

灵修

2020年1月

异象

VISION



基督教恩家播道会

信就是对所盼望的事的把握，是还没有看见的事的明证。（来11:1）

当每天早上你醒来时，我希望你充满了新的看见。每天每时刻，我们与上帝的交流会孕育出独特和强大的异象。但是在我们的一生中也会有特别的节奏或是机会，例如新的一年的到来，使我们可以后退一步，睁大眼睛来细察上帝放在我们心中内在的永恒。（传道书3:11）

随着世界运转的速度年复一年地加快，日子如飞逝去。这时候比以往任何时候都更加重要的是，我们作为上帝的子民需要静止，纵然只是片刻，来把我们的眼目定睛在忙乱之上，并祈求圣灵给我们真正的远见。

异象当来自信心而非恐惧。而我最喜欢的领受异象的方式，是问自己几个好的问题，并相信圣灵会在我尽力回答问题时，对我的心说话。因此，希望这些对我有意义的问题，对你也同样有意义，下面是我最近一直在问自己的几个问题：

1. 什么对我最重要？

也许我每天最大的恐惧是，我会把一生都花在那些对我来说无足轻重的事情上。我会把我的钱、我的时间、我的热情全投注在那些或许对别人很重要，但对我来说并不重要的事物上。

因此花点时间停下，来反思我内心的梦想和欲望，深知上帝带领我的主要方式是给予和满足我的渴望（诗37:4），是寻找异象时最好的出发位置。

2. 我现在看到了什么？

有什么机会在我面前，使我看到我的梦想和愿望是可以成真的？谁需要我的贡献？上帝正在做什么是我可以主要担当的？

问自己看到了什么，需要你亲自去梦想和渴慕，并装备自己，让自己真正行动起来。它创造了一条从看见异象到实现异象的道路，只要有勇气去使异象成为现实。

3. 当我在2021年1月1日醒来时，我想回头看到什么？

将我们的眼光与现在的位置保持合理的距离是创造异象的一个有力工具。想象我们的渴望能被实现加上随后的满足和成就感，可以帮助我们厘清我们到底想把我们的生命倾注在什么方面。

你最希望看到什么发生在你的职场、家庭、教会、情感和思想生活中？你想完成什么？你希望自己做出什么适应和调整？

今年，我们都坐在我们生命的驾驶座上。我们去哪里，将决定右转或左转，停止或加速前进都在于自己。上帝与我们同在，我们的家人和朋友与我们同行，但没有人可以驾驭我们。没有其他人对我们如何度过自己的一天、一周和一年有最终的决定权。

现实中，我们有着许多复杂的感受。我们既被授权，也害怕自己在真正意义上，需要对自己的生命负责。但是上帝以下的承诺提供了希望和信心，深知祂创造了我们，并使我们在祂里面，能将今年活出最大的意义来：

你要一心仰赖耶和华，不可倚靠自己的聪明；在你一切所行的路上，都要承认他，他必使你的路径平坦正直。（箴言3:5-6）

今天花点时间问自己这三个问题。安静等候异象的临到，知道上帝与你同在。当你把你前面的愿景交托给祂时，祂必使你的路径平坦正直。祂是良善、有大能、按着祂的形象造你的上帝。

愿你今天在圣灵里得到力量和远见。愿今天给予你全新的视野，看见在2020年你生活中所有即将被神成就的事。

“Now faith is the assurance of things hoped for, the conviction of things not seen.” Hebrews 11:1

Every morning that you wake up, I hope you’ re filled with fresh vision. Daily, moment by moment communion with God births vision in a way that’ s unique and powerful. But throughout our lives there are rhythms, opportunities like a new year where we can take a step back and open our eyes to see deeper inside the eternity God has placed within our hearts (Ecc. 3:11).

As the speed of the world picks up the pace year after year, and days seem to come and go faster than time itself would dictate, it is more important than ever that we as God’ s people stop, just for a moment, set our eyes above the chaos, and ask the Spirit to give us real vision.

