

经节：万军之耶和华如此说：在那些日子，必有十个人从列国诸族中出来，拉住一个犹太人的衣襟，说：「我们要与你们同去，因为我们听见神与你们同在了。」（撒迦利亚书八章23节）

神渴望以祂自己的灵充满祂的百姓，好叫其他人可以在祂的百姓身上，认出祂大能的同在。在信徒的生活中，神的同在应该是十分明显的。当全能神的灵充满信徒，信徒不可能继续过着从前的日子，而其他人也会因之看到神。

神藉着先知撒迦利亚晓谕祂的百姓，祂的同在会改变他们的生命。如果神的百姓紧密地与神同行，列国诸族会听说他们是一群认识神的百姓。在地上，人们会从各国到祂的百姓中间寻找真神。如果人们看到神其中的一个儿女，他们会渴望自己能与他或她在一起，因为如此就能与神在一起。神给了十个人想亲近一个信徒的鲜明画面，他们渴望找到神。

基督的同在应该清楚地彰显在你的生活中，以至于你周遭的人想亲近你。他们会让自己的儿女与你的儿女在一起，因为你的儿女是在敬虔的环境下成长。你的雇主应该非常欣赏你；人们会想找你作领袖，因为知道你在神的面前持守正直。你的生活与家庭应该如吸引人的磁铁，因为人们感受到神与你及你的家人同在。如果你允许自己的生活中，更显明地有基督的同在，就会有更多人亲近你，寻求神。

God Is with You

Thus says the LORD of hosts: "In those days ten men from every language of the nations shall grasp the sleeve of a Jewish man, saying, 'Let us go with you, for we have heard that God is with you.'" Zechariah 8:23

God's desire is to fill His people with His Spirit so that others recognize His powerful presence in them. The presence of the Lord in a believer's life ought to be obvious. When the Spirit of almighty God fills a believer, the believer cannot go on living as before. Others will see God.

God told His people through the prophet Zechariah that His presence ought to make a difference in their lives. If God's people walked closely with Him, people from every language and every part of the world would hear that they were a people who knew God. People would come from every nation on earth to find the true God among His people. If the people saw a child of God, they would long to be with him or her because in so doing they would be with God. God gave the vivid picture of ten people clinging to one believer, hoping to find God.

Christ's presence ought to be so evident in your life that the people around you are drawn to you. They should want their children to be with your children because your children are being raised with a godly influence. Employers ought to want you in their workplace; people should seek you for their leader because they know you as someone of integrity before God. Your life and your home ought to be a magnet for people as they sense God's presence with you and your family. The more you allow Christ to make His presence evident in your life, the more people will draw near you and find Him.

11月28日（星期一）－标题：**鼓励人的恩赐**

经节：然而，我想必须打发以巴弗提到你们那里去。他是我的兄弟，与我一同做工，一同当兵，是你们所差遣的，也是供给我需用的。（腓立比书二章25节）

有些人擅于在别人面临苦境时，说一些话或做一些事来鼓励人。他们的话语为灰心的人带来力量，为伤痛的人带来安慰。那些人对神的声音很敏锐，他们不会自我中心，也不会对自己周围人们的挣扎毫无所觉。当我们遭遇危难时，他们是我们立即想寻找的对象。当我们面对紧张压力时，他们是受欢迎的探访者，因为他们的出现扶持我们。

圣经记述了许多人被神使用，去鼓励他人的事迹。当摩西被自己手上的工，压得喘不过气时，叶忒罗来看他，并且鼓励他。叶忒罗给摩西明智的建议，解除了他的压力（出埃及记十八：1—27）。当保罗被关在监狱中，以巴弗提奋不顾身，去保罗那儿服事他（腓立比书二：25—30）。后来，保罗要提摩太来看自己，保罗因提摩太的到来，得到力量与鼓励（提摩太后书四：9；腓立比书二：19—20）。保罗要提摩太也带马可一起来，马可是保罗在忍受痛苦时，所需要的朋友（提摩太后书四：11；腓利门书24）。保罗也倚靠路加的鼓励，当其他人不在或有事缠身时，路加仍与保罗同在（提摩太后书四：11）。保罗一生曾经历许多试炼，但是神把敬虔的人安置在他身边，他们不顾私利，全心支持保罗。

