

经节：神爱我们的心，我们也知道也信。神就是爱；住在爱里面的，就是住在神里面，神也住在他里面。（约翰一书四章16节）

圣经中最大的真理是：神是爱。由各方面的角度来了解这个真理，会释放你得自由，让你享受那份属于你的基督徒喜乐。你一定要接受神爱你这个真理。在成长的过程中，如果经历到家人无条件的爱，这一点真理对你来说可能毫无困难。然而，如果在孩提时期缺乏爱，这个真理可能令你难以接受。神爱你，并不是因为你做了什么来赚得这份爱，乃是因为祂的本性就是爱。祂与你相交的唯一方式就是爱。祂对你的爱赋予你内在的价值，没有任何事情可以减少这份爱。

如果无法接受神爱你这个真理，你与祂的关系会受到限制。当祂管教你的时候，你会认为祂不爱你，而怨恨神。当神拒绝你的恳求，而这个恳求是你认为最好的安排，你会下结论认为神根本不关心你。如果不清楚了解、不接受神对你的爱，你会迷惘，搞不懂祂在你身上的作为。如果接受神的爱，你能够爱神，就像爱其他人一样（约翰一书四：19）。

你是否因为肯定自己是为神所深爱的，而体验到深刻的喜乐和安全感？确信神对你的爱，将释放你，让你享受神所浇灌的爱。我们的神每日用数不尽的方式，来表达祂的爱。

Believing God's Love

And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in Him. 1 John 4:16

The greatest truth in all of Scripture is this: God is love. Understanding this in its full dimensions will set you free to enjoy all that is yours as a Christian. But you must accept that God loves you. If you grew up experiencing unconditional love in your family, this may not be difficult for you. However, if your early years were void of love, this truth may be hard to accept. God loves you, not because you deserve His love, but because His nature is love. The only way He will ever relate to you is in love. His love for you gives you an inherent worth that nothing can diminish.

If you cannot accept the truth that God loves you, you will be limited in how you can relate to Him. When He disciplines you, you will not take it as an expression of His love. Rather, you may resent Him. When God says no to a request that is less than His best for you, you will conclude that He doesn't care about you. Without a clear understanding and acceptance of God's love for you, you will be disoriented to Him and to what He wants to do in your life. If you will accept God's love, however, you will be able to return love to God as well as to others (1 John 4:19).

Are you experiencing the profound sense of joy and security that comes from knowing you are dearly loved by God? Being assured of God's love for you sets you free to enjoy the numerous expressions of love He showers upon you each day.

9月26日（星期一）- 标题：**没有罪**

经节：凡住在祂里面的，就不犯罪；凡犯罪的，是未曾看见祂，也未曾认识祂。（约翰一书三章6节）

圣经中清楚说明两件关于罪的事。首先，不管你自认属灵状况有多好，你陷于罪恶的生活方式，仍表明你没有行在圣灵的大能中。你不能够固定查经、默想神的话、祷告及与圣灵同行，却继续犯罪。

其次，如果你不像神一样恨恶罪，那么你不是真认识祂。有些人沉溺在自己的罪行之中，却坚持自己是爱神，是属于祂的。约翰说的很清楚：如果活在罪中，你不可能看见祂，也不可能认识祂。你可能会作「认罪祷告」，或在自己的教会中委身、奉献自己，或是受洗。然而，圣灵与你同住的证据，是你正战胜罪。这不代表你永远不犯罪，而是代表你不容许罪存留在生活当中，当你一犯罪，马上寻求饶恕（约翰一书一：10）。你会敌视罪，就像神的立场一样。你愿让圣灵将你生命中任何罪的蛛丝马迹，全部连根拔除。你一犯罪，就马上认罪悔改，并且愿意付上任何代价不再犯罪。

如果你发现自己已经陷入恶习，并且犯了罪之后，心里一点也不悲痛，这代表你并没有住在基督里。你要回到祂的面前悔改、重建你与祂的关系。如此做，你会再次战胜罪恶，得到胜利。

No Sin

Whoever abides in Him does not sin. Whoever sins has neither seen Him nor known Him.