My favorite way to receive vision birthed from faith rather than fear is to ask myself good questions, prayerfully trusting that the Spirit will speak to my heart as I try my best to answer them.

So in hoping these questions that have been meaningful to me might be meaningful to you, here’ s a handful that I’ ve been asking myself lately:

1. What matters most to me?

Perhaps my greatest fear every day is that I would spend my life on things that I don’ t care about. That I would spend my money, my time, my passion on that which is just there, or that which matters to someone else, but doesn’ t matter to me.

So taking a moment to pause, and reflect on the dreams and desires within my own heart, knowing that God’ s primary way he wants to lead me is in the giving and satisfying of desires (Ps. 37:4), is my best place to start when seeking vision.

2. What do I see?

What opportunities are in front of me giving me the chance to see my dreams and desires come to fruition? Who needs what I have to give? Where is God moving that I want to be at the very heart of?

Asking yourself what you see takes dreams and desires and equips you to put real action to it. It creates a pathway from vision to implementation, only requiring the courage to move to make vision a reality.

3. When I wake up on January 1st 2021, what do I want to look back and see?

Casting our eyes a reasonable distance from where we are is a powerful tool in the creation of vision. Imagining desires fulfilled, the emotion and sense of accomplishment that might follow, can really clarify what we want to spend our lives on.

What do you most want to see happen in your work, family, church, emotions and thought-life? What do you want to have accomplished? What transitions do you want to have made?

We are all in the driver's seat of our experience this year. Where we go will be dictated by our decision to turn right or left, to stop or speed ahead. God is with us, our family and friends are with us, but no one controls us. No one else has the final say on how we will spend our days, weeks, and year.

And inside of that reality are so many mixed emotions for me. I am both empowered and terrified at the notion that I am in every real sense, in control. But this promise of God provides hope and faith, that he has made me and equipped me to live this year to the fullest in him:

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths” (Prov. 3:5-6)

Take time today to ask yourself those three questions. And as you step back and seek vision, know that God is with you, he is for you, and he will make “straight your paths” as you entrust your vision to him. He is good and capable. And he has made you in his likeness.

May you find power and vision in the Holy Spirit today. And may today fill you with fresh vision for all that is possible in your life in 2020.



没有启示，人民就没有法纪；遵守律法的，就为有福。（箴言29:18）

我们在服事一位有界限的神。祂拥有无限的能力，无穷的创造力，和无限的存在，但祂仍然选择创造界限。祂对什么是好的、正确的、赏心悦目的、完美的，都拥有远见。而作为内里有天父形象的孩子们，我们要像耶稣那样生活、思考和创造。在一个似乎因着无限机会而不断忙碌的世界里，制定界限对我们来说，比以往任何时候都更加重要。愿你在圣灵的带领下领受异象和设定界限时，得到从神而来的自由和喜乐。

我们生活的世界不断轰炸我们，试图定义我们是谁，我们应该做什么。广告告诉我们我们需要什么。我们的工作告诉我们我们应该如何花时间，找到一种自我价值感。我们的家人和朋友常常用我们过去做过或说过的话来定义我们。甚至我们的教会也可悲地根据我们如何能够最好地满足教会的需要来定义我们，而不是去了解我们到底是谁。

但我们是在服事一位比我们自己更了解我们的神。诗篇139:1-4说：“耶和华啊！你鉴察了我，你认识我。我坐下，我起来，你都知道；你在远处就明白我的意念。我行路，我躺卧，你都细察；我的一切行为，你都熟悉。耶和华啊！我的舌头还没有发言，你已经完全知道了。”后来在第16节节大卫写道，“我未成形的身体，你的眼睛早已看见；为我所定的日子，我还未度过一日，都完全记在你的册上了。”

从创造起初，上帝就知道祂会造我们。在我们初次呼吸的那一天，祂已经为我们制定好了一个纯全的、令人喜悦的计划。祂知道我们的每一个想法，并以恩惠待我们的每一个行动。没有什么比我们的天父更了解我们自己。在生活的混乱中，也没有比圣灵更好的向导了。

