

美善的神

GOD IS GOOD



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你們要稱謝耶和華，因為祂本為善，祂的慈愛永遠長存。《詩篇107:1》
你本為善，所行的也善。《詩篇119:68》

聖經說神是美善的。美善是神多種屬性中的一種也是祂的本質；神必定是美善的，否則祂就不是神。怎麼說呢？正如任何一件物品都有其特質和屬性，當它該有的屬性不存在時，這物品的真實性就不成立。以橙子為例，它必定是圓形，有瓣狀的果肉，果汁屬酸性且含有小粒果肉。橙子必須擁有這些特質才是橙子，否則它就不是橙子。以此類推，神必定是美善的因為這是祂的屬性，正如信實、公義、恩慈、聖潔、憐憫、寬容都是神的屬性。神若不是美善的，祂就不是神了。

但是，如果神是美善的為什麼世界上有這麼多苦難呢？一個美善又大有能力的神為什麼會允許戰爭、瘟疫、天災、不公義、破碎的人際關係、病痛、甚至死亡在世上猖獗呢？這個古老的問題我無法回答，也不打算在這個篇幅來討論。但有一件事我很確定，那就是重生得救的基督徒可以在各樣處境中看到神的美善。他們有一顆新的心，一個新的靈（以西結書36:26），能夠辨別什麼才是真正在永恆裡有益的。事實上，神賜給他們智慧和見識，能夠看清本來以為是有益的很可能是有害的。換言之，若非有聖靈內住，我們的價值觀和標準，還有心中的渴想都是扭曲又充滿私慾的。這樣的人常常善惡不分，所追逐的盡是短暫肉體的快樂。

那麼一位美善的神是如何彰顯祂的美善呢？對所有人，祂是那位賜生命氣息的主，祂慷慨的將陽光和雨水賜給一切被造物（詩篇145:9、馬太福音5:45）；祂又寬容忍耐，不願一人沉淪，乃願人人悔改（彼得後書3:9）。對祂的選民，祂不但拯救，還收納他們進入神的家中成為神的兒女，保護、引導、指示、安慰、鼓勵、管教他們。祂又滿有忍耐、恩惠、憐憫、恩典、饒恕、體恤，並且以永恆的愛愛祂的兒女，永不離棄他們。我們的朋友或家人，尚且會因為我們無窮無盡的要求，自私，惹麻煩、又不感恩圖報而躲著我們，但是神雖然知道我們常常只在需要祂的時候才來尋求祂，問題得到解決後立刻把祂放在一邊，祂卻仍然以永約的愛愛著我們。祂真是一位最忠實的朋友，最慈愛的父親，永遠在我們身邊，不論我們是如何的糟糕不堪，祂還是隨時等候迎接我們回到祂身邊。這樣的神是不是美善的呢？

世上真是無人能和祂相比，而我們之所以能稱祂為天父，可以隨時隨地來到祂面前是因為耶穌基督在十字架上以祂的死償還了我們的罪債（羅馬書6:23）。我們不再需要背負自己的罪債，我們所有過去、現在、和將來的罪都因耶穌基督而得到赦免，不再被紀念。耶穌的死讓我們得以站在一位聖潔的神面前。任何人只要認罪悔改信靠神就能享受神無盡的美善、祝福、和永遠的愛，這些都是祂為祂的兒女所存留的。是的，神啊，敬畏你、投靠你的人，你為他們所積存的，在世人面前所施行的恩惠是何等大呢！（詩篇31:19）

Give thanks to the LORD, for he is good; his love endures forever. (Psalm 107:1)
You are good, and what you do is good. (Psalm 119:68)

The Bible tells us God is good. Goodness is one of his attributes and his nature; God must be good or he cannot be God. How so? Just like an object is defined by its attributes, and without these attributes it is not what it says it is. For example, an orange must be round, its fruit has segments and its juice is acidic and contains pulp. An orange must possess these defining attributes or it cannot be an orange. God must be good or he is not God because goodness is one of his attributes, among many others like faithfulness, justice, mercifulness, holiness, compassion, patience.

But if God is good, why is mankind still suffering? How can a good and powerful God allow wars, plagues, natural disasters, social injustice, broken relationships, illnesses, and even death to be rampant in the world? It is beyond my ability or intention to address this age-old question here. But one thing I know for sure is that people with a regenerate heart are able to see God's goodness in any situation. They, with a new heart and a new spirit (Ezekiel 36:26), are able to see what is truly and eternally good and what is not. In fact, God will give them wisdom and discernment to see what they thought was good could actually be harmful. In other words, without the indwelling Spirit, our values and standards as well as our heart's desire can be distorted and self-gratifying, calling evil good and pursuing fleeting carnal pleasures.

So how does God show his goodness? To everyone, he gives life and breath, the sun and rain are generously given to all his creatures (Psalm 145:9, Matthew 5:45). He is patient and does not want anyone to perish but everyone to come to repentance (2 Peter 3:9). For his elect, he saves them and adopts them into his family. As their Father, he protects, guides, instructs, comforts, encourages, and disciplines his children. He is patient, kind, merciful, gracious, forgiving, compassionate; he loves his children eternally and will never leave them. Unlike human friends or family, God does not avoid us because we are demanding, selfish, trouble-making, and ungrateful; he loves us with a covenantal love even though we often only come to him when we need help and put him aside when we are done using him. He is a faithful Friend and a loving Father who is always near, waiting and ready to take us back no matter how broken or filthy we are. Is this God good or not?

There is no one like him in this world and the only reason we can call him our Father and come to him in whatever condition is because Jesus Christ died on the cross and paid for our sins (Romans 6:23). We are now debt-free; all of our past, present, and future sins are forgiven and erased. Jesus' death has earned us good standing before the holy God. Repenting of our sins and trusting him is the only way to enjoy his goodness, blessing, and everlasting love that he has reserved for his children. Truly, how great is your goodness, O God, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you. (Psalm 31:19)

神的恩典 何其多

以前和年輕人講永生的盼望，
他們都會說「我的一生都還沒開始，怎麼就要考慮永生了？」
但永生確實是一個我們需要思考的問題。

約翰福音三章16節「神愛世人，甚至將他的獨生子賜給他們，叫一切信他的，不至滅亡，反得永生。」是一節極重要的經文，或者可以說是福音要旨的濃縮，是聖經信息的中心，使我對神的愛有許多感受。

去年我經歷了艱難的離婚訴訟，當警察來敲門把法庭文件送到我面前時，我很震驚，在心裡問「神啊，我是神的兒女而對方不是，為什麼讓我受比他更多的苦呢？」我就翻開約翰福音三章16節，馬上就想到並看到後面的那句「不信的人罪已經定了」。是的，不信的人被定罪那才是最大的懲罰，而我們信的人，不至滅亡，反得永生。頓時神的愛充滿我心裡，我就開始數算神的愛和神的恩典，真是數算不盡。以下是我想到的幾點：

- 1) 耶穌釘十字架洗去我們的罪，我因罪得赦免而充滿信心。
- 2) 一般剛開始離婚程序都會有自我懷疑，「我做錯了什麼才導致離婚？」但我知道藉著信心我已經因信稱義，是新造的人，這讓我有力量繼續法庭程序。
- 3) 神給我預備了很多教會的姊妹們來安慰我開導我，她們用自己過去的經歷幫助我，堅固我的信心導致我不害怕。我也知道我是上帝眼中的瞳人，必不致遭害。
- 4) 神給我預備了好律師，是女兒同學的媽媽在諮詢律師關於離婚的事時把律師介紹給我，否則法庭要求我30天內答覆是很難的。
- 5) 神給我充足的供應堅持下去，即使走過死蔭的幽谷也不怕遭害。
- 6) 我看見我需要神並且要依靠祂，要更多的參與教會的活動和服事，從中學習依靠主。
- 7) 讓我有機會受到教會許多弟兄姊妹的幫助和禱告，體會到神家中的愛和看顧。神用許多生活裡微小又平常的事來堅固我的信心。總之，真是有數不完的恩典和愛。很奇妙，我發現在逆境中反而更能看見神的愛和恩典，更堅固了我的信心，讓我對這節經文有了更深的體會。

除了罪得赦免而不滅亡，我們還有永生的盼望。以前和年輕人講永生的盼望，他們都會說「我的一生都還沒開始，怎麼就要考慮永生了？」但永生確實是一個我們需要思考的問題。感謝主，祂在約翰福音10:28告訴我們，「我又賜給他們永生；他們永不滅亡，誰也不能從我手裡把他們奪去。」神的話永不落空，所以我們永生的盼望也是真實可靠的。☞



從接觸信仰到尋找教會

我最初接觸基督教是剛到美國的時候。那是1999年，我來到 University of Notre Dame，一個天主教大學。學校裡有一棟教學大樓，上面畫了耶穌的像，像的對面就是橄欖球場，球隊成績不錯，球迷也瘋狂。當時聽大家說這是因為耶穌站在那兒，保佑橄欖球隊。由於在中國受到無神論的教育，我對於學校的宗教活動不是十分在意。學校研究生宿舍的公共活動中心，每週日晚上都有禱告會，偶爾受朋友邀請，我也只是抱著看新鮮的心情去參加。記得有個冬天的早晨，我到學校圖書館的時候，在圖書館門口有人送我一本聖經。這是我第一次拿到聖經。

之後我就到DC了。剛來DC，住在一對中國基督徒家裡，他們偶爾會帶我參加教會活動。他們搬家後，我偶爾會到其他教會參加慕道班。後來認識了妻子璿霞，那時候她受洗了，她的教會也希望我受洗，但我還沒準備好，就同意參加慕道班和週五的查經班，在那裡認識了謝躍夫婦。大約一年後，我在 Gallows Road 的 The Church in Dunn Loring 受洗了。後來那裡的查經班解散了，我們就到北美華人浸信會。之後那個查經班也停止了，我就聯絡謝躍來到了春田分會。

