

经节: 若有疑心而吃的, 就必有罪, 因为他吃不是出于信心。凡不出于信心的都是罪。(罗马书十四章23节)

希伯来书的作者提醒我们, 人若没有信心, 就不能得神的喜悦(希伯来书十一: 6)。每当神给我们某些启示, 祂期望我们能相信祂, 并且照着祂的启示调整我们的生活。这里所谓的生活调整是什么意思? 生活调整就是相信祂必供应所有的需要, 这是祂所应许的(腓立比书四: 19)。生活调整就是遭遇危机时仍相信神必使万事互相效力, 叫我们得益处(罗马书八: 28)。生活调整就是身处急迫紧张的重压下, 能克服忧虑, 因为神教导我们要藉着祷告, 将自己所需带到神的面前求(腓立比书四: 6)。生活调整就是永远不用担心自己是孤独的, 因为神说祂永不撇下我们、永不丢弃我们(申命记三十一: 6)。生活调整就是不管生命发生任何事故, 永远不怀疑神的爱, 因为祂告诉我们, 祂以永远的爱爱我们(耶利米书三十一: 3)。

有时候, 我们为自己缺乏信心辩护! 明知神已经应许我们, 却仍怀疑神是否真会改变我们的处境。我们满心忧虑, 给自己找藉口: 「我就是爱操心嘛!」我们在危难中变得苦毒, 辩称: 「神不可能把这苦境转变成好事的!」于是, 我们一有需要, 就急忙地四处请求周围人们的帮助。我们为自己辩解: 「我知道神可以供应 我的需要, 但我想我也该尽力而为, 以防万一。」神认为这是没有信心。没有信心是罪。「人非有信, 就不能得神的喜悦。」(希伯来书十一: 6)

Without Faith

But he who doubts is condemned if he eats, because he does not eat from faith; for whatever is not from faith is sin. Romans 14:23

The writer of Hebrews reminds us that without faith it is impossible to please God (Heb. 11:6). Whenever God reveals something, He expects us to believe Him and adjust our lives accordingly. What does this mean? It means we trust Him implicitly for all of our needs because He says He will provide (Phil. 4:19). It means we approach crises with the assurance that God will bring good from them (Rom. 8:28). It means we overcome anxiety during stressful situations because God instructs us to bring our requests to Him (Phil. 4:6). It means that we never worry that we are alone because God said He would never leave us or forsake us (Deut. 31:6). It means that, despite what happens in our lives, we will never doubt God's love because He has told us that He loves us with an everlasting love (Jer. 31:3).

At times we try to justify our lack of faith! We know what God has promised, but we doubt that He will make a practical difference in our life. We are filled with anxiety and excuse ourselves by saying: "I am just a worrier!" We become bitter during a crisis and reason that "God could not possibly bring anything good out of this pain!" We appeal for help from everyone around us when we have a need; then we explain: "I know God can provide for my needs, but I think I should do everything I can, just in case." God calls this faithlessness. Faithlessness is sin. "But without faith it is impossible to please Him" (Heb. 11:6).

2月8日（星期一）- 标题：**应当一无挂虑**

经节：应当一无挂虑，只要凡事藉着祷告、祈求，和感谢，将你们所要的告诉神。（腓立比书四章6节）

不要忧虑！保罗说，没有一件事能使神的儿女忧虑。保罗清楚了解什么事可以引起忧虑。当时，他的国家正被外国军队占领，且被腐败的君王统治。当时，他因为被人诬告而身陷囹圄，他是在牢狱中写这封信的。他被迫与所爱的分开，他的动机被怀疑，又被人歪曲事实诬告。有些人小看他，认为他只不过做开荒传道的事工。他曾经遭受肉体的伤害，和面对迫在眉睫的死刑执行（哥林多后书十一：23—29）。但保罗说，没有一项危难使得神无法赐下平安。

