

Peter might not have agreed with the Lord’s suggestion, but he obeyed. And as the Tyndale commentary on Luke says, “Obedience brings results!”

Even if there is no call to put out to “deep water” for now, we may still be feeling fearful, as our “boat” is tossed about by the storms of life and the circumstances of this pandemic.

There is a sequel to this miracle, and that is Jesus assuring Peter: “Don’t be afraid; from now on you will catch men.” (v10) Tyndale says that “Do not be afraid” means “Stop being fearful” rather than “Don’t get scared”. It also marked a turning point in the lives of these fishermen – having encountered who Jesus was, they left everything, and followed Him.

The lyrics of the Sunday School song “With Christ in the vessel we can smile at the storm” hold a wealth of truth. Christ is in the vessel with us, whether He is calling us to put out to deep water and let down our nets, or whether we are close to the safety of shore in shallow water.

#### Prayer

Dear Lord Jesus, you have told us not to be fearful because you are always with us, whether in rough seas and stormy weather or in the calm of shallow waters. Thank you that when you call us to put out to deep water, you are not sending us out alone, you are in the boat with us, just as you were with Peter. He did not obey out of faith but he humoured your request. Like him, we too may need to take “baby steps”. Lord, we pray that for now, that will be enough. And as we do so, fill our nets, O Lord. Amen.

每日灵粮

星期天，2021 年 10 月 31 日

标题：投入深水中

作者：赵秋霞

翻译：林良億

路加福音 5：1-11

路加福音 5：1-11 是关于第一批门徒的呼召。前三节经文设定了场景：当主耶稣站在革尼撒勒湖或加利利海时，人群涌向祂。

主耶稣在水边看见两条船，是洗网的渔夫留下的。我有一个叔叔拥有两条船，以捕鱼为生。我了解，无论是否捕到任何东西，都必须检查、清洁渔网，如果破损，还要修补，为下一次捕鱼做好准备。

主耶稣上了其中一艘船，就是西门（彼得）的船，请他从岸边开出一段。然后祂坐下来教导船上的人。

教导完了，就对彼得说：“把船开到水深之处，下网！”

设想你是彼得。他和他的捕鱼伙伴们，辛苦了一个晚上，却一无所获。作为一个有经验的渔夫，他知道晚上是钓鱼的最佳时间。来了这个木匠，叫他在白天捕鱼！他刚收网洗网，又累又心灰意冷，想在天黑之前回家休息，又得去捕鱼，挣钱养家糊口。

经过一年半的疫情，我们当中的一些人可能感觉像彼得。我们可能不是身体上的疲倦，但可能是情绪上的疲倦和心灰意冷。

主是否呼召我们进入未知领域——“深水”——并撒下我们的网？如果祂是，而我们缺乏顺服祂的勇气和信心，请从彼得的回应中振作起来。我不认为他相信他会捕到任何东西。那时，他可能只是在取笑主耶稣的要求。当主耶稣在会堂或向人群传道时，他可能已经看到或听到了主耶稣。当他坐在船舵上保持船的稳定，以便主耶稣可以教导岸上的人时，彼得可能在听，并抓住了主所说的话。他对主耶稣的要求有信心吗？

不，但他还是照做了：“但既然你这么说，我就放网了”(5节)。当网被鱼填得快要裂开时，他俯伏在耶稣的膝前，求主离开他，因为“我是一个有罪的人”。他和他的同伴“他们对所捕获的鱼感到惊讶”。

彼得可能不同意主的建议，但他服从了。正如廷代尔 (Tyndale) 对路加福音的评论所说：“顺服带来结果！”

即使暂时没有呼唤“深水”，我们可能仍然感到恐惧，因为我们的“船”被生活的风暴和疫情的环境所颠簸。

这个奇迹还有后续，那就是耶稣向彼得保证：“不要怕！从今以后，你要得人”(10节)。廷代尔说：“不要害怕”的意思是“终止害怕”而不是“不要惊慌”。这也标志着这些渔民生活的转折点——他们遇到了耶稣，抛下一切，跟随了祂。

主日学歌曲的歌词“有基督在船上中，我们可以在风暴中微笑”蕴含着丰富的真理。基督与我们同在船上中，无论祂是在呼召我们到深水中撒网，还是在浅水中，靠近安全的岸边。

祷告：亲爱的主耶稣基督，祢告诉我们不要害怕，因为祢总是与我们同在，无论是在波涛汹涌的海面和暴风雨的天气中，还是在平静的浅水区。谢谢祢，当祢叫我们去深水区时，祢不是让我们一个人出去，祢和我们一起在船上，就像祢和彼得一样。他不是出于信仰而顺服，但他满足了祢的要求。像他一样，我们也可能需要跨出婴儿般的步伐。主啊，我们祈祷，就目前而言，这已经足够了。主啊，当我们这样做时，请填满我们的网。阿们。

Monday 1st November 2021

THAT'S MY PAY!

Pastor Soong Kok Kee

1 Thessalonians 2: 19-20 For what is our hope, our joy, or the crown in which we will glory in the presence of our Lord Jesus when he comes? Is it not you? Indeed, you are our glory and joy.

A missionary was once asked about his salary. The inquirer knew it couldn't be much, and he wanted to know why anyone would give so generously and sacrificially of himself to help total strangers, yet be paid so little.

The missionary pulled out a letter and read these words: "If it weren't for you, I wouldn't know Jesus Christ as my Savior. Every morning I kneel in prayer, thanking God for everything you've done for me."

"That's my pay!" exclaimed the dedicated servant of the Lord. The apostle Paul must have had something similar in mind when he wrote to the believers in Thessalonica. Addressing himself to those he had brought to the Savior, he said, "What is our hope, or joy, or crown in which we will glory in the presence of our Lord Jesus when he comes? Is it not you? Indeed, you are our glory and joy."

In our day, when so much emphasis is placed on acquiring material wealth, how refreshing it is to hear of Christians whose greatest reward is to see people accept Christ and grow in spiritual maturity. Not only on earth, but in heaven too, when our Lord told the parables of the lost sheep and lost coin, he said "there is rejoicing in the presence of the angels of God over one sinner who repents" (Luke 15: 10).

As Pastors, we have often been asked what's our greatest joy in ministry? For most if not all, our answer would definitely be the same like the apostle Paul – those whom we have brought to the Lord. What greater joy is there than leading someone to pray the sinner's prayer, cleansing the house of altars and idols, seeing the whole family coming to church and then one by one seeing them get baptized?

Apart from bringing someone to the Lord, second would be to see him grow in spiritual maturity and serving with the spiritual gifts and talents that the Lord had blessed him with. There was this one brother who was so fearful to pray, even in a small group. He had to be led to pray word by word and slowly graduate to phrase by phrase till he was able to pray on his own. Half year down the road he was leading that same prayer meeting. Later he became the Chairman of the Church. That's the joy the apostle Paul was talking about.



Another "joy" would be the instrument to see young people getting into full-time ministry. The late Bro Chong Fook Choy, often proudly introduced me as one of his former Sunday School students. It's always a joy and honor to walk together and encourage people who are contemplating full-time ministry. One sister in the Lord who was about 5 years older than me told me when I was 18 that I would be wasting my life if I did not go into full-time ministry. PTL she later became a Pastor's wife herself!

Another "joy" of a Pastor is having his former members becoming his close friends. We have been assured we can call on them any time, any day for any kind of help. That's our "Pay" as a Pastor. I am sure this is true not only of Pastors but also for all brothers and sisters in the Lord. There is always a helping hand in this spiritual family of our Lord any time, any day, any help.

Remember, our Lord said in Luke 18: 29-30 "no one who has left home or wife or brothers or parents or children for the sake of the kingdom of God will fail to receive many times as much in this age and in the age to come eternal life."

So brothers and sisters, are you making it a practice to share the gospel with others? If you are, you'll be rewarded with the best pay of all. You'll enjoy thrilling satisfaction here on earth, and you can look forward to even greater reward in heaven!

God does not pay as others pay,  
In goods that perish and decay;  
But this is sure, let come what may  
Who does God's work will get God's pay. – Anon.

PRAYER: Father God, thank you for reminding us that our greatest joy is to see people coming into your Kingdom and seeing them grow and mature spiritually and to serve you with the talents and spiritual gifts that you have blessed them with. Not only for us Pastors but for all who are carrying out the Great Commission. In Jesus precious Name we pray. AMEN.

班底浸信教会

每日灵粮

星期一，2021 年 11 月 1 日

标题：那就是我的报酬！

讲员：宋国基牧师

翻译：陈健萍姐妹

【帖撒罗尼迦前书 2:19-20】

我们的盼望和喜乐并所夸的冠冕是什么呢？岂不是我们主耶稣来的时候，你们在他面前站立得住吗？因为你们就是我们的荣耀、我们的喜乐。

有一次，一位宣教士被问及他的薪金。询问者知道这不会多，他想知道为什么有人会如此慷慨，牺牲自己来帮助完全陌生的人，而得到的报酬却如此之少。

宣教士拿出一封信读道：“若不是因为你，我就不会认识耶稣基督是我的救主。每天早上我跪着祈祷，感谢上帝为我所做的一切。”

“那就是我的报酬！”这位献身于上帝的仆人欢呼道。使徒保罗在写信给帖撒罗尼迦的信徒时，心里一定也有类似的想法。他对那些他带领到救主面前的人说：“我们的盼望和喜乐并所夸的冠冕是什么呢？岂不是我们主耶稣来的时候，你们在他面前站立得住吗？因为你们就是我们的荣耀、我们的喜乐。”

在我们这个时代，当我们如此重视获得物质财富时，听到基督徒的最大回报是看到人们接受基督并在灵性上成长，这是多么地令人耳目一新。不仅在地上，而且在天上，当我们的主讲述迷失的羊和失钱的比喻时，祂说：“一个罪人悔改，在神的使者面前也是这样为他欢喜”（路加福音 15:10）。

作为牧师，我们经常被问到我们在事奉中最大的喜乐是什么？即使不是全部，我们大多数的答案肯定会像使徒保罗一样 – 就是那些我们带到主面前的人。还有什么比带领一个人作决志的祷告、拆除家里的神台偶像、看到全家人来到教会，然后一个接一个地接受浸礼更令人喜悦的呢？

除了领人到主面前之外，第二便是看到他在灵性上成熟，并用主赐予他的属灵恩赐和才干事奉祂。有一位弟兄，他非常怕祈祷，即使是在一小群人中也是如此。他必须被引导着逐

字地祈祷，然后慢慢地逐句地祈祷，直到他能够自己祈祷。半年后，他就带领祈祷会了。后来他成了教会的主席。这就是使徒保罗所说的喜乐了。

另一个“喜乐”是成为鼓励年轻人进入全职事奉的工具。已故的张福才弟兄（译音）（Bro Chong Fook Choy）经常自豪地介绍我是他以前的主日学生之一。陪伴那些正考虑全职事奉的人同行并鼓励他们，总是一件令人欢愉和荣幸的事。主里有一位比我大 5 岁的姐妹，她在我 18 岁的时候告诉我，如果我不投入全职服事，那就是在浪费我的生命。赞美主，后来她自己也成了牧师的妻子！

牧师的另一份“喜乐”是他昔日的会友成为他的亲密朋友。他们已向我们承诺，我们可以在任何时候、任何一天向他们寻求任何形式的帮助。这就是我们作为牧师的“报酬”。我相信这不只是对牧师，对所有在主里的弟兄姊妹也是如此。在我们主内属灵的家庭中，无论任何时候、任何一天、任何帮助，总会有一只援助之手。

请记住，我们的主在路加福音 18:29-30 说：“人为神的国撇下房屋，或是妻子、弟兄、父母、儿女，没有在今世不得百倍，在来世不得永生的。”

那么，弟兄姊妹们，您们是不是也实践与他人分享福音呢？如果是，您会得到最好的报酬。您在世上会享受到激动人心的满足感，您可以期待在天堂得到更大的奖赏！

上帝不作像他人的报酬，  
用会朽坏和腐化的物品；  
但是肯定的，不管如何，

谁作上帝的工，定会得到上帝的报酬。 — 佚名

祈祷：父上帝，感谢你提醒我们，我们最大的喜乐是看到人进入祢的国度，看到他们在灵性上成长成熟，并用祢赐予他们的才干和属灵恩赐服事祢。不仅是我们为牧者的，也是所有正在履行大使命的人。我们奉耶稣宝贵的名祈祷，阿们。

Tuesday, 2 November 2021

Title: Rabbi, I Want To See

By: Stephen Wong

Here is a short fiction story inspired by Bartimaeus and his cry to Jesus (Mark 10:46-51):

My name is Chen Pei Leng, I am 14 years old, born to a family of three boys and two girls. I am the second youngest in the family and my youngest brother Weng Weng was cute and bouncy. We lived in Sungai Bakap New Village. My father and brothers were fishermen. They worked hard to catch fishes to sell to the village elders. My mom is a housewife. Pei Sze at 18 years, is my older sister, and she had studied until Std 6 before she stopped to help mom tend to the vegetable farm and cook for the family. I never went to school so my sister taught me what she had studied. I could not read or write nor could I imagine the colours of the wind. Once a while, my mom, siblings and I would visit neighbours. On our arrival each time, I could hear the neighbours' children whispering, "Mang Mui ley chor lor." They meant "The blind girl has arrived". I was angry and would grumble to my sister and mom. After a while, I accepted my moniker, "Mang Mui" or "blind girl" in Cantonese. On occasions, my father would call me "tor sui kar" (or bad omen to the family) in front of my uncle who would giggle. I cried. Soon, I was indifferent to the taunts of the others.

One day, Pei Sze brought me and Weng Weng to a church. I had not been there before and was a little fearful of what to expect. We met Rev Thong and his wife Ann. There were ten or more people in the church, with kids running around. We sang some songs. Something suddenly struck me when I heard a song with these words, "I once was lost but now I am found. Was blind and now I see."

Two weeks later, I was back in church with my sister. I wanted to ask the Rev Thong my burning question but could not say the words on my lips. How nice it would be, if I could have my sight again. That night, I was tossing in my bed with excitement and sadness. Would the Rev help me? That night, I dreamt of a group of people in white, singing the same lovely song I heard in church. I was so glad. It was the first time in my life that I had been able to see people clearly with faces. In the morning, I got up feeling on top of the world as if God had appeared to me.

"Mang Mui! I want to talk to you," quipped my dad at the breakfast table. "You are already 14 years old and blind since you were a baby. I have no means to feed you; it is more difficult to earn enough from fishing and I am asking your older brothers to look for factory jobs in Kuala Lumpur. I will arrange to marry off your sister so

that I can collect some dowry. As for you, I don't know what to do with you. Someday, your parents will be dead and you will have no one to fall back on. I am planning to send you to a monastery to be a nun where you can do chanting and earn penance for your bad karma." Pei Sze ran away to her room in tears. My world came crashing down. I had no words to describe my feelings. I went to bed early, hoping that I was just going through a bad dream. My mom's hugs meant nothing to me. I hated my father.

Just as the frogs and insects began their day in an otherwise silent night, I continued my intermittent sobs and cursed myself for being born. Suddenly, a voice called out, "Leng Leng!" three times. The room became very warm. I froze and knew not what to say. Finally, I asked "Sir, who are you?" A man in a white robe appeared before me. He called Himself Jesus and told me that He had heard the burning question on my lips. He said He would grant me my request. I fell to the floor from my canvas bed and knocked my head. Where was I?

"Jie Jie, the church pastor is here," Weng Weng was standing at my bedside. Not knowing what was happening, I dressed and went to the dining area where we normally greeted guests with tea. "How are you, Leng-Leng? Good morning and nice to see you," said Aunty Ann. I nodded and before I could say a word, my dad soon took over. It seemed that Rev Thong and Aunty Ann had heard about my plight and had come to visit and offered to adopt me as their daughter as they had no children. "Leng Leng, Pastor Thong and Muk Shi Thai have talked to me about you. They heard that I am sending you to a monastery and want to adopt you as their daughter. They will teach you to read and write and might be able to help you with eye treatment as well," said my dad. My heart palpitated. Will I have hope at last? I was very keen to leave home with Aunty Ann because there was an unusual kindness in her voice. I preferred to stay in a church but not in a monastery. Two weeks later, Rev Thong and Aunty Ann came to fetch me in their car. They brought along some presents for my parents. I bade farewell tearfully to my parents, Pei Sze and Weng Weng. My little brother was so sad to see me leave and planted a kiss on my cheeks before I left. It was my first ride in a car. I was going places at last.

At their parish quarters, Aunty Ann put me in a comfortable room with a bed and mattress. She spent time teaching me to read Braille text for the next 2 years. I learnt Malay and English and it was hard. She also read bible stories every day and told me about Jesus. "Jesus!" I have heard Him speak before, and told Aunty Ann what I saw and heard that fateful night. She was startled but told me to thank the Lord Jesus for answering my burning question. She led me to ask Jesus to come into my life to make my dreams complete, which I gladly did. That night, in my room, I

prayed to Jesus again about my burning question. The warm feeling that I had in my first encounter came back to me for three consecutive nights. On the third night, I heard the same voice that spoke to me before. "Leng-Leng, your prayer is answered," Jesus proclaimed.

The next morning, Aunty Ann called to me, "Leng-Leng we have some good news. We are bringing you to Kuala Lumpur Hospital for a medical check-up to see if you can be treated." Fast forward within a week, I was in the KL hospital and the doctors confirmed that some eye parts could be replaced as there was a suitable donor. Aunty Ann kindly spent all her time with me because I was so scared not knowing what to do, eyes all bandaged up. On the second week after my surgery, the doctors unbandaged my eyes in her presence. I could see bright lights but I was not sure what I was seeing. After further eye drops, I began to gain clarity as Aunty Ann held on to my hand. There was the doctor, the nurses and my Aunty Ann. I could see. Hallelujah. Thank you, Jesus. In the distance, I heard the approaching voice of my dad "Mang Mui, how are you now?"

#### Prayer

Thank You Lord Jesus for removing the scales of blindness from my eyes. I was indeed lost and blind once upon a time. Now I truly see with the new lenses that You have placed in me. May my life count for You every moment that I still breathe and have my being. Amen.

班底浸信教会

每日灵粮

星期二，2021 年 11 月 2 日

标题：拉比，我要能看见

作者：黄德根弟兄

翻译：陈健萍姐妹

以下是一个短篇 故事，灵感来自巴底买和他向耶稣的呼求(马可福音 10:46-51)：

我叫曾佩玲，今年 14 岁，出生在一个三男两女的家庭。我在家里是第二年轻的，我最小的弟弟荣荣可爱又活泼。我们住在双溪峇甲（Sungai Bakap）新村。我的父亲和哥哥都是渔民，他们努力捕鱼卖给村里的长者。我妈妈是一位家庭主妇。18 岁的佩思是我的姐姐，上学到六年级就辍学帮忙妈妈打理菜园，为家人做饭。我没上过学校，所以姐姐把她学过的都教了我。我不会读、不会写，也无法想象风的色彩。偶尔，妈妈会带着我和哥哥姐姐与弟弟去拜访邻居，每次我们到达时，我总会听到邻居的孩子们在窃窃私语：“盲妹来咗咯。”他们的意思是“瞎眼的女孩到了”。我生气，会向姐姐和妈妈发牢骚。过了一段时间，我接受了我的绰号，广东话的“盲妹”。有时，我的爸爸会在我叔叔面前叫我“陀衰家”（拖累家人、坏兆头），叔叔会咯咯地笑。我哭了。很快地，我对别人的嘲笑无动于衷了。

一天，佩思带我和荣荣到一间教堂。我以前没有去过那儿，有点担心不知会遇到什么情况。我们见到了汤牧师和他的妻子安。教堂里有十多个人，孩子们到处跑。我们唱了几首歌。当我听到一首歌的歌词：“前我失丧，今被寻回；瞎眼今得看见。”我顿然受到很大的触动。

两周后，我和姐姐回到教堂。我想问汤牧师一个我迫切想知道的问题，但是我说不出口。如果我能重见光明，那该多好啊。那天晚上，我在床上辗转反侧，既兴奋又悲伤。牧师会帮我吗？当晚，我梦见一群穿着白色衣服的人，唱着我在教堂里听到的那首动听的歌。我太高兴了。这是我有生以来第一次能够清楚地看到人的脸孔。早上起来，我感到极度幸福，犹如上帝向我显现了。

“盲妹！我有话跟你说。”我爸爸在早餐桌上说。“你已经 14 岁了，从你还是个婴儿的时候就失明了。我没有办法供养你；靠捕鱼挣到足够的钱就更困难了。我让你的哥哥们去吉隆坡找工厂的工作。我会安排把你姐姐嫁出去，这样我就可以得到一些嫁妆了。至于你，我

不知道该怎么打算。总有一天，你的父母会去世，你就无人依靠了。我打算送你到寺院去当尼姑，你可以在那里念经，还可以为你的恶业赎罪。”佩思哭着跑回自己的房间。我的世界崩溃了，我无法用语言来描述我的感受。我很早就上床睡觉了，希望我只是做了一场噩梦。妈妈的拥抱对我来说毫无意义。我恨我的父亲。

当青蛙和昆虫在寂静的夜晚开始他们的一天时，我断断续续地在抽泣，诅咒自己的出生。突然，一个声音三次地叫道：“玲玲！”房间变得很暖和。我愣住了，不知道该说什么。最后，我问道：“先生，您是谁？”一个穿着白色长袍的人出现在我面前。他自称是耶稣，并告诉我他听到了我迫切想问的问题。他说他会答应我的请求。我从帆布床上摔到地上，撞到了头。我在哪儿了？

“姐姐，教堂的牧师来了。”荣荣站在我的床边。不知道发生了什么事，我穿好衣服，去了我们通常以茶待客的用膳的地方。“玲玲，你好吗？早上好，很高兴见到你。”安阿姨说。我点了点头，还没来得及说一句话，爸爸很快就接了过来。看来汤牧师和安阿姨听说了我的困境，来探望我，并提出收养我为他们的女儿，因为他们没有孩子。“玲玲，汤牧师和戴牧师都跟我谈起过你。他们听说我要送你去寺院，想收养你做他们的女儿。他们会教你读书写字，也许还能帮你治疗眼睛。”我爸爸说。我的心跳得厉害。我终于有希望了吗？我非常想和安阿姨离开家，因为她的声音里有一种与众不同的亲切。我宁愿住在教堂里，而不是寺院。两周后，汤牧师和安阿姨开车来接我。他们给我父母带来了一些礼物。我含泪告别了我的父母、佩思和荣荣。我的弟弟看到我离开非常难过，在我离开之前在我的脸颊上吻了一下。这是我第一次乘车。我终于要去很多地方了。

在他们的教区宿舍，安阿姨安置我在一间有床和床垫的舒适房间里。在接下来的两年里，她花时间教我阅读盲文。我学了马来语和英语，觉得很难。她还每天给我读圣经故事，告诉我有关耶稣的事情。“耶稣！”我曾听过他说话。我告诉了安阿姨我在那个不幸的夜晚的所见所闻。她很吃惊，但告诉我要感谢主耶稣回答了我迫切的问题。她引导我邀请耶稣进入我的生命，来完成我的梦想，我很乐意这样做。那天晚上，在我的房间里，我再次为我迫切的问题向耶稣祷告。第一次相遇时那种温暖的感觉连续三个晚上重现了。在第三天晚上，我再次听到了先前跟我说话的同一个声音。耶稣宣告：“玲玲，你的祷告蒙应允了。”

第二天早上，安阿姨叫我：“玲玲，我们有好消息。我们将带你去吉隆坡医院进行体验，看看您是否能得到治疗。”不到一周，我在吉隆坡医院，医生证实，由于有合适的捐赠者，一些眼睛的部位可以被替换。安阿姨欣然地用她所有的时间时刻陪伴着我，因为我害



怕得不知所措，眼睛都缠上了绷带。在我手术后的第二周，医生在她的面前解开了我眼睛的绷带。我能看到明亮的灯光，但我不确定我看到的是什么。再滴入眼药水后，安阿姨握着我的手，我的眼睛开始清晰了。有医生、护士和我的安阿姨。我能看见了，哈利路亚。谢谢祢，耶稣。远处传来爸爸的声音：“盲妹，你现在怎么样了？”

祈祷

感谢祢，主耶稣，为我除去失明的鳞片。我确曾失丧，失明了；而今祢给我戴上的新镜片，我真的看见了。愿我活着的每一刻都为祢活得有价值。阿们。

Wednesday, 3 November 2021

Title: Peace I Leave With You

Author: Pastor Wallace Ong

"Peace I leave with you; my peace I give you. I do not give to you as the world gives..." – John 14:27

"While Christianity was able to agree with pagan writers that inordinate attachment to earthly goods can lead to unnecessary pain and grief, it also taught that the answer to this was not to love things less but to love God more than anything else. Only when our greatest love is God, a love that we cannot lose even in death, can we face all things with peace. Grief was not to be eliminated but seasoned and buoyed up with love and hope." – Tim Keller

Eight years ago, I came to know a lovely senior couple in their late 80's. They both attended the church Sunday morning service regularly, and never failed to also attend my adult Sunday school class for seniors. The husband always shared wonderful testimonies of the God's goodness in their life. His wife usually nodded her head along supporting him quietly and sometimes stopped him from sharing too long! I still remember both of them and their testimonies like it was yesterday. Then, the sweet couple stopped attending church service for two weeks, we called them and visited them, we found that their only son who was a pilot went home to be with the Lord due to a heart attack. Their son attended a different church. As I sat with the uncle holding his hand and tried to comfort him, I did not know what I could say to comfort him. However, the uncle looked at me and with little tears in his eyes, he told me that his son has gone to a better place now, he rejoiced with his son. After he told me that statement, he recited Psalm 23 to me. I was touched by his faith and so amazed with the kind of peace and strength he had in Christ.

One and a half years later, his wife who was suffering from Alzheimers passed away. There I was again sitting with him, holding his hand, and trying to comfort him. Before I said anything, he told me that he felt so relieved that he did not go to be with the Lord before his wife. He was worried that if he had gone before her, she would have faced the painful experience of losing him as her main caregiver. He praised God for knowing his heart's desire. Again, he recited Psalm 23 to me. What a wonderful and dignified godly man! He truly found peace in Christ, and the peace in Christ gave him strength to face difficult situations and painful grief in his life.

"Paul and James both say that we should rejoice in our trials because of their beneficial results. It is not adversity itself that is to be the ground of our joy. Rather, it is the expectation of the results, the development of our character that should

cause us to rejoice in adversity. God does not ask us to rejoice because we have lost our job, or our loved one has been stricken with cancer, or a child has been born with an incurable birth defect. But He does tell us to rejoice because we believe He is in control of those circumstances and is at work through them for our ultimate good.” – Jerry Bridges

Prayer:

Dear Heavenly Father,

Thank you for the assurance of peace you give to all of us, your children. We give you praise and thank You, Lord Jesus. You know every pain and suffering we are going through in life. You are our God and friend who is able to understand, and empathize with us. Oh Father, please help many among us who face challenges and difficulties during this trying time of the Pandemic to have your peace that surpasses all understanding to guard our hearts and our minds. We praise you and thank you. In Jesus’ name, Amen.

班底浸信教会

每日灵粮

星期三, 2021 年 11 月 3 日

标题：我留下平安给你们

作者：王振威传道

翻译：陈健萍姐妹

【约翰福音 14:27】

“我留下平安给你们，我将我的平安赐给你们。我所赐的，不像世人所赐的。……”

“虽然基督教同意异教徒作家的观点，即对世俗物品的过度依恋会导致不必要的痛苦和哀伤，但它也教导说，解决这问题的答案不是减少对事物的爱，而是爱上帝胜过一切。只有当上帝是我们最深的爱时，一种我们即使死也不能失去的爱，我们才能平和地面对一切。悲伤是无法消除的，唯以爱和希望来调和，使人振作起来的。”——提摩太·凯勒 (Tim Keller)

八年前，我结识了一对可爱的 80 多岁的老夫妇，他们定期参加礼拜天上午的崇拜，而且从来未缺席过我的成人主日学乐龄人士课程。丈夫总是分享上帝在他们生活中的美好见证。他的妻子通常会点头，默默地支持他，有时还会阻止他分享得过久！我仍然记得他俩和他们的见证，感觉就像昨天发生一般。后来，这对可爱的夫妇两个星期没有出席教会的敬拜，我们给他们打了电话，拜访了他们，得悉他们唯一的儿子，一名飞行员，因为心脏病发作已回天家与上帝一起了。他们的儿子参加另一间教会。当我坐在老伯的身边握着他的手，试图安慰他时，我不知道能说些什么来安慰他。然而，老伯看着我，眼里含着泪水，他告诉我，他的儿子现在去了一个更好的地方，他和儿子同喜乐。在他告诉我这句话之后，他给我背诵了诗篇 23。我被他的信心所感动，也为他在基督里所拥有的平安和力量而惊叹不已。

一年半后，他患有老年痴呆症的妻子去世了。我再次与他坐在一起，握着他的手，想安慰他。我还没开口，他就告诉我，他感到很欣慰，没有先于妻子回天家。他担心，如果他比妻子先离世，她会面临失去他这作为主要照顾者的痛苦经历。他赞美上帝，因为祂知道他的心愿。他又一次给我背诵了诗篇 23。多么优秀、庄重而虔诚的人啊！他真的在基督里得着了平安，基督的平安给了他力量去面对生活中的困难处境和悲痛。

保罗和雅各皆说，我们在试炼中应当喜乐，因为试炼于我们有益。逆境本身并不是我们喜乐的源泉。反之，是对结果的期待，是我们品格的发展，让我们在逆境中喜乐。上帝不是要求我们因为失去工作，或因我们所爱的人罹患癌症，或一个孩子生下来就有无法治愈的先天缺陷而喜乐；但祂确实告诉我们要喜乐，因为我们相信祂掌控着这些情况，并通过这些情况为我们最大的好处而发挥作用。” — 杰里·布里奇斯(Jerry Bridges)

祈祷：

亲爱的天父，

感谢祢赐给我们，祢的儿女，平安的确据。我们赞美祢，感谢祢，主耶稣。祢知道我们在生活中所经历的每一种痛苦和磨难。祢是我们的上帝和良友，祢能够理解我们，并与我们共情。哦，天父，求帮助我们当中许多在这场流行病的艰难时期面临挑战和困难的人，让祢出人意外的平安保守我们的心怀意念。我们赞美感谢祢。奉耶稣的名，阿们。

Thursday, 4 November 2021

Title: Love Demonstrated

By: Pr Mark Tan

Romans 5:8

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

In the classic musical drama "My Fair Lady", the protagonist, Eliza Doolittle is approached by a handsome young man, named Freddy. He so badly wanted to tell her how much he loves her. But, alas, before he gets the chance to say all he feels about her, Eliza, disenchanted by words, doesn't want to hear it. She shuts him up and sings "Don't talk of stars burning above. If you're in love, SHOW ME." The summary of the song: talk is cheap, show me that you truly love me.

Today we are bombarded by words every day. We are even bombarded by words that could mean one thing to someone, even if it actually means something totally different to everyone else. Read TIMAH. According to the Global Language Monitor, around 5,400 words are created every year. That's one new word every 98 minutes! Yet, even with all the words in the world, not any or all could even begin to accurately describe love. Poets and philosophers have attempted to but failed. Many swindlers and cheaters have abused words to peddle a cheap love for their own benefit, causing harm and heartache to others. It's no wonder that the more informed we are through the internet and free open knowledge, the more sceptical and cold we seem to become.

Maybe no one has been able to describe love perfectly, simply because it is an impossible task. It is impossible for two reasons:

First, in the Christian faith, God is love (1 John 4:16) therefore to describe love is to describe God, and there are certainly not enough adequate words to describe Him, let alone how much He loves us.

Second, as the singer John Mayer wrote: "love is a verb, it ain't a thing". When you say you love someone, it must always be followed up by descriptions of what you have sacrificially done, to prove that you in fact love the person.

God certainly knew this dilemma, which is why, rather than trying to put together strings of words to tell us how much He loves us, He demonstrates His love for us through Jesus Christ who, while we were still sinners, while we were still in total rebellion against God and all of His goodness, died for us so that we might have eternal life (Romans 5:8, John 3:16).

It is because of God's demonstration of pure love on the cross and in the empty tomb, that the Christian faith continues to be a beacon of hope, a bastion for the

faithful, a banner of love for all to see through the ages. Even today, through the never-ending demonstrations of love and charity to the community, the Church of Jesus Christ attests God's greatest commandment to love Him and to love our neighbours.

Friends, I pray this morning you are encouraged purely by the fact that God loves you. He has proven it time and again in little ways, but ultimately He has demonstrated it in Jesus' sacrifice. He did that so that you would respond to His love in obedience and faith, and to share that love to others, that they too might have eternal life and share in the endless love of God. "We love, because He first loved us." (John 4:19)

**PRAYER:**

Jesus, You are the author and originator of love. We only know love because You are love and You loved us first. You love us specifically and sacrificially. You love us in our sin and rebellion against You. You love us despite the pain we inflict on others. You love us in our mess. It is that love – that selfless, self-sacrificing love, which allows us to love others. It is an overflow of Your love for us that allows us to love other people. Jesus, we ask You to make us better lovers of one another. Give us the heart and love to proclaim Your love to those who need to hear it. This we ask in Your precious, holy, and loving name. Amen.

班底浸信教会

每日灵粮

2021 年 11 月 4 日，星期四

题目：“爱的体现”

作者：陈燕靖传道

翻译：黄姐妹

经文：罗马书章 5 – 8 节\*

“唯有基督在我们还做罪人的时候为我们死，神的爱就在此向我们显明了。”

在经典音乐剧《窈窕淑女》中，主人公伊丽莎·杜立特被一位名叫弗莱迪的英俊青年走近。他非常想告诉她他有多爱她。但是，唉，在他有机会说出他对她的所有感受之前，伊丽莎对言语不抱幻想，不想听。她让他闭嘴并唱道：“不要谈论天上闪亮的星星，让我看到你的爱。”歌曲以这段结束：“别要废话了，让我知道你是真的爱我！”

今天的我们，每天都被许多的文字轰炸。我们甚至被那些对某人可能意味着一件事的词所轰炸，即使它实际上对其他人来说是无关痛痒的。举个例子“TIMAH (酒名)”。根据全球语言监测，每年大约有 5,400 个词被创造出来。这是每 98 分钟一个新词！然而，即使有世界上所有的词语，也没有任何一个或所有的词可以开始准确地描述爱。诗人和哲学家曾尝试过，但都失败了。许多骗子为了自己的利益，花言巧语，兜售廉价的爱情，给他人造成精神伤害和心碎。难怪我们通过互联网和免费开放知识获得的信息越多，我们似乎就变得越怀疑和冷漠。

也许没有人能够完美地描述爱情，仅仅因为它是一项不可能完成的任务。

这不可能的原因有二：

首先，在基督教信仰中，上帝就是爱（约翰一书 4:16），因此描述爱就是描述上帝，当然没有足够的词来描述他，更不用说他有多爱我们了。

其次，正如歌手约翰·梅耶 (John Mayer) 所写：“爱是一个动词，它不是一件事”。当你说你爱一个人时，一定要紧接着描述你为爱所做的牺牲，以证明你真的爱这个人。

上帝当然知道这个困境，这就是为什么他没有试图用一连串的词句来告诉我们他有多爱我们，而是通过耶稣基督向我们展示他的爱，那就是当我们仍然是罪人时，当我们还在完全



背叛上帝和祂纯全的良善时，耶稣就为我们死了，使我们不至灭亡，反而可以得永生（罗马书 5：8，约翰福音 3：16）。

正是因为上帝在十字架上和空坟墓中展现了完全的爱，基督教信仰才继续成为希望的灯塔、信徒的堡垒、永恒不变的爱旗帜。即使在今天，通过对社区永无止境的爱和慈善的展示，基督的教会遵守了最大的诫命。那就是爱上帝也爱我们的邻舍。

朋友们，今天早上我的祷告是你完全被上帝爱你的事实所激励。他用微小的事一次又一次地验证，但最终他以耶稣的牺牲中证明了这一点。他这样做是为了让你以顺服和信心回应他的爱，并将这种爱分享给他人，使他们也可以拥有永生并分享上帝无尽的爱。“我们爱，因为祂先爱我们。”（约翰福音 4:19）

祷告：

耶稣，你是爱的源头也是爱的创造者。我们只知道爱，因为你是爱，你先爱了我们。你以特别的爱和牺牲的爱来爱我们。你在我们还在悖逆中做罪人时就爱了我们。尽管我们给他人造成了痛苦，但您仍然爱我们。你在我们的堕落时爱我们。正是这种爱——那种无私、自我牺牲的爱，让我们能够去爱别人。是祢那永不止息的爱，使我们能够爱其他人。耶稣，我们求你使我们彼此相爱。赐给我们有爱心，向有需要的人宣扬你的爱。我们奉你宝贵、圣洁和慈爱的名祈求。阿门。

Friday, 5 November 2021

Title: "They know His voice"

By: Ps Cheng Cheung

Read John 10: 1-6

Last Thursday, 28 Oct, I attended the forum on Shincheonji (SCJ) and Salt and Light Fellowship, a cult that has surfaced in Malaysia. The key takeaways, as shared by Jane, were the fact that the SCJ's recruiters:

- (1) targeted 'young' evangelical Christians or Catholics who were hungry for truth and spiritual advancement,
- (2) were deeply committed,
- (3) spent time before they 'hooked the fish,' and
- (4) engaged the targets in misleading 'Bible study.'

As Jane shared this elaborate scheme, I could not help but wonder would I have fallen if I had been targeted? Bishop Jeyakumar, in closing the forum, urged listeners to know God's word well enough to be able to distinguish truth from error. Thus they would be better equipped to resist attempts to lead them astray. Good suggestion, I thought.

Many years ago, when I was still working in the bank, I attended a workshop on common strategies and scams by fraudsters. This had been organized to raise staff awareness on the subject. One of the modules was designed to help staff, especially cashiers to distinguish counterfeit ringgit notes from genuine ones.

One of the most striking things the speaker said, which I remember to this day: "You have to touch it, run it between your fingers all the time – new notes, soiled notes, notes left in the washing machine and then dried, notes of all types. You have to know the real stuff. Then, the moment you touch a counterfeit, your fingers will tell you, 'something is not quite right, here.' "

Surely there's a spiritual lesson there somewhere.

How I yearn to hear and discern my Shepherd's dear voice every time He speaks. I want to be so intimate with Him that, when I hear a voice call out, I would know when it is Him and when it is not.

This short account from Kenneth Bailey's book shows it is possible even for sheep to be able to distinguish their master's voice from a chorus of shepherds' voices.

"Travellers have noticed the wonderful readiness with which the sheep of a large flock will recognize the shepherd's voice. Though several flocks are mingled, they

speedily separate at the command of the shepherd, while the word of a stranger would have no effect on them.

The shepherds led their flocks forth from the gates of the city. . . . Thousands of sheep and goats were there, grouped in dense, confused masses. The shepherds stood together until all the animals came out. Then they separated, each shepherd taking a separate path, and uttering as he advanced, a shrill, peculiar call.

The sheep heard them. At first the masses swayed and moved as if shaken by some internal convulsion; then struck out in the direction taken by the shepherds. These became longer and longer until the confused masses were resolved into long, living streams, flowing after their leaders. Such is the ability of sheep to distinguish the voice of their own shepherd from the voices of other shepherds who may be calling at the same time". 1

John 10: 3-4

3 To him the doorkeeper opens, and the sheep hear His voice; and He calls His own sheep by name and leads them out.

4 And when he brings out his own sheep, He goes before them; and the sheep follow Him, for they know His voice.

What struck me from the above two verses are two pairs of phrases:

hear His voice and they know His voice

and

He calls and the sheep follow.

If I am not in intimate fellowship with the Lord, how can I hear Him speak, and thereafter, determine that it is indeed Jesus' voice? Spending time with the Lord is not a luxury; it is a non-negotiable necessity in order that this might happen. And then, when He calls, because I am confident it is my dear Lord, I follow .

My Prayer today

Lord Jesus, thank you that You are my Good Shepherd. Lead me daily in the way everlasting. Help me attune my ears that I might recognize Your voice and discard the false ones. Dear Lord, lead me back to Your path should I stray from it. In Jesus' Name. Amen

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1 Kenneth E Bailey "The Good Shepherd" (IVP, 2014)

每日灵修

星期五

2021 年 11 月 5 日

标题: “因为认得他的声音”

作者: 张祯祥传道

翻译: 巫惠如

请阅读约翰福音 10: 1-6

上周四 (10 月 28 日), 我参加了关于新天地教会 (Shincheonji/SCJ) 和盐与光团契的论坛, 这是一个在马来西亚出现的邪教。正如 Jane 所分享, 主要信息是 SCJ 的招募成员:

- (1) 以渴望真理和属灵成长的 “年轻” 福音派基督徒或天主教徒为目标
- (2) 有着坚定的信念
- (3) 在目标人物上钩前会花不少时间与他们相处
- (4) 让目标人物参与误导性的 “查经班”

当 Jane 分享这个精心策划的诡计时, 我不禁想, 如果我是目标人物, 我会不会也落入圈套? Jeyakumar 主教在论坛结束时, 敦促听众充分了解神的话语, 才能够区分真理和谬论。这样他们就能更好地制止将他们引入歧途的诡计。我想, 这个建议不错。

许多年前, 当我还在银行工作时, 我参加了一个关于欺诈者常见的策略和骗局的研讨会。这是为提高员工对这个问题的认识而举办的。其中一个单元是为了帮助员工, 特别是出纳员, 区分假币和真币。

演讲者说的最引人注目的一句话, 我至今都记得: “你必须触摸它, 一直在你的手指间感受纸币的质感: 新的纸币, 被弄脏的纸币, 放在洗衣机里然后被烘干的纸币, 所有类型的纸币。你必须清楚知道真正的纸币。然后, 当你触摸一张假币的时候, 你的手指就会告诉你, “这里有些地方不太对劲”。

当然, 这里面有一个属灵的教训。

我多么渴望能听到和辨别我的牧羊人每次说话时亲切的声音。我希望与祂如此亲密, 以至于每当我听到呼唤, 我会知道什么时候是祂, 什么时候不是。

肯尼斯·贝利书中的这段简短叙述表明，即使是羊，也有可能从牧羊人的声音中分辨出它们主人的声音：

“旅行者们已经注意到，一只在大羊群中的羊能够非容易地认出牧羊人的声音。虽然几群羊混在一起，但只要牧羊人一声令下，它们就会迅速分开，而陌生人的话语对它们毫无影响。

牧羊人领着羊群从城门口出来....数以千计绵羊和山羊在那里，密密麻麻，混乱不堪。牧羊人站在一起，直到所有的羊都出来了。然后他们分开，每个牧羊人走一条单独的路，边走边发出尖锐和奇特的叫声。

羊群听到了他们的声音。起初，羊群摇摆不定，仿佛被自己的抽搐所震撼；然后向牧羊人走的方向走去。这条路越来越长，直到混乱的羊群变成了长长的、活生生的小溪，跟着他们的领袖流淌。这就是羊的能力，它们能把自己牧人的声音与可能在同一时间呼唤的其他牧人的声音区分开来。<sup>1</sup>

约翰福音 10: 3-4

看门的就给他开门，羊也听他的声音。他按着名叫自己的羊，把羊领出来。

既放出自己的羊来，就在前头走，羊也跟着他，因为认得他的声音。

上述两节经文中让我印象深刻的是两对短语：

“听他的声音”，“认得他的声音”和

“他...叫自己的羊”，“羊也跟着他”

如果我没有与主有亲密的关系，我怎么能听到祂说话，然后确定那确实是耶稣的声音？花时间与主在一起不是一件奢侈的事；为了实现这一点，它是一个没有商量余地的必要条件。然后，当祂呼唤时，因为我确信那是我亲爱的主，我就跟随。

我今天的祷告：主耶稣，感谢你，你是我的好牧人。每天引导我走永恒的道路。帮助我调整我的耳朵，使我能够识别你的声音，抛弃假的声音。亲爱的主，如果我偏离你的道路，请引导我回到你的道路上。奉耶稣的名。阿门。

Saturday, 6 November 2021

Title: "Every Blessing in Christ" – Ephesians 1:3-7

By: Wong Yoke Ming

(Focusing on Ephesians 1:7b)

We all know about worldly riches and about how the world strives for materialism. Recent news reports spoke the massive wealth of people like Elon Musk (Tesla Motors) and Jeff Bezos (the founder of Amazon), the current top two richest men on the Earth. But what really lies behind their reported wealth? Much of it is "paper wealth" based on the market's perception of what the shares of Tesla Motors and Amazon are worth. These values may go up or they may go down – their values are based on worldly perception of values. Bill Gates, of Microsoft fame, used to hold that top position but no longer. Earthly wealth is therefore not only riches that we cannot take with us beyond our earthly life, it is also neither fixed nor permanent.

The Apostle Paul in his letter to the Ephesians reminded his readers (which includes us) that God has blessed Christians in Christ even as He has chosen us before the foundation of the world, and in that, He has blessed Christians according to the riches of His Grace. That should tell us that God in His wisdom has granted us spiritual riches as He has determined. Scripture reminds us that in seeking first the kingdom of God and His righteousness, whatever we need in our earthly lives has been granted to us. Our Lord Jesus assures us that He has come so that "they may have life and have it abundantly" (John 10:10) – the riches of His glory. But the true riches and our treasures are in heaven, so having an abundant life on earth is only the beginning. Our 'abundance' continues into eternity. Our 'heavenly treasures' do not fluctuate in perceived value – at the very minimum, they will not diminish.

Let us quickly make a comparison – much of earthly wealth is perceived value which fluctuates. Earthly fortunes are built with much effort and toil – history was filled with fortunes lost; but heavenly treasure is not destroyed by 'rust and moths.' Heavenly treasure is not gained through personal strive and toil but by the glorious grace of God's riches. Let us be reminded of the parable in Luke 16:19-31 – the rich man who died and was in anguish; does that not tell us earthly treasures do us no good after this life? In that suffering, the rich man had wanted someone to go tell his five brothers, who were then still on earth, but Abraham had said that if they did not hear Moses and the Prophets (from the Old Testament scripture), they also would not be convinced by someone who should rise from the dead (read: resurrection).

So, we should weigh the options of life on earth in riches that no one could spend even in several lifetimes against the promise of our Lord that He had come so that

we might have life on earth in abundance and thereafter enjoy stored up treasures in heaven eternally, which rust and moths cannot destroy. Would anyone want to build up treasures on earth that cannot be taken into eternity; or would we prefer treasures that are earned on earth (not toiled for) and stored for eternity?

Prayer:

Lord Jesus, You have granted us the blessings of an abundant life on earth. And You have promised that in believing in You, we shall be in paradise with you eternally (Luke 23:43). Thank You for the promise of abundant life on earth and eternal life thereafter in Your Glorious Presence. Amen.

班底浸信教會

每日靈糧

2021 年 11 月 6 日

星期六

標題：“祂在基督裏，曾賜給我們天上各樣屬靈的福氣”——以弗所書 1:3-7

作者：黃玉明弟兄

翻譯：王靖端姐妹

（專注於以弗所書 1:7 下）

我們都熟悉世俗的財富以及世界如何竭力追求物質主義。最近的新聞報導談到了埃隆·馬斯克（特斯拉汽車公司）和傑夫·貝索斯（亞馬遜的創始人）等人的巨額財富，他們是目前地球上最富有的兩位富豪。但所報導的財富背後的真相是什麼？其實大部分是“紙上財富”，乃是基於對特斯拉汽車和亞馬遜股票價值的市場認知。這些虛擬價格可能會上升，也可能會下降——他們的價值是依據世俗的價值觀。微軟成名的比爾蓋茨曾經是首富，但再也不是了。因此，塵世的財富不僅在我們離世後無法帶走，而且它既不是固定的，也不是永久的。

使徒保羅在給以弗所人的書信中提醒他的讀者（包括我們），“正如神祂自己從創立世界以前，在祂裏面揀選了我們，”“乃是照祂豐富的恩典。這恩典是祂在愛子裏所賜給我們的。”這應該告訴我們，上帝以祂的智慧，已經按照祂的決定賜給了我們屬靈的財富。聖經提醒我們，在首先尋求神的國和祂的義之後，我們在塵世生活中所需要的一切都已賜給了我們。我們的主耶穌向我們保證，祂已經來了，“是要叫羊(或作人)得生命，並且得的更豐盛。”（約翰福音 10:10）——“照祂豐富的恩典。”但真正的財富和我們的財寶都積攢在天上，所以在地上過著豐盛的生活只是一個開始。我們的“豐富”一直延續到永恆。我們的“天上財寶”在認知價值上不會波動——至少，它們不會減少。

讓我們快速的做一個比較——地球上的大部分財富都是波動的感知價值。塵世的財富是用大量的努力和辛勞建立起來的——而歷史上充滿了財富喪失；但天上的財寶不會被“銹壞和蟲蛀”所破壞侵蝕。天上的財寶不是靠個人的奮鬥和辛勞獲得的，而是靠上帝豐富的榮耀恩典。讓我們想起路加福音 16：19-31 中的比喻——財主在痛苦中死去；難道這不是告訴我們地上的財寶在往生後對我們沒有好處嗎？在那場苦難中，財主想要有人去警告



他當時還在地上的五個兄弟，但亞伯拉罕說，如果他們不聽摩西和先知的話（來自舊約聖經），他們也不會聽從死裡復活的人的勸說（閱讀：復活）。

所以，我們應該權衡思量在地上生活的選擇，即使是幾輩子也無法用盡的財富，與我們的主的應許相比，祂已經來了，使我們可以在地上擁有豐富的生活，然後享受天上積儻的財寶。生鏽和蟲子無法摧毀的永恆。有誰願意在地上積疊不能進入永恆的財富？還是我們更喜歡在世上收獲的（不是辛勞得來的）寶藏並能永久的儲存？

禱告：主耶穌，祢已賜給我們在地上豐盛生命的祝福。並且祢已應許，相信祢，我們將永遠與祢同在樂園裡（路加福音 23:43）。感謝祢在祢榮耀的同在中賜下世上豐盛的生命和永生的應許。阿門。

Sunday, 7 November 2021

Title: The Best Investment

By Elder Bryan Lee 李惠隆

Matthew 19:29

And everyone who has left houses or brothers or sisters or father or mother or children or lands, for my name's sake, will receive a hundredfold and will inherit eternal life.