要成为一位健康、生活有界限的人，需要从一位有异象的人开始做起。我们唯有从唯一真正了解我们的人哪里，才能获得真正的异象。上帝渴望成为你人生罗盘上的正北。祂渴望让你真实地了解祂把你造成何等样的人。祂渴望让你了解祂如何看待你，对你的看重。当你领受了关于你是谁 的启示时，你将更

有能力跟随神的带领，进入他纯全可喜悦的旨意中。

从与天父在祈祷中会面开始，愿你被神的启示所充满，重新认识到你是多么的被爱- 最真实的你是被爱的。

祷告

1. 默想这个简单的真理：上帝真正认识你。让经文引导你，让神对你的认识带领你以信心来回应祂。（诗139:1-4；诗139:16）
2. 祈求上帝向你显示祂如何看待你，使你对祂的同在和爱有更深的体会。开始和祂谈谈有什么使你缺乏安全感。（太10:29-31）
3. 向上帝祈求让祂显示祂对你生命的呼召是什么。问祂你在你的家庭中当有的角色，以及祂对你作为一位配偶、孩子或父母的呼召。向祂询问祂对你的工作的愿景是什么。询问祂你和他的关系的状态是什么样的。记录下神的回答。（罗11:29；帖后1:11-12）

向前行：

在我的生活中，我常常感觉自己像一匹马，眼睛却被蒙住了，只是低下头，跑得尽可能快，却发现我又跑回到我最初开始的地方。上帝不想给我们蒙上眼帘。祂不把我们当作完成任务的工具。祂在乎的是与我们的关系，祂要引导我们对生活有远见。祂渴望帮助我们像祂那样地看待自己、这个世界，以及在我们面前的机会。这样我们才能获得智慧和洞察力。要选择成为一个有远见的人。要选择抬起你的头，戴上圣灵的镜片，询问上帝有关你的生活和机会的问题。作为回应，祂将提供你所需要的带领，以你所需要的方式。

“Where there is no prophetic vision the people cast off restraint, but blessed is he who keeps the law.” Proverbs 29:18

We serve a God of boundaries. In his limitless capacity, endless creativity, and boundless existence he still chose to create boundaries. He still had vision for what was good, right, pleasing, and perfect. And as children made in His image, we are to live, think, and create as Jesus did. In a world marked by busyness from seemingly infinite opportunities, it's important now more than ever for us to create boundaries. May you find freedom and joy as you receive vision and set boundaries under the leadership of the Holy Spirit.

The world we live in constantly bombards us with attempts to define who we are and what we should do. Advertisements tell us what we need. Our jobs tell us how we should spend our time and find a sense of self-worth. Our families and friends often define us by what we've done or said in the past. And even our churches sadly define us according to how we can best meet the needs of the church rather than getting to know who we truly are.

But we serve a God who knows us even better than we know ourselves. Psalm 139:1-4 says, “O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether.” And then later in verse 16 David writes, “Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.”

From the foundation of the earth, God knew he would make us. On the day we took our first breath he already had perfect, pleasing plans for us. He's known our every thought and looked upon our every action with grace. We could not be more known than we are by our heavenly Father. And there couldn't be a better guide through the chaos of this life than the Holy Spirit.

To be a person with healthy, life-giving boundaries starts with being a person of vision. And the only place to get true vision is from the only One who truly knows you. God longs to be the north on your compass. He longs to give you honest insight into how he's made you. He longs to give you a sense of how he sees you and feels about you. And in receiving a revelation of who you are you will be better equipped to follow his leadership into his perfect and pleasing will.

Begin by meeting with your heavenly Father in prayer. May you be overwhelmed by a fresh revelation of how loved you are—just as you are.