神要你也成为加添他人力量的朋友。你所分享的话语与你所做的事，可以为你的家人、朋友、邻居及同工，带来安慰和鼓励。

The Gift of Encouragement

Yet I considered it necessary to send to you Epaphroditus, my brother, fellow worker, and fellow soldier, but your messenger and the one who ministered to my need. Philippians 2:25

Some people know just what to say and do to encourage others who are going through difficult times. Their words give strength to those who are discouraged and comfort to those who are grieving. These people are sensitive to God's voice. They are not self-centered or unaware of the struggles of those around them. They are the ones we immediately seek when we enter a crisis. They are welcome visitors when we are in distress, for their presence sustains us.

Scripture testifies of many whom God enabled to encourage others. When Moses was overwhelmed by his work, Jethro went to him and encouraged him. Jethro gave Moses wise counsel that eased his strain (Exod. 18:1-27). When Paul was imprisoned far from those who loved him, Epaphroditus risked his health and safety in order to go to Paul and minister to him (Phil. 2:25-30). Later, Paul urged Timothy to come and visit him, for Paul found strength and encouragement in Timothy (2 Tim. 4:9; Phil. 2:19-20). Paul asked Timothy to bring Mark also. Mark was the kind of friend Paul needed when he was enduring hardship (2 Tim. 4:11; Philem. 24). Paul also relied on Luke for encouragement. When everyone else was absent or pre-occupied, Luke could be found with Paul (2 Tim. 4:11). Paul experienced trials throughout his life, but God sustained him by placing godly friends around him who provided support in practical and sacrificial ways.

God wants to develop you into the kind of friend who can strengthen others. The words you share and the things you do can bring comfort and encouragement to your family, your friends, your neighbors, and your coworkers.

12月3日（星期六）－标题：**希望被医治**

经节：耶稣看见他躺着，知道他病了许久，就问他说：「你要痊愈吗？」

（约翰福音五章6节）

耶稣问了一个男人，一个不用问就知道答案的问题！耶稣遇见一个瘸了三十八年的病人，他坐在毕士大池边等待得医治。耶稣为何明知故问呢？也许答案不像我们想象那么简单。巴底买是瞎子，当他对耶稣呼喊，求耶稣可怜自己的时候，耶稣问他说：「要我为你做什么？」（马可福音十：51）对一个瞎子来说，得见光明显然是他最关心的事。有时候，耶稣认为让人们以言语表达出自己的需要，以及明确地求医治，是很重要的。

仅仅因为我们的灵病了，或者仅仅因为靠近一个医治的场所，并不能代表我们想被医好。我们可能固定去教会，却仍然选择过罪恶的生活。这世代认为，圣经中许多的罪行只不过是上了瘾、性格的瑕疵、或成长过程被虐待的结果。我们的言行就好象认为上瘾是可被接纳的理由，不需顺服神。身为一个基督徒，我们不再需要成为罪行的受害者。没有任何一项罪行或恶习，是超越主医治大能所不能及的。

你是否年复一年地，任凭属灵的疾病未得医治？神能够释放你，但是，你可能安于自己的罪行，可能不想被治愈。如果你真想得到灵性的健康，神今日就可以治愈你。祂要你求告祂。

Wishing to Be Healed

When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?" John 5:6

Jesus asked a man a question that appears to have had an obvious answer! He came upon a man who had been lame for thirty-eight years and who was sitting beside a pool of healing. Jesus asked him if he wanted to be healed. Why would Jesus ask such an obvious question? Perhaps the answer was not so clear. Bartimaeus was blind, yet when he cried out for Jesus to have mercy on him, Jesus asked what he wanted Him to do (Mark 10:51). It would have seemed apparent that the foremost concern of a blind person would be to receive sight. There were times, however, when Jesus considered it important for people to verbalize their need and specifically ask Him to heal them.