As a young Christian in 1976 and having graduated from college as a technical assistant in mechanical engineering,

I worked in the then Federal Workshop in Cheras, Kuala Lumpur servicing and repairing all sorts of Caterpillar heavy machinery commonly known as tractors and bulldozers. These were widely used in our country during those years of rapid development. Little did I know then that the inventor of these distinctly yellow colored machines is a very significant Christian man.

Robert Gilmore LeTourneau is perhaps the most inspiring Christian inventor, businessman and entrepreneur the world has ever seen. A sixth grade dropout, LeTourneau went on to become the leading earth moving machinery manufacturer of his day with more than 300 patents to his name.

His earth-moving machines helped the Allied forces to win the Second World War and construct the highway infrastructure of modern America and many other countries which forever changed the world.

Most importantly, his contribution to the advancement of the Gospel ranks him among the greatest of Christian Businessmen of the 20th century.

Famous for living on 10% of his income and giving 90% to the spread of the Gospel, he was an ardent supporter of the Billy Graham crusades all over the world.

When asked "Why did you give so much?"

His response was "The question is not how much of my money I give to God, but rather how much of God's money I keep for myself."

He died in 1969 and his legacy lives on in the LeTourneau University, a private interdenominational evangelical Christian university in Texas.

Like LeTourneau, we must constantly remind ourselves that our blessings are all from the Lord. The moment we think we are owners and have the sole right to do whatever we want with what we have, we are on dangerous grounds. You can only live significantly when God is in the equation of your life. I struggled every moment

with this thought. I regularly remind myself that what I have is not mine. I am the steward – the investment manager.

If we invest wisely the returns are a hundred fold. Those are the words of our Lord in Matt 19:29. The return on our investment in the Kingdom is 10,000 per cent! That's right! Not 100, not 1000 but 10,000! This is mind blowing compared to the meager average 2 per cent we currently get from the earthly banks.

We get a glimpse of such rewards from the Covid initiatives to the poor and destitute many of us were and are still involved in our church. The joy and smile you see on the faces of the recipients and the joy you feel as the giver is worth a thousand sunsets. You cannot buy these with money.

When John D Rockefeller died his accountant was asked this question: "How much did he leave behind?"

The accountant answered, "Everything."

Never has there been a time in living memory where we are reminded of so many deaths all over the world because of this pandemic. Death is the great equalizer for the rich and poor. Everything is left behind.

In his book "The Treasure Principle", Randy Alcorn says we cannot take it with us but we can send it ahead.

LeTourneau kept 10 per cent and sent 90 per cent ahead.

What about us?

Prayer

Lord, teach us to lose our grip on our blessings and release them for the sake of your Kingdom. Help us to wisely invest the time, talents and treasures you have blessed us with so that these will yield a hundred fold for your Kingdom. In Jesus' name. Amen.

每日灵粮

星期日

2021 年 11 月 07 日

主题：最佳投资

作者：李惠隆

翻译：林良億

马太福音 19:29 凡为我的名撇下房屋或是弟兄、姐妹、父亲、母亲、儿女、田地的，必要得着百倍，并且承受永生。

1976 年，作为一名年轻的基督徒，大学毕业后担任机械工程技术助理，我在当时位于吉隆坡 Cheras 的联邦车间工作，维修和修理各种卡特彼勒重型机械，通常被称为拖拉机和推土机。这些在我国快速发展的年代被广泛使用。当时我几乎不知道这些显眼的黄色机器发明者是一位非常特别的基督徒。

罗伯特·勒图尔诺（Robert Gilmore LeTourneau）可能是世界上最鼓舞人心的基督教发明家、商人和企业家。六年级辍学，勒图尔诺继续成为他那个时代领先的土方机械制造商，以他的名义拥有 300 多项专利。

他的推土机帮助盟军赢得了第二次世界大战，并建造了现代美国和许多其他国家的公路基础设施，永远改变了世界。

最重要的是，他对传福音的贡献使他成为 20 世纪最伟大的基督教商人之一。

他以仅靠 10% 的收入生活，并将 90% 的收入用于传福音而闻名，他是葛培理在世界各地布道会的热心支持者。

当被问到“你为什么付出这么多？”

他的回答是：“问题不在于我给了上帝多少钱，而是我为自己保留了多少上帝的钱”。

他于 1969 年去世，他的遗产继续留在勒图尔诺大学，这是一所位于美国德州的私立无宗派福音基督教大学。

像勒图尔诺一样，我们必须不断提醒自己，我们的福气都是从上帝而来的。一旦我们认为自己是主人，有唯一的权利对我们所拥有的东西为所欲为，我们就处于危险的境地。只有

当我们让上帝在我们生命中成为不可缺的一部分时，你才能活得有意义。我每时每刻都在为这个想法而挣扎。我经常提醒自己，我所拥有的不是我的。我是管家，是投资经理。

如果我们明智地投资，回报是一百倍。这是我们的主基督在马太福音 19:29 所说的话。我们在天国投资的回报是 10,000%！这是正确的！不是 100，不是 1000，而是 10,000！与我们目前从世俗社会银行获得的微薄平均 2% 相比，这令人震惊。

我们从一些针对疫情的倡议中瞥见了这些对穷人和赤贫者的回报，我们中的许多人过去和现在都参与教会的事工。你在接受者脸上看到的喜悦和微笑，以及你作为赠送者所感受到的快乐，胜过一千次日落。你无法用金钱买到这些。

当约翰·洛克菲勒 (John D Rockefeller) 去世时，他的会计师被问到：“他留下了多少？”  
会计回答：“全部。”

在人们的记忆中，从来没有一个时期让我们想起全世界有这么多人因为这种大流行病而死亡。死亡是富人和穷人最大的平衡器。一切都带不走。

在蓝迪·艾库恩 (Randy Alcorn) 的《宝藏原则》一书中，他提到我们不能随身携带它，但我们可以提前发送。勒图尔诺只保留 10%，并发送剩下的 90%。

那我们呢？

祷告：主啊，教我们放下对祝福的控制欲，为了你的国度不紧握祝福。帮助我们明智地投资你赐予我们的时间、才能和财富，这样它们将为你的国度带来百倍的收益。奉主耶稣的名。阿门。

Monday, 8 November 2021

Title: A New Normal?

By: Ong Hwee Soo

Matthew 5:10-12

"Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven," (v10)

It is significant indeed, that Jesus places this eighth and final Beatitude right after 'peace-making' (v9), because the world thrives on strife and hostility, so much that peacemakers are not always welcome. Someone said, "Society demands conformity: if you fall below its standards, it will punish you; if you rise above its standards, it will persecute you.

Christ's principles are superlatively above societal standards, as exemplified in Jesus' teaching in the Sermon on the Mount, beginning with the Beatitudes. The religious establishment of the day was so irked by Jesus' teachings, they persecuted Him.

Many Christians find it difficult to grapple with the subject of persecution because they cannot accept the fact that those who reject Christ will also reject followers of Christ.

The reason for persecution in v10 is "because of righteousness" and in v11, Jesus adds "because of me". Jesus plainly told His disciples, "If they persecuted me, they will persecute you also" (John 15:18). Jesus likened His disciples to the prophets of old; preparing them to expect persecution as normal, "the same way they "persecuted the prophets before you?" (v12).

Hence, persecution is not to be considered as an anomaly, a calamity or misfortune, but accepted as a norm, as a consequence of following Christ. Even if a church/es or a Christian/s were to experience persecution for the first time, the answer to the above captioned question is, it is not a new normal, Apostle Paul affirms his protégé, Timothy, "Indeed, all who desire to live a godly life in Christ Jesus will be persecuted." (II Timothy 3:12)

The Beatitudes begins and ends with "the kingdom of Heaven" (v5 & v10). In the Gospels, we see the kingdom portrayed as "Already' and 'Not Yet'. Already Jesus has come to bring us salvation but not yet has He returned to take us home with Him in glorification forever. Already Jesus reigns but not yet has His final kingdom come.

Meantime, in the here and now, Apostle Paul encourages that we as children of God are “heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may be glorified with Him.” (Rom.8:17)

The acronym ‘HEIRS’ may be used to describe the various forms of persecution faced by Christians:

H: Hate (Matt. 10:22, John 15:18); Hurt (10:17b); Harassed and Hunted down (10:18-19a & 23, Acts 23:12-21).

E: Excluded (from civil rights/privileges, 10:14), Executed (10:21 & 28, 14:10; Acts 12:2)

I: Insult (5:11, I Peter 4:14); Interrogate and Invoke human laws (10:17a, 19b); Intimidation and Imprisonment (4:12; Acts 4: 18, 5:18,16:23)

R: Rejection (10:14); Ridicule (5:11b; Luke 10:16).

S: Suffering (I Peter 4:12-14; II Cor. 4: 12)

What’s the proper Christian response to persecution? Jesus motivated His disciples to “Rejoice and be glad, because great is your reward” (v12), at the ultimate consummation of the kingdom. Having survived stoning by Jewish persecutors at the city of Lystra, Paul encouraged the disciples “to continue in the faith, and saying that through many afflictions we must enter the kingdom of God.” (Act 14:19-22; II Tim. 3:10-11). Again, Paul encourages Timothy, “if we endure, we will also reign with him”. (II Tim.2:12). Apostle John declares in Revelation 20: 6, “... they will be priests of God and of Christ, and they will reign with him...”

Martin Luther King put the persecution perspective right when he said, “Christianity has always insisted that the cross we bear precedes the crown we wear.”

PRAYER:

Dear God, grant us strength to Live the Life of endurance rather than of escape, in the face of suffering. Amen.

班底浸信教会

每日灵粮

星期一，2021 年 11 月 8 日

标题：新常态？

作者：翁辉赐弟兄

翻译：陈劲年姐妹

【马太福音 5:10-12】

“为义受逼迫的人有福了！因为天国是他们的。”(10 节)。

耶稣将这第八个也是最后一个福放在“使人和平”(9 节)之后，确实很重要，因为世界在纷争和敌意中蓬勃发展，以至于缔造和平的人并不总是受欢迎。有人说：“社会要求从众，如果您低于它的标准，它会惩罚您；如果您超越它的标准，它就会迫害您。”

基督的原则远远高于社会标准，正如耶稣在登山宝训中的教导所体现的那样，从八福开始。当时的宗教机构对耶稣的教义非常恼火，他们迫害了祂。

许多基督徒发现很难解决受逼迫的问题，因为他们不能接受这样一个事实，即拒绝基督的人也会拒绝跟随基督的人。

第 10 节中，逼迫的原因是“因为义”，而在第 11 节中，耶稣添加了“因为我”。耶稣清楚地告诉祂的门徒：“他们若逼迫我，也要逼迫你们”(约翰福音第 15 章 18 节)。耶稣把祂的门徒比作古代的先知；准备他们看受逼迫为正常的，“就像他们‘逼迫你之前的先知一样？’”(12 节)。

因此，逼迫不应被视为一种反常，一种灾难或不幸，但被接受为一种常态，作为跟随基督的结果。即使教会或基督徒第一次遭受逼迫，对上述问题的答案是，这不是新常态。使徒保罗肯定他的门徒提摩太：“不但如此，凡立志在基督耶稣里敬虔度日的，也都要受逼迫。”(提摩太后书第 3 章 12 节)

八福以“天国”(5 节 & 10 节)开始和结束。在福音书中，我们看到国度被描述为“已经”和“尚未”。耶稣已经来了，给我们带来救恩，但祂还没有回来带我们在荣耀中回家，直到永远。耶稣已经作王，但祂最后的国度还没有到来。



与此同时，此时此地，使徒保罗鼓励我们作为神的儿女是“既是儿女，便是後嗣，就是神的後嗣，和基督同作後嗣。如果我们和祂一同受苦，也必和祂一同得荣耀。”（罗马书第8章17节）

首字母缩略词“继承人”(HEIRS) 可用于描述基督徒面临的各种形式的迫害：

H：恨恶（马太福音10章22节，约翰福音15章18节）；伤害（10章17b节）；被骚扰和追捕（10章18-19a节 & 23节，使徒行传23章12-21节）。

E：被排斥在外（来自公民权利/特权，10章14节），被处死（10章21 & 28节，14章10节；使徒行传12章2节）。

I：侮辱（5章11节，彼得前书4章14节）；审问和援引人类法律（10章17a节，19b节）；恐吓和监禁（4章12节；使徒行传4章18节，5章18节，16章23节）。

R：拒绝（10章14节）；嘲笑（5章11b节；路加福音10章16节）。

S：受苦（彼得前书4章12-14节；哥林多后书4章12节）。

基督徒对逼迫的正确回应是什么？耶稣激励祂的门徒“要欢喜快乐，因为你们的赏赐是大的”（第12节），在国度最终实现时。保罗在路司得被犹太迫害者用石头砸后幸存下来，他鼓励门徒“恒守所信的道，我们必须经历许多苦难才能进入上帝的国度。”（使徒行传14章19-22节；提摩太后书3章10-11节）。保罗再次鼓励提摩太，“我们若忍耐，就必与祂一同作王”。（提摩太后书2章12节）。使徒约翰在启示录20章6节宣告，“.....他们将成为上帝和基督的祭司，他们将与祂一起作王.....”

马丁·路德·金 (Martin Luther King) 纠正了逼迫的观点说：“基督教一直坚持 我们所背的十字架先于我们所戴的冠冕。”

祈祷：

亲爱的上帝，请赐予我们力量，在苦难面前活出忍耐的生命，而不是逃避。阿们。

Tuesday 9th November 2021

Title: Grateful and contented heart

By: Pastor Andrew Lim

感恩知足的心 Grateful and contented heart

An old saying goes, "Kindness like a drop of water given in need shall be returned with a burst of spring". Another saying is "Such kindness of a warm sun, can't be repaid by grass". Being grateful is the most beautiful and gracious attitude in the world. It is one of the most basic aspects of being a human being – to learn to be grateful and thankful.

When we know how to be grateful, we will discover the goodness and beauty in our surroundings – it's all so marvellous! When we learn to be grateful for every single thing that happens to us, whether good or bad, we will not be easily defeated by life difficulties, but instead, we will see it as a life challenge. The importance of being grateful transcends our boundaries of understanding; If you want to be happy and successful, then you need to learn to be grateful.

Everyone should have a grateful heart; to be thankful for the lovingkindness of our parents – It is our parents who taught and raised us up; to be grateful for the guidance of our good teachers; to be grateful to those mentors who inspired us; to be thankful to those friends who have stood by us, supported, and helped us. Whose kindness we receive, naturally, to whom we would need to be grateful! When we receive grace from God, of course, we must also be grateful to God. Because He gave us the breath of life, a warm home and our fathers and mothers who raised us up, so that we, as children, could grow up free of the worries and troubles of life.

感恩带着行动

Gratitude with action.

Being grateful means that we are willing to reciprocate. We should try to find ways to reciprocate any of the kindness of helping hands we received from others. Being grateful to our parents, we will respect and support our parents when we have grown up, accompanying them in their old age. Being grateful to our good teachers for their good guidance, we will be respectful and polite to them. To be grateful is to know to give back: Being grateful to God means entering His door with a grateful heart and His yard full of praise.

In fact, when we come to God and thank Him every day, we are reminding ourselves: we are not alone in the battle of life nor are we alone in facing all difficulties. It is also a reminder that God is listening to all our prayers; He is with us.

The Bible says, "Rejoice always. Pray without ceasing. Give thanks for everything. because this is God's will for you in Christ Jesus."

How are we to repay the Grace of God who has saved us with His awesome Grace?  
How can I repay the Lord for all the kindness he has bestowed upon me?

I will raise the cup of salvation and call upon the name of the Lord. I will pay my vows to the Lord before all people. We know we can't really repay the kindness God showed to us, so instead, we give back to society by building schools, opening hospitals, orphanages, nursing homes, drug rehab centres and etc to extend our grace to society and those in need around us.

While we are grateful for our good health, we should know that there are still many who are suffering from sickness and are lying in hospital beds. While we are grateful for our wealth, we should remember there are still many who are suffering from starvation; while we are grateful for our strong marriage, we must be reminded that there are many families that are undergoing desperate times. If we are grateful but could not care for members who have encountered misfortune, our acts of gratitude become a kind of show-off. All the grace we receive is from God. This world is full of unpredictability; the health and wealth that people have today may disappear tomorrow or at any time. So, why the need to boast?

Thus, while you are grateful, don't regard the grace you received as a reward you deserve. Everything we have now is temporary. We are just caretakers for all we have. We currently are blessed with a little more than others so that we can have the opportunities to give to others and bless them. The Bible says: "But what kind of person I have become today, I can only be accomplished by the grace of God." The Bible also says: "All good gifts and all perfect rewards come from above."

### 知足常乐 Contented heart

We need not only be grateful but also have a contented heart. Those who are not content with what they have would live hard and painful lives – their desires are hard to fulfil. Their hearts are huge but bottomless. People who are not satisfied desperately try to fill their hearts with more things, and the more they fill, the greedier they become. After a lion is full, it will stop hunting – this is instinctive, and it shows contentment of heart. It will not have the insatiable desire to kill all its prey, lest causing the extinctions thereof, maintaining the balance of nature and the animal world. Therefore, we should also learn contentment from nature.

Be grateful for everything we face and learn how to be grateful; be grateful to all the people who made you the person you are today. Employers will praise grateful

employees, parents will adore grateful children, friends will appreciate grateful friends, and God will be pleased with His grateful children. We must be grateful for the presence of God in our lives, and we must be thankful for the countless immeasurable grace from God. For Christians, being grateful is a sign of God's blessings in life.

Dear Father God, thank you for your countless grace in my life. I am grateful for the ups and downs in my life so that they could mould me into the person You want me to be. Although I don't know what will happen tomorrow nor could I foresee the future, I believe that all good gifts and all perfect rewards come from above. Please help me be a person who is grateful in everything, to learn how to be grateful and content. My sincere thanks in the name of my Lord Jesus Christ, amen.

每日灵粮

星期二，2021年11月9日

标题：感恩知足的心

作者：林金儀傳道

翻译：陈劲年姐妹

感恩知足的心 Grateful and contented heart

古话常说：“滴水之恩当涌泉相报”，另外常常被提到的是：“谁言寸草心，报得三春晖”。感恩是世界是最美善的一种情感，做人最起码的根本就是要学会知恩和感恩，当我们懂得感恩，就会发现到原来自己生活周围的一切，都是那么的美好。当我们晓得對一切发生的事物充滿感恩，就不轻易被面对的困難打倒，而會將它視為一種人生的挑戰。感恩的重要性超乎我們的想像，如果想過得快樂、獲得成功，那麼就得學會感恩。

人人都应该要有感恩之情，感恩父母恩情，因为是父母供书教学并养育了我们，感恩良师善导，生命过程中有许多良师教诲启发了我们，感恩良朋益友，是朋友扶携了我们。我们受谁的恩惠，自然而然就会感谢谁！我们从上帝那里领受恩典，当然也要向上帝感恩。因祂給我們生命氣息，又給我一個溫暖的家，因著生我養我的爸爸、媽媽，我可以無憂無慮地成长生活。

感恩带着行动 Gratitude with action

感恩，意味著我们愿意付出、回饋一些東西。任何曾經幫助過我們的人，要試著回饋對方；任何向我们伸出過援手的人，要找機會償還。感恩父母恩情，就会在长大后晓得孝敬供养父母、父母亲养我们大，我们陪他们老。感恩良师善导教诲，就会对老师恭敬有礼。感恩，就是懂得回饋：感恩上帝就是：我们是带着感恩进入他的门，并赞美地进入他的院子。

其实当我们每一天到神面前感谢上帝，我们就是在提醒自己：我们不是在孤军作战，你不是独个儿面对困难。而是提醒自己：上帝在聆听我们的每一个祷告，祂与我们同在。圣经上说，“要常常喜乐.不住的祷告。凡事谢恩。因为这是神在基督耶稣里向你们所定的旨意。”

我们蒙受了上帝的救赎之恩，怎能不去报恩呢？我拿什么报答耶和華向我所賜的一切厚

恩？我要举起救恩的杯，称扬耶和華的名。我要在他众民面前向耶和華还我的愿。”不能报恩在上帝身上，所以我们回馈社会：开办学校、医院、孤儿院、老人院、戒毒中心等，去造福社会上，你身边有需要的人。

当我们为健康感恩的时候，要想到还有很多人的身体正在遭遇病患，躺在病床上；当我们为拥有财富感恩的时候，要想到还有很多人的肚腹正在忍受饥饿；当我们为婚姻感恩的时候，要想到还有很多人的家庭正在经历变故.....倘若我们在感恩的时候，不能关爱遭遇不幸的肢体，我们的感恩就成了一种炫耀。我们今天所蒙受的所有恩典，都是上帝恩赐的。世事难料，今天人所拥有的健康、财富，明天或随时都可能失去，所以何必夸耀呢？

所以别在感恩的时候，把所蒙的恩典当作自己应得的奖赏，而我们现今所拥有的一切都是暂时的，我们只不过是一个管理者，我们现在比别人多一点，就是让我们有机会可以分享多一点，成为别人的祝福。圣经说：“然而我今日成了何等人，是蒙神的恩才成的。”圣经又说：“各样美善的恩赐和各样全备的赏赐都是从上头来的。

#### 知足常乐 Contented heart

我们不单是要感恩，还需要知足。不知足的人活得艰难痛苦，因为心欲难填满。心就这么大，却宛如一个无底洞，不知足的人拼命往心里填东西，装得越多便愈贪婪，不知足的人肯定被物奴，心被财迷。獅子飽腹之後不再捕捉獵物，這是本能，也是知足，它不會貪得無厭地將它的下一級生物鏈趕盡殺絕，導致生物鏈斷裂。我們也應該從自然界學習知足。

凡事感恩、学会感恩；感恩一切造就了你的人。老板会喜欢会感恩的员工、父母会喜欢会感恩的孩子、朋友会喜欢会感恩的朋友、上帝也会喜欢晓得感恩的子民。我们要感恩生命中有上帝的同在，要感恩数算上帝无数的恩典。感恩对基督徒来说是生命中的大大小小蒙上帝赐福的标记。

亲爱的父上帝，谢谢您，因为在我的生命中有大大小小无数的恩典，感恩生命中所經歷的甜酸苦辣，为要陶造我们成为更好的我。虽然我不知道明天和将来會發生什麼事，但是我相信：各样美善的恩赐和各样全备的赏赐都是从上头来的。求您让我成为凡事感恩、学会感恩并知足的人。诚心感谢是奉主耶稣基督的名，阿们！

Wednesday, 10 November 2021

Title: The Whole Armour of God (Ephesians 6:10-20)

By Chan Yew Thai

There are a total of six pieces in the armour of God and though prayer is not described as a piece, it is just as important as any other piece described in the armour. In verse 11, Paul tells us to put on the whole armour of God so that we are able to withstand the wiles of the devil because our fight is not with humans but with the unseen powers of the evil one. This implied that it is a spiritual warfare (vs 12). Therefore, we cannot fight with our own power but need the backing of God since Jesus has already won the war.

Hence, God has given us His armour, represented by the following:

- The belt of truth, indicating that Christians must be truthful in the way we live our lives, not being fake or a hypocrite (suggested by John Piper).
- The breastplate of righteousness is an imagery drawn from Isaiah 59:17, referring to Jesus redressing all wrong. Since we have received the righteousness of Jesus, we must strive to live a righteous life free from sins so that we can present ourselves to God as being alive from the dead, and our members as instruments of righteousness to God (Romans 6:13). Staying away from sin by doing the right things in the power of the Holy Spirit will defeat the devil.
- Shod your feet with the preparation of the gospel of peace is being equipped with shoes, indicating the readiness to move with the gospel at any time just as we put on shoes when we are ready to go. This means to go and reach out to others with the good news of peace.
- The shield of faith is for protecting against the fiery darts. We can expect darts to come our way in the form of disappointment, in being by-passed for promotion, losing our job, in illness, temptations and in many other areas of life. However, our faith, like a shield, can protect against them. How can we do that? By recalling the faithfulness of God in previous crisis or Bible verses of God's promises.
- The helmet of salvation. We must cherish our salvation and remember the heavy price that Jesus has paid. This will protect our mind and whole being. Consciously thinking of the cost of our salvation will remind us to be truthful, righteous and most importantly, to share with others the love of God and the gospel of peace.

- The sword of the Spirit is the word of God used to fight the devil. Jesus did it by quoting from the Bible in Matthew 4:1-11. In order to do this we need to know the BIBLE and the only way is by reading it daily.
- Prayer is not mentioned as part of the armour but it is a very useful and powerful tool and should be used often. We must pray against the rulers of darkness, the spiritual hosts of wickedness in the heavenly places and praying for our pastors, leaders, elders and one another.

Paul stressed the importance of being ready for action by repeatedly using the word "stand". In war, one can only be ready to move while standing up. We cannot afford to be on the ground or seated. Therefore, God's armour must be suited always.

Prayer: Thank you God for Your armour. May we never be without it and reminded of its purpose. Amen!



班底浸信教会

每日灵粮

星期三, 2021 年 11 月 10 日

标题：上帝的全副军装 (以弗所书 6:10-20)

作者：陈有娣姐妹

翻译：陈健萍姐妹

上帝的军装共有六件，虽然祈祷没有被描述为一件，但它与军装中所描述的任何一件同样重要。第 11 节，保罗告诉我们要穿戴上帝所赐的全副军装以能抵挡魔鬼的诡计。因为我们不是与人争战，乃是与那恶者的无形势力争战。这暗示这是一场属灵的战争(第 12 节)。因此，我们不能靠自己的力量战斗，而是需要上帝的后援，因为耶稣已经赢得了这场战争。

故此，上帝赐给我们祂的军装，如下所示：

- 真理的腰带，表明基督徒在生活中必须诚实，而不是伪善或伪君子(约翰·派珀建议)。
- 公义的胸甲 是以赛亚书 59:17 中的一个意象，指的是耶稣纠正了所有的错误。我们既已领受了耶稣的义，我们就必须努力过义的生活，脱离罪恶，以致我们能像出死入生的人，将自己献给上帝，并且将自己的肢体也献给上帝作义的工具(罗马书 6:13)。靠圣灵的能力做正确的事，远离罪，就能打败魔鬼。
- 穿上已预备好的和平福音，即穿上鞋子，表示随时准备好与福音前进，就像我们准备好出发的时候穿上鞋子一样。这意味着向他人传递和平的好消息。
- 信心的盾牌 用以抵御火箭。我们可以预期火箭会以失望的形式出现在我们面前，在晋升时被忽略了、失业、患病、诱惑，或在生活的许多其他领域。然而，我们的信心就像一块盾牌，可以抵御它们。我们怎么能做得到呢？藉着回顾上帝在先前危机中的信实，或者祂在圣经中的应许。
- 救恩的头盔。我们必须珍惜我们的救恩，牢记耶稣所付出的沉重代价。这将保护我们的心灵和整个生命。有意识地思考我们得救的代价，会提醒我们要诚实、正直，最重要的是，要与他人分享上帝的爱与和平的福音。

- 圣灵的宝剑 是用来对抗魔鬼的上帝的话语。耶稣在马太福音 4:1-11 中引用圣经做到了。要做到这一点，我们需要明白圣经，唯一的方法就是每天阅读圣经。
- 祈祷 并没有被提及为军装的一部分，但它是一个非常有用且有力的工具，应该经常使用。我们必须祈祷以对抗那管辖幽暗世界的掌权者和天上属灵的邪恶势力，为我们的牧师、领袖、长老祈祷和彼此代祷。

保罗通过反复使用“站立”这个词来强调随时准备行动的重要性。在战争中，只有站立着才能准备行动；我们不能呆在地上或坐着。因此，必须时刻穿戴上帝的军装。

祈祷：感谢上帝赐予祢的军装。愿我们一直穿戴它，并记住它的用途。阿们！

Thursday, 11 November 2021

Title: The Days of Noah

By Dr. Tho Lye Mun

Matthew 24

36 "But about that day or hour no one knows, not even the angels in heaven, nor the Son, but only the Father. 37 As it was in the days of Noah, so it will be at the coming of the Son of Man. 38 For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark; 39 and they knew nothing about what would happen until the flood came and took them all away. That is how it will be at the coming of the Son of Man. 40 Two men will be in the field; one will be taken and the other left. 41 Two women will be grinding with a hand mill; one will be taken and the other left.

It would not be surprising that for many of us in these times, the question of when Jesus will return would have cropped up in our minds. Jesus gave us the answer (see passage above). Interestingly Jesus says even He doesn't know the hour, only the Father does.

The passage does give us a clue though. Some point to the verse where "people were eating and drinking, marrying and giving in marriage" as the sign. These seem fairly mundane activities and not sinful in themselves. I believe these verses just help to emphasize that the timing of His return will take everyone by surprise. Just as the disappearance of the man in the field and the woman grinding a hand mill. The world will be brought face to face with earth's rightful king completely unsuspectingly.

I submit that the clue in fact lies in verse 37. Let us reference Genesis 6 for a deeper insight. Genesis 6:4 says "The Nephilim were on the earth in those days –and also afterward– when the sons of God went to the daughters of humans and had children by them. They were the heroes of old, men of renown". Quite a provocative passage. Rather than being a throw-away line, I believe this line is deliberate and perfectly placed and it points us to the trigger for the cascade of events culminating in the flood. Who are the "sons of God"? This is the first time the phrase appears in the bible. Could they be non-earthly beings? Certainly the offspring of the union, the Nephilim, were referred to specifically and possessed superhuman strength and size and were feared by humans. Traditionalists, of course, have dismissed the possibility of angels interbreeding with humanity in this act of disobedience to God. It is beyond the scope of this article to discuss this in detail, but do see Jude 6-7, 1 Peter 3:19-20, Numbers 13:31-33. Others suggest that the men from the line of Seth married women of Cain but it becomes hard to explain the unusual characteristics of the Nephilim.

Controversy aside, it seems the mixing of “sons of God” and the daughters of humans led to “great the wickedness of the human race” where “every inclination of the thoughts of the human heart was only evil all the time”. So much so that “The Lord regretted that he had made human beings”. How does this apply to our times?

To answer that, we must first ask: What marks humanity, or more specifically the people of God, as different? It is not just compassion, bonding, love – for even animals show these traits. It is the sense of knowing there is a God and being able to commune with Him, and understand the salvation message. Spiritually, we are meant to be set apart for God. One wonders if there are any physical or biological impediments that Genesis 6:4 is warning us about. I believe God will reveal this to us in His time.

Prayer:

Lord, give us the wisdom to be set apart for You. Let us move far from the things which will hinder the message of salvation – things which will affect our spiritual, emotional and physical ability to commune with You. Amen

每日灵粮

2021 年 11 月 11 日，星期四

题目：挪亚的日子

作者：陶乃文医生

翻译：吴淑娉姐妹

马太福音 24 章

36 " 但那日子，那时辰，没有人知道，连天上的使者也不知道，子也不知道，惟独父知道。37 挪亚的日子怎样，人子降临也要怎样。38 洪水以前的日子，人照常吃喝嫁娶，直到挪亚进方舟的那日；39 不知不觉洪水来了，把他们全都冲去。人子降临也要这样。40 那时，两个人在田里，取去一个，撇下一个。41 两个女人推磨，取去一个，撇下一个。 "

活在现今的世代，耶稣何时再来这问题不时浮现在我们的脑海中，这不足为奇。耶稣在以上的经文为我们提供了答案，但有趣的是，耶稣竟说祂也不知道是何时，只有天父知道！

不过，以上的经文毕竟给了我们一些头绪，一些人认为应以 " 吃喝嫁娶 " 为记号，但 " 吃喝嫁娶 " 其实是很平常的活动，本身并没有罪！我相信这段经文强调的是：耶稣再来的时候可能会令各人都感到惊讶，就像两个男人在田里工作、两个女人在推磨，一个消失（被取去），一个留下，世界将在毫无准备之下与有权统治地上的君王面对面！

我认为线索其实是在第 37 节，让我们参考创世记第 6 章作更深入的了解，创世记 6 章 4 节说： " 那时候有巨人在地上，后来上帝的儿子们和人的女子们交合生子，那就是上古英武有名的人。 " 这是相当具挑衅性的一段话，我相信这并非即兴的台词，而是经过深思熟虑，特别放在这里的，用以指出这是洪水淹没地球一连串事件的导火线。谁是 " 上帝的儿子们 " ？这是这句话第一次出现在圣经中，他们是非地球生物吗？这些交合后所生出来的后裔——巨人，被指拥有超人的力量及体型，并为人类所畏惧。传统主义者认为这不是天使与人类作出有罪的杂交行为的后代，详细讨论这话题超出了本文的范围，但请参阅犹大书：6-7，彼前 3：19-20，民数 13：31-33。也有人认为是塞特的后裔与该隐的女后裔结合，但这论点就不能解释巨人异乎常人的特征。

撇开争议不谈，似乎上帝的儿子们和人的女子们的混合导致人类极大的罪恶，终日所思想的尽是恶，以至上帝后悔造了人——这如何引用到我们现今的世代？

要回答这问题，我们先要问：什么是人类或更具体说，是上帝的子民与众不同的标志？这不仅因为人类赋有同情心、关怀和爱，因为动物也显示出这些特征，它应该是：知道有一位真神、能与祂交流感应，并明白祂的救恩信息的能力。灵性上，我们蒙召，被上帝分别 (set apart) 出来。究竟创世记 6：4 是否警告我们在物理上或心理上要作什么的牵制？相信上帝会在祂认为适当的时候向我们揭示。

### 祷告

主啊，求祢赐给我们智慧，好让我们能为祢分别(set apart)出来。让我们远离那些阻碍传播救恩的事情——那些会影响我们灵性上、感情上、实际上与祢沟通的事。阿们。

Friday, 12 November 2021

Respect

Prathab V

Ephesians 5: 22-33

One of the more famous songs by Aretha Franklin is the 1967 song titled "Respect". It was about human dignity and understanding an individual's inner longings. It became a major hit and interpreted as a commentary on gender roles. It was eventually used as an anthem by the feminist movement in the 1970s, demanding men show respect to women.

In the second stanza of the song, Aretha Franklin's lyrics go like this:

"All I'm asking is a for a little respect when you get home hey, baby  
when you get home, mister..."

However, not many know that the song was originally introduced by a man called Otis Redding in 1965. In Redding's rendering of the song, it was originally a man asking his woman to give him a little bit of respect when he gets home!

This takes me to the passage before us this morning. In Ephesians 5:25, " husbands are instructed to love their wives just as Christ loved the church. " In verse 28, " husbands are to love their wives as their own bodies. He who loves his wife loves himself."

—

But to the wives, in Ephesians 5:33b, wives are instructed to respect the husband. It appears to me that the fundamental need of a man in a marital relationship is to gain the respect of his wife. Similarly, the fundamental need of the wife is to feel loved by her husband. Isn't that beautiful?

If a husband can truly love his wife unconditionally, his relationship with his wife will greatly improve. And if the wife respects her husband unconditionally, their relationship will blossom and stay refreshed for many years!

My prayer this morning is that every husband learns to sacrificially accept and love his wife as himself. Be slow to criticise, and reduce sharp words that hurt the tender heart of a woman. I also pray that every wife will learn to respect her husband irrespective of what has happened in the past. Show the respect that the husband craves for and do not belittle him. This helps to strengthen the marriage.

If you are single, the same principle of love and respect may still apply to you, in your relation with your parents or siblings. Learning to show love, and respecting one another preserves harmony in the family. Why not start today?

Prayer:

Lord, I pray that every relationship between a husband and wife will be strengthened by your mercy and grace. Let love overflow in the heart of every husband for his wife. Let every wife respect her husband irrespective of past misdeeds. Let there be forgiveness in the family Lord. In Jesus' name, I ask. Amen.



每日灵粮

星期五，2021 年 11 月 12 日

标题：敬重

作者：Prathab V

翻译：陈月妃

以弗所书 5：22-23

艾瑞莎·富兰克林 (Aretha Franklin) 最著名的歌曲之一是 1967 年的歌曲“尊重”。这是一首关于人性的尊严和理解个人内心渴望的歌曲。它大受欢迎，并为性别角色做出了评论。它最终被 1970 年代的女权运动用作为主题歌，要求男性尊重女性。

在这首歌的第二节，艾瑞莎富兰克林的歌词是这样的：

“我所要求的只不过是当你回到家时给予一点尊重，嘿，宝贝

当你回到家时，先生.....”

然而，没有多少人知道这首歌最初是由一个叫奥蒂斯·雷丁 (Otis Redding) 的人在 1965 年推出的。在雷丁对这首歌的演绎中，这首歌最初是一个男人要求他的女人在他回家后给他一点尊重！

这就把我带到今天早上的经文。在以弗所书 5:25 中，“你们作丈夫的、要爱你们的妻子、正如基督爱教会。”在 28 节中，“丈夫也当照样爱妻子、如同爱自己的身子。爱妻子、便是爱自己了。”

至于妻子，在以弗所书 5:33b 中，妻子也被教导当敬重她的丈夫。

在我看来，男人在婚姻关系中的基本需要是获得妻子的尊重。同样，妻子的基本需要是感受到丈夫的爱。那不是很美好吗？

如果丈夫能够无条件地真正爱妻子，他与妻子的关系就会大大改善。如果妻子无条件地敬重她的丈夫，他们的关系将在未来的许多年里保持良好的状态！

我今天早上的祷告是，每个丈夫都学会牺牲地接纳和爱他的妻子如同爱自己。慢慢地批评，减少使用会伤害女人温柔心灵的尖锐言辞。我也祈祷每一位妻子都能学会尊重丈夫，不管过去发生了什么。表现出丈夫所渴望得到的尊重，不要轻视他。这有助于巩固婚姻关系。

如果你是单身，在你与父母或兄弟姐妹的关系中，同样的爱和尊重原则可能仍然适用于你。学会表达爱，互相尊重，可以保持家庭的和谐。为什么不从今天开始呢？

祷告：

主啊，我祈祷丈夫和妻子之间的关系都能因你的怜悯和恩典而得到刚强。让每一个丈夫从心中溢出对妻子的爱。让每一个妻子都尊重她的丈夫，不论他以往有什么过错。主啊，让每个家庭充满宽恕。奉耶稣的名求。阿门。

Saturday, 13 November 2021

Title: Always watch and pray

Author: Pastor Johnson Chong

Translator: Margaret Ong

Mark 14: 38 "Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

Dear brothers and sisters, do you know: "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour." ( 1 Peter 5: 8 ). There was a man of God in the Old Testament, God sent in to exclaim against Jeroboam, afterwards he was slewed on the way back by a lion (I Kings 13:24). The Lord also warned Peter: "Satan has asked for you, that he may sift you as wheat" ( Luke 22: 31 ). Subsequently, Peter denied the Lord three times. If it were not for the Lord's intercession and special consolation, this consequence would be really unimaginable. The main reason for this is that they did not watch and pray and fell into temptation, so the Lord especially put forward the advice.

Dear brothers and sisters, none of us really know what is going to meet us ahead. Satan always waits there to find opportunities to tempt us, attack us, and even want to devour us. Although the Lord intercedes for Peter so that he will not lose faith, but because he himself did not watch and pray, he fell into the sin of denying the Lord three times. What a terrible thing it is. Peter did not watch and pray. Perhaps he was confident, thinking for sure that he was stronger than everyone else, and would not deny the Lord. In fact, Peter did not really value the Lord's words.

The Lord Jesus taught us, "Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak." The Lord Jesus knew that some people live peacefully day by day and do not see the danger ahead. Therefore, they just doze off and fall asleep. There are also people who feel that they should watch and pray, but because of their physical weakness, they are too tired to fail to watch.

Oh! Dear brothers and sisters, this is not an optional matter, it is related to our entire spiritual life and future. David fell into a great sin because he did not wake up early and watched and prayed, and became a tainted person ( 2 Samuel 11: 2 ). Later Peter was willing to watch and pray, so he opened the door to the salvation of the Gentiles. ""But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them." "Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed." ( Acts 16: 25~26 ). Paul and Silas watched and prayed in the middle of the night, and the door of the prison

was opened. Though in the flesh, they were melancholic and weary, but their hearts were strong and alert, and they could discipline their bodies and bring them into subjection(1 Cor. 9:27 ).

Prayer:

Dear Abba Heavenly Father, we thank you and praise you, thank you for giving us the authority to pray! However, many times, although we feel that we should watch and pray, we fail to alert due to our physical weakness and fatigue. May the Lord help us to pray in spirit and honesty at all times, and also ask the Lord to forgive us for all our transgressions. Because of our own weakness and our debt to you, we have not fully used and valued the authority of this prayer. Pray for the Holy Spirit to fill us, be with us, strengthen us, renew our spiritual life, and change our minds and hearts. In the triumphant name of the Lord Jesus Christ, amen!

Saturday, 13 November 2021

Devotional by Pastor Johnson Chong

标题：总要做醒祷告

作者：张胜牧师

马可福音 14：38 “总要做醒祷告，免得入了迷惑，你们心灵固然愿意，肉体都软弱了。”

亲爱的弟兄姊妹，你可知道？仇敌魔鬼如同吼叫的狮子，遍地游行寻找可吞吃的人。如果不谨守做醒，就有被吞吃的可能。（彼得前书 5：8）。旧约里有个神人，在受神差遣警告耶罗波安定罪之後，自己在回去的路上竟被狮子咬死（列王纪上 13：24）。主也已经警告彼得说：“撒旦想要得着你们，好筛你们像筛麦子一样”（路加福音 22：31~32）。以後彼得曾经三次不认主，若不是主的代求和特别的安慰，结果真是不堪设想。这主要的原因是他们没有做醒祷告，以致入了迷惑，所以主特别提出劝告。

亲爱的弟兄姊妹，我们每个人真不知道前面要遇到甚麽事，撒旦时时等在那里找机会迷惑我们，攻击我们，甚至想要吞吃我们，主虽为彼得代祷使他不致失去信心，但因他自己没有做醒祷告就陷入三次不认主的罪中，这是多麽可怕的事。彼得他所以没有做醒祷告，可能是他自信，以为自己把握，比众人刚强，也不会否认主，其实彼得他并没有真正看重主的话。

主耶稣教导我们，“总要做醒祷告，免得入了迷惑，你们心灵固然愿意，肉体都软弱了。”主耶稣知道，也有的人每日过的日子很平安，没有看到前面危险，因此就一直在那里打盹睡着了。也有的人虽然觉得应当做醒祷告，却因肉体软弱，太疲乏困倦，而未能做醒。

啊！亲爱的弟兄姊妹，这不是一件可有可无的事，这是关系到整个属灵的生命和前程。大卫因没有早起做醒祷告而陷到极大罪中，成了一个有污点的人（撒母耳记下 11：2）。彼得以後肯做醒祷告，因而开了外邦人得救的门。“25 约在半夜，保罗和西拉，祷告唱诗赞美神，众囚犯也侧耳而听。26 忽然地大震动，甚至监牢的地基都摇动了。监门立刻全开，众囚犯的锁链也都松开了”（使徒行传 16：25~26）。保罗、西拉半夜做醒祷告，也开了监狱的门。他们的肉体虽然是忧伤、疲倦的，但心灵却刚强做醒，能攻克己身，叫身服从，而不体贴肉体。

祷告：亲爱的阿爸天父，我们感谢赞美祢，感谢祢赐给我们祷告的权柄！然而，我们很多时候，虽然觉得应当做醒祷告，但却因肉体软弱，和太疲乏困倦之故，而未能做醒。求主帮助我们常常能够以心灵和诚实祷告，也求主赦免我们一切的过犯，因着我们自己的软弱和对祢的亏欠，我们没有充分的使用和看重这个祷告的权柄。求圣灵充满我们，与我们同

在，加添我们力量，更新我们的灵命，改变我们的心思意念。  
奉主耶稣基督得胜的名求，阿们！

Sunday, 14 November 2021

Title: A Sacrifice of Praise

By Lau Bee Lan

Hebrews 13:15 (ESV)

"Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name."

We live in a fallen world where amidst experiences of joy and happiness, there are hardship and suffering, clearly demonstrated by the onset of the Covid -19 pandemic which has not abated. From time to time we hear of loss of loved ones due to Covid or post-Covid complications, some children became orphans, loss of livelihood, salary cuts, hunger, marital breakdown and mental distress to name but a few.

I recalled at the commencement of one of our church worship services, just before we began praising God in songs, a deaconess prayed, amongst others, "Let us sing what we mean and mean what we sing". Those words resonated with my spirit because amidst the hustle bustle of life, our thoughts and feelings are never the same as we undergo a myriad of experiences due to the different events and circumstances that occur in our pilgrimage here on earth.

Our hearts overflow with much joy and praise to God when all things go well for example, when we are blessed with a promotion or our kids score good grades in school.

However, can we in all sincerity feel the same degree of joy and enthrallment when the circumstances are bleak, for example, when we are in the midst of going through some medical challenges? Can we shout out with exuberance and gusto and with all honesty declare the goodness of God and not allow our minds to wander away pondering on the problem or issue besetting us?

What is the posture of a child of God in a trying circumstance? God's instruction is that through Jesus, we should continually offer a sacrifice of praise to God.

(Hebrews 13:15)

A sacrifice of praise comes from the heart and is an act of the will. Such an attitude, amongst others, includes:

- (i) choosing to trust and believe that God is good at all times regardless of the circumstances as declared by the psalmists, "Praise the Lord, for the Lord is good" (Psalm 135:3);
- (ii) choosing to praise and honour God in spite of the circumstances, "You have said, 'It is vain to serve God. What is the profit of our keeping his charge or of walking as

in mourning before the Lord of hosts? ...The Lord paid attention and heard them, and a book of remembrance was written before him of those who feared the Lord and esteemed his name. ..." (Malachi 3: 13-17);

(iii) continually praising God in good times and bad as exemplified by Paul and Silas who prayed and sang hymns to God whilst in prison, after being severely beaten for delivering a slave girl from demon possession, hence discontinuing her masters' wrongful gains (Acts 16 :23-25); and

(iv) at all times humbly and with utmost gratitude, acknowledging God for who He is, holding Him in awe and reverence, and ascribing to Him what He duly deserves: all praise, honour and glory belong to Him:

"For I will proclaim the name of the Lord;

Ascribe greatness to our God!

The Rock, his work is perfect, for all his ways are justice.

A God of faithfulness and without iniquity, just and upright is he." (Deuteronomy 32: 3-4)

God who is rich in mercy and bountiful in love has given us His one and only Son, Jesus Christ to die on the cross for the redemption of our sins. Jesus' sacrificial death on the cross has fully satisfied the divine justice of God. He is the perfect propitiation for our sins. (1 John 2:2)

Being mindful of God's greatest gift of love and compassion manifested through the finished work of our Lord Jesus, I am encouraged to "Trust and obey, for there's no other way, to be happy in Jesus, but to trust and obey". Christ alone is sufficient for us notwithstanding whatever circumstances we are in. Therefore, in our spiritual journey, we must continually offer a sacrifice of praise to God in all situations.

Prayer:

Our Father in heaven, let us remember at all times to extol you declaring "How majestic is your name in all the earth", constantly magnifying your name and praising you by looking to Jesus, the founder and perfecter of our faith.

In Jesus' name, Amen.



每日灵粮

星期日

2021 年 11 月 14 日

主题：颂赞为献祭

作者：刘美兰

翻译：林良億

希伯来书 13:15 我们应当靠着耶稣，常常以颂赞为祭献给神，这就是那承认主名之人嘴唇的果子。

我们生活在一个堕落的世界中，在欢乐和幸福的经历里有艰辛和痛苦，疫情的爆发并没有减弱就清楚地证明了这一点。我们不时听到因疫情或疫情后并发症而失去亲人的消息，一些儿童成为孤儿、失去生计、减薪、饥饿、婚姻破裂和精神困扰等等。

我记得在我们的一次教会崇拜，在开始用歌曲赞美上帝之前，一位女执事祈祷，“我们应当口唱心和”。这句话在我心中引起强烈共鸣，因为在喧嚣的生活中，我们的思想和感受永远不相同，各人的天路历程中发生了不同的事件和情况。

当一切顺利时，例如当我们有幸升职或孩子在学校取得好成绩时，我们的心就会充满对上帝的喜悦和赞美。

然而，当环境暗淡时，例如当我们在经历一些医疗挑战时，我们能真诚地感受到同样程度的喜悦和兴奋吗？我们能否兴高采烈，诚实地宣告上帝的良善，而不允许我们的思想游离于困扰我们的问题或难题之上？

上帝的儿女在艰难环境中的姿态是什么？祂的教导是，我们应该通过主耶稣基督不断地向上帝献上赞美的祭（希伯来书 13:15）。

赞美的祭是发自内心的，是意志的行为。这种态度包括：

(一) 选择信靠并相信上帝在任何时候都是善的，无论情况如何，正如诗篇作者所说：“赞美耶和华，因为耶和华本为善”（诗篇 135：3）

(二) 不顾环境、选择赞美和荣耀上帝，“你说过，“事奉神是徒然的，遵守神所吩咐的，在万军之耶和华面前苦苦斋戒，有甚麽益处呢？.....耶和华侧耳而听，且有纪念册在他面前，记录那敬畏耶和华、思念他名的人”（玛拉基书 3：13-17）

(三) 在顺境和逆境中不断赞美上帝，例如保罗和西拉在狱中向上帝祈祷和唱诗，他们因救出一个被鬼附的女仆而被毒打，从而停止了她的不正当收益（使徒行传 16:23-25）

(四) 在任何时候都以谦卑和最大的感激之情，承认上帝是谁，敬畏祂，敬畏祂，将祂应得的归于祂：一切赞美、尊荣和荣耀都属于祂，“我要宣告耶和华的名，你们要将大德归于我们的神！他是磐石，他的作为完全，他所行的无不公平，是诚实无伪的神，又公义又正直”。（申命记 32：3-4）

富有怜悯和慈爱的上帝已将祂唯一的儿子耶稣基督赐给我们，为救赎我们的罪而死在十字架上。主耶稣在十字架上的牺牲已经完全满足了上帝神圣的公义。祂是我们罪孽的完美挽回祭（约翰一书 2:2）。

可留意到上帝通过主耶稣完成的工作所体现的最大的爱和怜悯的礼物，我被鼓励要“相信和服从，因为没有其他方法，要在耶稣里获得幸福，只能相信和服从”。无论我们身处何地，唯有基督对我们来说已经足够了。因此，在我们的属灵旅程中，我们必须在任何情况下不断地向上帝献上赞美的祭。

祷告：

我们在天上的父，让我们时刻记得赞美祢，宣告“祢的名在全地何其伟大”，并透过仰望耶稣基督，我们所信靠的创始成终的主，不断地称颂及赞美祢的名。奉主耶稣的圣名求的，阿们。

Monday, 15th November 2021

USE YOUR GIFT!

