



蒙福的人

BLESSED IS THE MAN



北維州華人基督教會
Chinese Christian Church of Virginia



目錄 Table of Contents

2	編者的話 A Word from the Editor.....	編者 Editor
4	真正的蒙福之人	尤雅各傳道
8	病榻中主耶穌的愛慰與教導	常愛清
14	救我身體和靈魂的神	冉彼得
16	救贖主賜我新生命	楊菲比
18	基督真光喚我心甦醒	鄭凱元
22	蒙福的生命	姚寧潔
24	神主權的揀選和無條件的愛	王之微
26	發青結果滿了漿汁	榮光第
28	簡論因信稱義	榮光第
36	祂是賜生命的主	趙麗佳
40	降服在神的大愛和恩典之下	徐應躍
44	不離不棄的愛	董艷艷
48	我的婚姻當為祂作見證	張筠
52	Some Reflections on Leisure.....	Rev. Ray Seto
55	Saved by Grace Through Faith	Noah Ran
58	Mission Trip Reflections	April Zheng
64	Trust During Trials	Esther Li
69	Experiencing God's Faithfulness Through Prayers.....	Jennifer Hu
72	RefToons 智者的話	
74	本刊宗旨 The Purposes of This Newsletter	
74	大使命 The Great Commission	

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編者的話

當我們感到不安全時，我們會尋找一個藏身之處；軟弱害怕時，會投靠一位強壯又溫柔的人安慰我們；面臨困難時，會尋求有權勢的人幫助；病痛時，會找醫生治療；面對死亡時，盼望靈魂可以免去地獄的永刑。那麼到底誰能涵括一切，又是我們的藏身處、安慰者、拯救者、醫治者、救贖主，又以永約之愛愛我們到底？答案是神，我們的天父。那麼，誰有幸能成為蒙天父所愛和祝福的人呢？

在尤雅各傳道的「一位真正蒙福之人」文章中，他很清楚的闡明這個人是個承認自己是罪人，本該得咒詛和滅亡，但因為認罪悔改他罪得赦免，並且透過與基督聯合，他得到了耶穌的義，這義是耶穌對天父完全順服而得到的。如此，這人得以進入神的家中成為天父的孩子，並且立即成為天父豐盛恩典的領受者。

神的律法定了「蒙福之圈」的範圍。我們活在神「蒙福之圈」內，就蒙保護、引導、供應、餵養、和祝福。詩篇其他處也說到蒙神祝福的人是信靠神（詩篇84:12）、敬畏神（詩篇112:1），和住在耶和華的殿中的（詩篇84:4）。神的愛也包括了祂的管教，「因為主所愛的，他必管教。又鞭打凡所收納的兒子」（希伯來書12:6）。一個被愛他的父親管教的孩子是有福的。

如果我們的天父因愛我們甚至犧牲獨生兒子為我們的罪而死，為什麼我們還不緊緊跟隨祂、信靠祂呢？其中一個原因是我們的罪性。我們常常忽視那些永遠在我們身邊不離不棄的人，因為我們確定他們的愛和忠誠，以至我們只在有需要時才找他們，甚至使喚他們來幫忙。許多基督徒就像路加福音15章裡的浪子，愚蠢的選擇生活在神的「蒙福之圈」以外，放棄了兒子的名分，直到失去所有才狼狽羞愧的回家。

一個蒙福的人是敬畏神，信靠神，住在耶和華殿中的人，更重要的是，他不輕看神的愛。☞

A Word from the Editor

When we are physically threatened, we run to a shelter for protection; when we are weak and fearful, we go to someone who is strong and kind for comfort; when we are in trouble, we seek a powerful person to rescue us; when we are sick, we look for a doctor to heal us; when we face death, we hope our spirit will be spared of eternal torture in hell. But who is this Person who is our shelter, comforter, deliverer, healer, Savior, and has vowed to love us eternally with a covenant love? We all know the answer. It is God, our heavenly Father. So, who can be the object of God's love and blessings?

