



## 第 24 周 靈修默想

每日靈思：請信徒齊來歡然取水，  
請先翻開聖經，恭讀相關詩篇，禱告，默想經文，然後再回答問題。

6月14日（星期一） 經文：經文：詩篇 11:1-7

1、第 1-2 節，惡人怎樣陷害大衛？人對他說什麼？第 3 節的禱告中，他有什麼體會？我讀經、禱告，信心根基穩固嗎？

2、遭陷害的日子，第 4 節，耶和華在哪裡？作什麼？第 5-6 節怎樣對待義人和惡人？第 7 節為什麼？我接受，神允許惡人陷害我，是熬煉我嗎？（參啟二 10）

6月15日（星期二） 經文：詩篇 12: 1-8

1、第 1 節，大衛有什麼感慨？他求什麼？第 2, 4 節有什麼惡行？第 3 節，耶和華要怎樣行？這也是我的感慨嗎？我相信神必除掉謊話和詭詐嗎？

2、第 5 節，耶和華說，要作什麼？第 6 節怎樣描述耶和華的言語？第 7 節，大衛怎樣回應神的話？我相信神的話，愛慕神的話嗎？

6月16日（星期三） 經文：詩篇 13: 1-6

1、第 1-2 節，大衛有什麼困苦？第 3-4 節，他祈求什麼？我將自己的困苦告訴神嗎？

2、第 5 節困苦中，大衛依靠誰？他的心如何？第 6 節有什麼信心的宣告？困苦時，我堅持禱告，直到有信心，有平安，有喜樂嗎？

6月17日（星期四） 經文：詩篇 14: 1-7

1、第 1 節，愚頑人心裡說什麼？對他們的行為有什麼影響？第 4, 6 節有什麼惡行？我敬畏神嗎？（參箴九 10）

2、第 2-3 節，耶和華垂看世人，要看什麼？世人如何？我追求至善嗎？（參彼前二 20）

6月18日（星期五） 經文：詩篇 15: 1-5

1、第 1 節，大衛提出什麼問題？他內心有什麼渴望？我渴望親近神，事奉神嗎？

2、第 2-5 節，有哪些品格，使人能夠長久親近神？我祈求有這些好品格嗎？

6月19日（星期六） 經文：經文：詩篇 16: 1-11

1、第 2 節，大衛的心曾向耶和華說什麼？第 3 節怎樣論到聖民？以別神代替耶和華的，有什麼結果？我心裡也認為如此嗎？

2、第 8 節，大衛將誰常擺在面前？為什麼？第 9 節有什麼結果？第 11 節對神有什麼認識？我將神常擺在我面前嗎？

## Week 24

### OUR BREAD - DAY BY DAY

Bible Reading: Matthew 6:25-34

....A  
Place for  
Bible Study



Do you always pray before you eat? What do you say? Why? Are you gratefully thanking God for His gracious supply? Do you ever complain about the meal after you have thanked God for it?

It may seem surprising that Christ put this request ahead of asking for the forgiveness of our sins. But He did, and when we say these words we are acknowledging that we are dependent on our Heavenly Father to give us, as one version says, 'the bread we shall need'.

Are we really supposed to pray like that when we have a good job and a secure income? Yes, we are, because everything we have comes from our Father. If He took His hand off us, or if He took it off the world, we would have nothing!

Another rendering of this phrase is: "Give us today the bread suited to our needs". How many different kinds of bread are there today? White bread, brown bread, whole meal bread, multi-grain bread... the list goes on and on. What kind do we need? The Scripture mentions several kinds of bread. The Bread of Life, which obviously we all need, is Christ Himself. The Word of God is spoken of as food. That, like the manna in the wilderness, needs to be taken daily.

The bread of tears (Ps 80:5) and the bread of adversity (Isa 30:20) are two more kinds of bread mentioned in the Bible. We are not sure that we want either of these. However God knows what kind of bread I need and He sometimes gives one of these kinds of bread to us. When we have learned to accept and even digest it, the bread He gave is able to do what He planned.

Notice it is "Our daily bread". Yesterday's bread is not sufficient for today, nor tomorrow. Are you living on yesterday's experience? What fresh bread has God given you today? Thank Him for it. It is the daily bread you asked Him to give you.



GIVE US TODAY THE BREAD  
SUITED TO OUR NEEDS.

### The Voice Of God

When we hear  
the voice of God  
Speaking to our hearts  
Do we obey and follow Him?  
Or are we slow to start?

For when the Lord  
speaks to us  
We need to heed the call  
And do the things  
He wants us to  
Giving to Him our all

I know at times it can be hard  
To know the Father's will  
We need to listen to His voice  
For He speaks when all is still

Many times we fret so much  
And rush so much about  
We then find  
all our busy-ness  
May cloud our Saviour out

So this is why  
we take some time  
To be still before the Lord  
So He can speak into our lives  
And show us so much more

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—F. W. Faber