

经节：又要谨慎，恐怕有人失了神的恩；恐怕有毒根生出来扰乱你们，因此叫众人沾染污秽。（希伯来书十二章15节）

苦毒以一种顽强的方式根植于我们灵魂的深处，拒绝被拔除。苦毒的发生有许多原因，它可能是你孩提时期所受到难以忘怀的伤害。时间不但没有减轻疼痛，似乎把痛苦磨削得更尖锐。朋友或同事伤人的言语，也可能导致苦毒。伤你的人往往不知道你受伤的程度有多深。你可能发现，自己在脑海中不断重复被伤害的情景，每一次的回忆让你的苦毒在灵魂植根更深。苦毒是由自觉不公平的对待而来。

苦毒很容易让你自以为义。你可能怀有一颗苦毒的心而不以为意，但它终究会毁灭你。只有神完全知道苦毒的毁灭潜力。没有任何事物会在你心中扎根太深，以至于神的恩典触摸不到，没办法为你除去。你的生命中没有任何地方会过于痛苦，以至于神的恩典没办法为你带来完全的医治。没有任何攻击对你太可恨，以至于神的爱无法使你饶恕对方。

当你允许苦毒在你生命中成长，你便拒绝让神的恩典释放你得自由。如果你在神面前存诚实的心，你会承认自己的苦毒，并且求神饶恕你。苦毒会奴役你，但是神可以挪去你的苦毒，以祂的平安与喜乐来代替。

Bitterness

Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble. Hebrews 12:15

Bitterness has a tenacious way of taking root deep within the soul and resisting all efforts to weed it out. Bitterness occurs for many reasons. It might come from deep hurts you received as a child, hurts you cannot forget. Time, rather than diminishing the hurt, only seems to sharpen the pain. Bitterness can result from the hurtful words of a friend or coworker. Often the person who hurt you is unaware of the extent of your bitterness. You find yourself rehearsing the offense over and over again, each time driving the root of bitterness deeper within your soul. Bitterness can derive from a sense of being unjustly treated.

Bitterness is easy to justify. You can get so used to a bitter heart that you are even comfortable with it, but it will destroy you. Only God is fully aware of its destructive potential. There is nothing so deeply imbedded in your heart that God's grace cannot reach down and remove it. No area in your life is so painful that God's grace cannot bring total healing. No offense committed against you is so heinous that God's love cannot enable you to forgive.

When you allow bitterness to grow in your life, you reject the grace of God that can free you. If you are honest before God, you will admit the bitterness and allow God to forgive you. Bitterness enslaves you, but God is prepared to remove your bitterness and replace it with His peace and joy.

7月11日（星期一）- 标题：**有信心盼望**

经文：也要坚守我们所承认的指望，不至摇动，因为那应许我们的是信实的。

（希伯来书十章23节）

「守望」在基督徒的生命中，绝不是希望的想法罢了。这是有信心的期待。那些生命中没有基督的人，可能希望事情有所改观，藉某人来改变他们的处境。基督徒与宇宙的主宰有个人的关系。这位宇宙主宰不仅管理所有受造物，也管理我们所处的环境。我们可以满怀信心而活，因为我们的盼望是在于那位信实的主。

当神发言时，祂的话决不徒然返回，必成就祂所说的话（以赛亚书五十五：11）。当神向你说话，要完全相信祂，祂决不欺骗祂的儿女。如果祂向你指示祂的心意，你可以放心，祂绝对成就那事。

你是否不明白，为何不义的人兴旺发达，而义人忍受痛苦？耶稣应许每个人最终都要接受公平的报应（路加福音十六：19~31）。你是否怀疑，以神的标准与方式教养儿女，等他们成年后，这些心血能否收到果效？神应许你，教养儿童使他走当行的道，就是到老他也不偏离（箴言廿二：6）。你是否怀疑，自己在成为基督徒时所放弃的一切，是否会被神的祝福所代替？耶稣应许我们在今生可以得到百倍（马可福音十：29~30）。你是否怀疑耶稣会回来，那些在基督里死了的人会加入我们？圣经上指明，这是肯定会发生的（帖撒罗尼迦前书四：13~18）。

我们的盼望不是建立在对神作为的臆测。在生命许多方面，神已赐下祂的话语，叫我们知道祂的作为。我们可以满怀信心地盼望祂所应许的每一件事。

Confident Hope

Let us hold fast the confession of our hope without wavering, for He who promised is faithful. Hebrews 10:23

Hope in the Christian's life is not wishful thinking. It is confident expectation. Those without Christ may wish things were different and wish they knew someone who could change their situations. The Christian is personally related to the Lord of the universe, who is sovereign not only over all creation but also over every circumstance we experience. We can live with confidence because our hope is in One who is faithful. When God speaks, He stands by His word to see that it comes to pass (Isa. 55:11).

