

经节：饥渴慕义的人有福了！因为他们必得饱足。（马太福音五章6节）

饥饿与口渴是身体通知我们已经「空」了的信号。对肉体的饥饿与口渴的自然反应，是寻觅食物和水，来满足我们的需求。每个基督徒内心都有个渴求，而这个渴求只有神的公义才能填满。然而，倘若被自我所充满，我们不可能被公义充满。在整本圣经中，神强调那些全心追求渴慕祂的人会找到祂（耶利米书廿九：13）。当我们热切渴望神的公义，我们会为自己的罪悔改，并且神会赦免我们的罪。我们的自私会被圣灵的果子，仁爱、喜乐、和平、忍耐、恩慈、良善、信实、温柔、节制（加拉太书五：22~23）所替代。圣灵会使我们像基督。

我们不能小看公义的重要性，也不要以为公义是轻易可以达到。神不会把祂的公义赐给那些对公义无所谓的人。祂把公义赐给那些自知没有神的公义就活不下去的人。我们个人一定要竭尽全力追求公义，把公义视为作事的最高准则。追求公义意味着我们珍惜神的看法，高过人的意见。

公义不仅仅是不犯罪，它让神以祂自己的圣洁充满我们（罗马书六：11）。追求公义会让我们愈来愈有基督的形像。耶稣是我们先寻求神公义的榜样，而后，天父尊荣祂。我们不只要寻求神的国度，也要追求祂的公义（马太福音六：33）。如果饥渴慕义，我们会被满足的！

Hunger and Thirst

"Blessed are those who hunger and thirst for righteousness, For they shall be filled."

Matthew 5:6

Hunger and thirst are the body's way of telling us that we are "empty." Our natural response to physical hunger and thirst is to seek food and water to satisfy our need. Each Christian has an inner longing that only Christ's righteousness can satisfy. But we cannot be filled with righteousness if we are filled with self. Throughout the Scriptures God emphasizes that the one who longs for Him with all his heart will find Him (Jer. 29:13). As we crave righteousness, we will repent of our sin, and God will remove it from us. Our selfishness will be replaced by the fruits of the Spirit: love, joy, peace, long-suffering, kindness, goodness, faithfulness, gentleness, and self-control (Gal. 5:22-23). The Spirit will make us to be like Christ.

Righteousness is not to be taken lightly, nor is it easily attained. Holy God does not give His righteousness to people indiscriminately. He gives it to those who know they cannot live without it. Our desire for personal righteousness must be powerful, all-consuming, dominating everything we do. Pursuing righteousness means that we value the opinion of God far more than we treasure the opinions of people.

Righteousness is not merely an absence of sin. It is allowing God to fill us with His holiness (Rom. 6:11). It is being like Christ. Jesus is our model of One who sought God's righteousness first, and then the Father glorified Him. We are not only to seek the kingdom of God, but we are also to pursue His righteousness (Matt. 6:33). If we will hunger and thirst for righteousness, we will be satisfied!

8月22日（星期一）- 标题：**温柔的人**

经节：温柔的人有福了！因为他们必承受地土。（马太福音五章5节）

大家一提到温柔，通常就想到软弱。耶稣使温柔这个字有不同的意义。祂对温柔的描绘是一匹完全驯服的种马。这匹马曾经竭力挣脱控制，并且用尽全力拒绝被指挥，然而，祂现在完全顺服祂的主人。这匹种马并没有失去祂的力量或忍耐，祂只是完全将这些主权交给主人。

对基督徒而言，顺服需要我们将意志全然顺服主。温柔并不是顺服身边每一个人，而是走神要我们走的方向。温柔代表我们不需要保护自己的权益，而是让主为我们辩护。温柔代表一个顺服圣灵的生命，愿让神自由地在我們身上，改变祂认为需要改变之处。温柔包括节制，节制是来自全心地信任神。温柔会表现出忍耐的态度，愿让神处理自己所遇见的不公。

