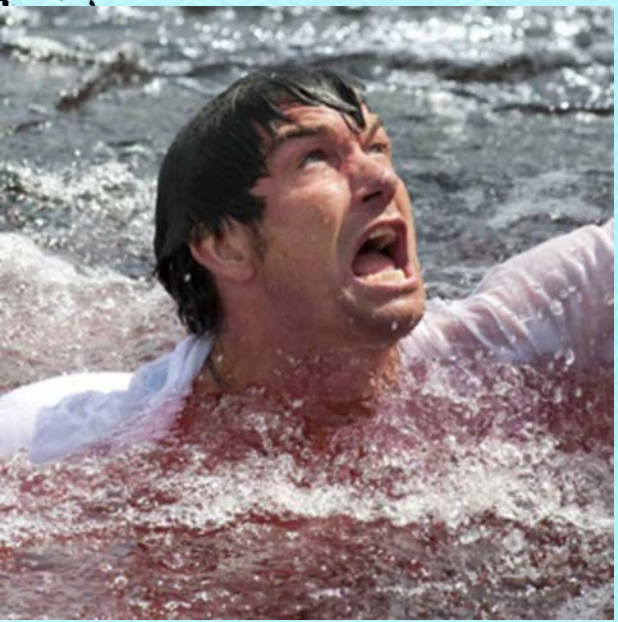

修灵养性
Cultivate Your Quiet Time
许锦红牧师
3月5日和8日



你对神有多强烈的渴慕追求?
如溺水的人拼命挣扎呼吸吗?

How desperate are you for God?
Like a drowning man gasping for air?

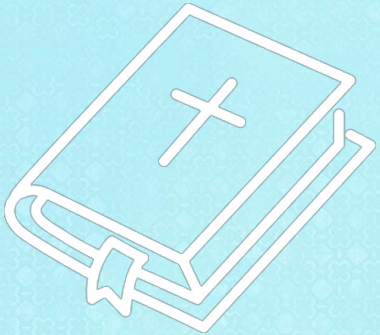
一个年轻人求智慧的故事
凭信心向上帝恳切祈求

Ask God earnestly in Faith

引言 Introduction

(一) 什么是灵修? What is Quiet Time?
(二) 为什么灵修? Why do Quiet Time?
(三) 怎样做灵修? How to Do Quiet Time?





(一) 什么是灵修? What is Quiet Time?



灵修的意义

- 信徒与天父的个人约会时间
  A believer's personal time with the Heavenly Father
- 暂时卸下所有的工作, 安静读经祷告
  Take time off to read the bible and pray

(一) 什么是灵修? What is Quiet Time?



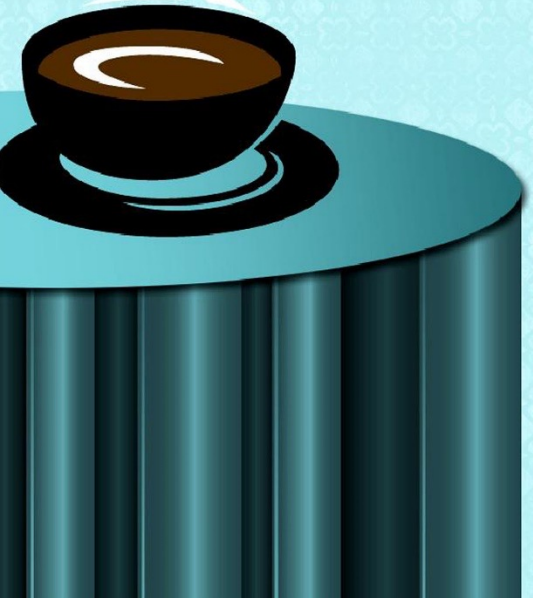
“灵修是基督徒的属灵生存底线”

Quiet time is the bottom line of a believer’s spiritual survival

- 祝健牧师, 阿布奎基华人基督教会

(一) 什么是灵修? What is Quiet Time?

