



第 5 周 腓立比書靈修默想

2月1日(星期一) 經文: 腓四 1

1. 如何形容腓立比信徒對保羅的重要? 他們是保羅的喜樂、保羅的冠冕。他們同心合意傳福音, 全力支持保羅宣教, 帶給保羅喜樂和光榮(參帖前二 19)。

2. 世上有各樣的引誘、罪惡, 信徒如何站立得穩? 我常靠自己, 或禱告依靠主, 遠離罪惡、試探?

2月2日(星期二) 經文: 腓四 2,3

友阿爹和循都基都是腓立比教會重要的女同工, 但彼此不和。

1. (2 節) 保羅怎樣對待他們? 如何在主裡同心? 保羅沒有批評、責備或命令改過, 而是勸告他們。兩人都以基督的心為心, 就能在主裡同心。對同工、同事或家人的錯誤, 我以溫柔的態度勸告嗎?

2. (3 節) 保羅如何論到這兩位同工的那些優點? 對聽者有什麼影響? 保羅提到她們兩位曾為福音與他一同勞苦, 她們的名字都在生命冊上。既有這些優點, 聽者當然要盡力幫忙她們了。我常談到人的優點或缺點?

2月3日(星期三) 經文: 腓四 4-7

1. (5 節) 信徒當存什麼樣的心? 要謙讓到什麼程度? 為什麼? 謙讓的心應是聖徒的特徵, 並且讓大家都知道你的謙讓, 因為主就站在你旁邊(主已經近了)幫助你。我常與人相爭, 或求主給我謙讓的心?

2. (6 節) 聖徒應當有掛慮嗎? 如何處理掛慮? v7 禱告之後, 神賜下什麼? 聖徒應當一無掛慮。當天為遭遇的事感恩, 藉著禱告將掛慮的事和心中所要的告訴神。神就賜下平安, 保守我們的心思意念, 不焦慮, 不煩惱。

2月4日(星期四) 經文: 腓四 8-9

1. 應當常常注意、思想那八方面的人或事? 試著找出聖經中這八方面的人或事。“真實的”指合乎真理的事或人, “可敬的”是值得尊敬的人或事, “公義的”指義人或義行, “清潔的”指生活聖潔、道德清白的人或事, “可愛的”指令人喜悅、快樂的人或事。為自己禱告, 離棄負面思想, 思想美好的事。

2. (9 節) 保羅在那幾方面有好榜樣? 對信徒有什麼要求? 神給什麼應許? 保羅的教訓、言語和行為都有好榜樣, 我在那些事上還需要進步?

2月5日(星期五) 經文: 腓四 10-13

1. (10 節) 因為腓立比信徒的關懷, 保羅有什麼感受? 對別人的關懷, 我常存感恩, 並且喜樂嗎?

2. (11 節) 保羅學會了什麼功課? 他學會在那些情況下知足? 他得了什麼祕訣? 我常常求主給我感恩、知足的心嗎?



Week 5

WHAT DO YOU DO WHEN THE MUSIC STARTS?

Bible Reading: Daniel 3:1-7

Being a Christian does not mean an escape from trials or even severe testing. Every day Christians face problems and every day there can be temptations to deny Christ. Problems may be an unwanted part of life but they can also be one of the greatest means of strengthening our faith.

But do we always face every trial with confidence? The three men in our reading today are a remarkable illustration of how confidence in God can help us stand for Him. They had no idea what the end result of their stand for God might be, but their faith in God was unshakeable.

You know the story. King Nebuchadnezzar wanted to be worshipped by his people and also remembered by generations to come. About 20 kms. outside the city, he built an image 28 Metres high and about 3 Metres wide. It was completely covered in gold. Imagine how it would reflect the desert sun!

The day of its dedication arrived and every government official across the Babylonian Empire was commanded to be present. Then came the announcement, "When the band starts playing, when the music starts, everyone, absolutely everyone, must fall down and worship this image of the King."

To make certain everyone understood, the herald told them very plainly what would happen if they didn't obey (v.6). No doubt the smoke of the furnace nearby reinforced his remarks.

Can you imagine the scene? The music starts. Immediately thousands and thousands of men are shuffling, pushing each other trying to find room to kneel down. Everyone was doing it.

What would you have done when the band started to play? Would you have followed the crowd? Music has tremendous power. It can so easily work on emotions. It can motivate people to do what they might not otherwise do. Hard rock music for example can have a devastating effect morally and in other ways. But music can also have a deep spiritual motivation. It can stir us to decision and devotion. What kind of music do you listen to? What do you do when the band starts playing?