Just because we are spiritually sick, or just because we are near a place of healing, does not necessarily mean we want to be made well. We may attend church regularly, but choose to remain sinful. Our generation has taken many of the activities that the Bible identifies as sin and has labeled them as addictions or character flaws or the result of an abusive upbringing. We act as if having an addiction is sufficient excuse for disobeying God's commands. As Christians, we are no longer helpless victims of our sin. There is no sinful habit or past hurt that is beyond the healing touch of our Lord.

Have you gone year after year without receiving spiritual healing? God is capable of freeing you, but you may have become comfortable in your sin. You may not want to be healed. If you really want to receive spiritual health, God can give it today. He wants you to ask Him.

12月2日（星期五）- 标题：**有益的**

经节：圣经都是神所默示的，于教训、督责、使人归正、教导人学义都是有益的，叫属神的人得以完全，预备行各样的善事。

（提摩太后书三章16—17节）

所有的经文都是有益的！当我们不接受圣经中每一卷书、每个真理、每句经文、和每一页记载神的应许及命令时，我们就是自欺欺人。因为圣经中每一句经文都是神所默示的，于我们有益，不应只挑自己喜欢的经文去研读。我们不当单强调自己喜欢的经文，而忽视那些定罪我们的经文！若想成为跟随基督的成熟门徒，一定要愿意让每节经文对我们说话、教导我们神要我们学的功课。圣经让我们能评判教义的正确性。圣经应该是我们纠正及责备别人的基础。

倘若你没有牢固地把根基建立在神的话语之上，你会被各式各样的教条、生活方式、和行动围困，你无法衡量它们是否合乎神的心意。你不可能远离神的话语，而能建立公义的生活。公义是需要培育的。当你被神的话语所充满，并且顺服神的指示，祂会以公义的方式指引你。经文会装备你去行神召你做的事。如果你自觉能力不足以行神所交付的任务，要回到神的话语上，你会在神的话语中找到所需的智慧，执行祂所交付的任务。要让神的话语充满你、指引你，并且使你的生命更丰盛。

Profitable

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work. 2 Timothy 3:16-17

All Scripture is profitable! Knowing this, we cheat ourselves when we do not access every book, every truth, every verse, and every page of our Bibles for the promises and commands God has for us. Because every verse of Scripture is inspired by God and gainful to us, we should not pick and choose which verses we will read and study. We should not claim verses we like and ignore those that convict us! If we are to become mature disciples of Jesus, we must allow every Scripture to speak to us and teach us what God desires us to learn. Scripture enables us to evaluate the soundness of doctrines that are being taught. Scripture ought to be the basis for any reproof or correction we bring to another.

If you are not firmly grounded in God's Word, you will be bombarded with an assortment of doctrines, lifestyles, and behaviors, and you will have no means to evaluate whether or not they are of God. You cannot develop a righteous life apart from God's Word. Righteousness must be cultivated. As you fill your mind with the words of God, and as you obey His instructions, He will guide you in the ways of righteousness. Scripture will equip you for any good work God calls you to do. If you feel inadequate for a task God has given you, search the Scriptures, for within them you will find the wisdom you need to carry out His assignment. Allow the Word of God to permeate, guide, and enrich your life.