從自信到信靠神

我從小就努力學習、認真工作，勇於克服困難，形成了只相信自己，相信「吃苦耐勞永不放棄」是必勝的法寶。我把時間精力都放在家庭和孩子身上，下班回家煮飯，吃完飯就陪孩子玩。我深信透過自己的努力奮鬥一定能過上好日子。但家庭生活是兩個人的生活，而當時妻子在美國找不到工作。她非常鬱悶，我就建議她回中國去工作幾年，等有經驗了再回來美國找工作。雖然我一個人在美國帶孩子生活會苦一點，但我相信我能克服這兩三年。但其實這個做法直接違背了聖經教導關於夫妻的生活方式。馬太福音19:5-6說，「因此，人要離開父母，與妻子連合，二人成為一體」。當時譚牧師再三提醒我們，夫妻兩地分居的生活方式會有很大的困難，但我

我們要把信仰建立在磐石上，
也就是神的話語（真理）之
上，而不是沙土上。

不怕困難，相信只要不輕言放棄就一定會成功。我沒有聽神的話，相信自己能克服困難，還是讓妻子回國工作了。後來由於種種變化，家庭事業各個方面都受到影響，但我需要照顧孩子，沒法換工作，感覺自己陷入一種無法改變現狀的無奈中。若改變一方面，另一方面就會受到很大的影響，我只能瞻前不能顧後。這時我終於明白了自己不怕困難，永不言棄的信條不是萬能法寶。我多次暗暗祈禱，希望神能幫我脫離困境。後來神終於開了一條路，妻子回來美國，一家人終於團聚了。

經過這個教訓，我明白了只有遵守神的教導，服從神的旨意，按照聖經的生活方式，才會得到神的祝福。永不言棄的信條雖然可以鼓勵人，但它不是至高無上的。按照神的旨意生活，聽神的話，降服在神話語的權柄下才能得到神的恩惠，過上真正幸福的生活。我們要把信仰建立在磐石上，也就是神的話語（真理）之上，而不是沙土上。感謝主的憐憫，當我硬著頸項不聽神的話而走自己的道路時，祂沒有撇棄我，反而以恩典慈愛領我回頭。感謝讚美主！

上帝是 聽禱告的神

蔡認

尋找教會蒙神帶領

我來自廣州，十五歲就開始參加教會，但嚴格來說那時我只是個慕道友，因為我一直徘徊在世界與屬靈之間。2008年我受了浸水禮，正式歸入基督，成為真正的基督徒。

2015年一個偶然的機會，我聽到從美國回國的趙麗老師的分享，她說了一句話讓我恍然大悟。她說：「上帝是萬能的，只有上帝揀選我們，只有祂選擇你，你別無選擇。所以當福音臨到某個人的身上，他沒有任何的選擇權，一切決定在上帝的手上。如果他不相信，那也是上

帝的安排，因為上帝有祂的時間，也有最美的旨意。」以前我總是認為當福音臨到某人，如果那人不相信，那是他的選擇和他的心硬。趙麗老師又說，姊妹不可以站在台上講道，這是聖經的教導，男人才是一家之主，是家裡的頭。教會也是如此。這時我想到過去有些教會，姊妹也可以站在台上講道。我開始懷疑自己以前去的一些教會是否沒有遵守聖經的教導，也覺得教會需要回歸聖經，我們需要真理。這事以後，我離開了我的教會，開始接觸改革宗長老教會，內心渴望得到真理的餵養。

2021年我和六歲的女兒來到美國。在第一個教會我感到自己無法得到真理的餵養，我非常著急，開始每天晚上和女兒一起恆切的禱告，求上帝帶領我們找到一家改革宗長老教會。我們一直持續堅持的為這件事禱告了將近半年，感謝上帝！上帝真是聽禱告的神，祂聽到了我們迫切的禱告，於是把一位姊妹帶到我的身邊，而這位姊妹就是在改革宗長老教會聚會的。我們是在學習英文課的時候認識的。有一天我看到她在看《威斯敏斯特大要理問題》，我非常激動，問她是不是改革宗長老教會的。她告訴我很多她教會的信息，我真的很開心，我知道這就是我一直要找的教會。感謝上帝，是祂安排了我認識這位姊妹，祂知道我的每一需求，就把這麼好的一位姊妹安排在我的身邊。感謝神，這位姊妹對我非常關心和照顧。我非常感恩在這異國他鄉，我身邊一個親人朋友都沒有，是上帝看到了我的軟弱和無助，所以把這位滿有愛心的姊妹帶到我的身邊，讓我在最弱勢的時候得到及時的幫助。我常常對這位姊妹說，我們的相遇都是神的安排和美意。我很感恩，也希望我和這位姊妹能永遠相親相愛，像一家人在一起。

尋找新家蒙神祝福

不久我又開始禱告，求上帝為我們預備一個新家，希望就在這位姊妹和她的牧師家附近，當然現在她的牧師也成為了我的牧師。感謝主，也謝謝這位姊妹，她一直為我禱告，過了半年，上帝真的為我們預備了一個蒙福的新家，而且真的就是和牧師在同一個社區！

感謝上帝賜給我和女兒一個溫馨的新家，我這一切的經歷都是因為上帝的眷顧和祝福。神是聽禱告的神，當我們盡心，盡意，盡性愛神的時候，就會發現我們從神那裡得到許多祝福。我們的一生都要活在神的話語中，才會有平安和喜樂。有神祝福的生活才是美好的生活。求神看顧我們不偏左右，一生跟著神的話語來生活。感謝上帝！一切榮耀歸於神！



陳達

祂是我 唯一的救主

在認識神之前，我曾迷失在世界的誘惑、
紛擾和那些精神痛苦中。

然而，神的呼召使我開始明白什麼是真正的信仰和自由。


經過這兩年在教會的學習和祈禱，我深深感受到上帝的愛和恩典，心中渴望通過洗禮來表達我對基督信仰的認同和追隨。

在我生命的各個階段，上帝一直在我身邊，引導我度過了許多艱難時刻。我父母在我兩歲時離婚了，因為我父親好賭、喝酒、性情暴躁，甚至毆打妻子以及父母，抽菸等惡習很多。所以，我在童年時期也經歷了一段較為黑暗的過往。後來，爺爺奶奶撫養我長大，我跟爺爺奶奶一起生活。初一開始，就搬離老家去城市生活，直到大學。在機緣下，三叔叔從美國回來，希望我去美國發展，因為他已經申請幫助爺爺奶奶移民美國了。我來到美國，開始在餐廳打拼，經過多年工作，也還清了出國的債務。原本發展不錯的餐廳因為疫情衝擊走到了盡頭，我和幾位親戚叔伯之間的合作發生了很多故事。初期我還滿懷希望，但後來深刻感受到親戚之間的人性險惡，許多曾經親近的人在利益面前顯得冷漠和自私，這讓我感到極度失望和迷茫，也看到了一些夫妻之間的矛盾，甚至外遇的黑暗時刻。餐廳最後經歷損失，當時的女友也離我而去，兩年後，爺爺在醫院去世。這一切讓我萬般痛苦。

我與神的關係在生命中的不同階段逐漸發展，我漸漸認識到神在我生活中的引導和保護。無論順境或逆境，我都能感受到神的同在和恩典。祂是我真正的父親、朋友，同時也是我一路的引導者。通過禱告和讀經，我知道神始終與我同在，祂的愛和憐憫時時刻刻充滿着我的心靈。

在認識神之前，我曾迷失在世界的誘惑、紛擾和那些精神痛苦中。然而，神的呼召使我開始明白什麼是真正的信仰和自由。神讓我認識到人的罪性，並讓我願意寬恕那些曾經傷害我的人，賜我力量，使我能夠戰勝生命中的試探和困難，並在祂的恩典中不斷成長和成熟。

通過這幾年在教會中與弟兄姐妹的互動、交流、以及學習聖經、閱讀和聆聽講道，我對神有了更深刻的認識。神是全能的創造者，祂以無盡的愛和智慧掌管著宇宙萬物。耶穌基督是神的獨生子，為救世人，祂甘願降世為人，受死並復活。因為耶穌的犧牲，我們才可以得到救贖和永生，聖靈也引導我們走向正義和真理的道路。

我感受到神的呼召，承認祂是我唯一的救主，時常祈禱使我平安喜樂。我的能力十分有限，不足以對抗生活中太多的波瀾，但感謝主，祂一直在扶持幫助我。我願一生追隨主耶穌基督，在信仰的道路上，遵循神的旨意，榮耀祂的聖名。 

等候耶和華的 必不至於羞愧

程艷

期待與失望

去年十月我父母再次來美國和我們相聚，這本是自新冠疫情後我非常渴望的事。但我更渴望的是父母可以真正全備的認識、經歷、信靠上帝，而且不動搖。父母在十多年前已經受洗，但由於他們長期沒有教會生活，我感到他們和神的關係是若即若離的。我勸勉他們的話，他們常常覺得是我在給他們壓力。看到我帶給他們的壓力，我們之間的爭吵和他們心理上的痛苦，我也很受挫。多少次聖靈也光照我，我要做的不是給他們說教，而是要尊重和愛他們，並且我自己先要在這件事依靠神，相信祂的作為。與其我對他們說道理，不如先為他們禱告。看眼六個月就快要過去了，我並沒有看到爸媽對神的信心有多少的加添，那一刻我甚至想或許就這樣了吧，我已經盡力了。

