

经节：论到睡了的人，我们不愿意弟兄们不知道，恐怕你们忧伤，像那些没有指望的人一样。（帖撒罗尼迦前书四章13节）

基督徒不像世人一样那么忧伤。世人所经验的是没有指望的忧伤，基督徒也忧伤，然而，基督徒的忧伤是伴随着希望。

在耶稣的时代，丧事是表露心灵哀恸的时刻。在丧礼中嚎啕大哭，是表达对死者的敬意。人为痛失所爱而哀伤，是由于无力改变现况。人一生的经历中，也许没有比丧礼更叫人无助和绝望的。

耶稣也在挚友的丧礼中悲泣，祂的哀伤并非因为无望（约翰福音十一：35）。耶稣知道拉撒路很快就要复活，也知道当自己再来的时候，拉撒路与所有的信徒，都会从死里复活，与祂永远同在天堂。耶稣哭泣，是因为看到所爱的人那种无望的感受。复活与生命就在祂的朋友当中，他们居然还哀恸（约翰福音十一：25）！

当耶稣战胜死亡的那一刻，祂永远地改变了基督徒对死亡的看法。基督徒会遭遇丧失所爱的痛苦，但我们仍有盼望，因为晓得在任何处境中，神使万事互相效力，叫爱祂的人得益处（罗马书八：28）。我们有希望，因为知道没有任何事可以隔绝我们领受基督的爱，即使是死亡，也不能使我们与神隔绝（罗马书八：38-39）。我们有希望，因为耶稣会来接我们到天堂，让我们永享与祂没有拦阻的交通（约翰福音十四：3）。

即使是基督徒，也不可能逃脱生命的哀恸。然而，基督已复活所带来的希望，可以减轻你的哀恸，因祂是你的希望及你的安慰。

Not Sorrowing as Others

But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. 1 Thessalonians 4:13

Christians do not grieve as the world grieves. The world experiences sorrow without hope. The Christian also has sorrow, but the Christian's sorrow is accompanied by hope. In Jesus' day, a funeral was a time for an impassioned demonstration of grief. It was a sign of respect for the deceased to wail loudly at a funeral. A person grieving the loss of a loved one had no power to change what had happened. There was probably no time in human experience where people felt more helpless or vulnerable than at a funeral.

Jesus, too, wept at the funeral of a close friend, but His sorrow did not come from a lack of hope (John 11:35). Jesus knew that soon Lazarus would be alive again. He also knew that at His second coming, Lazarus and all of Jesus' followers would be resurrected from death to spend eternity with Him in heaven. Jesus wept because He saw the hopelessness felt by the people He loved. His friends had the Resurrection and the Life right in their midst, yet they were grieving! (John 11:25).

When Jesus conquered death, He forever changed the way Christians view death. Christians still experience the sorrow of losing someone we love, but we have hope because we know that God can bring good out of any situation (Rom. 8:28). We have hope in the knowledge that nothing, not even death, can separate us from God's love (Rom. 8:38-39). We have hope because Jesus will bring us to join Him in heaven so that we might enjoy eternity in unhindered fellowship with Him (John 14:3). Even though you are a Christian, you cannot escape life's sorrows. But you can temper your grief with the hope that Christ is risen, for He is your hope and your comfort.

11月14日（星期一）- 标题：**神是信实的**

经节：那召你们的本是信实的，祂必成就这事。（帖撒罗尼迦前书五章24节）

神从来没有呼召我们去做任何事情，却不持守祂自己说过的话，不给我们足够能力去做。我们并不总是信实地去做神所呼召的事，但祂是信实的，总是持守自己的话，实践祂的应许（以赛亚书四十六：11）。

当以色列儿女走到红海岸边，他们可能以为神已经放弃当初所赐的应许。大海阻碍了他们的前进，而残暴的埃及军队正在后面追赶，要袭击他们！然而，诚如神一直是如此，神在这里证明自己是绝对信实的，对祂的儿女持守每一句话。

神可能已经告诉你，要你去做一件特别的事，例如：教会的某项事工，教养儿女的方式、执行工作的作法。你已经顺服神，但现在你正面对着红海。你所想象神要成就的事，似乎没有发生。你的事工并没有如期展开、你的儿女很叛逆，或者，你的同事挑剔你的作法。要相信神的属性，祂是信实的。诗人表达出祂百姓在历代以来的见证：「我从前年幼，现在年老，却未见过义人被弃，也未见过他的后裔讨饭。」（诗篇卅七：25）

