

Graham Tour Rally
葛培理布道会

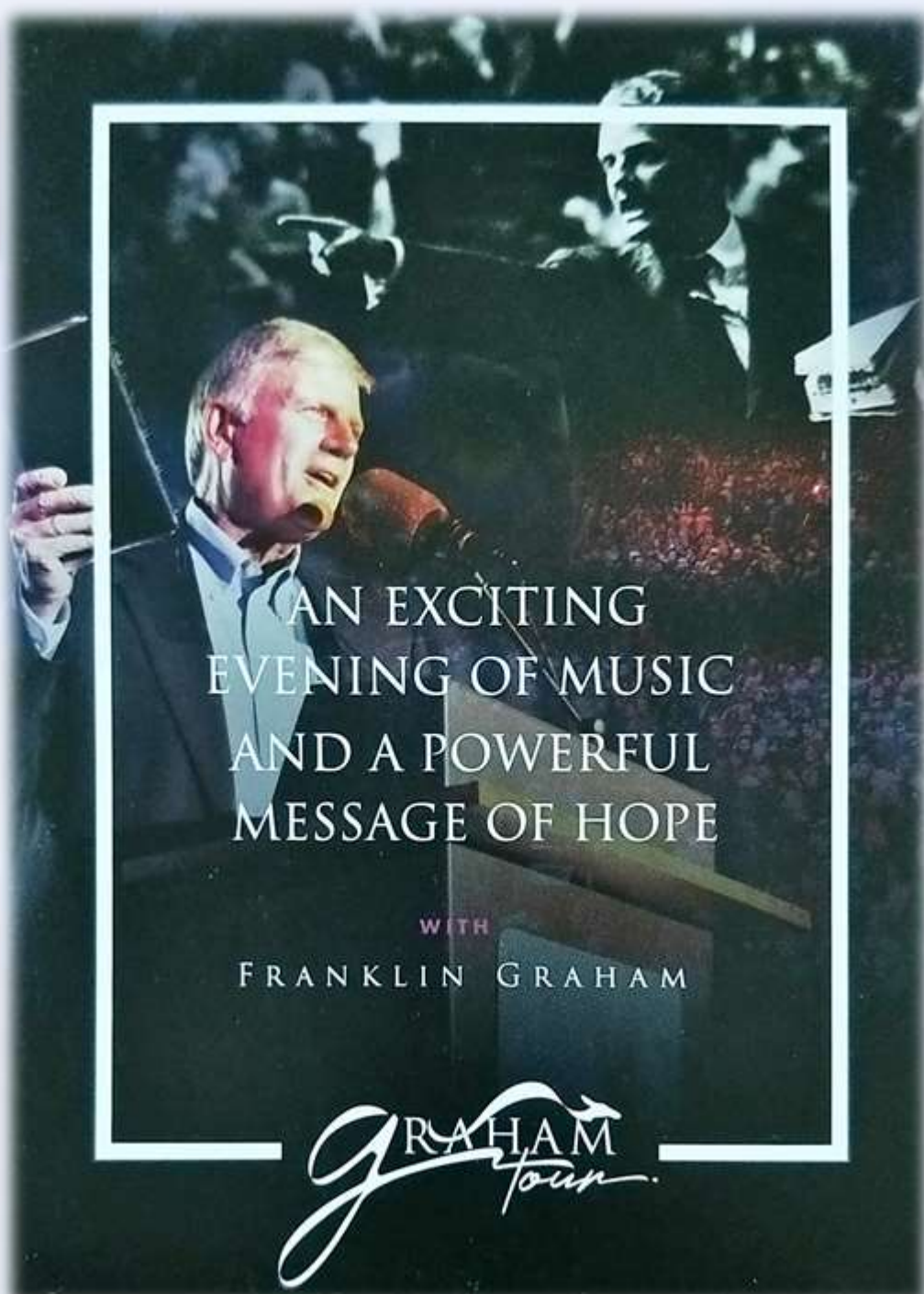
PRAY 祷告
SHARE 分享
BRING 带领
FOLLOW UP 跟进

13-02-2019

7:30 PM

Darwin Convention Centre

达尔文会议中心



投资于个人亲近神的操练

**INVESTING PERSONAL TIME
WITH GOD**

路加福音 5:15-16
Gospel of Luke 5:15-16



引言 Intro:

什么是灵修？

What is Devotion?

