

经节：耶稣说：「我就是生命的粮。到我这里来的，必定不饿；信我的，永远不渴。」（约翰福音六章35节）

我们知道如何以粮食满足自己的肉体。肚子饿了，我们就去吃。你是否也是如此对待你的灵性？耶稣说，如果相信祂，我们永远不会有灵性的饥饿与营养不良，因为祂说自己是「生命之粮」。每当有灵性的需要，我们就单纯地来到耶稣面前，让祂满足我们。

我们的问题是有时以自己的经验解释圣经。我们说：「是的，我们曾经灵性饥渴过。」如果真是如此，不是神没告诉我们真理，就是我们误解自己的经验。我们是否可能以人为的办法，来满足灵性的饥渴？我们是否太倚靠朋友与他人的经验，却从未学习来到耶稣面前，让祂供应属灵食物？我们是否多年前曾享用属灵丰盛的筵席，以为饱尝了基督就不需再吃？我们愈来愈瘦、愈来愈饿，因为我们还靠着多年前朝见神时的供应。灵性若有缺乏，不是因为神没有为你预备丰盛的资源，乃是因为你没有以信心响应神的邀请（约翰福音十：10）。

当神在旷野赐下吗哪时，以色列儿女需要每天出去拾取神每日的供应。耶稣教导祂的门徒如此祷告：「我们日用的饮食，今日赐给我们。」属灵的营养需要你日日追求，你今天是否已经找到属灵的粮食呢？

Spiritual Bread

And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst." John 6:35

We know how to use physical bread. Whenever we are hungry we simply go and eat. Do we do that spiritually? Jesus said if we believe in Him, we will never be spiritually hungry, or malnourished, for He is the "bread of life." Every time we face a spiritual need, it is a simple matter of going to Christ and allowing Him to provide us with what we need.

Our problem is that sometimes we interpret Scripture based on our own experience. We say, "Yes, but I remember a time when I was spiritually hungry." If that is true, then either God did not tell the truth, or we misinterpreted our experience. Could it be that we tried to satisfy our spiritual hunger with human resources? Could it be that we relied so heavily upon friends and the experiences of others that we have never learned how to go to Christ for our own spiritual food? Could it be that we had a great spiritual feast several years ago, and we were so "full" of Christ that we thought we would never have to eat again? We grew lean and hungry because we were still operating on an encounter with God we had years ago. If you are lacking something spiritually, it is not because God does not have an abundance of resources prepared and available for you. It is that you have not come to Him in faith as He invites (John 10:10).

When God gave manna in the wilderness, the children of Israel had to go out each day to receive God's daily provision. Jesus taught His disciples to pray, "Give us this day our daily bread." Spiritual nourishment is something you must seek daily. Have you found spiritual food from Christ today?

4月25日（星期一）- 标题：**常在葡萄树里**

经文：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。（约翰福音十五章5节）

有些人以为一定要不断努力事奉主，才能够满足神的高标准。耶稣清楚地说明，我们跟祂之间应该是什么关系：祂是葡萄树，是我们生命的源头；我们是枝子，是结果子的地方。当我们得到耶稣的生命，我们的生命自然结出果子。

当我们热诚地为主结果的时候，我们急切地要结果子，而忽略了住在基督里。然而，耶稣说，不是我们的活动结果子，乃是我们与祂的关系结果子。

耶稣慎重地警告门徒，祂要他们小心自己远离与祂的亲密关系。若是如此，他们会发现自己停止结有意义的果子。他们可能为了神的国度卯足全力，却停止与神建立亲密的关系，他们发现自己不过是不结果子的枝子。耶稣行过最引人注目的一件事，是咒诅一棵不结实的无花果树（可福音十一：14）。你是舒适地住在基督里，还是没耐性、马不停蹄地参与许多活动？如果你与耶稣维持稳固的关系，大丰收是自然的结果。

Abide in the Vine

I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. John 15:5

There are those who feel that they must be constantly laboring for the Lord in order to meet God's high standards. Jesus gave a clear picture of what our relationship to Him ought to be like. He is the vine, the source of our life. We are the branches, the place where fruit is produced. As we receive life from Christ, the natural, inevitable result is that fruit is produced in our lives.

In our zeal to produce "results" for our Lord, we sometimes become so intent on fruit production that we neglect abiding in Christ. We may feel that "abiding" is not as productive or that it takes too much time away from our fruit production. Yet Jesus said that it is not our *activity* that produces fruit, it is our *relationship* with Him.