Pastor Soong Kok Kee

1 Timothy 4: 14: "Do not neglect your gift!"

God never gives a person a task without also providing him with what's necessary to perform that responsibility.

W.W. Dawley, referring to this truth says, "God gave Moses a rod, David a sling, Samson the jawbone of a donkey. Shamgar an oxgoad, Esther the beauty of person, Deborah the talent for poetry, Dorcas a needle, and Apollos an eloquent tongue – and to each the ability to use that gift. In so doing, every one of them did most effective works for the Lord."

Our heavenly Father has given at least one spiritual gift to each of us as believers, and He provides all we need to carry out our individual responsibilities (1 Cor 12:6-7). We are all, without exception, essential in the body of Christ (vv. 14-27).

Acknowledging these truths is not only a source of comfort and encouragement, but it is also a sobering reality, for it places before us an important obligation. God's gift to us must not be squandered! They must be fully used, because someday, "each of us shall give an account of myself to God" (Rom 14:12).

When I first went to church as a teenager, I idolized my Sunday School teacher because he not only could teach well, but he could also lead well in singing and interpret from Cantonese to English and vice versa. I prayed to God that one day I could have those same gifts that God had given to him. I thought at that time that to be used by God, one must be multi-gifted and standing in front of the whole church on stage! How wrong I was!!

If you too feel like that, just remember that Noah was a drunk, Abraham was too old, Isaac was a daydreamer, Jacob was a liar, Leah was ugly, Joseph was abused, Moses had a stuttering problem, Gideon was afraid, Samson had long hair and was a womanizer, Rahab was a prostitute, Jeremiah and Timothy were too young, David had an affair and was a murderer, Elijah was suicidal, Isaiah preached naked, Jonah ran from God, Naomi was a widow, Job went bankrupt, John the Baptist ate bugs, Peter denied Christ, the Disciples fell asleep while praying, Martha worried about everything, the Samaritan woman was divorced more than once, Zaccheus was too short, Paul was too religious, Timothy had an ulcer and Lazarus was dead! But ALL of them were mightily used by God to His glory. Always remember we are not the message, we all are just messengers.

I remember there was a deaf mute in my church who every Sunday after worship service would quietly gather all the bibles and hymn books left carelessly on the pews by worshippers (remember those days?) and stack them up neatly in the shelves located at the entrance of the church. He must have thought that was his only way of serving God. His quiet dedication prompted many of us worshipers not to leave the bibles and hymns on the pews. He must be the servant who had been given one talent but PTL he didn't bury that in the ground!

Yes, my dear brothers and sisters, ALL of us are given different gifts, some more but at least ONE and we are all to use that to serve our Lord and "finished the race and kept the faith" as Paul had proudly proclaimed at the end of his life.

At 7 pm on October 20, 1968, a few thousand spectators remained in the Mexico City Olympic Stadium. It was almost dark. The last of the marathon runners were stumbling across the finish line.

Finally, the spectators heard the wail of sirens on police cars. As eyes turned to the gate, a lone runner wearing the colors of Tanzania staggered into the stadium. His name was John Stephen Akhwari. He was the last contestant to finish the 26 mile 385 yard contest. His leg had been injured in a fall and was bloodied and crudely bandaged. He hobbled the final lap around the track.

The spectators rose and applauded him as though he were the winner. After he had crossed the finish line, someone asked him why he had not quit. He replied simply, "My country did not send me 7,000 miles to start the race. They sent me 7,000 miles to finish it."

My dear brothers and sisters, remember not all heroes receive medals. Yet, for those of us who faithfully live for Christ, as the apostle Paul did, know that someday we will receive a crown of righteousness (2 Tim. 4:8). Our Lord, the righteous Judge, will reward all of us who long for His return and are faithful to use the gifts, even one gift, in spite of difficulties and finish our race.

PRAYER: Dear Lord, thank you for reminding us that ALL of us have been given gifts, some more, some less and some even one. And we are to use that to the best of our ability to the task You have given to us so that we can finish that race and glorify your name. In your precious name we pray AMEN.

班底浸信教会

每日灵粮

星期一，2021 年 11 月 15 日

标题：使用您的恩赐

讲员：宋国基牧师

翻译：陈劲年姐妹

【提摩太前书第 4 章 14 节】“不要忽略你的恩赐!”

上帝永远不会给一个人一项任务，而没有给他提供履行职责的必要条件。

道利 (W.W. Dawley) 在提到这个事实时说：“上帝赐给摩西 (Moses) 一根杖，给了大卫 (David) 一个机弦，参孙 (Samson)，一块驴腮骨；珊迦 (Shamgar)，一根赶牛棍；以斯帖 (Esther)，美貌；底波拉 (Deborah)，诗歌的天才；多加 (Dorcas)，一根针；亚波罗 (Apollos)，雄辩的舌头 – 并赋予每个人使用该恩赐的能力。他们每个人这样做，都为主做了最有效的工作。”

我们的天父至少给了我们每个信徒一个属灵恩赐，祂提供了我们履行个人责任所需的一切（哥林多前书 12 章 6-7 节）。在基督的身体中，我们无一例外都是必不可少的（14-27 节）。承认这些事实不仅是一种安慰和鼓励的来源，也是一个发人深省的现实，因为它把一项重要的义务摆在我们面前。不能浪费上帝给我们的恩赐！必须充分使用它们，因为有一天，“我们各人必要将自己的事在上帝面前说明。”（罗马书 第 14 章 12 节）。

当我十几岁第一次去教堂时，我很崇拜我的主日学老师，因为他不仅教得好，而且在唱歌和从粤语到英语的翻译方面也很出色，反之亦然。我向上帝祈祷，希望有一天我也可以拥有上帝给他的那些恩赐!! 当时我想，要被上帝使用，一个人必须是多才多艺的，站在整个教堂的舞台前！我错了!!

如果您也有这种感觉，请记住诺亚(Noah)是个醉酒的，亚伯拉罕(Abraham)太老了，以撒(Isaac)是个白日梦者，雅各(Jacob)是个骗子，利亚(Leah)是丑陋的，约瑟(Joseph)遭虐待，摩西(Moses)有口吃的问题，基甸(Gideon)胆怯，参孙(Samson)有长头发是好色之徒，喇合(Rahab)是妓女，耶利米(Jeremiah)和提摩太(Timothy) 太年轻，大卫 (David) 有外遇是杀人犯，以利亚 (Elijah) 有自杀倾向，以赛亚 (Isaiah) 露身赤脚传道，约拿 (Jonah) 逃避上帝，拿俄米 (Naomi) 是寡妇，约伯 (Job) 破产了，施洗约翰 (John) 吃虫子，彼得

(Peter) 否认基督，门徒 (Disciples) 祷告时睡着了，马大 (Martha) 为一切操心，撒玛利亚 (Samaritan) 妇人不止一次离婚，撒该 (Zaccheus) 太矮，保罗 (Paul) 太虔诚，提摩太 (Timothy) 得了溃疡，拉撒路 (Lazarus) 死了！但他们都被上帝大大使用来荣耀祂。永远记住我们不是信息，我们都只是传递信息的人。

我记得我的教堂里有一个聋哑人，每周日礼拜结束后，他都会默默地收集礼拜者随手放在长凳上的圣经和赞美诗集 (还记得那些日子吗？)，然后将它们整齐地堆放在教会入口处的架子上。他一定认为这是他侍奉上帝的唯一方式。他默默的服事精神促使我们许多信徒不将圣经和赞美诗留在长椅上。他一定是被赋予了一千银子的仆人，但赞美主，他没有将其埋在地下！

是的，我亲爱的兄弟姐妹们，我们所有人都被赋予了不同的恩赐，有的更多，但至少有一个，我们都应该用它来侍奉我们的主，并“跑尽了当跑的路并守住了所信的道”正如保罗在临终时自豪地宣告的那样。

1968 年 10 月 20 日晚上 7 点，墨西哥城奥林匹克体育场内仍有几千名观众。天快黑了。最后一名马拉松选手跌跌撞撞地冲过终点线。

终于，观众们听到了警车鸣笛的声音。视线转向大门口时，一名身着坦桑尼亚颜色衣服的赛跑者独自踉踉跄跄地走进了体育场。他的名字是约翰·斯蒂芬·阿赫瓦里 (John Stephen Akhwari)。他是最后一位完成 26 英里 385 码比赛的参赛者。他的腿因跌倒受伤了，血迹斑斑，包扎得很粗糙。他一瘸一拐地绕着赛道跑了最后一圈。

观众起立为他鼓掌，好像他是胜利者一样。冲过终点线后，有人问他为什么不放弃。他简单地回答说：“我的国家不是 7,000 英里派我来开始比赛，他们 7,000 英里派我来完成它。”

亲爱的兄弟姐妹们，记住不是所有的英雄都会获得奖牌。然而，对于那些像使徒保罗那样忠心为基督而活的人来说，我们知道有一天我们会得到公义的冠冕 (提摩太后书 第 4 章 8 节)。我们的主，公义的审判者，会奖赏我们所有渴望祂再来并忠心使用恩赐，即使是一项恩赐，尽管困难重重并完成我们的赛跑的人。

祷告：

亲爱的主，感谢祢提醒我们，我们所有人都得到了恩赐，有些多，有些少，有些甚至只有

一个。我们要尽我们最大的努力使用它来完成祢交给我们的任务，这样我们就可以完成这场赛跑并荣耀祢的名字。奉祢宝贵的名，我们祈求，阿们。

Tuesday, 16 November 2021

Title: He Understands

By: Shaun Ling

Text: Psalm 40: 2-3

"He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord."

Instead of watching "Dune" or "Eternals" this past weekend, I had the opportunity to watch the movie "Silence", a story of two Jesuit priests who went on a quest to look for their mentor Padre Ferreira, after they had received news that he had renounced Christ while on the mission field in Japan. Japanese Christians in the 1600's experienced great persecution from the Japanese warlords who pushed back on many who had embraced Christianity. Many Christians were forced to recant their faith or be tortured in the most gruesome way conceivable. That was the setting.

The ultimate act of recantation was a public display of stepping on the fumie plaque—a bronze portrait of Jesus enclosed in a small wooden frame. Those who stepped on it are then pronounced apostate and set free.

After a betrayal by one of the believers in the climactic scene, the central character Padre Rodrigues (played by Andrew Garfield) faced the ignominy of stepping on the fumie or see believers executed cruelly before his very eyes. And at this moment, he finally heard the voice of Jesus who had been silent all this while, "Trample! Trample! I more than anyone know of the pain in your foot. Trample! It was to be trampled on by men that I was born into this world. It was to share men's pain that I carried my cross."

In tears, the priest put his feet on the fumie. Dawn broke and he was free but consequently lived a life as a declared apostate and forever conflicted by his decision.

There are so many themes of martyrdom, doubt, betrayal, faith and forgiveness from this movie that I could share about. That is for another day.

One of the themes of this movie that I wanted to share today is of the internal struggle that we, as Christians, face versus what society expects of our behaviour as Christians. On the one hand, we have struggles and feelings on the inside; and on the other hand, what others perceive us to be on the outside. Like the priest who renounced Christ, we may have failures and sinfulness that we may seek to hide,



while on the outside we portray what society or church expects us to behave – we say the “right” things or respond in the “right” way. I must confess that I go through that all the time.

I have learnt that we all have secrets that we hide – unforgiveness, addictions (to hobbies, money, pornography), casual lying, resentments, family conflicts, feeling unworthy, loneliness. Yet, I am comforted when I am reminded of a Man who suffered the ultimate betrayal. He founded a church on the back of one such traitor, a disciple who swore he never knew Him and another traitor, who tortured Christians but became the “Apostle for the Gentiles”.

“For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.” (Hebrews 4:15)

With God, He can relate to our struggles and failures. It is okay to struggle. It is okay to experience failure. It is also okay to put on a good face in front of others, but what we need to learn is to be transparent before Him. He understands. He truly does!

Prayer

Lord, we acknowledge that You care and understand our struggles. Even when You seem to be silent. Give us grace to be honest with our own faith and to acknowledge our failures before You. And help us to live our faith in appreciation of the amazing grace You have given us through Your Son.

班底浸信教会

每日灵粮

星期二, 2021 年 11 月 16 日

标题：祂了解

作者：林世勋执事

翻译：黄蒙晶姐妹

经文：诗篇 40:2-3

“他从祸坑里，从淤泥中，把我拉上来，使我的脚立在磐石上，使我脚步稳当。他使我口唱新歌，就是赞美我们神的话。许多人必看见而惧怕，并要倚靠耶和華。”

在过去的几个周末里，我不是观看《沙丘》或《永恒族》，而是有机会去看了一部电影《沉默》。这是一则关于两位耶稣会神父的故事，他们在日本宣教的禾场上得知他们的导师 — 帕德雷·非利拉（Padre Ferreira）弃绝跟随基督的消息后，便开始寻找他们的导师。17 世纪的日本基督徒遭受了日本军阀的巨大迫害，他们对许多跟随基督的人进行攻击。许多基督徒被迫放弃他们的信仰，否则会遭受极其可怕的酷刑。那就是当时的状况。

最终的背弃信仰行为是“踏绘”，当众踩踏在福米牌匾（fumie plate）上 — 一个用小木架镶起来的耶稣铜肖像。那些踩在牌匾上的人会被宣布为叛徒，然后获释放。

在高潮场景中，有一名信徒背叛他的信仰后，主角帕德雷·罗德里格斯（由安德鲁·卡菲主演）面临着踩踏在牌匾上的耻辱，或看到信徒在他眼前被残酷处决。在这一刻，他终于听到了一直以来沉默的耶稣的声音：“践踏！践踏！我比任何人都了解你脚上的痛苦。践踏！我出生在这世上是为了被人践踏。我背负十字架是为了担当世人的痛苦。”

那神父流着泪将脚踩在牌匾上。黎明破晓，他获得了自由，但从此他过着一种被宣布为叛徒的生活，并且永远与他的决定相互冲突。

我可以与大家分享这部电影很多关于殉道、疑惑、背叛、信心和宽恕的主题。那是另一天的事了。

我今天想分享这部电影的主题之一是，作为基督徒，我们内心的挣扎与面对社会给予我们基督徒言行举止的期望。一方面，我们内心有挣扎和感受；而另一方面，我们在乎别人如何看待我们。就像那名弃绝基督的神父一样，我们可能会有失败和罪恶，我们可能会将它

隐藏起来；而在外表，我们呈现出社会或教会对我们的期望 — 我们说“正确”的事情或以“正确”的方式回应。我必须承认我一直都在经历这些。

我了解我们每个人都有隐藏的秘密 — 不饶恕、上瘾（对于爱好、钱财、色情）、随意撒谎、怨恨、家庭冲突、感到不配、孤独。然而，当我想起了一个遭受了终极背叛的人子时，我倍感安慰。一名门徒发誓他从来不认识祂，祂在如此的一名叛徒之上建立了教会；而另一名背叛者则折磨基督徒，却成了“外邦人的使徒”。

【来四 15】「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。」

因着上帝同在，祂能体会我们内心的挣扎和失败。内心有所挣扎、经历失败是可以接受的。我们可以在别人面前摆出一副好脸孔，但我们必须学习来到祂跟前敞开自己。祂了解。祂真的了解。

祷告

主啊！我们知道祢关心并了解我们的挣扎。即便祢沉默不语。求祢赐我们恩典，使我们能诚实地看待自己的信心，并且在祢面前承认自己的失败。求祢帮助我们藉着祢儿子赐给我们那奇异恩典，得以活出我们的信心。

Wednesday, 17 November 2021

Title: Our Rainbow Connection

Eleanor Woo

James 1: 17

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." (NIV)

A member of my Care Group recently posted a photo of a double rainbow, taken in her neighbourhood, in our chat. Soon after, photos of spectacular rainbows from Niagara Falls, Zion National Park (Utah) and other places were also shared. That piqued my interest to learn more about our "Rainbow Connection". No, I am not referring to the popular Sesame Street song made famous by Kermit the Frog; but our connection to our Maker via this symbol.

Rainbows are mentioned in at least three books of the Bible. The first three times, in Genesis 9:12-16.

And God said, "This is the sign of the covenant I am making between me and you and every living creature with you, a covenant for all generations to come: I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth. Whenever I bring clouds over the earth and the rainbow appears in the clouds, I will remember my covenant between me and you and all living creatures of every kind. Never again will the waters become a flood to destroy all life. Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth."

This is a familiar passage for many. Also known as the Noahic covenant, this promise from the Almighty, is made with all creation. It is an unconditional promise to never again destroy man from earth by way of a flood. To seal this covenant, like in all contracts, it has a sign, that of a rainbow. Our God is a God of second chances. At the beginning of this chapter, God gives Noah and his sons essentially the same commands and privileges as He has given to Adam. (See Gen 1:28-30). Mankind and all creatures are given the opportunity to start all over again – God is merciful!

The next time we encounter the word rainbow is in Ezekiel 1:28a.

Like the appearance of a rainbow in the clouds on a rainy day, so was the radiance around him. This was the appearance of the likeness of the glory of the LORD.

Ezekiel was in Babylon when the hand of the Lord came upon him and he saw the heavens open and had visions of God. So magnificent and wonderful was the vision that he could only describe what he saw as likeness and appearance of the glory of the Lord. The ambiance was of colourful, bright, iridescent and glorious radiance, like a rainbow in a cloud.

This ties in with John's visions in Revelation 4:3 and 10:1 – where rainbows are mentioned again.

Rev 4:3 – “And the one who sat there had the appearance of jasper and ruby. A rainbow that shone like an emerald encircled the throne.”

Rev 10:1 – “Then I saw another mighty angel coming down from heaven. He was robed in a cloud, with a rainbow above his head; his face was like the sun, and his legs were like fiery pillars.”

The rainbow that encircled the throne signifies the covenant of grace, the Noahic covenant. With this symbol, God limits Himself by His own promise. As Charles Spurgeon explains – “Thy heavenly Father in his sovereignty, has a right to do with you, his child, as he pleases, but He will never let that sovereignty get out of the limit of the covenant.”

In the latter verse, John sees a rainbow above the head of this mighty angel who is robed in a cloud. Again the rainbow as a reminder of God's promise to man, and also it may well be due to the sun shining through the angel's robe of cloud.

In our physical world, rainbows are formed due to the intricacies of refraction, reflection and dispersion of white light into spectrums of colours. The presence of water and sunlight enable this phenomenon to occur in a variety of proportions. Not only a constant reminder of our Father's love, grace and mercy, which are good gifts from above: but also His immutability (James 1:17). This is our rainbow connection – to be redeemed through Christ's blood and to be loved by God, who limits Himself because of His own promise. Let us remember, “Grace is a gift we don't deserve, while mercy is not getting the punishment we deserve.”

PRAYER: Dear Father, thank you for Your loving-kindness and great mercy which is new every morning. Thank you for the token of the covenant which You instituted out of love for us. Help us to always stay connected to You. In Jesus' name, Amen.

班底浸信教会

每日灵粮

星期三, 2021 年 11 月 17 日

标题: 彩虹联系

作者: 胡少凤姐妹

翻译: 陈健萍姐妹

雅各书 1:17 各样美善的恩赐, 和各样全备的赏赐, 都是从上头来的。从众光之父那里降下来的。在他并没有改变, 也没有转动的影儿。 (和合本)

我的关爱小组的一名成员最近在我们的聊天中贴出了一张在她社区拍摄的双彩虹的照片。不久后, 尼亚加拉瀑布、锡安国家公园(犹他州)等地壮观彩虹的照片也被分享了。这激发了我进一步了解我们的“彩虹联系”的兴趣。不, 我指的不是因科米蛙 (Kermit the Frog) 而成名的芝麻街 (Sesame Street) 流行歌曲, 而是我们通过这个记号与上帝的关系。

圣经中至少有三卷书提到了虹。首三次, 是在创世记 9:12-16。

神说: “我与你们并你们这里的各样活物所立的永约, 是有记号的。我把 虹 放在云彩中, 这就可作我与地立约的记号了。我使云彩盖地的时候, 必有 虹 现在云彩中, 我便记念我与你们和各样有血肉的活物所立的约, 水就再不泛滥, 毁坏一切有血肉的物了。虹 必现在云彩中, 我看见, 就要记念我与地上各样有血肉的活物所立的永约。”

这是许多人都耳熟能详的段落, 也被称为诺亚之约。这来自全能上帝的应许, 是与所有受造之物立下的。这是一个无条件的应许, 祂永远不会再以洪水将人类从地上除灭。如所有的契约一样, 封印这个约有一个记号, 那就是虹。我们的上帝是给我们第二次机会的上帝。在这一章的开头, 上帝给挪亚和他的儿子们的命令和特权基本上与祂给亚当的是一样的。(见创世记 1:28-30)。人类和所有生物都有机会重新开始 – 上帝是仁慈的!

下一次我们遇见虹这个词是在以西结书 1:28 上。

下雨的日子、云中 虹 的形状怎样、周围光辉的形状也是怎样, 这就是耶和华荣耀的形像。我一看见就俯伏在地、又听见一位说话的声音。

以西结在巴比伦的时候，耶和華的手臨到他身上，他看見天開了，並看見上帝的異象。這異象是如此的壯觀和奇妙，以至於他只能用“形狀”和“形象”來描述他所看到的上帝的榮耀；色彩繽紛的氛圍，光輝輝煌，宛如雲中的虹。

這與約翰在啟示錄 4:3 和 10:1 中的異象相一致 – 虹再次被提及。

啟示錄 4:3 – “看那坐著的，好像碧玉和紅寶石，又有 虹 圍著寶座，好像綠寶石。”

啟示錄 10:1 – “我又看見另有一位大力的天使從天降下，披著雲彩，頭上有 虹，臉面像日頭，兩腳像火柱。”

環繞寶座的虹象徵著恩典之約，即諾亞之約。有了這個記號，上帝就以祂自己的應許來限制自己。正如查爾斯·司布真（Charles Spurgeon）所解釋的 – “你的天父在祂的主權下，有权依據祂的意願對待你，祂的孩子，但祂永遠不會讓這主權超出約的界限。”

在後一節中，約翰看到這位披著雲彩的天使頭頂上有一道虹。虹再次提醒上帝對人类的應許，也很可能是因為陽光透過天使的雲彩長袍照耀。

在我們的物質世界中，彩虹是由於白光的折射、反射和色散的複雜作用而形成各種顏色的光譜。水和陽光使這種現象以不同的比例出現。彩虹不僅不斷提醒我們天父的愛、恩典和憐憫，這些都是從上頭而來美好的恩賜，而且也提醒我們天父的永恒不變(雅各書 1:17)。這就是我們的彩虹聯繫 – 藉著基督的血被救贖，被因自己的應許而限制自己的上帝所愛。讓我們記住，“恩典是得到我們不配得到的恩賜，憐憫是沒有受到我們應受的懲罰。”

禱告：親愛的天父，感謝祢每天早晨都是新的恩慈和憐愛。感謝祢出於對我們的愛而立下的約。求幫助我們永遠與祢保持聯繫。奉耶穌的名，阿們。

Thursday, 18 November 2021

Title: What Do You Smell Like?

By: Pr Mark Tan

2 Corinthians 2:12-17

In today's reading, the Apostle Paul explained that although there was an opportunity for him to preach the Gospel, he did not stay because he feared that if he could not find Titus there, it would be wise to move on. He then went on to Macedonia, probably the city of Philippi, where he then planted the Philippian church.

As a word of encouragement, the Apostle Paul shares that it doesn't matter where we go; as long as we go on proclaiming the Good News, we will bear God's presence and, interestingly, aroma.

Aroma is interesting because even though invisible, it can trigger a strong reaction. The smell of something can take you back to a good memory like how the smell of mothballs reminds me of my grandmother's house. Or a sad memory, like how the smell of a certain disinfectant reminds me of the hospital where I comforted a family who lost their child. Sometimes even the same smell can conjure up bi-polar reactions like the smell of durian or belacan.

The Apostle Paul writes that we are to God the fragrance of the Gospel. Some will sense the Gospel from us and respond to it positively, confessing Jesus Christ as Lord and similarly bear the same fragrance too. At the same time, others might sense the Gospel from us and instead feel offended, never wanting to embrace it. Now is it to our credit that we presented the Gospel well to some? Is it then our fault that some disliked the "stench" of the Gospel we possess? The Apostle remind us that it is not our place to determine who reacts positively or negatively to the Gospel. Rather, we are to just focus on experiencing the Gospel ourselves and share it with others freely and sincerely.

Now, it's one thing to share the Gospel with words, but what about the fragrance of the Gospel? Let me give an illustration:

There was once a boy in India who was told by his mother to take some ripe mangoes from their tree, take the bus for an hour to town and try selling them on the streets. From late morning till late afternoon, he shouted at the top of his lungs "Mangoes! Get your ripe, sweet mangoes here!" But to his disappointment, nobody bought even a single mango from him. Broken-hearted and discouraged, he got back on the bus and went on the journey home. On the way home, he realised he



was starving since he didn't eat anything all day. So he took a mango, peeled the skin and began eating it. The honey-sweet aroma filled the bus and seeing how the boy enjoyed the mango like it was the most delicious thing he'd ever eaten, the other passengers wanted some and began buying mangoes from the boy. He came home with an empty basket and a sticky fistful of money. The mother asked "Wow! How did you manage to sell all the mangoes?" They realised that while the boy didn't enjoy selling the mangoes on the streets, he enjoyed eating the mango and others wanted to experience his joy and satisfaction as well.

Friends, I pray that you enjoy God's abounding love and fragrant peace. Enjoy God's love and grace, and while doing so, don't be surprised if some would come and ask for what you have too.

Let's pray:

Almighty God, we thank You for Your abounding love and grace that You have given us through Your Son, Jesus. May we never forget to enjoy Your presence and count our blessings of the privilege of having You right beside us each day. May we enjoy the warm and fragrant fellowship of Your Holy Spirit, so much so that others will want and receive what You so freely give in your Gospel. This, we ask and pray in Your Son's precious and holy name. Amen.

班底浸信教会

每日灵粮

2021 年 11 月 18 日，星期四

题目：“你的生命散发怎样的气味？”

作者：陈燕靖传道

翻译：黄姐妹

经文：哥林多后书 2:12-17

12 我从前为基督的福音到了特罗亚，主也给我开了门

13 那时因为没有遇见兄弟提多，我心里不安，便辞别那里的人往马其顿去了。

14 感谢神，常率领我们在基督里夸胜，并借着我们在各处显扬那因认识基督而有的香气。

15 因为我们在神面前，无论在得救的人身上或灭亡的人身上，都有基督馨香之气。

16 在这等人，就做了死的香气叫他死；在那等人，就做了活的香气叫他活。这事谁能当得起呢？

17 我们不像那许多人，为利混乱神的道，乃是由于诚实，由于神，在神面前凭着基督讲道。

在今天的读经中，使徒保罗解释说，

虽然这是一个黄金机会，但保罗心里却感到不安，因为他没有遇见提多。哥林多教会成为他心里沉重的担子。他应留在特罗亚传基督的福音，还是继续前往马其顿？他作出了决定，要渡到马其顿去。

作为鼓励的话，使徒保罗分享说，无论我们去哪里；只要我们继续传讲福音的好消息，我们就会带着上帝的同在和基督恩典的香气。

香气很有趣，因为即使看不见，它也能引发强烈的反应。一些东西的气味可以勾起你美好的回忆，比如樟脑丸的气味让我想起我祖母的房子。或者是某种消毒剂的气味如何让我想起我在医院安慰失去孩子的家庭一段悲伤的记忆。有时，即使是相同的气味也会让人联想到两极反应，例如有人会非常喜欢或讨厌榴莲或马来香料的气味。

使徒保罗写道，我们对上帝来说是福音“恩典的香气”。有些人会我们从我们身上感受到福音并积极回应，承认耶稣基督为主，同样也散发着同样的香气。与此同时，其他人可能会从我们那里感受到福音，反而感到被冒犯，从而不想接受它。我们把福音很好地传给了一些人，这是我们的功劳吗？反之有些人不喜欢我们所散发的“死亡的恶臭”，这是我们的错

吗？使徒提醒我们，我们不能决定谁对福音有积极或消极的反应。相反，我们只需要专注于自己经历福音的自由，并自由而真诚地与他人分享。

如今我们透过言语去传福音，但如何分享基督馨香之气呢？我举个例子：

从前，印度有一个男孩，他的母亲叫他从他们自家树上摘一些成熟的芒果，坐公共汽车一个小时到镇上，然后尝试在街上卖。从早上到傍晚，他大声叫卖“芒果！成熟又香甜的芒果！”但令他大失所望的是，没有人从他那里买过一个芒果。灰心丧气的他搭公共汽车，踏上了回家的路。在回家的路上，因为一整天都没吃东西的他发现自己饿了。于是他拿起一个芒果，剥了皮，开始吃了起来。芒果香甜的香气充满了车子，其他乘客看到男孩吃芒果的样子，好像是他吃过的最好吃的东西，都想要一些，开始从男孩那里买芒果。他拿着一个空篮子和一把粘糊糊的钱带回家。妈妈问：“哇！你是怎么卖掉所有芒果的？”他们意识到，当时男孩不喜欢在街上卖芒果，但他喜欢并享受吃芒果的时候，其他人也想体验他吃芒果的快乐和满足。

朋友们，我祈求你们能享受上帝丰盛的爱和平安。当你们享受上帝的爱和恩典的同时，请不要感到惊讶，如果有人也来索要你所拥有的体验。

让我们祈祷：\*

全能的上帝，我们感谢你接著爱子耶稣赐给我们丰盛的爱和恩典。愿我们永远不会忘记并带着感恩的心享受你每天的同在与祝福。愿我们享受你圣灵温暖并馨香的团契，以至于其他人会想要并接受你在福音中如此自由给予的东西。为此，我们奉您圣子宝贵的圣名祈求。阿门。

Friday, 19 November 2021

By Chow Ee-Tan 赵一丹

## A SPIRIT OF POWER AND LOVE

“For God gave us a spirit not of fear but of power and love and self-control” – 2 Timothy 1:7 (ESV)

Living in a turbulent and uncertain times like today, we can become fearful and sometimes even feel defeated because the circumstances around us are too much for us to bear. At times, we as Christians have forgotten that God is with us as He had given us the Holy Spirit. God has empowered us with His Spirit. While we are weak, He is strong and able.

In his letter to a young Timothy, the apostle Paul did not only charge the ministry duties to his protégé, he also encouraged and empowered Timothy. In calling Timothy to follow his example of his faithfulness in doing the ministry of Christ, he reflected his own journey of the many challenges he had faced and the sufferings he had endured. Among them were abandonment by his peers, assault by his foes and left alone in a Roman prison.

In doing so, Paul unpacked how the Spirit can work in our lives.

Fearlessness, power, love and self-control. If we are captured by fear – which can be translated as timidity or cowardice, we know that this does not come from God. That is because the Spirit would give us courage and fearlessness even in fearful situations. This is not of our human nature but by the Spirit of God empowering us.

We see this in the book of Acts when Peter and John boldly testified the crucified and risen Lord Jesus before a hostile Jewish Council. Instead of fear, the Spirit gave them ‘power’. The Spirit would also give us power and boldness. This power does not mean supernatural strength. It means God’s supreme power would be shown in our weaknesses. It is the power that enables us to endure suffering as we place our hope solely on Christ in whatever situation we face.

The Spirit also works in us ‘love’ and ‘self-control’. Love as we know is the supreme fruit of the Spirit. It is for love that God sent Jesus, His only son, to die in our place. In this verse, Paul exhorted Timothy to pursue love and embody love for his fellow Christians. At the same time, we need to practice self-restraint to control our desires for sinful thoughts and pursuits. Being put next to love, it also means that self-control and self-discipline flow from the work of God’s indwelling Spirit in us.

When we submit to Him, the Spirit awakens us to resist sin and to obey God instead.

As followers of Christ, let us remember that God has so graciously given us His Holy Spirit, who would render us fearless in troubled times, works in power when we are weak, stirs in us genuine love for one another, and at the same time gives us self-control to live a life that's pleasing to God.

Of course, they do not happen overnight. Therefore, even more so, we need to daily surrender our lives to God and let the presence and power of the Holy Spirit dwell in us and work in our lives.

Prayer: Father God, forgive us when we live our lives apart from the Holy Spirit. Help us daily to walk closely with You and let Your Spirit dwell in us, so that we can live a victorious life and grow in the fruit of the Spirit. We pray that in all circumstances, we would not be fearful but depend on the power of the Spirit, which would also lead us to live a life that exhibits Your love and self-control. We thank You and praise You in Jesus' name, Amen.

每日灵粮

星期五，2021 年 11 月 19 日

标题：刚强和仁爱的心

作者：赵一丹

翻译：巫惠如

提摩太后书 1:7 因为神赐给我们不是胆怯的心，乃是刚强、仁爱、谨守的心。

生活在今天这样一个动荡不安的时代，我们会变得恐惧，有时甚至感到被打败，因为我们周围的环境让我们无法承受。有时，作为基督徒，我们忘记了上帝与我们同在，祂已经赐给我们圣灵。圣灵使我们有能力。当我们软弱的时候，祂刚强，有能力。

在写给年轻的提摩太的信中，使徒保罗不仅向他的门徒分派任务，他还鼓励提摩太，使他更加有信心。在呼唤提摩太跟随他的榜样，忠诚地做基督的事工时，他反映了他自己所面临的许多挑战和所承受的痛苦的历程。

在此过程中，保罗解说圣灵如何在我们的生活中工作。

不胆怯、刚强、仁爱和谨守的心。如果我们的生活被恐惧占据——恐惧这词可以被解读为胆怯或懦弱，我们知道这不是来自上帝。这是因为圣灵使我们刚强壮胆，即使在令人恐惧的情况下。这不是透过人的本性，而是从圣灵而来的。

我们在使徒行传中看到了这一点。当时彼得和约翰在充满敌意的犹太公会面前大胆地为被钉在十字架上又复活的主耶稣做见证。圣灵不是赐下恐惧，而是给了他们“力量”。圣灵也会给我们力量和胆量。这种能力并不意味着超自然的力量。它意味着上帝至高无上的能力将在我们的软弱中显示出来。当我们面临任何情况都把希望完全寄托在基督身上，它是使我们能够忍受痛苦的力量。

圣灵还在我们里面工作，让我们“爱”和“自制”。我们知道，爱是圣灵极大的果子。正是因为爱，上帝派他的独生子耶稣替我们而死。在这节经文中，保罗劝告提摩太要追求爱，并为其他跟随基督的人体现出爱。同时，我们需要自我克制，控制我们对罪恶的想法和追求的欲望。被放在爱的旁边也意味着自制和自律是来自住在我们里面的圣灵的工作。当我们顺服祂时，圣灵就会唤醒我们抵制罪恶，转而顺服上帝。

作为跟随基督的人，让我们记住，上帝如此慷慨地将祂的圣灵赐给我们，祂使我们在困难重重的时后无所畏惧，在我们软弱的时候赐我们能力，在我们心中激起对彼此真正的爱，同时给予我们自制力，使我们能过上帝所喜悦的生活。

当然，这些都不是一夜之间发生的。因此，我们更需要每天把自己的生命交给上帝，让圣灵和祂的能力住在我们里面，在我们的生活中工作。

祈祷：父神，原谅我们在生活中没有与圣灵同行。请帮助我们每天与祢紧密同行，让圣灵住在我们里面，这样我们就能过得胜的生活，不断结出圣灵的果子。我们祈求在任何情况下，我们都不惧怕，而是依靠圣灵的力量。这也将引导我们过一种表现祢的爱和自制的生活。我们感谢祢，奉耶稣的名赞美祢，阿门。

Saturday, 20 November 2021

Title: God's Gift

By: Chan Yew Thai

A gift is something that is given to us by another. It could be for the return of a favour, for a token during visitation or for celebration; God's gift is different and can be described as:

1. Superabundance – Meaning that God's gift is huge, unceasing, long lasting and lavish. In 2 Corinthians 9:8, "And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work." God is able to make our resources more than adequate when we trust in Him. We are never short of needs in God's hands. Currently, my sister, niece and I are in quarantine suddenly but we find that we are not short of anything. Truly, His gift is abundant for many sisters have come forward to offer to buy provisions and food.
2. Singularity – God's sole purpose in gifting is to benefit the recipient. Often, we do not see this aspect in God especially when we are going through trials or being deprived of something we feel we deserved but not given. In retrospect, we will thank God for withholding the "gift" at that time because it could have hurt us or we could have missed out on something better.
3. Priority – God takes the initiative to give us the gift. It is not a response to our request; rather it's from God's generosity. Therefore, God is never indebted to any humans and has the sovereignty in determining the operation of grace. An example is Romans 5:8 where God demonstrates His love for us by Christ died for us while we are still sinners and gives us salvation.
4. Incongruity – The definition in the dictionary is "absurd." God's gift is incongruous because it is given without condition, without regard to the worth of the recipient and to the undeserving. All of us are not worthy of God's righteousness nor do we deserve His grace, yet precisely that is what He did. Romans 5:7 shows how absurd it is for Jesus to die for us. Humanly, nobody will die for another, except perhaps in some instances a mother may die for her child. This shows the greatness of our God's love.
5. Efficacy – Means a gift that produces or changes something. God's gift of the Holy Spirit who dwells in us helps us to change and flee from sin. (Romans 8:4-5) Without the Holy Spirit's help, it is impossible to



change from our old self to one who love Jesus and want to follow him. Jesus, in John 14:16-17, promised his disciples a Helper, the Holy Spirit.

6. Noncircularity – A gift that has no reciprocity or return. Depending on the culture, gifts are normally returned. In the Malaysian context, when we received a gift or favour, we returned it either immediately or at some other time. It would be considered rude should we accept without return. However, there is no way of reciprocity with God's gift. We cannot return favour to God, other than being obedient to Him and praising Him.

Understanding the nature of God's gift, as described above, helps us to appreciate our salvation and God's love better. With this, we hope to value it and draw closer to God by learning His Word.

Prayer:

Heavenly Father, thank you for your gift. Help me to value it and not treat it as cheap grace for Jesus paid a heavy price for it. May I be reminded of your steadfast love especially when in difficulties. Thank you, Jesus. In your mighty name I pray.

Amen!

(Note: Description of the gifts is taken from Paul and the Power of Grace by John M. G. Barclay)

班底浸信會

每日靈糧

2021 年 11 月 20 日星期六

標題：上帝的禮物

作者：陳友娣姐妹

翻譯：王靖端姐妹

禮物是別人送給我們的東西。它可能是為了回饋人情和在拜訪或慶祝活動時作為手禮；上帝的禮物是不同的，可以描述為：

1. 超級豐富的一 意思是上帝的禮物是龐大的，不斷的，持久的和慷慨豐盛的。在哥林多後書 9 章 8 節，“神能將各樣的恩惠多多地加給你們，使你們凡事常常充足，能多行各樣善事”。當我們信靠上帝時，上帝能夠使我們的資源變得綽綽有餘。在上帝的手中，我們從不匱乏。目前，我和姐姐、侄女突然被隔離，但我們卻發現我們什麼也不缺。的確，祂的恩賜是豐富的，因為教會許多姊妹前來為我們購買日常必需品和食物。
2. 獨特異常性的一 上帝送禮的唯一的目的是使接受者受益。通常，我們看不到在上帝身上的這一個層面，尤其是當我們正在經歷考驗或在喪失一些我們認為應得但沒有被給予的東西時。追溯起來，我們會感謝上帝當時保留了那份“禮物”，因為它可能會傷害我們，或者我們可能會錯過更好的東西。
3. 優先性的一 上帝主動的給我們禮物。這不是回應我們的請求；而是來自上帝的慷慨寬大。因此，上帝從不欠任何人的債，在決定恩典的運作方面擁有主權。一個例子是羅馬書 5:8，基督在我們還作罪人的時候為我們死，在此向我們顯明祂的愛，也給了我們救恩。
4. 不協調不合理的一 字典中的定義是“荒謬不合理的”。上帝的禮物是不調和相稱的，因為它是無條件地給予的，不考慮接受者的價值和是不值得的人。我們所有人都不配得神的公義，也不配得到祂的恩典，但這正是祂所做的。羅馬書 5:7 “為義人死，是少有的；為仁人死、或者有敢做的” 表明耶穌為我們而死是沒有動機和緣由的。從人的角度來看，沒有人會為另一個人而死，除非在某些情況下母親可能會為她的孩子而死。這顯示了我們上帝之愛的偉大。

5. 功效性的——表示禮物產生或改變某些事物。住在我們裡面的神所賜的聖靈幫助我們改變並遠離罪惡。（羅馬書 8:4-5）沒有聖靈的幫助，我們不可能從舊人變成愛耶穌並願意跟從祂的人。耶穌在約翰福音 14:16-17 中應許祂的門徒有一位幫助者，即聖靈。
6. 非相互性的——沒有互惠或回報的禮物。根據文化，通常人們會回送禮物。在馬來西亞，當我們收到禮物或恩惠時，我們會立即或在其他時間回報。如果我們只接受而不回報，那將被認為是粗魯沒禮貌的。然而，我們卻無法與上帝的禮物互惠。不能回報神的恩典，只能順服祂並讚美祂。

如上所述，瞭解了上帝的禮物的性質，有助於我們更好地感激我們的救恩和上帝的愛。藉此，我們希望珍惜它和通過學習神的話語來更加親近上帝。

禱告：天父，謝謝祢的禮物。請幫助我珍惜它，而不是將它視為廉價的恩典，因為耶穌為此付出了沉重的代價。願我被提醒祢堅定不變的愛，尤其是在困難當中。謝謝祢，耶穌。我奉祢大能的名祈禱。阿門！

（註：禮物的敘述取自約翰 M.G.巴克萊的“保羅和恩典的力量”）

Sunday, 21 November 2021

Title: Big Heart

By Elder Tan Seng Kee

Matthew 5:8

There is a young man in PBC who I named in my mobile phone contact as "B, Big Heart".

There is a broad smile on his face most times. Totally unassuming, he serves God and people quietly. In a jiffy and at all hours he will attend to needs in a whisper. He will not think twice about driving many hours, sometimes alone to distant rural interior villages where thick jungle surrounds, even at late hours in the night. In the deep darkness or under the searing hot sun of interior Malaysia, you will find this brother, his legs deep in mud assisting villagers facing power outage, water shortage, clearing blocked muddy road tracks for motorcycles to pass, struggling with vehicles stranded in deep wet sludge or delivering needed food and sustenance provisions to places so far in the jungle only he by familiarity can find the way in.

This young man was a volunteer driver delivering essential medical aids and assistance to the recently privately organized Covid quarantine center in Kuala Lumpur to a place where some of us would even dread to drive past, what more to drive into the building on an almost daily basis.

I had the honor of sitting down with him recently and found out that in Subang, he helps out with a center that trains and teaches young people with minor incapacities to prepare and sell food so that they can eventually be independent in living their lives.

This Subang center is renting a very small commercial unit, and because of its small premise, not many young people can come on a daily basis to work and be trained there. He tells me with such enthusiasm that if there is a bigger space, more young people with minor disabilities can daily be at gainful work. Their parents will then be relieved even as they respectively age.

B, Big Heart works with children and people with needs and he draws (I assume) a modest income on a per case basis. He quickly agrees to charge less if his client is unable to afford it and I suspect he may not charge at all in some cases where the need is great but affordability is nil.

I have thought about asking him why as a young man he does what he does but I have not come to this as I fear his answer may just reveal how lackadaisical my own service may sometimes have been thus far.

Occasionally, I see him all brutally burned brown and tanned by the sun and distinctly with red blotches and patches on his arms, evident of mosquitoes and other insect bites sustained probably during one of his recent forays into the jungles. Yet, plainly on his face was his broad "impish" smile that assures us his labor was not prompted nor motivated by toil but by JOY. In PBC church and in his place of work, this young man will assist in any area when called upon, if he has the level of required competency.

I recently spent hours wondering what Jesus meant in Matthew 5:8 when he said, "God blesses those whose hearts are pure, for they will see God." I even researched each word Jesus used there and read several notable articles on this verse and not surprisingly, those words of Jesus took on life when I reflect on the service of B, Big Heart. It became clear that a life well lived in the service of people, all created in the image of God brings glory to God and only a heart driven and compelled by the presence of God ("...see God.?"?) can sustain and motivate such depth and extent of care and concern for those in need ("...pure heart.?"?). Souls need to be saved but lives need to be helped as well. It is timely to probe the 'big heart' of this brother to glimpse what moves him.

Prayer:

God, please help me to live a life in service to others more needy than myself and give me the boldness and the motivation to serve others in order that God my heavenly Father will be glorified. Help me to look into other people's interests and in serving and blessing others, I may be blessed by Jesus as one with a pure heart who shall see God. In Jesus' name I pray. Amen.

班底浸信教会

每日灵粮

2021 年 11 月 21 日星期日

主题：好心人

作者：陈诚基长老

翻译：林良億

马太福音 5:8

在班底浸信教会会有一个年轻人，我在手机通讯录里把他命名为“B, Big Heart (好心人)”。

大多数时候，他的脸上都挂着灿烂的笑容。他毫不张扬，安静地服事神和人。在任何时候，他都会轻声细语地满足人们的需要。他会毫不犹豫地驾车数小时，甚至在深夜独自前往茂密丛林环绕的偏远内陆村庄。在黑夜里或在马来西亚内陆炙热的阳光下，你会发现这位弟兄，他的双腿深陷泥潭，帮助面临停电、缺水的村民，清理堵塞的泥泞路轨让摩托车通过，解决滞留在深层湿泥中的车辆，或将需要的食物和营养品送到丛林中如此遥远的地方，只有他熟悉的地方才能找到路。

这位年轻人是一名志愿司机，为吉隆坡最近私人组织的疫情检疫中心提供基本的医疗援助。我们中的一些人甚至害怕开车经过这个地方，但他几乎每天都开车进入检疫中心大楼。

我最近有幸与他坐下来，发现他在梳邦帮助一个中心，培训和教导有轻微残疾的年轻人准备和销售食物，使他们最终能够独立生活。

这个梳邦中心租用的是一个非常小的商业单位，由于场地小，每天能来工作和接受培训的年轻人不多。他很热情地告诉我，如果有一个更大的空间，更多有轻微残疾的年轻人可以每天从事有报酬的工作。这样一来，他们的父母就可以松口气了，即使他们各自年老。

“B, 好心人”的工作对象是儿童和有需要的人，他（我猜想）是按个案收取适度的收入。如果他的客户无法负担，他很快就会同意降低收费，我怀疑在一些需求很大但负担不起的情况下，他可能根本不收费。

我曾想过问他为什么作为一个年轻人，他会做他所做的，但我还没有问，因为我担心他的回答可能会暴露出我自己的服事到目前为止是多么的不积极。

偶尔，我看到他被太阳残酷地烧成褐色，手臂上有明显的红色斑点和斑块，很明显是在他最近一次涉足丛林期间被蚊子和昆虫叮咬过的。然而，在他的脸上明显地出现了他那明朗的“无赖”笑容，向我们保证他的劳动不是出于劳累，而是出于喜悦。在班底浸信教会和他的工作场所，这个年轻人会在任何需要的地方提供帮助，只要他有必要的能力水平。

最近，我花了几个小时想知道耶稣在马太福音第 5 章第 8 节中的意思，“上帝祝福那些心纯洁的人，因为他们必得见上帝”。我甚至研究了耶稣在那里使用的每个词，并阅读了几篇关于这节经文的著名文章，毫不奇怪，当我反思“B，大好心人”的服事时，主耶稣的那些话就生动起来。很明显，在按照上帝的形象创造服事人的过程中，活出美好的生命，这就给上帝带来荣耀。只有一颗与神同在的心（“.....看见上帝”？）才能拥有对有需要的人如此深度的关怀（“.....纯洁的心”？）。灵魂需要被拯救，但生活也需要得到帮助。正是时候探查一下这位兄弟的‘大心脏’，看看是什么打动了他。

祷告：上帝，请帮助我在生活中服事比自己更需要帮助的人，给我服事他人的勇气和动力，以使上帝我的天父得到荣耀。帮助我关注他人的兴趣，在服事和祝福他人的过程中，我可能会得到主耶稣基督的祝福，成为一个清心的人，可见到上帝。奉我主耶稣基督的名祈求的，阿门。

Monday, 22 Nov 2021

Title: Between the 'Already' and 'Not Yet'

By: Ong Hwee Soo

Matthew 4:17 & 25:31

Throughout the Gospels, in fact, the whole of New Testament, the kingdom of God is portrayed as already here and also as yet to come, as illustrated by the two verses:

Matt. 4:17 From that time, Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

Matt. 25:31 "When the Son of Man comes in his glory, and all the angels with him, then he will sit on his glorious throne."