灵修是一天中拨出的时间，
特别用来个人与神交往。

Devotion is the time allocated in a day,
for the purpose of having personal fellowship
with God.



基督信仰是一种爱的关系。除非你认识上帝，否则你就不能爱祂。

Christianity is a *love relationship*. Unless you know him, you can't love God.

除非你个人投资时间与他在相聚，否则你无法认识他。

And, you cannot know Him unless you personally invest time getting to know Him.



多数基督徒坚信每天读经、祷告的重要。

Most Christians firmly believe in the importance of spending daily regular time in God's Word and in prayer.

然而，我们许多人都很挣扎做到恒常每天灵修的操练。

Yet, many of us are struggling to consistently maintain our daily devotion.



也许这是因为我们以为这亲近上帝的时间必须是一个轰轰烈烈的神秘经验。

Perhaps that's because we think this time with God has to be a *fire-and-thunder, mystical experience*.

其实，你可以每天腾出30分钟时间来开始建立灵修生活的操练。

In fact, you can set aside 30 minutes every day to start doing your devotion.



随着你与主的交往关系的进展，你随时可以增长时间。

You can always increase the amount of time as you progress in your fellowship with the Lord.

灵修其实不是花**掉**时间，而是一项的**投资**。投资带来**更高价值的回报**。

In fact, devotion is not a time **spent**, but an **investment**. An investment gives a **much valuable return** than what has been put in.

今早，让我们学习一些有关个人灵修的功课，并使它成为我们日常生活中不可或缺的一部分。

This morning, let's learn something about personal time with the Lord and make it an integral part our daily life.



A. 耶稣是我们的榜样 Jesus is our example:

路 5:15 但耶稣的名声越发传扬出去。有极多的人聚集来听道，也指望医治他们的病。 16 耶稣却退到旷野去祷告。

Luke 5:15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their illnesses. 16 But Jesus often withdrew to lonely places and prayed.

耶穌有多忙？

How busy was Jesus?

可 6:31 他就说：「你们来，同我暗暗的到旷野地方去歇一歇。」这是因为来往的人多，他们连吃饭也没有工夫。

Mark 6:31 Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'

但是.... But yet....

路 5:16 耶稣却退到旷野去祷告。

Luke 5:16 But Jesus often withdrew to lonely places and prayed.

耶稣不是只一次放下人们的需要来亲近父神，他是常常这样做。

Jesus did not let go of people's needs to draw near to the Father only once, he **often** did so.



福音书让我们看见耶稣处处以**他与父神的独处关系为优先**。

The Gospel books let us see that **Jesus prioritized his solitude with the Father** in every turn.

耶稣在以下情况中都抽身与父神亲近：

Jesus took leave to be close to the Father in the following circumstances:

- 在他开始他的事工之先。
Before he began his ministry.



- 在他做出重要决定之前。

Before he made important decisions.

- 当他处理令人不安的情绪，譬如悲伤时。

When he dealt with troubling emotions like grief.

- 在他面对他事工的高压要求和需要顾养自己的心灵时。

When he dealt with the constant demands of his ministry and cared for his soul.



- 当他选取门徒和教导他们时。

When he chose his disciples and taught them.

- 当他预备要做重要的事工时。

When he prepared for important ministry events.

- 当他准备走上十字架受死的时候。

When he prepared for his death on the cross.



约 5:19 耶稣对他们说：「我实实在在的告诉你们，子凭著自己不能做什麼，惟有看见父所做的，子才能做；父所做的事，子也照样做。20 父爱子，将自己所作的一切事指给他看，还要将比这更大的事指给他看，*叫你们希奇。*

John 5:19 Jesus gave them this answer: 'Very truly I tell you, **the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does.** 20 **For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, *so that you will be amazed.***

耶稣和父的关系是叫人“**稀奇的**”亲密！

Jesus' relationship with the Father is “**amazingly**”
intimate!

约 15:9 我爱你们，正如父爱我一样；你们要常在我的爱里。

John 15:9 'As the Father has loved me, so have I loved you. *Now remain in my love.*

耶稣渴望与我们建立一个**稀奇的亲密**的关系。

Jesus desires an **amazingly intimate** relationship
with us.