1 John 3:6

The Bible makes two things clear about sin. First, living a lifestyle of sin indicates that you are not walking in the power of the Holy Spirit, regardless of what you say about your spiritual condition. You cannot regularly spend time studying and meditating on God's word, praying and walking in fellowship with the Holy Spirit, and persist in sin.

Second, if you do not hate sin the way God does, then you do not truly know Him. There are those who continue in their sin yet insist that they love God and belong to Him. John makes it clear: If you have a lifestyle of sin, you have not seen Him and do not know Him. You may have prayed a "sinner's prayer," or made a commitment in your church, or been baptized, but the evidence of the Holy Spirit's presence in your life is that you are defeating sin. This does not mean that you will never sin, but it does mean that you refuse to make sin a lifestyle and you immediately seek forgiveness when you sin (1 John 1:10). It means that you are opposed to sin, as God is, and you allow the Holy Spirit to eradicate every trace of sin in your life. It means that when you sin, you immediately confess it and repent of it and do whatever is necessary to avoid repeating your sin.

If you find yourself falling into sinful habits or not grieving over your sin as you once did, this indicates that you are not abiding in Christ. Return to Him in repentance; restore your fellowship with Him, and you will once again experience victory over your sin.

10月1日（星期六）- 标题：**痛苦的提醒**

经节：但有些犹太人从安提阿和以哥念来，挑唆众人，就用石头打保罗，以为他是死了，便拖到城外。（使徒行传十四章19节）

神使用许多方法使我们断念不再犯罪。其中一个方法是为我们安排能提醒我们的事物，使我们永远不会悖逆祂。在保罗改变信仰成为基督徒之前，他理所当然地自认在神面前是公义的。实际上，保罗根本失去判断力，他逮捕基督徒并执行判决，好讨神喜悦！当保罗看司提反因信仰而残忍地被谋杀时，他的心是那么地盲目，不明白神的旨意。当时保罗的心很冷酷，甚至决定要捉拿其他的基督徒。

在新约中，曾记载两处用石头打人的事件，值得我们注意的是：一次是打司提反，一次是打保罗。神容许保罗像司提反一样被石头打，这是偶然发生的事件吗？神当然早已赦免保罗当初有分于杀害司提反的行为，然而，神也留给他一个提醒，不叫他忘掉当初因为骄傲自负所犯的过错。如果骄傲曾经一度使保罗视而不见神的心意，骄傲可能会再次拦阻保罗。也许保罗「身上的那根刺」，就是被石头击打的后遗症。这对保罗和其他人来说，可能是那可怕罪行所造成的后果，也是一个显而易见的提醒。

神是绝对公义的。祂爱，祂赦免，但祂绝不妥协自己的公义。神独特地对待每一个人。祂使用我们的经验，教导我们认识祂。神会赦免我们的罪，也会严厉地提醒罪恶丑陋的一面。让我们感谢神，因祂的大爱，愿意提醒我们罪恶在生活中所带来毁灭性的结果。

Painful Reminders

Then Jews from Antioch and Iconium came there; and having persuaded the multitudes, they stoned Paul and dragged him out of the city, supposing him to be dead. Acts 14:19

God has many ways to deter us from sin. One is to provide reminders for us so that we never take disobedience to Him lightly. Before his conversion, Paul assumed that he was righteous before God. In reality, Paul was so disoriented to God that he arrested and executed Christians in order to please Him! Paul was so blinded to God's will that when he watched Stephen being brutally murdered for his faith, Paul's heart was hardened, and he became even more determined to imprison other Christians.

It is significant that there are two occurrences of stoning mentioned in the New Testament? Stephen's and Paul's. Was it coincidence that God allowed Paul to be stoned in the same manner as Stephen had been? God had certainly forgiven Paul for his involvement in Stephen's death, but God also left him with a reminder of what his arrogance had led him to do. If pride could blind Paul to God once, pride could do it again. Perhaps Paul's "thorn in the flesh" was a direct result of this stoning. It may have served as a visible reminder to Paul, and to others, of the terrible consequences of sin.