When God speaks a word to you, trust Him completely, for God never deceives His children. If God has indicated to you that He is going to do something, you can be absolutely confident that He will do it.

Do you wonder why unrighteous people seem to prosper while righteous people suffer? Jesus promised that each would eventually receive a just reward (Luke 16:19-31). Do you wonder if all the effort you have put into training your children in God's ways will bear fruit when they become adults? God promised it would (Prov. 22:6). Do you wonder if the things you renounced when you became a Christian will be replaced by God's blessings? Jesus assured us we would receive a hundred times as much (Mark 10:29-30). Do you doubt that Jesus will return and join us with those who have already died? Scripture indicates this certainty (1 Thess. 4:13-18). Our hope is not mere speculation in what God *might* do. God has given His word on many areas of life regarding things He *will* do. We can have confident hope in everything that He has promised.

7月16日（星期六）- 标题：**神重看尊敬祂的人**

经文：因为尊重我的，我必重看他；藐视我的，他必被轻视。

（撒母耳记上二章30节下）

神国的其中一个真理就是，如果我们尊崇神，神必重看我们。如果我们胆敢藐视祂，我们在祂的国度中也会被轻视。主动权在于我们。我们对神的反应决定神对我们的反应。

以利作以色列祭司已有多多年，他知道神公义生活的标准。然而，以利面对一个两难的处境，他儿子们的生活得罪神。身为父亲，以利必须决定自己到底看重什么。他可以不顺着那不道德、不敬虔的两个儿子，而高举他所事奉的神。但以利却选择看重自己的儿子，没有坚持儿子们务要遵循神的标准。以利可能会抗辩自己仍然很爱神，只是他没办法使家人尊重神。神对以利的行为有不同的看法（撒母耳记上三：13~14）。当以利在以色列百姓面前不能尊崇神，他允许自己的儿子对神不敬畏，显示出他真正的内心。这就是为什么神严厉地惩罚他与他的两个儿子（撒母耳记上四：17~18）。

如果你在教会赞美神，在工作场合的表现又是另一回事，那是不能讨神欢喜的。如果你不在学校或邻居面前尊崇祂，单与基督徒一起尊崇神，这是不被神所接受的。祂期待你能以你的话语、你的行为、你的生命，全人地尊崇祂。如果你尊崇神，神必重看你。

God Honors Those Who Honor Him

For those who honor Me I will honor, and those who despise Me shall be lightly esteemed. 1 Samuel 2:30b

One of the many truths of the kingdom of God is that if we will honor God, He will honor us. If, however, we dare to treat Him disrespectfully, we will also be treated as least in His kingdom. The initiative rests with us. Our response to God determines His response to us.

Eli had been the priest of Israel for many years, and he knew the standards for righteous living that God required. Yet Eli faced a dilemma, for his sons were living in direct opposition to God. As their father, Eli had to decide whom he would honor. He could not defer to his immoral and ungodly sons and also exalt the God he served. By default, Eli chose to honor his sons, for he did not insist that their behavior conform to God's standards. Eli would have pleaded that he still loved God but that he simply could not bring honor to God with his family. Yet God viewed Eli's behavior differently (1 Sam. 3:13-14). Eli revealed his own heart when he failed to honor God before the people of Israel by the way he dealt with his sons. This is why God punished Eli and his sons severely (1 Sam. 4:17-18).

God is not pleased if you praise Him at church but not at your workplace. It is not acceptable for you to revere God when you are with other Christians but not in your school or neighborhood. He expects you to honor Him completely, with your words, with your actions, with your life. If you honor Him, He will honor you.

7月15日（星期五）- 标题：**祂在你的右边**

经文：我将耶和华常摆在我面前，因祂在我右边，我便不致摇动。

（诗篇十六篇8节）

将主「常摆在你的面前」是什么意思？这句话是指，你愿意以自己对神的信心，来看周遭发生的每一件事。你全心所注意的人事物，成为支配你生活的动力。你可能是基督徒，然而如果你总是专注于自己的问题，你的问题会决定你人生的方向。如果你的专注点是人，那么人们会决定你的思想与作为。在圣经时代，右手是最重要的席位，通常是保留给参谋长和主要的拥护者。当你选择专注于基督，你就是邀请祂在你生活占有最重要的席位，成为你的策士和保卫者。

每当面对一个新的经验，你应当转向祂，向祂咨询见解及支取力量。当人们侮辱你或错待你，你应该向你的策士征询何为合宜的反应。当你面对危机，应当向你右手的那一位支取力量。当你有所需求，应当在自己付出行动时，询问策士的意见。当你面对可怕的处境，应该向你右手边的保卫者支取勇气。你做的所有事情，都落入你与基督关系的范畴之内。