神精密的時間表

二月28號那天中午，一位同事剛好在跟我們講人工智能是如何識別皮膚癌的，我越聽越想起爸爸耳後的一塊皮膚很可疑。其實早在父母剛來的時候，媽媽還對我講起她對爸爸耳朵後皮膚的擔憂。我當時特

地去網上查資料，沒有發現爸爸耳後的皮膚和某種皮膚癌可以對號入座的，還安慰媽媽說肯定不是癌，因為爸爸的這個皮膚問題至少有五年之久了，要有問題早就有問題了。但聽到同事闡述人工智能的識別標準時，我心裡越來越不平安，感覺裡面有催促，就是要趕緊聯絡皮膚科的醫生檢查一下。於是報告都沒聽完，我趕緊打電話找離家最近的皮膚中心，順利預約到兩週後就可以看醫生。之所以能這麼快的約到，是因為有人剛好取消那一天的預約。這距離我父母原計劃回國的日子只剩下三週了。

在等待看醫生的這兩週裡，我開始擔心爸爸的皮膚問題，每天早上靈修時我都會再花一些時間為他禱告，直到我心裡有了從神來的平安。到了看診的那天早上，爸爸趁著媽媽不在的時候對我講了一番話讓我感動不已。爸爸說他已經做了最壞的打算，如果是癌症他也不打算治了，活到現在的年紀他已經很知足了。最讓我感動的那句話就是他說他是真的信神，信了就是信了，不會再改變，要我放心。我一邊開車，眼淚就在眼裡打轉。這是這麼多年我們父女倆難得這樣的交心。同時，神也讓我看到很多時候我容易用外表行為去衡量一個人的信心，那是不可靠的。

從樂觀到噩耗到平安

醫生對我爸爸的皮膚狀況很樂觀，並且告訴我們說根據他的經驗，爸爸耳後的這塊皮膚應該不會是癌，但為了保險起見他還是取了一些樣本來做活檢。回到家後，媽媽緊張地等待我們帶回來的結果，當我說醫生覺得沒有問題時，她立刻如釋重負。沒想到的是，當天下午一點多，正是我在開會的時候，醫生突然給我打電話說爸爸的活檢顯示是癌症，而且不是皮膚癌，是從別的地方轉移來的癌症，但是他無法判斷是哪裡轉移來的癌症。我在電話這頭聽著，被這消息震撼著，感覺自己的心像一汪湖水，沒有一絲波瀾。掛完電話，我回到自己的座位上，突然想到轉移的癌症意味著癌症已經到了晚期，那表示爸爸已經活不了多久了。他看起來還是那麼健康，可是他在地上生命幾乎走到終點了。爸媽還在午睡，我要怎麼把這麼消息告訴他們，我自己又要怎麼消化這個消息。之前我想是皮膚癌或不是皮膚癌，從來沒想過還會是轉移來的癌症。那一刻，我感覺自己像是被巨大的洪水圍困。恰巧老闆那時間我一個項目上的問題，我竟然不知道她在問什麼。她又問了我一遍，我還是一點聽不進去，我感覺自己靈裡面好像癱下來一樣。我帶著哭腔說，不好意思，我沒有辦法回答你的問題。老闆立刻察覺到可能是爸爸的身體出了狀況。當同事們知道爸爸的事情後，立刻各種出謀策劃，然而那一刻我只想一個人好好靜靜，親近神。

我從會議中退下來，在神面前哭了好久，還是很想給帶我信主的師母打個電話。聽完我的哭訴，師母那一句“仇敵就是希望我們嚇破膽”，我整個人就立刻安靜了。我想到保羅、彼得、還有許多屬靈的偉人，他們都在患難中喜樂地依靠上帝，而且是為神受逼迫，我這才哪兒到哪兒啊。師母說「你的心要住在神的平安裡面」。和師母掛了電話後，老闆又打電話，幫我找出各種醫院的資訊以及醫院可能提供的各種資助政策。老闆又告訴我她的一個合作者，也是某間醫療機構的領導，知道我的狀況後很想打電話給我。我本能地想要拒絕，一來是不想給別人添麻煩，二來是不覺得任何人能真正幫忙。但感受到別人對我發自內心的真誠關心，我還是決定接他的電話。沒想到就是神藉著這位合作者的介紹，爸爸才看到了後面幫他治療的醫生。

在等待活檢報告的日子裡，我們家經歷著從神而來出人意外的平安。我開始不再害怕和擔憂，因為相信神是我們的主宰，祂必看顧。一向容易憂慮的媽媽反而堅強了起來，每天為爸爸禱告不放棄。爸爸很坦然的面對一切，早上開始有固定靈修和禱告的時間。我的先生一軍也不斷用神的話語堅固我爸媽的信心。我甚至開始感恩神給我們這一段特別的時光。

神真的非常奇妙，當我們已經預備好接受最壞的消息的時候，醫生突然跟我們說爸爸還是原位的皮膚癌，並不是轉移來的癌症。因為之前的那位合作者要我拿到活檢報告的第一時間就把結果寄給他，我照做後，他就積極幫我們找醫生。於是很快地，爸爸就見到了之後為他治療皮膚癌的醫生。而這位醫生用傷害性最小的治療方式治好了爸爸。原本第一位醫生說爸爸的左耳是保不住的，需要做一個很大的手術，而且他還沒有辦法完成，需要我們再去找耳鼻喉科的醫生商量治療方案。而第二位醫生決定先用化療藥膏再用小手術來解決，不僅大大地減輕爸爸身體上的傷害而且成本也大大降低。我這才意識到如果不是第一位醫生先出這麼大的烏龍，診斷錯誤，我老闆就不會知道爸爸生病的事，也就不會介紹她的合作者，我們也就無法找到第二個醫生。神真是在暗中親自帶領這一切。

經歷神豐盛的恩典

在爸爸治療的整個過程裡，他不斷經歷上帝的恩典。他告訴我神好幾次藉著主日敬拜和主日學的信息對他說話。當他早上起來靈修時，神也常用經文對他說話，安慰和堅固他的心。我每次聽到他這樣的分享，我心裡也很為他高興。連媽媽都說感覺爸爸屬靈的生命非常快的成長。

以前媽媽還感覺爸爸不如她呢，現在她覺得自己快趕不上爸爸的成長速度了。我突然想到我曾經在神面前為爸媽禱告，求神賜給他們真實的信心。當時神給我一個感動，讓我想到父母必須要經歷試煉他們的信心才會成長，我一下子想到如果爸媽的身體健康出現狀況，可能對他們屬靈的成長會有好處。但我又捨不得他們受苦，我就求神給他們的不要過於他們所能承受的。神也讓我感受到其實我對父母的愛是神放在我裡面的。神的愛是何等的長闊高深，祂的智慧又是何等的大啊！

爸爸治療的過程中，還有一件事是我一開始比較擔心的，就是治療的費用問題。因為爸爸沒有醫療保險，如果看病太貴，我們就無法承擔。我當時跟神禱告，告訴神爸爸不一定要在美國治療，也可以回國治療；但我們做決定要看到神的心意。後來我們看到神一步步的引導，我起先並沒有想要讓爸爸在美國看病，而是正好同事的一個報告突然讓我想到需要去預約看病；再到整個預約的過程順利；再到看病的醫生、老闆、還有合作者都勸我爸爸要留在這看病；再到合作者堅持幫我們找到合適的醫生；沒有一個是我主動去干預的，都是神的預備。後來整個醫治的費用也是我們可以負擔的，醫院的帳單加在一起就是\$6000左右，我們自費\$2000後，醫院允許我們把剩下的分期一年付清。我抱著姑且一試的態度去醫院詢問父母的收入狀況可不可以減免一部分費用，還跟醫院說如果不能減免也沒關係，我們有能力付完所有的。老實說，說完以後我想既然我表示有能力付完，估計醫院不會減免了吧。我萬萬沒有想到第二週的週一早上我收到一份電子郵件，醫院直接把剩下的帳單全部歸零了。我的眼淚一下子就湧出來了，爸爸也驚訝不已，感動地流淚。神怎麼這麼地慈愛和憐憫，我們多麼的不配，但是祂給我們的總是遠超過我們所求所想的。神啊，還有誰能與你相比呢？除你以外，我還能是誰呢？我們唯一能做的就是把心交給你，一輩子為你而活。

有些禱告，我們自己可能都忘記了，但神沒有忘記。

有些努力，我們自己可能都想要放棄了，但神卻沒有放棄。

現在父母已經平安回到國內家中，他們仍在繼續經歷神的帶領和學習神給他們的功課；我也是一樣。我回想整個過程，更確認神是信實的，是聽禱告的。有些禱告，我們自己可能都忘記了，但神沒有忘記。有些努力，我們自己可能都想要放棄了，但神卻沒有放棄。許多的需要，我們都還來不及禱告，但神已經預備。等候祂的必不至於羞愧！

有恩典、有憐憫 且有豐盛的慈愛



于艾真

28年前

28年前的感恩節，我帶著三個孩子在本教會受洗成為神的兒女。為什麼一個驕傲自負的人會來投靠耶穌呢？因為神在創世之前已經預定好，我要在1996年三月生下一個有嚴重眼疾的女兒。在女兒沒有出生之前，我的人生一帆風順，美滿的婚姻、得心應手的工作、兩個聰明聽話的兒子，一切都照著我的計劃進行著。然而女兒的來到和她的殘障都不在我的計劃當中，我因此認識到原來宇宙中有一位主宰，有一位創造主，是祂賜給我生命氣息，祂也掌管著被造界每一個生物的動作和存留。我的明天在祂的手中，不在我的手中。這使我謙卑下來，開始固定來教會，學習信靠神。