God is absolutely just. He loves, and He forgives, but He does not compromise His righteousness. God deals with us uniquely. He draws upon our experiences to teach us about Himself. God will forgive us of our sin, but He may provide stark reminders of the ugliness of sin. Let us thank God that He loves us enough to remind us of the destructive consequences of sin in our lives.

9月30日（星期五）- 标题：**与神同感**

经节：亚拿尼亚听见这话，就仆倒，断了气；听见的人都甚惧怕。

（使徒行传五章5节）

当神审判某人时，我们倾向于同情那位被管教的人。然而，当神实施审判时，我们的同情心应该与神站在同一边。只有神知道所有事情的利害关系，也只有祂知道整个情况，惹动祂的怒气，惩罚那个人。

亚拿尼亚和撒非喇的经历，是新约记载中最令人费解的故事之一。神的救恩是给全人类，祂对这对夫妻的处罚似乎太严酷了。然而，这整个欺诈事件是有其背景原因的。当时的教会正处于成型时期。亚拿尼亚和撒非喇曾经目睹许多神迹，并且亲眼看见几千人加入教会。但他们公然地对神及对教会撒谎，他们不尊重神的灵。如此非礼、大不敬的态度，对靠着圣灵指引与同在的教会，带来极大的破坏力。神严肃地提醒后世的人，祂并不宽容罪。

在太多的情况之下，基督徒的罪严重地影响其他人。有时候，神选择严厉地审判某人的罪，成为其他人的警惕。不要试着保护某人不受神的审判，落在永生神的手中是非常可怕的（希伯来书十：31）。然而，祂在一个人身上的审判，最终可能救那个人和其他许许多多的人。当神审判其他人，我们要留心注意，检查自己的生命，引以为鉴。神知道事情的利害关系，祂非常爱祂的儿女，所以愿意严格地警告罪的危险性。

Sympathy with God

Then Ananias, hearing these words, fell down and breathed his last. So great fear came upon all those who heard these things. Acts 5:5

When God brings judgment upon someone, our natural inclination is often sympathy toward the one being disciplined. Yet when God acts in judgment, our sympathies ought always to lie with Him. Only God knows all that is at stake, and only He knows the full circumstances that provoked His wrath upon the one He is judging.

Ananias and Sapphira's experience is one of the most perplexing stories in the New Testament. In a time when God's grace had provided salvation for all mankind, His response to this couple seems unusually harsh. Yet there was much at stake in their deception. The church was in its formative stages. Ananias and Sapphira had witnessed the miraculous power of God and had seen thousands of people being added to the church. Nevertheless, they showed little regard for the Spirit of God when they blatantly lied to God and the church. Such irreverence would have been devastating to a church whose very life depended upon the presence and guidance of God's Spirit. God left a sobering reminder that He would not tolerate sin.

Many times the sin of one Christian has a devastating effect on others. At times, God chooses to judge someone's sin severely, as a deterrent for others. Don't try to protect someone from the judgment of God. It is a terrifying thing to fall under His judgment (Heb. 10:31). Yet His judgment on one may ultimately save that person and many others. When God is judging others, take heed and examine your own life. God knows what is at stake; He loves His children enough to provide a stark warning of sin's dangers.

9月27日（星期二）- 标题：**卸去忧虑**

经节：你们要将一切的忧虑卸给神，因为祂顾念你们。（彼得前书五章7节）

你早已发现，作基督徒并不能够解决你的问题。然而，成为一个基督徒给了你一位辩护律师。彼得说这些话的对象，是一群正面对迫害的基督徒。他们不知道自己可以相信谁，朋友、邻居或家人都有可能出卖他们，让他们肉体受折磨，甚至死亡。但是，彼得曾经与那复活的基督同行，他亲身经历过耶稣对门徒的爱。他知道基督已掌权，能够管理任何试炼。他愿意如此行，来表达他的爱。