As expounded in minister Jacob You's article "A truly blessed person", this person is one who admits he is a sinner, deserving condemnation and eternal punishment, yet knows his sins have been forgiven when he repents and confesses Jesus Christ is his Lord and Savior. He is then given Jesus' righteousness because Jesus' perfect obedience to his heavenly Father is counted as his through his union with Jesus Christ. Once he enters God's family and becomes a child of God, he immediately becomes the object of God's lavish blessings.

God's law defines the bounds of our lives. When we stay inside the "circle of blessing", we are protected, guided, provided for, nurtured, and blessed. Other places in Psalms tell us he who trusts the LORD (Ps. 84:12), fears God (Ps. 112:1), and dwells in the house of the LORD (Ps. 84:4) is blessed. God's love consists of his discipline, "because the Lord disciplines those he loves, and he punishes everyone he accepts as a son" (Hebrews 12:6). A child disciplined by his loving Father is a blessed child.

If our heavenly Father loves us to the point of giving up his only Son to die for our sins, why don't we stay close to him and trust him? One reason could be because of our sinful nature. We often treat the "constant", people who are always there and will never leave us, with little honor. We are sure of their love, loyalty, and faithfulness, so we go to them or even summon them to help us only when we need them. Many Christians live like the prodigal son in Luke 15, foolishly choosing to live outside the circle of blessing and forfeiting their right as sons, and come home only after they have lost everything and brought shame and disgrace to themselves.

A blessed person is one who fears God, trusts the LORD, dwells in the house of the LORD, and most importantly, who does not take God's love for granted. 

优雅各传道

真正的 蒙福之人



正如大衛稱那在行為以外蒙神算為義的人是有福的，
他說：「得赦免其過、遮蓋其罪的，這人是有福的！
主不算為有罪的，這人是有福的！」

《羅馬書4:6-8》

亞伯拉罕何時被上帝算為義

使徒保羅引用大衛在詩篇32篇的話來探討亞伯拉罕是何時被上帝算為一個義人。在保羅看來，正如大衛所言一個人在行為之外蒙上帝算為義，亞伯拉罕也是在他行割禮之前就已經蒙上帝稱義。對猶太人而言，割禮是宗教的禮儀，是人依照社群習俗約定而做的行為，他們將此割禮視為蒙上帝接納的條件和獨特的記號。然而，對保羅而言，亞伯拉罕被上帝算為義，並不是出於亞伯拉罕任何宗教的禮儀，也不是亞伯拉罕按照社群的習俗行善多少，而是他在領受這一個宗教禮儀之前就已經被上帝稱義。

保羅在這段經文所要處理的一個關鍵問題，就是人最為根基性的宗教錯誤：上帝稱我們為義，上帝接納我們，是因為我們是一個怎樣的人或因為我們所做的事情。這一種錯誤藏匿在我們信仰生活的各個層面，我們感到上帝接納我們，是因為我們在社會中、家庭中、教會生活中、教會服事中、弟兄姊妹的團契生活中我們的所是或我們的所行。這一種根基性的宗教錯誤是人在亞當裡墮落之後人心與思想中本能的傾向。

我們如何被上帝接納

當神學家約翰穆里在他的 *O Death, Where is Thy Sting?* 一書中探討這種根基性的宗教錯誤時，他提出幾個問題可以幫助我們認識自己是否對此錯誤有敏銳的意識。當我們被問到我們與上帝的關係如何、對永生的盼望和把握是如何的時候，我們要問自己第一時間或是立刻的體會是什麼。約翰穆里觀察到三種人，第一種人對此問題的回答，