- 灵命长进的根基 The foundation of spiritual growth
- 在极具挑战的城市生活中，可以站稳信心的脚步
  Remain spiritually strong in the midst of stressful city life



(一) 什么是灵修? What is Quiet Time?



每日灵修常见的障碍: Common challenges in daily QT

1. 没有灵修的时间和地方 No quiet time and place
2. 不会灵修 Don’t know how to do QT
3. 找不到灵修的伙伴 No QT partner
4. 难以坚持灵修的习惯
   Lack consistency in doing QT

(一) 什么是灵修? What is Quiet Time?



灵修的好榜样 Some Good QT Models

1. 主耶稣 The Lord Jesus

- 经常与门徒退到旷野去休息和祷告
  Retreated to the wilderness to rest and pray
- 定时与天父的联系
  Appointment with the Heavenly Father

(一) 什么是灵修? What is Quiet Time?



灵修的好榜样 Some Good QT Models

1. 主耶稣 The Lord Jesus

- **不陷入极具匆忙, 以至心神耗尽, 失去爱神、爱人的心**
  Did not fall prey to the tyranny of time which may result in burn-out or the loss of passion for God and people

(一) 什么是灵修? What is Quiet Time?



灵修的好榜样 Some Good QT Models

2. 圣经人物 - 保罗, 彼得, 巴拿巴等, 常常与主交通, 领受圣灵的启示和差派

   Paul, Peter, Barnabas maintained constant contact with the Lord, received divine revelation, even assignment from the Holy Spirit

(一) 什么是灵修? What is Quiet Time?



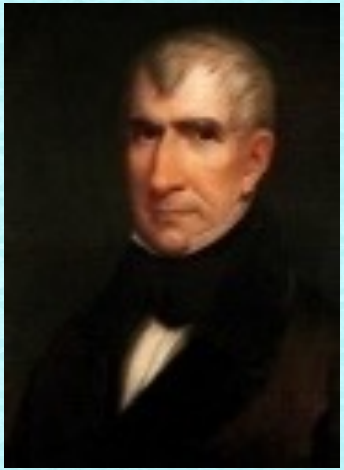
灵修的好榜样 Some Good QT Models

- 旧约人物但以理一天三次向神祷告
  Daniel prayed to God 3 times a day
- 大卫每天7次赞美神
  David worshipped God 7 times a day

(一) 什么是灵修? What is Quiet Time?

灵修的好榜样 Some Good QT Models

3. **美国将军威廉姆•哈里森**
   William Henry Harrison,
   American military officer, politician



- **信主之后一直保持灵修的习惯**
  Practised the spiritual discipline of doing QT throughout his life

(一) 什么是灵修? What is Quiet Time?



在基督里, 我们享受灵修的特权, 随时随地读经, 祷告, 赞美神, 与神相通

In Christ, we have the privilege of reading the Bible, praying, praising and communicating with God anytime, anywhere

(一) 什么是灵修? What is Quiet Time?

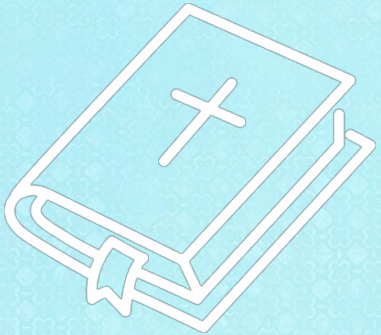


小结: 信徒透过每天的灵修与神亲近, 更新和整理生命, 放下生活的种种冲击, 享受神的同在; 在任何情况底下亦能体现在基督里丰盛的生命

QT enable believers to draw close to God, organize their lives, let go of negative experiences, enjoy God‘s presence and abundant life in Christ

(一) 什么是灵修? What is Quiet Time?

(二) 为什么灵修? Why do Quiet Time?