不管环境多么凄惨，不要失去盼望。从来没有人遭遇神不信实的对待！给神时间向你显示祂的信实。有一天你将明白神的工，并且赞美祂对你完全信实。

God Is Faithful

He who calls you is faithful, who also will do it. 1 Thessalonians 5:24

God never calls us to do anything without faithfully keeping His word and enabling us to do it. We are not always faithful to do what God tells us, but He remains faithful and stands by His word to fulfill what He has promised (Isa. 46:11).

When the children of Israel reached the Red Sea, they might have concluded that God had abandoned His promise to them. The sea was barring their advance, and the murderous Egyptian army was racing to overtake them! Yet God proved then, as He has ever since, that He is absolutely faithful to every word He speaks to His children.

God may have spoken to you about something in particular—a ministry in your church, the way to raise your children, or what you should do in your job. You have obeyed Him, but now you face a Red Sea experience. It seems that what you thought God wanted to accomplish is not happening. Perhaps your ministry has not been well received, or your children are rebelling, or those at your workplace are criticizing your actions. Trust in the character of God. It is His nature to be faithful. The testimony of His people throughout the ages is expressed by the psalmist, who declared: “I have been young, and now I am old; / Yet I have not seen the righteous forsaken, / Nor his descendants begging bread” (Ps. 37:25).

Regardless of how bleak your present circumstances are, do not lose hope. No one has ever experienced unfaithfulness on God’s part! Allow time for God to reveal His faithfulness to you. Someday you will reflect on what God has done and praise Him for His absolute faithfulness to you.

11月19日（星期六）- 标题：**感恩**

经节：内中有一个见自己已经好了，就回来大声归荣耀与神，又俯伏在耶稣脚前感谢祂；这人是撒马利亚人。（路加福音十七章15—16节）

感恩是基督徒生活的基础。感恩是一种自觉的反应，是超越看到自己的蒙福，而看到那位赐福者。身为基督徒，我们已蒙赦免，由死亡中被救赎出来，成为神的儿女。再也没有比这一点更值得感恩的理由！

痲疯病患是当时被社会遗弃的一群人。他们感染的是高接触传染性疾病，以致必须与所爱的隔离。他们苦苦哀求耶稣怜悯他们，耶稣要他们去给祭司察看。他们顺服去做的时候，就得了医治！这十个长大痲疯的人，过去被禁止进入自己的村庄，不可进入自己的家，也不可从事自己原有的工作，甚至不准去触摸自己的儿女。想想看，当他们能够再次回到家里，那感受是多么激动喜悦！

这些痲疯病人中的一位跑回来向耶稣道谢，这位病人是撒马利亚人。犹太人通常是远远避开撒马利亚人，而耶稣居然医治了他！耶稣问：「其他的人去哪里了？」有十个痲疯病人同时得医治，他们为新得的健康欢乐，兴奋地分享这大好消息，但只有一位想到那祝福的源头，愿意稍稍停留，向赐予健康的那一位敬拜及感恩。

我们也一样，我们已经被救赎主医治，成为完全。我们自由地享受救赎主所恩赐的丰盛生活，但我们是否像那九个痲疯病人，兴冲冲地宣扬自己所得到的祝福，却未曾驻足感谢救赎主的恩典？神等着我们献上感恩。我们的敬拜、祷告、事奉和每日的生活，应该被我们对神的感恩所充满（腓立比书四：6）。

Thanksgiving

And one of them, when he saw that he was healed, returned, and with a loud voice glorified God, and fell down on his face at His feet, giving Him thanks. And he was a Samaritan. Luke 17:15-16

Thankfulness is foundational to the Christian life. Thankfulness is a conscious response that comes from looking beyond our blessings to their source. As Christians, we have been forgiven, saved from death, and adopted as God’s children. There could be no better reason for a grateful heart!

Lepers in Jesus’ day were social outcasts. Their highly contagious condition ostracized them from those they loved. When ten lepers encountered Jesus, they desperately implored Him to show them mercy. Jesus sent them to the priest. As they obeyed, they were healed! These ten men had been forbidden to enter their own villages, to live in their own homes, to work in their own jobs, or even to touch their own children. Imagine what unrestrained joy must have filled them as they ran back home again!