卸去忧虑是个选择。它的意思是有意识地将自己的忧虑交给神，并且让祂担负起问题的重担。有时候，这是信任神最难的一步！我们不愿意交托问题的责任，因为我们一直被教导自食其力是值得称赞的。我们甚至可能享受忧虑！然而，倘若真要从忧虑的重担中释放出来，一定要把它们卸在天父强壮的手中。

彼得并没有去分辨小烦恼或是大忧虑。神也没有区分哪些是我们可以处理的小问题、哪些是祂才能处理的大问题。祂要我们将一切的忧虑卸给祂。我们所犯的最大错误，就是假定我们能够靠自己处理问题。但终究我们会发现，靠自己真的什么也做不成。

在神眼中，你是个软弱的孩子，担负着超过自己能力所能承受的重负。祂预备好等着为你担负重担，你愿意让祂帮助你吗？

Casting Your Cares

Casting all your care upon Him, for He cares for you. 1 Peter 5:7

As you've no doubt discovered, becoming a Christian does not make your problems go away. But it does give you an Advocate to whom you can take every concern. The Christians Peter addressed were facing persecution. They did not know whom they could trust; a friend, a neighbor, or even a family member could betray them, resulting in suffering and even death. But Peter had walked with the risen Christ, and he had personally experienced the love that Jesus had for His followers. He knew that Christ was in control, capable of handling every trial and that He wanted to do so as an expression of His love.

Casting our cares is a choice. It means consciously handing over our anxiety to Christ and allowing Him to carry the weight of our problems. At times this is the most difficult part of trusting God! We don't like turning over the responsibility for our problems. We have been taught that self-reliance is good and praiseworthy. We may even enjoy worrying. Yet if we are to be freed from the burden of our concerns, we must choose to cast them into the strong hands of our Father.

Peter does not distinguish between little cares and big cares. God does not differentiate between problems we should handle on our own and God-sized needs. He asks us to turn them *all* over to Him. One of our greatest errors is to assume we can deal with something ourselves, only to discover that we really can't.

God sees you as His frail child, burdened with a load that surpasses your strength. He stands prepared to take your load and to carry it for you. Will you let Him?

9月28日（星期三）- 标题：**认罪**

经节：所以你们要彼此认罪，互相代求，使你们可以得医治。义人祈祷所发的力量是大有功效的。（雅各书五章16节）

认罪是神提供给我们的方法，为要除去阻碍我们与神、与人建立关系的障碍物。认罪不只是给予那些愿意承认过错的人，认罪是颁发给每个基督徒的命令。雅各建议，当我们犯罪时，不仅要向神认罪，也要向基督徒伙伴认罪。当我们愿意为得罪人的行为公开致歉时，会得到莫大的自由。

倘若认罪不是由悔改中产生，它仅仅是坦白，不是真正的认罪。具体地承认你的罪，且不东躲西藏，是非常重要的。祷告「主啊！饶恕我的罪」是一回事，而痛心疾首、具体地指出自己的罪，更是不同。认罪应该尽可能对着那些你所伤害的人。你不是向其他人认罪，而是向那些你伤害的人认罪。认罪不是软弱的记号，是你拒绝让罪存在自己生命的明证。

值得注意的是，雅各把认罪与祷告联结在一起。如果生命中有未认的罪，你的祷告会被阻挡。当雅各提到：「义人祈祷所发的力量是大有功效的」，他所说的应许是在有认罪行动为前提之下。如果你希望拥有大有能力的祷告生活，一定要常常认罪。只有在你与神、与人之间的关系未受阻碍时，祷告才有功效。骄傲会拦阻你向人承认自己心里的罪恶。渴望讨神喜悦的心会驱使你认罪，使你摆脱罪恶沉重的压制。

Confession

Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. James 5:16

Confession is God's provision to clear obstacles that hinder our relationships with God and with others. Confession is not just for those who don't mind admitting their faults. Confession is a command, given to every Christian. James advised that when we sin, it is important for us to confess not only to God, but also to our fellow Christians. There is a tremendous freedom that comes as we openly acknowledge the sinfulness of our actions to others.