Prayer

1. Meditate on the simple truth that God truly knows you. Allow Scripture to lead you to a place of faith and trust in God's knowledge of you. (Psalm 139:1-4 ; Psalm 139:16)
2. Ask God to give you a revelation of how he sees you. Ask him for a revelation of his nearness and love. Begin to talk to him about any insecurities you have. (Matthew 10:29-31)
3. Ask God for a revelation of what he has called you to. Ask him about your role in your family and his calling on your life as a spouse, child, or parent. Ask him for vision for your work. Ask him for vision for your relationship with him. Journal his responses. (Romans 11:29; 2 Thessalonians 1:11-12)

Go

Often in my life I feel like a horse with blinders just putting my head down and running as fast as I can to only end up right back where I started. God doesn't desire to put blinders on us. He doesn't treat us just as tools to accomplish tasks. It's about His relationship with us. He's concerned about guiding us in having vision for our lives. He longs to help us see ourselves, this world, and opportunities before us as he does that we might gain wisdom and insight. Choose to be a person of vision. Choose to pick your head up and put on the lens of the Holy Spirit. Ask God questions. Inquire of him about your life and opportunities. And in response he will provide the leadership you need, exactly how you need it.



“你们要住在我里面，我也就住在你们里面。枝子若不连在葡萄树上，自己就不能结果子；你们若不住在我里面，也是这样。” (约15:4)

今天，我们将探讨在我们与上帝的关系中，有正确的优先安排会是什么样子的。我们中的许多人活得好像上帝有一长串期望等着我们来满足。今天，愿上帝为我们怀有的优先事项成为我们的优先事项，愿我们可以设定必要的界限，以让我们的优先事项在正确的顺序中。

你被创造是为了与神共度时光。正如神的主要愿望是要和你享有关系，你人生中的主要目的就是和祂建立关系。离了祂，生命没有意义可言。使徒行传17:28这么说道：“因着他我们可以生存、活动、存在。”当我们寻求要成为一个有远见和界限的人的时候，让我们先以一段经文开始。耶稣在当中告诉我们唯有一件事是必要的。

路加福音10:38-42这么说道：“他们走路的时候，耶稣进了一个村庄。有一个名叫马大的女人，接他到家里。她有一个妹妹，名叫马利亚，坐在主的脚前听道。马大被许多要作的事，弄得心烦意乱，就上前来，说：“主啊，我妹妹让我一个人侍候，你不理吗？请吩咐她来帮助我。”主回答她：“马大，马大，你为许多事操心忙碌，但是最需要的只有一件，马利亚已经选择了那上好的分，是不能从她夺去的。”

如果我问你有哪一件事情是必须的，你会如何反应？如果我甚至问你耶稣说有哪一件事是必要的，你会说是什么呢？耶稣用两句话就毁了我的价值体系：马大，马大，你为许多事操心忙碌，但是最需要的只有一件，马利亚已经选择了那上好的分，是不能从她夺去的。让真相进入到你心里去。有一件事是必要的。只需要一件事：坐在主的脚前。超越我为他做的一切事情之上，他要我坐在他的脚前。超越为我的家人或为我的教会服事之上，他希望我坐在他的脚前。

如果说有一件事我们需要有异象的话，那就是我们与神的关系。耶稣会说你选择的是好的部分吗？或者他会说你“对很多事情感到焦虑和不安”。你是将

你的时间投资在耶稣所承诺永远不会被夺去的事情上吗？或者你是否正把生命投资在那些没有价值的事情上？

如果有一件事需要设定界限的话，那就是你与父交流的时间这一方面。我发现自己更关心我是否准时上班，而不是我与上帝之间的交流时段。我发现自己更看重与他人的关系，甚至比对与耶稣的关系更操心忙碌。如果真的只有一件事是必要的，那么我们就必须要守护那一件事。我们需要全身心地投入坐在耶稣的脚下，高于对其他所有的追求。

能服事一位重视我这个人，而不是我能做什么的一位神，它所带来的震撼和祝福超越任何言语所能表达。我的心被触动了，知道耶稣祂想让我和他坐在一起，而不是祂要我为祂做点什么。今天你要知道神看重的是你的心，祂不需要你的服事。祂不需要你的钱。祂什么都不需要。上帝能够而且将会完成祂所命定要完成的所有事情。祂所要的是你之间满有生命力、不受阻碍的关系。