女兒Joy原本是重度弱視，但還有少許的視力，能夠自由行動。2000年底，她四歲半時，原有的一點微弱視力因為眼睛內部出血病變，半年間經歷四次手術，還是雙眼失明了。我非常難過，不明白神為什麼那麼狠心，把一點點的視力都要奪去，讓女兒成為盲人。但即使心中有埋怨，我卻不敢離開神，因為我怕自己不知道如何撫養一

個瞎眼的孩子。我也聽說神是大能的，有智慧的，所以我決定跟隨神，拭目以待祂如何來帶領Joy的成長。回顧這28年確實有眼淚有喜樂，我也看到神使用這個試煉，一個瞎眼的女兒，來改變我們全家每一個人的生命。

神的憐憫和恩典

雖然女兒失明了，我卻在整個過程中多次經歷神的恩典和憐憫。在我傷心欲絕、看不見盼望的時候，聖靈多次透過女兒向我說話。

有一次是一位姊妹和女兒的對話，我不在場也不知情，直到我讀了她投稿會刊的見證，裡面提到她和Joy的對話。她寫到：Joy像個小大人似的說，「好多叔叔阿姨來我們家替我禱告啊。」這位姊妹說，「是啊，你明天要去開刀了，害不害怕？」Joy回答，「我不害怕，主耶穌愛我，祂會幫助我。」姊妹心裡想Joy是真知道主耶穌愛她，還是因為在教會裡還有大人們都這麼告訴她，所以她才順口這麼說。為了確定一下，她就大膽直接的追問，「如果主耶穌愛你，祂為什麼讓你眼睛生病？」不料女兒想了一下，輕輕的說，“God gives everybody different gifts. Somebody cannot talk, somebody cannot hear, somebody cannot see. God gives me a special gift.”這回答讓這位姊妹楞住了，但是Joy一點不像是在開玩笑的樣子，她轉念一想才豁然明白。是的，我們眼中認為的缺陷殘障，其實都是神的特別設計，透過這樣的不完美，讓神在我們身上成就祂的旨意和計劃。

還有一次是我們在底特律就醫期間，我帶著Joy參加那裡的婦女團契，女主人家有個快20歲的大男孩名叫George，他有多種殘障，不會說話還一直流口水，但是看不見人外貌的女兒卻和他一見如故惺惺相惜。事後我故意旁敲側擊的問女兒，為什麼神把George造成那樣？其實我是想知道女兒對神把她造成盲人有何想法。沒想到女兒毫不猶豫地回答我，「神看為好啊！」我知道這又是神透過女兒對我說話。團契結束回程中女兒若有所思，然後她問我，「媽咪，安慰的英文是什麼？」我說是comfort。她說，「我長大以後要做comforter」。我知道George的殘障激發了她的愛心和同情心。

女兒是在上幼兒園之前三個月失明的，我心中的恐慌可想而知。在公立學校，她是全校唯一的盲人，將如何學習？感謝主！當年Fairfax County Public Schools有非常好的資源，所以女兒從幼兒園到12年級，都有一位專任老師特別為她預備盲文教材。女兒天資聰穎，個性樂觀，又有超人的耐心，所以對學習還有課業需要花上比常人多三倍的時間並不埋怨。

困難培養出生命的韌性

成長過程中有盡心盡力的老師，也有不負責任甚至對她歧視的老師。許多次由於老師的疏忽，以致全班考試的時候她沒有盲文考卷，必須第二天課後留校補考。這類因他人的疏忽和不負責而造成Joy生活上的不便和打擾，在她整個求學過程中不知道發生了多少次。除此之外，她使用的特殊盲人電腦也會在緊要關頭出問題，而這都不是學校電腦部門的專員可以幫忙解決的。高三碰到要考SAT還有AP的時候，我們和 College Board 的溝通接洽，更是一段非常挑戰我耐心與恩慈的經歷。我常常被氣的要打電話去質問他們怠慢以及不合理之處，都被女兒勸阻。

為什麼提這些擾亂我們平靜生活的雞毛蒜皮小事呢？因為這牽連到女兒和我分享的基督徒靈命成長的三個要素：第一，是我們個人的靈修、禱告、屬靈夥伴、教會生活。第二，是聖靈在我們心裡的工作，改變我們的心思意念，讓我們結出聖靈的果子。第三，很重要也是常常被忽略的，就是面對生活中大大小小的不順和突發事件時，我們如何信靠神仰望祂的幫助，不發怒，不煩躁，不驚慌，不抱怨。因為Joy成長過程中不斷有困難、波折、和突發事件，反而培養出生命的韌性和耐力，使她比同齡人更成熟、更安穩、更倚靠神。

大學畢業後，Joy申請了本校的研究所，要讀的科係是 Speech and Language Pathology (SLP)，語言病理師。如果她順利完成研究所，應該是那個專業近30年來第一位盲人語言病理師。然而神給她開了門進入研究所，卻又放了巨大的挑戰在她面前。後來因為學業壓力和一些不平等待遇，她經歷憂鬱和焦慮，最後決定退學，那是她人生中一段黑暗時期。奇妙的是，神後來帶領她去改革宗神學院，讀了聖經輔導的碩士，不知不覺中讓她走上五歲時就立志要做的“comforter”的職業，用神的話來安慰痛苦的人。如今她在聖經輔導機構已經工作三年了，而研究所經歷的憂鬱和焦慮也成為她寶貴的人生經驗，都沒有白受，反而讓她在輔導時更能體會他人的處境。

信靠神蒙祝福

說到Joy的婚姻，老實說自從她五歲失明以後，我身為母親最大的擔憂就是她的婚姻。以我的想法，誰要娶一個盲人妻子，增添許多生活上的不便？但同時我又清楚的知道，她有許多屬靈的美德，加上個性開朗、獨立，又敬虔愛主，會是個稱職的妻子和母親。去年11月女兒給我送了一個短信，要我為她禱告，說自己正在經歷靈命低谷，



約翰福音第九章，裡面提到耶穌的門徒問耶穌，一個天生瞎眼的人，是他個人犯了罪還是他父母犯了罪？耶穌回答說，不是這人犯了罪，也不是他父母犯了罪，而是要在他身上顯出神的作為來。

因為工作壓力，也因為自己還是單身，心情很低落。我看了之後很心疼又感傷，決定要每天為她禱告，而不是一週一次。神很奇妙的在12月13號把她的未婚夫帶到她生命中。他們兩都很愛主，願意全職服事神，也立志在交往過程中保持聖潔的關係來榮耀神。婚禮就在今年12月14號。

記得本明幾年前講過一篇道，使用約翰福音第九章，裡面提到耶穌的門徒問耶穌，一個天生瞎眼的人，是他個人犯了罪還是他父母犯了罪？耶穌回答說，不是這人犯了罪，也不是他父母犯了罪，而是要在他身上顯出神的作為來。確實，因著耶穌的救贖，軟弱的得以剛強，卑賤的得到尊榮，這都是神的作為。如今28年過去了，其中有不少心酸、委屈、和不明白，但我還是要見證神的信實，祂是一位美善的神，祂在我們生命中有最美好的計劃，最出人意料的帶領，只要我們信靠順服祂，就可以嚐到神的恩惠與慈愛一生一世隨著我們，我們也可以安然在祂懷裡，享受無微不至的呵護。

最後我要說在Joy身上我看到一個難得的優點，就是因為她沒有肉眼，所以她是她的心去認識和接納每一個人，不像我們明眼人難免有些預設或先入為主的心態。有一位年紀大Joy不少的姊妹，我對她有點敬而遠之，所以好奇的問Joy為何可以和她成為好朋友。女兒的回答

她的人生真是印證了詩篇34:10
所說的，少壯獅子還缺食忍餓；
但尋求耶和華的什麼好處都不缺。
感謝讚美主！

很簡單，Karen loves the Lord。她的朋友圈裡有形形色色的人，老的小的，健全的殘疾的，明眼的瞎眼的，神學博士和教授，或是社會裡低層的弱勢群族。她不只是和他們做朋友，難得的是

她和許多人有深厚的友誼。她因為眼睛看不見，以致她不用外貌論斷人，反而讓周圍的人有一種安全感，無意間成了最好的破冰工具，也是服事神的一大助力。

記得女兒五歲失明時我非常痛苦，天天以淚洗面，不知她的未來將是如何，却萬萬沒想到神為她預備的道路真是大大的超乎了我的所求所想。如今女兒不僅用她的專業服事神，把盼望帶給在苦難中的人，更將進入人生新的階段，與神為她預備的終生伴侶一起服事神。她的人生真是印證了詩篇34:10所說的，少壯獅子還缺食忍餓；但尋求耶和華的什麼好處都不缺。感謝讚美主！

神的帶領 和恩典



我們曉得萬事都互相效力，為愛神的人，
就是按祂旨意被召的人，得益處。

《羅馬書8:28》

兩件奇妙事情相互交織

感謝神在我生命中奇妙的帶領，讓我經歷祂數不勝數的恩典，特別是過去七年裡發生在我生命中的兩件彼此交織的重要事情：一是我從IT職場轉向學習中醫，今年年底即將獲得中醫針灸和中藥博士學位；二是我的兒子罹患重病，臥床三年多，而最近他的身體開始好轉。更令我感恩的是他浪子回頭，重新回歸自高中後就離開的基督信仰。

這兩件事中，我經歷了一系列看似巧合卻意義深遠的奇妙事件，讓我深刻感受到上帝的指引和恩典。神不僅帶領我從IT轉行學醫並順利畢業，還讓我親身參與兒子的照顧和醫治，而且在這個艱難的過程中，不僅他的身體開始逐漸恢復，我與他的關係也得以修復，最後，在神的奇妙作為中，我的兒子奇蹟般地回到了基督的懷抱。感謝神！