B. 一些个人灵修的指引

Some guidelines for devotional time

- **委身 Commitment :**

好像婚姻伴侣关系，不离不弃。

Like in a marriage relationship, never give up.

- **带着期待和顺从的精神 come with a spirit of expectancy and obedience :**

期待他开启我们的心窍，愿意倾听和服从。

Expect Him to illumine our understanding, willing to hear and obey.

- **有系统的阅读圣经 Systematic Reading :**

可短可长，量力而为，循序渐进。

Be flexible with the amount of reading, go with your strength, walk before you run.

- **仔细的，带着祈祷的心来读
read thoughtfully and prayerfully :**

专注于神要说什么，不是自己能读和明白多少。

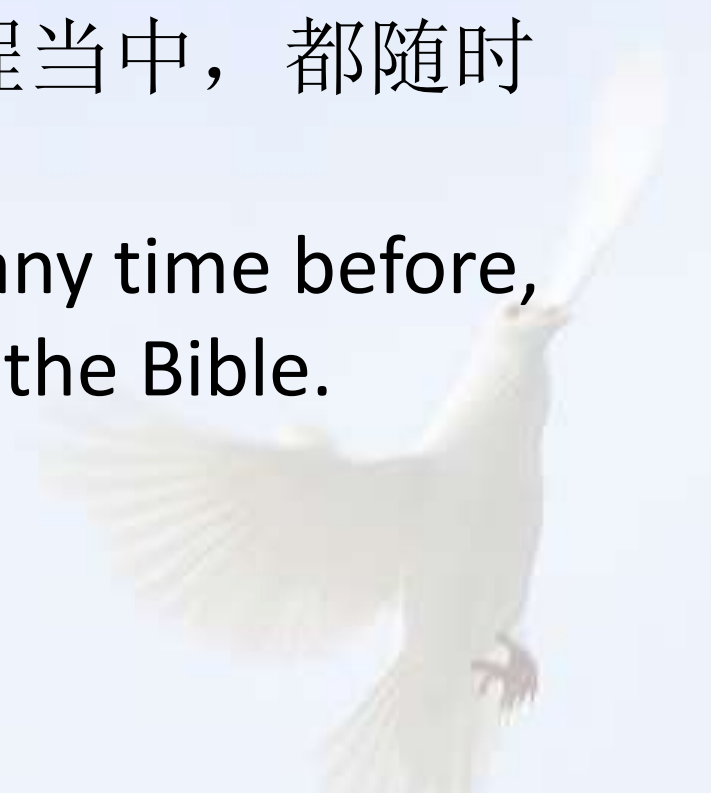
Focus on what God wants to say, not how much you can read and understand.



- **使祷告成为你亲近上帝的重要一部分**
make prayer a central part of your time
with God:

读经前、后、整个过程当中，都随时
可以祷告回应上帝。

You can pray to God at any time before,
during, and throughout the Bible.



- **应用，在生活中持续回应上帝 Practice responding to God the rest of your day :**

不以行动操练上帝对你说的话，一切都化为乌有。

Falling short of practicing what God has said to you, everything comes to naught.



* 供参考 for reference:

还为着每次应该阅读多少经文很困扰吗？

Still bothered by how much scripture
to read each time?

阅读直到获得三个突出的点子！

Read until three things stand out!

*** 最重要的是不要为别人读经、灵修。

*** The most important thing is not to read
scripture and do your devotion for others.

C. 灵修步骤 (参考) Devotion steps (for reference)

7 步 7 Steps:

1. 安排最好的时间和地点(可1:35)

Set aside the best time and place (Mark 1:35)

2. 在阅读之前祈求上帝的帮助 (诗119:18)

Pray for God's help before reading (Ps 119:18)

“求你开我的眼睛，使我看出你律法中的奇妙。”

“Open my eyes that I may see
wonderful things in your law.”