Jesus gave an important warning to His disciples. He cautioned that if they ever attempted to live their Christian life apart from an intimate relationship with Him, they would discover that they ceased to produce any significant results. They might exert great effort for the kingdom of God, yet when they stopped to account for their lives, they would find only barrenness. One of the most dramatic acts Jesus ever performed was cursing a fig tree that had failed to produce fruit (Mark 11:14). Are you comfortable in abiding, or are you impatient to be engaged in activity? If you will remain steadfastly in fellowship with Jesus, a great harvest will be the natural by-product.

4月30日（星期六）- 标题：**为他人受苦**

经文：现在我为你们受苦，倒觉欢乐；并且为基督的身体，就是为教会，要在我肉身上补满基督患难的缺欠。（歌罗西书一章24节）

事工必得付上昂贵的代价。当天父要由罪中拯救祂所创造的人类，祂发现除非牺牲自己的儿子，别无他法（罗马书五：8）。圣经赤裸裸地描写救主为我们的救恩所付上的代价：「祂被藐视，被人厌弃；多受痛苦，常经忧患……。」（以赛亚书五十三：3）如果基督是你事奉的榜样，为了他人的利益，你不能拒绝上十字架。我们的主付上昂贵的代价，才换取救恩。如果「背上自己的十字架」跟随耶稣，是要把救恩带给你周围的人所付的代价，那么我们一定要预备与祂一同迈入受难之地。

如果要把人带到基督的面前，一定要甘冒被人拒绝之险，就像我们的恩主从前一样。人们可能会令我们失望，误解我们的动机，甚至藐视与迫害我们。祂并没有让痛苦阻止自己完成神救恩的计划，把救恩带给那些神所爱的人。对天父的爱是祂愿意付出代价的动力。你是否正在神所呼召你的事奉中，陷入苦境？你是否开始怀疑自己付的代价太高？花时间思考神为你的救恩所付出的代价。你是否因着为祂付这代价而高兴呢？你难道不愿意为了加入祂的事工，而付上必要的代价，把救恩带给你周围的人们吗？

Suffering for Others

I now rejoice in my sufferings for you, and fill up in my flesh what is lacking in the afflictions of Christ, for the sake of His body, which is the church. Colossians 1:2

Ministry is costly. When the heavenly Father wanted to save His creation from sin, He could find no other way except the sacrifice of His Son (Rom. 5:8). Scripture gives a stark picture of the price our Savior paid to obtain our salvation: "He is despised and rejected by men, / A Man of sorrows and acquainted with grief" (Isa. 53:3). If Christ is your model for ministry, you cannot avoid going to the cross for the sake of others. Salvation comes with a great price, and if we are going to "take up our cross" and follow Jesus, then we must be prepared to go with Him to the place of suffering if that's what it takes to bring salvation to those around us.

If our goal is to bring others to Christ we must be willing, as He was, to risk rejection. People may disappoint us, misunderstand our motives, even despise and persecute us. Our Savior did not let suffering prevent Him from being used by God to bring salvation to those He loved. Love for His Father provided all the motivation that was necessary. Are you presently experiencing hardship because of the ministry to which God has called you? Have you begun to wonder if the price you are paying is too great? Take a moment to reflect on the price God was willing to pay in order to bring salvation to you. Are you glad He was willing to do what was necessary? Will you not join Him in whatever is necessary to bring salvation to those around you?

4月29日（星期五）- 标题：**基督徒的门徒训练**

经文：我们传扬祂，是用诸般的智慧，劝戒各人，教导各人，要把各人在基督里完完全全地引到神面前。（歌罗西书一章28节）

门徒训练是将你与基督所有的关系，转换成你与周遭人的关系。门徒训练不是属灵训练的授与，而是使人去熟悉那位你所爱的人。保罗说，他要全力教导并鼓励神在他生命中所带来的人，都能完完全全地经历基督（歌罗西书一：29）。他不以人们部分像耶稣就心满意足。直到周围的人能够完完全全、完美地在基督里，他才肯罢休。也就是，圣灵的果子能够全然彰显在每个生命中，使每个人的生命都反映出基督的特质（加拉太书五：22）。

我们可能把参加基督教的宗教活动，误以为拥有基督荣美的因素。基督教宗教活动与像基督是两码事。我们决不可因为朋友去教会和读圣经，就假设他们是成长中的基督徒。

基督教宗教活动是你与基督关系的重要表达。它们可以领你进入一种关系，然而，这里的危机是：你会假设自己的宗教活动就是那个关系。如果你只是鼓励周围的人参加基督教宗教活动，那么你并没有像保罗一样「门训」他们。如此一来，你会使你的基督徒伙伴，误以为基督教宗教活动等于基督徒的成熟。除非你周围的人变成「完美」的基督徒，你才能罢休。如果神将一些新基督徒交付你照顾，你有义务「与他们在一起」，直到他们变为成熟的基督徒。

