

经节：乌斯地有一个人名叫约伯；那人完全正直，敬畏神，远离恶事。

（约伯记一章1节）

过无可指责的生活，是何等大的自由！没有任何人能控告他做错事，连撒但也不能。即使经历最严谨的检视，约伯仍然可以不受任何指责。

使徒保罗说，他自己一直对人常存无亏的良心（使徒行传廿四：16），我们也应有这种渴望才对。启示录指出，在天堂的人是无可指责的（启示录十四：5），这并不代表他们在世的时候，完全没有犯罪，然而，神赦免他们的罪，并且赐祂的公义给他们。

无可指责并不代表完美，无可指责是指在每个处境中做对的事。倘若你得罪人，要承认自己的罪，并要求对方饶恕自己。倘若你得罪神，要悔改，且开始顺服祂（箴言廿八：13）。你如何处理自己的罪，与罪行的本身是同样重要的。当你开始知道自己所犯的过错时，要以无可指责的方式，来处理自己罪的问题。倘若你想隐藏、否认你的罪，或为自己的错误找借口、怪罪人，你可能会加重自己原来的过错。

你是否在与神相交或与人相交上无可指责呢？当你得罪人的时候，是否与他们和好？如果你是无可指责，你会竭力改正自己犯的过错，并且修复任何破裂的关系。行事无可指责的人，会有大平安随着他！

Blameless

There was a man in the land of Uz, whose name was Job; and that man was blameless and upright, and one who feared God and shunned evil. Job 1:1

There is a tremendous sense of freedom in living a blameless life. Job was blameless. Neither Satan nor any person could accuse him of wrongdoing. Even through the most rigorous tests, Job remained above reproach.

The apostle Paul said he diligently sought to relate to others in such a way that he would never regret his actions (Acts 24:16). This desire should be ours as well. The Book of Revelation indicates that those in heaven will be blameless (Rev. 14:5). This condition does not mean they never sinned on earth, but that God forgave their sins and granted them His righteousness.

Blameless does not mean perfect. It means that in every situation you do the correct thing. If you sin against someone, you confess your sin and ask for forgiveness. If you sin against God, you repent and begin to obey Him (Prov. 28:13). Often the way you handle your sin is as important as the sin itself. When you become aware of your transgression, seek to be blameless in the way you deal with it. If you attempt to conceal your sin, deny it, justify it, or blame others for it, you make the original offense much worse.

Have you been blameless in your dealings with God and others? When you have failed to treat people as you should, have you responded with integrity as you reconciled with them? If you are to be blameless, you must do everything in your power to correct any wrongdoing and reconcile any broken relationship. There is a profound sense of peace for the one whose way is blameless!

6月27日（星期一）- 标题：**高傲必使你卑下**

经节：人的高傲必使他卑下；心里谦逊的，必得尊荣。（箴言廿九章23节）

骄傲是基督徒最大的敌人。骄傲是高看自己，它会使你明知故犯，做一些不像基督的行为，也会阻止你去做一些荣耀神的事。骄傲使得亚当与夏娃想要和神一样（创世记三：5），骄傲促使该隐谋杀自己的弟弟（创世记四：5），骄傲激怒约瑟的哥哥们，把他卖了作奴隶（创世记卅七：8），骄傲使扫罗王极为憎恶大卫，甚至要谋杀他（撒母耳记上十八：8），骄傲使希西家王愚蠢地向敌人展现自己国家的财富（以赛亚书卅九：2），骄傲是法利赛人敌视耶稣的根源，骄傲也是门徒争辩天国地位的原因（路加福音九：46）。

骄傲是你无情的敌人。倘若屈服于它的影响力，你自然得承受骄傲的后果。你可能知道自己冒犯某人，然而，骄傲使你不愿开口要求饶恕。你可能知道自己必须修复破裂的人际关系，但是骄傲使你否认这个需要。圣灵可能光照你正活在罪恶之中，骄傲却使你不愿意承认自己的问题。骄傲会使你确信自己应受更好的待遇。骄傲会阻碍你服事他人。骄傲会让你努力出人头地。骄傲会使你喜欢人的恭维及忽视诚实的建议。骄傲会使你孤立自己、为人不可靠。

相对地，谦卑会讨神的欢喜，使你的生活得到神的称许。如果骄傲已经慢慢侵入你生命的某些部分，赶紧在它夺取神在你身上的旨意之前，求神让你克服它。

Pride Brings You Down

A man's pride will bring him low, But the humble in spirit will retain honor. Proverbs 29:23

Pride is the great enemy of the Christian. Pride is an overly high opinion of yourself. It motivates you to do things that you know are not Christlike, and it hinders you from doing what brings glory to God. Pride influenced Adam and Eve to try to become like God (Gen. 3:5). Pride motivated Cain to murder his brother (Gen. 4:5). Pride provoked Joseph's brothers to sell him into slavery (Gen. 37:8). Pride caused King Saul to resent David so deeply that he tried to murder him (1 Sam. 18:8). Pride led King Hezekiah to foolishly reveal his nation's wealth to his enemies (Isa. 39:2). Pride was at the root of the Pharisees' anger toward Jesus. Pride was the reason the disciples argued over rank in the kingdom (Luke 9:46). Pride is your relentless enemy.