今天就花一些时间做一件必要的事：坐在你慈爱救主的脚前。

祷告

1. 默想耶稣说唯有一件事是必要的。

“马大，马大，你为许多事操心忙碌，但是最需要的只有一件，马利亚已经选择了那上好的分，是不能从她夺去的。”（路10:41-42）

2. 你是否觉得自己选择了上好的部分，或者你的生活是否感到焦虑和烦恼？

花时间诚实地审视你的生活。让圣灵显明你现在正在经历的事情。

你们要把一切忧虑卸给神，因为他顾念你们。（彼前5:7）

3. 花点时间审视你与神单独相处的时间。是什么侵占了这个关键时刻？什么经常代替你与神相处的时间？为什么守护在耶稣脚前的时间会如此困难？

记录您的回复。

向前行：

“你们要住在我里面，我也就住在你们里面。枝子若不连在葡萄树上，自己就不能结果子；你们若不住在我里面，也是这样。”（约15:4）在我们所做的一切中，上帝都希望我们常在祂里面。我们不能没有和上帝花时间在一起，就自己独自去面对世界。神不局限于一个地方或时段。祂无所不在。我们所做的一切都是为了与天父建立关系的机会。祂渴望以圣灵的膏抹来帮助我们有效果地生活。祂渴望帮助我们爱我们的家人和朋友。坐在耶稣的脚前不是一天中的一段时间而已，它是一种生活方式。愿 你今天所做的一切，为着上帝的荣耀和喜悦，常在祂里面。

“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.” John 15:4

Today we'll explore what it would look like to have the right priorities in place in our relationship with God. Many of us live as though God has a long list of expectations for us to meet. Today may God's priorities for us become our own, and may we set the necessary boundaries in place to keep our priorities in the correct order.

You were created to spend time with God. Just as God's chief desire is for relationship with you, your chief purpose in life is relationship with him. There is no life apart from him. Scripture says in Acts 17:28, “In him we live and move and have our being.” As we seek to be a people of vision and boundaries, let's begin by looking at a passage of Scripture in which Jesus tells us the one thing that's necessary.

Luke 10:38-42 says, Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

If I came up to you and asked you what one thing is necessary, what would your response be? If I even asked you for the one thing Jesus says is necessary, what would your response have been? Jesus destroys my value system with two sentences: “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.” Allow that truth to settle in for a minute. One thing is necessary. One thing is required: to sit at the feet of Jesus. Above everything I could do for him, he wants me to sit at his feet. Above providing for my family or serving my church, he wants me to sit at his feet.

If there is one thing we need to have vision for, it is our relationship with God. Would Jesus say that you are choosing the good portion? Or would he say that you are “anxious and troubled about many things.” Are you spending your time investing in that which Jesus promises you will never be taken away from you? Or are you investing your life in that which won't have value past your time here.

If there is one thing to set boundaries around, it's your time spent communing with the Father. I find myself far more concerned about whether or not I show up to work on time than I do to my dedicated time with God. I find myself far more anxious and troubled about my relationship with others than I do about my relationship with Jesus. If it's really true that only one thing is necessary, we need to fight for that one thing above all else. We need to devote ourselves to sitting at the feet of Jesus above every other pursuit.

It astounds and blesses me beyond words to serve a God who longs for who I am more than what I can do. It stirs my heart to know that more than Jesus wants me to do something for Him, He wants me to sit with Him. Know today that in everything God is after your heart. He doesn't need your service. He doesn't need your money. He doesn't need anything at all. God can and will accomplish everything he sets out to accomplish. What he's after is life-giving, unhindered relationship with you

Spend time today doing the one thing that's necessary: sitting at the feet of your loving Savior.

Prayer

1. Meditate on the one thing Jesus says is necessary.

“Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.” Luke 10:41-42

2. Do you feel like you've chosen the good portion, or does your life feel anxious and troubled? Spend time taking an honest look at your life. Allow the Holy Spirit to illuminate what's going on in your heart.