Christian Discipleship

Him we preach, warning every man and teaching every man in all wisdom, that we may present every man perfect in Christ Jesus. Colossians 1:28

Discipleship is personally transferring the full dimensions of your relationship with Christ to the person you are walking with. It is not the imparting of spiritual disciplines as much as it is acquainting another with a Person you love. Paul said that he would teach and urge with all his strength that every person God placed in his life would come to a complete experience of the person of Christ (Col. 1:29). He was not satisfied with people becoming partially like Christ. He would not rest until those around him were perfect, or complete, in Christ. That is, that the fruits of the Spirit were being fully expressed through each life and the character of Christ was reflected in each person (Gal. 5:22).

We can mistake Christian activity with becoming like Christ. Christian activity and Christlikeness are not the same things. We must not assume that because our friend attends church and reads her Bible, she is growing as a Christian.

Christian activities are an important expression of your relationship with Christ. They can lead you to a relationship, but the danger is assuming that your religious activity is the relationship. If you are only encouraging those around you to attend Christian activities, then you have not “discipled” them the way Paul did. You do your fellow Christians an injustice by teaching them that Christian activity is equal to Christian maturity. Do not rest until those around you have become “perfect” in Christ. If God has put new Christians under your care, you have an obligation to “stay with them” until they have reached Christian maturity.

4月26日（星期二）- 标题：**知足**

经文：我并不是因缺乏说这话；我无论在什么景况都可以知足，这是我已经学会了。（腓立比书四章11节）

世界鼓励我们不要以目前的生活为满足，我们不断被炮轰、被说服要拥有更新、更好的生活，仿佛只要拥有它们就不枉此生！如果我们听从世界的声音，我们会不断地与人比较生活时尚与财产多寡，并且我们总是不满足。倘若我们的满足建立在财产、活动和世人之上，这些人事物都可能被改变或挪去。然而，如果我们的满足是建立在自己与基督的关系之上，我们的满足是绝对不会被夺走的。

保罗曾享受人群的权力和地位，也曾被关进牢房、被拘禁及鞭打。他曾经站在王的面前，也曾经险遭暴民用石头打死。保罗曾经享受生活的好处与乐趣，但他放弃一切所有，单单被神的喜乐所充满。他的知足不是取决于环境，而是倚靠与基督的关系。

知足能使你自由地享受神赐予的所有美好事物。知足表露出你对神的信任，你相信神爱你，祂总为你的好处着想。不知足是由于不知感恩的罪，以及缺乏信心，相信神的大爱足以满足一切所需，要为神所赐的一切心存感谢，感恩的心是没有嫉妒的余地。

Contentment

Not that I speak from want; for I have learned to be content in whatever circumstances I am. Philippians 4:11 (NASB)

Our world promotes dissatisfaction with our lives. We are constantly bombarded with newer and better things that will make our lives more complete if only we would obtain them! If we listen to the world, we will always be comparing the lifestyles and possessions of others with our own, and we will always be dissatisfied. If our contentment comes from possessions, activities, or other people, these can be altered or removed. If our contentment comes from our relationship with Christ, there is absolutely nothing that can take that away.

Paul had enjoyed power and status among his people. He had also been imprisoned and bound in stocks in the depths of a jail cell. He had stood before a king and been stoned almost to death by an angry mob. Paul had enjoyed the benefits and pleasures of life, yet he could give them all up and still be filled with the joy of the Lord. His contentment did not depend on his environment but on his relationship with Christ.

Contentment frees you to enjoy every good thing God has given you. Contentment demonstrates your belief that God loves you and has your best interest in mind. Discontent stems from the sin of ingratitude and a lack of faith that God loves you enough to provide for all that you need. Strive to be grateful for all that God has given you. A grateful heart has no room for envy.