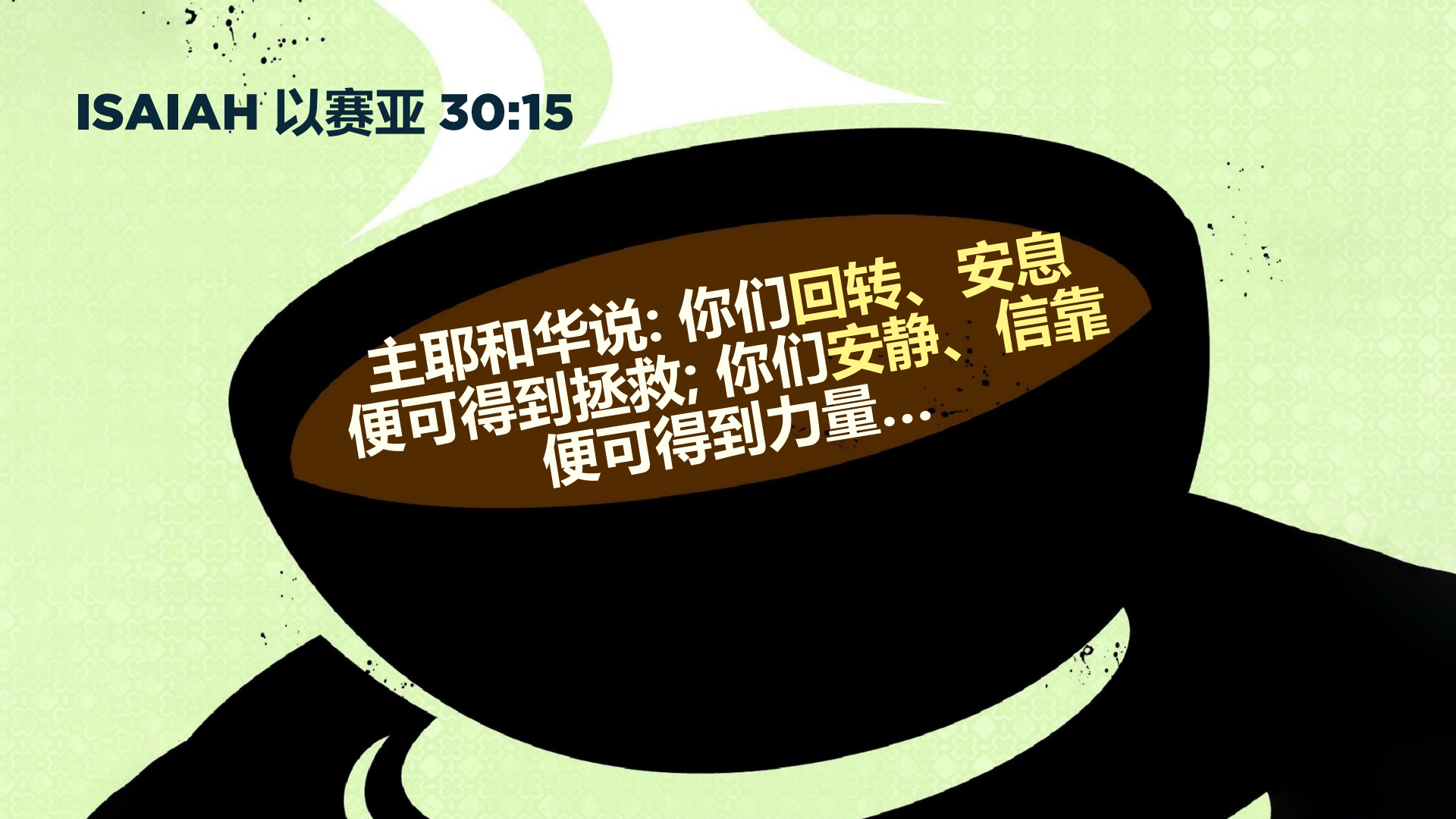


(二) 为什么灵修? Why do Quiet Time?

灵修的益处

1. 基督徒的生命应该是行动有时，安静有时
   The Christian life should be a balanced one

ISAIAH 以赛亚 30:15



(二) 为什么灵修? Why do Quiet Time?

- 以平静安稳的心等候神, 被神摸着
  Wait upon God with a quiet heart



(二) 为什么灵修? Why do Quiet Time?