We all live between the 'already' and the 'not yet'. Already God, the Father, has set in motion His plan of redemption for mankind. Already Jesus, the Son, has come to bring us salvation, through His death and resurrection. Already, the Holy Spirit, has come to lead us into the truth.

We are right smack in the middle of an ongoing process of sanctification. None of us has graduated to full completion and perfection. The battles with temptation and sin rages on in our lives.

Generally, believers have a fundamental understanding of salvation past, namely, the grace of forgiveness that Jesus has brought to us through sacrificial death on the cross. Most believers do look forward with anticipation toward salvation future, that is, the grace of endless, perfect peace lived in the perpetual presence of a Triune God.

Unfortunately, many Christians have little understanding of salvation present, meaning, the benefit of the complete work of Christ in our lives right here, right now. Jesus didn't sacrifice His life merely for our past and future. Jesus shed His blood so that we would have everything we need to live as He intended for us, between the 'already' of conversion and the 'not yet' of our future glorification. It is crucial for us to remember that we live in the 'already' of Christ's complete forgiveness, accomplished through Jesus' death on the cross. It is also vital to understand that we live in the 'not yet' of our final restoration into perfectly rebuilt, resurrected beings. We do not live in a demilitarized zone, but the spiritual war is fought in the battlefield of our hearts, for the control of our souls.



Apostle Paul confidently declares, "I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ." (Phil.1:6). The work of God in us, for us and through us has yet to be completed. We need to know our place in the work of God.

With sin still inhabiting inside us, we are still torn between our love for our Lilliputian kingdom of self, and the gloriously grand purposes of the kingdom of God. We are still tempted to insist on our own way and write our own rules for our self-sovereign kingdom. We still tend to focus on the cares of this world, rather than live in the reality that we have become children of God and heirs of His kingdom. Nevertheless, the good news is that God empowers us by His Holy Spirit to do what He has purposed for us to do.

If you have not yet come to repentance for your past and present sins, let me encourage you to do so and experience Christ's complete forgiveness, as well as look forward to spending eternity with our loving Heavenly Father. God by His grace and mercy does not merely forgive you. He meets you at your point of need, as well as provides everything you require, in the here and now. Come, surrender our life to Christ, today.

PRAYER:

Dear Heavenly Father, help us Live the Life, of the here and now, fully surrendered to Your will and Your kingdom's purposes. In Jesus' Name, Amen.

班底浸信教会

每日灵粮

星期一，2021 年 11 月 22 日

标题：在“已经”和“尚未”之间

讲员：翁辉赐弟兄

翻译：陈劲年姐妹

【马太福音 4:17 & 25:31】

在所有福音书中，事实上，在整个新约中，上帝的国度被描绘为已经在这里和尚未到来，如以下两节经文所示：

马太福音 4:17 从那时候，耶稣就传起道来，说：天国近了，你们应当悔改！

马太福音 25:31 “当人子在他荣耀里，同着众天使降临的时候，要坐在他荣耀的宝座上。

我们都生活在“已经”和“尚未”之间。天父上帝已经启动了祂对人类的救赎计划。耶稣，圣子，已经通过祂的死和复活给我们带来救恩。圣灵已经来带领我们进入真理。

我们正处于持续的成圣过程中。我们中没有一人是完美无缺的；与诱惑和罪的争战不断在我们的生活中肆虐。

一般来说，信徒对过去的救恩有一个基本的了解，即耶稣通过在十字架上的牺牲带给我们宽恕的恩典。大多数信徒都期待着未来的救恩，也就是说，在三位一体的上帝永恒临在中，有无尽、完美和平的恩典。

不幸的是，许多基督徒对现在的救恩，即在此地此刻，基督在我们生命中的完整工作所带来的益处知之甚少。耶稣并不仅仅为了我们的过去和未来而牺牲祂的生命。耶稣流血，让我们可以在“已经”归信基督和“尚未”得荣耀之间，拥有按照祂的旨意生活所需的一切。我们必须牢记，我们生活在基督完全赦免的“已经”中，这是通过耶稣在十字架上的死而实现的。同样重要的是要了解我们生活在我们最终恢复到完美重建、复活生命的“尚未”中。我们并非生活在一个非军事区，为了控制我们灵魂的属灵战争是在我们内心的战场上进行的。

使徒保罗坚信地宣告：“我深信，那在你们心里动了善工的，到耶稣基督的日子，必成就这善工。”（腓立比书 1 章 6 节）。上帝在我们身上、为我们并藉我们所做的工作尚未完成。我们需要知道我们在上帝的工作中的位置。

因着罪仍然存在我们里面，我们仍然在对自己小人国的爱和上帝国度的荣耀伟大目标之间左右为难。我们仍然试图坚持自己的方式，为我们的自治王国制定自己的规则。我们仍然倾向于关注这个世界的忧虑，而不是生活在我们已经成为上帝的孩子和祂国度的继承人的现实中。然而，好消息是上帝通过祂的圣灵赐给我们能力去做祂要我们做的事。

如果您还没有为您过去和现在的罪悔改，让我鼓励您这样做，体验基督的完全宽恕，并期待与我们慈爱的天父共度永恒。上帝不仅凭着祂的恩典和怜悯饶恕了您，祂会在您需要的时候满足您，并在此时此地提供您需要的一切。来吧，今天就将我们的生命交托给基督。

祷告：

亲爱的天父，请帮助我们活出当下的生命，完全降服于祢的旨意和祢国度的目标。奉耶稣的名，阿们。

Tuesday, 23 November 2021

I want to know You more

By Dr Hew Fen Lee

Phil 3:10-11

10 I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, 11 and so, somehow, to attain to the resurrection from the dead.

This letter to the Philippians was written by Paul when he was in prison. He was imprisoned three times and this letter was written when he was imprisoned in Rome around AD61. The word “know” here means “to know personally, by experience”.

Paul had been trained by Gamaliel, the leading religious scholar of the day. Paul studied theology and knew the Old Testament inside out. Paul was so zealous about what he thought who God was that he led in the persecution of Christians, famously present when Stephen was stoned to death as the first Christian martyr.

On the Road to Damascus, he realised that he has been trying to serve God by opposing Jesus, and it turned out that this Jesus was the true God! And he says here: “NOW, having caught a glimpse of Him, ALL I want is to know Him more!”

What could be more important in life than knowing the One who created you? The One who wants you to spend (not just a lifetime but) ETERNITY with Him?

How can we know Him better? By studying His word, by meditating on His word, and by talking to Him and communing with Him in prayers. We also get to know Christ by experiencing Him, allowing Him to work through us. Many are blessed by serving God. One missionary friend was working in Korea many years ago. She shared that the biggest benefit being a missionary was to get to know God and get to know herself better through serving Him.

If we have become a Christian by receiving Jesus, Paul says that the VERY SAME POWER that came into Jesus’ dead body and raised Him to life again has now come into our life. John describes this as “born again”. That power of God working in us raises us out of our old way of living to a whole new life! The Christian life isn’t just an “improved” life – it’s an entirely CHANGED life! God empowers us to live a New Life.

C.S. Lewis wrote: "Jesus did NOT just come to make bad people good, He came to make DEAD people LIVE!"

Are we born again and living a new life? As we come towards the end of the year it is good to take stock on how we are walking with the Lord and if we live a life that reflect the eternal and final victory.

If you don't know Jesus yet and you have been walking on life's journey all alone, why don't you invite Him to walk alongside you? In the new life, we are not left alone to fend for ourselves. Jesus understands the challenges we face, the temptation we have to go through, the old nature will come back every now and then to pull us back.

The last year or two has not been easy for most people and many have suffered much and are still suffering. Jesus assures us that this is temporary and would not last as the final victory belongs to our God.

God has sent the Holy Spirit to guide us, to protect us; with the same power that has resurrected Jesus from the dead; and with the same love that see God sent His son, Jesus to die for us on the cross so that we can all be born again and to have a New Life.

Prayer

Dear Jesus, thank You for opening our eyes to see You. May You continue to open our hearts so that we desire to know You better, to seek You more earnestly and to serve You more faithfully. Amen.

班底浸信教会

每日灵粮

星期二, 2021 年 11 月 23 日

标题：我要更认识祢

作者：丘宏礼医生

翻译：黄蒙晶姐妹

【腓立比书 3:10-11】

10 使我认识基督，晓得祂复活的大能，并且晓得和祂一同受苦，效法祂的死， 11 或者我也得以从死里复活。

这封信是保罗被囚禁时写给腓立比人的。他曾被囚禁三次，而这封信是在公元 61 年左右，他在罗马被囚禁时所写的。“认识”这词在这里的意思是“通过经历来亲自认识”。

保罗接受了当时的宗教学者伽玛列(Gamaliel)的训练。保罗进修神学，对旧约了如指掌。保罗对他认为他所认识的上帝是如此热心，以至于他领导了对基督徒的迫害，而最为人知的就是当司提反作为第一位被石头打死的基督徒殉道者时，他也在现场。

在前往大马色的路上，他觉悟到他一直试图透过反对耶稣来事奉上帝，结果证明了这位耶稣才是真正的上帝。他在这里说：“如今，我瞥见祂，我只想更多认识祂！”

人的一生还有什么比认识您的创造者更重要呢？那希望和您一起度过（不仅仅是这一生，而是）永恒的独一上帝？

我们怎么才能更认识祂？透过学习祂的话语，默想祂的话语，与祂交谈，并在祷告中与祂沟通。我们也透过经历基督来认识祂，让祂在我们里面动工。许多人因着事奉上帝而蒙福。有一位宣教士朋友多年前在韩国工作。她分享说，作为一名宣教士最大的得着是藉着事奉上帝来认识上帝，也更好地了解自己。

如果我们接受了耶稣而成为一名基督徒，保罗说进入耶稣已死的身体使祂复活的那能力，现在也进入了我们的生命。约翰形容这为“重生”。上帝在我们里面工作的能力将我们从过去的生活方式中提升到全新的生活！基督徒的人生不仅仅是有所改进的人生，而是完全改变的人生。上帝赋予了我们新的生命。

路易斯（C.S.Lewis）写道：“耶稣来到这世上不只是让坏人变好，更是为了让死人活过来！”

我们是否已重生，活出新的生命呢？当我们快来到年尾的时候，让我们评估自己是如何与主同行，我们是否过着反映永恒和最终胜利的人生。

如果您还不认识耶稣，并且一直独自走在人生的旅途上，为什么不邀请祂与您并肩同行？在新的生命里，我们不是孤军奋战。耶稣理解我们所面临的挑战、所经历诱惑，祂也会时不时让我们故态复萌。

在过去的这一两年，对大多数人而言都是挺不容易的，许多人遭受了很多痛苦，甚至有的仍在痛苦中。然而耶稣向我们保证，这是暂时的，并不会持久，因为最后的胜利属于我们的上帝。

上帝已差遣圣灵来引导我们，以使耶稣从死里复活同样的能力保护我们；并且以同样的爱，上帝差遣祂的儿子耶稣，为我们死在十字架上，使我们能重生，并有新的生命。

祷告

亲爱的主耶稣，谢谢祢开启我们的眼睛让我们能看见祢。愿祢继续敞开我们的心，使我们渴慕更多地认识祢，更恳切地寻求祢，更忠心地事奉祢。阿们。

Wednesday, 24 November 2021

Title: Final Destination

By Ted Hoo

Matthew 6:10 – Your kingdom come, your will be done, on earth as it is in heaven.

It is easy for us to think that God's kingdom will be coming one day on earth, as it is in heaven now and it will come at a time in the future. The Jews and the Christians understand it as the Messiah King is coming to rule in the physical kingdom on earth. Does Jesus mean that we are to pray to observe everything that is contradictory to God's ways and make it our prayer to God for Him to intervene in all that is ungodly viz. injustices and evil in the world? What about the righteous actions of Christians that show God's attributes in justice, in mercy, in alleviating sufferings and helping those in need? Their very acts reflect the God that we believe in and thus point the world to the coming kingdom of God and His goodness, His rest and His love. On the other hand, all who have accepted Jesus as their Lord and savior are born again of the Spirit and thus have Jesus as their Lord and savior. We can access the kingdom of God on earth under the Lordship of God. This is the Spiritual kingdom of God on earth that is not visibly seen by the world. If our mission on earth were only invisible and spiritual, the Prophets of old would not have addressed issues like injustice, broken-heartedness, poverty and disease. Life in God's kingdom is practical and we are to work out God's purpose for each of our individual lives to influence the world with God's reign in our individual living. The world is facing a lot of problems: climate change, natural catastrophes, famine and broken economy. Whatever the challenges, we are to follow Him who is able to keep us from falling. We are thus to align our lives with what God has said in His word. When we do that we surrender every decision and choice we make in our lives viz. we serve at His pleasure. What He says, we will do, not by force but by our own choice. In His kingdom we are secure both in our physical lives and in our salvation and place in heaven. We are protected and we are provided for and we have peace knowing always that He is with us till the end of the world (Matthew 28:20).

Prayer: Almighty God,

You are our true ruler. You have an ultimate purpose and Your purpose will prevail. Let us do nothing that would work against Your purpose. Help us to respect and honor those You chose to put over us on earth. But help us to understand that our life on earth is a temporary pilgrimage and this world is not our home. As James 4 says, we are but a mist that appears for a little while and then vanishes. But the kingdom of God lasts forever and that is where our true citizenship lies. Amen.



班底浸信教会

每日灵粮

星期三, 2021 年 11 月 24 日

标题：终结站

作者：何福华医生

翻译：薛秀合姐妹

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。

我们很容易认为上帝的国度有一天会降临在地上，如同现在在天上一样，它将会在未来某个时刻到来。犹太人和基督徒将其理解为弥赛亚君王即将统治地上的物质王国。耶稣的意思是否说我们要祈祷，要觉察与上帝的方式相抵触的一切，并祈求上帝干预所有不敬虔的事，即世界上的不公和邪恶？对于基督徒在公义、怜悯、减轻痛苦和帮助有需要的人方面表现出上帝属性的正义行为又如何呢？他们如此行反映了我们所相信的上帝，从而将世界指向即将到来的上帝的国度和祂的良善、祂的安息并祂的爱。另一方面，所有接受耶稣为他们的救主的人都是从圣灵重生，因此有耶稣成为他们的救主。我们可以在上帝的主权之下进入上帝在地上的国度。这是上帝在地上的属灵国度，是世人无法看见的。如果我们在地上的使命只是无形的和属灵的，古代先知就不会处理诸如不公正、心碎、贫困和疾病等问题。在上帝国度里的生活是实际的，我们要在各自的生命确定上帝的旨意，通过上帝在我们个人生活中的统治来影响世界。世界正面临着很多问题：气候变化、自然灾害、饥荒和经济崩溃。无论遇到什么挑战，我们都要跟随那位能保守我们不跌倒的祂。因此，我们应当使我们的生活与上帝在祂的话语中所说的保持一致。当我们这样做时，我们交出我们在生活中作的每一个决定和选择，即我们听命于祂。祂所说的，我们会去做，不是强迫，而是我们自己的选择。在祂的国度里，我们的生命、我们的救恩和在天堂的地位都是安稳的。我们受到了保护，我们得到供应，我们也拥有平安，因为我们知道祂会永远与我们同在，直到世界的末了（马太福音 28:20）。

祷告：全能的上帝，

祢是我们真正的统治者。祢有一个终极目标，而且祢的目标将要获胜。让我们不作任何违背祢旨意的事。帮助我们在世上懂得敬重和尊敬那些祢所拣选领导我们的人。但求祢帮助我们了解，我们在地上的生活仅是一个短暂的人生的途程，这个世界非我们的家。正如雅

各书第 4 章所说，我们原来是一片云雾，出现少时就不见了。但是上帝的国度是永远长存的，而这就是我们真正的公民身份所在之处。阿们。

Thursday, 25 November 2021

Title: ...the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. (John 4:23b)

By Choong Yoon Tong

The heavenly Father is constantly seeking for faithful worshipers who would truly worship Him in spirit and in truth. Worship is to attribute to God who He is; to ascribe honour and pay homage to His worth. He alone is worthy of our worship in our praises and our deeds.

God desires and commands the believers to worship Him and Him alone. It is not an arrogant demand, neither does God thrive on praise offered by sinful souls. Rather, it is the natural response of grateful hearts that comprehend the infinite "worthship" of God. It is the greatest privilege afforded by the gracious Lord to unworthy creatures. The concession to approach the throne of grace, to be totally immersed in His glory, to marvel at His majesty and splendour, to ponder His works in history and praise Him for who He is and what He has done, is still doing and is going to do.

When we meditate on His vast array of attributes, it is a natural response for any human soul to praise His name unceasingly. O praise the Lord for His marvellous creation and works, His gift of salvation, love, grace, mercy and many more blessings. Praise the Lord, He is greatly to be praised!

Worshipping God not only ascribes blessing to God, we are also blessed in return. It draws us close to Him and enables us to know Him intimately. Our spirits are lifted up to a higher realm, leaving every weight and burden, just to be with the heavenly Father alone.

Worship is...

- To quicken the conscience by the holiness of God
- To feed the mind with the truth of God
- To purge the imagination by the beauty of God
- To open the heart to the love of God
- To devote the will to the purpose of God

(Paul Basden)

Prayer:

I will extol You, my God and King, and bless Your name forever and ever. Everyday I will bless You with my life and praise Your name with my lips. Great is the Lord and greatly to be praised, and Your greatness is unsearchable. Amen.

每日灵粮

2021 年 11 月 25 日，星期四

题目：真正拜父的，要用心灵和诚实拜祂，因为父要这样的人拜祂

经文：约翰福音 4： 23b

作者：钟荣堂执事

翻译：吴淑娉姐妹

天父一直在寻找忠心的、会以心灵和诚实敬拜祂的信徒，所谓 " 敬拜 "，是承认祂是神，将荣耀归与祂，向祂致敬，只有祂才值得我们以赞美和行为来敬拜。

上帝渴望，并且命令信徒敬拜祂，只敬拜祂一个，这不是傲慢的要求，上帝不会因我们这些有罪的灵魂的赞美而茁壮成长，相反，敬拜祂是体会上帝的无限之后所引起的自然反应，这是仁慈的主给予我们——这些不配的受造物最大的特权，让我们可以接近施恩宝座，沉浸在祂的荣耀中，既为祂的庄严和壮丽而感到惊叹，更可以省思祂在历史上的作为；为祂所做的、正在做的、及将会做的赞美祂。

当我们默想祂的众多属性 (attributes) 时，任何人都会自然而然地、不停地赞美祂的名。哦！赞美主的奇妙创造和作为，以及祂所赐的救恩、爱、恩典、怜悯及各种祝福。赞美主，祂该受极大的赞美！

敬拜上帝不仅是把祝福归与上帝，我们同时也得到祝福，敬拜祂令我们与祂更亲近、更亲密地认识祂，我们的精神被提升到更高的境界，可以放下一切重担，与天父独处。

敬拜是：

借着上帝的圣洁，使我们的良心甦醒

用上帝的真理来喂养我们的心灵，

用上帝的美来净化想像力

向上帝的爱敞开心扉

将意志献给上帝，以实行祂的旨意（保罗·巴斯登）

祷告

我的上帝和君王，我要颂扬祢，永远颂扬祢的名。每天我都用我的生命祝福祢，用我的嘴唇赞美祢。主本为大，应受赞美，祢的伟大是何等难测！阿们。

Friday 26 November 2021

Title : Do you know your GOD?

by: Sally Cheong

John 14:9 Jesus said to him, "Have I been with you so long, and you still do not know me, Philip?"

The Lord's words to Philip have a tone of sadness and disappointment.

It speaks to all of us who call ourselves Christians. It speaks even to ministry leaders and workers, all who work and serve in His name and under His banner. Do we really know our Lord?

We know about John 3:16 and why He came from Heaven to this dying world. We know about His birth at Bethlehem and His 3 years of unrelenting ministry to save souls and His miraculous healings. We know about His horrific sufferings at the hands of the Jews and the Roman soldiers. And we know too His death on the Cross and His Resurrection. We also know He is coming back again. Yet how many of us live in daily expectation of His return? Or is it just a fact that we know?

We are not waiting for Jesus to come back again, are we?

Few of us walk with the Lord as Enoch walked with GOD. Who among us can be called a friend of GOD as Abraham was called? We claim, at times rather flippantly without understanding the seriousness of it, that GOD is our friend. The question is, are you GOD's friend?

The Lord Jesus told Philip that He had been with him so long. He knows Philip well. He knows us well too. Like Philip, we cannot say the same of our relationship with our Saviour. Truth be told, we seek Him only when we need Him. If we are blessed in material ways and have health and home, we forget Him. We are too busy to spend time with Him to discuss with Him about our lives, our dreams, our hopes and our future.

We delight not in His word as David did, meditating on it day and night. Many of us study the Bible as a duty, what is expected of us as heirs of Heaven. Not really to seek to know the Mind of GOD within the hallowed pages where He reveals His Will. How many of us hear the secret counsels of GOD whispered to our hearts when we spend time with Him away from the world?

No wonder GOD loves David so much. David was after GOD's heart. Are we after GOD's heart? He would know right?

Let us examine our hearts and our faith. Today. Maybe right now.

Look inside. Honestly.

Ask yourself this – Is my heart 50% GOD and 50% Me plus the world? Or is it 90% Me and the world and 10% GOD? Or it is 90% GOD and 10% Me and the world?

Where do you stand?

By the way, none of the above pleases GOD. The devil is quite happy with 10% of your heart and you are free to do whatever you want with the 90%. Satan is very liberal with sinners. He knows GOD will not accept counterfeit worship so sooner or later, the devil will get all of you. GOD wants your whole heart or Nothing. He gave His all, His Only Son for a world of wretched people. So don't play with religion. GOD is not fooled. There are consequences.

The real idol

Are you and I guilty of idolatry? Not the worship of blocks of wood or stone. We have not gone down that road nor think we will ever do so. Intellectual pride forbids us.

But we are quite full of ourselves, aren't we? A mind that is full of oneself has no place for GOD. Man has always wanted to be their own god since the Fall. It's a bad habit.

Religion, some think, is what GOD can do for you – give you a good life, good health, good family, good job, security from the enemy and a nice place in heaven when you die. In exchange we just worship Him once a week on the Lord's Day, do some good works and charity, serve in a ministry when we have some time and that's it. We are free to live as we will. Sounds like a good deal.

Hypocrites, that's what we are.

We worship Him with our lips but our hearts are far from Him. GOD said this of the Israelites. We are the Israelites of today.

Some might get offended by this. But among us are those who will today realise that it is time to reboot our lives. Time to return to the Cross and shed tears of repentance for a self-centered life. Time to revisit His wounds and His bleeding side and cry out like Thomas – MY LORD AND MY GOD!

## GOD's Jewels

Brothers and sisters, GOD knows those who think of Him and speak to one another of His loving kindness. "They shall be Mine," GOD said. He calls them "my treasured possessions" (Malachi 3:16) and His jewels (Zechariah 9:16). And GOD asked angels to write down their names in a Book of Remembrance. Why? When that great Day comes, and it will surely come, they will be singled out and spared from the terrors of destruction.

## Prayer

Our Lord and our GOD! Have mercy on us for our waywardness, our pretences, our lack of diligence to seek your Mind and your Will for our lives. Forgive us Father. Cleanse us and help us start over today.

For we ask this in the Name of Jesus Christ, Amen.

每日灵粮

星期五，2021 年 11 月 26 日

标题：你认识你的神吗？

作者：张绣梅

翻译：陈月妃

约翰福音 14：9 耶稣对他说、腓力、我与你们同在这样长久、你还不认识我吗？

主对腓力所说的话带有悲伤和失望的语气。

这是对我们所有自称为基督徒的人所说的话。这甚至也是对事工领袖和同工所说的话，所有以祂的名义在祂的旗帜下工作和事奉的人。我们真的认识我们的主吗？

我们知道约翰福音 3:16，也知道祂为什么从天堂来到这个将亡的世界。我们知道祂在伯利恒出生，以及祂 3 年来坚持不懈的为拯救灵魂和奇迹般的治愈所做的工作。我们知道祂在犹太人和罗马士兵手中所遭受的可怕痛苦。我们也知道祂在十字架上的死和祂的复活。我们也知道祂会再来。然而，我们当中有多少人每天都活在盼望祂再来的日子里？或者这只是我们所知道的一个事实？

我们并不是在等待耶稣的再来，不是吗？

我们当中很少人像以诺一样与上帝同行。我们中间谁能像亚伯拉罕一样被称为上帝的朋友？我们有时轻率地宣称，上帝是我们的朋友，却不了解事情的严重性。问题是，你是上帝的朋友吗？

主耶稣告诉腓力，祂和他在一起已经很久了。祂很了解腓力。祂也很了解我们。像腓力一样，我们好像并不认识我们的救主。老实说，我们只有在需要祂的时候才去找祂。如果我们在物质上得到祝福，并拥有健康和家庭，我们就会把祂忘了。我们太忙了，没有时间和祂讨论我们的生活、梦想、希望和未来。

我们不像大卫那样以神的话为乐，并昼夜的思想它。我们当中许多人将学习圣经视为一种责任，看看它对我们这些天堂的继承者的要求是什么。我们并不是真正的从神的话语中寻求神的心意和祂的旨意。当我们远离尘世与上帝独处时，有多少人会听到上帝对我们内心的低声细语呢？



难怪上帝如此爱大卫。大卫是合神心意的。我们合乎神的心意吗？祂会知道的，对吗？

让我们审视我们的心灵和信仰。就在今天。也许就现在。

看看我们的内心深处。诚实地。

扪心自问——我的心是 50% 的上帝，50% 的我加上这个世界吗？或者是 90% 是我和世界，10% 是上帝？还是 90% 是上帝，10% 是我和世界？你是在哪一种状况呢？

顺便提一下，以上都不能讨神喜悦。魔鬼对你 10% 的心挺满意的，你可以自由地运用其余的 90% 做你想做的事。撒旦对罪人是非常宽容的。他知道上帝不会接受虚假的崇拜，所以魔鬼迟早会得到你的全人。上帝要的是你的全心全意或者什么都不要。祂把祂的一切，祂的独生子给了这个世界上的可怜人。所以不要玩弄信仰。上帝是不可被愚弄的。这是有后果的。

真正的偶像

你我都犯了拜偶像的罪吗？不是对木块或石头的崇拜。我们没有走上这条路，也不认为我们会这样做。知识上的骄傲禁止我们如此做。

但我们都很自满，不是吗？人人都自我中心，以致上帝根本没有容身之处。自从人类堕落以来，人类都一直想成为自己的神。这真是一个坏习惯。

有些人认为，宗教就是上帝可以为你做的事——给你一个美好的生活、健康的身体、美好的家庭、不错的工作、保护你远离敌人和当你死后去天堂这个好地方。作为交换，我们只是每主日敬拜祂一次，做一些善行和慈善事业，在我们有空闲的时候参与某些事奉，仅此而已。我们可以随心所欲地生活。这听起来似乎很不错。

假冒伪善，这就是我们。

我们用嘴唇尊敬祂、心却远离祂。上帝这样说以色列人。我们就是今天的以色列人。

有些人可能会因此觉得受到冒犯。但是我们当中有些人今天将意识到是时候重新启动我们的生活了。是时候回到十字架上，为以自我为中心的生活流下忏悔的眼泪。是时候重新思考祂的伤口和流血的一面，像多马一样呼喊——我的主、我的神！

## 上帝的宝石

弟兄姊妹们，上帝认识那些思念祂并彼此诉说祂慈爱的人。“他们必属我，”上帝说。祂称他们为“我珍贵的财产”（玛拉基书 3:16）和祂的宝石（撒迦利亚书 9:16）。上帝让天使在生命册上写下他们的名字。为什么？当那个伟大的日子到来时，这一天肯定会到来，他们将被拣选出来，免于毁灭的恐惧。

## 祷告

我们的主，我们的神！怜悯我们的任性，我们的虚伪，我们不殷勤地去寻求你的心意和你对我们生命的旨意。请赦免我们，天父。洁净我们并帮助我们从今天开始。

我们奉耶稣基督的名求，阿们。

Saturday, November 27th 2021

Title: Pursuit of Blessing

Author: Pastor Andrew Lim

Translator: Margaret Ong

Blessing that the world thought

People around the world are looking for blessings. What exactly is a blessed person? The blessings that the world considers are not the same as the blessings that God thinks. The ideas of the world and the Bible provide diametrically opposite answers to this blessing. What the world is chasing is the good fortune in front of one's eyes, how much money can be made today, this year, and in this life, and how to make the most money in this lifetime. When others judge whether you have been blessed or not, it depends on what kind of house you live in, what kind of car you drive, whether you live a life of gargling with shark's fin, beautifying with bird's nest, eating abalone until you feel good, and where you travel to every year.

To be able to enjoy the blessings of this life, whether it is good to be rich, or whether to enjoy the good fortune in one's life, is of course marvelous. In fact, Job, Joseph, King Solomon etc. in the Bible and modern Jews are all clever and smart financial experts, and they were all tycoons and fabulously wealthy.

The wealth on earth is short-lived and exists in this present age. The limitation of money is that it is not omnipotent. It can buy material things, but it cannot buy the deeper needs of people, such as peace, joy, satisfaction, love, and so on, because these needs cannot be measured by the amount of money, or can be purchased. Another limitation is that what money can be exchanged for is temporary and it will pass. For example, if we bought a new car today, it will become an old car tomorrow, and soon loses the sense of freshness and satisfaction. This is why people cannot get real fulfillment from wealth itself. Just like money can buy "luxury houses" but not "family"; money can buy "entertainment" but not "joy"; money can buy "satin mattress" but not "sleep" ; money can buy "medical care" but not "health".

In addition, secular concepts exalt earthly power, money, and fame. The value and happiness of life are built upon the pursuit of wealth, authority, and material desires, which can completely ignored or even belittle people's lives and character, and it can also be unrighteous. An upstart with bad character can be portrayed as an entrepreneur, a greedy businessman can be packaged as a philanthropist, and a rotten politician who plays with power can be touted as a noble statesman. But such people who are considered blessed by secular standards are condemned as

“unrighteous” by the Bible. The values of man are perverted because they have acted arbitrarily. The Bible says: “But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition.” (1Tim. 6:9)

Since ancient times, people’s lives have been bounded by the temptation of money such as these: some people want to make more money, regardless of the need for physical rest, and work day and night; some people want to accumulate more wealth, regardless of the law and moral constraints. As we move towards “financial freedom”, are we the masters of money or are we slaves to it?

God said “Fool! This night your soul will be required of you; then whose will those things be which you have provided?”(Luke. 12:20) King Solomon said:” Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle. ” ( Proverbs 23:5) So Paul said: “Command those who are rich in this present age not to be haughty, nor to trust in uncertain riches but in the living God, who gives us richly all things to enjoy.” (1Tim. 6:17)

See blessing in a different perspective

The Bible tells us that a truly blessed person: a person who seeks God, obeys God’s law, and is “complete” in behavior. “Complete” here does not mean that we can be perfect in this life, but refers to the direction of our entire life. In a negative sense, blessed people can be regarded this way: “Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;” (Ps. 1:1 ) However, on a positive light: ” But his delight is in the law of the LORD, And in His law he meditates day and night.”(Ps. 1:2 ) He pursues righteousness and goodness. He lives on earth as it is in heaven. In God’s eyes, this will last for eternity.

A different life means a different outlook on life. The life that people pay attention to is completely different from the life that God pays attention to. People seem to see this life as infinite, so they just work hard for this life, and all they pursue are the wealth and fortune that exist in this present age. God tells us in the Bible that we must focus on the age of eternal life, so we must work hard not only in this age but also for the blessings in that which is to come.

Prayer: God! You are the God who provides me with abundant things for my enjoyment. Without your mercy, my life will not be easy. Lord, please let me not always long for indefinite wealth, but do not look up to you. Lord, please open my eyes and let me know not to trust in uncertain riches , and only O God sitting on

your throne, is forever and ever. Lord, in my journey of life, I will definitely encounter different difficulties from time to time, but I know that you can take care of all my needs! I would like to be a person who looks up to you all my life! I sincerely pray in the holy name of Jesus. Amen.

班底浸信教会

每日灵粮

星期六 2021 年 11 月 27 日

标题：追求福气

作者：林金儀傳道

世人认为的福气 Blessing that the world thought

全世界的人都在寻找福气。到底什么才是有福的人？世人认为的福气和上帝认为的福气是不一样的。世界上的观念和圣经对这福气提供了截然相反的答案。世人所追逐的是眼前的福气，是今天、今年、今世到底可以赚到多少钱，怎样在今世赚最多的钱。当别人判断你有没有福气，是看你住在什么样子的屋子，驾驶什么样的车，生活是不是鱼翅漱口、燕窝美容、鲍鱼吃到爽，每一年到哪里旅游。

能够让今世享福，有钱好不好，今世享福好不好，当然都很好。其实圣经里面的约伯、约瑟、所罗门等和现代的犹太人，都是很厉害的理财高手，而且是富甲一方的富翁。

地上的财富是短暂的、是今世的。钱财的有限在于它不是无所不能的，它可以买到物质的东西，但它买不到人里面更深的需要，如平安、喜乐、满足、爱情，等等。因为这些需要是不能被金钱的多少所衡量，所能够购买的。另一个局限在于钱财所能换来的东西都是暂时的，会过去的。比如我们今天买了一台新车，明天就变成了旧车，很快就失去了新鲜感，满足感。这也就是为什么人无法从财富本身得到真正的满足。就像钱可以买到“豪宅”，但买不到“家庭”；钱可以买到“娱乐”，但买不到“喜乐”；钱可以买到“缎褥”，但买不到“安眠”；钱可以买到“医疗”，但买不到“健康”。

另外世俗观念高举的是地上的权、钱和名，把人生的价值和幸福建立在对金钱、权力和物欲的追逐上，而可以完全无视甚至贬低人的生命和品格，并且也可以是不义的。一个品行不良的暴发户可以被塑造为企业家，一个利欲熏心的商人可以被包装为慈善家，一个玩弄权势的政客可以被吹捧为政治家。但这样依世俗标准而看为有福的人却被圣经宣判为“不义”。因为人任意妄为，他们的价值被扭曲。圣经说：但那些想要发财的人，就陷在迷惑，落在网罗和许多无知有害的私慾里，叫人沉在败坏和灭亡中。

自古至今，人生就这样一直被钱财的诱惑捆绑着：有人为着赚更多的钱，可以不顾身体休

息的需要，而不分昼夜地投入工作；有人为着赚取更多的钱财，不顾法律和道德的约束。在朝着“财务自由”方向发展的时候，我们到底是钱财的主人还是成为钱财的奴隶了？

上帝说：無知的人哪，今夜必要你的灵魂，你所预备的要归谁呢？所罗门说：你豈要定睛在虛無的錢財上吗？因钱财必長翅膀，如鷹向天飛去。所以保罗说：你要囑咐那些今世富足的人，不要自高，也不要倚靠無定的钱财，只要倚靠那厚賜百物給我們享受的神。

看为不一样的福气 See blessing in a different perspective

圣经告诉我们，真正有福的人：是寻求神、遵行神律法并在行为上“完全”的人。这里说的“完全”并不是说我们在今生可以做到十全十美，而是指我们整个人生的追求方向。有福的人消极的说就是：“不做非义的事，不从恶人的计谋，不站罪人的道路，不坐褻慢人的人的座位。积极的的就是：“遵行（神）的道”他喜爱的是耶和华的律法，他昼夜默想思念的也是耶和华的律法，他追求的是正直、良善，过在地上如同在天上的生活。在上帝的眼中是可以存到永远价值的。

不一样的生命，就看到不一样的人生观。人注重的生活和上帝所注重的生活是截然不同的，人似乎看今生是无限的，所以只是为今生努力，所追求的都是存在今生的财物和福气。上帝在圣经告诉我们，要注重来生的生活，所以要在今生为来世的福气努力。

祷告：上帝啊！你是那將百物丰富的供给我享受的神，沒有你的怜悯，我的日子不容易过。主阿，求你让我别常寄望於無定的钱财，却不仰望你。主，求你開我的眼，让我更多认识钱财是无定的，唯有坐在宝座上的神是永远坚立的。主阿，在我的人生旅途中，不定时肯定会遇到不同的难处，但我知道你能照顾我一切的需要！我愿作一个一生仰望你的人！诚心祷告是奉耶稣的圣名，阿门。

Sunday, 28 November 2021

by Abraham Verghese

Fear or Fear Not?

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." John 16:33

There are so many things that can cause us to be afraid. Yet the Bible tells us over 300 times not to be afraid. Even in the most terrifying of situations, from war zones to prisons, from dinner tables to being face to face with God, the message spoken time and time again is "do not fear." We are surrounded by messages designed to undermine our self-confidence. We see rules being made and laws being broken. We feel the injustices of those decisions made. And then year 2020 brought with it a global pandemic. Some academics conclude that mankind are living in a culture of fear now. Fear has in sense become the underlying currency of our politics, economies, social systems, voting habits, belief systems and even our relationships.

The most talked about covid-19, should we continue to hide away in fear and hope it will go away soon? Should we spend more money on all sorts of safety measures, equipment and medications? Almost in any day's news we will find reports of killings, injustice and corruption. In today's connected world, that fear can turn into panic in a matter of minutes. How should a follower of Jesus respond when fear comes?

In Philippians 4:6-7 Paul asks us to "be anxious for nothing, 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 comprehension, will guard your hearts and your minds in Christ Jesus".

Even in the most dire of situations, Christians should have the ability to act in faith. There should be a distinct difference between the way the world handles fear and the way followers of Jesus handle fear.

Brothers and sisters, fear not. Look up to our Supreme Ultimate One instead of being filled with fear. God is at the centre of all that exists as He works out His purpose in us and through us as He is doing throughout all existence. Take our fears before God, lay out our anxieties before Him and ask the Lord to transmute our fears into the peace that only He can give.

Prayer :

Heavenly Father,



Forgive us when we allow anxious thoughts to cloud our thinking. Help us to remember, when fears and anxiety come knocking on our hearts' doors, to answer with powerful Scripture! Help us to challenge our worries with life-building truth instead of destructive thoughts. Your peace will guard our hearts and minds in Christ.

In Jesus' Name,

Amen.

每日灵粮

2021 年 11 月 28 日星期日

作者：Abraham Verghese

翻译：林良億

主题：害怕还是不害怕？

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。

有很多事情会让我们感到害怕。然而圣经告诉我们 300 多次 - “不要害怕”。即使在最可怕的情况下，从战区到监狱，从餐桌到与上帝面对面，一次又一次说“不要害怕”。我们不断地被削弱自信心的信息所包围。我们看到规则被制定，法律被打破。我们感到这些决定的不公正。然后 2020 年带来了全球大流行病。一些学者得出结论，人类现在生活在一种恐惧的文化中。从某种意义上说，恐惧已成为政治、经济、社会制度、投票习惯、信仰体系甚至个人关系的潜在货币。

被谈论最多的疫情，我们是否应该继续躲在恐惧中并希望它很快消失？我们是否应该在各种安全措施、设备和药物上花更多的钱？几乎在任何一天的新闻中，我们都会找到关于杀戮、不公正和腐败的报道。在当今互联的世界中，这种恐惧可能会在几分钟内变成恐慌。当恐惧来临时，耶稣基督的门徒应该如何回应呢？

在腓立比书 4 章 6-7 节，保罗要求我们，“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。”

即使在最可怕的情况下，基督徒也应该有能力凭着信心行事。世界处理恐惧的方式和耶稣基督的门徒处理恐惧的方式应该有明显的不同。

弟兄姐妹们，不要害怕。仰望我们的至尊至高的神，而不是充满恐惧。上帝是一切存在的中心，因为祂在我们身上完成了祂的旨意，自创世以来上帝通过我们完成了祂的旨意。把我们的恐惧交给我们的神，把我们的焦虑摆在祂宝座前，祈求上帝将我们的恐惧转化为只有祂才能给予的平安。

祷告：天父，当我们让焦虑的想法笼罩我们时，请原谅饶恕我们。帮助我们记住，当恐惧和焦虑敲响我们的心门时，要用强有力的圣经来回答！帮助我们用建立生命的真理而不是破坏性的想法来挑战我们的忧虑。你的平安会在基督里保护我们的心思意念。奉主耶稣基督的名求的，阿门。

Monday, 29 November 2021

Title: Martha or Mary?

By Dorothy Teoh

Luke 10: 38-42

Martha and Mary as well as their brother Lazarus who Jesus raised from the dead were friends of Jesus. Luke 10: 38 tells us that when Jesus and His disciples came to their village, Martha opened her home to Him.

Martha was the busy hostess, preparing food – perhaps an elaborate meal – for not just Jesus but also His disciples. There was much to be done. Imagine Martha's annoyance and frustration when she noticed that her sister Mary was sitting at Jesus' feet listening to Him teach, instead of helping her in the kitchen!

She goes to Jesus and asked, almost reproachfully, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

Jesus, instead of taking offence at the way she spoke to Him, answered soothingly. He does not criticise Martha who only wanted to give her best as a hostess, but tells her that she is worried and upset about many things. However, only one thing is needed, He says. Mary has chosen better, and it would not be taken away from her. Although that "one thing" is not defined, it seems clear that it has to do with sitting at Jesus' feet and listening to Him.

Lately, I found myself busy with preparations for both a work-related event and a short trip outstation. There were presentations to go through, a speech and emcee script to be written, and laundry, vacuuming and packing to be done.

When I got back from my trip and the time came to write this devotion, I struggled. Over dinner, an hour or so before I sat down to write, I still had no idea of a topic. I decided to eat in reflective silence instead of in front of the TV. And as I reflected, it came to me why I was feeling a bit distant and uninspired. All the preparations related to work and my trip had distracted me from spending time with God and reading the Bible. I had missed that "one thing" that Mary discovered. How could there be "output" when the "input" is missing? How could I hope to hear God's voice if I am not spending time with Him?

Recently, I read a testimony by Leland Wang, an associate of Watchman Nee in

China who founded the Chinese Foreign Missionary Union that undertook evangelism and mission among the Chinese diaspora in Southeast Asia. Wang himself was a missionary to Indonesia. After becoming a Christian, he desired to become well-versed in the Scriptures. But he had a problem. "I realised my trouble was that I liked to sleep late and then rush into my daily activities. When evening came, I was too tired to read and continually postponed my study until the next day," he shared.

And so, he decided to wake up at 6a.m. daily to read the Bible, starting when he was 21. Although he faltered after some time, he persevered. Later on, "No Bible, No Breakfast" became his motto. If he did not read at least one chapter to start the day, he did not eat his breakfast. Wang shared that not only did reading God's Word strengthen His faith, early in his Christian service, he found answers in the Bible to the problems that arose.

There are times when we cannot avoid busy-ness in our lives or ministry. We may become distracted by all that needs to be done and, like Martha, may even think that this is the best way that we can serve God. Luke 10: 38-42 does not say that it is wrong to be busy. It speaks about making the better choice. Luke's point seems to be that waiting quietly upon the Lord matters more than bustling around busily. When all is said and done, few things in life are needed, or only one. And, like Mary, if we choose that which is better – sitting at the feet of Jesus and listening to Him speak through His Word – it will not be taken away from us.

Prayer

Dear Lord Jesus, help us to make the better choice, which is to sit at Your feet and listen to You. Grant us the discipline and perseverance to spend time with You daily and to read Your Word so that our faith may be strengthened and we may know You better and love You more. In Your name we pray, Amen.

[3:00 pm, 28/11/2021] .: PBC DAILY DEVOTION

班底浸信教会

每日灵粮

星期一，2021 年 11 月 29 日

标题：马大或马利亚

讲员：赵秋霞姐妹

翻译：陈劲年姐妹

【路加福音 10:38-42】

马大和马利亚以及他们的兄弟，耶稣使他从死里复活的拉撒路，都是耶稣的朋友。路加福音第 10 章 38 节告诉我们，当耶稣和祂的门徒来到他们的村庄时，马大向祂敞开了她的家。

马大是忙碌的女主人，她不仅为耶稣，而且为祂的门徒准备食物 - 也许是精心准备的一餐；有很多工作要做。想象一下，当马大注意到她的妹妹马利亚坐在耶稣脚边听祂教导，而不是在厨房帮助她时，她是多么的恼火和沮丧！

她走到耶稣跟前，几乎是带着责备的语气问：“主啊，祢不在乎我的妹妹让我一个人做工吗？叫她帮帮我！”

耶稣，没有对她对祂说话的方式生气，而是安慰她。祂不批评马大，她只想做个尽上最好的女主人；但告诉她，她对很多事情感到担心和不安。然而，祂说，不可少的只有一件事。马利亚选择了更好的，而且是不会被夺走的。虽然这“一件事”并未加以定义，但似乎很明显，它与坐在耶稣脚前聆听祂说话有关。

最近，我忙于准备一个与工作相关的活动和一个短途旅行。我需要审查一些演示文稿，写演讲稿和司仪的脚本；还要洗衣服、吸尘和收拾行李。

当我从旅途回来，到了写这份灵修篇章的时候，我很挣扎。晚餐时，在我坐下来写作前一个小时左右，我仍然想不到一个主题。我决定在沉思的静默中吃饭，而不是在电视前。当我反思时，我想到了为什么我感觉有点生疏和缺乏灵感。所有与工作和旅行相关的准备工作都让我无法与上帝共度时光和阅读圣经。我错过了马利亚发现的“一件事”。没有“输入”怎么会有“输出”？如果我不花时间与祂在一起，我怎么能希望听到上帝的声音？

最近，我读到了王载（Leland Wang）的见证。他是倪柝声在中国的同工，他创立了“中华国外布道团”，向在东南亚散居的中国侨民传福音。王载自己是到印度尼西亚的传教士。成为基督徒后，他渴望精通圣经；但是他有一个问题。“我意识到我的问题在于我喜欢睡得很迟才起床，然后匆匆忙忙地进行日常活动。到了晚上，我太累了，无法阅读，就不断将学习推迟到第二天。”他分享道。

于是，他决定早上 6 点起床。从他 21 岁开始，每天读圣经。虽然一段时间后他曾动摇，但他坚持了下来。后来，“未读圣经，不进早餐”成为他的座右铭。如果他没有阅读至少一章来开始新的一天，他就不吃早餐。他分享说，阅读上帝的话语不仅加强了他的信心，在他早期的服事中，他在圣经中找到了解决问题的答案。

有时我们无法避免生活或事奉中的忙碌。我们可能会被所有需要完成的事情分心，甚至可能会像马大一样以为这是我们事奉上帝的最佳方式。路加福音 第 10 章 38-42 节 并没有说忙碌是错的；它谈到作出更好的选择。路加的观点似乎是，安静等候主比忙忙碌碌更重要。归根结底，生活中需要的东西很少，或者只需要一件。再者，像马利亚一样，如果我们选择更好的 – 坐在耶稣脚前，听祂通过祂的话语说话 – 它不会被夺走的。

### 祷告

亲爱的主耶稣，请帮助我们作出更好的选择，那就是坐在祢的脚前听祢说话。求赐给我们纪律和毅力，每天花时间与祢在一起并阅读祢的话语，这样我们的信心就得以坚固，我们可以更认识祢并更爱祢。我们奉祢的名祈祷，阿们。

Tuesday, 30 November 2021

Title: All The Small Things

By: Amanda Foo

Text: Luke 16:10

"Sorry Bang, I was rushing to go somewhere," I pleadingly tell the police officer who pulled me over for speeding on the freeway earlier. Technically, I am rushing. I'm rushing to go home, my mind rationalizes. Fortunately, the police officer lets me off without a ticket and I drive home happily, making sure I was within the speed limit this time.

When I got past the joy of having avoided a RM300 summon, I was soon overcome with guilt. Was it really necessary for me to lie just to get out of a speeding ticket? After all, I did break the law and it was only right that I bear the consequences. At that point of time, it seemed like such an innocent white lie, and no one was harmed in the process. But I'd disobeyed God – just for the sake of saving RM300.

Luke 16:10 says: "One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much." Faithfulness to God's commands matter, regardless of how we judge the relative significance of that particular action. Our primary aim should be obedience to a Father whose glory is at stake and who knows what's best for us.

God primarily calls us to ordinary obedience; small, daily actions that may not yield immediate results. In fact, our Christian life is a long game built on a thousand tiny thoughts, words, decisions and moments. And though this perseverance is so much harder than we ever anticipated, it is more precious to God than many of us realize. 1 John 5:3 tells us, "For this is the love of God, that we keep his commandments. And his commandments are not burdensome." Everyday conformity to God's will is an invitation to enjoy God even more. As we make these moment-by-moment decisions to obey Him, Christ sanctifies us.

The next time we're tempted to tell a white lie to get out of a sticky situation, let us reconsider. Our daily decisions to follow Christ closely are incredibly important for our perseverance in the faith. It is very easy to dismiss our everyday situations as inconsequential (or petty), but they are not. Following God encompasses obedience in the bigger things, but it is also about choosing to submit to His will in the little things. So let us be faithful. Every day. In all circumstances. It will take a lifetime of becoming more like Christ, but let us keep our eyes on the prize, for the day when God says, "Well done, good and faithful servant."



## Prayer

God, forgive me for the times that I have knowingly lied just to get out of a difficult situation. Help me Lord to realize the importance of being faithful even in the little things, and help me to persevere, for pleasing You is ultimately what brings me the most joy. Thank You God, for sending Jesus to die on the cross that I may have the biggest gift of all – the hope of eternal life. Help me to live for You today, and all the days ahead. In Jesus' name, Amen.