他第一時間的反應是，上帝接納我是因為我沒有殺人，沒有偷竊，我過著正直的生活。第二種人的第一直觀反應是上帝接納我是因為我的父母都是教會的會友和信徒。第三種人最自然的反應是認為他已經在教會受洗，定期的參加聚會領聖餐，並且為教會辛勞服事，付出大量時間。因此，我們看到正如猶太人自然地認為上帝接納他們是因為他們在宗教禮儀（割禮）中的行為，我們今天同樣有類似的根基性的宗教錯誤，認為上帝接納我們是因為我們是怎樣的人或是我們做了哪些事。約翰穆里認為，這樣的人，並不是真正蒙福的人。如果我們的義，即我們的所是和我們的所行，成為上帝接納我們的原因，我們還沒有體會到福音帶來的自由和能力。如果我們用福音以外的原則來生活和服事，我們的苦毒反而會增加。

蒙福之人的特徵

那麼，真正蒙福的人是怎樣的人呢？他對福音的認識以及這種認識所帶來的心理活動是怎麼樣的？穆里認為一個真正蒙福的人有三個

約翰穆里說，除非一個人在宗教情感上時常體會到罪的真實和自己的不義所帶來的淹沒感、絕望感，他便無法深刻體會到上帝已經完全饒恕他的罪這件事有多麼震撼。

特徵。第一個特徵是，當他被問到他在上帝面前如何被接納的時候，他的第一個直覺反應是醒悟到他是一個罪人。也就是說，他第一時間想到的不是他的義，而是他的不義。他無法憑藉自己是怎樣的人或所做怎樣的事能夠站在上帝面前；相反，他是立即醒悟到自己只配得上上帝面前受咒詛和審判。

第二個真正蒙福之人的特徵是，這個人也同時在自己的良心上看到認識上帝已經饒恕了他的罪。先知以賽亞和彌迦都曾清楚地傳達了這樣的真理（以賽亞書44:22「我塗抹了你的過犯，像厚雲消散；我塗抹了你的罪惡，如薄雲滅沒。你當歸向我，因我救贖了你」；彌迦書7:19「必再憐憫我們，將我們的罪孽踏在腳下，又將我們的一切罪投於深海」）。約翰穆里說，除非一個人在宗教情感上時常體會到罪的真實和自己的不義所帶來的淹沒感、絕望感，他便無法深刻體會到上帝已經完全饒恕他的罪這件事有多麼震撼。因此，穆里繼續說，如果我們不把上帝饒恕、赦免我們的罪視為我們信仰生活的核心以及我們禱告的核心，我們還不算是一個真正蒙福的人。

第三，真正蒙福之人，正如亞伯拉罕一樣，不只是罪被饒恕，上帝也把義歸算給他，被上帝稱義。上帝對我們罪的饒恕不同於稱義，稱義的觀念要比饒恕更為豐富。雖然上帝饒恕了我們的罪，但不代表上帝接納我們，因為雖然罪被饒恕，但不代表罪得赦免的人在身分上就是義人。所以，稱義是從更積極的角度來看，上帝不只是饒恕了我們的罪，更是把祂的義賜給我們。這裡的義，不是上帝屬性中的義，因為上帝屬性中的義是上帝永恆的屬性，並不屬於我們。這裡的義，是罪人可以擁有的義。這個義不是因著我們是怎樣的人或是我們做了怎樣的事就可以獲得，而是因為耶穌基督完全的順服所賺取的。約翰穆里說，當我們藉著信心與基督聯合，我們便領受、擁有了耶穌的義。耶穌基督的義，不只確保我們會被上帝稱義、被祂接納，也要求上帝必然要稱我們為義。

因此，一位真正蒙福之人在評估這一個最根基性的宗教問題的時候，他在聖潔、無限的上帝面前第一時間、即可覺悟自己的罪與愁苦，但同時也看到他罪得赦免，並且被上帝稱為義人。如果我們對福分的理解缺乏這一個視角，那麼當我們面對最根基性的宗教問題，如上帝如何接納我，我們的第一個反應很容易會把我是怎樣的人或我做了怎樣的事作為上帝接納我的條件。在這種自我稱義的觀點中，某一件事工、某一個觀念的爭執的最後都有可能被看作是上帝接納我們的條件。相反，我們在面對這一個根基性的宗教問題的時候，如果我們的第一反應是醒悟到我們作為罪人與創造者之間的鴻溝，看到上帝有饒恕與稱義的恩典，並且以救贖性的信心領受耶穌基督作為我們唯一蒙上帝接納的條件，我們會更容易面對真實的自己，面對我們的錯誤與失敗，我們也更容易從逆境中振作起來。如此，基督的福音也更能