從IT職業到從醫的轉變：上帝的引導

這個故事要從2017年說起。在那之前的三十多年裡，我一直從事IT行業，忙碌而穩定，也充滿成就感。然而，2017年底，我卻萌生了強烈的渴望要有所改變。這種渴望源自於深刻反思IT行業的發展對人類自然生活的負面影響，以及目睹身邊許多人出現健康問題，而現代醫學卻常顯無力。

我開始思考，神的恩典是足夠的，既然祂創造了我們，必然也為我們預備了自然的方法來醫治身體。這種方法的根本應該是不隨科技改變，從古至今都能適用的。於是我把目光轉向中醫，因為中醫似乎正是這樣一種自然之道，幾千年來薪火相傳，未曾改變。我帶著疑問和期盼禱告，求神為我指引方向。沒想到，這條路早已鋪就。在一次偶然的交談中，我們教會的一位弟兄提到，他正在維吉尼亞中西醫結合大學（VUIM）學習中醫！這消息令我喜出望外，感謝神的預備。2018年初，我毅然辭去了一半的工作，開始在週末和傍晚前往VUIM上課，踏上了學醫的全新旅程。

兒子的生病與我的照顧：神的安排

2020年，我即將完成針灸碩士學位。正當我猶豫是否要全心投入中醫事業時，命運向我拋出了一個嚴峻的考驗：我的兒子得了重病。他終日躺臥在床，在床上吃半流質食物，拉尿也在床上，甚至無力說話，只能在小紙片上寫字交流。我太太已經用完她兩個月的假，需要我來照顧兒子了。於是我完全辭去了IT工作，專心照顧兒子，並由大女兒和太太輔助，組成了三人照顧團隊，小女兒有時也會抽空幫忙。

那時正逢新冠疫情，學校除了實習以外開始遠程授課，以致我在家照顧兒子的同時，能夠繼續學習中醫的中藥碩士學位和後來的博士學位。那時我們已經窮盡了西醫的治療方法，便開始嘗試尋求中醫的幫助。在中醫大學的學習使我有機會接觸到豐富的中醫資源，我便開始嘗試用剛學到的知識每天為他配製中藥，緩解他的症狀。同時也諮詢許多中醫專家，但總是症狀稍有好轉，就又變重了。

這段期間，我們請教會兄弟姊妹為我們代禱。特別感謝一對夫婦，有一段時間每週與我們一起禱告，給予我們莫大的支持。還有其他兄弟姊妹和朋友們的關懷與禱告，讓我們感到非常溫暖。

過去三年多裡，我幾乎像照顧一個嬰兒般地照顧我兒子，使他深深地感受到來自父母的愛。從兩年前他稍微好轉時，我開始給他寫一些聖經的句子，他都能接受。後來我又給他一本微型簡略聖經，讓他在有一些力氣時翻看。

在這段艱難的日子裡，神常常親自用祂的話語來安慰和鼓勵我們。如耶利米書29:11，「我知道我向你們所懷的意念，是賜平安的意念，不是降災禍的意念，要叫你們末後有指望」。

在這段艱難的日子裡，神常常親自用祂的話語來安慰和鼓勵我們。如耶利米書29:11，「我知道我向你們所懷的意念，是賜平安的意念，不是降災禍的意念，要叫你們末後有指望」。羅馬書8:28，「我們曉得萬事都互相效力，為愛神的人，就是按祂旨意被召的人，得益處。」我們相信神讓我們經歷這樣的痛苦，必定有祂的美意，只是我們那時並不清楚神的心意。而我的禱告是求神不只讓兒子身體恢復健康，與父母和好，還要讓他靈性甦醒，恢復對神的信靠，過一個基督徒的生活。我也求神改變我，學習我需要學的功課，讓我的生命更合神心意。

奇蹟：關係恢復與信仰回歸

讚美神！祂藉著聖經向我們所說的話每一句都是真實不虛！我很高興地發現，在這段艱難的照顧過程中，我與兒子的關係慢慢得到了前所未有的恢復。今年二月，他告訴我他相信自己能夠康復，並感受到與神和父母的關係都有了明顯改善。今年九月，他更特別表達了對爸爸存在他生命中的感激。

我們也要特別感謝教會一位姊妹對我兒子的關懷。她後來告訴我，自從2020年得知我兒子重病之後，就持續不斷的為他禱告。在她和兒

子的幾次通信中，發生了一些令人稱奇的巧合。一次是今年九月初，兒子告訴我們，他最近幾個月常被兒時記憶中的一段經文深深激勵。但他只記得第一句，「耶和華是我的牧者」（詩篇23：1），卻不記得後面的部分。有一天，他收到那位姊妹的信，信中竟赫然寫著「詩篇23」。更巧的是，兒子當時翻讀的微型聖經也剛好要讀到詩篇23篇！他把這個巧合寫在一張小紙片上要我轉告那位姊妹，簡短的回覆中他說自己決定要回歸基督信仰，也要我給他詩篇23篇的全部，而我“恰巧”頭一晚就已經為他準備了詩篇23篇。

當我從他回覆那位姊妹的紙條上看到他的決定時，我激動得半天說不出話來！多年來，我一直為此禱告，卻未曾想到神會以如此奇妙的方式回應。我雖然心疼兒子受了這麼多痛苦，但我深知這一切都是值得的。這些經歷讓我不禁感恩，高聲讚美神的奇妙作為！

另一次是那位姊妹在她給兒子的信件中附了一張貼紙，上面印著“2 Corinthian 5:17”，而兒子剛好前一晚才讀到同一節經文。這樣的“巧合”讓兒子再度感到不可思議。

在照顧兒子的過程中，我不僅盡了父親的責任，也有機會使用學到的醫學知識來為他提供幫助和治療，並學習以信仰和愛心去呵護他的身體和心靈。有一次我對他說：「我很感恩你讓我有機會照顧你。在這過程中，我得到了寶貴的醫學訓練，學到了許多書本上無法教我的東西。這些經歷都將成為我未來行醫的堅實基礎。」

感謝神的帶領和恩典

神的恩典實在數算不盡，上述的回顧不過是一些點滴。這一路走來我真是滿懷感恩，看到上帝藉著一系列的奇妙安排，引領我從IT轉向醫學，讓我初步領略到祂所創造的人體之無窮奧秘，並學會如何透過中醫來提供全方位的自然療癒。

在照顧兒子的過程中，我看到神不僅使他的身體逐漸恢復，也修復了我們父子的關係，更奇妙地引領這隻迷失的羊重新回到牧羊人的懷抱。我深刻地知道這一切並非出於我們人的能力，而完全是上帝的恩典和計劃。我也深深體會到，最好的醫生乃是耶穌基督，祂不只醫治我們的身體，更拯救我們的靈魂。我們身為醫生，不過是祂施恩於世人的工具和管道而已。因此，我們需要常常來到神的面前，謙卑悔改，尋求從祂而來的智慧和能力，才能成為祂合用的器皿。感謝神！願一切的頌讚和榮耀都歸耶和華！



Will It Happen Again?

On August 14, 2024, the Seto family was on the road again. This time only Ray, Paul and I were able to send Candace to Wheaton college in Illinois. Before the trip, Ray and I asked many brothers and sisters to pray for us because of the car problems we encountered on our previous trip to Wheaton in May when we drove there for Leanna's graduation.

Praise God In the Midst of Trouble

Our trip in May started with beautiful sunny weather, and once we passed through the Maryland area, the road was nice and quiet with no traffic. Plus, the estimated time of arrival (ETA) to our destination was much earlier than we had anticipated. We enjoyed the car ride as we passed through different states, especially when we saw the plains in the Midwest that seemed to stretch out thousands of miles to the skies. When we were about an hour and half away from our Airbnb that my brother booked for all of us to stay for the five-day trip, all of sudden, Ray woke me up from my nap. The minivan

broke down and we had to pull over to the narrow shoulder. The shoulder was so narrow that we could feel the trucks zooming by, shaking our van. The sun had already set and rain started to pour down. Ray called the roadside service on our insurance to get help, but the customer service couldn't find anyone to help because we were in the middle of nowhere in Indiana. It was late at night and their computer system was down, so she advised us to call 911. We were devastated. The only thing we could do was pray and call 911, and then waited for them to rescue us. While waiting, Ray was really worried those trucks could hit us since it felt like they were only inches away in this dark and rainy night. Finally, a tow truck arrived but without a police car behind it. So we wondered if the tow truck could take all four of us since we didn't want anyone to be left behind exposed to the rain in the dark night. Praise God the tow truck had room for all of us! The driver told us later that he was about to take a shower when he received the call. If the call came after his shower, he said he probably would not have answered the call. Praise God for His timely deliverance. Since we didn't know any auto mechanics in Indiana, he took us to a reliable mechanic he knew and then dropped us off at a nearby Denny's. My brother's family who was already in Chicago came to pick us up.

Another praise to the Lord was that all four of us were able to fit in my brother's rental car, with Paul happily lying in the storage area of the SUV. After midnight, we all made it to the Airbnb. But the drama continued with Grace's and Sam's flight being delayed because of a storm and they did not arrive until 5 a.m. the next morning. Nevertheless, we praise God for bringing all of us together safely and we had a great time celebrating Leanna's graduation even in the midst of our car troubles.