If you succumb to its influence, there will be consequences. You may know that you have offended someone, but pride holds you back from asking forgiveness. You may realize you need to reconcile a broken relationship, but pride will lead you to deny that need. The Spirit may convict you that you are living a sinful lifestyle, but pride will discourage your admitting it. Pride will convince you that you deserve better treatment. Pride will impede your serving others. Instead, pride will have you striving for places of prominence. Pride will have you listen to flatterers and ignore honest counselors. Pride will lead you to isolate yourself so that you are not accountable to others.

Humility, on the other hand, is pleasing to God and places your life in a position where God will honor you. If pride has crept into some areas of your life, ask God to give you victory over it before it robs you of God's will for you.

7月2日（星期六）- 标题：**在纯正中被扶持**

经节：祢因我纯正就扶持我，使我永远站在祢的面前。（诗篇四十一篇12节）

约瑟是个义人，他在自己的生活圈中以圣洁成名。然而，闲言闲语传得好快，他的未婚妻马利亚怀孕了。这对许多人来说，可是丑名远播的最糟窘境。约瑟可能会由其他人口中，听到一些闲话，被其他人排斥。但他是个正直的人，了解神知道他与马利亚的关系是清白的。

有时候，神会是你公义行为惟一的见证人。有时候，只有神了解你的动机。有时候，你照着神的指示做，反而被别人嘲弄。在这种时候，你能做的只是持守正直，相信神一直在看顾你。神最喜爱那些行为正直的人，他们不管其他人的批评，仍按着他们所知的持守正直。

人们是否知道真相，不是最重要的事；你是否在神面前持守纯正，才是最重要的。当似乎没有人了解你为何如此行，或有人质疑你是否做了所有该做的事时，你的信心不是建立在被人接纳的希望，乃是知道神的眼睛看顾全地。这种信心必帮助你持守下去。

Integrity Upheld

As for me, You uphold me in my integrity, And set me before Your face forever. Psalms 41:12

Joseph was a righteous man who had cultivated a reputation for godliness in his community. Then word spread across the community that Mary, the woman to whom he was engaged, was expecting a child. There would be many who would assume the worst of this apparently scandalous situation. Joseph probably experienced gossip from some, ostracism from others. Yet he was a man of integrity, aware that God knew the truth of his relationship with Mary.

At times, God will be the only witness to your righteous behavior. Sometimes God is the only one who will understand your motives. Sometimes you will do all you know God has asked you to do, only to face ridicule from others. At such times all you can do is maintain your integrity, trusting that God always keeps His eyes on you. God looks favorably upon those who walk with integrity, doing what they know is right, regardless of how others perceive their actions.

The most important thing is not that people know the truth. The most important thing is that you are a person of integrity before God. When no one seems to understand why you have done something or when others question whether you have done all you should have done, your confidence should not be in the hope of vindication in the eyes of others. It should be in the knowledge that God keeps you in His sight. If you have this confidence, it will be enough to sustain you.

7月1日（星期五）- 标题：**义的奴仆**

经文：你们既从罪里得了释放，就作了义的奴仆。（罗马书六章18节）

在你成为基督徒之前，你是罪的奴仆，被罪所捆绑。就算你根本不想犯罪，还是会不由自主去做（罗马书七：15~24）。当神拯救你之后，祂把你由罪恶中释放出来，然而，你的身分还是奴仆。现在你不再被罪恶捆绑，你是被公义捆绑。在你生命每个角落，你有义务要荣耀神。

有些人以为基督已经释放自己，因此可以为所欲为。事实并非如此。使徒保罗理解到，在跟随基督之后，他变成基督的「奴仆」，不但如此，他的生命再也不是他自己的（罗马书一：1）。他不再作罪的奴隶，他是神与神公义的奴隶。当人们恶待他的时候，他已经放弃天然本性的反应，取而代之的是有一股力量，让他能以公义回应。当他被试探的时候，他不再屈服于自己的感觉。保罗在工作场合不会有自私的行为。他了解身为义的奴仆，他有义务要过圣洁的生活，以荣耀他的主。