耶稣的生命是温柔的典范。祂可以吩咐一整个军团的天使，把祂由十字架上救下来，然而，祂允许罪人折磨自己，并且杀了自己。虽然耶稣不是没能力保护自己，但祂选择在神的旨意中全然顺服。祂顺服乃是因为完全相信天父。当我们怀疑天父时，我们倾向于用自己的力量解决事情，而不是倚靠祂的大能。耶稣说，把我们的生命主权交给神，我们将得到丰盛的生命。

The Meek

"Blessed are the meek, For they shall inherit the earth." Matthew 5:5

In popular thinking the term meek implies weakness. The word Jesus used had a different meaning. His picture of meekness is that of a stallion that has been brought into subjection to its master. Whereas it once fought against any attempt to bring it under control, resisting direction with all its strength, now it yields its will to its master. The stallion has lost none of its strength or endurance; it has simply turned these over to the control of the master.

For the Christian, meekness requires submitting our will to the Master. Meekness is not submitting to everyone around us, it is taking our direction from God. Meekness means that we do not have to defend our rights, but we allow the Lord to defend us. Meekness means a life that is submissive to the Holy Spirit, giving Him the freedom to make any changes He knows are necessary. Meekness involves a self-control that comes from trusting God. Meekness demonstrates an attitude of long-suffering that allows God to deal with the injustices we face.

Jesus' life was the paragon of meekness. He could have called upon legions of angels to remove Him from the cross, yet He allowed sinners to torture and kill Him. Although Jesus was by no means powerless to defend Himself, He chose to yield His life to the Father's will. He did this because He trusted the Father completely. When we doubt the Father, we tend to act in our own strength, rather than relying on His power. Jesus said that in relinquishing control over our lives to God, we will gain life in abundance!

8月27日（星期六）- 标题：**自我谦卑**

经节：因为，凡自高的，必降为卑；自卑的，必升为高。（路加福音十四章11节）

有两种方式会得到别人最高的敬意。一个是世界的方法：捉住每个机会在众人面前表扬自己，抓住每个被赏识的时机，并且操纵环境，好得到众人的注目。另一个是神的方法：谦卑自己。宁愿先求他人的益处，不努力赢得众人注目，及得到有影响力的职位。要培养谦卑，因为它不是自然而然就能拥有的。基督徒生活有个看似自相矛盾的道理，就是当神看到你真诚的谦卑自己，祂反而高举你。

箴言十六章18节警告我们，骄傲在败坏之先，狂心在跌倒之前。耶稣曾经提到一个想提高自己形像的人（路加福音十四：7~11）。当他去赴宴席时，马上跑去坐首位。结果主人看到了，就要他让位给更尊贵的客人，他只好羞愧地坐到较低的位置上。耶稣说，最有智慧的作法是先去坐末位，如果主人看你为尊贵，祂自会请你到首位落座。

世界尊荣你的方式与神尊荣你的方式，是截然不同的。箴言廿五章27节指出，寻求自己荣耀是不对的。当世界高举你的时候，你就得到了功劳。如果你尊重神，神必重看你（撒母耳记上二：30）。要竭尽全力谦卑自己，把荣耀归给神。以讨祂欢喜的态度尊荣祂，祂必重看你。

Humble Yourself

"For whoever exalts himself will be humbled, and he who humbles himself will be exalted." Luke 14:11

There are two ways to attain high esteem. One is the world's method: Take every opportunity to promote yourself before others; seize occasions for recognition and manipulate your way into the center of attention. The other way is God's way: Humble yourself. Rather than striving for recognition and influential positions, seek to put others first. Cultivate humility, for it does not come naturally. One of the many paradoxes of the Christian life is that when God sees your genuine humility, He exalts you.