- 愈是经历过神，愈是清楚祂的属性，愈是愿意花时间与祂相聚，让祂的灵充满，让祂的话语指引我们的前路

  The more we experience God, the more we are aware of His character and the more willing we are to spend time with Him, for His Spirit to fill us and His Word guide us

(二) 为什么灵修? Why do Quiet Time?

- 与天父分享彼此之间的爱
- 也让我们在困境中经历神的拯救和力量



(二) 为什么灵修? Why do Quiet Time?



2. 活在这弯曲悖逆的世代, 常面对三个强敌: 撒但、世界及自己

Living in this crooked and rebellious world, we often face three great enemies: Satan, the world, and ourselves

(二) 为什么灵修? Why do Quiet Time?



- **从灵修中吸取圣灵的能力才能胜过黑暗权势, 罪恶的试探, 魔鬼的攻击, 肉体的败坏, 逆境的压力**

  The power of the Holy Spirit is needed to overcome the powers of darkness, the temptations of sin, spiritual attacks, carnal nature of the flesh and life adversities

(二) 为什么灵修? Why do Quiet Time?



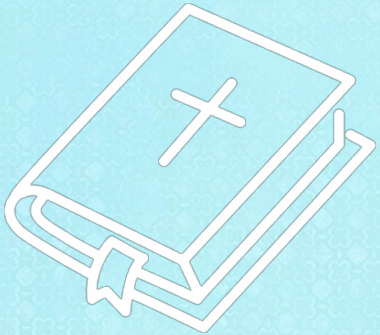
- **为主作见证, 传福音, 领人归主**
  Witness to the Lord, preach the gospel, and lead others to Christ

(一) 什么是灵修? What is Quiet Time?

(二) 为什么灵修? Why do Quiet Time?

(三) 怎样做灵修? How to Do Quiet Time?





上帝的话语

- 耶利米书 31:3
  “我以永远不变的爱爱你…”
- 腓立比书 4:13
  我靠着那加给我力量的，凡事都能做
- 出埃及记 15:26
  因为我耶和华是医治你们的上帝
- 诗篇 23:4
  我虽然行过死荫的幽谷，
  也不怕遭害，因为你与我同在…

上帝的话语

- 以赛亚书 49:6
  我还要使你作万邦之光，使你施行
  我的救恩，直到地极
- 以赛亚书 42:7
  开盲人的眼，领囚犯出监狱，领坐在黑暗中的
  出地牢
- 以赛亚书 50:4
  主耶和华赐我受教者的舌头，
  使我知道怎样用言语扶助疲乏的人

上帝的话语

- 以赛亚书 52:7
  在山上报佳音，传平安，报好信息，
  传扬救恩，那人的脚踪何等佳美啊！
- 耶利米书 1:9
  然后，耶和华伸手摸我的口，对我说：
  “看啊，我已把我的话放在你口中

(三) 怎样做灵修? How to Do Quiet Time?

1. 灵修的建议 Some Helpful Tips

a. 要恒切 Consistency

- 立定心志每天与神亲近
  Make it a resolution to make time for God daily
- 培养灵修的习惯
  Develop a QT habit
- 调整生活的优先秩序
  Adjust your priorities



(三) 怎样做灵修? How to Do Quiet Time?

1. 灵修的建议 Some Helpful Tips

a. 要恒切 Consistency

如果你忙到没有时间灵修, 你真的是太忙了!
If you are too busy to have quiet time,
you are too busy!



(三) 怎样做灵修? How to Do Quiet Time?

1. 灵修的建议 Some Helpful Tips

b. 定下时间和地点 Set a time and place



- 什么时间和地点最适合灵修?
  - 没有絶对的答案, 只要不容易被骚扰

  When and where are most suited for QT?



@卫理公会创始人
约翰•卫斯理的母亲
Suzanna Wesley

(三) 怎样做灵修? How to Do Quiet Time?