“Casting all your anxieties on him, because he cares for you.” 1 Peter 5:7

3. Take time to set boundaries around spending time alone with God. What encroaches on this crucial time? What often takes the place of meeting with God? Why can it be so difficult to fight for time spent at the feet of Jesus? Journal your responses.

Go

In John 15:4 Jesus says, "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me." In all we do, God desires that we abide in him. We don't leave our time alone with God and then go out into the world without him. He isn't contained to a place or time. His presence is everywhere. Everything we do is an opportunity for relationship with our heavenly Father. He longs to help us do our work effectively with the anointing of the Spirit. He longs to help us love our family and friends. Sitting at the feet of Jesus isn't a time of the day, it's a lifestyle. May you abide in God in all that you do today to his glory and your joy. "



我来了，是要使羊得生命，并且得的更丰盛。（约10:10）

今天，我们要做一件我们通常不擅长做的事情，我们要为自己花点时间。现实是上帝在你能为祂做任何事之前已经深深地关心你，祂希望这个真理今天深深地融入我们的心。我们将探讨对自己的全人有异象是什么意思。我们如何在情感、身体和精神上为自己的成长做准备？事实是：你很重要而我的祷告是你今天可以被坚固和鼓励。

很长一段时间，我相信上帝想要的只是我更多的付出。我担心祂会带领我做更多的工作、更多的奉献、更多的牺牲、更少的乐趣。我认为乐趣和上帝是相互排斥的，仿佛祂是伟大的宇宙杀手，只希望我唱诗，禁食，祈祷，和传福音。

我所有的误解都包含着一种非常以我为中心的观点。我想，如果我不日夜为天国工作，上帝的旨意就不会完成。就好像我相信我是一个救世主，世界的唯一希望。所有这些误解导致了我似乎无法摆脱的重担。但以赛亚书55:10-11这么说道：雨雪怎样从天上降下来，不再返回天上，却灌溉大地，使地上的植物发芽结实，使撒种的有种子，吃的人有粮食；从我的口所出的话也必这样，必不徒然返回我这里，却要作成我所喜悦的，使它在我差遣它去作的事上必然亨通。

事实是，上帝每一天都在我面前预备好要完成的善工。祂有一个计划，我将影响永恒。但祂对我要求的一切愿望是，我们一起做。祂不需要我，祂要的是我这个人。祂不是任务主管，我也不是祂的奴隶。相反，祂称自己为天父，我把自己看做是祂的后嗣，与基督合而为一。

如果不是出于对祂的爱，上帝不稀罕我的一丝力量。祂不需要也不希望我的任何贡献是出于一个烦乱的心。祂不需要我小器的奉献、敷衍的答应、计算好的词语、或是剩余的力气。让你的心被林前13:1-3来一击即中吧！一字一句慢慢地读。让它帮助你专注在神的心意上：

我若能说世人和天使的方言，却没有爱，我就成了鸣的锣、响的钹一样。我若有先知讲道的恩赐，也明白各样的奥秘，各样的知识；并且有全备的信，叫我能够移山，却没有爱，我就算不得什么。我若把一切所有的分给人，又舍己身被人焚烧，却没有爱，对我仍然毫无益处。

为了回应神的话语的真理，我们对自己需要有异象。我们需要为着我们自己的情感、身体和精神健康设定界限。我们需要让上帝来触动我们疲惫的心、转变我们对工作的看法并赋予我们以内在丰盛为导向的生活。你今天需要什么来享受生活？你能如何与上帝一起同工而不是为上帝做什么？祂会用什么来充满你直到满溢的状态，而不是一直兢兢业业地不停运转？

今天当你进入祷告时段时，愿你从奴隶的心态中得着释放，得着一个身为神的孩子的喜乐和平安。

祷告

1. 默想你的天父的主权和无所不能、祂不可阻挡的完成祂旨意的能力。

雨雪怎样从天上降下来，不再返回天上，却灌溉大地，使地上的植物发芽结实，使撒种的有种子，吃的人有粮食；从我的口所出的话也必这样，必不徒然返回我这里，却要作成我所喜悦的，使它在我差遣它去作的事上必然亨通。（赛55:10-11）