3. 阅读今天的经文一次，以一句话来概括所读的。

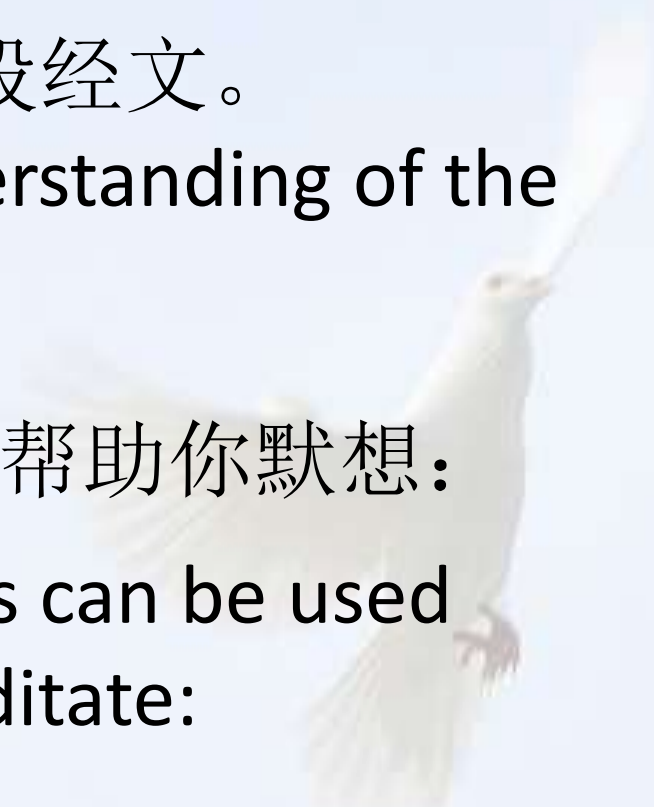
Read today's passage once, summarize it in one sentence.

4. 更深入的默想和体会这段经文。

Meditate for deeper understanding of the passage.

可以使用以下的问题来帮助你默想：

The following questions can be used to help you meditate:

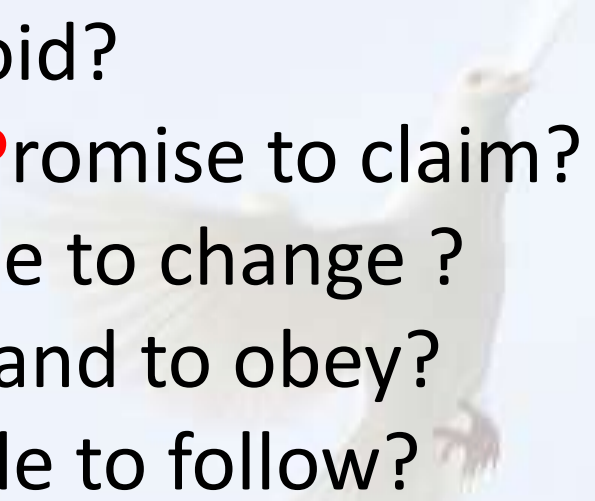


“它告诉我什么有关上帝本身的真理？”

“What truth does it tell me about God Himself?”

“上帝在教导我什么？”

"What is God teaching me?"

- 要避免的罪？ Sin to avoid?
 - 要支取/接受的应许？ Promise to claim?
 - 要改变的态度？ Attitude to change ?
 - 要遵行的命令？ Command to obey?
 - 要跟从的榜样？ Example to follow?
- 

5. 写下你想如何把学习的应用到你的生活中。
Write down how you want to apply what
you have learned to your life..

6. 藉着祷告回应他的话语。

Respond to His Word through prayer.

- 崇拜：用你学到的新体会颂赞他。

Adoration: Praise him with new
thoughts you learned



- 忏悔：承认他向你显明的罪，表达你肯悔改的诚意。

Confession: Admit the sin that he revealed to you, express your sincerity to repent.

- 感恩：感谢他的教训和祝福。

Thanksgiving: Thank Him for His lessons, and blessings.

- 恳求：为自己和他人祷告。

Supplication: Pray for yourself and for others.