1. 灵修的建议 Some Helpful Tips

C. 独自灵修 Personal QT



- 与他人一起灵修适用于帮助初信者成长的初期
  Doing QT with others is useful in the early stages of helping a new believer grow in faith
- 每个信徒必须学习独自与神交通
  Every believer must learn to spend personal time with God alone

(三) 怎样做灵修? How to Do Quiet Time?



2. 灵修的内容 The content

a. 赞美和祷告 Worship and prayer

- 以一两首赞美诗作为开始, 把注意力传向神
  Start with worship to turn your attention to God



(三) 怎样做灵修? How to Do Quiet Time?

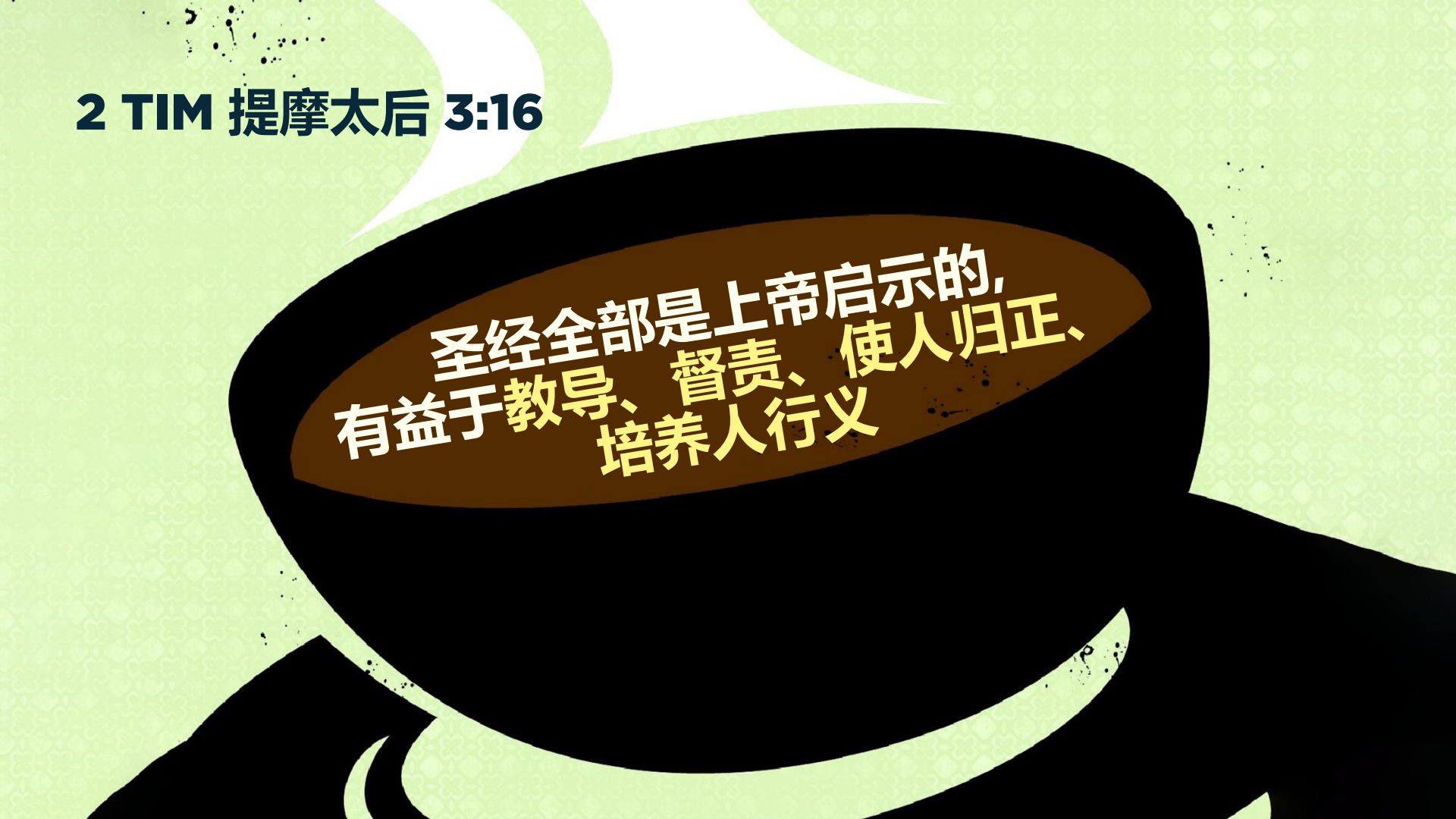
2. 灵修的内容 The content of the QT

b. 读经与默想 Reading and meditation



- **读经: 专心阅读经文**
  Bible Reading: Focus on God's word
- **选择适合的读经计划**
  Choose a suitable Bible Reading Plan
- **默想经文的内容和用意**
  Meditate on the content and intent of God's Word

2 TIM 提摩太后 3:16



(三) 怎样做灵修? How to Do Quiet Time?

2. 灵修的内容 The content of the QT

b. 读经与默想 Reading and meditating

- 「教导」- 经文教导了你什么? 给了你什么指引?
  Teaching - What does the text teach you?
  What guidance did it give you?
- 尼希米充满信心和力量的祷告
  (Nehemiah 尼希米 1:5-11)



(三) 怎样做灵修? How to Do Quiet Time?