班底浸信教会

每日灵粮

星期二, 2021 年 11 月 30 日

标题: 所有的小事

作者: 胡少凤姐妹

翻译: 陈健萍姐妹

“对不起，兄弟，我急着去一个地方。”我恳求着告诉之前因为我在高速公路上超速行驶而拦下我的警察。严格来说，我是在赶时间。我急于回家，我的思维合理化。幸运的是，警察没有开罚单就轻易放过了我，我高兴地开车回家，确保这次我没有超速。

当我庆幸避免了 300 令吉罚款传单过后，我心里很快就充满了愧疚。我真的有必要为了逃脱超速罚单而撒谎吗？毕竟，我确实违法了，承担后果是理所当然的。在那个时候，这似乎是一个无恶意的谎言，而且没有人在这个过程中受到伤害。但我违背了上帝 - 仅只为了省下 300 令吉。

路加福音 16 章 10 节：“人在最小的事上忠心，在大事上也忠心；在最小的事上不义，在大事上也不义。”无论我们如何判断某一特定行为的相对重要性，信守上帝的命令是很重要的。我们的首要目标应该是顺服一位知道什么对我们是最好的天父，这攸关祂的荣耀。

上帝主要是叫我们服从；即便是平常小事，未必会产生立竿见影效果的日常小行为。事实上，我们的基督徒生活是一场持久战，建立在一千个微小的思想、话语、决定和瞬间之上。虽然这种毅力比我们预想的要难得多，但对上帝来说，它比我们许多人意识到的更珍贵。约翰一书 5 章 3 节告诉我们：“我们遵守神的诫命，这就是爱他了，并且他的诫命不是难守的。”每天遵从上帝的旨意，就是我们更多地享受上帝的邀请。当我们每时每刻都作出顺服祂的决定时，基督就使我们成圣了。

下一次，当我们试图撒一个善意的谎言来摆脱棘手的处境时，让我们重新考虑一下。我们每天紧随基督的决定，对我们在信心上的坚持是极其重要的。我们很容易将日常情况视为无关紧要(或琐碎)，但事实并非如此。跟随上帝涵盖了在更大的事情上顺服，但也包括在小事上选择服从祂的意旨。所以让我们忠诚；每一天，在任何情况下。我们需要一生来操练日臻像基督，但让我们把注意力放在奖赏上，着眼于那一天，上帝说：“做得好，又良善又忠心的仆人。”

## 祷告

上帝，求祢赦免我为了摆脱困境而故意撒谎。主啊，求帮助我认识到即使是在小事上也要忠心的重要性，并帮助我坚持下去，因为讨祢喜悦最终会带给我最大的喜乐。感谢上帝，差遣耶稣舍命在十字架上，让我得到最大的礼物 - 永生的盼望。求帮助我，今天和未来的每一天皆为祢而活。奉耶稣的名，阿们。

Wednesday, 1 December 2021

Title: Your True and Proper Worship

Author: Pastor Wallace Ong

Acts 16:22-25

22 The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten with rods. 23 After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. 24 When he received these orders, he put them in the inner cell and fastened their feet in the stocks. 25 About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.

The early church had sent Paul and Silas, together with a few other believers, to the newly founded Gentile churches throughout Antioch, Syria and Cilicia to bring them the good news of Jesus Christ. After receiving a vision of a man from Macedonia asking him for help, Paul knew that God was telling him to go there and preach the gospel. When they sought and found a place for prayer in Philippi, they met with some women who had gathered there. Paul preached to them the Gospel and many became believers. On another occasion whilst going out for prayer again, Paul encountered a woman, mentioned only as a slave girl who had an evil spirit. Calling on the name of our Lord Jesus, Paul commanded the evil spirit to come out of her and the evil spirit departed from the girl. This led to their arrest and a series of events in which Paul and Silas were stripped, beaten ruthlessly and thrown into prison.

The very next thing we are told about them was that they were heard praying and singing hymns to God around midnight, and all the other prisoners were listening to them. Paul and Silas knew they were only acting in obedience to what God had told them and yet here they were suffering and in pain! Despite this, they still chose to honour God as if nothing had gone wrong.

Acts 16 tells the story of Paul and Silas, who were thrown into prison for preaching the Gospel. Their backs were ripped open with a whip, and at midnight; in the most unsanitary of conditions, in a filthy environment with their legs stretched apart in shackles causing excruciating pain, Paul and Silas held a worship service. The Bible tells us that "About midnight Paul and Silas were praying and singing hymns to God". They were dedicated to living holy lives, set apart for God to use and do with as He wills. They knew that God's ways were greater than theirs.

At the beginning of the Covid Pandemic, my senior pastor said to me, "Wallace, keep your eyes and your ears open. There will be more opportunities to reach out to others and share the love of God during difficult times. Be bold and creative. Do

not worry about making mistakes, because mistakes help us to learn and improve. Think about what we should do in this season.” I listened to him with amazement in my heart. Shortly after that talk, Pastor Isaac started to write devotions, sending them out to our congregation daily and eventually reaching many people outside of our PBC family. He was also visiting people in hospitals who were in need, until he was asked to stop doing so by those who love him and were concerned for his safety. However, that didn’t stop him, he started to call people from home and invited a small number of people to meet at his house while many of us were worrying about the pandemic. His heart always focuses on God’s Kingdom and God’s people, regardless of the situation around him. His walk with God is a sermon preached every day. His life is like an epistle written by God to be read by all the people around him. Very often, I find my pastor living out the teachings of the Bible and the Word comes alive in the most practical way. I remembered when he said to me, “Wallace, we are to please God not man. People feel that I am a softie, and it is ok to be a softie; a softie gets more things done behind the scenes. A softie gets to love people to heaven.” I know it is the fruit of the Spirit in display and the love for God’s people that lead him to submit himself for the greater good of others.

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” – Romans 12:1

Prayer:

Dear Heavenly Father, we praise you and thank you for what you have done for us. Forgive us, if we do not live the life that is pleasing to you. Help us to surrender ourselves to you as a living sacrifice, to be holy and pleasing to you as our true and proper worship. Thank you, Father. In Jesus’ name, Amen.

班底浸信教会

每日灵粮

星期三, 2021 年 12 月 1 日

标题：你们理所当然的事奉

作者：王振威传道

翻译：薛秀合姐妹

【使徒行传 16:22-25】

22 众人就一同起来攻击他们。官长吩咐剥了他们的衣裳，用棍打；23 打了许多棍，便将他们下在监里，嘱咐禁卒严紧看守。24 禁卒领了这样的命，就把他们下在内监里，两脚上了木狗。25 约在半夜，保罗和西拉祷告，唱诗赞美神，众囚犯也侧耳而听。

早期教会差派保罗和西拉，连同其他一些信徒，到安提阿、叙利亚和基利家新成立的外邦教会，向他们传讲耶稣基督的好消息。看见了一个来自马其顿的人向他求助的异象之后，保罗知道上帝要他去那里传福音。他们在腓立比找到了可以祷告的地方时，遇到了一些聚集在那里的妇女。保罗向他们传福音，许多人就信了。还有一次，保罗再次出去祷告时，遇到了一个妇人，只提到她是一个邪灵附体的女奴。保罗奉我们主耶稣的名，命令邪灵从她身上出来，那个邪灵就离开了她。这导致了他们被捕和一系列事件，其中保罗和西拉被剥去衣裳、被严刑拷打并被下在监狱。

我们得知关于他们的下一件事是，他们约在半夜向上帝祈祷和唱赞美诗，众囚犯也侧耳而听。保罗和西拉知道他们仅是在顺服上帝对他们的嘱咐而行事，然而他们却在这里遭受痛苦！尽管如此，他们还是选择了尊崇上帝，仿佛什么都没出错。

使徒行传 16 章讲述了保罗和西拉因传福音而被下在监里的故事。在午夜时分，他们的后背被鞭子撕开；在最不卫生的情况下、在肮脏的环境中、他们的双脚被铐在脚镣中伸展开而导致极度疼痛，保罗和西拉进行了崇拜仪式。圣经告诉我们：“约在半夜，保罗和西拉祷告，唱诗赞美神，众囚犯也侧耳而听”。他们献身于过圣洁的生活，分别出来让上帝随着祂的旨意使用和行事。他们知道上帝的方法比他们的更好。

在新冠肺炎大流行一开始时，我的主任牧师对我说：“Wallace，保持让你的眼睛和耳朵张开着。在困难时期将会有更多机会接触他人并分享上帝的爱。要大胆创新，不要担心犯错，因为错误可以帮助我们学习和改进。想想我们在这个期间应该做些什么。”我听着他的话，同时心中充满了惊讶。在那次谈话之后不久，严以撒牧师开始书写每日灵粮，每天

将它们发送到我们的会众，最终接触到我们 PBC（班底浸信会）家庭以外的许多人。他也去医院探访有需要的人，直到关爱他、担心他安全的人要求他停止这样做。然而，这并没有令他停下脚步。正当我们很多人都在为流行病担忧时，他开始在家里打电话，并邀请了一小部分人到他家见面。无论他周围的情况如何，他的心总是专注于上帝的国度和上帝的子民。他与上帝的同行就是每天的讲道信息。他的生命就像是上帝写给他身边所有人的书信。很多时候，我发现我的牧师活出了圣经的教导，并且以最实际的方式活出了圣经的话。我记得他曾对我说：“Wallace，我们要取悦上帝，而不是取悦人。人们觉得我是个柔弱的人，做个柔弱的人也没关系；一个柔弱的人在幕后完成更多的事情。柔弱的人会以爱领人到天堂。”我知道这是圣灵果子的流露和对上帝子民的爱，导致他为了他人的更大利益而献上自己。

“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。” - 罗马书 12:1

祷告：

亲爱的天父，我们赞美祢并感谢祢为我们所作的一切。若我们没有过着让祢喜悦的生活，求祢赦免我们。帮助我们将自己献给祢，当作活祭，成为圣洁和祢所喜悦的，以作为我们理所当然的事奉。感谢祢，阿爸父。奉耶稣的名，阿门。

Thursday, 2 December 2021

Title: A Hopeful Christmas

Pr Mark Tan

Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

As we come to the season of Advent, the first week is traditionally referred to as the week of hope. Hope might seem to be difficult to muster up these days. But, here are some things from Christmas that we can draw hope from:

1. Christmas is a birthday celebration  
Christmas celebrates the first arrival of our Lord Jesus on this earth. It's a birthday celebration. This is unique because we generally do not celebrate birthdays of people who have passed away. We celebrate birthdays of living people. To celebrate Christmas is to affirm that our Lord Jesus is alive, that He has conquered sin and death and that He is alive even today. Celebrating Christmas means that the same Lord Jesus who died for our sins is alive even today.
2. This is 2021 of the year of our Lord  
Japan recently saw the end of the reign of the Emperor Akihito and the beginning of the reign of the new Emperor Naruhito. With that, the year of the previous traditional calendar ended, and they restarted back to Year 1 of the new reign. Compared to today's calendar, it is rather significant to see that this is the year 2021 of the reign of our Lord Jesus. This means that Jesus continues to rule and reign all these years till today, and forevermore. Indeed, while the early church could have begun the new calendar from the establishment of the one holy united catholic church, it was decided to count the years from the year Jesus was born. This is because it is not the church that rules, but Christ. Celebrating Christmas means that the Lord Jesus is in charge and in control of our world, and He looks after us with love, mercy and compassion.
3. Christmas is a time of gift giving to others  
The peculiar Christmas tradition is that instead of bearing gifts for Jesus, we give gifts to other people, especially to those in need. This is in wonderful reflection to the fact that for this King Jesus, rather than receiving more gifts which He deserves, He came to be a gift of grace and hope for all humanity. Celebrating Christmas means to share the



hope that the gift of grace, forgiveness, mercy and love of our Lord Jesus is for us and for many more.

So this year, as we try and muster up the Christmas spirit in us, I want to challenge us to draw the Christmas spirit not merely from the food, decoration and presents, but from what Christmas genuinely means: that God loves us so much that rather than forsake us, He gave us hope in the birth, ministry, death and resurrection of His Son, Jesus, whom we celebrate this season.

PRAYER:

Merciful God, who sent Your Son Jesus for our salvation: Give us grace to heed the warnings of Your Holy Spirit and forsake our sins that we may greet with joy and hope the coming of Jesus Christ our Redeemer; who lives and reigns with You and the Holy Spirit, one God, now and for ever. Amen.

班底浸信教会

每日灵粮

2021 年 12 月 2 日，星期四

题目：“满有盼望的圣诞节”

作者：陈燕靖传道

翻译：黄姐妹

罗马书 15:13

“但愿使人有盼望的神，因信将诸般的喜乐、平安充满你们的心，使你们藉着圣灵的能力大有盼望。”

当我们来到降临节时，第一周传统上被称为希望周。这些日子的经历似乎很难燃起希望。但是，圣诞节是给我们带来希望的日子。

### 1. 圣诞节是生日庆典\*

圣诞节是欢庆我们的主耶稣基督的降生。这是个独一无二的生日庆典，因为我们通常不庆祝逝者的生日。而是庆祝活着的人的生日。庆祝圣诞节就是肯定我们的主耶稣还活着，那为了我们已经战胜了罪恶和死亡的主耶稣时至今日依然活着。

### • 2. 耶稣 2021 年来继续掌权。

日本最近见证了明仁天皇统治的结束和新天皇德仁统治的开始。至此，当上一历年朝政结束的同时，即是新朝政第一年的开始。与现今的历法相比，2021 年更是意义重大，那就是我们的主耶稣这些年来到今天继续掌权。耶稣基督掌权从昨日、今日，直到永远。

事实上，虽然早期教会本可以从建立天主教会开始新的日历，但决定从耶稣出生的那一年开始计算年数。这是因为掌权的不是教会，而是基督。庆祝圣诞节意味着主耶稣掌权并统管万有。他以爱、怜悯和慈悲来看顾着我们。

### 3. 圣诞节是与他人分享礼物的时节

特殊的圣诞节传统是，我们不为耶稣送礼物，而是送礼物给其他人，尤其是那些有需要的人。这很好地反映了这样一个事实，即对于这位君王耶稣，他没有接受更多他应得的礼物，而是成为全人类恩典和希望的礼物。庆祝圣诞节意味着分享我们主耶稣的盼望，恩典、宽恕、怜悯和爱是为我和更多人而预备的。

所以今年，当我们尝试在我们心中凝聚圣诞精神时，我想挑战我们不仅要从食物、装饰和礼物中汲取圣诞精神，还要从圣诞节的真正含义中汲取圣诞精神：上帝如此爱我们，以至于他没有舍弃我们，而是在这欢庆的时节，以他爱子耶稣的诞生、服侍、死亡和复活中给我们带来盼望。

祷告：

满有怜悯的上帝，祢差遣爱子耶稣来拯救我们：求你赐予我们恩典，顺从你圣灵的警告，离弃我们的罪，使我们欢喜迎接，盼望我们救赎主耶稣基督的降临；与你和圣灵一起生活和统治，独一的上帝，现在和永远。阿门。

Friday, 3 December 2021

Title: "To Forgive – An act of grace"

By: Ps Cheong Cheng Cheung

Matthew 18:23-35

The parable of the unforgiving slave is familiar to all of us. Significant phrases such as:

"The kingdom of God is like . . ."

"ten thousand talents"

"moved with compassion"

"you wicked servant"

"Should you not also have had compassion, . . . just as I had pity on you"

tells us the Lord has no intention of allowing us to dismiss this story as an entertaining but irrelevant tale.

From the very start we need to embrace that if Christ's Spirit is in us, we are to embody the kingdom of God in all our actions and attitudes. Christ is speaking to His disciples and His words remind us what He is teaching here is SOP, applicable to every kingdom citizen.

The supreme example and source of forgiveness is God's forgiveness. Do we recognise that the unforgiving slave owed the king this huge, unrepayable debt? Here, the estimate in today's terms is three billion dollars, an unimaginable sum for the likes of you and I. So we might distance ourselves from the parable, thinking, "Doesn't apply to me". But wait. I was like that slave owing God a debt of sin I could never repay. God was moved with compassion. It cost God the Father His own Son to forgive my sin. I was hopelessly in bondage. Eternal separation from God beckoned. By the grace and mercy of God, I was fully, freely and finally forgiven through the sacrificial death of the Lord Jesus.

Forgiveness is not optional because it is grounded in grace, in Calvary. Therefore, the example of the Lord Jesus is our benchmark. Just as He forgave us, so we are compelled to forgive those whom we believe have wronged, hurt, misused, misjudged or mistreated us.

We see this expectation played out in the second half of the parable. The focus is on the ungrateful behaviour of the unforgiving slave. The king called him "wicked." In verse 33, the lynchpin question is posed by the king: "Should you not also have had compassion on your fellow servant?". Literally it means "Wasn't it necessary for you to show compassion to your fellow servant just as I had on you?" The bottom

line is the unforgiving slave has not fully grasped the enormity of what the king has done for him.

Through my working life, especially the earlier years, there have been times when I have been misjudged, situations when I have been badly misunderstood and called names. The people involved are in the past. I have forgiven them in my heart. God is gracious, and time heals. And I know there have also been others whom I have wrongly judged, and unfairly treated, and given the opportunity I would ask for forgiveness from them.

We may have heard of the illustration of unforgiveness being likened to a millstone around one's neck, enslaving the person to a lifetime of bitter thoughts and memories. You may say the other person did untold harm emotionally to you. But bear in mind what your sin did to the Son of God and what it cost him to declare you are forgiven. By accepting His forgiveness, you have the freedom and strength not to be bound by the past and let go of that wrong done to you. Release that other person from your desire to retaliate. This is an important first step. Then the weight of the millstone will slowly cease to be a drag on your life. Time will heal the bitterness till one day, a whole day will pass without those memories arising in your thoughts.

My Prayer today

Gracious Heavenly Father, forgive me once again, the times when I have said or done things to people I should not have. I have disappointed you and probably hurt them.

Help me to appreciate, over and over again, what the Lord Jesus did, and that I should freely forgive as you have forgiven me.

In Jesus' Name, Amen.

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Corrie ten Boom's testimony regarding forgiveness:

<https://lifebeautifulmagazine.com/profiles/corrie-ten-boom-the-power-of-forgiveness>

每日灵粮

星期五，2021 年 12 月 3 日

标题：“宽恕— 以恩典待人”

作者：张祯祥传道

翻译：巫惠如姐妹

不饶人的恶仆的比喻对我们大家来说都很熟悉。经文里一些重要的短语告诉我们，主耶稣无意让我们把这个故事当作一个有趣但无关紧要的故事：

“天国好像.....”

“一千万银子”

“动了慈心”

“你这恶奴才”

“你不应当怜恤你的同伴，像我怜恤你吗？”

从一开始我们就需要接受，如果基督的灵在我们里面，我们就要在我们所有的行为和态度中体现出天国。基督是在对他的门徒说话，他的话提醒我们，他在这里所教导的都是标准答案，适用于每一位天国的子民。

宽恕的最高榜样和源泉是上帝的宽恕。我们是否意识到，这个不饶人的仆人欠了国王巨大、无法偿还的债务？在这里，用今天的术语估计是 30 亿美元，对于你我这样的人来说是一个难以想象的数字。所以我们可能把这个比喻搁在一边，心想，“事不关己”。但是等一等。我就像那个仆人一样，欠了上帝一笔我永远无法偿还的罪债。上帝却动了慈心。父神舍了祂自己的儿子来原谅我的罪。我无可奈何地被罪捆绑着。眼看着自己将与上帝永远地分离。因着上帝的恩典和怜悯，我通过主耶稣的牺牲之死得到了完全、免费和最终的宽恕。

宽恕不是可有可无的，因为它是建立在恩典和髑髅地的基础上。因此，主耶稣的榜样是我们的标杆。正如他宽恕我们一样，我们也不得不宽恕那些我们认为错了、伤害了、滥用了、误判了或虐待了我们的人。

我们看到这个比喻的后半部分实现了这个期望。重点是不宽恕人的恶仆的忘恩负义行为。王称他为“恶奴才”。在第 33 节，王提出了一个关键的问题：“你不应当怜恤你的同伴？”字面意思是，“难道你不需要像我对你一样怜悯你的同伴吗？”底线是这个不宽容的仆人还没有完全理解国王为他所做的事情的巨大意义。

在我的工作生涯中，特别是早些年，有几次我被错怪，被严重误解，被骂。所涉及的人已经成为过去。我也已经在心里原谅了他们。上帝是仁慈的，时间可以治愈。我知道也有其他人被我错误地判断，不公平地对待，如果有机会，我会请求他们原谅。

我们可能听说过这样的例子：不宽恕被比喻为一个人脖子上的磨石，使这个人一生都被痛苦思想和记忆所奴役。你可能会说对方在感情上对你造成了无尽的伤害。但请记住你的罪对上帝的儿子做了什么，以及他为宣布你被宽恕付出了什么代价。接受他的宽恕，你就有了自由和力量，不受过去的束缚，放下对你所犯的错误。将对方从你报复的欲望中释放出来。这是重要的第一步。然后，磨石的重量将慢慢不再是你生活的拖累。时间会治愈痛苦，直到有一天，一整天都会过去，你的思想中不会出现这些记忆。

我今天的祷告：

仁慈的天父，再次原谅我，原谅我曾经对人说过或做过不应该做的事。我让你失望了，也可能伤害了他们。请帮助我一次又一次地珍惜主耶稣所做的，我应该不计较地宽恕，就像你宽恕了我。奉耶稣的名，阿门。

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科里博姆的宽恕见证：

<https://lifebeautifulmagazine.com/profiles/corrie-ten-boom-the-power-of-forgiveness>

Saturday, 4 December 2021

Title: The Temptation of Jesus

By: Wong Yoke Ming

Matthew 4:9

And he said to him, "All these I will give you, if you will fall down and worship me."

We have read this passage in Matthew 4 many times and we are so, so grateful that Jesus did not agree to bow down to worship Satan. But do we consider that these temptations were directed, not to Jesus Christ fully God, but to Jesus Christ fully man?

John 1:1 reminded us that in the beginning was the Word and the Word was with God and the Word was God; but we sometimes overlook John 1:14 – "And the Word became flesh and dwelt among us."

Now, that ought to bring our minds that God came into our midst and dwelt with us. Should this then take us to another plane of reality? What do we think would have happened if Jesus, wholly man, had given in to temptation and bowed down to Satan in worship? But "Oh, we say, this could never happen because He is God." And that's just the point of this devotion – it was Jesus the 'last Adam' who was under attack. And his retort may be summed up thus – "You shall not put the Lord your God to the test; be gone."

And yet, today, the world has indeed bowed down to Satan and has been consumed with the power and influence within the 'kingdoms of the world.' We only need to read the news to know of corruption on a scale never seen before in history, but will, I believe, certainly be surpassed in time to come.

Know that the temptations of Satan were visited on Jesus at the beginning of His earthly ministry. If He had succumbed, the Cross would never have been. Note that after the 'wilderness temptation,' He started His earthly ministry and called His first disciples.

What of our own ministry in response to the 'great commission'? Are we credible in our witness? Have we bowed down before Satan to gain access to the 'kingdoms of the world'? As Christians, we carry the name of Jesus Christ. The Apostle Paul wrote (in Romans 8) that the whole world is groaning in futility and waiting for the sons of God to be revealed.

As another year closes, it has been a year with little freedom of movement. It should have been a year of reflection on our calling to be salt and light. And as we prepare our hearts to begin another year, how would we resolve not to bow down



to the temptation of the 'kingdoms of this world'? At this time, this should be a sobering thought, remembering that "the Word became flesh and dwelt among us."

Prayer:

Heavenly Father, as we come to the end of another year, we pray that You would dominate our thoughts and our hearts. We pray that we would strengthen our resolve to be salt and light, not for the kingdoms of the earth, but for the glorious Kingdom of the Eternal God. Amen.

每日灵粮

星期六，2021 年 12 月 4 日

标题：耶稣受试探

作者：黄玉明

翻译：巫惠如

太 4:9 对他说：“你若俯伏拜我，我就把这一切都赐给你。”

我们已经多次读过马太福音第四章中的这段话，我们真的非常感激耶稣没有同意俯伏拜撒旦。但我们是否考虑到，这些试探不是针对完全是上帝的耶稣基督，而是针对完全是人的耶稣基督？

约翰福音 1:1 提醒我们，太初有道，道与神同在，道就是神。但我们有时忽略了约翰福音 1:14—“道成了肉身，住在我们中间。”

现在，这应该使我们想到，上帝来到我们中间，与我们同住。那么这是否应该把我们带到另一个现实的层面？我们认为，如果完全是人的耶稣屈服于试探，向撒旦低头跪拜，会发生什么？但“哦，我们说，这不可能发生，因为他是神”。而这恰恰是这篇灵修的重点—受到攻击的是“末后的亚当”耶稣。他的反驳可以这样为总结—“你不可使耶和華你的神受试探，你走吧。”

然而，今天，世界确实屈服于撒旦，并被“世界的国度”的权力和影响力所吞噬。我们只需阅读新闻就能知道历史上前所未有的腐败规模，但我相信在未来的时间里肯定会被超越。

要知道撒旦的试探是在耶稣在世传道之初对他施加的。如果耶稣屈服了，十字架救赎的大工就不会完成。请注意，在“旷野的试探”之后，他开始了他在地上的事奉，并召集了他的第一批门徒。

我们自己又如何响应“大使命”的事工？我们的个人见证可信吗？我们是否在撒旦面前屈服，以获得进入“世界的国度”的机会？作为基督徒，我们带着耶稣基督的名字。使徒保罗在罗马书第 8 章写道，整个世界都在徒劳地呻吟，等待上帝的儿子显现。

随着又一年的结束，这是一个几乎没有行动自由的一年。这本应是反思我们成为盐和光的呼召的一年。当我们准备好我们的心开始新的一年时，我们将如何决心不向“这个世界的

国度”的诱惑低头？在这个时候，这应该是一个发人深省的想法，记住“道成了肉身，住在我们中间”。

祈祷：天父，当我们来到另一年的末尾时，我们祈求祢能主宰我们的思想和心灵。我们祈求你使我们更坚定，不是为地上的国度，而是为永恒上帝的荣耀国度做盐和光。阿门。

Sunday, December 5th 2021

Title: Looking at suffering from a different perspective

Author: Pastor Andrew Lim

Translator: Margaret Ong

Bible passage: John 9:1-3

Once Jesus and his disciples met a man who was born blind and suffering, and “His disciples asked Him, saying, “Rabbi, who sinned, this man or his parents, that he was born blind?”(John 9:2) Usually, people would think: “What goes around comes around.” Does a person have a disability because he has sinned in his previous life and has met with retribution in this life or because his parents have sinned and retribution has come upon him now? Many people have this kind of thinking. Such questions perhaps reflect a mentality that we have when we meet less fortunate people—It is not so much about compassion for them, but rather comparing ourselves with them and feeling good about ourselves.

It’s not about who has sinned, but that the works of God might be displayed in him

The Lord Jesus reminds us not to only see the sins of others and ignore our own. We are still alive and well not because we are better than others, but because of God’s patience and tolerance, and mercy on us for giving us opportunities to repent. Unfortunately, this is something that people often fail to see. Jesus uniquely answered, “Neither this man nor his parents sinned, but that the works of God should be revealed in him.”(John. 9:3 ) Some people often think that any suffering is the result of this person’s sin. In fact, the Lord Jesus did not mean that the blind person or that his parents had no sin. Rather, the fact that the man and his parents committed a crime or not has no direct causal connection to the fact that he was born blind and suffering. But Jesus pointed out the preciousness of this man’s life. Even though his life seems to be incomplete, God still loves and values him dearly, and He wants to use him even more. In the eyes of others, he is just a blind beggar. But after meeting Jesus, his life shall bring changes, and God will use his life to witness for and glorify God.

Man’s perception of suffering

What man thinks of as suffering and what God thinks of as suffering are different. When people face the great pain of life, when they are helpless, out of control, and incapable, they will naturally utter cries of anguish, weep with agony, and struggle on their own. The common response is to blame others, give up on themselves, and then seek material anaesthesia, participate in activities without restraint, indulge in entertainment, or bury themselves in work in order to make themselves forget their

misery. However, they discover that this will only bring about the illusion of temporary relief, while the lurking pain continues to consume their hearts in the dark. Of course, when life gives lemons, some people make lemonade and stand firm amidst the pain because there is always a way out.

Moulded and transformed by God during suffering

No one likes to suffer in pain or welcome torture, but the suffering inflicted on people will come countless times in a person's life. It can not be avoided or escaped. For Christians, when we face different pains, some even unbearable, we know that we are entering God's grace and power, pushing us into His presence and relying on Him—Because we know that in our suffering, God is in control. Since He has overcome the world, He will certainly be able to help us face this challenge. The pain we feel is a way for us to let go of ourselves and turn to establish an intimate relationship with God. Although our body is in pain, we are spiritually moulded and transformed by God. In any suffering, we are definitely not alone, because God is with us and this is not based on feelings, but by believing in God's faithfulness, because He is definitely the God who keeps His covenant.

Believe that God allows us to suffer for our good

Many good things happen after suffering. If we see the benefits behind suffering, we will no longer feel helpless. "And we know that all things work together for good to those who love God ." (Rom. 8:28 ) We cannot control the occurrence of pain, but we can control how we react when facing pain. Positive people see good things in a bad situation, but negative people come up with bad things from a good situation! In addition to knowing how to run to God to gain strength, a wise sufferer also knows how to humble himself to seek help from the right person. Those who seek help have a chance to overcome pain, and those who do not seek help will certainly continue to be tossed by pain. In suffering, we do not sit and wait for life to be consumed but use the bitter suffering we have experienced to help those who are experiencing pain. People who stand up from pain allow themselves to transcend and overcome it. Although sometimes we cannot understand God's way of allowing us to suffer, we believe that the occurrence of suffering is to open up opportunities for God to work in our lives and draw us closer to Him. (Joseph, Daniel, Job, etc. have all set good examples for us)

Those who live without God in their lives experience life's pain, suffering, death, injury, sorrow, grief, danger, and trauma. When faced with stress, shock, anger, panic, fear, anxiety, boredom, confusion, hatred, distress, regret, deep down in

their hearts, they feel that there is no one that they can talk to, no one they can depend on and feel helpless in life and they need to struggle alone. They can only bite the bullet and scream deep inside. However, those who regard God as God knows that He loves and values us, so we can have unlimited expectations and know that what we expect will come true. Because the Bible promises us: "I will never leave you nor forsake you." (Heb. 13:5 ) Therefore, we can entrust our sufferings and burdens of life, emotions, and mind to God, who understands our feelings, who comforts, who relieves, whose word guides, instructs and empowers us to move forward in desperate times. Expect God to give us divine wisdom to face problems and sufferings and to live through the valley of death in our lives, emotions and minds with peace. So when we are facing suffering, remember "looking unto Jesus, the author and finisher of our faith" (Heb. 12:2 ) God will use our experience to witness for Him.

Prayer: Dear God, thank you, when uncontrollable pain comes upon me, when I suffer tremendously, I know I am definitely not alone, because you are willing to be my comfort and help at any time. You have promised not to leave me or forsake me but to be with me. You are the God I can rely on. Thank you for your willingness to accompany me throughout my entire unpredictable life. Thank you, heavenly Father. Sincere thanks are in the holy name of the Lord Jesus. Amen.

班底浸信教会

每日灵粮

星期日

2021 年 12 月 5 日

标题:以不同的角度看痛苦

作者: 林金儀傳道

经文: 约 9:1-3

有一次耶稣和祂的门徒遇到一位生来是瞎眼而痛苦的人，就问耶稣，“这人生来是瞎眼的，是谁犯了罪？是这人犯罪呢？还是他父母犯罪呢？”人们通常会认为“善有善报，恶有恶报”——人有残疾是不是他前世犯罪，今世糟遇到报应或是他父母犯罪，报应临到他身上。这种想法是很多人都有的观念。这种问题也许反映出我们的一种心态，就是面对不幸的人与其说是在怜悯别人，倒不如说是在与别人比较，自我的感觉良好。

不是谁犯了罪，是要在他身上显出神的作为

It's not about who has sinned, but that the works of God might be displayed in him

主耶稣提醒我们，不要只看到别人的罪，却没看到自己的罪。我们依然活得很好不是因为我们都比别人好，而是因为上帝的忍耐与宽容，怜悯我们并赐给我们悔改的机会。很不幸的是，这一点是人们常常看不到的。耶稣独特地回答：也不是这人犯了罪，也不是他父母犯了罪，而是要在他身上显出神的作为来。有些人常常以为任何苦难都因为是此人犯了罪所带来的结果。其实，主耶稣并不是说，那瞎眼的人没有罪，或他的父母没有罪；而是说，这人和他的父母犯没犯罪，与他生下来就瞎眼受痛苦根本就没有直接因果渊源的关系。但是耶稣指出了这人生命价值的宝贵；即使这个生命看起来是残缺的，但神也一样爱他、宝贵他，而且更要使用他。在别人看来，他不过就是个瞎眼的乞丐。可是在和耶稣相遇以后，他的生命将带来改变，上帝要使用他的生命来见证荣耀神。

人看为的痛苦 Man's perception of suffering

人认为的痛苦和上帝所认为的痛苦是不一样的。当人面对人生极大的痛苦，在无助、失控和失去能力的情况下，自然而然会呼天抢地、痛苦落泪，独自支撑。一般人的回应可能是怨天尤人、自暴自弃、然后寻求物质的麻醉，无节制地参与活动、沉迷于娱乐消遣，或者把自己埋藏在工作里，企图使自己忘记这些痛苦。然而他们却发觉，这只会带来短暂的解

脱假象，潜伏的痛苦却仍在暗中吞噬他们的心灵。当然亦有人在痛苦中选择苦中做乐，在痛苦中坚强屹立，因为其实天无绝人之路。

在痛苦中被神陶造和重建 Molded and transformed by God during suffering

没有人会喜欢痛苦，欢迎痛苦的临到，但是痛苦在人的一生中，会无数次地临到，避也避不开，逃也逃不掉。对基督徒而言，当我们面对不同的痛苦，有些痛苦甚至是感觉难以担当，就知道我们是进入上帝的恩典与祂的能力里，推动我们进入祂的同在而依靠祂——因为知道上帝在我们的痛苦中掌权，祂既然胜过这世界，也必能帮助我们面对这痛苦。痛苦的临到，是要我们放下自己，转向与上帝建立亲密的关系，身体虽然在痛苦中，但是灵性却被神陶造和重建。在任何的痛苦中，我们绝对不是孤独一人，因为上帝与我们同在，不是靠着感觉，而是因着相信上帝的信实，因为祂绝对是守约的上帝。

相信上帝容许我们受苦带来益处 Believe that God allows us to suffer for our good

许多美善的事都是在痛苦之后发生的。我们若看见痛苦后面的益处，就不再感到茫然无助。我们晓得万事都互相效力，叫爱神的人得益处。我们不能控制痛苦的发生，但我们可以控制面对痛苦时的反应。积极的人在糟糕的环境中看出美好的事情，消极的人却从美好的环境中想出糟糕的事情！一个聪明的受苦者除了懂得奔向上帝取得力量外，也懂得谦卑自己向对的人寻求帮助。寻求帮助的人有胜过痛苦的机会，不寻求帮助的人肯定会继续被痛苦折腾。在痛苦中，我们不是坐着等待生命被消耗，而是利用自己所经历的痛苦，去帮助那些正在经历痛苦的人。从痛苦中站起来的人，是让自己超越痛苦、胜过痛苦。虽然有时我们不能理解上帝容许我们受苦的方法，但是我们相信痛苦的发生就是打开机会让上帝在我们的生命中工作，使我们更亲近祂。（约瑟、但以理、约伯等都给我们作了美好榜样）

没有上帝的人当经历了人生痛楚、苦难、死亡、伤害、哀伤、悲痛、危险、创伤。面对压力、打击、愤怒、心慌、恐惧、焦虑、厌倦、困惑、痛恨、困扰、懊悔等；他们内心深处感觉没有人可以倾诉，没有人可以期待，觉得人生很无奈，需要独自苦苦支撑，只能够硬着头皮硬硬顶上。但是以上帝为神的人，因为知道上帝爱我们、宝贵我们，因此我们可以有无限的期待，并知道所期待的将会实现。因为圣经应许我们：“我总不撇下你，也不丢弃你”。所以我们能够将生活上、情绪上和心灵上的痛苦与重担交托给上帝，有上帝了解我们的心情、有上帝安慰、舒解困境、有上帝的话语引导、指示，赐力量，让我们能够在



绝境前行。期待上帝会赐给我们，从祂那里来的智慧面对问题和痛苦并可以安然渡过生活上、情绪上和心灵上的死荫的幽谷。所以当我们面对痛苦时，记得仰望为我们创始成终的上帝，上帝要使用我们的经历为祂作见证。

今日祷告：亲爱的上帝，谢谢祢，在不能控制的痛苦临到我身上，我痛苦难当之时，我知道我绝对不是孤独一人，因为祢愿意成为我的安慰和随时的帮助。祢应许不撇下我，也不丢弃我又与我同在，是我可以依靠的神，谢谢祢愿意陪伴我走过整个不可预计的人生。谢谢祢天父。诚心感谢是奉主耶稣的圣名。阿们。

Monday 6th December 2021

Will We Be Seeing Our Loved Ones In Heaven?

Pastor Soong Kok Kee

2 Timothy 1:5 "I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also."

When a team of Christians visited Stavropol, Russia, in 1994 to hand out Bibles, a local citizen said he recalled seeing Bibles in an old warehouse. They had been confiscated in the 1930s when Stalin was sending believers to the gulags. Amazingly, the Bibles were still there.

Among those who showed up to load them onto trucks was a young agnostic student just wanting to earn a day's wage. But soon he slipped away from the job to steal a Bible. A team member went looking for him and found him sitting in a corner weeping. Out of the hundreds of Bibles, he had picked up one that bore the handwritten signature of his own grandmother. Persecuted for her faith, she had no doubt prayed often for her family and her city. God used that grandmother's Bible to convict that young man.

God has no grandchildren. We must each become first-generation believers through personal faith in Jesus. But the devotion to God of a grandparent or parent is a powerful ally of His Spirit to bring our children to Christ.

Paul encouraged Timothy by recalling the faith of his grandmother and mother. Although Timothy's faith was his own, it was deeply linked to theirs. What a great reminder for us who are parents and grandparents to be faithful in sharing our faith to our loved ones so that we will all see them up in heaven one day! Someone wrote:

We can help our precious children  
Follow in God's way,  
Living out our faith with gladness,  
Praying every day.

Once a young Christian in my church at the Wake Service of his non-Christian father asked how could he be happy in heaven knowing his father won't be there. Indeed, how could this young man be happy in heaven knowing full well his beloved dad would not be there? Till now, I couldn't find a good answer to that question. Chinese New Year Eve dinner is a once-a-year occasion we all expect our family members from far and wide to come back to celebrate with us. How much more we all look

forward to see ALL our family members and loved ones in heaven celebrating for eternity!

Proverbs 22:6 says "Train a child in the way he should go, and when he is old he will not turn from it." What have we Christian parents and grandparents been teaching our children or grandchildren? Timothy's grandma and mother have indeed left a rich legacy for him to become what he was and thus greatly used by God. They have now of course met up in heaven and will spend their eternity recalling all those precious moments they had on earth. What a great joy that would be!

Looking through the prayer requests for salvation of many of our church members for their loved ones during the pandemic brings out this desire to meet up with them in heaven when we all get there. I think nothing on earth or in heaven will bring us greater joy than seeing them up there with us.

My wife and I have always reminded our children that no matter what happens in their life, they must never leave God, and should serve God with whatever God has blessed them with. As parents we all want our children to study hard and earn a good living and that's right and proper, nothing wrong with that. But what good is it if they become the most brilliant or richest guy on earth if we don't get to spend eternity with them in heaven? Will we be truly happy up there?

So, my dear brothers and sisters, if some of your loved ones, may they be children, grandchildren, spouse, parents, brothers, sisters, family members, relatives and good friends, have yet to come to know our Lord, this Christmas will be a good opportunity for us to share with them what Christmas is all about. May we all meet up with our loved ones one day in the presence of our Lord.

PRAYER: Dear Lord, we thank you for saving us and giving us forgiveness of sins and eternal life. For that we are truly grateful, but now Lord, we want to pray for all our loved ones who are yet to come to know you as their Lord and Saviour. One of our greatest joys and desires is to see all of them in heaven with us one day. We commit each of them in your loving hands. In your precious Name we pray. AMEN

班底浸信教会

每日灵粮

星期一，2021 年 12 月 6 日

标题：我们会在天堂见到我们所爱的人吗？

作者：宋国基牧师

翻译：陈劲年姐妹

【提摩太后书 1:5】“想到你心里无伪之信，这信是先在你外祖母罗以和你母亲友尼基心里的，我深信也在你的心里。”

1994 年，一队基督徒前往俄罗斯斯塔夫罗波尔 (Stavropol) 分发圣经时，一位当地居民说，他记得在一个旧仓库里看到过圣经。它们在 20 世纪 30 年代斯大林 (Stalin) 将信徒送往古拉格集中营时被没收。令人惊奇的是，圣经还在那里。

将它们加载到卡车上的人中，有一个年轻的不可知论学生，他只想赚一天的工资。但很快地他丢下了工作，偷了一本圣经。一名队员去找他，发现他坐在角落里哭泣。在数百本圣经中，他挑选了一本，上面有他祖母的亲笔签名。由于信仰而受到迫害，她无疑经常为她的家人和城市祈祷。上帝用那位祖母的圣经使那个年轻人知罪。

上帝没有孙子。我们每个人都必须通过个人对耶稣的信心成为第一代信徒。但是，祖父母或父母对上帝的虔诚是圣灵的强大盟友，可以将我们的孩子带到基督面前。

保罗通过忆起提摩太的祖母和母亲的信心来鼓励提摩太。提摩太虽有他自己的信心，但与她们的信心有紧密的联系。对于身为父母和祖父母的我们来说，这是多么大的提醒啊，要忠实地将我们的信仰分享给我们所爱的人，这样我们总有一天会在天堂见到他们！有人写道：

我们可以帮助我们宝贵的孩子，  
按照上帝的方式，  
欢欢喜喜地活出我们的信仰，  
每天祈祷。

有一次，我教会的一位年轻基督徒在为他非基督徒的父亲守灵时间，既知道他的父亲不在天堂，他在天堂如何能快乐呢？的确，明知自己深爱的父亲不在天堂，他在天堂怎么会开心呢？直到现在，我仍找不到这个问题的答案。农历除夕晚宴是一年一度的盛会，我们

都期待来自四面八方的家人回来与我们一起庆祝。我们更期待看到我们所有的家人和所爱的人在天堂庆祝永恒！

箴言 22:6 “教养孩童，使他走当行的道，就是到老他也不偏离。” 我们基督徒父母和祖父母一直在教导我们的子孙后代什么？提摩太的祖母和母亲确实为他留下了丰富的遗产，让他成为被上帝极大地使用的人。他们现在当然已经在天堂相会了，并将在永恒中回忆他们在世上的所有珍贵时刻。那将是多么大的喜乐啊！

我们许多教会成员在大流行期间请求为他们所爱的人的得救祈祷，激发了我们要在天堂与他们见面的愿望。我认为在地上或在天堂里，没有什么比看到他们和我们在一起更能给我们带来更大的快乐了。

我和妻子一直提醒我们的孩子，无论生活中发生什么，他们都不能离开上帝，应该用上帝赐予他们的一切来事奉上帝。作为父母，我们都希望我们的孩子努力学习，过上好日子，这是正确的，没有错。但是，如果我们不能在天堂与他们共度永恒，他们成为世上最聪明或最富有的人又有什么好处呢？我们在天堂会真正快乐吗？

所以，我亲爱的兄弟姐妹们，如果您所爱的人，可能是孩子、孙子、配偶、父母、兄弟、姐妹、家人、亲戚和好朋友，还没有认识我们的主，这个圣诞节将会是我们与他们分享圣诞节的真谛的好机会。愿我们有一天在我们的主面前与我们所爱的人相见。

祷告：

亲爱的主，我们感谢你拯救了我们，让我们罪得赦免并赐予我们永生。为此，我们真的很感激；但现在主啊，我们要为所有尚未认识您作为他们的主和救主的亲人祈祷。我们最大的喜乐和愿望之一就是有一天我们能在天堂看到他们所有人。我们将他们每一个都交到祢慈爱的手中。我们奉祢宝贵的名祈祷。阿们。

Tuesday, 7 December 2021

Title: All Aboard The Final Flight?

By: Pastor Chong Cheng Cheung

"... the time of my departure is imminent...." (2 Timothy 4:6)

"In Flanders Fields" is a poem written in 1915 by the Canadian poet, soldier, and physician John McCrae, as a memorial to those who died in a World War I battle fought at Ypres, Belgium. Amongst its many themes are the tragedy of the soldiers' deaths, as well as questions of life, nature, and war.

In Flanders Fields

In Flanders fields the poppies blow

Between the crosses, row on row,

That mark our place; and in the sky

The larks, still bravely singing, fly

Scarce heard amid the guns below.

We are the Dead. Short days ago

We lived, felt dawn, saw sunset glow,

Loved and were loved, and now we lie,

In Flanders fields.

Take up our quarrel with the foe:

To you from failing hands we throw

The torch; be yours to hold it high.

If ye break faith with us who die

We shall not sleep, though poppies grow

In Flanders fields.

The poem is written in the voice of a group of soldiers (collectively "The Dead") who have recently died in battle, in this same place. These deaths were untimely and tragic. The phrase "short days ago" emphasizes how recently these deaths occurred, while the warm imagery of "dawn," "sunset," and "love" underscores just how much "The Dead" lost when they died. This sense of death without peace continues throughout the poem's final stanza, with restless imagery such as "failing hands" and dead that "shall not sleep."

All of this, in the name of a cause; in this case, war. The poem stops short of saying whether the soldiers' deaths, though noble, achieved anything enduring.

Even today, in many ways, those who leave this earth without Christ pass on "In Flanders Fields". Because of sin, "dawn" and "sunset" have lost its warmth. Now, the spectre of senseless loss, through armed conflict or otherwise, once again looms.

How different the above scenario is for Christ's disciple as we read a portion from one of Paul's last epistles and what he declares as he awaits his departure. The sense of hope, of mission accomplished and of anticipation are there for all to read.

"For I am already being poured out as a drink offering, and the time of my departure is imminent. I have fought the good fight, I have completed the race, I have kept the faith. Finally, the crown of righteousness is reserved for me, that the Lord, the righteous Judge, will award to me on that day, and not only to me, but also to all who have loved his appearing." (2 Timothy 4: 6-8)

We can read the sense of hope in his words. He can think of no greater privilege and honour than to be an offering to his Lord. For some, death means a hopeless end; they do not know where they are going. For Paul, he is entering a realm of endless hope, he looks forward to departing from the physical to the spiritual; to be with the beloved Lord he has served with such devotion.

We can read the sense of completion in his words. For Paul, it has not been the 100-metre sprint where it is all over in ten seconds. But it has been the marathon – 2 plus hours of sustained, intense pressure on his heart and every muscle in his body, requiring strategy adjustments during the race and calculated stamina. The race has been mentally stressful and physically demanding. Yes, it may mean for some of you – thirty, forty, fifty or even more – years of faithful consecration. For him, it meant endurance and stickability and he could at last see the finishing line.

We can read Paul's sense of anticipation. Given Paul's years of dedication, persecution and suffering for the sake of the gospel, he looked forward to his glorification in accordance with God's promises. And, of course, a well-earned rest and the Lord's commendation, "Well done, good and faithful servant".

Finish your work, then rest,  
Till then rest never,  
Since rest for you with God  
Is rest forever.

(From "Streams in the Desert" – Mrs LB Cowman)  
My Prayer today

Heavenly Father and God of the universe, what is man that You are mindful of him?  
Yet Your roving eye scans the corners of the earth to seek the heart that would  
desire not to perish, as those who did, in Flanders Fields. We are grateful that You  
are not a punitive God, seeking first to inflict judgement. You are a loving God,

seeking us as Your sheep like the Good Shepherd, to bring us back into Your fold. I pray those who hear Your voice will respond. In Jesus' Name, Amen.



