



## 第 11 周 馬可福音靈修默想

3 月 15 日（星期一） 經文：馬可福音六 30~36

1. V30 使徒傳道醫病趕鬼回來，就作什麼？傳道醫病趕鬼過程中，有順利也有挫折，“全告訴他”對他們有什麼益處？我作完主工，是否馬上到主面前禱告？我是否把每天的成敗得失，都帶到主面前禱告，從他得著安慰、肯定、激勵、矯正，把結果完全交給主嗎？
2. V31~32 忙碌的工作後，耶穌帶使徒暗暗到曠野歇一歇。我也適度安排休息，使自己不致陷入忙亂，經過休息，重新得力嗎？
3. V33~34 耶穌一下船，就發現許多人等著他。休息和繼續工作，耶穌選擇那一個？為什麼他願意放棄原先安排的休息？注意他對眾人的態度。

3 月 16 日（星期二） 經文：馬可福音六 37~44

1. 傍晚時，門徒提出什麼建議？耶穌怎樣回答？耶穌的要求，是否太難了？我覺得照聖經的話作，太難了？門徒想到什麼方法？耶穌用什麼方法？你曾用盡辦法，仍不能解決難題嗎？後來，怎樣解決的？（參林前十 13）
2. 耶穌使用他們所有的五餅二魚，行神蹟叫五千人吃飽。我願把自己所有的交在主耶穌手中，讓主使用，滿足別人的需要嗎？
3. 門徒把碎餅碎魚收拾，裝滿了十二籃。我珍惜或浪費神給我的恩典？

3 月 17 日（星期三） 經文：馬可福音六 45~56

1. 耶穌行神蹟叫五千人吃飽後，叫眾人散開後，自己去那裡？在那裡作什麼？工作有好成果後，我立刻到神面前禱告，把榮耀歸給神嗎？
2. V48 “看見” “就…就往他們那裡去”，主耶穌愛門徒就去幫助他們。困難中，我相信主愛我，一步步幫助我解決困難嗎？
3. V52 為什麼說門徒“心裡還是愚頑”？五餅二魚的神蹟、海面上行走，風止住了等超自然的事，都要他們相信耶穌是神的兒子。神蹟本身不是目的，耶穌行神蹟，要人認識他是神的兒子。

3 月 18 日（星期四） 經文：馬可福音七 1~13

第 1~5 節，猶太人在摩西五經（創~申）的律法之外，增加了許多“口授律法”，來確保摩西律法為人遵守，即所謂“古人的遺傳”。這些不是摩西律法，而是猶太人自己對律法的解釋。

V11 “各耳板”是希伯來話，指人向神起誓要奉獻的財物。猶太人若起誓將財物奉獻給神，此財物就要歸給聖殿，父母便沒有權利去要回。有人假借律法奉獻之名，逃避孝敬父母的責任。

1. 法利賽人強調遵守傳統飯前的洗手，卻不追求內心的聖潔。他們自以為遵守傳統就是聖潔，甚至用這傳統定門徒的罪，落入假冒為善。我的信仰是真誠遵行主的話，還是只有外表的儀式？
2. 孝敬父母是十誡之一，是神所看重的。我確實遵守，使父母高興快樂嗎？為已經作到的感恩，為還需要作的禱告。

3月19日(星期五) 經文: 馬可福音七 14~ 23

1. 門徒不明白, 就立刻來找耶穌, 問個明白。我聽道是否都聽明白了? 聽道或讀聖經不懂的地方, 儘量請教人或查資料, 使之清楚明白嗎?

2. 外面的食物不能污穢人的心靈, 而內心出來的惡念反能污穢人。我周圍有那些罪惡試探, 容易污穢我的心靈? 省察內心是否有 V21~22 所列的罪惡污穢。禱告, 使自己能遠離一切罪惡污穢。

Week 11

**WEIGHT WATCHING**

**Bible Reading: Daniel 5:17-30**



The old Jewish man, aged possibly 80 or more, was standing in the middle of the Great Hall. He was looking alternately at the hand-written words high up on the wall and then at the drunken dissolute king.

There was no fear on the old man's face, only a remarkable poise and dignity. The faces around him, however, showed fear, terror and shock, almost mass hysteria. Was there a pronounced hush as the old man, Daniel, began to speak?

Keep your gifts. I don't want them, he said to the king. Summing up his message, Daniel was saying, "I had great respect for Nebuchadnezzar. I have none for you. You learn nothing from his experiences. Now God is dealing with you!"

No one had ever heard anyone speak to the king like that before. But Daniel had lived in the presence of God. When a man does that, like John the Baptist, he is not afraid of any king!

What was the condemnation? Look at verse 22: "You knew all this." God will always judge us on what we know. That will be one of the standards of judgment for all men. Then Daniel translated the words on the wall. "You have been weighed on the scales (of God) and found wanting. Your kingdom is divided and given to the Medes and Persians."

The tragic fulfillment is there in verse 30. Everything Daniel said came true that night. God had the last word.

How does a person stand when God weighs him?



Only the person of Christ can balance the scale of God. He does it for those who put their trust in Him. Everyone falls short in their own righteousness before God. But when we accept Christ as our Saviour, He takes our part and covers us with His righteousness. In that way and in that way alone, we can measure up to God's standards. Where does that leave you?

Are you watching your weight - spiritually?

Do you know what you weigh in God's sight?