Proverbs 16:18 warns that if we put our efforts into promoting ourselves, we will be brought down. Jesus told of a man who tried to enhance his own image (Luke 14:7-11). While attending a banquet, he immediately claimed the seat of honor. When the host saw this, he humiliated this man by asking him to move to the least honorable place to make room for a more distinguished guest. Jesus said the wise thing to do is to seek the lowest position and allow others to exalt you if they feel you are worthy.

There is an enormous difference between the way the world honors you and the way God does. Proverbs 25:27 indicates that glory is not legitimate if you seek it yourself. When the world exalts you, you are the one who receives the credit. When God exalts you, others will praise *Him* for what He has done in your life. If you honor God, He will honor you (1 Sam. 2:30). Strive to humble yourself and bring glory to God. Allow Him to be the One to honor you in the way that pleases Him!

8月26日（星期五）- 标题：**爱惜光阴**

经文：你们要谨慎行事，不要像愚昧人，当像智慧人。要爱惜光阴，因为现今的世代邪恶。（以弗所书五章15~16节）

我们在当今的时代里，往往被一堆引诱我们投资心力、时间的机会所包围。紧急事件的呼声终日追逐着我们。许多理想及事业保证只要花时间就可收成。在这嘈杂的声音中，如何辨认出神的声音呢？

愚昧人没有智慧地安排自己的时间。每回有新的机会到来，愚昧人不先弄清楚是否为最佳抉择，就见风转舵去追逐。谁的声音大，谁就获得他的注意。那愚昧人终究会在某个片刻中，沮丧气馁地发现自己任意浪费、挥霍时间。

现今你正活在一个邪恶的时代。婚姻正处在极大的压力下，家庭结构崩溃。每年都有许许多多的人在生命结束之前，从未听过耶稣基督的福音。有智慧地投资生命，对于你与你周遭的人是非常重要的。愚蠢地把时间投资在罪恶或享乐的追求上，会让你与周遭的人付出极大的代价。

邪恶的追求通常不会劫掠你的时间。更确切地说，我们所遭遇的试探，往往是以次好的代替最好的。敌人知道公然引诱你做邪恶的事，是过于招摇的行为。所以，牠分散你的注意力，好叫你没有时间能够实践神的旨意。牠会让你的时间表充满好的事情，叫你没有时间实践神最美好的计划。你可能会不注意地把宗教活动代替神的旨意，追求自己为神国所定的目标，来代替等候神所分派的任务。时间是一件价值不菲的宝贝，你一定要有智慧地投资你的时间。

Redeeming the Time

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Ephesians 5:15-16

These days we are bombarded with opportunities that entice us to invest our time and energy. Each day the voices of urgency cry out for every available moment. So many causes promise that time spent on them will reap great rewards; how can we recognize God's voice among so many competing voices?

A fool makes unwise choices with his time. With every new opportunity that comes along, the fool chases off in a different direction, not questioning whether that is the best choice. The loudest voice gains his attention. At some point the fool discovers to his dismay that he has squandered the investment of his time.

The days in which you live are evil. Marriages are under tremendous pressure, families are disintegrating. Multitudes are dying each year without hearing the gospel of Jesus Christ. Investing your life wisely is critical to you and to those around you. Foolishly spending your time in sinful or wasteful pursuits can cost you and others dearly. Often, it is not evil pursuits that rob your time. Rather, the temptation is to sacrifice what is *best* for what is good. The enemy knows that blatantly tempting you with evil will be obvious, so he will lure you with distractions, leaving you no time to carry out God's will. He will tempt you to so fill your schedule with good things that you have no time for God's best. You may inadvertently substitute religious activity for God's will, pursuing your own goals for God's kingdom instead of waiting for His assignment. Time is a precious commodity. Be sure to invest it wisely.