神不见得会把你的问题挪走。然而，祂会背负你的重担，与你同行。祂要你经历那出入意外的平安。你无法完全了解在这种处境时，神如何赐给你平安；你也不需要完全了解神如何降下平安，才能拥有这个经验。因为这平安不只是给那些所谓能够「掌控压力」的人，这平安是给所有的人！你可能知道神要你拥有平安，却又不确定处在目前的情况，是否真的可以得到平安。圣经上教导我们，应当要一无挂虑。神的话语清楚指明：在你所面对的事情中，没有一件对神是太困难、太麻烦、太可怕的。所以，不管你的环境如何，将你的忧虑卸给神，让祂完全的平安掌管你的心。

Be Anxious for Nothing

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:6

Don't be anxious! Paul said there is *nothing* that should cause a child of God to worry. He was well aware of things that cause anxiety. His nation was occupied by a foreign army and ruled by corrupt leaders. He was writing from prison, where he was being held as a result of false accusations. He was separated from those he loved; his motives had been questioned, and he had been misrepresented. Some were trying to undermine all that he had accomplished in starting churches. He suffered physically and faced imminent execution (2 Cor. 11:23-29). Yet Paul said there would never be a crisis so troubling that God could not bring peace in the midst of it!

God will not necessarily take your problems away, but He will carry the load for you. He wants you to experience His peace, which is beyond human comprehension. You will never fully understand how God could give you peace in some of the situations you face, but you do not have to understand it in order to experience it. This peace is not just for those who "handle stress well"; it is for everyone! You may know that God wants you to experience peace but wonder how this is possible, given what you are presently facing. Yet, Scripture says to be anxious for *nothing*. God's word clearly indicates that there is nothing you can face that is too difficult, too troubling, or too fearful for God. No matter what your circumstances are, turn your anxiety over to God and let His perfect peace guard your heart.

2月13日（星期六）- 标题：**爱总往好处想**

经节：爱是……凡事包容，凡事相信，凡事盼望，凡事忍耐。（哥林多前书十三章7节）

爱是没有范畴的。爱不可能说：「你太过份了，我不能再爱你了。」「凡事」是包括每件事。如基督一样的爱，会让他人毫不怀疑你坚定不变的爱。你周遭的人是否知道：即使他们失败或做愚蠢的事、也不会减低你对他们的爱？你周遭的人是否确信：即使他们伤害你，你仍旧爱他们，不会报复他们？

爱总是往好处想。如果有人不小心冒犯你，你选择相信他不是故意冒犯你。如果有人想要伤害你，你「凡事包容」，无条件地原谅对方。如果处于困境，你看到一丝希望的微光，于是你抓住它。如果有人不断地触怒你，你「凡事忍耐」。你对你所爱的，永远不放弃希望。你不断地将神给你的无条件的爱，施与他人。

保罗说，如果他有全备的信叫他可以移山，能说天使的话语，拥有先知讲道之能，也明白各样的奥秘和各样的知识，却没有爱，他就算不得什么。如果你说：「嗯，我只是没办法那样爱人！」这是不被接受的说法。当神借着你去爱人，这是祂惟一的一种爱！以一颗感恩的心来读哥林多前书十三章，神已经向你表达了这完全无私之爱。让我们祷告，求神藉着我们向他人表明祂那完全无私之爱。

Love Assumes the Best

Love...bears all things, believes all things, hopes all things, endures all things. 1 Corinthians 13:7

Love has no limits. Love never says, "You've gone too far. I can't love you now." "All things" means everything is included. Christ like love leaves no doubt in the mind of another that you will continue to love steadfastly. Do those close to you know that they can fail and do foolish things, yet you will not falter in your love for them?

Are others assured that, even when they hurt you, you still love them, holding nothing against them? Love assumes the best about others. If someone inadvertently offends you, you choose to believe the offense was unintentional. If someone seeks to harm you, you "bear all things," forgiving unconditionally. If a positive light can be shed on a difficult encounter, you grasp it. If someone continually provokes you, you "endure all things." You never lose hope in the ones you love. You practice the same unconditional love toward others that Christ gives to you.