2. 默想神祂要，是你的爱而不是活动。

我若能说世人和天使的方言，却没有爱，我就成了鸣的锣、响的钹一样。我若有先知讲道的恩赐，也明白各样的奥秘，各样的知识；并且有全备的信，叫我能够移山，却没有爱，我就算不得什么。我若把一切所有的分给人，又舍己身被人焚烧，却没有爱，对我仍然毫无益处。（林前13:1-3）

3. 今天过丰盛的生活会是什么样子？您需要在周围建立界限吗？神今天会用什么来充满你，来满足你心中干燥和疲惫的地方？花点时间在上帝的爱中安歇。

我来了，是要使羊得生命，并且得的更丰盛。（约10:10）

向前行：

保持健康的最佳界限是持守你每周的安息日。创世纪2章3节告诉我们：“神赐福第七日，把它分别为圣，因为在这一日，神停了他一切所创造的工，歇息了。”休息是被分别为圣的。这是对自己和世界的宣言，生活比工作还要宽广。它提醒我们，工作只是我们与上帝相处的一种方式。愿你找到恩典和勇气，在为着你的丰盛生活设立界限的同时，能活在天国的氛围中。



"I came that they may have life and have it abundantly." John 10:10

Today we will take some time for ourselves, something we're often not very good at doing. The reality is God cares deeply for you before you can do anything for him, and he wants that truth to settle deeply into our hearts today. We will be exploring what it means to have vision for ourselves holistically. How do we set ourselves up for success emotionally, physically and spiritually? The truth is you matter, and it's my prayer you are strengthened and encouraged today.

For a long time I believed that all God wanted from me was more. I feared he would lead me to more work, more giving, more sacrifice, and less fun. I viewed fun and God as mutually exclusive, as if he was the great cosmic killjoy who only wanted me to sing, fast, pray, and evangelize.

Wrapped up in all my misconceptions was a very me-centric point of view. I thought if I didn't work my fingers to the bone day in and day out for the kingdom that God's will wasn't going to be accomplished. It's as if I believed that I was a savior, the sole hope of the world. And all these misconceptions led to a constant weight I couldn't seem to shake. But Isaiah 55:10-11 says,

For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

The truth is that God absolutely has good works laid out before me every single day. He has a plan for me that will impact eternity. But his chief desire in everything he asks of me is that we would do it together. He doesn't need me. He wants me. He is not a taskmaster, and I am not his slave. Rather, he calls himself my heavenly Father, and I am to see myself as his son, a coheir with Christ.

God doesn't desire me to lift a finger if it's not out of love for him. He doesn't need or want any of my works birthed out of a place of striving. He doesn't need or want petty activity, reluctant yeses, programmed words, or burnt-out offerings. Allow the full impact of 1 Corinthians 13:1-3 to hit your heart today. Read it slowly. Allow it to shift your perception of the heart of God:

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body

to be burned, but have not love, I gain nothing.

In response to the truth of God's word, we need to have vision for ourselves. We need to set boundaries around our own emotional, physical, and spiritual health. We need to allow God to minister to our weary hearts, shift our perspectives on work, and empower us to live a life marked by inward abundance. What do you need today to enjoy life? What can you do with God rather than for God? What would he use to fill you up to a state of overflowing rather than running on empty?

As you enter into a time of guided prayer, may you find freedom today from the mentality of a slave and live with the joy and peace of a child of the One, True God.

Prayer

1. Meditate on the sovereignty and omnipotence of your heavenly Father. Reflect on his unstoppable ability to accomplish his will.

"For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it." Isaiah 55:10-11

2. Meditate on God's desire for love rather than activity.

"If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing." 1 Corinthians 13:1-3

3. What would it look like to live an abundant life today? What do you need to create boundaries around? What would God use today to fill you up and satisfy the dry and weary places in your heart? Take time to rest in the love of God.

