



第1周 腓立比書靈修默想

1月4日（星期一） 經文：腓立比—8-11

1。（9-10節）保羅為腓立比信徒禱告祈求什麼？我常禱告祈求嗎？我求的是什麼？我願為更有愛心祈求嗎？

2。保羅為信徒的愛心求什麼？愛心增多，有什麼益處？有愛心，沒有知識，可能溺愛，也可能受騙；愛心加上知識和見識，才能真正幫助人。

3。（11節）保羅祈求什麼？結什麼果子？結果子和結滿果子有何差異？怎樣才能結滿仁義的果子？保羅祈求聖徒能結出義的果子，也就是聖潔、清廉、善良、誠實、愛心等合乎義的行為。結滿果子是生活處處有義的言行，必須祈求靠著耶穌基督。

1月5日（星期二） 經文：腓立比—12-14

1。（12節）為什麼保羅被捆鎖？為基督和為自己犯罪被囚，有何不同？保羅被囚，帶出什麼結果？保羅為基督被捆鎖，不是因自己的罪，而是為傳揚基督的福音。被囚不能自由傳福音，似乎福音受攔阻，但福音卻更加廣傳。我傳福音受挫嗎？我相信神能使福音更加廣傳嗎？

2。（14節）保羅為傳福音被囚受苦，在那兩方面影響信徒？因著保羅美好的見證，信徒不是動搖，而是信心更加堅定，篤信不疑。既有保羅受苦的見證，信徒受激勵就更有勇氣膽量，傳揚福音，沒有一點懼怕。我留意周圍信徒美好的見證，並得激勵愛主，事奉主嗎？

1月6日（星期三） 經文：腓立比—15-20

1。（15-17節）如何描寫兩種傳基督者的心態？（18節）保羅如何看待他們？有的傳基督是出於好意、愛心，知道保羅受差傳福音，甚至坐牢也在所不惜；另一種卻出於嫉妒分爭，要結黨打擊保羅。保羅不為自己，只要基督被傳揚，就歡喜。我可以只求基督的榮耀，不在意個人的得失嗎？

2。（20節）在嫉妒排擠中，保羅切慕、盼望什麼？（19節）保羅如何從被嫉妒中救出來？我人生追求什麼？我切慕基督在我身上照常顯大嗎？我在被排擠痛苦之時，禱告並請聖徒為我禱告，使自己能勝過嫉妒排擠嗎？

1月7日（星期四） 經文：腓立比—21-26

1。（21節）保羅怎樣看他的生與死？死了為什麼有益處？看（23節b）。保羅活著就要活出基督；若是死了，脫離世上一切苦難分爭，與基督同在是好的無比。這也是我的生死觀嗎？

2。（22節）保羅活著對信徒有什麼益處？生死兩難，在理智和情感上有何衝突？保羅如何選擇？（25-26節）選擇後，對信徒有什麼幫助？保羅活著是要成全信徒（工夫的果子），情感上他願離世，與基督同在，那是好得無比的。但理智上，為著信徒的需要，他要留下，使他們在真理上長進，生活喜樂。我願為主而活，幫助他人嗎？

1月8日（星期五） 經文：腓立比—27-30

1。（27節）信徒行事為人應如何？應有什麼樣的心志？基督的福音是愛人捨己，這也是我行事為人的準則嗎？保羅期望腓立比教會所有的信徒都有相同心志，為福音齊心努力。我有傳福音的心志，常為家人信主禱告，並把握機會傳福音嗎？

2。（28節）當如何面對敵人驚嚇？（29節）蒙恩得救後，有什麼功課學習？信徒既勇敢傳揚福音，就不要怕驚嚇。因敵人的恐嚇逼迫，只是證明他們的邪惡，走向沉淪。信徒蒙恩後，要學習為主受苦。對人的排斥和恐嚇，我願為主受苦嗎？



Week 1 DANIEL - THE MAN GOD USED Bible Reading: Daniel 1:1-7

How old was Daniel when he was taken 1300 kms. (800 miles) from his home in Jerusalem to Babylon? In his late teens? He was among the first to be captured but his subsequent life was a remarkable example of living for God even in a hostile environment, far removed from home and loved ones. He became a fearless witness for God to at least four kings and empires over a time span of more than 70 years.

Somehow as a young boy at home he had learned about the law of God and the power of God. His adult life showed how deeply these lessons had taken root. That fact can be a strong encouragement to parents, Sunday school teachers and Christian workers who don't always see the final fruit of their ministries. The seed they sow will ultimately produce a harvest.

From our perspective we can see how God had a plan for Daniel's life. Nebuchadnezzar could easily have boasted that the gods of Babylon were greater than Israel's God because he had captured Jerusalem. He did not realize that it was that same God who had allowed this to happen. To remind the king that he held his position and power by the will of God, Daniel was placed in the centre of Nebuchadnezzar's court. There he gave continuous testimony to the truth that the God of Israel was the one true living God who alone controls the affairs of men (Da.4:17b).

That is the message of this remarkable book. It is relevant for us today. It is as easy for us as it was for Nebuchadnezzar to think that we have accomplished the work ourselves. We have not. God alone does the work. We often think we can plan for ourselves. We cannot. We can only leave our lives in His hands.

What is God looking for today? He is looking for lives through whom He can demonstrate His power, His love and His grace. Are you letting Him do this through you? Why not ask God to show through your life today that He is still the living God who alone can meet the needs of men and women everywhere?