Paul said that he was nothing if he had the faith to move mountains, the tongue of an angel, and the gift of prophecy to understand all mysteries, yet did not have God's love. It is unacceptable to say, "Well, I just can't love people that way!" When God loves people through you, this is the only kind of love He has! Read 1 Corinthians 13 with gratitude that God has already expressed this complete and selfless love to you. Pray and ask Him to express it *through* you now, to others.

2月12日（星期五）- 标题：**违背律法就是罪**

经节：凡犯罪的，就是违背律法；违背律法就是罪。（约翰一书三章4节）

如果你的生活没有属灵「准绳」或标准，来决定是非对错，是十分危险的。神的话语就是那条准绳。属灵定律就像物理定律，目的是为了保护你，而不是限制你。你可能运用你的自由，来挑战电力学的定律，然而如此行，你的下场是死路一条。同样地，你不能破坏神的律法，否则受损伤的是你。我们可以忽视神所建立的绝对道德与属灵定律，只不过我们得自行负责后果。这些律法没有时间限制，文化不能取代律法，境遇不能废除律法，神的律法是永恒的。如果顺服神的律法，这些律法将救你脱离死亡。

你可能觉得受律法的限制与捆绑。事实正好相反，神的话语会保护你脱离死亡（罗马书六：23）。举例来说，当神说不可奸淫，祂要释放你，好叫你能享受完全的婚姻关系。不仅如此，祂知道如果你不遵守律法，悲惨心碎的结局会临到你、你的配偶、孩子、亲戚、朋友和教会肢体。神的律法对你的生命是何等重要！如果没有律法、神所赐给你的喜乐将被掠夺。罪是选择其它那些不合神的律法，来作为你的生活标准。如果你以邻居或社会的准则来衡量自己，逍遥于神的律法之外，那么你的生活是以「无法」为准则。无法即不受神的律法管束就是罪。

Sin Is Lawlessness

Whoever commits sin also commits lawlessness, and sin is lawlessness. 1 John 3:4

It is a dangerous thing to live your life without a spiritual “plumb line,” or standard, by which you determine right from wrong. God’s Word is that plumb line. Spiritual laws, like physical laws, are meant to protect you, not restrict you. You may exercise your freedom to challenge the laws of electricity, but to do so can bring you death. Likewise, you will not break God’s laws, they will break you. God established absolute moral and spiritual laws that we are free to ignore, but we do so at our own peril. These laws are timeless. Culture does not supersede them. Circumstances do not abrogate them. God’s laws are eternal, and they will save you from death if you follow them.

You may feel that God’s laws restrict and bind you. On the contrary, God’s Word *protects* you from death (Rom. 6:23). For example, when God said that you are not to commit adultery, He wanted to free you to experience the fullest pleasure of a marriage relationship. Furthermore, He knew the devastating heartache that would come to you, your spouse, your children, your relatives, your friends, and your church family if you broke this law. How important the laws of God are for your life! Without them, you would be robbed of the delights God has in store for you. Sin is choosing a standard other than God’s law on which to base your life. If you are measuring your life by that of your neighbors, or society at large, then you are basing your life on lawlessness, and lawlessness is sin.