8月23日（星期二）- 标题：**一步步得胜利**

经文：耶和华——你神必将这些国的民从你面前渐渐赶出；你不可把他们速速灭尽，恐怕野地的兽多起来害你。（申命记七章22节）

当神带领祂的百姓进入应许之地，祂是一步步地带领。倘若神允许他们一举彻底击败所有的敌人，那块土地将会变得难以治理。所以，祂允许一些敌人仍然存在一段时间，好能维护那块土地，抑制野兽漫生。借着这样的安排，神教导祂的百姓要一步步地信任祂。神每一次只给他们所能担当的责任。

当神带领你在属灵的生命上成长，祂给你的挑战，是合适于你的性格及你与神的关系。当你成为基督徒时，神不会一次就改变你的性格。祂会引导你经历一段过程，让你变得更像祂的儿子。祂会不断地在你生命某方面作工，直到你生命的那个部分，被圣灵完全掌管才罢休。你可能非常渴望在自己性格上的每个方面都能成熟，然而，稳定且渐进式的成长更能持久。神在训练你更像基督的成长过程中，是从不走快捷方式的。祂以永恒的角度来看你的生命，并且让你体会必要的经历，好帮助你灵性的成长。

当神要培养你拥有像耶稣一样的生命时，不要没耐性。不要担负超过祂要给你的责任。顺服祂所有的旨意，祂会照着目前最合适你的性格，及合于祂在你身上的计划之步调，领你前进。

Victory One Step at a Time

And the LORD your God will drive out those nations before you little by little; you will be unable to destroy them at once, lest the beasts of the field become too numerous for you. Deuteronomy 7:22

When God led His people into the Promised Land, He did so step by step. If He had allowed them to annihilate their enemies at once, the land would have been too difficult to manage. So He allowed some of the enemies to remain for a time in order to maintain the land and suppress the wildlife. In doing so, God taught His people to trust Him step by step. He gave them only as much responsibility as they could handle at one time.

As God leads you in your Christian growth, He will allow challenges that match your character and relationship to Him. God will not totally change your character at once when you become a Christian. Rather, He will lead you through a process to become more like His Son. He will keep working in an area in your life until it is controlled by the Holy Spirit. You may eagerly desire maturity in every area of your character, but steady, gradual growth is more lasting. God will not take shortcuts in His process of making you like Christ. He sees your life from eternity and will take as long as necessary to produce lasting spiritual growth in you.

Do not become impatient while God is producing Christ-likeness in you. Do not seek more responsibilities than those He has given you. Obey all that you know He has asked, and He will lead you at a pace that fits your present character and His purposes for you.

8月24日（星期三）- 标题：**智慧的灵**

经节：耶和华的灵必住在他身上，就是使他有智慧和聪明的灵，谋略和能力的灵，知识和敬畏耶和华的灵。（以赛亚书十一章2节）

在耶稣整个事工中，每当祂面对重大决定和反对势力时，祂倚靠圣灵的带领（马可福音一：12）。在几世纪以前，以赛亚早已叙述圣灵的出现对救主的意义。圣灵让耶稣知道天父的旨意与作为。早在孩提时期，耶稣已经对神的话有非比寻常的洞见（路加福音二：47）。圣灵给祂智慧能使用这些知识，也使祂把神的话灵活地应用到有需要的人身上。

如果你是基督徒，同样的灵也会进驻你的心中。有时候，你可能会祈求神差遣圣灵「大能」运行。这是圣灵惟一运行的方式！更重要的是，圣灵会带来智慧，让我们了解神的作为。

你需要神的智慧来面对你的决定（罗马书十一：33）。也许神已经把你放在一个位置，需要担起很大的责任，而你正被一堆待决定的事压得透不过气。你也许需要神的智慧，来帮助你担起父母、朋友或领导者的责任。这个当初使耶稣看透撒但欺骗伎俩的圣灵，今日同样也能够指引你胜过试探。祷告求神以祂智慧的灵充满你，好叫你在生活中能作正确的抉择。

The Spirit of Wisdom

The Spirit of the LORD shall rest upon Him, The Spirit of wisdom and understanding, The Spirit of counsel and might, The Spirit of knowledge and of the fear of the LORD. Isaiah 11:2

Throughout His ministry, Jesus relied upon the Holy Spirit to direct Him as He made crucial decisions and faced relentless opposition (Mark 1:12). Centuries earlier, Isaiah had described what the Spirit's presence would mean for the Savior. The Spirit would give Jesus the knowledge of the will and ways of the Father. As a young boy, Jesus already possessed unusual knowledge of God's word (Luke 2:47). The Spirit granted Him the wisdom to use this knowledge. The Spirit enabled Jesus to take the word of God and apply it effectively to the specific needs of those He encountered.