One of the lepers, a Samaritan, stopped and ran back to thank Jesus. Samaritans were normally shunned by the Jews, but Jesus had healed him! Jesus asked him, “Where are the others?” Ten lepers had been healed. Ten lepers were reveling in their new found health. Ten men were joyfully rushing to share the good news with those they loved. But only one considered the Source of that blessing and stopped to thank and worship the One who had given him back his life.

We, too, have been healed and made whole by the Savior. We are free to enjoy the abundant life the Savior has graciously given us. Could we, like the nine lepers, rush off so quickly to glory in our blessings without stopping to thank our Redeemer? God looks for our thanks. Our worship, prayers, service, and daily life ought to be saturated with thanksgiving to God (Phil. 4:6).

11月18日（星期五）- 标题：**坐在耶稣跟前**

经文：马大伺候的事多，心里忙乱，就进前来，说：「主啊，我的妹子留下我一个人伺候，你不在意吗？请吩咐她来帮助我。」（路加福音十章40节）

马大非常爱耶稣，她愿意为祂做任何事。但马大就是静不住！马大忙着伺候耶稣，根本没有时间享受主的同在，或是能更认识祂。马大愈辛勤服事，她心里对马利亚愈不满。当马大在房子里匆促进出，忙得不可开交地事奉耶稣时，马利亚却坐在耶稣的跟前。马大刚开始是兴高采烈地事奉，但是她的服事渐渐变质，心中充满愤怒和嫉妒。

要以服事耶稣来表达自己对祂的爱，固然是好事。但当服事占尽你的时间及精力，以致你没有时间给主，那你就是太忙碌了。你可能会像马大一样想着，如果自己不动手做，这件事不会完成的。这也许是真的，然而，耶稣教导你，人生最高的优先级应是你与主的关系。如果任何事情使你分心，疏忽了你与神的关系，这件事一定不是神的作为。神不会要你去做一些事，阻碍了你与基督的相交。有时候，事奉神及实行神指示的任务，的确是认识及体验神的最佳方法。但其他的时候，安静坐在祂的跟前听祂说话，则更为重要。

我们并没有被呼召得一直坐在耶稣的跟前，那会使我们的事奉一律停工。但祂也没有呼召我们不断地事奉，而不在基督里重新得力。你是否殷勤地事奉神，却没有时间与祂独处？

Sitting at Jesus' Feet

But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." Luke 10:40

Martha loved Jesus dearly and would have done anything for Him. Her struggle came in being still! Martha spent so much time serving Jesus that she had no time to enjoy His company or to get to know Him better. The harder Martha worked, the more frustrated she became with her sister Mary. Mary was sitting at Jesus' feet while Martha scurried around the house to make sure everything was in perfect order for Jesus. Martha's service, though it started out with gladness, deteriorated into resentment and envy.

It is good to want to serve Christ as an expression of love for what He has done for you. Yet when your activity consumes your time and energies so that you have no time for Him, you have become too busy! You may think, as Martha did, that if you don't do the work, it won't get done. That may be true, but Jesus taught that your highest priority must be your relationship with Him. If anything detracts you from that relationship, that activity is not from God.

God will not ask you to do something that hinders your relationship with Christ. At times, serving God and carrying out His mission is the best way to know and experience God. At other times, it is more important to sit quietly at His feet and listen to what He is saying. We are not called to continually sit at the feet of Jesus, otherwise our service for Him would cease. Neither are we called to serve Him incessantly, without taking time to find restoration in His presence. Have you been serving God so diligently that you have not had time to spend with Him?