God is Sovereign in Every Situation

We did not know how long it would take to fix our minivan, but expected it to be ready in a day or two. Unfortunately, the mechanic told us our transmission was dead, so it would take two business days to order another transmission and another two days to replace it. Although we dropped off the minivan on Thursday night but because the mechanic didn't run diagnostics until Friday and they were not open on weekend, so the earliest day we could get our minivan back was the following Thursday. This created a problem because Ray had scheduled a CEF training meeting that Saturday for CYIA

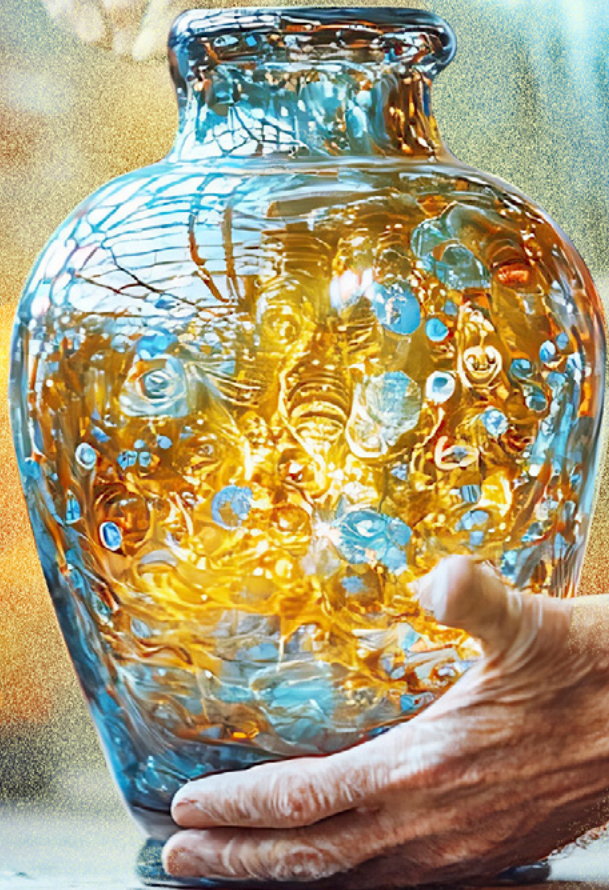
summer missionaries. It was a very difficult situation as we felt many things were out of our control and our original plans were not working out. Since it would take a week to fix the minivan, we had to adjust our plans accordingly. Meanwhile, God knew Ray would be overwhelmed by all these unexpected circumstances, so He sent my brother to come to this trip with us and to help us think through things. He stayed up late at night to find another Airbnb near the mechanic in Indiana, he also found a great deal on a rental car so that we could transport all of our things from Illinois to Indiana while waiting for the minivan to be fixed. We thought we had a good plan in place for the week until the mechanic called Ray. He told him that the truck that was supposed to deliver the new transmission broke down so they could not deliver the part as scheduled, which meant we could not make it back in time for the Saturday CEF training meeting. We felt Satan was trying to corner us, but the Holy Spirit reminded me that we need to learn "to be wise as a serpent, and innocent as a dove." So I suggested to Ray to discuss with EJ, the director of CEF of Northern Virginia to postpone the training to a week later. We praise God that even though we had the biggest group of CYIA summer missionaries ever, almost everyone was okay with the date change.

The trip in May was definitely filled with many surprises, but we learned that God is sovereign over every situation. He protected us from the storms on the way to Illinois and three tornados on the way back home. God also provided for us financially through the generosity of brothers and sisters to fix our minivan and places to stay when we were stranded.

The Lord indeed is "a stronghold to the poor, a stronghold to the needy in his distress, a shelter from the storm and a shade from the heat" (Isaiah 25:4). We are so grateful to our Heavenly Father for answering the prayers of many brothers and sisters and keeping us safe during our August trip that we were able to drive the same van that was fixed in May. All glory goes to Him who loves deeply unworthy sinners like us. Hallelujah! 🌿

The Lord indeed is "a stronghold to the poor, a stronghold to the needy in his distress, a shelter from the storm and a shade from the heat" (Isaiah 25:4).

The God Who Sees Me



Over the past year I have spent a lot of time talking to God about my calling and my capabilities. Week after week questioning if I was doing the right thing or the right person for the roles I have been in. I would look around and think, “This person does really well in leading worship or that person is really good with new people.”

Underlying all of this I keep wishing I am more like this person or that one. Comparing myself and always falling short.

He is the God who has created me with my own gifts, talents, and personality.

I strive to be a better hostess, a better evangelist, a better friend, etc. However, the more I try the more I have come to realize I have confused myself. Suddenly under the guise of wanting to be a better Christian I have picked a multitude of other human beings to be my role model, the person “I want to be when I grow up”. This then leads to me questioning if I am doing it right or if I did enough.

After a long school year, I decided one day to take some time to reflect on the past year. While I was journaling and praying, I realized that I wanted to be everything that everyone else was but in doing so lost my focus. My goal in life is to be like Jesus. I am called to be His hands and His feet. He is the one I should be turning to when I am unsure how to be a good friend or how I should share the Gospel with someone. There is no formula in how to be hospitable or caring in the church, God calls everyone differently which means it will look different for everyone.

It is humbling to think that even when trying to be a “good Christian” it is easy to get trapped in following others instead of being faithful in the ways God has called me. He is the God who has created me with my own gifts, talents, and personality. I don’t need to compare myself to anyone else in order to be faithful. Someone close to me once told me when I was doubting my capability to teach this year that God chose to call me to teach this class, not anyone else. That He had a purpose for me with this specific group of kids and that God wanted to use me here, not anyone else. That He is the God who sees me in my struggles. How often it is easy to question God’s faithfulness and omnipotence when we think we are not good enough. But in fact, He wants us to simply pick up our cross and follow Him. That the cross we bear is a reminder that we are to die to ourselves and that Christ has raised us back to life. 🌿

Growing in Maturity

Paul Seto



"The Storm on the Sea of Galilee" by Rembrandt, 1633

Living by Sinful Nature

I was born into a Christian household and was surrounded with Christian friends. But I never put any effort into having a great relationship with God. Because my father was the pastor of this church, I always thought that was cool but also sensed a responsibility for me to be better. Because of this belief, I felt it would be so cool if I was confirmed when I was super young. I felt I would be so cool and popular if I did that. My plan was to pop a few jokes, make some people laugh and that would be it. But I didn't understand the true meaning of being a true member of the church.

When I was younger, I would be pretty mean even with my friends. There was one time during a church retreat we were listening to a lesson, and while we were listening, Jonah and I were fighting over who gets to have Ezra sit on our lap. Jonah ended up winning, and I got pretty mad. So as a way to punish Jonah, I commanded Jamie and Avin not to talk to Jonah. Whenever they did talk to Jonah, I would pinch them. There are probably more examples of me being mean, but that was the most prominent one. I kept on with this sinful behavior until my parents decided to enroll me at a different private school. This school would change me from my sinful behavior for, hopefully, forever.

Growing Closer to God

This school was called Ambleside, and its teaching curriculum was vastly different from the regular public schools and even private schools. There was one subject that I really liked. This subject was called Lectio Divina. This subject would allow me, for the first time ever, to meditate on Scripture. We would record whatever God spoke to

us while we were meditating. This was really helpful to just record my thoughts and speak to God through my writing. And because of this I was more

This subject [Lectio Divina] would allow me, for the first time ever, to meditate on Scripture.

motivated to read the Bible more often and pray more. Talking to God became easier and just being able to hear His voice. This helped my relationship with God greatly alongside with Children of the Light Dancers. I am able to have a relationship with God because Jesus died on the cross for my sins.

Children of the Light Dancers (COTLD) is an organization where we can use dance as a way of worshiping God. Ms. Jeanine is the head of COTLD and is a great role model and teacher for everyone who does COTLD. In the older groups of COTLD we have prayer and worship time. For worship time, we would turn off all the lights and there would be worship music playing. We could dance or simply just sing along and worship Him. Prayer time is where we are either in groups or in duos, sharing what we need prayer for. So last school year we had prayer buddies. My prayer buddy was Preston, and he helped me grow in my relationship with God. Even with a limited amount of time, we would have some pretty deep conversations.

Seeing Changes in My Life

The first area I have seen growth in while improving my relationship with God is the desire to know God better and reading the Bible daily. I normally read my Bible in the morning to have some devotional time with God. The second area I have seen growth in is the desire to witness to others about Christ. Over the summer I did Christian Youth in Action (CYIA). In this program we learn Bible stories, missionary stories, songs, and memory verses to help lead children to Christ. The next area I have seen growth in is in my relationship with

I also really like when He calmed the storm at the Sea of Galilee because even when the disciples were scared, they were still able to rely on Him just like sometimes when I'm scared or nervous I can rely on Him and ask Him to help me.

my family or more specifically my sisters. Before I used to annoy my sisters a lot or more, specifically Candace, and I still do but hopefully not as often. The last area I have seen growth in is my attention to sermons and prayers at church. Before I used to daydream, and sometimes still do, but now I can gain more from the sermons than before.

Some Gospel messages that I liked are the ones where Jesus threw the tables at the Temple and when He calmed the storm in the Sea of Galilee. I really like the one about Jesus throwing the table at the Temple because the people were disrespecting God and I feel like I should try to respect God and His house as much as I can. I also really like when He calmed the storm at the Sea of Galilee because even when the disciples were scared, they were still able to rely on Him just like sometimes when I'm scared or nervous I can rely on Him and ask Him to help me.