班底浸信教会

每日灵粮

星期二, 2021 年 12 月 7 日

标题：所有人都在最后的航班上？

作者：张祯祥传道

翻译：黄蒙晶姐妹

“.....我现在被浇灌，我离世的时候到了.....”【提后四 6】

1915 年，加拿大诗人、军人和医生约翰·麦克雷 (John McCrae) 写了一首诗《在法兰德斯战场》。这首诗是为了纪念第一次世界大战中在比利时伊普雷斯 (Ypres) 战役中牺牲的人。诗中的许多主题包括士兵死亡的悲剧，以及生命、自然定律和战争的问题。

### 《在法兰德斯战场》

在法兰德斯战场，罂粟花迎风开放

绽放在殇者的十字架之间，一行又一行

那是我们断魂的地方；天空中

云雀依然勇敢地高歌，展翅

歌声湮没在连天的烽火里。

此刻，我们已是逝者。数日之前

我们曾拥有生命，沐浴曙光，又见璀璨夕阳

我们爱人也为人所爱。而今，我们长眠

在法兰德斯战场。

继续与敌人战斗吧

我们垂落的手向你们投掷

熊熊的火炬，由你们将它高举。

若你们背弃了与逝者的盟约

我们将永不会安息。纵使罂粟花依旧绽放

在法兰德斯战场。

这首诗是用一群士兵（统称“逝者”）的心声写成的，他们最近在同一个地方阵亡了。这些死亡是不合时宜和悲惨的。“数天前”这一词强调了这些死亡事件是如何发生的，而“曙光”、“日落”和“爱”的温暖意象则强调了“逝者”在死亡时失去了多少。这种没有平安的死亡感觉以不安的意象如“垂落的手”和逝者的“永不会安息”贯穿了整首诗的最后一节。

所有的这一切，为了一项原由；在这种情况下，就是战争。这首诗没有提到士兵们的死亡，虽然高尚，是否取得了持久的成就。

即使在今天，在许多方面，那些没有基督而离开这个世界的人在“法兰德斯战场里”逝去了。因为罪恶，“曙光”和“夕阳”失去了温暖。现在，由于武装冲突或其它原因而造成的无谓损失的阴霾再次浮现。

当我们读到保罗所写其中最后的书信的一段，以及他在等待离世所说的话时，上述的情景对基督的门徒来说是多么的不一样！盼望，完成使命和期待都让所有人可以从中感受到。“我现在被浇灌，我离世的时候到了。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。从此以后，有公义的冠冕为我存留，就是按着公义审判的主到了那日要赐给我的；不但赐给我，也赐给凡爱慕他显现的人。”（提摩太后书 4:6-8）

我们可以从他的话语中读到“希望的感觉”。他想不出有什么比向主献己为祭享有更大的特权与荣誉了。对一些人而言，死亡意味着绝望的结局；他们不知道自己要往哪里去。可对保罗而言，他正在进入一个永无止境的希望境界，他期待着离开肉体进入属灵的转变；并与他至爱、殷勤侍奉的主同在。

我们可以从他的话语中读到“完成使命感”。对保罗而言，这并非是十秒就结束的 100 米短跑；这是一场马拉松——他的心脏和身体的每一块肌肉都承受着 2 个多小时的持续操劳、剧烈的压力，需要在比赛中调整策略和计算能力。这场比赛的精神压力和体力要求都很高。是的，这可能意味着你们中间的一些人——三十年、四十年、五十年甚至更多年忠诚的奉献。对他而言，这意味着毅力和忍耐力，他终于可以看到终点了。

我们可以从保罗话语中得知“期待感”。保罗多年来为福音奉献、也因着福音的缘故遭受迫害和痛苦，他期待着按照上帝的应许得着荣耀的冠冕。当然，还有一个应得的安息与主的称赞，“做得好，忠心又良善的仆人”。

完成你的工作，然后安息，  
在那之前，永不安息，  
因为与上帝一起安息  
才是永恒的安息。

（摘自《荒漠甘泉》— LB 考门夫人）

我今天的祷告

天上的父，宇宙的上帝，人算什么祢竟顾念他？然而，祢的眼目睃巡世上的各个角落，寻找着不想灭亡的心，像那些在法兰德斯战场里逝去的人一样。我们为祢不是一位惩罚性、

先作出判决的上帝而感恩。祢是一位慈爱的上帝，像好牧人一样寻找我们这些羊儿，把我们带回祢的怀抱。我祈求那些听到祢声音的人会回应。以耶稣的名祷告，阿门。

Wednesday, 8 December 2021

Title: Doing what Jesus says

By Thong Vee Kean

Luke 6:46-49 (NIV)

Jesus spoke of the wise and foolish builders in Luke 6:46-49. I see that the key to Luke 6:46-49 is in Luke 6:47, "As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like."

Have any of you come across a verse in the Bible that stopped you and made you ponder because it called you to do something? I have experienced this, as though Jesus was speaking to me face to face. I realised that doing what Jesus said and putting His words into practice is not easy. For instance, Jesus said, "... must deny themselves and take up their cross daily ...." (Luke 9:23). Is it because I am used to doing things in my way, but Jesus is calling me to move away from that and do things in His way? It doesn't get any easier as I continue my journey in following Jesus.

Any of us who have prepared answers for Bible Study questions may agree that the difficult ones include those that ask whether there is a lesson from the verses or passage that we can apply to ourselves or our present situation. They may also ask what, when, where, who and how we apply the passage. Some people may not answer these questions because they can't relate to the passage. How can we follow what Jesus said, "... hears my words and puts them into practice" (Luke 6:47)?

The outcome of hearing Jesus' words but not putting them into practice is clear and inevitable. No matter how many classes, conferences, courses, seminars, studies, etc. on the Bible we attend or how many discourses, messages, sermons, etc. on His word we hear, if any of it is not put into practice, we may find ourselves like *"... a man who built a house on the ground without foundation. The moment the torrent struck that house, it collapsed and its destruction was complete"* (Luke 6:49).

We certainly do not want to be like the foolish builder, so we ought to put what we hear into practice. I observe that many including myself tend to do what we think pleases Jesus, interpreting what His word says. This is evident when we proceed with a course of action that we have decided on. Some may find the going difficult and lose heart when the desired outcome is not achieved. Some may perceive His word to be merely a set of dos and don'ts to be followed.

But Jesus said, "As for everyone who comes to me" before He said, "and hears my words and puts them into practice" (Luke 6:47). He also said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls" (Matthew 11:28-29). Do we have an intimate relationship with Jesus? Do we commune with Him every day to learn from Him? So, when He says something, do we instinctively know what He means and do what He wants us to do?

Prayer:

Our Father in heaven, we come before You with humble hearts through Your Son. We are indebted to You for our relationship with You. Teach us Your ways O Lord so that we can learn from You and do what You say. In the most precious name of our Lord Jesus we pray, Amen.

班底浸信教会

每日灵粮

星期三, 2021 年 12 月 8 日

标题：照耶稣所说的去行

作者：汤伟权弟兄

翻译：陈健萍姐妹

【路加福音 6:46-49】（和合本）

耶稣在路加福音 6:46-49 提到了聪明和愚昧无知的盖房子的人。我看到这段经文的关键句是路加福音 6:47，凡到我这里来，听见我的话就去行的，我要告诉你们他像什么人。

您们曾否遇到过圣经中的一节经文，因为它召唤您去做某事而让您停下思考？我有这样的经历，就好像耶稣在与我面对面说话一样。我察觉，照耶稣所说的去行，把祂的话付之于行动并不容易。例如，耶稣说：“...当舍己，天天背起他的十字架...（路加福音 9:23）。是不是因为我习惯了用自己的方式做事，而耶稣却在召唤我远离这种方式，用祂的方式做事？当我继续跟随耶稣前行时，这并没有变得更容易。

我们中任何一位曾为查经的讨论问题准备答案的人都可能会同意，困难的问题包括那些问我们是否从经文或段落中得到了教导，可以应用到我们自己或我们目前的情况。他们可能还会询问我们什么、何时、何处、谁以及如何应用这段话。有些人可能不回答这些问题，因为它们与文章不相关。我们怎样才能遵循耶稣所说的，“...听见我的话就去行”（路加福音 6:47）？

听了耶稣的话而不去实践的结果是清楚的，也是必然的。无论我们参加多少关于圣经的课程、会议、培训、研讨会、研究等，或我们听到多少关于祂话语的论述、信息、讲道等，若没有付诸行动，我们会发现自己就像“...一个人在土地上盖房子，没有根基。水一冲，随即倒塌了，并且那房子坏得很大”（路加福音 6:49）。

我们当然不想像那愚昧无知的盖房子的人，所以我们应该把所听见的行出来。我留意到许多人，包括我自己，倾向于做我们认为讨耶稣喜悦的事情，诠释祂的话。当我们采取我们已经决定的行动时，这一点是显而易见的。当预期的结果没有实现时，有些人会觉得前进的道路很困难，他们会灰心丧气；有些人可能认为祂的话只是一套必须遵守的行为准则。

但耶稣说“凡到我这里来”先于说“听见我的话就去行的”(路加福音 6:47)。祂也说“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”(马太福音 11:28-29)。我们与耶稣有亲密的关系吗？我们每天都与祂交流，向祂学习吗？那么，当祂说话的时候，我们是否本能地了解祂的意思，并做祂希望我们去做的事？

祈祷：

我们在天上的父，我们藉着祢的儿子，怀着谦卑的心来到祢跟前。为我们能与祢建立关系，我们满心感谢祢。主阿，求祢将祢的道指教我们，好叫我们可以效法祢，遵行祢的话。我们奉我们主耶稣最宝贵的名祷告，阿们。

Thursday, 9 December 2021

Title: An Unexpected Joy

Pr Mark Tan

Matthew 1:18-25

In JRR Tolkien's book "The Hobbit", the first chapter is titled "An Unexpected Party". It introduced Bilbo Baggins, the protagonist who has made a comfortable life for himself by doing what is expected of him: never having any adventures and doing nothing suspicious. This changes when one night, 12 dwarves and a wizard came and had a party at his house. They ate all his food, sang songs, told stories and talked about an adventure they were about to have, to which which Bilbo was invited. Truly everything that night was unexpected. But, what came out of that party was an adventure where Bilbo had to choose to either continue to live the life he's expected to live or to adventure into the unexpected. He decided for the adventure, and by the end of the book he came back, a person changed, for the better.

In today's Scripture reading, we see Joseph doing what is expected of a young man: find a woman and marry her. He did, but the twist was that Mary was later pregnant, and she claimed that it was God who made her pregnant! Even at that moment, Joseph was about to do what is expected in a situation like this: divorce the woman, but quietly as he wouldn't want to have her hurt. That is, until something unexpected happened to him. An angel of the Lord spoke to him, revealing that the baby Mary was carrying is truly Jesus the Messiah and that he should continue to take Mary as his wife. Joseph had a choice to make: either do the expected and accepted practice of divorcing an unfaithful wife, or do the unexpected and continue to marry, care, and love his wife and child who was not his, but God's. Thankfully, he chose the unexpected. From there he gets the joy to witness "his son" reveal Himself to be the "Son of God", Messiah, Saviour and Risen Lord!

The Christian faith is a faith of the unexpected. Christmas is all about the unexpected. The King of Kings was born in a manger instead of a palace. God came as a new-born baby instead of Himself. The Saviour was born to be a gift instead of being given gifts.

We then should also embrace the unexpected, and adventure on by faith and not by sight. Only when we do this can we experience the true joy of Christmas.

Questions:



1. What would you do at the crossroads of faith versus fear?
2. To whom could you share the unexpected joy of Christmas this year?
3. What can you do this Christmas that would be totally unexpected of you, in the spirit of Christmas?

Prayer:

Stir up Your power, O Lord, and come among us with Your great might. Because we are sorely hindered by our sins, let Your bountiful grace and mercy speedily help and deliver us; through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honour and glory, now and forever. Amen.

每日灵粮

2021 年 12 月 9 日，星期四

题目：出人意外的喜悦

经文：马太福音 1： 18-25

作者：陈燕靖传道

翻译：吴淑娉姐妹

JRR 托尔金在他的小说《霍比特人历险记》第一章题为 " 意外的派对 " 里，介绍了故事主人翁比尔博·巴金斯，因为凭着平日循规蹈矩的作风：从不冒险，也不做任何令人有所怀疑的事，因而为自己打造了优渥舒适的生活。但这情况在一夜之间发生改变；一天晚上，12 个小矮人和一个巫师到他家举行派对，不单吃掉了所有的食物，还引吭高歌、讲故事、谈论他们即将进行的历险旅程，比尔博也受邀参加。当晚发生的事的确令人感到意外，比尔博不得不作出选择：继续过他平淡舒适的生活，或冒险进入意想不到的旅程，结果他决定冒险……书的结尾，他回来了，一个变了的、变得更好的人！

在今天的经文，我们看到约瑟做了一件一般年轻人都会做的事：找一个女孩和她结婚！他做到了，但转折是马利亚竟（在婚前）怀孕了，她声称是上帝使她怀孕了！这时候约瑟正想做一般人意料中的事：与这女孩离婚，但不要扬声，以免马利亚受到伤害。约瑟正这样盘算着，直到又一件意想不到的事情发生在他身上——上帝的使者与他对话，透露马利亚所怀的孩子就是弥赛亚耶稣，并告诉他应该继续娶马利亚为妻，约瑟于是作出决定：像一般人预期、也是公认的做法，与不忠的妻子离婚；或是选择出乎意料之外的，继续与马利亚结婚，照顾和爱她及那不是他自己的，却是上帝的儿子！感恩的是，他选择了意料之外的，因此他可以得到喜乐——见证到他的儿子如何显示出祂其实是上帝的儿子、弥赛亚、救世主、复活的主！

基督教信仰是出乎意料的信仰，圣诞节也是意想不到的：万王之王出生在马槽而不是在宫殿；上帝并非以君王的身份，而是以新生儿的身份降临。救主生来就是一份礼物，并不是来收取人送的礼物。

所以我们也应该 " 拥抱 " 意想不到的，在信仰历程上，要凭着信心而不是凭着眼目所见而冒险，只有做到这一点，我们才能体会到圣诞节真正的快乐。

问题：

- 1 在信仰与恐惧的十字路口，你会怎样做？
- 2 今年庆祝圣诞节那份出人意外的喜悦，你打算和谁分享？
- 3 本着圣诞节的精神，今年圣诞，你能做些什么令人出乎意料的？

#### 祷告

主啊，激发祢的力量，带着祢的大能来到我们中间，因为我们被深重的罪孽牵制着，借着我们的主耶稣基督，愿祢丰盛的恩典和怜悯迅速帮助拯救我们，愿尊荣、荣耀归与祢，与祢和圣灵同在，从现在直到永远。阿们。

Friday, 10 December 2021

The Rock

Prathab V

1 Peter 5:7

The past few months have seen me go through one of the most challenging situations. They were many times I was at a breaking point. My family's simple lifestyle was threatening to collapse under the weight of heavy stress.

Though unable to share details of the pain, suffice to say, the debilitating impact of fear and worry has had a near-crippling impact. There were many days I would just stare into space thinking about absolutely nothing.

In my desperation, I reached out to fellow Christians for help. While some genuinely offered help, others gave me "lectures" on what to do. But God showed me that I needed to put my trust in Him and Him alone. The body of Christ may be imperfect. But God is a Rock and He alone is one whom we can all lean on.

I learned a lot of lessons during this challenging season. I learned more about who God really is. He is our steady Rock. God is not easily moved by external circumstances and will protect us. But that doesn't mean He is a cold iceberg and does not care for us. God acts mercifully as our Father, when we seek Him and cry out to Him.

God is my Father. He is your Father too. He is a Rock that stands steady and strong through the storms of life. Though God may appear to be silent, I am certain that He has heard your prayers and is working in the background. He is doing something. In His time, he makes all things beautiful.

God is dependable and trustworthy. He loves us deeply. All we need to do is to lean on Him in simple trust and walk in obedience. I know this because, I know what pain is. But God will see us through and bring joy into our lives.

He is there right now with you. Why not take the first step by acknowledging Him and committing your life to Him? He is the Rock that can never be shaken. You can trust Him wholly.

Prayer:

Lord, You alone are the Rock of my salvation. Forgive me and teach me to walk in humility and in obedience Lord. Deliver me from the various challenges that life throws at me. In Jesus' name I ask, Amen.

每日灵修

星期五, 2021 年 12 月 10 日

标题：磐石

作者：Prathab V

翻译：巫惠如

彼得前书 5:7

在过去的几个月里，我经历了最具挑战性的情况之一。有很多次我都处于崩溃的边缘。我家简单的生活方式在沉重的压力下有可能完全改变。

虽然无法分享痛苦的细节，但可以说的是，恐惧和担忧使我感到心累，几乎撑不下去。有好几天，我只是茫然地放空，什么都不去想。

在绝望中，我向其他基督徒求助。虽然有些人真心实意地想帮忙，但其他人却给我“讲道理”，告诉我应该怎么做。但是上帝告诉我，我只需要信靠祂。在基督里的肢体可能不完美，但是上帝是磐石，只有祂是我们都可以倚靠的人。

在这个充满挑战的季节里，我学到了很多功课。我更加了解上帝到底是谁。祂是我们坚固的磐石。祂不会轻易被外部环境所摇动，并会保护我们。但这并不意味着祂是一座冰山，不关心我们。当我们寻求祂并向祂呼喊时，上帝作为我们的天父会以怜悯回应。

上帝是我的父。祂也是你的父。他是生命风暴中毫不动摇的磐石。虽然祂可能看起来是沉默的，但我确信祂已经听到了你的祷告，并且正在幕后工作。祂正在做一些事情。在祂的时间里，祂会使一切都变得美好。

上帝是可靠的，值得我们投靠的。祂深爱着我们。我们需要做的就是凭简单的信心倚靠祂，并顺服而行。我知道这一点，因为我知道痛苦是什么。但上帝会陪我们度过难关，并赐我们喜乐。

祂现在就在你身边。为什么不迈出第一步，承认祂是主并将你的生命交给祂呢？祂是永远不会被动摇的磐石。你可以完全信靠祂。

祈祷：主啊，只有你是我救赎的磐石。主啊，原谅我，教我谦卑和顺服地行。拯救我脱离生活中的各种挑战。奉耶稣的名，我请求，阿门。

Saturday, 11 December 2021

Title: But by the grace of God I am what I am

Author: Pastor Johnson Chong

Translator: Margaret Ong

1 Corinthians 15:10 ""But by the grace of God I am what I am, and His grace toward me was not in vain."

Dear brothers and sisters, when we quietly think about what we have become today, we have to admit that it is by God's grace that we have become what we are. In the objective aspect, both God's creation and especially the redemption accomplished through Jesus Christ, are all by the grace of God. "For the grace of God that brings salvation has appeared to all me." (Tit. 2:11) "To the praise of the glory of His grace, by which He made us accepted in the Beloved. In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace, which He made to abound toward us in all wisdom and prudence." (Eph. 1:6~8) So dear brothers and sisters, we should know that this is all God's glory, God's riches, and God's abundant grace for us.

In Romans 3:20-24, the apostle Paul clearly tells us, "20 Therefore by the deeds of the law no flesh will be justified in His sight, for by the law is the knowledge of sin. 21 But now the righteousness of God apart from the law is revealed, being witnessed by the Law and the Prophets, 22 even the righteousness of God, through faith in Jesus Christ, to all and on all who believe. For there is no difference; 23 for all have sinned and fall short of the glory of God, 24 being justified freely by His grace through the redemption that is in Christ Jesus."

We thank and praise God, who has not only justified us freely, but also enables us to receive all the spiritual blessings in heaven. We have not only won the status of sons, but also an eternal inheritance. He made us to be the heirs of God with Christ and "By whom you were called into the fellowship of His Son, Jesus Christ our Lord." (1 Cor. 1:9) The grace of the Lord is really amazing and precious. "For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sakes He became poor, that you through His poverty might become rich." (2 Cor. 8:9)

Dear brothers and sisters, as far as each of us is concerned, "You did not choose Me, but I chose you" (John. 15:16) it is the Lord who chooses us. "No one can come to Me unless the Father who sent Me draws him." (John 6:44). The same is said in Ephesians 1:4, "just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love." So this is God's choice in Christ before the creation of the world. Because God "who has saved us and called

us with a holy calling, not according to our works, but according to His own purpose and grace." ( 2Tim 1:9 ) Therefore, "For by grace you have been saved through faith and that not of yourselves; it is the gift of God" ( Eph. 2:8 )"not of works, lest anyone should boast." ( Eph. 2:9 ) It is God's mercy that saves us, an unworthy and undeserving people.

Dear brothers and sisters, after we are saved, God's grace has not ceased, but has grown even more abundant. It is in the midst of grace that we can come to the throne of grace at any time, for He has an inexhaustible source of gifts, and the grace of the Lord is sufficient for us. Dear brothers and sisters, we must grow in His grace, and we must not accept His grace in vain, and we must not use God's grace as an opportunity to indulge in our own lusts, so as to lose God's grace. The apostle Paul pointed out that some Galatian believers deviated from the truth of Christ, turned to follow the law, and wanted to be justified by the law. " You have become estranged from Christ, you who attempt to be justified by law; you have fallen from grace." (Gal 5:4) Some people may fall from grace, so stay in His goodness. Dear brothers and sisters, do you know that pride is the greatest hindrance to grace?

Dear brothers and sisters, how do we treat the great grace of God? In addition to our constant thanksgiving and praise, don't forget that we must "walk worthy of the calling with which you were called" (Eph. 4:1).

Prayer:

Dear Father, we thank and praise you. Thank you for giving us such abundant grace. Thankfully, through the help of the Holy Spirit, we finally understand, I am who I am today is only possible by the grace of God. Oh God, we ask that you help us. Since we are called, we should act and behave in a manner worthy of the grace with which we were called. We thank and pray and worship in the holy name of the Lord Jesus Christ, amen!

班底浸信教会

每日灵粮

2021 年 12 月 11 星期六

主题：然而我今日成了何等人，是蒙神的恩才成的。

作者：张胜牧师

哥林多前书 15：10 “然而我今日成了何等人，是蒙神的恩才成的。并且他所赐我的恩，不是徒然的。”

亲爱的弟兄姊妹，当我们安静下来，思想一下我们今日成了何等人，就不能不承认自己是蒙神的恩才成的。在客观方面，不论神的创造，特别是藉着耶稣基督而完成的救赎，都全是神的恩典；（提多书 2：11）因为神救众人的恩典，已经显明出来。（以弗所书 1：6~8）“这恩典是他在爱子里所赐给我们的。我们借这爱子的血，得蒙救赎，过犯得以赦免，乃是照他丰富的恩典。这恩典是神用诸般智慧聪明，充充足足赏给我们的。”所以亲爱的弟兄姊妹，我们应该知道，这全是神的荣耀、神的丰富、和神赏给我们充足的恩典。

罗马书 3：20~24 节，使徒保罗清楚的告诉我们，“20 所以凡有血气的没有一个，因行律法，能在神面前称义。因为律法本是叫人知罪。21 但如今神的义在律法以外已经显明出来，有律法和先知为证。22 就是神的义，因信耶稣基督，加给一切相信的人，并没有分别。23 因为世人都犯了罪，亏缺了神的荣耀。24 如今却蒙神的恩典，因基督耶稣的救赎，就白白地称义。”

我们感谢赞美神，祂不但使我们白白地称义，也使我们得着天上各样属灵的福气。我们不但得着儿子的名分，也得了永远的基业。祂叫我们和基督同作神的后嗣，和基督一同得分，主的恩典真是太奇妙宝贵了。（哥林多后书 8：9）“你们知道我们主耶稣基督的恩典。他本来富足，却为你们成了贫穷，叫你们因他的贫穷，可以成为富足。”

亲爱的弟兄姊妹，就我们各人来说，不是我们拣选主，乃是主拣选我们（约翰福音 15：16）。若不是父的吸引，没有人到主那里来（约翰福音 6：44）。在以弗所书 1：4 节也如此说，“就如神从创立世界以前，在基督里拣选了我们，使我们在祂面前成为圣洁，无有瑕疵”。所以说这是神在创世之前在基督里的拣选。因为神救我们，以圣召召我们，不是按我们的行为，乃是按祂的旨意和恩典。所以我们得救是本乎恩，也因着信，这并不是出於自己，乃是神所赐的，也不是出於行为，免得有人自夸。一切是神的怜悯，救我们这些不堪、不配的人。



亲爱的弟兄姊妹，我们得救以後，神的恩典并不是停止了，而是更多更厚了。我们就是居於恩典之中，可以随时到施恩宝座前，因祂有说不尽的恩赐，主的恩典也是够我们用的。亲爱的弟兄姊妹，我们要在祂的恩典上要有长进，不可徒受祂的恩，也不可把神的恩当作放纵情欲的机会，以致失去神的恩。使徒保罗指出，有些加拉太信徒们偏离基督的真道，转去随从律法，想要靠律法称义。“你们这要靠律法称义的，是与基督隔绝，从恩典中坠落了”。（加拉太书 5：4）有人可能从恩典中坠落，所以要长久在祂的恩赐里。亲爱的弟兄姊妹，你可知道，骄傲是蒙恩最大的拦阻。

亲爱的弟兄姊妹，我们怎样对待神这麼大的恩呢？我们除了不住的感谢、赞美、称颂之外，别忘了我们要紧记住，我们的行事为人就当与蒙召的恩相称。（以弗书 4：1）

祷告：亲爱的天父，我们感谢赞美祢。感谢祢赐给我们如此丰盛的恩典。感谢圣灵的帮助，我们终于明白，然而我今日成了何等人，是蒙神的恩才成的。主啊！求主也帮助我们，我们既然蒙召，我们行事为人就当与蒙召的恩相称。我们感谢祷告祈求，是奉靠主耶稣基督的圣名，阿们！

Sunday, 12 December 2021

Title: Immanuel

By Elder Yu Chin Shie

Matthew 1:22-23

All this took place to fulfill what the Lord had spoken by the prophet: "Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel"

Today is the 3rd Sunday of Advent, a period of a month before Christmas when Christians around the world spend time to prepare their hearts and mind to celebrate the birth of our Savior, Jesus on Christmas Day and look forward to His Second Coming. Advent is a time of self reflection, meditation, reading of the bible on the life of Christ and prayers.

Often, we are so preoccupied with our daily chores, commitments and shopping during the Christmas season that we neglect to prepare our hearts to welcome our Savior on His birthday.

I like us to meditate on a wonderful name given to Jesus during this last 2 weeks before Christmas.

There are many other names or titles given to Jesus in the bible, like – Messiah, Prince of Peace, Son of Man, Redeemer, Immanuel, Christ, Lord of lords, Son of God, Savior and Our Lord.

The one name which I find most comforting of all names given to Jesus, esp. during Christmas time, is the name Immanuel which is literally translated as "God with us".

One of my favorite Christmas carols is "O Come, O Come, Immanuel" because of the deep longing and hope it expresses for Jesus' Second Coming.

The four Advent Sundays are often celebrated by four themes which remind us of the message of Christmas – hope, love, joy and peace.

Today being the 3rd Advent Sunday, the theme is Joy.

Let's reflect on the joy that Christ, our Immanuel, came to give.

On the night of Jesus' birth, an angel of the Lord appeared to the shepherds out in the field, keeping watch over their flock by night and proclaimed, "Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto

you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:10-11

We celebrate Christmas with joy because Jesus came as Savior to save mankind from its sins and sin’s consequences. The consequences of sin are man’s separation from God (spiritual death), physical death and judgement after death. On the cross, Jesus bore our sins and paid for what we deserved. All who profess faith in Him will have victory over sin, abundant life on earth and eternal life when we leave this world.

That is why the angel said the news of Jesus’ birth would bring great joy for all people. The joyful celebration would be universal. People around the globe would be glad for this event.

Another good reason to be joyful is because Jesus, our Immanuel, is with us. The God who created the universe and is all powerful is also our Heavenly Father. He has promised He will be with us always (Matthew 28:20) and will never leave us nor forsake us (Hebrews 13:5).

Hence whatever the situation we are in due to the impact of the Covid pandemic on our health, employment, businesses, relationship and other challenges, we can be confident He will be with us to protect us, comfort us, guide us, provide for us and heal us. He will give us peace and joy in the midst of challenges through His Word and His Spirit in us.

As we reflect during this Advent period on Jesus, Immanuel – God being with us, let’s ask the question: “How would our lives be different if we begin and end each day with the firm belief that God is with us?”

Prayer –

Heavenly Father,

Thank you for the gift of Jesus, our Immanuel, the Word made flesh. We rejoice that Jesus has come on Christmas Day as Savior of the world. We pray many will come to know Him as their Savior and Lord this Christmas and will be blessed with His presence in their lives for all eternity.

In Jesus name,

Amen

班底浸信教会

每日灵粮

2021 年 12 月 12 星期日

主题：以马内利

作者：余清熹长老

翻译：林良億姐妹

马太福音 1:22-23

22 这一切的事成就，是要应验主借先知所说的话说： 23 “必有童女怀孕生子，人要称他的名为以马内利。”（“以马内利”翻出来就是“神与我们同在”。）

今天是将临期的第三个主日，就是圣诞节前一个月的时间，全世界的基督徒都花时间预备他们的心思意念，在圣诞节庆祝我们的救主耶稣的诞生，并期待祂的第二次来临。降临期是自我反省、沉思、阅读有关基督生平的圣经和祈祷的时间。

我们通常在圣诞节期间全神贯注于日常琐事、承诺和购物，以至于我们忽略了准备好我们的心在祂的生日那天迎接我们的救主。

我希望我们在圣诞节前的最后两周，默想耶稣的美妙名字。

圣经中还有许多其他的名字或头衔给耶稣基督，例如弥赛亚、和平之君、人子、救赎主、以马内利、基督、万主之主、神子、救主和我们的主。

尤其是在圣诞节期间，我觉得耶稣的所有名字中，最令人欣慰的是以马内利这个名字，直译为“上帝与我们同在”。

我最喜欢的圣诞颂歌之一是《以马内利，恳求降临》，因为它表达了对耶稣第二次降临的深深渴望和希望。

四个降临节主日通常由四个主题来庆祝，这些主题提醒我们圣诞节的信息——希望、爱、欢乐与和平。

今天是第三个降临节主日，主题是喜乐。

让我们反思我们的以马内利基督所带来的喜乐。

在耶稣诞生的那个晚上，主的一位天使向野外的牧羊人显现，夜间看守他们的羊群，并宣布说：“10 那天使对他们说：不要惧怕！我报给你们大喜的信息，是关乎万民的；

11 因今天在大卫的城里，为你们生了救主，就是主基督。”（路加福音 2:10-11）

我们喜乐地庆祝圣诞节，因为耶稣作为救主来拯救人们脱离罪恶和罪恶的后果。罪的后果是人与上帝隔绝（灵命上的死亡）、肉体的死亡和死后的审判。在十字架上，耶稣基督担当了我们的罪，并为我们应得的付出了代价。当我们离开这个世界时，所有自称相信祂的人都将战胜罪恶，在地上获得丰盛的生命和永生。

这就是为什么天使说耶稣诞生的消息会为所有人带来极大的喜乐。欢乐的庆祝将是普遍的。世界各地的人们都会为这庆典感到高兴。

另一个喜乐的理由是因为主耶稣，我们的以马内利与我们同在。创造宇宙的全能神也是我们的天父。祂应许会永远与我们同在（马太福音 28:20），永不离弃我们，也不丢弃我们（希伯来书 13:5）。

因此，无论我们因疫情对我们的健康、就业、业务、关系和其他挑战的影响而处于何种情况，我们都可以相信祂会与我们同在，保护我们、安慰我们、引导我们、供应我们并治愈我们。借着祂的话语和祂在我们里面的灵，祂会在挑战中赐给我们平安和喜乐。

当我们在这个降临节期间反思关于耶稣以马内利- 神与我们同在时，让我们问一个问题：“如果我们每天开始和结束时都坚信上帝与我们同在，我们的生活会有什么不同呢？”

祷告——

天父，感谢祢赐下耶稣，我们的以马内利，道成肉身。我们为主耶稣基督在圣诞节作为救主降临而欢欣鼓舞。我们祈祷许多人能在这个圣诞节认识祂并接受他个人救主，并在他们的生命中永远与祂同在。诚心感谢是奉主耶稣的圣名。阿们。

Monday, 13 December 2021

Title: Paradoxical Principles.

By: Ong Hwee Soo.

Mark 9:35, 10:43-45

Throughout the Gospels, Jesus, the Master Teacher told many Parables to illustrate a paradoxical way of life. Jesus also made countless direct statements that were counter-intuitive, counter-cultural, counter-common sense, to emphasize the difference between worldly values and kingdom priorities. Christ's paradoxical sayings on the surface run against conventional wisdom but they conceal and also reveal deeper truths.

One of the most profound paradox Jesus propounded was on the principle of greatness. "If anyone would be first, he must be last of all and servant of all." (Mark 9:35)

In the context of this verse, Jesus and His disciples who were travelling together had just arrived at Capernaum. "And when he was in the house he asked them. 'What were you discussing on the way?'" (v33). They "kept silent" (v34), undoubtedly from embarrassment, "for on the way they had argued with one another about who was the greatest." (v34). The disciples who were undergoing intensive training from Jesus, the penultimate epitome of humility and servanthood, were entangled in an overt dispute about their relative supremacy to each other.

In our first text today (9:35), Jesus radically redefines greatness. But His lesson had yet to take root in these dull, dense disciples.

In the next chapter, the brothers James and John came to Jesus privately, and unashamedly requested Jesus to "Grant us to sit, one at your right hand and one at your left, in your glory." (10:37) At this juncture, Jesus and His disciples were journeying to Jerusalem, whereby James and John, together with the rest of the disciples had expected the Messiah to immediately establish His kingdom politically. Christ will hence enter His glory and the two brothers desired a prominent place in it. The duo had defined greatness as prominence as well as power, and they coveted the position of importance.

This text in no way exonerates the other disciples as they were no different. "And when the ten heard it, they began to be indignant at James and John" (v41), exposing the desires of their own hearts and also their self-righteousness.

Jesus did not categorically chastise them or forbid their ambitious desire to be great, rather, He distinctly redirected that aspiration, redefined it and refined it. "But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all" (v 43-44). Notice the word "must" in both of our texts today, which indicates it is an imperative. Jesus is demonstrating "the reversal of greatness and rank" (William L Lane: 'Commentary on The Gospel of Mark'). This overturns our deeply embedded worldly concept of greatness.

Thus, we have two contrasting concepts: greatness as sinfully and socially defined, opposed to greatness as biblically defined. The battle rages in the arena of our hearts. Genuine greatness is achieved only by emulating our Saviour's example and made possible by the Saviour's sacrifice. "For even the Son of Man came not to be served but to serve and to give his life as a ransom for many." (10:45).

In what ways have we strived to be Number 1 in our leadership roles? How has worldly perspectives of greatness caused us to view leadership as a position rather than a function of service? How may we reverse our ambitious appetite for personal power or our push for private agendas? What steps should we take to loosen our control and allow for more liberty of the Holy Spirit?

Biblical leadership is not about being in charge, but serving those in your charge.

PRAYER:

Heavenly Father, helps us to Live the Life of Humility and the Life of serving others.  
Amen.

班底浸信教会

每日灵粮

星期一，2021 年 12 月 13 日

标题：矛盾的原则

作者：翁辉赐弟兄

翻译：陈劲年姐妹【马可福音 9:35, 10:43-45】

在整个福音书中，模范教师耶稣讲了许多比喻来说明一种矛盾的生活方式。耶稣还发表了无数反直觉、反文化、反常识的直接陈述，以强调世俗价值观和国度优先事项之间的差异。表面上基督悖论的说法与传统智慧背道而驰，但它们隐藏并揭示了更深层次的真理。

耶稣提出的最深刻的悖论之一是关于伟大的原则。“耶稣坐下，叫十二个门徒来，说：若有人愿意作首先的，他必作众人末后的，作众人的用人。（马可福音 9 章 35 节）

在这节经文的上下文中，耶稣与同行的门徒刚刚到达迦百农。“他们来到迦百农，耶稣在屋里问门徒说：‘你们在路上议论的是什么事？’”（33 节）他们“不作声”（34 节），无疑是出于尴尬，因为他们在路上彼此争论谁为大。（34 节）门徒正在接受耶稣教导有关谦卑和仆人典范的密集训练，他们卷入了一场公开的争论中，在议论谁为大。

在我们今天的第一节经文中（第 9 章 35 节）耶稣从根本上重新定义了伟大，但祂的教训还没有在这些呆滞、迟钝的门徒中扎根。

在下一章中，雅各和约翰两弟兄私下来到耶稣面前，并厚颜地请求耶稣“赐我们在你的荣耀里，一个坐在你右边，一个坐在你左边。”（第 10 章 37 节）在这个时候，耶稣和祂的门徒正前往耶路撒冷，雅各和约翰以及其他门徒都期望弥赛亚立即在政治上建立祂的国度。基督将进入祂的荣耀，两兄弟希望在其中占据显赫位置。两人将伟大定义为卓越和权力，他们觊觎着重要的地位。

这段经文决不能免除其他门徒的责任，因为他们也没有什么不同。“那十个门徒听见，就恼怒雅各、约翰。”（41 节）暴露了自己内心的欲望，也暴露了他们的自以为是。

耶稣并没有明确地惩罚他们，也没有禁止他们渴望成为伟大，相反，他清晰将他们的愿望重新定向、重新定义并使其完善。“你们中间，谁愿为大，就必作你们的用人；在你们中间，谁愿为首，就必作众人的仆人”（43-44 节）请注意我们今天这两节经文中的“必”



一词，这表明它是命令式的。耶稣正在展示“伟大和地位的逆转”（威廉·L·莱恩(William L Lane)：《马可福音评论》）。这颠覆了我们根深蒂固世俗的伟大观念。

因此，我们有两个截然不同的概念：有罪的和社会定义的伟大，与圣经定义的伟大相反。战斗在我们心中的舞台上激荡。真正伟大只有通过效法我们救主的榜样才能实现，并通过救主的牺牲成为可能。“因为人子来，并不是要受人的服事，乃是要服事人，并且要舍命作多人的赎价”（第 10 章 45 节）

我们在哪些方面努力在我们的领导角色中成为第一？世俗的伟大观点如何使我们将领导力视为一种职位而不是一种服务功能？我们如何才能扭转我们对个人权力的雄心勃勃的欲望或我们对私人议程的推动？我们应该采取什么步骤来松开我们的控制，让圣灵有更多的自由？

圣经中的领导不是由您照管，而是要为您照管的人服务。

祈祷：

亲爱的天父，帮助我们活出谦卑的生命和过服侍他人的生活。阿们。

Tuesday 14th December 2021

Title: The ultimate destination of life

By: Pastor Andrew Lim

Seeing death as a taboo(人看死亡为禁忌)

Death is the final stop in the journey of life. No human could escape death. A human being's perception of death is different from that of God. A person would think of death as a mystery – painful, destructive, and empty. People tend to feel helpless and despair at the prospect of death, but it does not disappear. Once they meet death, it is obvious to see the ensuing frantic scuffle with it and to see them being trapped under the deep-rooted fear of death. Recently, as a result of the pandemic, the death number keeps unceasingly rising, and even though one fears death, one does not have the choice but to face it and ponder upon the afterlife.

The reason behind the fear of death is mainly because of its uncertainty and unfathomableness. Even though many understand that death is a natural occurrence, but the mere thought of it would trigger an unnatural feeling of fear and anxiety and some cold sweat – no matter their disbeliefs, ignorance or stubborn scepticism – at the back of their minds, those fears would sit there and be like a tiger waiting to leap at its preys. Thus, because of this fear, Chinese people have conjured up a variety of words and expressions to describe events or moments relating to death such as 善終 – blessed ending、走了 – left/gone、归天 – returned to heaven、回苏州卖咸鸭蛋了 – returned to Suzhou to sell salted duck egg、仙逝 – immortal death、千古 – turned eternal、安息 – rest in peace、香消玉殒 – The fragrance diminished and the jade perished — death of a pretty woman、天年不测 – the unexpected in heavenly age、长眠不起 – a never-ending sleep、含笑九泉 – laughing down the nine springs、与世长辞 – say goodbye to the world、寿终正寝 – a natural death、天人永隔 – the eternal separation between the heavenly being and man. The main point of all these sayings and expressions is to avoid mentioning the word “death”.

The world sees the end of life

(世人看人生的结局)

The end of life is a heavy and solemn topic. Although many would understand it as a natural occurrence, they would refuse to have that in their thoughts and would avoid it. But no one – not a single mortal – could avoid it. An adolescent at his/her peak of youth is not willing to consider that very thought of death nor would that kind of thought pass through his/her mind. A middle-aged person having realised

the gradual loss of his youthfulness and the advent of age which gradually dawns upon him would occasionally feel a keen sense of fear thereof and would deliberately steer clear of that kind of thought. An elderly person, on the other hand, would adopt a kind of hesitant and close-one-eye approach to this problem, realising the impending moment is closer than ever. Any religion would do its best to provide answers to the ultimate question of the existence of life.

Although mortals avoid mentioning death, fear it, refuse to face it, have a gripping sense of fear for it, none could avoid the angel of death and the ultimate end of their lives. Their souls could never return to this current life. In perspective, all human beings are equal before death; even the richest or most the powerful person in the world, the kings or peasants, the rich or poor, all will face death when their times come. No one could avoid it. As life leaves their flesh and bones, their souls would either ascend to heaven or descend to Hades.

Seeing death as sleep, preparing for resurrection(看死亡为睡眠, 预备复活)

However, Christians do not perceive death as how the world perceive it. We believe that when a person passes away, according to Scriptures, "all go to the same place; all come from dust, and to dust all return.". We bury the dead brothers/sisters in Christ together with flowers as if to celebrate. It is indeed a momentous occasion to celebrate – to celebrate a move of a soul belonging to God from this realm to another greater realm, just like the birth of a child from the uterus to a beautiful earth!

Scriptures say that "Just as people are destined to die once, and after that to face judgment". This verse could be illustrated like this: during a family outing, suddenly a venomous bee found its way into the car buzzing around and the children were shrieking in fear. The father in protecting his children used his bare hands to capture the bee and was stung badly. Then the father said, "children, now you don't have to fear because the bee's stinger is already in my hands". Lord Jesus through His holiness and perfect innocence became a sacrifice for our sins by dying on the cross. Therefore, brothers and sisters in Christ are no longer bound to the poison of death nor would it have any effect on them. That is the reason why those who trust and believe in the Lord no longer fear death and could live fruitful lives. For a Christian, death is just a sleep for the Bible says " But we do not want you to be uninformed, brethren, about those who are asleep, so that you will not grieve as do the rest who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who have fallen asleep in Jesus. For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord, will not precede those who have fallen asleep. "

Therefore, Christians are not afraid of death. Death is not the end, but a beginning of my new life. Pan Huo Hua ( 潘霍华 )

In Christ Jesus, we can know the ending of life. We can know the meaning of our existence and the ultimate path of life. For people like us who have inherited the eternal life, our death naturally is just a temporary rest. This knowledge and understanding enables us to live with peace and comfort and an expectation for the eternity. Such knowledge can foster a different mindset in us in facing painful and difficult moments such as the loss of our beloved or any sufferings or even death itself. Although we still have some lingering fear of death, we can rejoice for the promise of eternal lives because we look forward to the eternity. This will influence the choice we make.

Dear Father, our lives are like backpackers or travellers – everything we have today is so temporary and transient. But we are thankful that we met and could know You in our lifetime and inherit your gift of eternal life. Because of that, everything we do in our current lives embodies some value for the eternity. We pray that you let us know with your wisdom how to sow the seeds now for the sake of your eternal kingdom.

Our sincere prayer is in the name of our Lord Jesus Christ, Amen!

班底浸信教会

每日灵粮

星期二, 2021 年 12 月 14 日

标题：人生最终的归宿

作者：林金儀傳道

翻译：陈劲年姐妹

人看死亡为禁忌 Seeing death as taboo

死是人生命的终点，人类最终逃脱不了死亡的命运，人认为的死亡和上帝所认为的死亡是不一样的。世人会认为死亡为神秘、痛苦、幻灭与虚无的；人們對於死亡顯得惶惶無措，但是，死亡從未來消失，一旦與它相遇時，明顯会倉皇失措，恐懼不安。近期因为冠状病毒的肆虐，死亡的人数不断攀升人就是怕死，也不得不面对死，思想死亡后的世界。

人之所以对死亡觉得害怕是因为对死有不确定性和未知性。尽管许多人都会说“人死如灯灭，但是一想到死就会有一种莫名的恐惧。尽管有人不知、有人不信或不想知，但人们还是对死亡是心存余悸、惶惶不安，冥冥之中感觉到死亡是有一种令人恐怖的东西存在。所以华人对死亡及臨終用了不同的字句、善終、走了、归天、回苏州卖咸鸭蛋了、仙逝、千古、安息、香消玉殒、天年不测、长眠不起、含笑九泉、与世长辞、寿终正寝、天人永隔。就是尽量封口，总之就是不要讲出死亡这两个字。

世人看人生的结局

The world sees the end of life

人生的结局是一个沉重的话题，虽然很多人都会认为说：人死如灯灭，但是通常都是不愿意想这个问题，或回避这个问题，但每个人又无法回避。年轻人正值青春年华，不愿意也不会想到归途和结局、中年人青春已逝，老之将至，心里时不时会划过一丝惶恐的情绪，会尽量回避这个问题、老年人觉得自己已经进入“日薄西山”，对这个问题，抱着一种无眼睺或睺一只眼，闭一只眼的态度。任何一种宗教都会力图回答人存在的终极性问题

世人虽然避忌死、怕死、不想死，对死倉皇失措，恐懼不安而不谈。但是却没有人可以逃避死亡的命运以及生命的终结，生命的最后终结：即灵魂再也不能回到现世的生命中来。

死亡对于所有人都是平等的，即使是尘世最高的掌权者，时间到了归宿也依然是阴府，无论是君王或百姓、富者或穷者同样死去。无论如何回避，结局无非只有一个，随着生命的死亡，灵魂飞向天堂或进入地狱。

看死亡为睡眠，预备复活

Seeing death as sleep, preparing for resurrection

基督徒相信死亡并不像世人所想象的那样恐怖，我们所相信的是：当一个人离开世界就像圣经所说：尘归尘，土归土，把死者与花一同埋，并认为死亡是一个值得庆祝的重大时刻——是从一个世界到转换到另一个世界。就像婴孩从子宫里，出到美好的世界里面。

圣经上说，“按着定命，人人都有一死，死后且有审判。”就如一个父亲带着孩子们开车出去游玩，忽然一只蜜蜂飞进车子里，孩子们都害怕惊叫。父亲就特地用手去捉住蜜蜂，被蜜蜂狠狠地蜇了一下。然后父亲说，孩子们，现在你们不用再害怕了，因为蜜蜂的毒针在我的手里了。耶稣以祂的圣洁无罪却代替我们成为罪，为我们的罪，代替我们死亡，于是死亡的毒钩对于在耶稣基督里的人就不再有任何作用了。所以相信上帝的人对死亡将坦然而不惧，不再恐惧，并活出一个丰盛的生命。所以对基督徒来说，死亡是睡了，“论到睡了的人，像那些没有指望的人一样，主必亲自从天降临，有神的号吹响。那在基督里死了的人必先复活。”所以基督徒不害怕死亡。死亡不是终结，这是我新生命的开始（潘霍华）

在基督里，我们可以知道人生的结局，知道了人生的归宿，对拥有永生的我们来说，自然死亡不过是短暂的休息。这可以让我们安心在世上的生活，并且可以心怀永远的盼望。这能让我们以不同的心境面对艰难时刻，如痛失至亲，或自己面临各类痛苦甚至死亡。虽然，我们仍会畏惧死亡，但我们却能因今世得永生的应许而欢欣喜乐；因为放眼永恒，而影响了我们今世选择要走的道路。

亲爱的上帝，我们的人生就如背包客或过客，我们现今所拥有一切的都是那么的短暂，但感恩的是，我们在有生之年认识了您，从而得到了永生的生命，因此今生所做的一切从此具有了永恒的价值。求您让我们晓得如何在世上有智慧为永生经营。诚心祷告是奉主耶稣基督的名，阿们！

Wednesday, 15 December 2021

Title: Eternity and beyond

Eleanor Woo

John 3:16 "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (NIV)

The people of Sydney in Australia were intrigued. Most mornings, inevitably they would find written, in beautiful script with yellow chalk on the pavement of streets in different parts of the city, one word – Eternity. This went on for years and no one seemed to know who had been doing this, or why. Then, in 1956, someone saw him taking out a piece of chalk and actually writing on the pavement. By then he had already been doing it for some 24 years!

Arthur Stace was a small quiet man with a crooked nose who grew up in deep poverty. Even as a child, he had to scavenge bins for food and resorted to stealing bread and milk in order to survive. He became an alcoholic and at 15 was sent to jail. Later, Arthur became a Christian, and in 1932 after hearing a sermon on Isaiah 57:15, became so inspired that he felt compelled to share it with everyone. The preacher's words, "Eternity, Eternity, I wish that I could sound or shout that word to everyone in the streets of Sydney. You've got to meet it, where will you spend Eternity?"

In an interview, Arthur said, "Eternity went ringing through my brain and suddenly I began crying and felt a powerful call from the Lord to write Eternity." Even though he was illiterate and could hardly write his own name legibly, "the word 'Eternity' came out smoothly, and in a beautiful printer's script. I couldn't understand it, and I still can't."

For Arthur, it was a calling from God and he was single-mindedly obedient to remind people to think about what lies ahead. It was estimated that he wrote the word around half a million times over 35 years. Imagine a book of half a million words that only consists of one word!

Well, Christmas is just ten days away. Jesus' birth was foretold in Isaiah 9:6 "For unto us a child is born..." Jesus came to earth in the form of a human child, yet He would lead a sinless life and later die to save us from our sins; the only way to satisfy a holy God and bring us back into a relationship with Him. Isaiah 53:5 says "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him."

As we celebrate Christmas, let us remember that this story does not begin in the manger and end at the cross. This story of mankind's redemption will end with us living with God in eternity. God is eternal – He has been and always will be – Revelations 4:8 "Holy, holy, holy is he Lord God Almighty, who was, and is and is to come." Eternity is beyond time or outside of where time matters. It is when time ceases for us and timelessness begins.

God has taken great pains and gone to great lengths to reach out to us, to show us His love and His desire that we will return to Him and spend eternity with Him.

Jesus holds the key to our eternal life. John 4:13-14 Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life."

I pray that if you have not accepted Christ, come to Him, so that you can spend eternity with Him. It is a decision that you cannot put on a back burner. May the one word that Arthur Stace had scripted on the pavements of Sydney, urge you to think ahead. Look beyond the manger, look past the cross and look forward to spending eternity with our Abba Father.

PRAYER: Dear Father, I thank you for your mercy and grace. I thank you for the gift of eternal life through Jesus, Your Son, for without His coming there will be no redemption for us. I pray that You will open our spiritual eyes to accept your gift, and help us to grasp how wide and long and high and deep is the love of Christ, In His name, Amen.