7. 与他人分享你获得的有意义的学习和应用，彼此激励、提醒和纠正。

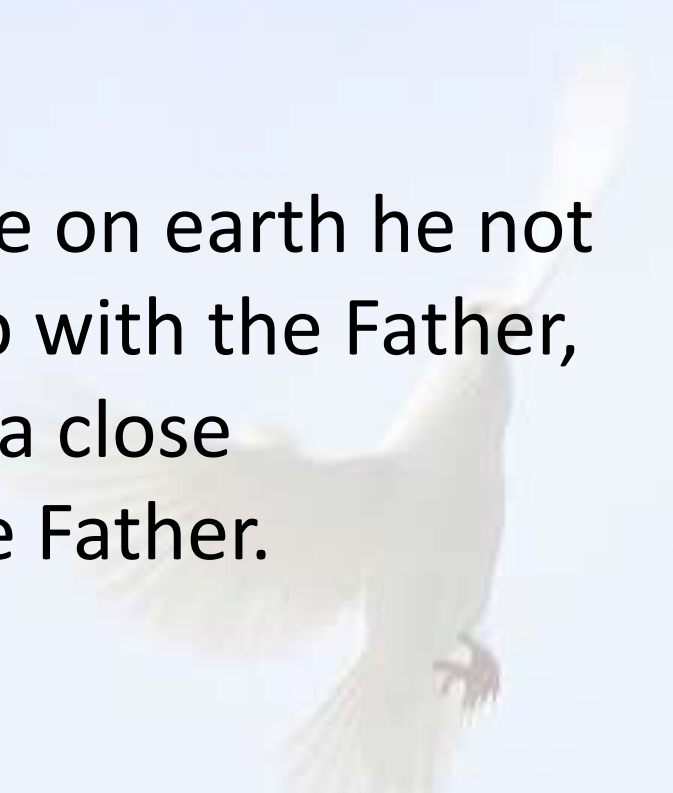
Share with others the meaningful learning and applications you get, inspiring, reminding, and correcting one another.



结语 Conclusion:

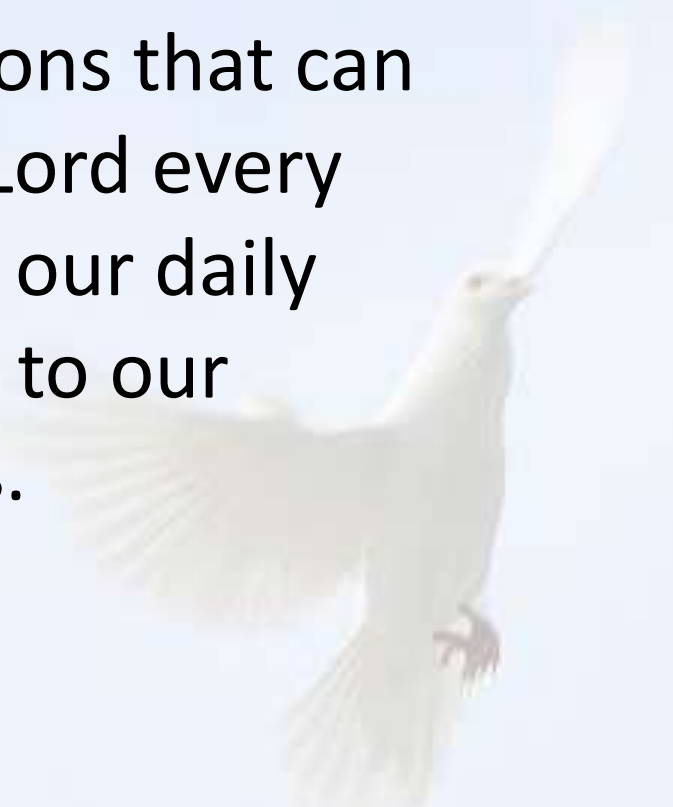
我们看见耶稣在地上忙碌的一生不单与父保持亲密的关系，他要我们与他和父上帝也有密切的关系。

We saw that in Jesus' busy life on earth he not only keep a close relationship with the Father, but he also wants us to have a close relationship with him and the Father.



我们知道了一些可以帮助我们每天亲近主的建议，让我们可以按个人的情况来开始每天灵修的生活。

We know some suggestions that can help us get close to the Lord every day, so that we can start our daily devotion time according to our individual circumstances.



配合建立个人灵修生活的目标，**下两个主日**和**二月份的第二、三和第四个主日**我会带领一个小时的**灵修分享会**，时间是**11:50am**开始。

In line with the goal of establishing a personal devotion life, I will lead an hour of **sharing session** on this **on the next two Sundays**, and **2nd, 3rd, and 4th Sundays of February**. It begins **11:50am**.

你可以分享，也可以听别人分享。

You can share, or listen to others.



就让2019年成为我们
开始与主携手同行
的一年吧！

Let 2019 be a year that
we begin to walk with the Lord
hand in hand!