11月29日（星期二）- 标题：**产难**

经节：这一切事情的发生正像产妇的阵痛开始一样。

（马太福音廿四章8节，现代中文译本）

耶稣什么时候会再来？这是历世历代以来，许多人沉思默想的问题。祂再来的急迫感，是基督徒做任何事背后的心态。基督并没有指明何时再来，然而，祂已经告诉我们一些当注意的预兆。祂再来的时间并不清楚，但是祂要再来是肯定的事实。

耶稣说，某些事件会是祂再来的征兆。到那时，会有战争和战争的风声，会有饥荒和地震；基督徒会因基督的缘故受迫害；会出现假先知教导异端，带领许多人走了岔路；不法之事会增多，人们做自己眼中为对的事；执法单位不能控制罪行。因为无法，人们会变得冷嘲热讽及心怀恐惧，并且他们的爱心会渐渐冷淡（马太福音廿四：6—12）。

耶稣说，末世的记号就像产难。生产痛苦的频率渐渐加增，并且强度也增强。耶稣说，战争、饥荒或是假先知的出现，并不代表祂就来了。祂说，这些事只是灾难的起头。祂说，战争、地震和罪行的频率会逐渐加增，直到最后耶稣到来，结束一切。战争、饥荒及其他人类危机的严重性，将会逐日加增。

我们的时代似乎已经看到耶稣所讲的一部分，这是过去所没有看到的现象。今日基督徒应当为耶稣的再来而儆醒。

Birth Pangs

But all these things are merely the beginning of birth pangs. Matthew 24:8 (NASB)

When will Christ return? This question has been pondered much through the generations. The imminence of His coming provides the backdrop for everything the Christian does. Christ has not revealed exactly when He will come, but He has told us signs to watch for. The time of His coming is unclear; the fact of His coming is certain.

Jesus said that certain events would signal the nearness of His coming: There will be wars and rumors of wars; there will be famines and earthquakes; Christians will suffer persecution for the sake of Christ; false prophets will come and teach heresy, leading many astray; lawlessness will abound as people do what is right in their own eyes; the authorities will be unable to control crime. Because of lawlessness, people will become cynical and fearful, and their love for others will grow cold (Matt. 24:6-12).

Jesus said that the signs of the end times will be like birth pangs. The pain of childbirth increases in frequency, and it increases in intensity. Jesus said that the presence of war or famine or false teachers does not mean that His coming is upon us. These things, He said, are merely the beginning. He said that the *frequency* of wars, earthquakes, and crime will increase until finally Christ's return brings everything to a finish. The *intensity* of wars and famines and other human crises will also escalate.

Our day has seen everything Jesus spoke of reach unprecedented proportions. If there were ever a time Christians should be alert to Jesus' coming, it is today.

11月30日（星期三）- 标题：**困倦**

经文：凡劳苦担重担的人可以到我这里来，我就使你们得安息。我心里柔和谦卑，你们当负我的轭，学我的样式；这样，你们心里就必得享安息。

（马太福音十一章28—29节）

如果你觉得基督教让你精疲力竭，那么你是在从事宗教活动，不是在享受一份关系。耶稣说，与祂建立关系会使你的灵魂安息。与神同行不会使你困倦，这份关系会滋补你的精神，恢复你的力量，使你的生活更有力。

辛勤的工作或缺乏睡眠，可能让你觉得很疲劳。这种疲劳往往在睡个好觉后，就能弥补过来。但是，有一种更深的疲惫感是超越肉体的疲劳。这是一种情绪上的耗尽，是出于沉重的负担及精力枯竭的危机。在你灵魂深处极其疲惫，因为你扛着其它人的重担。你可以外出旅游，但是你的灵魂不会被修复。这种情况只有在基督里得安息，生命才能被调整。

有些热心的基督徒竭尽所能地事奉基督，他们在服事中油尽灯枯、元气大伤。耶稣邀请这些人到祂那里去，向祂学习。耶稣在地上大部分的事奉，都是被有需要的群众环绕。祂面对无情的反对势力，常常通宵祷告，祂很少有隐私，然而，祂总是由天父那里得到安息与力量。耶稣并不是不努力作工，而是明白属灵休憩之道。你是否困倦？来到耶稣面前，让祂带给你安息。只有祂能够使你的灵魂得安息。

Weariness

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. Matthew 11:28-29

If you find that Christianity exhausts you, draining you of your energy, then you are practicing religion rather than enjoying a relationship. Jesus said that a relationship with Him would bring rest to your soul. Your walk with the Lord will not make you weary; it will invigorate you, restore your strength, and energize your life.