11月15日（星期二）- 标题：**基督徒的怒气**

经文：生气却不要犯罪；不可含怒到日落。（以弗所书四章26节）

对基督徒而言，生气所带来的破坏力，往往甚于其他事情。怒气使我们失去自制，说出或做出从未想到的事。圣经一再命令信徒要除掉怒气，并且列出怒气是肉体其中的一个罪（以弗所书四：31）。

有时候，我们引用以弗所书四章26节为自己辩护。我们用耶稣洁净圣殿是「义怒」，来争辩「生气是可行」的明证。以弗所书讲到的是不犯罪的生气。耶稣可以做到「生气而不犯罪」（马太福音廿一：12—14；马可福音十一：15—18；路加福音十九：45—46）。

我们一定要小心，不要以经文作为发怒的辩解。以弗所书四章31节命令我们，要除去所有的恼怒。这不代表不要有悔悟或不再追求公义，而是表示我们不愿让其他人的罪，惹动我们犯罪。生气不能成就神的救赎大工，反而可能拦阻了神的工作。

如果你自觉为某事而升起义怒，要检查心中的怒气是否有罪的成分。你的怒气是否变成苦毒？怒气是否让你对人的态度，没有基督的馨香之气，甚至说别人的闲言闲语？怒气是否使你为自己不敬虔的态度找借口？愤怒是否阻止你在言行上表达爱与宽容的态度，及阻碍你仿效基督呢？你一定要审察自己内心的怒气，求神除去你因怒气所产生的一切罪恶态度。

Christian Anger

"Be angry, and do not sin": do not let the sun go down on your wrath. Ephesians 4:26

Few things are more destructive to Christians than anger. Anger causes us to lose our self-control and to say and do things we would otherwise never consider. Anger, if allowed to remain, turns into bitterness that eats away at our hearts. Scripture consistently commands believers to put away anger and lists it as one of the sins of the flesh (Eph. 4:31). At times, we try to defend our anger by citing Ephesians 4:26. As additional proof we argue that Jesus cleansed the temple in "righteous indignation." Ephesians refers to anger that does not lead to sin. Jesus was capable of being angry without sinning. When Jesus cleared the temple, Scripture does not indicate that He was angry (Matt. 21:12-14; Mark 11:15-18; Luke 19:45-46).

We must be careful not to justify our anger with Scripture. Ephesians 4:31 commands us to put away *all* anger. That does not mean that we cease to have strong convictions or lose our desire for justice. It does mean we refuse to allow the sins of others to cause us to sin. Anger does not bring about God's redemptive work; far more often it hinders what God is working to accomplish.

If you feel that you have a righteous anger because of something that has happened, see if you are holding anger in your heart without sin. Is your anger turning into bitterness? Is your anger causing you to speak in an unchristian manner to someone or to gossip about them? Is your anger causing you to make excuses for your own ungodly behavior? Is your anger preventing you from acting in a loving, redemptive, and Christlike way toward someone? You must examine any anger within you and allow God to remove any sinful attitudes that your anger may have produced.

11月16日（星期三）－标题：**不论断**

经节：你们不要论断人，就不被论断；你们不要定人的罪，就不被定罪；你们要饶恕人，就必蒙饶恕。（路加福音六章37节）

论断和明辨有绝大的不同。神识透人心，祂知道人真正的动机（箴言十六：2）。只有神可以正确地审判那些该受惩治的人。最终，基督在审判的那一天，神会坐在宝座上审判我们。

我们的问题是：我们喜欢坐在审判宝座上，定罪那些我们认为有罪的人！圣灵告诉我们，不要去论断或定罪他人，因为我们不能同时论断又赎罪。我们很难一面论断人，一面真诚地为此人祷告。有时候，论断的态度似乎会变成我们的借口，不愿加入神在某人身上的救赎大工。圣经提醒我们，神会以我们对待别人的仁慈或严酷的态度，来对待我们（路加福音六：38）。

神命令我们不要论断人，但要我们能够分辨。耶稣说，我们可以由人们生命的果子，得知此人的属灵状况（马太福音七：16）。祂说荆棘丛中不可能长出葡萄。如果一个人的生命充满刺，我们可以知道此人不是一棵葡萄树！我们是否在论断人？不，我们是在分辨。圣经命令我们，要避免与褻慢人及愚昧人相交（箴言廿二：10，十七：12）。除非能够分辨褻慢人及愚昧人，否则不能遵行神的命令。这不是论断，这是明辨。身为基督徒，我们被教导要观察其他人的生命，好叫我们在不被罪的影响下，可以帮助他们。

除非能够以神的眼光看人，你才能成为他人的帮助。如果你论断他人，要恳求神饶恕自己，并且愿意在使人和好的事工上，让神使用你（哥林多后书五：18）。

Judge Not

Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven. Luke 6:37

There is a significant difference between judgment and discernment. God sees people's hearts and knows their motives (Prov. 16:2). Only God can accurately judge those who deserve punishment. Ultimately, Christ will sit in judgment upon us all in the day of judgment (2 Cor. 5:10). Our problem is that we like to sit in the judgment seat and pronounce condemnation upon those whom we think have sinned! Scripture commands us not to judge or condemn others, for we cannot be judgmental and redemptive at the same time. It is difficult to pray sincerely for someone while we are judging them. At times our judgmental attitude can seem to provide us an excuse not to become involved in God's redemptive work in someone's life. Scripture reminds us that God will treat us with the same grace or severity with which we treat others (Luke 6:38).