Throughout a majority of my life, I didn't know what it meant to have a relationship with God. But now I can safely say that I have a relationship with God. Although it isn't perfect, I know my flaws and can work on them. I am not perfect, but God is and through His Holy Spirit, I can grow into a godly man, following His ways and walking with Him. 🌿



Saying Yes: Trusting in God's Provision

Melody Day

Finding a Christian Community at UVA

I came into UVA in 2019 excited, but also extremely nervous, to find Christian community like I had here at CCCVA and through my dance group. I knew how important it was to find a group of people who loved the Lord and who could encourage me to continue growing in my faith. As soon as I met my future core group leader during my first weekend at UVA, I knew Chi Alpha Christian Fellowship was where the Lord wanted me to stay, pour into, and grow as a follower of Jesus. Throughout my four years in Chi Alpha, I served as a core group leader of first-years, just like me a few years earlier,

and led them for two more years. I became more involved by moving into a house with other Chi Alpha girls, joining the worship team, serving as Vice President of Chi Alpha my third year, and being disciplined by a staff member, and all these things culminated in my spiritual growth. Throughout my time as a student, I grappled with many discouraging events and wrestled with my identity as a Christian and an Asian American woman, but through it all the Lord reminded me of His love through the people around me: my co-leaders, my staff mentor, my housemates, and my friends, and taught me of His faithfulness and constant presence.

Starting to Feel the Lord's Call

At the end of my second year of college, I sat down with my staff mentor for our last discipleship meeting and I will never forget her one question that changed my entire perspective about my future, "Would you ever consider doing the one-year internship with Chi Alpha at UVA after you graduate?" I was shocked, to say the least. But because I respected Emily, I told her I would think about it even though in my heart I already said no.

However, the Lord continued to put the internship and ministry on my heart in a way that I could not escape. I found that I loved serving and discipling college students at UVA as a core group leader. My heart was opened to ministry and missions after serving in East Africa for a week on a Spring Break trip, and I could not escape the people constantly speaking into my life that I had a heart and a gift for serving in ministry.

The summer before my fourth year at UVA, I attended Chi Alpha's annual beach week. It was not only a week of hanging out at the beach, but we had a teaching and worship session every morning on a different topic. In the middle of the week, we had a big worship night, and I walked in not expecting anything. But, one of our staff members went up on stage after a few songs and said, "I know there are students out there who are considering serving in missions overseas or even campus ministry here at Chi Alpha. If there is any part of you feeling like the Lord is calling you in that direction, I encourage you to pray and seek what the Lord is saying to you." Immediately, I felt a tug at my heart and I began crying. I knew the Lord was trying to speak to me, but I didn't know what He was trying to say. I left the room and sat on the steps outside crying and praying for God to reveal to me what He

wanted me to hear. One of my friends walked by and began praying for me as it began to dawn on me that my future was not going to be exactly what I expected it to be. Later that night, one of my friends on staff pulled me aside and encouraged me to recognize that this was a situation where I should say yes to what the Lord was calling me to do. He encouraged me to just take a step of faith and trust that He will provide for the rest. I am a person who lives in fear and is constantly scared of my future. My whole life I was prepared to make the safe choice of graduating with my teacher education degree, maybe go back to school for another degree, and then work in education for the rest of my life. But now, I was faced with the choice that the Lord might be calling me to something greater, to serve His kingdom at UVA. Was I going to take a step of faith to pursue what God was calling me to and say yes?

I felt a tug at my heart and I began crying. I knew the Lord was trying to speak to me, but I didn't know what He was trying to say.

Saying Yes to the Lord

After many more conversations with trusted friends and mentors as well as lots of prayer, I decided right after spring break my fourth year to commit to serving in Chi Alpha at UVA's one-year internship after I graduated in the spring of 2023. From then the Lord continued to affirm this decision, from providing my full budget that I was support-raising through my encouraging family and friends at CCCVA, to allowing me to stay one more year with the core group of girls I had led for the past two years. I continued to learn more about my faith through the classes I took twice a week, by learning how to write and preach sermons, serving on the staff team, and observing the behind-the-scenes operations of how our fellowship served college students. As my one-year internship ended, I saw firsthand how the Lord was changing students at UVA and I felt honored and so blessed to be a small part of it. I led a Spring Break mission trip to Buffalo, New York and got to witness another Chi Alpha serving students at Buffalo State University. It was there that I again experienced God's calling to stay a few more years at UVA. We have a time throughout the week where every student gets affirmed by other team members and prayed over. When it came to my turn, I was surprised by how

many students affirmed me of things that they have seen the Lord do through me and what they have experienced firsthand. A couple of them spoke of how I was one of the reasons they stayed in Chi Alpha and found Christian community. I was overwhelmed with emotion and gratitude that the Lord had led me to stay here. As a student prayed over me, I clearly heard the Lord's

If the Lord is calling you to something, someone, or somewhere that seems uncomfortable, I encourage you to take a step of faith and trust what the Lord can do through your simple obedience.

voice telling me that I needed to remain at UVA and continue serving. If He had done so much through me during my time as a student and my one year as an intern, how much more could He accomplish if I was obedient to His calling and stayed for just a few more years? That night, I made the decision to remain on

staff at least a few more years to continue discovering what the Lord had in store for me here in Charlottesville serving UVA students.

Throughout the past few months as a full-time staff member, I have been affirmed that this is where I need to be. From discipling nine student leaders, many of whom I disciplined last year, to praying over students during worship nights, to taking on a greater role on the staff team and teaching my first class at Fall Retreat, I have seen God's goodness and the peace you experience when you are exactly where God wants you to be. If the Lord is calling you to something, someone, or somewhere that seems uncomfortable, I encourage you to take a step of faith and trust what the Lord can do through your simple obedience. A verse that blessed me as I stepped into a season of ministry was 1 Corinthians 3:7 which says, "So neither he who plants nor he who waters is anything, but only God who gives the growth." Take a step of faith and believe that the Lord is the one who will provide and bring the growth. 🌿



Being Set Free Through Christ

Joseph Yap

As I continued to read the Bible, it became clear to me that my idea of freedom was very skewed. I thought the more I disobeyed authority, the freer I was to do whatever I wanted. I was constantly living in a life of sin and calling it freedom.

Growing up

As far back as I can remember, I have always gone to church. Our family is very involved in many of the church events and discussions. Being born into a God-fearing family, I knew most of the basics and the foundations of Christianity.

However, I was not a genuine person outside of church. I would find myself constantly getting into trouble with authorities. I engaged in various fights, both verbal and physical. I fought with my parents, my teachers, and sometimes even my friends.

Turning around

In the fall of 2022, I started my first semester at VCU. About 2-3 weeks into the school year, I was approached by people from a campus ministry called Chi Alpha(XA). They invited me to a worship night. I gladly accepted their invitation, as I wasn't on good terms with my roommate. I went to the worship night, and was greeted by Marcus. Marcus had just finished a sermon of how he got plugged into XA. I congratulated him on his sermon and went back to my dorm.

Around 5pm the next Tuesday, I found Marcus sitting outside the dining court. I greeted him, and he invited me to Bible study, which he was hosting in the library at 7. I had no other plans, so I decided to go. This was my first

We are all made in the image of God. Our actions can either reflect that image to others or degrade it.

ever time in a college Bible study. I met about 10-12 other guys around my age, most of which had been with XA for a little over a year. What surprised me was the intimacy the group had with

each other. They would talk about their struggles in life, both spiritually and physically in a very open manner that I wouldn't have even dared to say.

I decided to keep going to Bible study. As I continued to read the Bible, two things became apparent to me. The first thing was the concept of being set free through Christ. As I continued to read the Bible, it became clear to me that my idea of freedom was very skewed. I thought the more I disobeyed authority, the freer I was to do whatever I wanted. I was constantly living in a life of sin and calling it freedom. And it never did help, it only dug the hole in my heart deeper.

The second thing I learned was the concept of how salvation works. Because Adam sinned against God, we are all born to be condemned. But God makes a promise to save us through his son Jesus. As Jesus took the body of a man, he willingly laid his life down for us so that we may be saved. Because Jesus was not born of sin, he is the only one who could pay our ransom. When we trust in Jesus, he gives us new life and sets us free of our sins. And this is not something that we deserve, it is by grace, through faith.

Learning to trust

I came to a point where I could no longer hold things together. I was beginning to see the sinful nature of humanity. I concluded that if Jesus loved me so much, and was willing to die for me despite all the things I did, I could no longer continue to live a life of sin. I prayed for God to come into my life and change me and repented for not trusting him. I had finally given my life to Christ.

As I continue to walk with Christ, I am reminded of his sacrifice and how it impacts my life. We are all made in the image of God. Our actions can either reflect that image to others or degrade it. For some, it may be simple, but for others it may be very difficult. To this day I still struggle with my sinful desires. I just make choices not to act on them, out of my love for Christ. The overarching theme of the Bible is that Christ made an example of himself by loving us, serving us, and laying his life down for us. If we love him, we will do the same. 🌿

資源分享 Resource Sharing

于艾真 (Jennifer Hu)



說到我和 seeJesus 的淵源可以追溯到2013年，那年聖誕節我和過去英文堂的長老梁國恩的妻子Vicki聯絡時，聽她提到“禱告人生”(A Praying Life) 這本書，我立即買來讀了。當時感覺非常震撼，也把自己的禱告生活藉機重新整頓了，開始學習操練持續不懈的禱告，其間多次經歷禱告蒙應允的驚喜。接著教會於2014年10月舉辦了一次「禱告人生」講座，請 seeJesus 的講員來主持，鼓勵弟兄姊妹在禱告生活上有所調整和突破。

讀了「禱告人生」後，我才知道作者Paul Miller和妻子Jill育有六個孩子，其中老四Kim有多重障礙，其他的孩子在成長過程中也給父母帶來許多挑戰。我至今仍清晰的記得禱告人生第一章「禱告到底有什麼用？」Paul Miller 開頭就記錄了在森林有千萬片落葉的地上為女兒找掉落的隱形眼鏡的故事，我深深的被他單純地信靠天父那孩子般信心所感動。

