

经节：祂使我的灵魂苏醒，为自己的名引导我走义路。（诗篇廿三篇3节）

你的牧人知道你每个需要。在与祂同行的一生中，祂知道你有时身心疲惫不堪，也知道你什么时候该休息。你的牧人清楚知道你真正的需要，祂使你的灵魂苏醒。有时候，你需要躺在青草地上，或安静的溪水旁。有时候，你需要你的牧人拥抱着你。其他时候，你需要享受牧人赐给你的欢乐。你的牧人不总是以同样的方法满足你，然而祂对你目前处境的安排，一定是最完美的。

在跟随牧人的路上，也许因为面对的试探与试炼，有时你觉得精疲力竭。在你所面对的迫害，及为他人所扛的负担，也许你愁苦难当，或者你因牧人的训练而疲惫沮丧。有时候，你会觉得自己无法走完这条基督徒之旅。你的牧人知道你什么时候会到这个地步。祂总有解决之道！祂有许多坚固你的方法：藉着祂的话语、藉着别人或藉着环境，祂比你更清楚知道你真正的需要。

你的身心是否愈来愈疲惫？你的灵魂是否需要被苏醒？不要想自行解决。只有神知道如何医治你，并且恢复你疲惫的身心（以赛亚书四十：28—31；马太福音十一：28—30）。祂的作为是最完美的。有时候，祂的作为出乎你的意料。求祂恢复你疲惫的身心，并且预备自己能回应祂下一步的作为。

Restoration from the Shepherd

He restores my soul; He leads me in the paths of righteousness For His name's sake. Psalms 23:3

Your Shepherd knows your every need. He knows you will grow weary in your pilgrimage with Him. He knows there are times when you need rest. Your Shepherd knows just what you need to be refreshed. At times you need to lie in lush meadows or beside quiet streams. Sometimes you need to be held by your Shepherd. At other times you need to enjoy the pleasures the Shepherd provides. The Shepherd will not always replenish you in the same way; His response to you will always perfectly correspond to your present need.

As you follow your Shepherd there will be times when your soul becomes exhausted, perhaps because of trials you are experiencing or temptations you are resisting. The persecution you face or the burdens you are carrying for others may be wearing you down. You may be weary from the discipline the Shepherd has brought upon you. There will be times when you feel you can go no further in your Christian pilgrimage. Your Shepherd knows when you have reached this point, and He always has a remedy! There are many ways He can strengthen you: through His word, through others, or through your circumstances. He knows what you need even better than you do.

Have you grown weary? Does your soul need to be refreshed? Don't attempt to recover on your own. Only God knows how to heal and rejuvenate a soul (Isa. 40:28-31; Matt. 11:28-30). He will do it perfectly, sometimes in surprising ways. Ask Him to restore you, and then be prepared to respond to what He does next.

2月29日（星期一）- 标题：**敬虔的追求**

经文：「所以，我们务要追求和睦的事与彼此建立德行的事。」

（罗马书十四章19节）

为了坚立其他信徒而牺牲自己的舒适与方便，是灵性成熟的标记。保罗激励基督徒追求和睦的事与建立他人德行的事。

「追求」意味一心一意热切地朝向目标努力，这可不是随随便便的态度。我们要使用神赐予的所有资源，务求其他基督徒能成长，且能与他们和睦相处。保罗对歌罗西的教会说明自己劳苦，并尽心竭力地「要把各人在基督里完完全全地引到神面前」（歌罗西书一：28-29）的心志。这是需要专心致志、全力以赴的！

对保罗而言，选择去教导基督徒意味著牺牲自己的自由，免得绊倒别人。他不在意自己的权利及方便与否。他视造就信徒比个人自由重要得多（哥林多前书十四：12、26）。这也是耶稣对待间门徒的态度。祂教导他们，人的爱心没有比为朋友舍命更大的（约翰福音十五：13）。身为基督徒，我们要致力扩展他人的信心，就是付上生命的代价，也在所不惜。这是早期教会的特征（使徒行传二：40-47）。这也是信徒相爱的表彰（加拉太书六：9-10）。

要是神透露你周围的某位朋友需要信心成长，你要预备好在必要时牺牲自己，好建立其他的信徒（歌罗西书一：29）。

Godly Pursuits

"Therefore let us pursue the things which make for peace and the things by which one may edify another." Romans 14:19

A mark of spiritual maturity is a willingness to sacrifice personal comfort in order to strengthen other believers. Paul urges Christians to pursue only activities that promote peace and behaviour that builds up others.

To pursue means to passionately focus one's undistracted effort toward a goal. This is not a casual matter. It involves using all the resources God has given us to ensure growth and peace in the life of a fellow Christian. To the Colossian church, Paul said the labored, "striving ... to present every man perfect in Christ" (Cor. 1:28-29). This took concentration and effort!