2月9日（星期二）- 标题：**遇见神**

经节：你起来站着，我特意向你显现，要派你作执事，作见证，将你所看见的事和我将要指示你的事证明出来。（使徒行传廿六章16节）

在你与神同工之前，祂的大能早就覆庇你。早在你尚未存在母腹中，主已认识你，祂早就为你的一生订立了计划（耶利米书一：5；诗篇一三九：13）。在使徒保罗前往大马士革之前，耶稣早就认识保罗，且早已派定一份特别的使命给他（使徒行传九：15）。保罗真诚热心地事奉神，却被误导，以苦害基督徒为己任！虽然神对保罗早有计划，却等到保罗定睛在祂身上，并尊祂为主，才向他透露祂的计划。

我们的主不会来找我们，问清楚我们个人服事的喜好。祂乃是迎见我们，好向我们透露祂工作的方向，且邀请我们与祂同工。要遇见神，需要我们愿意调整自己，好适应神工作的方向。神绝不会只给我们当日的灵粮，而与我们相交。祂永远不会只为了增加我们的圣经知识，而对我们说话。我们的神要告诉我们更重要的事！当神向我们显现祂的作为，乃是邀请我们与祂同工。

你是否预备好今日朝见神？除非你已经预备好，像保罗一样地问：「主啊！祢要我做什么？」你就别想听到神的声音。

Encounters with God

But rise and stand on your feet; for I have appeared to you for this purpose, to make you a minister and a witness both of the things which you have seen and of the things which I will yet reveal to you. Acts 26:16

God was working in your life long before you began working with Him. The Lord knew you before time began, and He knew what He wanted to do with your life (Jer. 1:5; Ps. 139:13). Before the apostle Paul’s conversion experience on the road to Damascus, Jesus already knew Paul and had a specific assignment for him. But Jesus only revealed this assignment after Paul’s conversion (Acts 9:15). So misguided was Paul that in his sincere efforts to serve God, he had actually been waging war against Christians! Although God knew what He wanted for Paul, He waited to reveal it to him until He gained his attention and became his Lord.

Our Lord does not come to us to discover what we would like to accomplish for *Him*. He encounters us in order to reveal His activity and invite us to become involved in *His* work. An encounter with God requires us to adjust ourselves to the activity of God that has been revealed. God never communicates with us merely to give us a warm devotional thought for that day. He never speaks to us simply to increase our biblical knowledge. Our Lord has far more significant things to reveal to us than that! When God shows us what He is doing, He invites us to join Him in the work He is doing.

Are you prepared to meet God today? Don’t seek to hear from God unless you are ready to ask, as Paul did, “What shall I do Lord?”

2月10日（星期三）- 标题：神的应许都是是的

经文：神的应许，不论有多少，在基督都是是的。所以藉着祂也都是实在的，叫我们因我们得荣耀。（哥林多后书一章20节）

神遵守祂所应许的每个诺言。当我们亲密地与神同行，我们确信可以得到神在圣经中所给的每个应许。这个真理给我们动力，去寻找经文中的每个应许，好默想如何应用到我们的现实生活中。耶稣应许，当你按着祂的心意求，祂会赐给你所求的东西（约翰福音十六：23下）。这个应许是给每个基督徒的。如果你问神这个应许是否可应用到你的生活，祂的答案是肯定的。如果你到现在还没有这样的经验，也不会改变神曾应许的事实。你可能需要寻求神，以清楚祂的应许尚未实现的因由。

保罗宣称他在自己的生活中，已经检验到神每个应许都是丰富及真实的。这就是为什么保罗提及「在基督耶稣里向我们所施的恩慈」（以弗所书二：7下），以及「基督那测不透的丰富」（以弗所书三：8下）。保罗已经找到神应许的丰盛，并且享受祂那丰盛的恩典。

如果你在生活中还不曾经神全备的应许，不要沮丧或没有耐心。神可能要装备你，好向你显示祂为你所预备那更大的真理。紧紧地与神同行。时候一到，你将会看到神的应许丰富地实现在你的生命中。

God's Promises Are Yes

For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us. 2 Corinthians 1:20

God keeps every promise He makes. When we walk in intimate fellowship with Christ, we have the assurance that every *promise* God has made in Scripture is available to us. This truth should motivate us to search the Scriptures for each promise in order to meditate upon its potential for our life. Jesus promised that when you ask for something in His will, He will give you what you ask (John 16:23b). This *promise* is available to every Christian. If you ask God if this *promise* applies to your life, His answer is yes. If you are not now experiencing this promise, it does not change the fact that God has said it. You may need to seek God's answer for why His promise has not yet reached maturity in you.