公义的生活不是基督徒的选择，也不是一件得时时尝试去做的事。它是一项义务，是神的每一位儿女所当行的事。在基督里的自由，不是高兴做什么就做什么，而是以公义过日子的自由，这不是被罪捆绑时所能做到的。现在我们有自由，能过公义的生活，务必要容许圣灵在生命结出圣洁且成圣生活的果子（约翰一书 三：7）。

Slaves of Righteousness

And having been set free from sin, you became slaves of righteousness. Romans 6:18

Before you were a Christian you were a slave, in to sin. Even when you did not want to sin, you were unable to do otherwise (Rom. 7:15-24). When God saved you, He freed you from sin, but you remained a slave. Now, rather than being bound to sin, you are bound to righteousness. In every area of your life you are obligated to do what honors God.

There are some who believe that when Christ sets them free, they are free to do whatever they want. That is not so. The apostle Paul realized that when he began following Christ he became a “bondservant” of Christ, and his life was no longer his own (Rom. 1:1). Now, rather than being enslaved to sin, he was enslaved to God and His righteousness. When people mistreated him, he had forfeited the right to respond from his natural feelings but was compelled to offer a righteous response. When he was tempted, he was no longer free to succumb to his feelings. Paul could not enter the workplace and act selfishly. He understood that, as a slave of righteousness, he was obligated to live a holy life, honoring his Master.

Righteous living is not an option for a Christian. Nor is it something we must try to do over time. It is an obligation, mandatory for every child of God. Our freedom in Christ is not freedom to do what we want. It is freedom to live righteously, something we could not do when we were in to sin. Now that we are free to live righteously, we must allow the Holy Spirit to produce in us a holy, sanctified life (1 John 3:7).

6月28日（星期二）- 标题：**你的宝藏在哪里？**

经文：因为，你们的财宝在哪里，你们的心也在那里。

（路加福音十二章34节）

你最珍惜的东西，就是你的宝藏。你投资最多钱与时间的地方，是你的宝藏。你最关心的话题，是你的宝藏。其他人对你的认识，就是你的宝藏的最佳指标。

大部分的基督徒很快就自称，神在他们心中是最重要的宝贝。然而，他们的行为往往透露出他们的宝藏不是神，而是一些属世的东西。有些基督徒发现，他们很难讨论自己与神的关系，却能很轻易地闲聊，谈自己的家人、朋友或嗜好。有些基督徒发现自己很难奉献金钱，却能花大把钞票在休闲活动上。有些人能大胆地向陌生人推销产品，却非常羞于向人提及我们的救主。有些人花上百个小时做义工，却觉得自己没有时间服事神。

如果你不确定自己的宝藏在哪里，检讨你的时间与金钱投资在哪里，你的宝藏就在那里。你的宝藏反映出你最喜爱的思想与话题。要你的朋友告诉你，他们认为什么东西对你最重要，问你的孩子，什么东西对你最重要。别人对你的宝藏的看法，也许会让你惊讶不已。

Where Your Treasure Is

For where your treasure is, there your heart will be also. Luke 12:34

What you value most is your treasure. Where you spend your time and your money is your treasure. Whatever dominates your conversation is what you treasure. What others know you for is a good indication of what your treasure is.

Most Christians are quick to claim that God is their first priority. Yet often their actions reveal that their treasure is not God but things of this world. Some Christians find it difficult to discuss their relationship with God, but they can chatter easily about their family, friends, or hobbies. Some find it impossible to rise early in order to spend time with God, but they willingly get up at dawn to pursue a hobby. Some find it difficult to give an offering to God but readily spend lavishly on recreation. Some boldly approach strangers to sell a product, yet they are painfully timid in telling others about their Savior. Some give hundreds of hours to serve in volunteer organizations but feel they have no time available to serve God.

If you are unsure of where your treasure is, examine where you spend your available time and money. Reflect on what it is you most enjoy thinking about and discussing. Ask your friends to tell you what they think is most important to you. Ask your children to list the things most valuable to you. It may surprise you to know what others consider to be your treasure.