For Paul, choosing to edify Christians meant refraining from any activity that caused others to stumble. He did not concern himself with his own rights or comforts because his greater priority, over his personal freedom, was to lead others to Christian maturity (1 Cor. 14:12,26). This is how Jesus related to His disciples. He taught them that they could express no greater love than to lay down their lives for one another (John. 15:13). As Christians, we ought to be so devoted to strengthening one another's faith that we pursue this goal relentlessly, even if it means laying down our own lives. This behavior characterized the early churches (Acts 2:40-47). This is what love is like among God's people (Gal. 6:9-10).

As God reveals to you what those around you need in order to grow in their faith, be prepared to make the necessary sacrifice on behalf of your fellow Christians (Col. 1:29).

3月5日（星期六）- 标题：**认识神**

经文：认识祢——独一的真神，并且认识祢所差来的耶稣基督，这就是永生。

（约翰福音十七章3节）

由生活经验中认识神，与由神学教科书认识神，根本上是两码事。根据圣经，除非你曾经历神，你不能够说自己认识神（腓立比书三：8、10）。圣经知识总是离不开经验之谈。你可能愈来愈气馁，因为你所读到的圣经真理，比你的经历要丰盛太多了。

如果你的生命从未经历神大能的作为，不要安于神权能的二手经验，也就是单单庆贺神在别人身上的作为就心满意足。耶稣的祷告是要你能够在生活中认识祂，并经历祂的存在。不要只因为自己不曾经历，就对圣经上所有关于神大能的记载大打折扣。要将你的经验提高到圣经的标准，而不是降低圣经标准，来迁就你的经验。不要以拥有头脑知识来理解神的大爱，就心满意足。耶稣为你能够经历祂长阔高深的大爱祈祷。祂要你在每日生活中，经历祂丰盛无尽的大爱。

如果你觉得自己尚未经历某些圣经真理，你要持守这些真理，并且求神让你每日经历它们。求问神，你的生活有哪些地方需要调整，好能经历祂的应许。不要放弃神任何的应许，紧紧握住这些应许，直到你经历它们。

Knowing God

And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. John 17:3

Knowing God through experience is radically different than knowing about God from a theology textbook. According to the Bible, you cannot say you know God unless you have experienced Him (Phil. 3:8, 10). Biblical knowledge always involves experience. You may become discouraged because the truths you read about in the Bible are much richer than the reality of your own experience.

If you have not experienced God's power at work in and through your life, do not settle for a secondhand knowledge of God's power, rejoicing in what He has done in others. Jesus' prayer was that you would come to know God and His presence in your life and experience. Don't discount the power of God as described in Scripture simply because you have not experienced it. Bring your experience up to the standard of Scripture, never reduce Scripture to the level of your experience. Don't settle for a head knowledge of God's love. Jesus prayed that you would experience the depth and width and height of His love and that you would enjoy God's full and unending love in the day-to-day experiences of your life.

If you sense there are biblical truths that you are not experiencing, keep that truth before you and ask God to bring it into your everyday experience. Ask God if there are any adjustments you need to make in order to receive His promise. Don't give up on the promises of God, stay with them until you are fully experiencing them.

3月4日（星期五）- 标题：**这些事你们都要思念**

经文：弟兄们，我还有未尽的话：凡是真实的、可敬的、公义的、清洁的、可爱的、有美名的，若有什么德行，若有什么称赞，这些事你们都要思念。

（腓立比书四章8节）

你毫无戒心时的思想，反映出你真正的心之所向。只有在没有戒心时所说的话，是你心灵最好的评估（马太福音十二：34）。你的心思意念就像你的身体一样需要操练。想要身体健康，一定得留心吃进去的食物养分，并且一定要有固定的运动。要思想清洁，务要留心任何进入心灵的信息。要操练心思，务要注意并思念那些真实、可敬的人事物。

有些基督徒让属世的不敬虔思想，充满他们的心思意念。有些人似乎很消极，老是悲观地看待每件事。有些人满足于世俗的想法，有些人宁愿靠人类理性去判断行事，而不愿意把神的话语放在心中，照神的旨意行事。然而，有一些人则选择铭记神的真理在心里——凡是真实的、可敬的、公义的、清洁的、可爱的、有美名的事，都会思念。

你的生活方式透露你真正的心思意念。如果你专注于负面事物，自然就变成消极的人。如果满心不敬虔的思想，不敬虔自然成为你生活的一部分。如果以基督思想充满心思意念，你会愈来愈有基督的形象。

要拿什么填满你的心思意念，是你自己的选择。要选择专注于神崇高的真理，这些真理将使你建立荣耀神的高贵品格。

Meditate on These Things

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy meditate on these things. Philippians 4:8

What you think about in your unguarded moments reflects what your mind dwells upon. What you speak about when your guard is down is a good gauge of what is in your heart (Matt. 12:34). Your mind needs exercise just as your physical body does. To keep your body healthy, you must be careful what you put into it, and you must exercise regularly. To keep your thoughts pure, you must guard what goes into your mind. To exercise your mind, you must contemplate things that are noble and truths that stretch your mind.