神的恩典实在令人难以置信，基督就站在你的身旁指引你、劝导你、并且保护你！基督就在你的右边，你怎能因为环境而变得忧心沮丧？祂就在你的右边，会带给你何等的信心！

He Is at Your Right Hand

I have set the LORD always before me; Because He is at my right hand I shall not be moved. Psalm 16:8

What does it mean to set the Lord always before you? It means that you choose to relate everything you encounter to your trust in God. What you choose to focus on becomes the dominant influence in your life. You may be a Christian, but if your focus is always on your problems, your problems will determine the direction of your life. If your focus is on people, then people will determine what you think and do. In biblical times, the right hand was the most distinguished position, reserved for one's chief adviser and supporter. When you choose to focus on Christ, you invite Him to take the most important position in your life as Counselor and Defender.

Every time you face a new experience, you should turn to Christ for His interpretation and strength. When people insult you and mistreat you, you should seek direction from your Counselor regarding the right response. When you face a crisis, you should receive strength from the One at your right hand. When you experience need, you should consult your Counselor before you react. When you face a fearful situation, you should take courage from the Advocate at your right hand. Everything you do is in the context of your relationship to Christ.

What an incredible act of God's grace that Christ should stand beside you to guide you and counsel you and defend you! How could you ever become dismayed over your situation with Christ at your right hand? What confidence this should give you!

7月12日（星期二）- 标题：**等候主**

经文：要等候耶和华！当壮胆，坚固你的心！我再说，要等候耶和华！

（诗篇廿七章14节）

等候是一件最难的事，我们总想作行动者。倘若有所行动，我们的心会觉得好受得多，然而，等候迫使我们倚靠神。大卫学习等候的真义。他在年少时，被神膏选为下一位以色列王，然后花了许多年等候神的话语实现。当他等候的时候，一个猜忌心重又自私自利的国王，正霸占着要应许给他的王位。大卫不是躲在洞穴里，就是住在他的敌人当中。当他等候的时候，他亲眼看见好朋友们被谋杀，他的家人与所有财产都被夺走。他看到以色列的敌人蹂躏自己的同胞。也许再也没有一个人像大卫一样，在等候神的应许时遇到那么多的逆境。大卫一定懂得什么是沮丧与惧怕。

然而，大卫享受到自己等待的报偿。他成为以色列历史上最伟大的国王，更重要的是，他经历这些考验后，变成一个合神心意的人。大卫在逃亡时所写的诗，在历历代被千万人所珍爱。弥赛亚是大卫的后代。大卫愿意等候的心，成为我们所有人的祝福。

等候神的时候，可以成为你生命中最宝贵的时刻（约翰福音十一：1~6）。如果你正在等候神，读读以赛亚书四十章31节，这段经文可以让你在等候神成全祂的应许时，得到激励。

Wait on the Lord

Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD! Psalms 27:14

Waiting is one of the hardest things to do. We want to be people of action. We feel better if we are doing something to address our need, but waiting forces us to rely on God. David learned what it meant to wait. He was chosen by God to be the next king of Israel, then spent years waiting for the day God's word would come to pass in his life. As he waited, a paranoid, egocentric king occupied the throne that had been promised to him. David spent his time hiding in caves and living among his enemies. As he waited he saw good friends murdered and his family and possessions taken. He saw Israel's enemies wreak havoc on his nation. Perhaps no one ever faced greater adversity while waiting upon God's promise than David did. He certainly understood what it meant to become discouraged and fearful.

But David also enjoyed the reward for waiting upon the Lord. He became the greatest king in Israel's history, and, more importantly, through his trials he became a man after God's own heart. The psalms David wrote during his days as a fugitive have been cherished words of encouragement for millions of people through the ages. Through David's descendants came the Messiah. David's willingness to wait has blessed us all.

Times of waiting on the Lord can be some of the most precious moments in your life (John 11:1-6). If you are waiting on God for something, read Isaiah 40:31 and find encouragement as you wait for Him to fulfill His promises to you.