2. 灵修的内容 The content of the QT

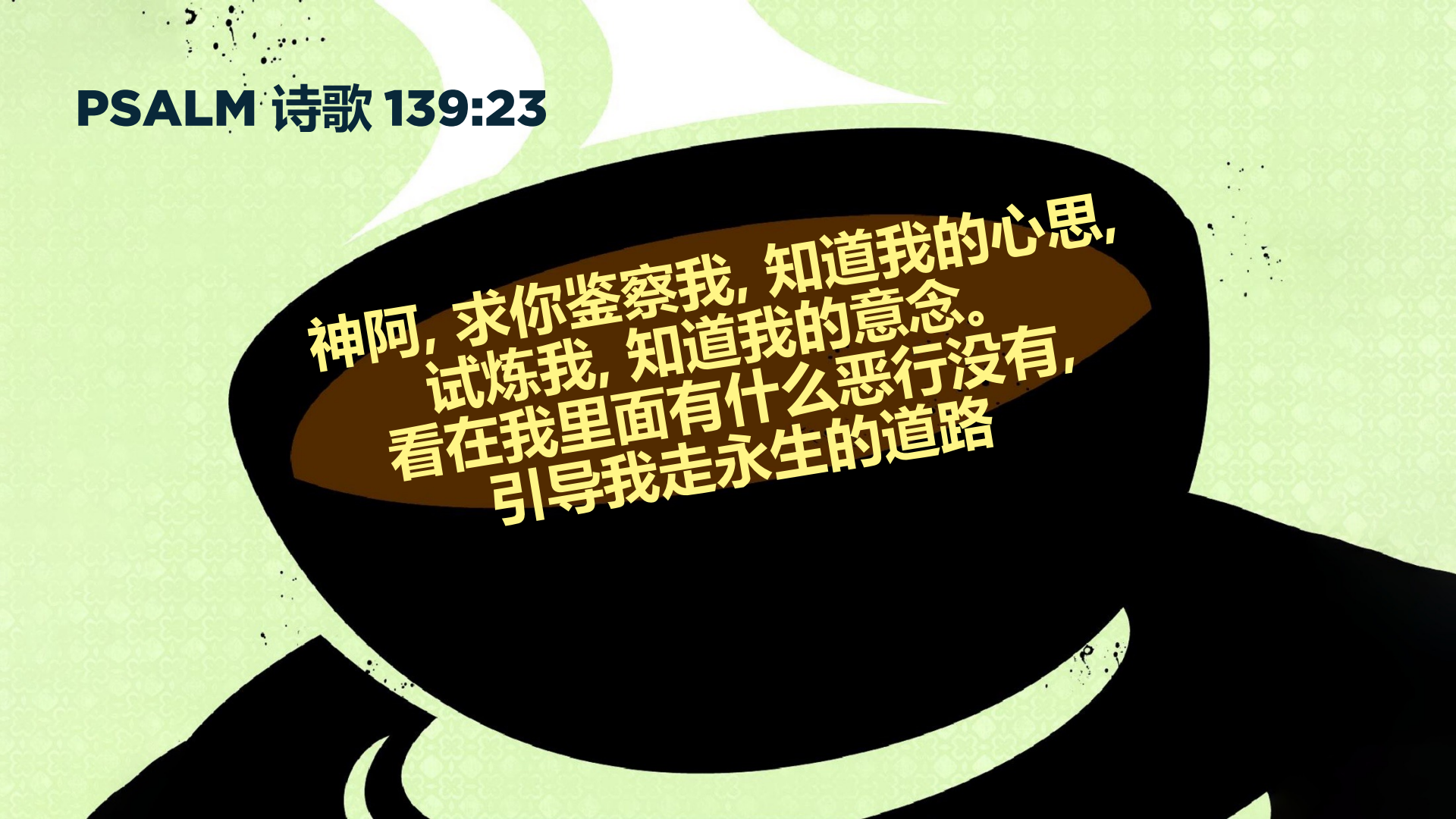
b. 读经与默想 Reading and meditation



- 「督责」- 经文是否提醒你哪些罪、软弱、盲点, 在什么地方需要顺服圣灵和悔改

  Reproof - Does the text remind you of any sins, weaknesses, blind spots, where you need to submit to God and repent

PSALM 诗歌 139:23



(三) 怎样做灵修? How to Do Quiet Time?

2. 灵修的内容 The content of the QT

b. 读经与默想 Reading and meditating

- 「使人归正」经文纠正你在哪方面的人生观、价值观、道德观等?

  Correction - What aspects of your outlook on life, values, morals, etc. do the text correct?



(三) 怎样做灵修? How to Do Quiet Time?

2. 灵修的内容 The content of the QT

b. 读经与默想 Reading and meditating

美国总统, 亚伯拉罕•林肯曾说过: 圣经是上帝赐给人类最好的礼物, 使我们能分辨是非

US President Abraham Lincoln: The bible is the best gift God has given to man...So that we could know the right from wrong



- 「培养人行义」- 经文是否提出什么榜样值得你去效法

  Training in righteousness – Does the text suggest any example worth emulating?

(三) 怎样做灵修? How to Do Quiet Time?

2. 灵修的内容 The content of the QT

C. 应用和祷告 Application and prayer

- 向神倾心吐意-把一切的挣扎、需要、忧虑，认罪悔改告诉神
  Pour out your heart to God - Tell God all your struggles, needs, worries and confessions



(三) 怎样做灵修? How to Do Quiet Time?