Paul claimed he had tested each of these promises in his own life and found them all to be abundantly true. That's why he could speak of the "exceeding riches of His grace in His kindness toward us in Christ Jesus" (Eph. 2:7b) and the "unsearchable riches of Christ" (Eph. 3:8b). Paul had found a wealth of God's promises and enjoyed them all in abundance.

Don't become discouraged or impatient if you are not experiencing to the fullest all of God's promises in your life. God may want to prepare you to receive some of the great truths He has made available to you. Walk closely with your Lord and, in time, you will see Him bring His promises to fruition in your life.

2月11日（星期四）- 标题：爱产生顺服

经文：有了我的命令又遵守的，这人就是爱我的；爱我的必蒙我父爱他，我也要爱他，并且要向他显现。（约翰福音十四章21节）

遵守神的命令应该是心甘情愿的。当你开始挣扎，不能顺服神的时候，就是你的心已经转离神的指针。有些人宣称：「我爱神，但是我的生命有些地方很难顺服神。」这在灵性上根本是不可能的。如果我问你：「你爱神吗？你可能很轻易地回答：「当然啰！」如果我问你：「你顺服神吗？」你是否也能立即回应肯定的答案？然而，我是在问你同一个问题呢！对神真纯的爱，会使人全心全意顺服神。如果你告诉配偶，有时候你爱他，有时候你得努力挣扎才能爱他，那么你的婚姻关系正濒临危机。同样地，我们竟然假设神满足于我们依情况而定的爱和部分顺服。神才不呢！

没有爱的顺服是拘泥于律法形式主义。为顺服而顺服，不过是完美主义罢了，只会让人愈发骄傲。许多基督徒相当自觉地在生活中操练自己，力求培养门徒训练，好能更顺服基督。属灵的门徒训练是会有帮助的，但这些训练永远不能替代你对神的爱。爱是能自制。神看的不只是你神圣的习性、道德的生活、教会的参与，祂洞察你真正的心之所在。

你对神的敬拜是否变得空洞，只是例行公事罢了？你是否已经失去研读圣经的动机？你是否正经历属灵的低潮？你的祷告生活是否沦为仪式？这些都是你的心已经远离神的征兆。拾回你起初的爱心，爱是神相交和事奉神的最大原动力。

Love Brings Obedience

He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him. John 14:21

Obedience to God's commands comes from your heart. When you begin struggling to obey God, that is a clear indication that your heart has shifted away from Him. Some claim: "I love God, but I'm having difficulty obeying Him in certain areas of my life." That is a spiritual impossibility. If I were to ask you, "Do you love God?" you might easily respond, "Yes!" However, if I were to ask you, "Are you obeying God?" would you answer yes as quickly? Yet I would be asking you the same question! Genuine love for God leads to wholehearted obedience. If you told your spouse that you loved her at certain times but that you struggled to love her at others, your relationship would be in jeopardy. Yet we assume that God is satisfied with occasional love or partial obedience. He is not.

Obedience without love is legalism. Obedience for its own sake can be nothing more than perfectionism, which leads to pride. Many conscientious Christians seek to cultivate discipline in their lives to be more obedient to Christ. As helpful as spiritual disciplines can be, they never can replace your love for God. Love is the discipline. God looks beyond your godly habits, beyond your moral lifestyle, and beyond your church involvement and focuses His penetrating gaze upon your heart.

Has your worship become empty and routine? Have you lost your motivation to read God's Word? Are you experiencing spiritual lethargy? Is your prayer life reduced to a ritual? These are symptoms of a heart that has shifted away from God. Return to your first love. Love is the greatest motivation for a relationship with God and for serving Him.