接著我陸陸續續讀了幾本 Paul Miller 寫的書，包括 J-Curve, Love Walked Among Us, 以及最新的 A Praying Church。還有他妻子Jill Miller 寫的“Finding Jesus on Upside Down Days: Family Devotions from the Barnyard”。他們的書有個共同特色就是都非常“寫實”，讀者可以看到他們的掙扎和倚靠神的心。除此之外，我偶爾會去 seeJesus 網站瀏覽，得知他們的女兒 Ashley（當年找隱形眼鏡的那個）於2018年因癌症去世。

seeJesus網站上有一個 Paul Miller 的一個八分鐘的短片，很真實的把為什麼他發現「看見耶穌」對我們每個人是那麼重要，他自己的生命又是如何被耶穌觸摸並經歷更新。影片中有一段他妻子三次問他“你愛我嗎？”聽起來令人心碎但對許多夫妻應該有“當頭棒喝”的效果。盼望弟兄姊妹透過這個網站能夠認識這個機構的事工，多多使用網站上的許多很好的資源（如：“stories” and “podcasts”），讓我們不僅“讀”耶穌的生平並且認識到“看見”耶穌是何等的關鍵！

教會預定於明年三月底舉辦「A Praying Church」講座，盼望弟兄姊妹不僅有健康的個人禱告生活，並且知道成為一個禱告的教會的重要性。請為這個講座禱告。

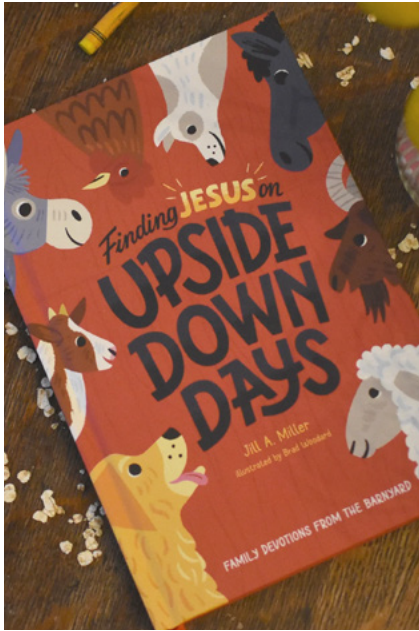
seeJesus Ministry 事工網站:

www.seejesus.net

事工背後的故事 (8分27秒 YouTube 短片)

"Paul Miller's Story of Learning to Love"

短片中創辦人Paul Miller敘述他如何透過家庭所經歷的苦難學習去愛身邊的人。因著他自己家庭的各樣試煉，他領悟到愛人常常是一件沒有果效的事情，因為愛需要我們放慢腳步，進入對方的世界，付出我們的心力。他在短片中分享自己是如何細細的觀察耶穌的一生來學習祂愛人的方式。



Reflecting on how I first got connected with seeJesus, I think it was Christmas in 2013 and I was exchanging Christmas greetings with Vicki, our former English-speaking elder Stephen Leung's wife. She mentioned the book "A Praying Life" and I immediately got a copy and read it. I was quite "stunned" after reading it and decided to reorganize my own prayer life and learn to pray unceasingly. I remember being surprised to have many answered prayers during that time. Then CCCVA held an "A Praying Life" seminar in October of 2014 and the speaker encouraged brothers and sisters to reorganize their prayer lives and to experience breakthroughs.

It was after reading "A Praying Life" I learned that Paul and his wife Jill have six children, one of them has multiple disabilities. The other children also posed challenges to their parents during their time at home. I still remember vividly to this day that in the beginning part of chapter one titled "What good does it do?" Paul recorded a story of him helping his daughter Ashley searching for her lost contact lens on a forest floor covered by millions of leaves. His pure, child-like faith in trusting his heavenly Father deeply moved me.

In the following years, I continued to read several of Paul's books, including J-Curve, Love Walked Among Us, and the latest A Praying Church.

His wife Jill also wrote a book called "Finding Jesus on Upside Down Days: Family Devotions from the Barnyard". What I find in common in their writing is the authenticity in expressing their struggles and their dependence on God. I also visit their website seeJesus.net once in a while and learned that their daughter Ashley (the one who asked "What good does it do to pray?") died of cancer in 2018.

There is an 8-minute video on their website describing why Paul believes "seeing Jesus" is crucial and how it has changed his own life. There was a part in the video where he said his wife asked him "do you love me?" three times and it was not until the third time he finally understood the question. It was a heart-wrenching question but one that should awaken many married couples. My hope is that through knowing seeJesus' ministries and taking advantage of what is available on their website (under "stories" and "podcasts"), the eyes of brothers and sisters would be opened so that we not only read about Jesus but truly "see" him.

I would also like to mention that CCCVA is planning to hold an A Praying Church seminar in March, 2025. Our hope is that brothers and sisters not only have healthy personal prayer life but will see the importance of becoming a praying church. Please pray for this upcoming seminar.

seeJesus Ministry website:
www.seeJesus.net

Watch the story behind Paul and Jill's mission on YouTube (8:27)
"Paul Miller's Story of Learning to Love"

seeJesus founder Paul Miller tells the story of how he learned to love through seasons of suffering in his own family. Through his family's trials, he came to realize that loving people is not always efficient, but rather, it requires you to slow down and be present and attentive. Paul shares how he learned this pattern of love from closely watching Jesus' life. 🌿

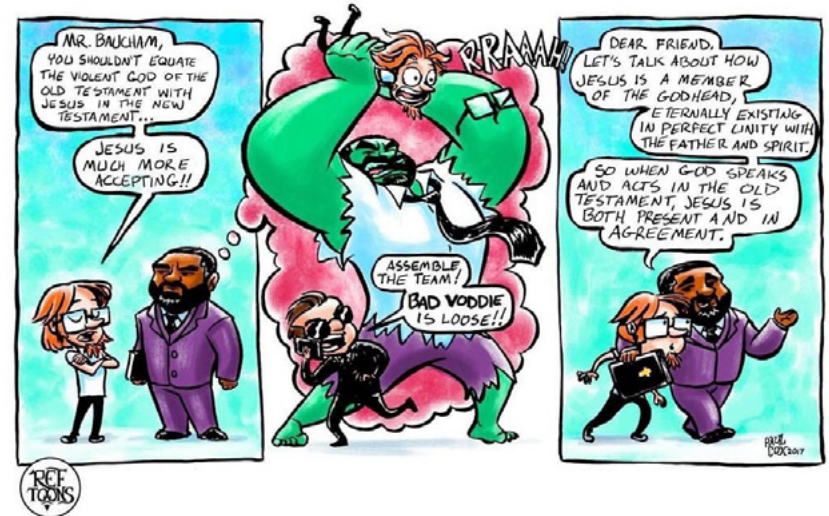
RefToons 智者的話



St. Nicholas vs. Arius! The legendary dispute between St. Nicholas of Myra and Arius is based on the slightest difference in the spelling of the Greek words **homoiousios**, which means "similar substance," and **homoousios**, which means "same substance." Arius argued that Christ was created by the Father, making Him subordinate and not coeternal with the Father. At the First Council of Nicaea in 325 AD, church leaders solidified the biblical position that **Christ is homoousios (same substance), and therefore coeternal with the Father.** As the legend claims, it was at this very council that St. Nicholas lost his temper and slapped Arius across the face. In conclusion, Arius was condemned as a heretic, and St. Nicholas was placed under church discipline.

聖尼古拉斯槓上阿里烏斯！米拉的聖尼古拉斯和阿里烏斯之間的傳奇爭端是基於一個希臘詞“**homoiousios**”（意思是“相似的物質”）和“**homoousios**”（意思是“相同的物質”）拼寫上的細微差別。阿里烏認為基督是由天父創造的，因此他從屬於天父，而不是與天父共存。在公元325年的第一次尼西亞公會議上，教會領袖鞏固了聖經的立場，**耶穌是同質的（同質體），因此與天父同在。**正如傳說所稱，正是在這次會議上，動怒的聖尼古拉斯扇了阿里烏斯一巴掌。最後，阿里烏斯被譴責為異端分子，而聖尼古拉斯則受到教會紀律處分。

(Text originated from RefToons' FaceBook post.)



- (圖一) 某男表示：「沃迪·包肯先生，你不應該把舊約中殘暴的上帝與新約中的耶穌等同。耶穌是有更多包容心的。」
- (圖二) 包肯幻想中：「吼吼吼～！」
警衛：「集合護衛隊！壞沃迪被解放了！」
- (圖三) 沃迪·包肯：「親愛的朋友，讓我們來談談耶穌為何是神格中的一員，在永恆中與聖父和聖靈完美合一地存在。因此，當神在舊約中說話和行事時，耶穌既在場又一致。」

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本刊宗旨

The Purposes of This Newsletter

- ♥ 提供文字園地見證主恩
To provide a forum for us to testify God's grace.
- ♥ 增進肢體同心分享主愛
To improve our unity in Christ and share the Lord's love.
- ♥ 可作傳揚福音信息資料
To be used as evangelistic literature in sharing of the Gospel.
- ♥ 互通傳遞教會活動信息
To communicate our church's activities and messages.

大使命

耶穌進前來，對他們說：「天上地下所有的權柄都賜給我了。所以，你們要去，使萬民作我的門徒，奉父，子，聖靈的名給他們施洗(或作：給他們施洗，歸於父，子，聖靈的名)。凡我所吩咐你們的，都教訓他們遵守，我就常與你們同在，直到世界的未了。」(馬太福音 28：18-20)

The Great Commission

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always to the very end of the age." (Matthew 28:18-20)



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