Some Christians allow the world to fill their minds with ungodly thinking. Some people seem drawn to concentrate on the negative, choosing to be pessimistic about everything. Some remain satisfied with thinking of the mundane. Others fail to intentionally place Scripture in their thoughts, choosing instead to adopt human reasoning. Others, however, choose to expose their minds to the truths of God—to that which is true, noble, just, pure, lovely, and good.

The things you allow your mind to dwell on will be revealed by the way you live. If you focus on negative things, you will inevitably be a negative person. If you allow unholy thoughts to fill your mind, ungodliness will become common in your life. If you fill your mind with thoughts of Christ, you will become Christlike.

What you fill your mind with is a matter of choice. Choose to concentrate on the magnificent truths of God, and they will create in you a noble character that brings glory to God.

3月1日（星期二）- 标题：**眼能见，耳能听**

经文：但你们的眼睛是有福的，因为看见了；你们的耳朵也是有福的，因为听见了。（马太福音十三章16节）

当你成为基督徒的那一刻，神赐给你属灵的眼睛和耳朵，好叫你开始经历祂的同在与祂的作为。当你与祂同行，圣灵会帮助你使用这些属灵的感官。在灵里面对神的敏锐是恩赐，需要我们愿意接受，并且操练它。圣经上告诉我们，灵性死亡的人无法看见及了解属灵的事物（马太福音十三：14—15）。如果没有属灵的眼睛，你可能会处于祂大能作为之中，却毫无所觉。

在根本上，以人类的眼光来看所处的环境，与以属灵的眼光来透视生命，两者是截然不同的。非基督徒困惑不解世事的发生。但是身为基督徒的你，看见了同一件事，会认出神的作为，并调整自己的生活，好配合神的心意。当你遇见一位寻求上帝的人，你会认出圣灵的作为是此人信服神的存在，于是调整自己的生活配合神的工作（罗马书三：11）。一些没有属灵知觉的人同样遇见此人，却不能理解其人生遭遇的永恒重要性。其他人会受新的哲学思想与社会潮流走向所影响，不能分辨真理。然而在世界嘈杂声中，你仍能听到神的声音，且在这令人困惑的环境中，继续向著标竿直跑。

罪会使你感觉迟钝，最后会让你成为属灵的瞎子和聋子。不要只满足于有肉眼能看、有耳朵能听，但对神的作为却毫无所感。祷告求神藉著圣灵大能，使你能敏锐地感觉神的作为。

Eyes That See, Ears That Hear

"But blessed are your eyes for they see, and your ears for they hear." Matthew 13:16

When you became a Christian, God gave you spiritual sight and hearing so you could begin experiencing His presence and activity all around you. The Holy Spirit helps you to develop these spiritual senses as you walk with Him. Spiritual sensitivity to God is a gift that must be accepted and exercised. Scripture indicates that those who are spiritually dead cannot see or understand spiritual things (Matt. 13:14-15). Without spiritual eyes, you can be right in the midst of a mighty act of God and not recognize it.

There is a radical difference between seeing your surroundings from a human perspective and seeing life through spiritual eyes. Non-Christians will see world events around them and become confused. You will look at the same events, recognize the activity of God, and adjust your life to Him. When you meet a person who is seeking God, you will recognize the convicting work of the Holy Spirit and adjust your life to God's activity (Rom. 3:11). Someone without spiritual perception will encounter that same person and not grasp the eternal significance of what is happening in that person's life. Others will hear of new philosophies and trends in society and not know how to discern the truth. You will hear God's voice over the din of the world's voices, and you will keep your bearings in the midst of the confusing circumstances.

Sin dulls your senses, ultimately leaving you spiritually blind and deaf. Do not be content with merely seeing with physical eyes and hearing with natural ears but not sensing what God is doing. Ask God, through the power of the Holy Spirit, to sensitize you to His activity all around you.