2. 灵修的内容 The content of the QT

c. 应用和祷告 Application and prayer

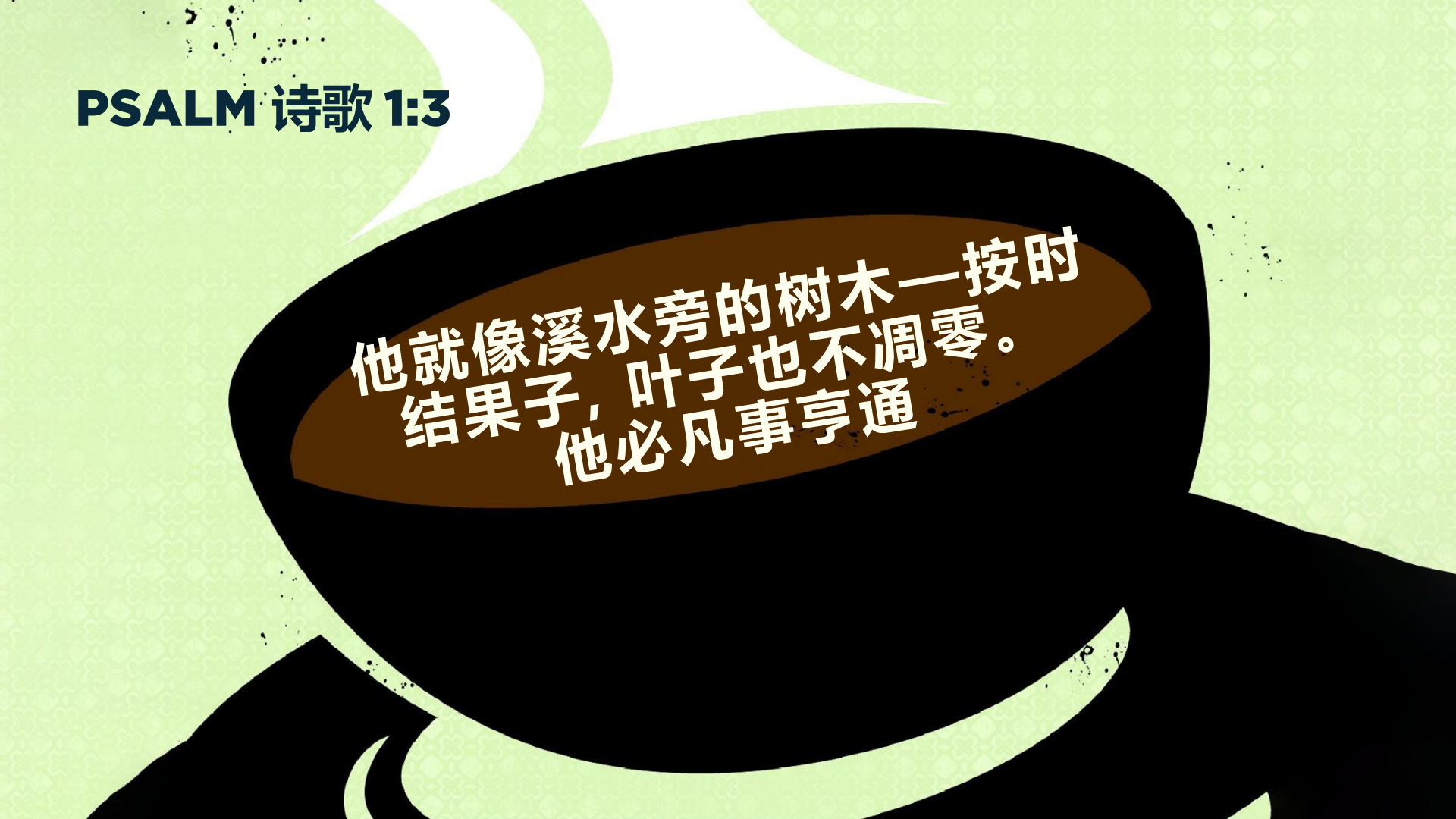
- 祈求神帮助你实用今天所领受的话语
  Ask God to help you apply the Word you receive today
- 为他人的需要代求 Intercede for others
- 灵修是个人化和生活化,
  把所领受的应用在生活中
  Personal and applicable to daily living



总结 Conclusion

- 让神的话成为我们生活的动力，道德人格的基础。
- 神应允凡喜爱祂道，顺服祂旨意的人
  Let God's Word be the driving force of our lives, the foundation of our moral personality.

PSALM 诗歌 1:3



总结 Conclusion

1. 我们就像一棵树栽在溪水旁 – 得到足够的养分滋润, 茁壮成长
   We are like a tree by streams of water – nourished and thrived with enough nutrients
2. 我们按时候结果子 –与神保持亲密的关系, 结出圣灵的果子和福音的果子
   Which yield its fruit in season – maintaining an intimate relationship with God that produces the fruit of the Spirit and the fruit of the gospel

总结 Conclusion

3. 我们的叶子也不枯干 – 凡我们所作的尽都顺利，即便处在逆境中也有平安。
   Whose leaf does not wither— whatever we do prospers, even in the face of adversity, there is peace.

齐心祷告:
阿爸天父，祢是我们生命的全部也是我们的唯一！
求祢帮助我们天天渴望祢的同在，通过每天的灵修，
深化我们与祢的关系，经历祢的爱，荣耀和能力，
知道并遵行祢的心意。奉主耶稣的名祷告。阿门