If confession does not come out of repentance, it is merely admission, and not true confession. It is important to confess your sins specifically and not hide behind generalities. It is one thing to pray, "O Lord, forgive my sin." It's quite another to identify specifically in painful honesty. Whenever possible, confession ought to be made directly to those whom your sin has hurt. You are not to confess the sins of others but only your offenses. Confession is not a sign of weakness; it is evidence of your refusal to allow sin to remain in your life.

Significantly, James linked confession with prayer. Your prayers will be hindered if you hold on to unconfessed sin. When James promised that the "effective, fervent prayer of a righteous man avails much," he did so in the context of confession. If you wish to have a powerful prayer life, you must regularly confess your sin. Only when there are no obstacles separating you from God and others will your prayers be effective. Pride will discourage you from admitting to others the sinfulness of your heart. A desire to please God will compel you to confess your sin and rid yourself of its oppressive burden.

9月29日（星期四）- 标题：**这一点也不难!**

经节：我今日所吩咐你的诫命不是你难行的，也不是离你远的。（申命记三十章11节）

活出基督的生命一点也不困难。那位曾经活出完全顺服、无罪的基督，今日预备好要借着祂而活（加拉太书二：20）。神的旨意并不难以分辨，祂赐下圣经揭示祂的旨意。祂把祂自己的圣灵放置我们的心中，在人生每一个情况引导我们明白祂完美的旨意（约翰福音十六：13）。我们最大的挑战是全心全意把自己的生命交托给神，按着神的心意，遵行神的旨意。

摩西在以色列百姓进入应许地之前，聚集他们站在以巴路山和基利心山上。在那里，神告诉他们要怎么做才是顺服祂。神非常仔细地指示他们，让他们对祂的指示完全没有疑问。然后，神要他们作个选择。如果不顺服祂的旨意，他们需要面对祂的惩罚；如果顺服祂的旨意，他们会得到祂的祝福。

神这句话一样是要给现在的你。这句话本身不难了解，你无需费尽心机、分辨神有关淫乱、饶恕或诚实的旨意。神的话已经表达得够清楚了。问题是你如何反应？神在圣经中没有任何地方是含糊暧昧及错综复杂，可以成为你不顺服的借口。人被定罪是因为心里明知神的心意，却故意不做！神借着圣灵，总是给予你足够的启示及力量，与祂同走下一步路。如果不确定神要你做什么，要先确定你是否竭尽全力顺服祂。因着你的顺服，祂下一步的指示会变得很清楚。

It's Not Difficult!

For this commandment which I command you today is not too mysterious for you, nor is it far off. Deuteronomy 30:11

The Christian life is not difficult. The same Christ who lived a perfect, obedient, and sinless life stands prepared to live it again through you (Gal. 2:20). God's will is not hard to discern. He has given us the Scriptures, which reveal His will, and He has placed His Holy Spirit within us to guide us to His perfect will in every situation (John 16:13). Our greatest challenge will be to wholly commit our lives to follow God's will obediently as He reveals it.

Moses gathered the Israelites around Mount Ebal and Mount Gerizim before they were to enter the Promised Land. There, God described what they had to do in order to obey Him. God gave detailed instructions so there was no mistaking what was expected of them. Then God asked them to make a choice. If they chose to disobey His commands, they would face His wrath. If they chose to obey, they would receive His blessing. God's Word comes to you in the same way. It is not too complex to understand. You don't have to struggle to discern God's will about adultery or forgiveness or honesty.

God's word is perfectly clear. The question is, how will you respond? Nowhere in Scripture did God excuse disobedience because His instructions were too vague or complex. Condemnation came because they knew exactly what God wanted them to do, yet they chose not to do it! God, through His Holy Spirit, will always give you sufficient revelation and strength to take the next step with Him. If you are uncertain about what God is asking of you, make sure that you are obeying all that you do know, and through your obedience, God's next instruction will become clear.