3月2日（星期三）- 标题：**现在是回应的时刻**

经节：主耶和华的灵在我身上；因为耶和华用膏膏我，叫我传好信息给谦卑的人，差遣我医好伤心的人，报告被掳的得释放，被囚的出监牢；报告耶和华的恩年，和我们神报仇的日子；安慰一切悲哀的人。

（以赛亚书六十一章1-2节）

神对时间的安排总是最好的！当祂向你启口，就是你以顺服回应的时刻。通常我们的言行举止，总好象自己掌握世界所有的时间，任我们选择去顺服祂！然而，历史并不等待我们的参与。根本没有所谓的向神延迟一个决定。我们不是选择顺服，就是选择不顺服。信与不信、顺服与不顺服，两者不可能共立。

当神宣告现在是祂的恩年时，你的下一步行动是极重要的。当神向人们开口时，人们常常自觉尚未预备好。神说：「现在是你回应我的时候。」人们的反应却是：「我还没预备好。有些事我得先处理。我太忙啦！」（马太福音八：21）神对时间的拿捏总是最完美的！祂知道你，祂完全清楚你的环境。祂知道到目前为止，祂在你身上所有的造就。祂向你提出邀请，要知道祂的资源远远超过祂所交给你的任务所需。

这就是为什么圣经告诉我们，神在乎的是我们的心。如果没有全心全意爱主，不顺服神的邀请，就会影响其他人的生命。神总是以永恒的角度，邀请我们参与祂的事工。我们不需要知道祂邀约的前因后果，只要确定这是全能神口中所发出的话语。「现在」永远是你回应神的最佳时刻！

Now Is the Acceptable Time

"The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; To proclaim the acceptable year of the Lord, And the day of vengeance of our God; To comfort all who mourn."
Isaiah 61:1-2

God's timing is perfect! When He speaks, the time to respond in obedience is now. We often act as if we have all the time in the world to obey Him, but history doesn't wait on our commitments. There is no such thing as postponing a decision with God. Either we obey, or we disobey. It is either faith or unbelief, obedience or disobedience.

When God announces that *now* is the acceptable time, what you do next is critical. How often people have been unprepared when a word came to them from the LORD. God said, "Now is the time for you to respond to Me" and their response was, "But I'm not ready. I have some things I need to do first. I'm too busy!" (Matt. 8:21). God's timing is *always* perfect. He knows you, and He is fully aware of your circumstances. He knows all that He has built into your life until now, and He extends His invitation knowing that His resources are more than adequate for any assignment He gives you.

That is why Scripture tells us God is concerned with our heart. If we do not keep our heart in love with Jesus, our disobedience when God speaks could affect the lives of others. When God speaks it is always out of the context of eternity. We don't have to know all the implications of what He is asking. We just have to know that it is a word from almighty God. "Now" is always the acceptable time to respond to the Lord!

3月3日（星期四）- 标题：**信心得神喜悦**

经节：人非有信，就不能得神的喜悦：因为到神面前来的人必须信有神，且信祂赏赐那寻求祂的人。（希伯来书十一章6节）

你与神的关系，主要取决于你对神的信心。当你来到祂的跟前，必须相信祂的存在，且相信祂就是那位在圣经中启示祂自己的神。你一定也要相信，当你恳切地寻求祂，祂会回答你。如果没有这种信心，你不可能讨神的欢喜。无论你的道德水准多么高超、做了多少好事、为祂说了多少话、为祂作了多少牺牲，倘若没有信心，你不可能讨神的喜悦。有时我们想以宗教活动替代仰望神的信心。基督徒可能自认是神的「好管家」。事实上，却是凭眼见而活，不是凭信心行事（希伯来书十一：1）。除非能掌握所有资源，否则他们可能会拒绝去行神的旨意。

你可能会说：「我爱神，但我很难全心相信祂。」这么一来，你根本不能够讨神的欢喜。你不可能在内心深处质疑神，却又同时享受与神相交的悸动！信心不会为你除掉现有的问题，但信心能够使你在困境中，仍然相信神。信心是基于你与神的关系，不是基于你的周遭环境。有些人可能会说：「我不是那种有信心的人，我这人比较实际！」然而，把信心建立在神的身上，是再实际不过的！再也没有比把自己交在神手中更安全、有把握的了！

Faith Pleases God

"But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him." Hebrews 11:6

Your relationship with God is largely determined by your faith. When you come to Him, you must believe that He exists and that He is exactly who He has revealed Himself to be in Scriptures. You must also believe that He will respond to you when you earnestly seek Him. Without this kind of faith, you cannot please God. Regardless of the morality of your life, the good works you perform, the words you speak, or the sacrifices you make for His sake, if you do not have faith, you will not please Him. It can be tempting to substitute religious activity for faith in God. Christians may claim they are being "good stewards" of their resources when, in fact, they are wanting to walk by sight rather than by faith (Heb. 11:1). They may refuse to do what God tells them unless they can see all the resources in place first.

You may say, "I love God, but I just have difficulty trusting Him." Then you are not pleasing to Him. You cannot struggle at the core of your relationship with God and still enjoy a vibrant fellowship with Him! Faith does not eliminate problems. Faith keeps you in a trusting relationship with God *in the midst* of your problems. Faith has to do with your relationship with God, not your circumstances. Some may say, "I'm not much of a person of faith. I am more of a *practical* person!" Yet you will never do anything more practical than to place your trust in the Lord! Nothing is more secure or certain than that which you entrust to God.