"I came that they may have life and have it abundantly." John 10:10

Go

The best boundary for maintaining a sense of health is a having a weekly sabbath. Genesis 2:3 tells us, “God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.” To rest is holy. It’s a declaration to yourself and the world that life is about far more than work. It’s a reminder that work is just a way that we live in relationship with God. May you find grace and courage to live in line with the culture of God’s kingdom as you set boundaries around what you need in order to live an abundant life.



家庭崇拜



读经： 我们没有一个人为自己活，也没有一个人为自己死。我们若活着，是为主而活。若死了，是为主而死。所以我们或活或死，总是主的人。
(罗马书14:7-8)

为彼此的需要祷告

诗歌： 成为我异象

要理问答1

问题： 什么成为我们生与死的唯一盼望？

回答： 我们并不属于我们自己，我们的身体与灵魂，我们的生与死，都属于上帝并救主耶稣基督！

结束祷告： 主基督，你是我们的盼望，我们将我们的生与死都仰望你的恩慈、如父般的眷顾中。你爱我们，因为我们是属于你的，我们的好处不在你以外，你赐给我们最好的礼物就是让我们可以完全属你！阿们！

Eng: <http://newcitycatechism.com/new-city-catechism/#1>

Eng song: <https://www.youtube.com/watch?v=3Te8vkOj2zU&list=PLPwoFK1MBpm4CIBAJbmf3Lj0Z45yntcH&index=1>

中文字幕视频: <https://www.youtube.com/watch?v=Y2s6ypvfJY>

Irish hymn, c. 8th century

Trans. by Mary E. Byrne, 1880-1931

Versified by Eleanor H. Hull, 1860-1935

Be Thou My Vision

SLANE

Irish melody

Arr. by Norman Johnson, 1928-

1 1 2 1 | 6 5 6 | 1 1 2 | 3 -- | 2 2 2 |

1. 懇 求 心 中 王, 成 爲 我 異 象, 萬 事 無
 2. 成 爲 我 智 慧, 成 爲 我 箴 言, 我 願 是 常
 3. 不 掛 我 意 大 富 裕, 不 羨 慕 的 榮 耀, 我 主 我 是 贏
 4. 天 上 大 君 王, 輝 煌 的 太 陽, 我 主 我 是 贏

1. Be Thou my Vi-sion, O Lord of my heart - Nought be all
 2. Be Thou my Wis-dom, and Thou my true Word - I ev-er
 3. Rich-es I heed not, nor man's emp-ty praise - Thou mine in-
 4. High King of heav-en, my vic-to-ry won, May I reach

2 3 5 | 6 5 3 | 5 -- | 6 6 7 i 7 | 6 5 3 |

所 慕, 惟 主 是 希 望! 願 祢 居 首 位, 日
 跟 祢, 祿 業, 祿 業
 基 勝 仗, 天 樂 可 分 享。 境 有 遇 雖 無 常, 但

else to me, save that Thou art; Thou my best thought, by
 with Thee and Thou with me, Lord; Thou my great Fa-ther,
 her-it-ance, now and al-ways; Thou and Thou on-ly,
 heav-en's joys, O bright heav'n's Sun! Heart of my own heart, what-

5 1 7 | 6 5 | 1 3 5 | 6 5 3 1 3 | 2 1 1 | 1 -- ||

夜 導 思 想, 工 作 或 睡 覺, 慈 容 作 我 光。
 得 後 嗣 權, 祢 住 是 我 心 上 有 我 勝 永 與 珍 寶 我 結 權 能。
 居 我 心 中 王, 掌 管 天 萬 有 者, 永 作 我 異 象。

day or by night - Wak-ing or sleep-ing, Thy pres-ence my light.
 I Thy true son - Thou in me dwell-ing, and I with Thee one.
 first in my heart - High King of heav-en, my Treas-ure Thou art.
 ev-er be-fall, Still be my Vi-sion, O Rul-er of all.

新的异象,新的方向

Give Us Vision

1=A $\frac{4}{4}$

J=80 敬拜地、渴望呼喊地

詞: 鄭懋柔 Tiffany M. Cheng
曲: 游智婷 Sandy Yu