班底浸信教会

每日灵粮

星期三, 2021 年 12 月 15 日

标题：跃进永恒

作者：胡少凤姐妹

翻译：陈健萍姐妹

【约翰福音 3:16】神爱世人，甚至将他的独生子赐给他们，叫一切信他的，不至灭亡，反得永生。（和合本）

澳大利亚悉尼人的好奇心被激起了。大多数早晨，他们都必会发现在城市各处的行人道上，用黄色粉笔以漂亮的字体写着一个单词 - 永恒。这种情况持续了多年，没有人知道是谁在这么做，也不知道为什么。后来，在 1956 年，有人看到他拿出一支粉笔，在行人道上写字。到那时，他已经做了大约 24 年了！

亚瑟·史泰斯 (Arthur Stace) 是个身材矮小、沉默寡言的人，他长着一个鹰钩鼻子。他在极度贫困的环境中长大；在他还是个孩子的时候，他就不得不从垃圾桶里捡食物。为了生存，他甚至还得偷面包和牛奶。他成了酒徒，15 岁时被送进监狱。后来，亚瑟成了基督徒。1932 年，在听了一篇关于以赛亚书 57:15 的讲道后，他深受启迪，以至于他觉得有必要与每个人分享。牧师的话：“永恒，永恒，我希望我能向悉尼街头的每一个人高声呼喊这个词。你必须面对，你将在哪里度过永恒？”

在一次采访中，亚瑟说：“永恒在我的脑海中响起，突然，我开始哭泣，感觉从主而来的强烈呼召，要我写出永恒。”尽管他是文盲，几乎不能清楚地写出自己的名字，“永恒”这个词还是顺利地写出来了，而且是以优美的铜版书写法写出来的。我不明白，现在也仍不明白。”

对亚瑟而言，这是上帝的呼召，他一心一意地顺从，提醒人们要思考未来。据估计，在 35 年的时间里，他写这个词大约 50 万次的了。试想象一本有 50 万字却只有一个单词的书！

离圣诞节只有十天了。以赛亚书 9:6 预言了耶稣的降生，“因有一婴孩为我们而生...”。耶稣以人类婴孩的形象来到人间，然而祂过着无罪的生活，后来为了把我们从罪中拯救出来

而死；这是满足圣洁的上帝并与我们重新建立关系的唯一途径。以赛亚书 53:5 写道：“哪知他为我们的过犯受害，为我们的罪孽压伤。因他受的刑罚，我们得平安。”

在我们庆祝圣诞节的时候，让我们记住，这个故事不是从马槽开始，在十字架结束的。这个关于人类救赎的故事将以我们与上帝永远在一起而告终。上帝是永恒的 – 祂过去并将永远存在 – 启示录 4:8 “圣哉，圣哉，圣哉，主神是昔在、今在、以后永在的全能者。”永恒是超越时间的，或说是在受时间影响的范畴之外的。当我们的时间终止，就是永恒的开始。

上帝苦心竭力地与我们联系，向我们显示祂的爱，并祂愿我们回到祂身边与祂共度永恒的渴望。

耶稣掌握着我们永生的关键。约翰福音 4:13-14 耶稣回答说：“凡喝这水的，还要再渴；人若喝我所赐的水，就永远不渴。我所赐的水要在他里头成为泉源，直涌到永生。”

我祈求，如果您还没有接受基督，请到祂那里去，这样您就可以和祂一起共度永恒了。这是一个您不能搁置的决定。愿亚瑟·史泰斯在悉尼的人行道上写下的单词，促使您提前为未来考虑。往更远处看，越过马槽，越过十字架，期待与我们的阿爸天父共度永生。

祈祷：亲爱的天父，我感谢祢的怜悯和恩典。我感谢祢藉着祢的儿子耶稣赐给我们永生，因为没有祢的降临，我们就没有救赎了。我祈求祢开启我们属灵的眼睛，接受祢的恩赐，并帮助我们领悟基督的爱是何等长阔高深。奉祂的名，阿们。

Thursday, 16 December 2021

Title: From Anxious Waiting to Hopeful Adoration

Pr Mark Tan

Luke 2:25-32

How would you feel if you knew roughly when you were going to die, though not exactly when? For example, if you knew you will die on the day Ipswich Town Football Club wins the Premier League, how would you feel? Some of us would feel very anxious at every football season, others would take matters into their own hands to make sure Ipswich Town FC would never qualify for the Premier League, let alone win one.

This is not the same for Simeon. Let's find out why.

In today's reading, we see Jesus being presented to the temple. At the temple there was a man named Simeon. The Bible describes him as righteous and devout, and the Holy Spirit was on him. The Holy Spirit actually told Simeon that he will see the Messiah before he dies. Hence, he earnestly waited and waited till finally he saw Jesus. When he did, he picked up the baby Jesus and praised God saying that he is now happy and willing to die now that he has seen the Saviour.

What's the difference between my illustration and Simeon's experience? The main thing is this: what I didn't have in my illustration but Simeon had in his encounter with Jesus was HOPE. You see, for my illustration, whether you are a fan of Ipswich Town FC or not, there's no hope for us when we die. Whereas for Simeon, whether his life was difficult or easy, his life has hope at the end in Jesus.

The Christian faith is one of hope. Whether this year has been harder on us than others, or maybe you had a better year than before, Christmas is the celebration of the gift of hope which we are given in Christ Jesus.

Among the Christmas traditions, the Christmas tree was always a strange tradition to me. Why do we decorate a (fake) tree in the house at Christmas? Well, the Christmas tree is an evergreen tree. This means when in winter the other trees look like they died with no leaves on the branches, the evergreen trees will always be green with leaves on their branches. To cheer up the living room, people would cut these trees and decorate them in the house. This not only provides cheer to the house, but also hope, reminding them that soon spring will come back, and life will return to the land. The Christmas tree ends up being the symbol of Christian hope. It is decorated with a star on top to symbolize the Bethlehem star which guided the wise men to baby Jesus. The presents under the tree remind us the gift of hope Jesus is to us: For God so loved the world, He gave His one and only Son that whoever believes in Him will not perish, but have eternal life. (John 3:16)

This Christmas season, be the channel of hope for those in need of hope: the depressed, the downtrodden and the lonely. May you know the joys of Christmas, and may Jesus be your everlasting hope!

Prayer:

Father, I pray that you will turn our hearts toward you as Christmas approaches. Let us not get caught up in the hustle and bustle of the season this year and miss the chance to celebrate the gifts of hope, peace, joy, and love that you sent to us on that first Christmas. That first Christmas, you gave us the gift of hope wrapped in swaddling clothes and laid in a manger. Thank you, Father, for your immeasurable gift. In Jesus' precious name, we pray. Amen.

班底浸信教会

每日灵粮

2021 年 12 月 16 日，星期四

题目：“从焦急的等待到充满盼望的崇拜\* ”

作者：陈燕靖传道

翻译：黄姐妹

路加福音 2:25-32

25 在耶路撒冷有一个人，名叫西面；这人又公义又虔诚，素常盼望以色列的安慰者来到，又有圣灵在他身上。

26 他得了圣灵的启示，知道自己未死以前，必看见主所立的基督。

27 他受了圣灵的感动，进入圣殿，正遇见耶稣的父母抱着孩子进来，要照律法的规矩办理。

28 西面就用手接过他来，称颂神说：

29 主阿！如今可以照你的话，释放仆人安然去世；

30 因为我的眼睛已经看见你的救恩—

31 就是你在万民面前所预备的：

32 是照亮外邦人的光，又是你民以色列的荣耀。

如果你大致知道自己什么时候将会死去，虽然不是确切的时间，你会有什么感觉？例如，如果你知道自己会在伊普斯维奇城足球俱乐部赢得英超联赛冠军的那天死去，你会有什么感受？我们中的一些人在每个足球赛季都会感到非常焦虑，有的则自己设想希望保伊普斯维奇城足球俱乐部永远无法获得英超联赛的参赛资格，更不用说赢得一场球赛了。

这对西面来说是不一样的。让我们找出原因。

在今天的阅读中，我们看到耶稣被带到圣殿。在圣殿里有一个人，名叫西面。圣经将他描述为公义和虔诚，他被圣灵带领。圣灵实际上告诉西面，他会在死前见到弥赛亚。于是，他诚心盼望，一直等待。终于见到了耶稣，他抱起婴儿耶稣并赞美上帝，说他现在很高兴，宣告救主的荣耀，说既然已经看见了“救主”（神的「救恩」），就可以安然去世了。我的举例和西面的经历有什么不同？主要是这样的：我在我的举例中没有西面与耶稣的相遇中拥有的“盼望”。

你看，就我而言，无论你是否是伊普斯维奇城足球俱乐部的球迷，我们死后都没有希望。然而对于西面来说，无论他的生活是艰难还是轻松，他的生活最终充满盼望只因有了耶

稣。

基督教信仰是一种盼望。无论今年对我们来说比其他人更难，还是您这一年比以前更好，圣诞节都是庆祝我们在基督耶稣里得到的“盼望”这礼物。

在圣诞节的传统中，圣诞树对我来说一直是一个奇怪的传统。为什么我们在圣诞节装饰房子里的（假）树？

嗯，圣诞树是常青树。这意味着当冬天其他树看起来像枯萎了，树枝上没有叶子时，常青树将永远是绿油油，树枝上长满叶子。为了让客厅有气氛，人们会砍掉这些树并将它们装饰在房子里。这不仅给房子带来了欢乐，也给了他们希望，提醒他们春天很快就会回来，生活将回归大地

圣诞树最终成为基督徒盼望的象征。树的顶部装饰有一颗星星，象征着伯利恒之星，它指引着智者寻见婴儿耶稣。树下的礼物提醒我们耶稣就是带来盼望的礼物：“神爱世人，将他的独生子赐给他们，叫一切信他的不至灭亡，反得永生。”（约翰福音 3:16）

这个圣诞季节，成为那些处在沮丧、受压迫和孤独人的希望渠道。愿你知道圣诞节喜乐的源头，愿耶稣成为你永远的盼望！

祷告

“阿爸天父，我的祷告是圣诞节临近时刻使我们的的心转向祢。让我们不要被今年这个季节的喧嚣所困扰而错过庆祝您最初圣诞节要赐给我们的希望、和平、喜乐和爱的机会。那第一个圣诞节，你给了我们包裹在襁褓里，放在马槽里希望的礼物。感谢祢天父，祢那无可测度的礼物。奉耶稣宝贵的名，我们祈祷。阿门。”

Friday 17/12/2021

By Chow Ee-Tan 赵一丹

## DEVOTE TO PRAYER

Devote yourselves to prayer, being watchful and thankful – Colossians 4:2 (NIV)

If we're honest with ourselves, most of us don't pray enough. We know we should, and we know we should have a deeper walk with our Lord. We also understand that there is so much need to pray about – for ourselves and for others. Yet, we still don't pray enough.

Perhaps it is because we are built with an internal cause and effect reward trigger. Even though we believe that God answers prayers, we don't get the immediate payoff we'd often like to see with prayers.

But here, we are told to DEVOTE ourselves to prayer, in the sense to make it a constant habit. Not something that we do only when we feel like it. And perhaps what we really should do with prayer is to stick with it long enough and often enough to witness its power.

John Piper says in a devotion that "prayer is not infrequent and prayer is not hit and miss". Being "devoted to" prayer means that we are not haphazard and we are not forgetful to pray. It means we are to take steps to see that it is part of our regular life, the same way for eating and sleeping.

Beyond the devotion to prayer, this verse also gives us an insight into HOW we should pray. Paul suggests it is fundamental that our posture in prayer is to be watchful and thankful.

What does being watchful' in prayer mean? For one, it could mean that we should guard against mindless, mechanical or over-methodical approach to prayer. It can also mean we should tune in' spiritually to God and His Spirit's work. It can also mean that we should always pray in the light of His power, His purposes and His promises.

I believe that being watchful is also a reminder that we are completely dependent upon God when we come to Him in prayer. It's not about us but about what He can do in our lives. So we are to pray always, not just anyway or anyhow, but in view of the truth of Christ.

A scripture passage that is encouraging and comforting to me is Philippians 4:6-8. Paul writes: "do not be anxious about anything, but in everything by prayer and

supplication with thanksgiving, let your requests be made known to God". It is not by coincidence that in Colossians 4:2, he also says we should remain continuously thankful when we pray.

Indeed, there are so many things that we ought to be thankful to God for. We have been given so much by God. Therefore we should not think about what we do NOT have. Above all, we are thankful that our creator God has given us His only son, to lay down His life for us so that we can have a relationship with our Father in heaven, forever.

When we harbour a spirit of gratitude in us, joy will begin to fill our hearts. We know and trust that God has a provision and sovereign plan in our lives that is more than what we hope and dream for. And we can come to realize that our worldly experience is just a flash of time compared to the wonderful eternal experience that would come one day.

Yes, prayer is communing and building a relationship with God. And there is no other way but to devote ourselves to prayer, being watchful and thankful.

Someone once asked C.S. Lewis, "Why pray if God knows all and is sovereign over all?" Lewis replied, "You might as well ask me why breathe, for prayer to the soul is as necessary as breathing for the body."

Prayer:

Father God, forgive me for I have not been praying enough. I long to have a meaningful relationship with You and I pray that Your Holy Spirit will spur me to pray to You regularly, being watchful always and having a heart of thankfulness. I know my prayers will bring delight to Your heart and I know You always hear my prayers. Thank You in Jesus' name, Amen.



每日灵粮

星期五，2021 年 12 月 17 日

标题：恒切祷告

作者：赵一丹

翻译：陈月妃

你们要恒切祷告、在此儆醒感恩。-歌罗西书 4：2

抚心自问，我们大多数人都祷告得不够。我们知道我们应该祷告，我们也知道我们应该与我们的主有一个更深入的关系。我们也明白有如此多的祷告需要——不论是为自己或是为他人。然而，我们仍然祷告得不够。

也许是因为我们天生就有一个内在的因果奖励触发器。尽管我们相信上帝会回应我们的祷告，但我们并没有从祷告中得到我们通常希望看到的即时回报。

但在此处，我们被劝勉要恒切的祷告，从某种意义上说，是要使之成为一种固定的习惯。不是只有在我们想做的时候才做的事情。也许在祷告这件事情上，我们该做的就是持之以恒以见证它所带来的能力。

约翰·派珀 (John Piper) 在灵修文章中说，“祷告是不可或缺的，祷告也不是碰运气”。“恒切”祷告意味着我们不是偶然才做的，也不会忘记祷告。这意味着我们会设法让它成为我们日常生活的一部分，就像吃饭和睡觉一样。

除了恒切的祷告，这节经文也让我们深入了解到我们应该如何祷告。保罗建议我们在祷告中的态度应该是儆醒与感恩，这也是最基本的。

祷告中的“儆醒”是什么意思？首先，这可能意味着我们应该避免盲目、机械式或过于条理式的祷告方式。这也可能意味着我们应该在精神上“调整”到神和祂的圣灵的工作。这也可能意味着我们应该总是按照祂的能力，祂的旨意及祂的应许来祷告。

我相信儆醒也提醒我们，当我们来到神跟前祷告时，我们乃是完全仰赖神。这与我们个人无关，而是与祂能在我们的生命成就什么有关。因此，我们要经常祷告，无论得时不得时，乃是按着基督的真理祷告。

腓立比书 4:6-8 中有一段经文鼓励和安慰我。保罗写道：“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”。在歌罗西书 4:2 中，他还说，当我们祷告时，我们应该不断地感恩，这并非巧合。

确实，我们应该感谢上帝的事情太多了。上帝给了我们太多太多，所以我不应该去想我们没有的东西。最重要的是，我们感谢我们的造物主上帝赐给我们祂的独生子，为我们舍弃祂的生命，这样我们就可以与天父建立永远的关系。

当我们怀着感恩的心时，喜乐就会开始充满我们的心。我们知道并相信上帝在我们的生命中有一个至高无上的计划，这是远超出我们所希望和所梦想的。我们可以意识到，与将来有一天会到来的美妙永恒体验相比，我们的世俗体验只不过是一瞬间而已。

是的，祷告就是与神交流并建立关系。除了恒切祷告，儆醒和感恩之外，别无他法。

有人曾问 C.S. Lewis，“如果上帝无所不知，并且掌管一切，为什么还要祷告呢？” C.S. Lewis 回答说：“你不妨问我为什么要呼吸，因为灵魂要祷告就像身体需要呼吸一样重要。”

祷告：父神，请原谅我祷告得不够。我渴望与你建立有意义的关系，我祈祷你的圣灵会激励我经常向你祷告，时刻儆醒并有一颗感恩的心。我知道我的祷告会讨你喜悦，我知道你总是听到我的祷告。奉耶稣的名感谢，阿门。

Saturday, 18 December 2021

Title: Jesus – Fully Man, Fully God

By: Chan Yew Thai

How do we know that Jesus Christ is fully Man and fully God?

The Bible tells us that Jesus is both fully man and fully God.

Jesus Christ is fully Man.

The Word became flesh and dwelt among us (John 1:14a). Jesus has emotions. He wept when was told about Lazarus's death (John 11:35). He was sorrowful and deeply distressed before going to the cross and prayed, "O My Father, if it is possible, let this cup pass from me; nevertheless, not as I will, but as You will (Matthew 26:39)." He ate with Matthew and his friends, the tax collectors (Matthew 9:9-10), and other scriptures showed him feasting with people. He slept (Luke 8:23). He had a regular job as a carpenter (Mark 6:3). This list is not exhaustive.

Jesus Christ is fully God.

John 1:1 says, "In the beginning was the Word, and the Word was with God, and the Word was God," verse 14a, which implies that the Word who became flesh is Jesus Christ, points towards Him as God (John 1:1). In John 8:58 Jesus said to the them, "Most assuredly, I say to you, before Abraham was, I AM." In the Old Testament, God addressed Himself as I AM. This is seen in Exodus 3:13-14, when God called Moses to lead the Israelites out of Egypt and Moses asked God what he was to tell them when asked who sent him. God's reply was, "I AM has sent me to you." The immaculate conception account recorded in Luke 1:26-35, said that Jesus is the Holy One and will be called the Son of God (vs 35), shows that He is God. The prophecies in the Old Testament prophesied hundreds of years before Jesus' birth indicated that He is God. Christ would be filled with power, peace and the Spirit from birth (Isaiah 9:6); Jesus would be born of a virgin (Isaiah 7:14); Jesus would be born in Bethlehem (Micah 5:2); a star would point the way towards Christ (Numbers 24:17); He would be worshipped by shepherds and presented with gifts (Psalm 72:9, 10-11); there would be great sorrow during the time of his birth because many children would be killed (Jeremiah 31:15) and other prophecies including his genealogy.

Why is it crucial that Jesus is both fully Man and fully God?

Jesus Christ died as a fully man, bearing our sins, deserted by God the Father. His obedience which conquered death, honoured by God seated on the right side of God (Acts 2:33), gives us hope of eternal life. His sufferings, pain, sorrow and other emotional needs – when betrayed by Judas Iscariot who is his inner circles (Matthew 26:14-16), denied by Peter who was close to him, not once but thrice (Luke 22:54-60), being rejected (Matthew 21:42), abandoned after his arrest, suffered beating, spat at, ridiculed and humiliated before the crucifixion, give us

comfort that He understands our pain and sorrow.

His resurrection and ascension show that the one true God that we worship is alive and is able to redeem and reconcile us to God the Father. His omnipotence, omnipresence and omniscience make Him the creator and in control of all things; having absolute power with nothing being impossible to Him; able to protect us wherever we are and able to lead, guide and teach us in all areas of our life because of His infinite knowledge.

Jesus Christ, our Saviour, can be trusted and depended on by everyone at all stages of our life and nothing is too petty or difficult for Him.

Prayer:

Merciful God, thank you for being fully man and fully God, giving us eternal life. It is comforting to know that whatever our experiences are, you have gone through it and you understand what we are going through. We can trust, lean and depend on you; knowing you are the Almighty God, our Creator and holds the operating instruction of our life in your hands. May we learn to submit all areas of our life to you daily.

Amen!

班底浸信教會

每日靈糧

2021 年 12 月 18 日星期六

標題：主耶穌——是人，也是神

作者：陳友娣姐妹

翻譯：王靖端姐妹

我們怎麼知道耶穌基督是完全的人，也是完全的神？

聖經告訴我們，耶穌既是完全的人，又是完全的神。

耶穌基督真是完全的人。

“道成了肉身，住在我們中間”（約翰福音 1:14a）。耶穌有情緒。當被告知拉撒路的死時，“耶穌哭了。”（約翰福音 11:35）。在上十字架之前，祂非常悲傷和痛苦，“禱告說：『我父阿，倘若可行，求你叫這杯離開我；然而不要照我的意思，只要照你的意思。』”（馬太福音 26:39）。“祂與馬太和祂的朋友、稅吏一起吃飯（馬太福音 9:9-10），其他經文中也記載祂與人共進筵席。祂睡了（路加福音 8:23）。祂有一份普通的木匠工作（馬可福音 6:3）。上面是部分的列述並非詳盡無遺。

耶穌基督真是完全的神。

約翰福音 1:1 說，“太初有道，道與神同在，道就是神”，14a 節含蓄地指道成肉身的道就是耶穌基督，指向祂是神（約翰福音 1:1）。在約翰福音 8:58，耶穌對他們說：『我實實在在的告訴你們，還沒有亞伯拉罕，就有了我（我就是）。』在舊約中，上帝稱自己為“我是”。這在出埃及記 3:13-14 中可以看到，當時神呼召摩西帶領以色列人出埃及，當被問到是誰派他來時，摩西問神要告訴他們什麼。神的回答是：“那自有的打發我到你們這裡來。”路加福音 1:26-35 記載的聖靈懷胎陳述耶穌是聖者，“因此所要生的聖者，必稱為神的兒子（或作所要生的必稱為聖稱為神的兒子）。”（35 節），表明祂是神。舊約中的預言在耶穌誕生前數百年就預言了祂是神。“因有一嬰孩為我們而生，有一子賜給我們。政權必擔在祂的肩頭上。祂名稱奇妙、策士、全能的神、永在的父、和平的君。”（以賽亞書 9:6）基督從一出生就被能力、平安和聖靈充滿；耶穌將由童女所生“必有童女懷孕生子，給他起名叫以馬內利（就是“神與我們同在”的意思）。”（以賽亞書 7:14）；耶穌將出生在伯利恆“伯利恆、以法他啊，你在猶大諸城中為小，將來必有一位從你那裡出來，在以色列中為我作掌權的；祂的根源從亙古，從太初就有。”（彌迦書 5:2）；一顆星會指向基督的道路“有星要出於雅各”（民數記 24:17）；他會受到牧羊人的崇拜“住在曠野的，必在他面前下拜”（詩篇 72:9）；並被贈送禮物“他施和海島的王要進貢；示巴

和西巴的王要獻禮物。諸王都要叩拜他，萬國都要事奉他。”（詩篇 72：10-11）；在他出生的時候會有很大的悲傷，因為許多孩子會被殺害“在拉瑪聽見號啕痛哭的聲音，是拉結哭她兒女，不肯受安慰，因為他們都不在了。”（耶利米書 31:15）和其他預言，包括祂的家譜。

為什麼耶穌既是人又是神很重要？

耶穌基督作為一個完全的凡人死了，背負了我們的罪，被父神拋棄了。祂的順服戰勝了死亡，“祂既被神的右手高舉(或作祂既高舉在神的右邊)”（使徒行傳 2:33）被上帝所尊榮，給了我們永生的希望。祂的苦難、痛苦、悲傷和其他情感上的需求——被祂的核心圈子的加略人猶大出賣，“從那時候，他就找機會，要把耶穌交給他們。”（馬太福音 26:14-16），被親近祂的彼得否認，不是一次，而是三次（路加福音 22:54-60），被棄絕“耶穌說：『經上寫著：匠人所棄的石頭』”（馬太福音 21:42），被捕後被遺棄，在被釘十字架之前遭受毆打、吐口水、嘲笑和羞辱，這些經歷讓我們感到舒適，因為祂能了解我們的痛苦和悲傷。

祂的復活和升天證明我們敬拜的獨一真神還活著，並且能夠救贖我們並使我們與父神和好。祂的無所不能、無所不在、無所不知，使祂成為創造者，主宰萬物；擁有絕對的權力，對祂來說沒有不可能；無論我們身在何處，都能夠保護我們，並能夠在我們生活的各個領域領導、指導和教導我們，因為祂擁有無限的智慧。

耶穌基督，我們的救主，我們每個人生命的各個階段都可以信任和依賴祂，對祂而言沒有什麼是小事或是難事。

禱告：

仁慈的上帝，感謝祢成為全人全神，賜給我們永生。令人欣慰的是，無論我們所經歷的如何，祢都體驗過，並且了解我們正在面對的處境。我們可以信任、倚靠和依賴祢；知道祢是全能的上帝，我們的造物主，將我們生活的運行指南握在祢的手中。願我們學會每天將我們生活的所有領域的事無巨細都交托給祢。阿門！

Sunday, 19 December 2021

Topic: Service

By Elder Tan Seng Kee

Passage: Jeremiah 29:13; Ecclesiastes 4:9

This will be the last of my monthly Daily Devotion launched by PBC in March 2020. I would have written 18 devotions to date and it has been a journey which requires fortitude, commitment as well as full dependence on God for the output of each article on the Sunday of the 3rd week of each month.

I took the opportunity to pen into words my most current thoughts each time I am reminded that the deadline for the article is coming soon. Without fail and after prayers asking God for a subject to write on, I would get the idea on what I need to communicate in the devotion and once the subject matter is clear, the words can seamlessly flow.

Each article, I believe, emanates from an idea God put in my heart. Jeremiah 29:13 is a timely reminder that "You will seek me and find me when you seek for me with all your heart" and this is even more true when I gathered confidence over the months that God will surely come in for me to complete the devotion when I seek Him with all my heart. My picture of God becomes larger when I see His faithfulness in seemingly regular matters of my daily lives.

One of our proofreaders (a sister-in-Christ), patiently waited each month for me to send the devotion article for her to proofread the contents for grammar and clarity. This sister-in-Christ is a true example of a PBC member devoted to any area of service she is called upon to assist and admirably, excelling in what she does. There were occasions I missed out a subject topic or a bible passage for the devotion, she aptly not only pointed out the error but also suggested the correct wordings. For that, I am grateful that my task was made much lighter because I had able assistance in the ministry.

There is also a Mandarin translator for my English version of the devotion. To date I do not know who the translator is but I can imagine the painstaking efforts taken in ensuring the article in English is properly translated into Mandarin, both in the contents and intent of the article. I am deeply grateful to the pool of proofreaders and our Chinese translators and I rejoice to be reminded of Ecclesiastes 4:9 where "Two are better than one...." and acknowledge that each month my article can be transmitted because in the family of God we have fellow servants who diligently, faithfully, capably and professionally serve God in the capacity they are gifted in.

So in PBC, my call is to avail yourself to serve in any capacity if asked and you can be assured that your service will enable someone else in PBC to serve even better, whether or not you are aware of it. I have no doubt that everything we as God's children do in ministry and in service will bear fruits for the betterment of the church, for God's people and for the glory of God.

Prayer:

Dear God, I ask that You help me to accept any service I may be called to do and that You equip me to carry out such services well for Your glory. In Jesus' name I pray. Amen.



班底浸信教会

每日灵粮

2021 年 12 月 19 星期日

主题：服事

作者：陈诚基长老

翻译：林良億

经文：耶利米书 29:13；传道书 4:9

这将是 2020 年 3 月班底浸信教会推出每日灵粮的最后一篇。到目前为止，我写了 18 篇的每日灵粮文章，每个月第三周的星期日，都需要写出一篇。这是一段需要刚毅、委身和完全依赖上帝的旅程。

每当我被提醒文章的截止日期即将到来时，我都会借此机会用文字表达我目前的想法。在向上帝祈求一个写作主题后，我就会得到我需要在灵修中传达的想法，一旦主题明确，文字就会流畅起来。

我相信，每一篇文章都源自与上帝放在我心中的想法。耶利米书 29 章 13 节适时地提醒我们，“你们寻求我，若专心寻求我，就必寻见”。当我在这几个月里积累了信心，深信当我全心全意寻求祂时，祂一定会来为我完成灵修时，这一点就更加真实了。

我们的一位校对员（主内姊妹）每个月都耐心地等待我发送的每日灵粮，让她校对内容的语法和清晰度。这位主内姊妹是班底浸信教会成员，她致力于任何需要她提供帮助的服事领域，并且令人钦佩地在她所做的事上表现出色。

有几次我漏掉了一个主题或经文，她不仅恰当地指出了错误，而且还建议了正确的措辞。为此，我很感激我的任务减轻了许多，因为我在事奉中有得力的帮助。

我的英文版的每日灵粮也有中文翻译。迄今为止，我不知道翻译者是谁，但我可以想象，为了确保将英文的文章正确地翻译成中文，在内容和意图上都付出了艰辛的努力。我非常感谢校对人员和我们的中文翻译人员，我很高兴想起传道书 4:9 中的“两个人总比一个人好……”，并承认我的每个月的每日灵粮文章都可以传播，是因为在上帝的家中，我们有同工，他们勤奋、忠诚、专业地以他们所具有的能力事奉上帝。

因此，在班底浸信教会，我的呼吁是，如果被要求以任何身份服事，您可以放心，您的服事将使班底浸信教会的其他人能够有更好地服事，无论您是否意识到这一点。我毫不怀疑，作为上帝的儿女，我们在事奉和服事中所做的一切都会结出果子，为教会、为上帝的子民和为祂的荣耀带来更好的发展。

祷告：亲爱的上帝，我请求你帮助我接受可能被召唤去做的任何服事，并装备我为了祢的荣耀而做好。我奉主耶稣的圣名祈祷。阿们。

Monday, 20th December 2021

## MEETING TOGETHER

Pastor Soong Kok Kee

Hebrews 10: 25 "And let us not give up meeting together, as some are in the habit of doing, but let us encourage one another – and all the more as you see the Day approaching."

Since the beginning of December 2021, I have been praying about what two important devotions our Lord would want me share with our brothers and sisters in the Lord, as PBC's daily devotions would end on 31st December 2021.

And that was the reason I wrote "Will We Be Seeing Our Loved Ones In Heaven?" on 6th December 2021. Will we be truly happy in heaven if our loved ones will not be there with us to enjoy all that God has prepared for us for eternity? What will heaven be without our loved ones to enjoy heaven with us – may they be our spouse, our children, our parents, our brothers and sisters and our best friends?

Remember that Rich Man in the Parable of "The Rich Man and Lazarus" (Luke 6: 19-31), when he cried out to Abraham, "Then I beg you, father, send Lazarus to my father's house, for I have five brothers. Let him warn them, so that they will not also come to his place of torment." If this rich man who cares for no one but himself, not even that diseased beggar Lazarus who was daily at his door steps, now in torment, would not want his five brothers to come to suffer with him; how much more, when we will be in heaven enjoying all that God has prepared for us would also very much want our loved ones to be with us to also enjoy all the blessings of heaven. So while we still can and our loved ones are still around, let us not spare any effort to bring them to the knowledge of our Lord and Saviour – especially this Christmas season.

That was the first message the Lord had put in my heart. The second is this devotion – to remind ALL brothers and sisters in the Lord NOT TO NEGLECT GOING BACK TO CHURCH while you are here on earth. It is truly sad and tragic to know that there are thousands of Christians who had once professed to be Christians and have even served in different capacities in the church but now for whatever reason are no longer going to church – church leaders and even Pastors among them.

Maybe the Church they were attending had failed them in some ways, even neglected and hurt them or their loved ones. I think the first thing we need to understand is that there is no perfect church this side of eternity. There is no

church with no problems, big churches will have big problems and small churches will have small problems as they are led by imperfect people like you and I. The most “spiritual” church this side of eternity is the first church with 12 apostles and 7 deacons (Acts 6) and yet they had their problem. But they solved that and “So the word of God spread. The number of disciples in Jerusalem increased rapidly, and a large number of priests became obedient to the faith.” (Acts 6: 7).

My wife and I have always reminded our children, apart from never leaving God no matter what happens in their life and serving God with whatever spiritual gifts God has blessed them with, they are to find a church to serve Him. Rick Warren in his best seller “The Purpose Driven Church” gives 5 benefits for joining a church:

1. It identifies a person as a genuine believer (Eph. 2:19; Rom. 12:5).
2. It provides a spiritual family to support and encourage them in their walk with Christ (Gal. 6: 1-2; Heb. 10: 24-25).
3. It gives them a place to discover and use their gifts in ministry (1 Cor. 12: 4-27).
4. It places them under the spiritual protection of godly leaders (Heb. 13: 17; Acts 20: 28-29)
5. It gives them the accountability they need to grow (Eph. 5: 21).

A Christian without a church is like a football player without a team; a soldier without a platoon; a tuba player without an orchestra; a sheep without a flock. But the most understandable (and biblical) picture is that of a child without a family – a spiritual orphan!

So my dear brothers and sisters in the Lord, no matter how long you have been away from church, our heavenly Father has always been waiting for you, just like that father in the parable of the Prodigal Son. Not necessarily to go back to the Church you left, but find a church where you can grow spiritually and serve Him with all the spiritual gifts God has so graciously bestowed upon you. Stop becoming a “floating believer.” Finding that Church then would be the greatest Christmas present you can give yourself.

PRAYER: Dear Lord, we want to pray for all our brothers and sisters out there who have left church for some time, for whatever reason. Heal their hurts and bind up their wounds and restore them to the fellowship of believers they once enjoyed and cherished. May the Holy Spirit continue to remind them of your love and

sacrifice for them. Help and guide them to a Church whereby they will find spiritual growth, love and acceptance. In Jesus most precious Name we pray AMEN.

班底浸信教会

每日灵粮

星期一，2021 年 12 月 20 日

标题：一起见面

作者：宋国基牧师

翻译：陈劲年姐妹

【希伯来书 10:25】“你们不可停止聚会，好像那些停止惯了的人，倒要彼此劝勉；既知道那日子临近，就更当如此。”

从 2021 年 12 月开始，我一直在祈祷，我们的主希望我与我们在主里的兄弟姐妹分享哪两个重要的灵修，因为班底浸信会（PBC）的每日灵粮将于 2021 年 12 月 31 日结束。

这就是我在 2021 年 12 月 6 日写下“我们会在天堂见到我们所爱的人吗？”的原因。如果我们所爱的人不与我们一起享受上帝为我们准备的永恒，我们在天堂会真正快乐吗？如果没有我们所爱的人与我们一起享受天堂，天堂会是什么 – 他们可能是我们的配偶、我们的孩子、我们的父母、我们的弟兄姐妹和我们最好的朋友吗？

记得在“财主和拉撒路”（路加福音 6:19-31）比喻中的那个财主，当他向亚伯拉罕呼求：“我有五个兄弟。让他警告他们，免得他们也到他受苦的地方去。”如果这个只顾自己的财主，甚至连每天在他家门口的患病乞丐拉撒路也不顾，现在他在受苦，也不想他的五个兄弟来和他一起受苦；当我们在天堂享受上帝为我们准备的一切时，我们岂不更希望我们所爱的人与我们在一起，也能享受天堂的一切祝福。因此，趁我们还可以，我们所爱的人还在身边，让我们不遗余力地让他们认识我们的主和救主 – 尤其是在这个圣诞节。

那是主放在我心里的第一个信息。第二个是这篇灵修 – 提醒所有在主里的弟兄姐妹，当您还在世上时，不要忽视回到教会。知道有成千上万的基督徒曾经自称是基督徒，甚至在教会中以不同的身份事奉，但现在出于某种原因不再去教会 – 其中包括教会领袖，甚至牧师，这真是令人伤感哀痛。

也许他们所参加的教会在某些方面辜负了他们，甚至忽视并伤害了他们或他们所爱的人。我认为我们首先需要了解的是，在世上没有完美的教会。没有任何没问题的教会，大教会会有大问题，小教会也会有小问题，因为他们是由您我这样不完美的人领导的。世上最“属灵”的教会是第一间有 12 位使徒和 7 位执事的教会（使徒行传第 6 章），然而，他们

有他们的问题；但他们解决了那问题，并且“于是上帝的话语传开了。耶路撒冷的门徒迅速增加，许多祭司信从了这道。”（使徒行传第 6 章 7 节）。

我和我的妻子一直提醒我们的孩子，除了无论在生活中发生什么都不要离开上帝，用上帝赐予他们的任何属灵恩赐事奉上帝，他们还要找到一间教会来事奉上帝。瑞克沃伦（Rick Warren）在他的畅销书“目标驱动的教会”给了加入教会的 5 个好处：

1. 它表明一个人是真正的信徒（以弗所书第 2 章 19 节；罗马书 12 章 5 节）。
2. 它提供了一个属灵的家庭来支持和鼓励他们与基督同行（加拉太书 6 章 1-2 节；希伯来书 10 章 24-25 节）。
3. 它让他们有机会在事工中发现和使用自己的恩赐（哥林多前书 12 章 4-27 节）。
4. 它将他们置于敬虔领袖的属灵保护之下（希伯来书 13 章 17 节；使徒行传 20 章 28-29 节）
5. 它赋予他们成长所需的责任感（以弗所书 5 章 21 节）。

一个没有教会的基督徒，就像一个没有团队的足球运动员；没有队列的士兵；没有管弦乐队的大号演奏者；一只没有羊群的羊。但最容易理解（也符合圣经）的画面是一个没有家庭的孩子 – 一个属灵的孤儿！

所以我亲爱的主内的弟兄姐妹们，无论您已经离开教会多久，我们的天父一直在等着您们，就像浪子的比喻中的父亲一样。不一定要回到您离开的教会，但要找到一间您可以在灵性上成长的教会，并用上帝厚赐予您的所有属灵恩赐事奉祂。不要成为“漂浮的信徒”。找到如此的一间教堂将是您能给自己的最棒的圣诞礼物。

祷告：

亲爱的主，我们要为所有离开教会一段时间的弟兄姊妹祷告，无论他们是出于什么原因。医治他们的伤痛，包扎他们的伤口，使他们恢复到他们曾经享受和珍视的信徒团契中。愿圣灵继续提醒他们祢对他们的爱和牺牲。帮助并引导他们到一间教会，在那里他们会找到属灵的成长、爱和接纳。奉耶稣最宝贵的名祈求，阿们。

Tuesday, 21 December 2021

Title: Getting Your Hands And Knees Dirty

By: Shaun Ling

Text: Proverbs 19:17

"Whoever is generous to the poor lends to the Lord, and he will repay him for his deed

I have often admired Christians who do not just proclaim their faith but actually flash out their faith in their ministry, working tirelessly and sacrificially. They are indeed my heroes and heroines.

I have been on the board of Malaysian Care for over 15 years now; this past weekend we said farewell to Wong Young Soon – son of our very own Auntie Betty Wong – as executive director of Malaysian Care. He had served with the Orang Asli throughout his young adult life, up until he was appointed executive director a good 8 years ago. All in all, he had given 29 years of his life for the ministry of Malaysian Care.

My wife and I have seen Young Soon and his wife Pat at work in Kampar. They faced numerous challenges but continue to serve faithfully. I bet Young Soon can write his memoirs of the work he had pioneered and see its fruits today.

Another lady formerly with Malaysian Care that my wife and I are good friends with is LJ. LJ has also served with poor communities for the best part of her life. She had started a tuition centre with her sister and today runs it with good facilities, operating at very low rates. Each time my wife and I talk to her, the first question we ask her is often, "Are you paying yourselves?". I told her she needed to raise the fees but her response is always, "Shaun, then the kids cannot afford it and they won't come."

LJ does her ministry out of love for the children. She has only good intentions to provide the best quality education for these children. Her vision is not to sting on the quality of her teachers, the facilities and the equipment. She is another heroine in the eyes of me and my wife. Thankfully, she has had so many people who understand her ministry and who are willing to help her, like her Hindu landlord. He waived the rental to the centre during the pandemic and had only recently accepted a small fraction of the rental. PBC had also sponsored laptops for her centre and gave the kids in her centre food aid and the 1000 Smiles goodie bags.



I share the above as I hope it will encourage you to get your hands and knees dirty for the Lord. There are many heroes and heroines in PBC; often these people don't see themselves as such, but believe me, they are truly gems in our church.

I had thought I would write this final devotion on something expository and more theologically spiritual; and then I figured that what can be more spiritual than relating true stories of 2 people in our circle who are willing to get their hands and knees dirty. May the good Lord grant them good health and bless them richly.

#### Prayer

Lord, we are truly thankful for Your providence to us. Without You, our lives are meaningless. Give us this day, and every day, the desire to serve You. Yes, Lord, we face challenges everyday but help us to lift ourselves up above the challenges that we may see what You have called us to be in Your Kingdom. Thank You for the many people in our midst that You have raised to be salt and light in the communities that we live in. Amen.

班底浸信教会

每日灵粮

星期二, 2021 年 12 月 21 日

标题: 亲自动手参与

作者: 林世勋执事

翻译: 黄蒙晶姐妹

经文: 箴言 19:17

“怜悯贫穷的就是借给耶和华，他的善行耶和华必偿还。”

我常常敬佩那些不仅仅宣扬自己信仰的基督徒，而且还不辞劳苦及无私地献身于事工，同时在事奉中活出信仰。他们确实是我心目中的英雄。

我已经在马来西亚基督徒关怀协会任职超过 15 年了；上周末，我们与马来西亚基督徒关怀协会的执行董事 Wong Young Soon 告别了 – 他是我们黄阿姨（Auntie Betty Wong）的儿子。在他年轻力壮的岁月里，他一直为原住民服务，直到八年前被任命为执行董事。总括而言，他为马来西亚基督徒关怀协会奉献了 29 年的岁月。

我和妻子曾在金宝遇见 Young Soon 和他的妻子 Pat。他们面临着许多挑战，但仍然忠心地服事。我敢肯定 Young Soon 很快就能写下他所开创的事工回忆录，并在今天看到它的成果。

另一位女士 LJ 也是马来西亚基督徒关怀协会一员，她是我和妻子的好朋友。LJ 一生中最美好的时光也在为贫困社区服务。她和姐姐一起开办了一所补习中心。如今，该中心设施完善，而且收费低廉。每次我和妻子和她交谈，我们问她的第一道问题常常是：“你们自己垫付吗？”我告诉她需要提高学费，但她的回答总是：“Shaun，那孩子们就负担不起，他们也不会来了。”

LJ 的事工是出于对孩子们的爱，她纯粹是想为这些孩子提供最优质的教育。她的愿景并非吝啬于教师、设施和设备的质量。她是我和妻子眼中的另一位女英雄。感恩的是，她有很多理解她的事工并愿意帮助她的人，比如她的印裔房东。在新冠肺炎大流行期间，他免收该中心的租金，直至最近才接收了一小部分的租金。班底浸信教会还为她的中心赞助了手提电脑，并为中心的孩子们提供了食品援助和 1000 个微笑图示的恩物袋。

我希望藉着上述所分享的来鼓励您为主亲身动手参与事工。班底浸信会里有很多男女英雄人物；通常这些人并不这样认为，但相信我，他们是我们教会真正的珍宝。

我原以为自己会在这最后一次的每日灵粮里写一些解释性的、更具神学属灵的事情；然而我想了想，还有什么比讲述我们圈子里两位愿意为主而亲身动手作善工的真实故事更为属

灵呢。愿仁慈的主赐予他们健康和丰盛的祝福。

祷告

主啊，我们真的感谢祢的眷顾。没有祢，我们的生命毫无意义。赐给我们今天和每一天都渴慕来事奉祢。是的主，我们每天都面对挑战，但请帮助我们振作起来，并超越挑战，好让我们看见祢呼召我们在祢的国度里要成为什么样的人。感谢祢在我们中间孕育了许多人，使他们成为我们所居住社区中的盐和光。阿门。

Wednesday, 22 December 2021

Title: God's Rest

By Ted Hoo

Matthew 11:28-30 Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke on you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy to bear, and my load is not hard to carry.

What is that rest that Jesus speaks of in Matthew 28? My first thought was rest of the Sabbath day. God's commandment was to rest on the 7th day of creation and all work was to cease. Presumably the Jews already knew that yet did not find rest as Jesus' invitation to them indicates that they were still weary and burdened in spite of making the Sabbath holy. They were to rest one day out of seven from their labour. This was not just a physical rest but a cessation from labouring. The Sabbath rest was a foreshadowing of the coming of Jesus Christ who is the Lord of the Sabbath. In Matthew 11:28, He invites all who are weary and heavy laden to come to Him and He will give them rest.

The Old Testament laws made the Jews constantly labouring to make themselves acceptable to God. There were ceremonial laws, temple laws, civil laws etc. They could not keep all of the laws without breaking them. So God provided a temporary way of forgiveness and restoration of fellowship with Him through offerings and sacrifices. These sacrifices point to the ultimate sacrifice of Christ on the cross. After offering one final sacrifice for sins, He sat down on the right hand of God. He sat down and rested for there was no more to be done. Because of what He did, we no longer have to labour in law-keeping in order to be justified in the sight of God. Jesus was sent so that we might rest in God. We can find complete rest from our spiritual labours and rest in Him not just for one day, a week but always. Our righteousness comes not from our strivings to gain God's favour but on the righteousness of Christ. A works based salvation was therefore replaced by our faith in Jesus.

There is no other Sabbath rest besides Jesus. He alone satisfies the requirements of the Law and He alone provides the sacrifice that atones for sins. He is God's plan for us to cease from the labour of our works and He is the Way, the Truth and the Life. Never lose sight of this lest we fall into works based salvation.

Are we experiencing God's rest for our Soul? We can let go of burdens and trials that are keeping us from rest and move away from thoughts that are troubling us and creating restlessness within us. We may be experiencing this because we have

not allowed Jesus to resolve our past. Let us bring every sin, disappointment, betrayal and rejection to Him. He is ready to forgive and heal us. Lay every burden at the foot of the cross. It is dealt with and gone.

Are worries and anxiety the cause of our restlessness? Fretting about people, places, things, actual and potential problems can hinder us from God's rest. Now is the time to direct your mind from worry to prayer and not let the toxic thoughts stew in your mind. What you focus on affects your emotions at the heart level as well as your day-to-day outlook. Focus on Him who is our life giver instead.

We can strive to be perfectionists and still be without peace. God's solution is to be still and surrender our worries, let go and quieten our hearts and minds and stop trying to solve things on our own. Rest is a gift of God but also a decision we can choose to make.

Let go of the past and fasten yourself to the future. Let go of your cares and anxiety at the feet of Jesus. Be still before God

Prayer: We thank You for the reminder of Christmas that You sent Your Son to be our Emmanuel, to invite us all to live in Your Kingdom, to find the rest in our restless spirit that seeks salvation through works rather than through faith and coming to You for forgiveness and adoption into the family of God. Help us Lord in our unbelief that Your Holy Spirit may show us all things and direct us into the way everlasting. Amen.

班底浸信教会

每日灵粮

星期三, 2021 年 12 月 22 日

标题：上帝的安息

作者：何福华医生

翻译：陈健萍姐妹

【马太福音 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。

耶稣在马太福音 28 章中提到的 安息 是什么？我首先想到的是安息日的休息。上帝的命令是在创造的第七天休息，所有的工作都要停止。想必犹太人都已了解这一点，但并没有得到安息，因为耶稣对他们的邀请表明，尽管他们把安息日定为圣日，他们仍然感到疲惫和负担沉重。他们工作每七天中要休息一天。这不仅是身体上的休息，也是停止劳作。安息日的安息是耶稣基督降临的伏笔，耶稣基督是安息日的主。马太福音 11:28，祂邀请所有劳苦和担重担的人到祂那里去，祂会让他们得安息。

旧约的律法使犹太人不断地努力使自己为上帝所接纳。有宗教礼仪律法、圣所的条例、民事律法等，他们没有能力遵守所有的律法。因此，上帝提供了一个暂时的方法，通过献祭和祭祀，宽恕并恢复人与祂的团契。这些祭献指向基督在十字架上的终极舍命牺牲。献上最后一次的赎罪祭之后，祂坐在上帝的右边。祂坐下休息，因为没有什么要做的了。因祂所作的，我们不再需要努力守律法才能在上帝面前称义。耶稣被差遣是为了让我们在上帝里面安息。我们可以从灵性的劳苦中得着完全的安息，不只是一天，一周，而是永远在祂里面安息。我们的义不是来自我们争取上帝恩惠的努力，而是来自基督的义；以行为为基础的救恩因而被我们对耶稣的信心所取代。

除了耶稣以外，没有其他的安息。唯独祂能满足律法的要求，唯独祂能作赎罪的祭物。祂是上帝让我们停止劳碌的计划；祂是道路、真理和生命。千万不要忘记这一点，以免我们陷入基于行为的救恩。

我们在经历上帝给我们心灵的安息吗？我们可以放下阻碍我们安息的负担和考验，远离困扰我们并在我们内心制造不安的思想。我们之所以经历这种情况，可能是因为我们没有让

耶稣来解决我们的过去。让我们把所有的罪、失望、背叛和拒绝都交给祂，祂乐意饶恕和治愈我们。将所有的负担都放在十字架之下；事情已被处理了，已过去了。

忧心和焦虑是我们烦躁不安的原因吗？为人、地、事、实际和潜在的问题烦忧，会妨碍我们得着上帝的安息。现在是时候把您的思想从担忧转向祈祷，不要让有毒的思想在您的脑海里肆虐。您关注的事情会影响您内心深处的情绪，也会影响您的日常生活观；要专注于赋予我们生命的主。

我们可以努力成为完美主义者，但依然没有平安。上帝的解决办法是要我们安静，放下我们的忧虑，让我们的内心和思绪平静下来，停止试图靠自己解决问题。安息是上帝的恩赐，也是我们可以选择去做的决定。

放下过去，展望未来。把您的牵挂和焦虑卸下在耶稣跟前。安静在上帝面前。

祷告：我们为圣诞节的提醒感谢祢，祢差遣祢的儿子成为我们的以马内利，邀请我们所有人活在祢的国度里。我们曾靠行为而不是凭信心去寻求救恩，我们到祢这里来祈求祢的赦免而蒙接纳进入上帝的家，让我们不安息的灵得着安息，我们献上感恩。主啊，在我们不信之处，求主帮助我们。愿祢的圣灵将一切事指示我们，并指引我们走永生的道路。阿们。

Thursday, 23 December 2021

Title: I know Him, for I come from Him, and He sent me (John 7:29)

By Choong Yoon Tong

Christmas is the celebration of God with us. Christ, the Prince Immanuel, who is God Himself incarnated in human form came to dwell with man. In John's gospel, Jesus repeatedly reminds us that the Father has sent Him. God sent His beloved Son to suffer humiliation, to be stripped of His divine glory and ultimately to sacrifice Himself to atone for all of man's sin, simply because He loves us. O, what a sacrificial love that all human love pales in comparison!

