



## 第44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。

### 11月15日（星期一）經文：詩篇83：12-18 團體哀歌 背景：歷代志下二十章

1. 第12~15節，仇敵怎樣狂妄？詩人求神怎樣施行審判？我求神施行公義審判嗎？
2. 第16~18節，詩人求神怎樣待狂妄的仇敵？他的目的是什麼？我願惡人羞愧，回轉歸神嗎？

### 11月16日（星期二）經文：詩篇84：1-4

1. 詩人在第1、2節怎樣表達對聖殿的喜愛？在我的生命中，我喜愛親近神，事奉神嗎？
2. 第3節，麻雀、燕子在哪裡得眷顧？它們得著怎樣的眷顧？我相信神必顧念我的需要嗎？

### 11月17日（星期三）經文：詩篇84：5-8

1. 第1~3節怎樣描寫神？我們應當如何？第4-5節告訴為什麼？我因神的大能，稱頌祂嗎？
2. 第5~7節，神有什麼大能的作為和恩惠？我為神賜救恩、應允禱告，感謝神嗎？

### 11月18日（星期四）經文：詩篇84：9-12

1. 第10節如何說明聖殿是超越其他地方？在我的生命中，到底是什麼使我甘心樂意事奉神？是神豐富的慈愛恩惠嗎？
2. 第11節，神怎樣對待行動正直的人？我相信神的應許嗎？我行動正直嗎？

### 11月19日（星期五）經文：詩篇85：1-7 民族哀歌 背景：以斯拉1~6章

1. 耶和華怎樣向雅各施恩？第2、3節怎樣施恩？我因神的赦罪，向神感恩嗎？
2. 詩人在第4節怎樣稱呼神？他祈求什麼？第5~7節，詩人怎樣懇切求神速速拯救？我為自己或親友禱告，能夠回轉歸向神嗎？



### 11月20日（星期六）經文：詩篇85：8-13

民族哀歌 背景：以斯拉1~6章

1. 第8節提醒誰要聽誰的話？為什麼？第9節，神的救恩與什麼樣的人相近？有什麼目的？我樂意聽神的話，敬畏祂嗎？
2. 第10節，慈愛和誠實有什麼關係？公義和平安呢？我常行慈愛、公義嗎？

## Week 44 THE WAY OF ESCAPE

1 Corinthians 10:13

*No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it*

First Corinthians 10:13 is the shining good news in the midst of our fears and concerns about temptation. Where is the escape hatch that Paul is talking about here? In the same place temptation is introduced: in your mind. Every temptation is first a thought introduced to your mind by your own carnality or by the tempter himself. If you ruminate on that thought and consider it an option, you will eventually act on it, and that's sin. The first step for escaping temptation is to apprehend every thought as soon as it steps through the doorway of your mind.

Once you have halted a penetrating thought, the next step is to evaluate it on the basis of Paul's eightfold criterion for what we should think about in Philippians 4:8. Ask yourself, "Does this thought line up with God's truth? Is it suggesting that I do something honorable? Right? Pure? If this thought becomes action, will the outcome be lovely and contribute to excellence in my life? Will other believers approve of my actions? Is it something for which I can praise God?" If the answer to any of those questions is no, dismiss that thought immediately. Don't have anything more to do with it. If it keeps coming back, keep saying no. When you learn to respond to tempting thoughts by stopping them at the door of your mind, evaluating them on the basis of God's Word, and dismissing those which fail the test, you have found the way of escape that God's Word promises.



In contrast, if a thought enters your mind and it passes the Philippians 4:8 test of truth, honor, righteousness, etc., "let your mind dwell on these things" (verse 8) and "practice these things" (verse 9). "And the God of peace shall be with you" (verse 9), which is an infinitely better result than the pain and turmoil which follows when we yield to tempting thoughts and become involved in sinful behavior.



**Prayer:** Thank You, Lord, for providing a way of escape from all my temptations. I am determined to win the battle for my mind. When D.L. Moody found his life in Christ, he looked for some opportunities to teach at a church, but no one wanted to use the uneducated man. He started his own Bible study in a shoe store, and it wasn't long before kids were coming out of the woodwork. People couldn't help but notice him because he was bearing fruit, and few have left such an imprint as his upon the world.

Visit Neil Anderson's Daily In Christ at:  
<http://www.crosswalk.com/devotionals/dailychrist/544904/>



### We Rest on Thee

"We rest on thee" -  
our shield and our defender!  
We go not forth alone  
against the foe;  
Strong in Thy strength,  
safe in Thy keeping tender,  
"We rest on thee,  
and in thy name we go."

Yea, "in thy name,"  
O Captain of salvation!  
In Thy dear name,  
all other names above:  
Jesus our righteousness,  
our sure foundation,  
Our Prince of glory and  
our King of love.

"We go" in faith, our own  
great weakness feeling,  
And needing more each day  
Thy grace to know:  
Yet from our hearts  
a song of triumph pealing,  
"We rest on thee,  
and in thy name we go."

"We rest on thee" -  
our shield and our defender!  
Thine is the battle,  
thine shall be the praise  
When passing through the  
gates of pearly splendor,  
Victors - we rest with Thee,  
through endless days.

by Edith Cherry, ca. 1895