Hard work or lack of sleep can make you tired. This fatigue can usually be remedied by a good rest. But there is a deeper fatigue that goes beyond physical tiredness. There is an emotional exhaustion that comes from experiencing heavy burdens and draining crises. There is a tiredness deep within your soul that comes from carrying the weight of the needs of others. You can go on a vacation, but your soul will not be restored. This condition can only be rectified by finding rest in Christ.

Some zealous Christians want to do all they can to serve Christ, and they exhaust themselves in the process. It was to these that Jesus extended His invitation to go to Him and learn from Him. Jesus spent most of His earthly ministry surrounded by needy multitudes. He faced relentless opposition, He often prayed throughout the night, and He rarely had any privacy, yet He always received the rest and strength that came from His Father. It was not that Jesus did not work hard but that He knew the path to spiritual rest. Are you weary? Go to Jesus and let Him give you His rest. His rest will restore your soul as nothing else can.

12月1日（星期四）- 标题：**不要争竞**

经文：然而主的仆人不可争竞，只要温温和和地待众人，善于教导，存心忍耐。

（提摩太后书二章24节）

基督徒是不争竞的。神的真理与我们同在。我们不需要因为有人不接受神的真理，而有胁迫感或感到灰心。

有时候，人们可能不同意你所说关于神的言论。他们也许会怀疑你口中所说有关于神对你的引领，或者他们会质疑你对神的信心。在这种时刻，辩驳是绝对没有用的。你永远不能够以辩论的方式，叫人进入神的国度。你永远不可能以争辩赢得某人，说服他相信神对你的启示！如果你让神依着祂的时间及祂的方式来为你辩白，你抉择的智慧自会被证明（路加福音七：35）。如果你发现自己常常与其他人争论，你需要神清楚向你透露你真正的动机，及求神饶恕你不遵守祂早已言明的诫命。

如果你与人争辩的动机，是出于想要证明自己是对的、为自己辩白、或赢得听众的信服，那么你的行为太自私了，神不会以你为荣的。不管你是多么公义及正确，神一点也不感兴趣。神在意的是你的顺服。神命令你不要以争论来取胜，祂要在别人错待你的时候，你能以仁慈及饶恕相待。以争竞为主的名赢得一场胜利，并不能荣耀神，然而，当有人错待你或误解你的动机时，你以忍耐的心反映出你效法基督的品格，你就能荣耀神。争辩永远不能使人同意你的看法，但效法基督一样爱人，会为你赢得许多朋友！

Not Quarrelsome

And a servant of the Lord must not quarrel but be gentle to all, able to teach, patient.

2 Timothy 2:24

There should be no quarrelsome Christians. The truth of God is within us; we need never be intimidated or frustrated by those who do not accept God's truth.

At times people may disagree with you regarding God's Word. Perhaps they question the way you say He is leading you, or they may challenge your faith in God. At times like these it is never helpful to argue. You will never debate anyone into the kingdom of God. You will never persuade someone that God has spoken to you by outarguing them! Only God can convince others of the veracity of His word to you. If you will allow God to vindicate you in His time, and in His way, a time will come when the wisdom of your choice will be evident (Luke 7:35). If you find yourself often quarreling with others, you need to ask God to clearly reveal your motives and to forgive you for your disobedience to His clear command.

If your motivation for arguing comes from your desire to be right, or to be exonerated, or to gain the esteem of those listening to you, you are acting selfishly, and God will not honor you. God is not interested in how right you are. He is interested in how obedient you are. God's command is not that you win arguments, but that you are kind and forgiving when others mistreat you. You bring God no honor by winning a dispute in His name, but you reflect a Christlike character when you demonstrate patience to those who mistreat you or misunderstand your motives. Arguing may never win people to your view, but loving them as Christ does will win you many friends over time!