7月13日（星期三）- 标题：**依着神的意思忧愁**

经文：因为依着神的意思忧愁，就生出没有后悔的懊悔来，以致得救；但世俗的忧愁是叫人死。（哥林多后书七章10节）

属世的忧愁与属神的忧愁有所不同，虽然两者都涉及内心深处的情感。你可能为自己所做的事很忧愁，也可能因为自己的失败及得罪神与人而忧心如焚。犹大也有同样的忧愁。他为三十块银子，一个奴隶的公定价码，出卖神的儿子。然而，他并没有因为自己的忧愁而悔改，找其他门徒和解。他反而因为心里极端地痛苦，跑出去吊死（马太福音廿七：3~5）。犹大带着他的忧愁进了坟墓。

彼得的忧愁是多么的大不相同！彼得也是在耶稣被处极刑时背弃主。彼得也跑到外面哀哭（路加福音廿二：62）。然而，彼得回到耶稣的身边，向耶稣再次肯定自己的爱（约翰福音廿一：15~17）。彼得不仅是懊悔，他也悔改。彼得的生命改变了。再也没有记录显示彼得又否认主，即使在他被执刑，面对死亡威胁时，也没有背离主。彼得悔改，并且生命改变了，不再犯那样的罪。

不要让自己的懊悔夺取你真诚悔改的机会。你可以自责，为自己所犯的罪行愤怒，但是这不是悔改。允许圣灵光照你罪的严重性，求圣灵清楚让你明白神对你的性格有何看法。当你以神的角度看自己的罪，你会体验到属神的忧愁。

Godly Sorrow

For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death. 2 Corinthians 7:10

There is a difference between worldly sorrow and godly sorrow, though both are deeply felt. You can feel genuine sorrow over something you have done. Your mind can become consumed with your failure and offense against God and others. Judas felt this kind of sorrow. He betrayed the Son of God for thirty pieces of silver, the standard price of a slave. Yet his sorrow did not lead him to repent and to seek restoration with his fellow disciples, but rather to a lonely field where, in his anguish, he took his own life (Matt. 27:3-5). Judas carried his sorrow to his grave.

How different Peter's sorrow was! Peter, too, failed Jesus on the night of His crucifixion. Peter also went out and wept bitterly (Luke 22:62). Yet Peter returned to Jesus and reaffirmed his love for Him (John 21:15-17). Peter was not only remorseful, he was also repentant. Peter's life changed. There is no record of Peter ever denying his Lord again, even when he was persecuted and threatened with death. Peter repented, turned his life around, and never committed that sin again.

Don't allow mere unhappiness over what you have done to rob you of genuine repentance. You can blame yourself and be angry with yourself for the sins you have committed, but that is not repentance. Allow the Holy Spirit to reveal to you the gravity of your sins. Ask the Spirit to clearly show you how God views your character. When you see your sin from God's perspective, you will experience godly sorrow.

7月14日（星期四）- 标题：**神不会忘记**

经文：妇人焉能忘记她吃奶的婴孩，不怜悯她所生的儿子？即或有忘记的，我却不忘记你。（以赛亚书四十九章15节）

神永远不会被其他事盘据而分心，疏忽忘却了祂任何一位儿女的需求。神说，即使有喂奶的母亲忘记她吃奶的婴儿，祂也不会忘记祂的儿女！喂奶的母亲对自己婴孩的需求极其敏锐。即使婴儿在另一个房间，母亲一样可以感受到婴儿的需要。母亲知道什么时候该喂奶，什么时候该照顾孩子。母亲永远不会被其它的事所盘据分心，而疏忽儿女的需求。

神选择用这个比喻，贴切描述出祂如何看顾祂的百姓，因为神比最慈爱的母亲更敏锐地知道孩子的需要。我们每次哀哭，祂都与我们同在。即使我们尚未求告之先，神就应允我们的祈求（以赛亚书六十五：24）。这是神赐下最能安慰我们的应许：祂永远不会忘记我们。

不要让困境说服你，使你以为神忘记你。永远不要假设神比较关心其他人，例如那些看起来比较属灵或比较重要的人。圣经上告诉我们，神像喂奶的慈母对婴儿一样地爱你、关心及看顾你。这句经文再次向你保证，神是如此地爱你！

God Will Not Forget

Can a woman forget her nursing child, And not have compassion on the son of her womb? Surely they may forget, Yet I will not forget you. Isaiah 49:15

God never becomes preoccupied or neglectful toward one of His children. God said it would be more likely for a nursing mother to forget the infant at her breast than for Him to forget one of His children! The nursing mother has a keen sensitivity to her baby. Even if the infant is in another room the mother's senses are in tune with her child. The mother knows when it is time to feed and care for the child. The mother never becomes so preoccupied with other things that she neglects the needs of her child.

It is fitting that God chose this imagery to describe how He looks after His people, for He is more sensitive to the needs of His children than even the most loving mother. He anticipates every cry for help. Even before we can call out in need, God is responding with His answer (Isa. 65:24). This is one of the most comforting promises God has given to us: that He will never forget us.

Don't let the difficult circumstances you are facing convince you that God has forgotten you. Don't ever assume that God is more concerned with the needs of other, more significant, more spiritual people than He is with yours. Scripture teaches that God looks upon you with the same love, interest, and concern as a nursing mother would look upon her infant. It should reassure you to know that your Father loves you like that!