God commands us not to judge others, but He does want us to be discerning. Jesus said we would know people's spiritual condition by the fruit of their lives (Matt. 7:16). He said grapes are not produced by thorn bushes. If a person's life produces thorns, we can assume that person is not a grapevine! Are we being judgmental? No, we are being discerning. Scripture commands us to avoid associating with scoffers or fools (Prov. 22:10; 17:12). Unless we are able to identify scoffers and fools, we cannot obey God's command. That is not being judgmental, it is being discerning. As Christians, we have been instructed to observe the lives of others so that we can help them while avoiding any sinful influence.

You will be helpful to others only if you see them as God does. If you have been judgmental of others, ask forgiveness and pledge yourself to let God use you as His minister of reconciliation (2 Cor. 5:18).

11月17日（星期四）－标题：**主的日子**

经节：因为你们自己明明晓得，主的日子来到，好象夜间的贼一样。

（帖撒罗尼迦前书五章2节）

在圣经中，要预备主的日子到来的劝勉，通常是给神的百姓，而不是给非信徒。基督徒一定要预备基督的再来，好叫自己可以正确地回应祂。关于主的日子，最重要的一件事已清楚记明，就是那日子的来到是不可预料的。

在圣经中，曾经几次提及主的日子。这个日子通常是指耶稣第一次或第二次的来到，然而，这也可以指神将来降临到祂的百姓当中，不是救赎就是审判的那个日子（以赛亚书十三：6；约珥书二：11；玛拉基书三：2）。阿摩司曾预言，那主的日子临到时，是超乎人们所期望的（阿摩司书五：18）。在阿摩司的时代，人们以为主的日子是充满欢乐与歌颂的，但阿摩司说，那是悲痛及审判罪恶的日子。耶稣第一次的降临出乎人们的意料，因为他们期待弥赛亚以不同的方式降临，许多人没有认出祂是弥赛亚。

基督第二次的降临是主最末的日子。到那个日子之前，神有时会临及你、你的家人和朋友。你要儆醒注意，神在你的儿女、朋友及工作伙伴身上，那使人悔改的作为。当神在你教会一些人的生命开始动工，你一定要注意这个时刻。你可能在敬拜时，特别感受到神的同在，你开始为在场的人代祷。现在就要预备自己，注意周围朋友的生命。你会发现，主的日子就在你手中。

The Day of the Lord

For you yourselves know perfectly that the day of the Lord so comes as a thief in the night. 1 Thessalonians 5:2

In the Scriptures, the exhortation to prepare for the day of the Lord is usually given to God's people, rather than to unbelievers. Christians must be prepared for Christ's return, so that they can properly respond to Him. The most important thing about the day of the Lord is clear: it comes unexpectedly.

In Scripture, there are several references to the day of the Lord. Often this refers to Jesus' first coming or His second coming, but it can also refer to any time God comes to His people, either in salvation or judgment (Isa. 13:6; Joel 2:11; Mal. 3:2). Amos had predicted that the day of the Lord would be far different from what the people expected (Amos 5:18). The people of his day thought it would come with joy and singing, yet Amos said there would be grieving and judgment of sin. When Jesus came the first time, His coming caught people by surprise. Because they were expecting the Messiah to come in a different way, many did not recognize Him.

The final day of the Lord will be at Christ's second coming. Meanwhile, there will be times when God will come to you, your family, and friends. You need to be watching for the signs of God's convicting work in your children, your friends, and your coworkers. You must take notice when God begins to do a special work in the lives of the people in your church. It may be that you have an unusual sense of God's presence in a worship service and you begin to intercede for those who are present. Prepare yourself now and pay attention to what is happening in the lives of those around you. You may discover that the day of the Lord is at hand.