If you are a Christian, the same Spirit abides in you. At times, you may pray and ask God to send His Spirit "in power." That is the only way the Spirit ever comes! More importantly, the Spirit will come in wisdom, bringing the understanding of God's ways.

You need God's wisdom for the decisions you face (Rom. 11:33). Perhaps God has placed you in a position of great responsibility, and you feel overwhelmed by the decisions you must make. It may be in your role as parent, or friend, or leader that you long for the wisdom of God. The same Spirit who enabled Jesus to see through the deceptions of Satan will also guide you through the temptations that confront you. Pray that God will fill you with His Spirit of wisdom so that through the decisions you make you can live your life effectively.

8月25日（星期四）- 标题：**丰盛的生命**

经节：盗贼来，无非要偷窃，杀害，毁坏；我来了，是要叫羊得生命，并且得的更丰盛。（约翰福音十章10节）

耶稣警告我们要谨防盗贼，因为他们会窃取神原本要赐给我们的福分。耶稣要我们享受更丰盛的生命（约翰福音十：10）。从亚当和夏娃开始，人类就必须选择相信谁。撒但让亚当和夏娃误入歧途，以为不顺从神就可以得到所有的东西。悖逆使他们丧失手中所有的东西，他们的余生只经历到神原要赐福的零头余数。圣经中有不胜枚举的例子，许多人丧失作神儿女的权利，来换取一些短暂且空虚的东西。

世界想尽办法要你相信，如果在婚姻、教养儿女、事业前途、或娱乐享受上，采用世界的道德标准，你会找到完全的满足。如果你相信这些话，永远不会经历到神原要赐给你的福分。罪的工价乃是死（罗马书六：23）。如果你选择聆听世界那些声音，而不听从那位创造生命并赐丰盛生命之主，是人生一大悲剧。

耶稣要你安心度日，知道自己是神所心爱的儿女。如果你现在并没有体验到仁爱、喜乐及和平，代表你已经安于那种微薄福气的日子。如果你有一箩筐未曾体验丰盛、喜乐生活的借口，今日就下定决心、非要得到神所赐的丰盛生命不可。停止跟随世人追逐满足的脚步，去聆听救主的声音，你将可以得到真正的满足。

Abundant Life

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. John 10:10

Jesus warns us to be on guard for thieves who will try to rob us of what God has for us. Jesus wants us to enjoy abundant life (John 10:10). Since the time of Adam and Eve, people have had to choose whom to believe. Satan convinced Adam and Eve that forfeiting their obedience to God would gain them everything. Instead, their disobedience robbed them of all they had. For the rest of their lives they experienced only a fraction of the blessings God had intended. Scripture is replete with accounts of those who forfeited their inheritance as children of God in order to gain that which was transitory and empty.

The world seeks to convince you that you will find fulfillment if you adopt its standard of morality for your marriage, raising your children, advancing your career, or pursuing pleasure. If you believe this, you will never experience the blessings God intended for you. Sin brings death (Rom. 6:23). It is tragic to listen to the voices of the world instead of to the One who created life and who wants you to experience life to its fullest.

Jesus wants you to live your life with security, knowing that you are a beloved child of God. If you are not experiencing love, joy, and peace, you have settled for less than what God intends for you. If you have been making excuses for why you are not experiencing an abundant and joyful life, determine today to settle for nothing less than God's best for your life. Stop following the world's way of finding satisfaction. Instead, listen to the Savior's voice, and you will find true fulfillment.