God's love that transcends all human wisdom, is given to all irrespective of race, status, or personal worth. Through His love, we learn to love one another. Love breaks all animosity and heals every heart ache. It bridges every social difference and reconciles all broken relationships.

Jesus came to reveal God. He knows God, for He came from God, and God sent Him. For no one has ever seen God but Christ came to demonstrate the attributes of the heavenly Father. God is Spirit and love. He is eternal, the Creator of the universe and He prevails over all nature. He has the power to save, to heal, and most importantly, the power to forgive sin. He feeds the hungry and even cares for the sparrow. God is holy and just. We patiently await His final judgement and victory that only the Lamb that was slain has the authority to execute.

Jesus came to bear witness to the truth. The world is blinded by all sorts of falsehood and lies; be it in politics, religion, media, and even education. Jesus Himself is the truth and He testifies that the eternal Word of God is the truth. Only when we are sanctified in the truth that our eyes and hearts are opened to the light. Truth leads to hope and peace in Christ. He is the Saviour of the world; He shall rule and reign and shall make all things new.

Jesus came to proclaim good news. He came to do the Father's will, seeking and saving the lost, so that everyone who believes in Christ will no longer be condemned of their sin, but receive forgiveness. The captives and the oppressed are liberated and the blind receive their sight. The sacrificial Lamb came to save us and give us abundant life. A life of joy of knowing Him and worshiping Him.

The birth of Christ is the proclamation of love, hope, joy and life. O Christ Himself is the immeasurable gift; He is the superabundant grace given incongruously irrespective of the recipient's worth. Nothing is expected in return except for the believer to be transformed into His image.



### Prayer

Lord, we thank You for You are the most wonderful gift, Immanuel, God with us. Thank You, Jesus, for You came to give us love, hope, joy and eternal life. May Your light continue to shine gloriously and Your peace to prevail over all nations. May Your truth be proclaimed that hearts will turn to You for eternal life. Amen.

每日灵粮

2021 年 12 月 23 日，星期四

题目：我却认识祂，因为我是从祂来的，祂也是差了我来

经文：约翰福音 7: 29

作者：钟荣堂执事

翻译：吴淑娉姐妹

圣诞节是庆祝上帝与我们同在的日子。基督，以马内利王子，正是上帝道成肉身，降世与人同住。在约翰福音中，耶稣一再提醒我们：差遣祂的是天父。上帝差遣祂的爱子前来，受尽屈辱，被剥夺神圣的荣耀，最后更牺牲自己，为人类赎罪——只因为祂爱我们。啊！多么牺牲的爱！相比之下，人类所有的爱实在是相形见绌！

上帝的爱超越了人类一切的智慧，祂将爱赐给所有的人，不分种族、地位及个人价值。借着祂的爱，我们学会了彼此相爱，爱不但打破人与人之间的仇恨，而且可以治愈每一个痛楚的心灵，弥合社会差异、修补种种破裂的关系。

耶稣来是要向人揭示上帝，祂认识上帝，乃因祂是从上帝而来，是上帝亲自差遣祂来的。除了基督，没有人见过上帝，基督前来是为了要彰显天父的属性：上帝既是灵和爱，也是永恒，是宇宙的创造者；祂胜过一切自然力量，能拯救、医治，最重要的是能赦罪；祂喂饱饥饿的人，照顾微小的麻雀；上帝是圣洁和公义的，只有受宰的羔羊才有权进行最后的审判，让我们耐心地等候祂的审判和最终胜利！

耶稣来是为真理作见证，世界被各种谬误和谎言所蒙蔽，包括政治、宗教、媒体，甚致教育各方面。耶稣自己就是真理，祂见证到上帝永恒的话语就是真理。当我们在真理中成圣 (sanctified) 时，我们的眼睛和心灵便会向光明敞开。真理令我们在基督里得到平安，祂是救世主，祂有权统治，使一切变成新的。

耶稣来是要传好消息，祂来是为了遵行天父的旨意，寻找及拯救迷途的人，使所有信祂的人不再被定罪，反得宽恕，罪的俘虏和受压迫的人获得解救，" 盲的 " 重见光明。献祭的羔羊前来拯救我们，赐我们丰盛的生命，若能认识祂、敬拜祂，我们会一生喜乐。

基督的诞生宣告着爱、希望、喜乐和生命，啊！基督是一份无法估量的礼物，是上帝深厚的恩典，不管接受者的价值、地位如何，白白地赐给信徒，不求回报，只要信祂的人都遵从祂的话语，逐渐蜕变成主的形象。

## 祷告

主啊，感谢祢！祢是一份最美妙的礼物，以马内利——上帝与我们同在。感谢耶稣，祢的降临给我们带来爱、希望、喜乐和永生。愿祢的光继续闪耀辉煌，愿祢的和平笼罩各国，愿祢的真理得到宣扬，使人心转向祢，从而获得永生。阿们。

Friday 24 December 2021

Title: Living Life to the Full

By Sally Cheong

"I am the Life" Jesus said. John 14:6

Christ came that His people may have life in all its fullness.

Spurgeon said "none of us know what we may be" for GOD's power to transform is great. "Would you believe that the Peter of the gospels could be the same person as the Peter of Acts?" We are to pray to Jesus to make us to be what we can be.

Through our own efforts, we will come to nought because a divine life requires divine power to sustain us.

The life that Christ came to give is a triumphant life, a resilient one that defies circumstances. Its end is our supreme happiness which GOD intends for His people. Don't you want that kind of life?

Truth is, apart from Christ, we have no life. We may exist but not really live.

Christ is the great physician of our souls and the health of our countenance. When our souls are made alive unto GOD, we will experience the highest form of life. We will awake from our slumber and roar because His Spirit rouses the lion in us. Instead of ebbing away, we become effervescent and energetic. We no longer drag our feet to face another day but like the healed paralytic, we will be walking and leaping and praising GOD!

GOD's Spirit is the oil that keeps the flame going in our hearts for real living. When Jesus said, "I have come that they might have life and have it more abundantly," (John 10:10), He meant it. He imparts the power to live into the lives of true believers separating them from the walking dead. The Holy Spirit fills us with stamina to walk without feeling weary and to run without fainting. As GOD has protected the feet of Moses for 40 years in the wilderness, so He will do the same for us. GOD never changes. His love for us never dies. "I will never leave you nor forsake you" (Hebrews 13:5) is His promise engraved in our hearts.

Let our eyes be fixed on Jesus Christ this Christmas, thanking Him for leaving the glories of Heaven to come down to save men of dust that we may have the privilege of living in Heaven with our GOD one day.

For why do earthlings deserve to live in heavenly realms reserved for GOD and His angels? Has that thought ever crossed your mind?

## Prayer

Our Heavenly Father, how grateful we are that Jesus came down to give us life and life abundantly. Teach us to live as you want us to live. Make us to be all that we can be in Christ Jesus. We want to experience the full measure of the joy of our salvation.

This Christmas we seek a renewal of our faith and a refreshing of our souls by Your Holy Spirit. For we ask this in the Name of our Lord and Saviour, Jesus Christ. Amen

每日灵修

2021 年 12 月 24 日

星期五

标题：活出生命的精彩

作者：张绣梅

翻译：巫惠如

约翰福音 14:6 耶稣说：“我就是生命”。

基督来了，使祂的子民可以拥有充实的生命。

司布真说：“我们都不知道自己可能成为什么”，因为上帝改变的力量是巨大的。“你会相信福音书中的彼得与使徒行传中的彼得可能是同一个人吗？”我们要向耶稣祈祷，使我们成为我们所能成为的人。通过我们自己的努力，我们将归于无有，因为神圣的生命需要神圣的力量来支撑我们。

基督来所赐的生命是一种胜利的生命，一种不畏环境的坚韧生命。它的终点将会是我们最大的喜乐，这是上帝为祂的子民准备的。难道你不想要这样的生活吗？

事实是，除了基督之外，我们没有生命。我们可能存在，但不是真正的生活。

基督是我们灵魂的大医生，也赐我们容貌的健康。当我们的灵为上帝而活时，我们将经历最高形式的生命。我们将从沉睡中醒来，发出怒吼，因为祂的灵唤醒了我们里面的狮子。我们不再消退，而是变得精力充沛，充满活力。我们不再拖着脚步去面对新的一天，而是像那个被治愈的瘫痪者一样，我们将行走、跳跃和赞美上帝！

上帝的灵是让我们心中的火焰继续燃烧的油，让我们真正生活下去。当耶稣说：“我来了，是要叫他们得生命，并且得的更丰盛”（约翰福音 10：10），祂是认真的。祂将生命的力量传给了真正的信徒，使他们与那些行尸走肉分离。圣灵充满了我们的体力，使我们行走却不疲乏，奔跑却不困倦。正如上帝在旷野中保护摩西的双脚 40 年，祂也会为我们做同样的事。上帝从不改变。祂对我们的爱永不消逝。“我必不撇下你们，也不丢弃你们”（希伯来书 13:5）是祂刻在我们心中的应许。

在这个圣诞节，让我们的定睛在耶稣基督，感谢祂离开天堂的荣耀，下凡拯救世上的人，使我们有一天能有幸与我们的上帝一起生活在天堂。

为什么地球人应该生活在为上帝和祂的天使保留的天国里？你有没有想过这个问题呢？

祈祷：我们的天父，我们多么感谢耶稣来到人间给我们生命和丰富的生命。求主教导我们，活在祢所旨意的样式。使我们成为我们在基督耶稣里所能成为的一切。我们想完全体验我们得救的喜乐。

在这个圣诞节，我们寻求祢更新我们的信心，愿祢的圣灵苏醒我们。我们祷告是奉我们的主和救主耶稣基督的名。阿门。

Saturday, 25 December 2021

## TWO PRAYERS FOR CHRISTMAS

Pastor Soong Kok Kee

May these two prayers on Christmas Day enrich our lives from this day forth to be truly light and salt of the earth as our Lord wants us to be.

### TEACH ME HOW TO LOVE

O God, before I can be a disciple of Jesus Christ and a servant to other people, I must learn how to love.

Teach me, Lord, how to love your children, whatever their race or creed or station in life, to love them even as you love me and all your other creature.

It is my self-centredness, my self-idolatry, that prevents your love from flowing through me to the lonely, unloved, deprived, and oppressed people in my path.

May your great, eternal love so flood my life that, not only will my self-serving be forgiven, but it will be eradicated from my life, that I may open myself to others, and become a channel of your gracious and everlasting love to them.

I can't do this through my feeble efforts; only you can accomplish such a change in my life.

Do it, Lord, whatever the cost or consequence, for I truly want to be your disciple and servant, as long as I am permitted to live in this world.

### PREPARING FOR CHRISTMAS

We could not find you, our loving God, so you have sought us out.

Prepare our hearts so we may recognize anew the eternal significance of your coming to us through your Son, Jesus Christ.

You have come, O Lord, and you continue to come, into the hearts of all those who are open to you and to your will for their lives.

May your coming give us strength in our many conflicts, and throw light on the dark paths we must travel in our disjointed and violent world.

Make us ready for this season of celebration, that we may receive you and serve you forever, and make us the vehicles and messengers of your gifts of grace to the hearts and lives of others.



In the most precious name of our Lord Jesus we pray this. AMEN.

From "Book of Christian Prayer" by Leslie F. Brandt

班底浸信教会

每日靈糧

2021 年 12 月 25 日星期六

標題：聖誕節的兩項祈禱

作者：宋國基牧師

翻譯：王靖端姐妹

願聖誕節的這兩項祈禱從今天開始豐富我們的生命，遵主所願真正的成為世上的光和鹽。

教我如何去愛

上帝啊，在我成為耶穌基督的門徒和他人的僕人之前，我必須先學會如何去愛。

教導我，主，如何去一視同仁的愛祢的孩子，不在乎他們的種族、信仰或身分地位如何，就像祢愛我和祢所有的其他的受造物一樣。

正是由于我的自我中心，我的自我偶像化，阻止了祢的愛通過我流向我人生路上所遇到的孤獨、無人關愛、貧困和受壓迫的人。

願祢偉大而永恆的愛溢滿我的生命，不僅我的自私會被祢原諒，而且會從我的生命中被連根拔除，使我可以向他人敞開心扉，成為祢對他們仁慈而永恆的愛的通道。

在我的生命中，我無法通過我本身微弱的力量來改變自己；只有祢才能成全這樣的改變。

塑造我，主，不管代價或後果，因為只要我活在這世上，我真的想成為祢的門徒和僕人。

為聖誕節做準備

我們慈愛的上帝，我們尋求不到祢，所以祢來尋找我們。

預備我們的心靈，以便我們通過祢的兒子耶穌基督重新認識祢與我們用在的永恆意義。

主啊，祢已經與我們同在，祢會繼續存在於所有那些接受祢和願祢主導他們生命的人的心靈中。

願祢的到來給我們力量去面對眾多的挑戰，並為我們照亮那脫節而雜亂無章和暴力的世界中必經的黑暗的道路。

讓我們為慶祝這聖誕節做好準備，使我們可以永遠接待祢並服侍祢，並使我們成為祢對他人的心靈和生命的恩典禮物的工具和使者。

奉我們主耶穌最寶貴的名禱告。阿門。

摘自 Leslie F. Brandt 的《基督教祈禱書》

Sunday, 26 December 2021

by Abraham Verghese

Speak "Life or Death"?

James 1:19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.

Proverbs 18 : 21 Death and life are in the power of the tongue, and those who love it will eat its fruits.

"It is impossible for me to control what I say. It is said before I realise what I have said." Yes, sometimes we may feel as though we have no control over what we say. But that is all it is – a feeling.

Dr Lawrence Crabb , a Christian psychologist, says "The loss of felt choice does not mean the loss of real choice". The Book of James tells us that "the tongue is a small part of the body" (James 3 : 5 ). The tongue, it sounds as if it has a personality, not only a physical part of the body. Whatever it is, what really matters is the words the tongue produces.

To rephrase Proverbs 18: 21 "Death and life are in the power of the words the tongue produces". There is a production of words from the tongue. Those words come from the heart before they land on a person's tongue.

To further rephrase Proverbs 18:21, "Death and life are in the power of the spoken words that come out of the heart". We praise our Lord and Father with our tongue, and with it we curse human beings, who have been made in God's likeness" (James 3 : 9 ). Words are containers of power that create action. They either build up or tear down. Words have the power to bring life or death physically, emotionally, and spiritually. It's a matter of cause and effect. God has always given humanity a choice between life and death – in the garden of Eden, before Moses led the people of Israel into the promised land, when Israel was under siege by the Babylonians. Humans have the choice to rule the power of the tongue. However, that can be difficult to master as James 3: 8 says "but no human being can tame the tongue. It is a restless evil, full of deadly poison".

So where did the choice go? It's still there. God has given us the way to choose life and tame our tongue. The way to choose life and tame our tongue is deeply rooted in Jesus. He is the way, the truth, and the life, and the word made flesh. To tame our tongue is to pay attention to what is in our heart. " A good person out of the good treasure of his heart produces good, and an evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks. "( Luke 6 :45 ).

Being filled with Him fills our hearts with life. James and Paul tell us how to put the right things in our hearts. " Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. "(Colossians 3 : 16)

Brothers and sisters in Christ, let us be quick to listen, slow to speak and slow to anger. Human anger does not produce the righteousness that God desires. Life and death are in the power of the tongue and with the help of the Holy Spirit we can choose to speak life.

Prayer:

Heavenly Father, we admit that our tongues have too many times been a problem. Too often we speak before we think, and at times while we are still thinking, we start speaking, and not in the right way or with the right words. Help us Father God and lead us to speak life that give You honor and glory. In Jesus mighty name we ask. Amen.

班底浸信教会

每日灵粮

2021 年 12 月 26 星期日

主题：述说“生还是死”？

作者：Abraham Verghese

翻译：林良億

雅各书 1: 19 我亲爱的弟兄们，你们要知道，人人都应该快快地听，慢慢地说，慢一点动怒，。

箴言 18: 21 生与死都在舌头的权下；爱把弄这权柄的，必自食其果

“我不可能控制我说的话。在我意识到我说了什么之前就已经说了。”是的，有时我们可能会觉得我们无法控制自己所说的话。但这其实就是一种感觉，仅此而已。

基督教心理学家，劳伦斯克拉布博士（Dr Lawrence Crabb）说：“失去感觉上的选择并不意味着失去真正的选择”。雅各书告诉我们“舌头只是身体的一小部分”（雅各书 3: 5）。舌头，听起来好像是有个性的，而不仅仅是身体的一个物理部分。不管是什么，真正重要的是舌头产生的话语。

换句话说，箴言 18: 21 “生死在舌头的权下”。舌头是会产生话语的。这些话还没说到嘴边，是来自内心的。

若是给箴言 18:21 进一步重新措辞，“生死取决于发自内心的言语”。我们用舌头赞美我们的主和父神，也用舌头咒诅按照神的样式造的人”（雅各书 3: 9）。语言是创造行动的力量容器。它们要么建立，要么拆毁。

话语有能力在身体上、情感上和精神上带来生命或死亡。这是一个因果关系的问题。上帝总是给人类一个生与死的选择-在伊甸园里，在摩西带领以色列人民进入应许之地之前，当以色列被巴比伦人包围时。

人类可以选择支配舌头的力量。然而，这可能很难掌握，因为雅各书 3: 8 说：“惟独舌头没有人能制伏，是不止息的恶物，满了害死人的毒气”。

那么，选择去哪儿了？它仍然存在。上帝已经给了我们选择生命和驯服舌头的方法。选择生命和驯服舌头的方法深深植根于耶稣。祂是道路、真理、生命，是道成肉身。驯服我们

的舌头就是要注意们的内心。”善人从他心里所存的善就发出善来，恶人从他心里所存的恶就发出恶来；因为心里所充满的，口里就说出来。”（路加福音 6:45）。

被祂充满会使我们的心充满生命。雅各和保罗告诉我们如何把正确的事情放在心里。“6 当用各样的智慧，把基督的道理丰丰富富的存在心里，用诗章、颂词、灵歌，彼此教导，互相劝戒，心被恩感，歌颂神。”（歌罗西书 3: 16）

在基督里的弟兄姊妹，让我们快地聆听，慢慢地说话，慢慢地动怒。人的愤怒不会产生上帝所希望的公义。生死取决于舌头所发的话语，在圣灵的帮助下，我们可以选择说出生命。

祷告：天父，我们承认我们的舌头有太多次出了问题。很多时候我们在思考之前就发言，有时在我们还在思考的时候，我们就开始说话了，而且方式或用词都不对。天父上帝！帮助我们，带领我们发言讲出祢的生命，把尊荣和荣耀归于祢。奉主耶稣大能的圣名求的。阿们。

Monday, 27 December 2021

Title: Giving out of the Box

By: Ong Hwee Soo.

Acts 20:35.

'...remember the words of the Lord Jesus, how he himself said, "It is more blessed to give than to receive."

A common expression we often hear is 'thinking out of the box' which refers to thinking unconventionally. In my Devotional, a fortnight ago, entitled "Paradoxical Principles", I mentioned that many of Jesus' sayings are counter-intuitive and counter-common sense, to emphasize the difference between worldly values and kingdom priorities. Yesterday was 'Boxing Day', hence the reason for my title today.

In our text today, Apostle Paul was speaking to the Ephesian church when he quoted Jesus by saying, "It is more blessed to give than to receive." Whereas conventional worldview has it that getting more is better, the Bible presents a polar opposite worldview. Jesus teaches that more joy is to be found in God when we give rather than when we receive.

(By the way, this saying of Jesus is not recorded in the Gospels but was most likely passed onto to Paul by eye-witnesses who heard Jesus teach. We know from John 21:25 that Jesus did and said many things that were not recorded in the Bible.)

"The paradox of our time in history is that we have taller buildings but shorter tempers, wider Freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have multiplied our possessions, but reduced our values. We have more conveniences, but less time. We have learned how to make a living, but not a life." (Excerpt from quotation by Bob Moorehead)

This Christmas is a good time to reflect on our priorities and begin to live out kingdom values.

Ronald Sider in his book, 'Rich Christian in an Age of Hunger: Moving from Affluence to Generosity', poignantly points out "What an ironic tragedy that an affluent, 'Christian' minority in the world continues to hoard its wealth while hundreds of millions of people hover on the edge of starvation!" Sider goes on to admonish in his book, "God's Word teaches a very hard, disturbing truth. Those who neglect the poor and the oppressed are really not God's people at all, no matter how frequently they practice their religious rituals nor how orthodox are their creeds and confessions."



'Boxing Day' originated during the reign of English monarch, Queen Victoria in the 1800s, which was a day-off for the servants when they received a special Christmas box from their masters. The tradition evolved to a charity drive whereby a box to collect money for the poor was placed in churches on Christmas Day which was opened the next day and the contents distributed to the poor.

Praise the Lord, PBC has been able to launch the Covid Aid Fund to help the needy through the Neighbourhood Aid, the Food Aid, the e-Learning Device Aid and the Relief Aid, since past July. From contacts we made through these initiatives, we followed through with our 1000 Smiles Christmas Project whereby we gave Christmas Gift Packs to a thousand kids. Hopefully and prayerfully, we will ride on this momentum and do more for the poor in our community in the coming year.

Let's reflect on the biblical injunction about taking care of the poor in Deut. 15:7-11 which ends with, "You shall open wide your hand to your brother, to the needy and to the poor, in your land."

Let's not be like the rich poor in the parable Jesus told (Luke 12: 13-21) who "is the one who lays up treasure for himself and is not rich toward God." Remember the words of the Psalmist (Ps. 62:10), "if riches increase, set not your heart on them."

When God blesses us financially, in what ways can raise our Standard of Giving, rather than merely our Standard of Living?

PRAYER:

Dear God, help us to Live the Life of generosity, giving out of the box of charity. Amen.

班底浸信教会

每日灵粮

星期一，2021 年 12 月 27 日

标题：跳出窠臼的施与

作者：翁辉赐弟兄

翻译：陈劲年姐妹

使徒行传第 20 章 35 节

“...又当记念主耶稣的话，说：‘施比受更为有福。’”

我们经常听到的一个表述是“跳出框框思考”，指的是非常规思维。两周前，我在题为“矛盾的原则”的灵修中提到，耶稣的许多话是违反直觉和常识的，以强调世俗价值观和国度优先事项之间的差异。昨天是“节礼日”，这就是我今天标题的原因。

在我们今天的经文中，使徒保罗在对以弗所教会讲话时引用了耶稣的话说：“施比受更为有福。”传统的世界观认为得到越多越好，但圣经却提出了一个截然相反的观点。耶稣教导说，我们在施与的时候比我们在接受的时候，会从上帝那里得到更多的喜乐。

（顺便说一句，耶稣的这句话没有 7 中，但很可能是由听过耶稣教导的目击者传给保罗的。我们从约翰福音 21 章 25 节得知，耶稣所作和所说的许多事情都没有记载在圣经中。）

“我们这个时代的矛盾是，我们有更高的建筑，但更暴躁的脾气；更宽的高速公路，但更狭隘的观点；我们花得更多，但拥有得却更少；买得更多，享受得更少；我们倍增了我们的财产，但降低了我们的价值；我们有更多的便利，但时间却更少。我们学会了如何谋生，但不懂得生活。”（摘自 Bob Moorehead 鲍勃·摩尔黑德的语录）

这个圣诞节是反思我们的优先事项并开始践行王国价值观的好时机。

罗纳德·西德 (Ronald Sider) 在他的著作《饥饿时代的富有基督徒：从富裕到慷慨》中痛心指出：“世界上少数富裕的‘基督徒’群体继续囤积财富，而数亿的人徘徊在饥饿的边缘！”西德在他的书中继续告诫说：“上帝的话语教导了一个非常严厉、令人不安的真理。那些忽视穷人和被压迫者的人根本不是上帝的子民，无论他们的宗教仪式多么频繁，他们的信条和告解多么正统。”

“节礼日”起源于 19 世纪的英国维多利亚女王统治时期，当仆人从主人那里收到一个特别的圣诞礼盒时，那就是一个休息日。这一传统演变为一项慈善活动，圣诞节当天在教堂里放置一个为穷人募款的盒子，第二天打开，然后分发给穷人。

感谢主，自去年 7 月以来，班底浸信教会(PBC)启动了冠状病毒病援助基金(Covid Aid Fund)，通过邻里援助、食品援助、电子学习设备援助和救济援助来帮助有需要的人。从我们通过这些举措建立的联系中，我们继续执行我们的“1000 个微笑圣诞节项目”，我们向一千个孩子赠送了圣诞礼物包。我们希望并祷告，在来年能藉此动力，为社区中的穷人做更多的事情。

让我们来思考圣经在申命记第 15 章 7-11 节中关于照顾穷人的训令。结尾是：“总要向你地上 困苦穷乏的弟兄松开手。”

我们不要像耶稣在比喻（路加福音 12 章 13-21 节）中所说的那富足的穷人“为自己积财，在神面前不富足”。记住诗人的话（诗篇第 62 篇 10 节）：“如果财富增加，不要放在心上。”

当上帝在经济上赐福给我们时，有什么方法可以提高我们的施与标准，而不仅仅是我们的生活标准？

祈祷：

亲爱的上帝，请帮助我们活出慷慨的生命，跳出慈善窠臼地施与。阿们。

Tuesday 28 December 2021

Looking forward, looking upward

By Dr Hew Fen Lee

Philippians 3:12-14

12 Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Winter solstice, the shortest day in the northern hemisphere was a week ago on 21st Dec. From that day onwards, daylight is going to be longer and darkness of the night is going to be shorter. We don't feel much of it being near the Equator but the nearer the regions are to the north pole the greater the daylight difference is. The lengthening daylight in regions shrouded with darkness during the winter months gives many a sense of optimism and of better things to come.

The last 2 years has been likened to a long winter for many and emerging from this long winter leaves many with hurts and regrets. There could be some who have thankfully went through the last 2 years relatively unscathed.

Paul here reminds us that we have not yet reached our goal or destination. Notice that Paul is not talking about running a race that will give us salvation. Salvation has already been won at Calvary. Paul was talking about a crown and prize that is meant for Christians only. If we have not accepted Christ we can't even take part in this race!

But we should not dwell on our past. Paul ignores his past successes and failures as he presses forward expectantly to reach the goal. Do not let our past successes make us complacent nor should we let our past failures paralyse us. Paul wants us to deal with it and move on and let us not be bogged down by issues that affect our race.

Over the Christmas season many in this world may have looked to Santa Claus who is purportedly living in the North Pole where it is still darkness all day and the nearest dawn is still 3 months away. Paul is urging us to focus upon Christ Jesus who is in heaven and who has gained victory over the greatest darkness that ever exist – death.

Christmas is a time to celebrate the birth of our Lord, it is also a time to ignite this light of hope in our lives. A light that will guide us through all the darkest nights in our lives, until Jesus comes again when there is going to be light eternal.

Prayer:

Thank you Jesus for coming into this world and be our light. Though we may stumble and fall in the darkness of this world, you will illuminate our path. Thank you for guiding us like a shepherd and teaching us to focus upon You and the road ahead rather than being distracted by our past. Amen.

班底浸信教会

每日灵粮

星期三, 2021 年 12 月 28 日

标题：向前展望，向上仰望

作者：丘宏礼医生

翻译：陈健萍姐妹

【腓立比书 3:12-14】

12 这不是说，我已经得着了，已经完全了。我乃是竭力追求，或者可以得着基督耶稣所以得着我的。13 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，14 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。

冬至，北半球白昼最短的一天是在一周前的 12 月 21 日。从那一天开始，白昼会更长，黑夜会更短。在赤道附近，我们不大感觉得到，但是离北极越近的地区，日照差异就会越大。在冬季被黑暗笼罩的地区，白昼的延长给人一种乐观的感觉，也让人觉得美好的事情即将到来。

过去的两年对许多人来说好比一个漫长的冬天，从这漫长的冬天中走出来，给许多人留下了伤痛和遗憾；值得庆幸的是，有一些人安然无恙地度过了过去的两年。

保罗在这里提醒我们，我们还没有达到我们的目标或目的地。请注意，保罗并不是在说要跑一场会给我们带来救恩的赛跑，救恩已然在加略山赢得了。保罗说的是专为基督徒而设的冠冕与奖赏。如果我们没有接受基督，我们甚至不能参加这场赛跑！

但是我不应该沉湎于我们的过去。保罗无视他过去的成功和失败，满怀期待地朝着目标前进。不要让过去的成功使我们自满，也不要让过去的失败使我们瘫痪。保罗希望我们将此事处理好，继续前进，让我们不要被影响我们种族的问题所困扰。

在圣诞节期间，世上许多人可能都指望据称生活在北极的圣诞老人，那里终日漆黑一片，离最近的黎明还有 3 个月的时间。保罗敦促我们要专注于在天上的基督耶稣，祂已战胜了有史以来最大的黑暗 - 死亡。

圣诞节是庆祝我们的主诞生的日子，也是点燃我们生命中希望之光的日子。这光将指引我们度过生命中所有最黑暗的夜晚，直到耶稣再来，那时将会有永恒的光。

祈祷：

感谢耶稣降临这个世界，成为我们的光。虽然我们可能会在这个世界的黑暗中跌倒，但祢会照亮我们的道路。感谢祢像牧羊人一样指引我们，并教导我们要专注于祢和前方的道路，而不是让我们的过去令我们分心。阿们。

Wednesday 29th December 2021

Title: Finishing Well

By: Richard YW Yeoh

2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith" (ESV)

As the year draws to a close, we may be reflecting on how yet another year has whizzed passed us. As one ages, time seems to pass faster. Time is something none of us will ever have enough of and yet we often live like our supply of time on earth will never end. Yet, the beginning of wise living is to realize that our time is limited and we need to focus on finishing well.

The writings of the Apostle Paul is replete with exhortations to Christians on the importance of finishing well. As with all human endeavours, and as best illustrated in a race, every stage of life is important but finishing well is the grand prize.

How do Christians, once saved by the grace and mercy of our Lord and Saviour, ensure that we grow and mature, run the race that God has predestined for us, and eventually finish the race as "good and faithful servants"?

Broadly, we must first stay people-focused. Our main mission is not career, riches, accomplishments, etc.(granted these may be important) but how we relate to other people, how we touch lives, and what a difference we make in the lives of others. Next, we must stay mission-focused – to remember our main focus is to win souls for Christ. Thirdly, we must stay eternity-focused, to evaluate our lives in the light of our key life goals of serving God on earth, thereby to glorify Him and to enjoy being in His presence throughout eternity.

What daily commitments will ensure we stay the course and eventually reach our goal to finish well?

Firstly, we need daily personal communion with God. We need to enrich and deepen our personal relationship with our living God to get our bearings right and stay the course.

Secondly, we need our daily nourishment of the gospel so that His Word comes alive in us daily.

Thirdly, to live daily as living sacrifices to the Lord that we may not stray from His Will for our lives.

And fourthly, to reaffirm the sovereignty and love of God in our lives daily that we may face life's challenges in submission to His Will and Grace in our lives, whatever the circumstances may be.



Indeed only by grace do we enter into a personal relationship with our Lord, and only in submission and yielding to Him will we find the faith and joy that enable us to finish well.

Prayer: "O Father, may we humbly pray that we finish the year well, that we may start the New Year of 2022 well, and we may continue to run the race as good and faithful servants until we are delivered into Thy Holy Presence. We pray in the mighty name of our Lord and Saviour, Jesus Christ. Amen"

班底浸信教会

每日灵粮

星期三, 2021 年 12 月 29 日

标题：美好的终结

作者：楊勇偉弟兄

翻译：薛秀合姐妹

提摩太后书 4:7 “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。”（和合本）

随着这一年接近尾声，我们可能会反思又一年是如何悄然过去的。随着年龄的增长，时间似乎过得更快。时间是我们都无法拥有足够的东西，但我们经常活得像在世上的时间供应永远都不会结束似的。然而，智慧生活的开始是意识到我们的时间是有限的，我们也需要专注于拥有美好的终结。

使徒保罗所写的书信充满了对基督徒的劝勉，告诉他们有美好的终结的重要性。与人类所有的努力一样，最好的例子就是一场赛跑，人生的每个阶段都很重要，但能有美好的终结才是大奖。

基督徒一旦蒙我们的主和救主的恩典与怜悯所拯救，如何确保我们成长和成熟，奔跑上帝为我们预定的赛程，并且最终以“良善又忠心的仆人”的身份跑完赛程呢？

广而言之，首先我们必须保持以人为本。我们的主要使命不是事业、财富、成就等（当然这些也许很重要），而是我们如何与他人相处，我们如何接触生活，以及我们对他人的生命产生多大的影响。接着，我们必须以使命为中心 — 记住我们的主要焦点是为基督赢取灵魂。第三，我们必须以永恒为中心，根据我们在世事奉上帝的主要人生目标来评估我们的生活，从而荣耀祂并享受永远与祂同在。

哪些日常的义务将确保我们能坚持到底，并最终达到我们能有美好的终结的目标呢？

首先，我们个人需要每天与上帝交通。我们需要丰富和深化个人与永生上帝的关系，以正确定位并坚持到底。

其次，我们需要每天得到福音的滋养，使祂的话语每天都活在我们里面。

第三，每天都作活祭献给主，以免偏离祂对我们生命的旨意。

第四，每天重申上帝在我们生命中的主权和爱，无论环境如何，我们可以透过顺服祂在我们生命中的旨意和恩典来面对生活中的挑战。

的确，只有靠着恩典，才能与我们的主建立个人关系；也只有顺从和降服于祂，我们才能找到使我们能够拥有美好的终结的信心和喜乐。

祷告：“天父啊，愿我们谦卑地祈祷，使我们能顺利地结束这一年，好让我们在 2022 的新一年能有美好的开始，叫我们可以继续以良善又忠心的仆人的身份奔跑，直到我们被交付到祢圣洁的同在里。我们奉我们的主和救主耶稣基督大能的名祷告。阿们。”

Thursday, 30 December 2021

Title: Reflections on 2021

By Dorothy Teoh

Psalm 46:10

Be still, and know that I am God ...

As the year draws to a close and we look back over the year that's been, what thoughts are uppermost in your mind? For me, thanksgiving for God's protection and grace are certainly at the top of the list. So many lives have been lost during this pandemic that just being alive is reason to praise God.

Along with the thanksgiving though, there is also regret. Regret at the things left undone, the plans and resolutions formed at the beginning of the year that I have not managed to fulfil, or the words left unsaid.

My biggest regret this year is that I did not speak with my aunt, my mother's only surviving sister in Singapore, before she contracted Covid in October and passed away just days later. I had been meaning to call her for the two weeks before that when she was still well but kept putting it off for various reasons, or just plain forgot. And now she's gone. As I told a cousin, I shall always regret it. All the more so because she was not a believer.

In the midst of my regret and self-recrimination, a friend shared a virtual card through Whatsapp. The words of the card said: "The original Hebrew root of Be Still doesn't mean 'be quiet': It means 'Let Go' and know that I am God. Surrender to what is, let go of what was, have faith in what will be." (From 5 Minutes with Jesus.com.)

Sometimes, words like these can seem like a cliché but that morning, they resonated with me. And just as if God knew in advance (which of course He does) that I needed to know He cares, He put it in my heart to turn to a website that I occasionally use for my morning devotion. The first words of the daily prayer for that day? "Be still and know that I am God."

It is possible to be overcome by regret at our own failures and shortcomings. While I was still grappling with regret, not just at my aunt's passing but compounded by other matters that had been stirred up, I listened to Pastor Mark Tan's sermon on Matthew 1:1-17 on December 5.

Genealogies are understandably not the first choice for inspirational sermons, but two things struck me. The Jesus who was of royal genealogy, who is real, came to redeem: Tamar, Rahab, Ruth, Bathsheba – all fallen women, or women with a past. Yet they are named in the royal genealogy of Jesus, and their names are inscribed for posterity. I am sure they had much to regret, but God used them all in His marvellous plan of redemption.

The other thing that struck me was the reference to Philippians 1:6 at the end of the sermon, that "...he who began a good work in you will carry it on to completion until the day of Christ Jesus." I am an unfinished work but I trust in Jesus, the author and perfecter of my faith who will bring this work to completion. And it is completion, not perfection. But I rest in that promise because completion in God's plan is better than anything the world can offer.

As we face a new year with all its uncertainties, are we weighed down by the cares, memories or regrets of this past one year? 1 Peter 5:17 says: "Cast all your anxiety on him because he cares for you."

The past 1¾ years of this pandemic has shown me how much God cares for me. He cares for you too. We have just celebrated the birth of our Saviour at Christmas. It is because God cares that He sent His only son to redeem us, set us free from sin and eternal condemnation and offers us abundant life in Him. So let go, and let God.

#### PRAYER:

Dear Lord, our hearts are filled with thanksgiving as we look back over the past year. Thank You that You care for us, and the gift of Jesus shows just how much You care. Thank You that You still our regrets of what could have been, or is not. Help us to offer all our cares to You and go forward into the new year knowing that You will be with us every step of the way. In Jesus' name we pray. Amen.

班底浸信教会

每日灵粮

2021 年 12 月 30 日，星期四

题目：回顾 2021 年

作者：Dorothy Teoh

翻译：黄姐妹

诗篇 46:10

“要安静，要知道我是上帝……”

随着这一年接近尾声，我们回顾过去的一年，您心中最大感想是什么？对我来说，首先当然要感谢上帝的保守和恩典。在这场疫情中失去了如此多的生命，以至于活着就是赞美上帝的理由。

然而感恩之余，留有遗憾。后悔没有完成的事情，后悔年初制定的计划和决议没有实现，或者还是想说但没有说出口的话。

今年我最大的遗憾是我没有和我妈妈在新加坡唯一的至亲（姐姐/我的阿姨）说话，她在 10 月份感染了 Covid 几天后去世了。在那之前的两周里，我一直想打电话给她，当时她还好，但基于各种原因一直推迟，甚至是忘记了。现在她已离世。正如我告诉表弟的那样，我将永远后悔。更大的原因是她还不是信徒。

在我后悔和自责中，朋友通过 Whatsapp 分享了一张卡。卡片上写着：“Be Still 的原始希伯来语词根不是‘安静’：它的意思是‘放手’，知道我是上帝。臣服于现在，放下过去，相信未来。”（来自网站）

有时，像这样的话似乎是陈词滥调，但那天早上，它们引起了我的共鸣。就像上帝事先知道（他当然知道）我需要知道他关心一样，他把它放在我心里，转向我偶尔用于我的早晨灵修的网站。那天每天祈祷的第一句话是什么？“要安静，要知道我是上帝。”

对自己的失败和缺点感到遗憾是可能的。当我仍然在为我的姑姑去世而感到遗憾，而且还被其他事情困扰时，12 月 5 日，我听了 Mark Tan 牧师在马太福音 1:1-17 上的讲道。

可以理解，家谱不是励志布道的首选，但有两件事让我印象深刻。耶稣的家谱属于王族谱系的真实及耶稣是上帝普救的写照：犹大的长媳他玛、耶利哥城妓女喇合、摩押人路得和大卫王强夺的他人之妻拔示巴。所有堕落的女人，或有过去的女人。然而，他们被命

名在耶稣的王室家谱中，他们的名字也被铭刻在后世。我相信他们有很多遗憾，但上帝在他奇妙的救赎计划中使用了他们。

另一件让我印象深刻的事情是在讲道结束时提到腓立比书 1:6, “.....那在你们心里动了善工的，必成就这工，直到基督耶稣的日子。”我是一项未完成的工作，但我相信耶稣，他是我信仰创始成终的主，他将完成这项工作。它是完成，而不是完美。但我相信这个应许，因为完成上帝的计划比世界所能给的任何东西都要好。

当我们面对充满不确定性的新一年时，我们是否被过去一年的忧虑、回忆或遗憾压得喘不过气来？

彼得前书 5:7 说：“你们要将一切的忧虑卸给神、因为祂顾念你们。

过去 1¾ 年的疫情间让我看到了上帝顾念着我。祂也顾念着你。我们刚刚在圣诞节庆祝了我们救主的诞生。因为神顾念我们，祂差遣祂的独生子来救赎我们，使我们脱离罪恶和永远的定罪，并在祂里面赐给我们丰盛的生命。所以放手吧，一切交托给上帝。

祷告：

亲爱的主，当我们回顾过去的一年时，我们的心中充满了感恩。感谢祢顾念我们，耶稣的礼物表明您是多么的顾念着我们。谢谢祢，祢仍然让我们对可能是或不是的事情感到遗憾。帮助我们以关怀为祭献上于祢，迈入新的一年里知道祢将与我们同在。我们奉耶稣的名祷告。阿门。

Friday, 31 December 2021

Title: See, I am Going To Do A New Thing!

By: Pastor Isaac Yim

Text: Isaiah 43:18-19 (NIV)

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

It is time to say goodbye. We often say goodbye with mixed emotions. Today, there are two goodbyes. One is goodbye to 2021. It is gone for good and will never return. The other goodbye is the final publication of the Daily Devotion of Pantai Baptist Church. On one hand I am joyful and relieved that the Daily Devotion team need not be pressured to meet datelines. At the same time, I am saddened that we will miss you on a daily basis. Since 18 March 2020 till 31 December 2021, we have been pilgrims walking together, feeding on the Word of God. Like the GPS, His Word has led us through the lonely road of the Covid19 pandemic. On 20 December, I had sent out a Letter of Appreciation to all the readers and the Daily Devotion Team Members. Allow me to quote some of the responses received. Some comments I received were very encouraging.

"It was translated into Bahasa Malaysia for the benefit of many BM speaking worshippers" (Brother Leong, Sabah). What a surprise! Praise The Lord! We are not aware of this at all.

"It is the first thing I read when I wake up in the morning. I have shared your devotions with my home group and others" (Mimi & Dr. Tan Yaw Kwang, Kuching).

"It has been a great encouragement as well as gained new insights often from the devotion" (Asinlo, Mission Partner, Himalayas).

"I have also sent it daily to my cousin who is not a Christian yet and she has told me some of her prayers were answered after reading these devotions" (Patricia Loh).

"I have consistently shared our DD with so many of my friends and family (non-Christian) and they are so very blessed by it....reaching out in times of need and worrisome period for all.... many non- Christians responded, 'Is this how a Christian family works?'" (Fred Ong and Family).

"I have been looking forward to receiving this daily from you in the group chat, without fail for so long, it becomes part of Kenny and I every evening program, this brings Kenny and I closer since we got married, we learned to read God's word and pray aloud together, it helps us to walk closer with God. We are blessed tremendously" (Kenny and Moong Lan).



Thank God for the Daily Devotion Ministry, and the hard-working team who, without fail, put it out daily. I am grateful that you have been helped. I hope this is just an appetizer that leads you into reading the Word of God – the Bible – daily.

Our text today says, God is going to do a new thing for His people. Things will change in the future. Things will not be the same because God is going to include His people in His future plans. To experience the new hope, the people must be prepared to let go of the past so that they can receive what God has in mind for them. Like the people of Israel, we have a choice. We can keep looking back on our past or we can focus upon what God is going to do in the present and in the future.

God is inviting us to recommit and to realign our hearts with His. “See” is an invitation. See what new things God is doing and going to do. Let’s ask God to reveal the new things to us for the new year. Let us focus on His mighty power rather than on our limitations. Lord, give us new vision, new dreams, new opportunities, new strategies, new anointing of the Holy Spirit, new boldness, new attitude towards God, towards ourselves and others. Thank you, Lord, You are going to do something new in each of our lives in the New Year!

The Lord said, “Forget what happened long ago! Don’t think about the past. I am creating something new. There it is! Do you see it? I have put roads in deserts, streams in thirsty lands.”

Lord, what new things are You seeking to do in my life in 2022?

Lord, help me to look at things differently and perceive the newness You want to bring.

Lord, give me the faith to trust You to create a new heart that loves and obeys You daily.

Prayer

Dear Father in heaven, I Thank You for seeing me through a very challenging year 2021. Thank You Lord, You never leave me where I am. Thank You for doing something new for me in the New Year. Lord, help me to leave the many old baggage of the past behind. Help me to expect new things You are going to do in and through me in the New Year. Holy Spirit open my eyes to see things differently through Your eyes. Grant me a willing and obedient heart to join You in what You are doing. Thank You, Lord. You are my Rock, my Redeemer and the joy of my life. In Jesus’ Name, Amen.

<https://chat.whatsapp.com/EjowZMWpzfgKCrTuxGU9B3>

Should you want to join FOPI Devotion, please click the link above. This new devotion will be on every Wednesday of the week. The first posting will be on 5 January 2022. All are welcome.

FOPI stands for FRIENDS OF PASTORS INTERNATIONAL founded by Ps Isaac Yim 20 years ago. This ministry have work in North East India, China and South East Asia.

班底浸信教会

每日灵粮

星期五, 2021 年 12 月 31 日

标题：看哪，我要作一件新的事！

作者：严以撒牧师

翻译：陈健萍姐妹

经文：以赛亚书 43:18-19 (新译本)

“你们不要怀念先前的事，也不要思念古时的事。看哪！我要作一件新的事；现在它要发生了，难道你们还不知道吗？我要在旷野开一条道路，在荒地开挖江河。”

是说再见的时刻了，我们总带着复杂的心情说再见。今天，有两项告别：一是告别 2021 年，它一去不复返了；另一是向班底浸信会最后一篇的《每日灵粮》告别。一方面，我很高兴也松了一口气，因为《每日灵粮》团队不需承受赶上截限时间的压力了；同时，我感到难过的是，我们每天都会想念您。从 2020 年 3 月 18 日到 2021 年 12 月 31 日，我们一直是同行的天路客，以上帝的话语为粮。就如全球定位系统 (GPS) 一般，祂的话语引领我们走过了新冠肺炎大流行的孤独之路。12 月 20 日，我给所有的读者和《每日灵粮》团队成员发了一封感谢信。请允许我引述一些收到的回应，我收到的一些评语非常令人鼓舞。

“为了许多讲马来语的信徒的益处，它被翻译成马来语” (梁弟兄,沙巴)。真是个惊喜！赞美主！我们对此全不知情。

“我早上醒来做的第一件事，就是阅读这《每日灵粮》。我与我的家庭小组和其他人分享了您们的灵修篇章” (Mimi & Tan Yaw Kwang 医生，古晋)。

“这是个极大的鼓励，同时也经常从灵修中获得新的见解” (Asinlo, 使命伙伴，喜马拉雅山)。

“我也每天把它发送给我的表妹，她还不是基督徒。她告诉我，她的一些祷告在读完这些灵修后得到了回应” (Patricia Loh)。

“我一直与我许多的朋友和家人(非基督徒)分享我们的灵粮，他们也蒙受了很大的祝福.....在有需要的时候以及在令人担忧的时期伸出援助之手.....许多非基督徒回应：‘基督徒家庭是这样运作的吗？’” (Fred Ong and Family)

“我每天都期待着在群聊收到您捎来的灵粮，这么久以来，它已是我和 Kenny 每晚节目的一部分。自我们结婚以来，这让我和 Kenny 更亲近了，我们学会了一起读上帝的话语，

一起开声祈祷，这有助于我们更紧随上帝。我们得到了极大的祝福” (Kenny and Moong Lan) 。

我为《每日灵粮》事工感谢上帝，也感谢辛勤的团队，他们每天从不间断地如期发布。您得到了帮助，我很感恩。我希望这只是一道开胃小品，引导您每天阅读上帝的话语 - 圣经。

我们今天的经文说，上帝要为祂的子民作一件新的事。将来情况会有所改变。事情将会不一样了，因为上帝要把祂的子民纳入在祂未来的计划中。要体验这新的希望，人们必须准备好放下过去，这样他们才能得到上帝为他们所计划的。像以色列人一样，我们也有选择。我们可以不断回顾我们的过去，或是注目于上帝现在和将来要作的事。

上帝在邀请我们重新委身，重新将我们的心与祂的对齐。“看哪”是一个邀请，看看上帝正在作和将要作什么新事。让我们祈求上帝在新的一年里向我们启示新的事物；让我们专注在祂的大能，而不是我们的局限。主啊，求祢赐给我们新的异象、新的梦想、新的机会、新的策略、新的圣灵恩膏、新的胆量并对上帝、对自己和他人的新态度。感谢祢，主，在新的一年里，祢将在我们每个人的生命中作新的事！

主说：“忘了很久以前发生的事吧！不要再想过去了。我在创造一些新的东西。就在那儿！你看到了吗？我在沙漠开辟道路，在干渴的土地开挖溪流。”

主啊，在 2022 年，祢想在我的生命中作什么新事？

主啊，求祢帮助我以不同的眼光看待事物，感知祢要带来的新意。

主啊，求祢赐给我信心，让我深信祢会造一颗每天都爱祢、顺从祢的新心。

祷告

亲爱的天父，感谢祢带领我度过了充满挑战的 2021 年。感谢主，祢从不撇下我在原处而不顾。感谢祢在新的一年里为我作新的事。主啊，求帮助我把过去的许多包袱抛诸脑后。在新的一年里，帮助我期待祢在我生命里并通过我要作的新事。圣灵开启我的眼睛，让我透过祢的眼睛对事物有不同的看法。求祢赐我一颗乐意且顺服的心，在祢正在作的事上与祢同工。谢谢祢，主啊。祢是我的磐石，我的救赎主，我生命中的喜乐。奉耶稣的名，阿们。

您若想加入 FOPI 的灵修，请点击下面的链接。这项新的灵修将在每周的星期三传送；第一篇将于 2022 年 1 月 5 日发布。欢迎大家。

<https://chat.whatsapp.com/EjowZMWpzfgKCrTuxGU9B3>

FOPI 是“国际牧者之友”(FRIENDS OF PASTORS INTERNATIONAL)的缩写, 20 年前由严以撒牧师所创立。这项服事在印度东北部、中国和东南亚都有事工。