4月27日（星期三）- 标题：**道路**

经文：耶稣说：「我就是道路、真理、生命；若不借着我，没有人能到父那里去。」（约翰福音十四章6节）

如果每日与神同行，你不需要寻求神的旨意，因为你已行在其中。如果每日谨守顺服、与神同行，你总会行在神的旨意中。圣灵的职责是一步一步地引导你走在神的旨意之中。每日紧密地与神同行，保证你会正确地走在神要你走的路上。若完全拒绝圣灵的能力在你身上运行，你可能会离开神的旨意。

门徒从来不需要问耶稣自己接下来要往哪里去。他们只要看耶稣往那儿去，跟着走就对了！耶稣是他们的「道路」。只要拥有耶稣，他们不需要地图。我们常常宁愿自己拥有一份将来的地图，而不要依靠与「道路」的关系。执行一个计划，似乎比培养一份情谊，要容易得多。我们可能会十分关心自己的未来，而忽视今日与神同行。

耶稣永远不会给你一个代替品来替代祂。祂是到达天父那儿惟一的道路。这就是清楚明白神对你说的话，是那么重要的原因了（以赛亚书三十：21）。如果已经迷失方向，你不会了解神所启示的新作为。如果想要知道神的旨意，花时间培养与耶稣的关系，并且学习分辨祂的声音。祂十分乐意指引你前面的道路。

The Way

Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me. John 14:6

If you are walking daily with the Lord, you will not have to find God's will—you will already be in it. If you are walking with Him in obedience day by day, you will always be in the will of God. The Holy Spirit's role is to guide you step by step to do God's will. Walking closely with God each day guarantees that you will be exactly where He wants you to be. You would have to reject all of the Holy Spirit's activity in your life in order to get out of the will of God.

The disciples never had to ask Jesus where they should go next. They simply looked to see where Jesus was going and stayed close to Him! Jesus was their "way." They didn't need a map as long as they had Jesus. Too often, we would prefer a road map of our future rather than a relationship with the Way. It often seems easier to follow a plan than to cultivate a relationship. We can become more concerned with our future than we are with walking intimately with God today.

Jesus will never give you a substitute for Himself. He is the only way to the Father. That's why it is critical that you clearly know when God is speaking to you (Isa. 30:21). If you are disoriented to how God speaks, you will not understand when He is giving you a new revelation about what He is doing. If you want to know God's will, take time to cultivate your relationship with Jesus and learn to identify His voice. He is more than willing to show you the way.

4月28日（星期四）- 标题：**耶稣是你的门**

经文：我就是门；凡从我进来的，必然得救，并且出入得草吃。（约翰福音十章9节）

身为基督徒，我们认为神「打开门」是显明祂旨意的其中一个方式。我们要神巧妙地策划我们的环境，好得着自己认为最好的情况。问题是我们误解门的意义。耶稣说祂是门，与环境毫不相关，因为没有一个人能够关掉耶稣所开的门（示录三：8）。如果你已经以活动代替与神的关系，环境会使你的活动陷入混乱。当你的活动受阻，你可能会以为这道门被关闭。然而，基督是你生命之门，祂会指引你去体验祂要你经历的事。没有任何人可以阻止祂。

当保罗与西拉在腓立比被打下监狱，他们在希腊事工的门，似乎会在暴力中被紧紧关闭（使徒行传十六：22—24）。然而，他们真实的处境是主为他们开了一扇门，向过去难以接触的监狱囚犯传福音。这位腓立比狱卒和他的全家，成为腓立比新教会的重要核心份子。从人类的角度来看，一扇门关了；从神的角度来看，却是保罗与西拉正确地在神要他们去的地方传福音。

当人们敌对我们，我们可能会变得失去勇气，或者是担心其他人会怎么对付我们。我们可能想要靠自己的双手，去完成自己认为神所交付的使命。这显出我们并不是真的相信耶稣是生命的门。如果真的相信，我们会确信自己藉着基督，可以完成所有祂交付的使命。

Jesus Is Your Door

I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. John 10:9

As Christians, we talk about God "opening doors" to us as a means of His revealing His will. What we are asking God to do is engineer our circumstances to match what we think would be best. The problem is that we misunderstand what the door is. Jesus said *He* is the door. Circumstances are irrelevant, for *no one* can shut the door that Jesus opens (Rev. 3:8). If you have substituted activity for your relationship with Christ, then circumstances can disrupt your activity. When the activity is hindered, you may assume the door has been closed. Yet, if Christ is the door in your life, He will guide you into every experience of Him that He wants, and there will be nothing that people can do to stop Him.

When Paul and Silas were thrown into prison at Philippi, it appeared that the door to their ministry in Greece had been violently and firmly closed (Acts 16:22-24). The reality of their situation, however, was that their Lord had opened a door of ministry to a previously unreached group of men in prison. The Philippian jailer and his household would become a significant nucleus of the new church in Philippi. From a human perspective, a door had been closed; from God's perspective, Paul and Silas continued to minister exactly where God wanted them to.

When people oppose us, we can become discouraged or worry about what others are doing to us. We may even try to take matters into our own hands to accomplish what we think God wants. This reveals that we do not really believe Jesus is the door for our lives. If we did, we would be assured that through Christ we have access to everything He wants to do in and through us.