6月29日（星期三）- 标题：**互相担当重担**

经节：你们各人的重担要互相担当。如此，就完全了基督的律法。（加拉太书六章2节）

当神把一些生活困乏的人放在你周围时，祂清楚知道他们的需要，并且祂也赐给你资源，去满足他们的需要。你知道在神手中没有意外的发生。当你的周遭有需要出现时，马上到天父那儿，向祂说：「祂把我放在这儿，一定有祂的原因。祂知道事情会如何发生。祂要我做什么，好带领这个人更亲近祂？」

认出别人生活的需要，可说是神给你的所有经历中，最伟大的邀请之一。人很容易为了其他人的问题而沮丧。当你看到他们一个接着一个的需要时，你可能觉得被压得喘不过气来。与其把每个新需要看成是更多的时间、精力或钱财外流，不妨来到神的面前，问祂为什么把你放在这里。容许神帮助你，除了看到别人明显的需要，更看到神在他们身上真正的心意，不要因为不甘愿背负人的重担，而错失神的作为。

神是否在物质上大大祝福你？祂也许正建立一个「后勤补给中心」在你的生活当中，祂可以借着这个中心，供应他人的需要。神是否赐给你一个健全的家庭生活？祂也许正需要一个健全的家庭，来帮助你周遭受伤的家庭。神是否把你由罪恶的习性中释放出来？神的平安是否在你极伤心痛苦时安慰你？神是否奇妙地供应你的需要？也许祂计划建造这些事在你的生命中，好叫你成为一个背负他人重担的人。

Bearing One Another's Burdens

Bear one another's burdens, and so fulfill the law of Christ. Galatians 6:2

When God places people in your life who are in need, He is aware of what they lack, and He knows He has given you the resources to meet those needs. You know God does nothing by accident. When a need surfaces around you, immediately go to the Father and say, "You put me here for a reason. You knew this was going to happen. What did You intend to do through me that would help this person become closer to You?"

Recognizing a need in someone's life can be one of the greatest invitations from God you will ever experience. It's easy to become frustrated by the problems of others. They can overwhelm you as you become aware of need after need. Rather than looking at each new problem as one more drain on your time, energy, or finances, ask God why He placed you in this situation. Allow God to help you see beyond the obvious needs of others to the things He wants to accomplish in their lives. Don't miss God's activity because you're reluctant to carry the load of others.

Is God blessing you materially? It may be He is developing a "supply depot" in your life through which He can provide for others. Has God granted you a strong, healthy family life? It may be that He requires such a home to minister to the hurting families all around you. Has God released you from sinful habits? Has God's peace comforted you in a time of great sorrow? Has God miraculously provided for your needs? It may be that He has been purposefully building things into your life so that you can now be the kind of person who will carry the burdens of others.

6月30日（星期四）- 标题：**看见许多人**

经节：耶稣看见这许多的人，就上了山，既已坐下，门徒到祂跟前来，祂就开口教训他们。（马太福音五章1~2节）

基督看人的角度与我们看人的角度很不一样。从四部福音书的前后记载，我们可以看到耶稣教导门徒有个模式。每回祂看到群众，祂会将自己对这些人的心意透露给祂的门徒。耶稣要祂的门徒分享祂对那些群众的爱。门徒们不总是了解祂说话的含义，但是祂向他们保证，将来圣灵会解明祂的话（约翰福音十四：25~26）。当群众开始对耶稣施加压力时，耶稣会与祂的门徒单独相处，教导他们神对人类的大爱。

当你与神同行，你也会经历一样的模式。当神把你放在一群人当中，你可能由圣灵感应到神对那些人的爱。也许主会领你离开众人，让你与祂独处，祂在那里分享祂对你身边人们的热爱。祂可能向你透露自己对人们的旨意，邀请你参与祂救赎的作为。祂可能把为他们祷告的负担，放在你的心中。如果你处在一群人当中，对他们的属灵状况毫无所动，神可能要加深你对他们的爱，好预备你照祂的心意帮助他们。

下回你在人群当中，要倾听圣灵所说的话。你可能发现神非常爱那些人，并且正在等待祂其中的一位门徒回应祂的敦促。

Seeing the Multitudes

And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. Then He opened His mouth and taught them. Matthew 5:1-2

Christ sees people far differently than we do. Throughout the Gospels we see a pattern in the way Jesus taught His disciples. Whenever He saw the multitudes, Jesus would reveal to the disciples what was on His heart for the people. Jesus wanted His disciples to share His love for the people. The disciples did not always understand all He was telling them, but He assured them that later the Holy Spirit would reveal the significance of His words (John 14:25-26). When the multitudes began pressing in on Him, Jesus would get alone with His disciples and teach them about God's love for people.

You will experience this same pattern as you walk with Jesus. When God places you in a crowd, you may sense the Holy Spirit impressing upon you the heart and mind of God for those people. Perhaps your Lord will lead you to a solitary place where He shares with you His compassion for the people you have been with. He may reveal to you His will for the people and invite you to join Him in His redemptive activity. He may place a burden on your heart to pray for them. If you are among people and are unmoved by their spiritual condition, God may develop your love for them so that you are prepared to minister to them as He desires.

The next time you are in a crowd, listen to what the Holy Spirit is saying. You may discover that God has much on His heart for those people and that He is waiting for one of His disciples to respond to His prompting.