在我們的身上顯出能力。✦

病榻中

主耶穌的愛慰與教導

詩篇90篇

主啊，
你世世代代作我們的居所。
諸山未曾生出，
地與世界你未曾造成，
從亙古到永遠，你是神！

你使人歸於塵土，說：
你們世人要歸回。
在你看來，
千年如已過的昨日，
又如夜間的一更。

你叫他們如水沖去，
他們如睡一覺。
早晨，他們如生長的草，
早晨發芽生長，
晚上割下枯乾。

我們因你的怒氣而消滅，
因你的忿怒而驚惶。
你將我們的罪孽
擺在你面前，
將我們的隱惡
擺在你面光之中。

我們經過的日子
都在你震怒之下；
我們度盡的年歲
好像一聲嘆息。
我們一生的年日是七十歲，
若是強壯可到八十歲；
但其中所矜誇的
不過是勞苦愁煩，
轉眼成空，
我們便如飛而去。

誰曉得你怒氣的權勢？
誰按著你該受的敬畏
曉得你的忿怒呢？

求祢指教我們怎樣
數算自己的日子，
好叫我們得著智慧的心。

耶和華啊，
我們要等到幾時呢？
求你轉回，
為你的僕人後悔。
求祢使我們早早
就飽得祢的慈愛，
好叫我們一生一世
歡呼喜樂。
求祢照著祢使我們
受苦的日子
和我們遭難的年歲，
叫我們喜樂。

願祢的作為
向祢僕人顯現；
願祢的榮耀
向他們子孫顯明。
願主我們神的榮美
歸於我們身上。
願你堅立我們手所做的工；
我們手所做的工，
願你堅立。

詩篇73:25-26

除你以外，
在天上我有誰呢？
除你以外，
在地上我也沒有所愛慕的！
我的肉體和我的心腸衰殘，
但神是我心裡的力量，
又是我的福分，直到永遠。

詩篇103:1-4

我的心哪，
你要稱頌耶和華。
凡在我裡面的，
也要稱頌祂的聖名！
我的心哪，
你要稱頌耶和華。
不可忘記祂的一切恩惠！
祂赦免你的一切罪孽，
醫治你一切的疾病。
祂救贖你的命脫離死亡，
以仁愛和慈悲為你的冠冕。



神也奇妙地賜給我詩歌，在很長一段時間裡，我的腦海裡常常出現《彌賽亞·神曲》，第一部分第一首歌是男中音唱的《安慰我百姓》... 祂向我顯示了一個真正信靠耶穌的人，應該有主的心懷，不僅終日求主安慰自己，也要認識到神愛世人，愛這世上所有有病痛的人、所有失喪的人、所有處在各種危險中的人，特別是屬祂的人。

感謝主耶穌讓我享受祂特別的憐憫、恩典和揀選：賜我罪得赦免，因信稱義並永生。我的肉體現在十分衰殘，可是正因如此，我才更體會到神對我的愛是何等的長闊高深。

從2023年底到2025年5月急診住院三次以來，我品嚐了什麼是病痛、無奈，但是，神卻從未離開我。在我急難之時，主的大手救助我，正如詩篇73:25-26所說。神也同時感動了教會的弟兄姊妹，像天使一般照看我，使我在肉體極端軟弱的情況下，在耶穌的愛裡存活。人老了，才發現肉體雖然會老、會死亡，但是，一旦得了主的救恩，不僅在年輕力壯的時候，能夠靠主得勝；就是年老、生命的氣息所剩無幾，照樣能夠靠神得勝有餘！只要我們不斷地親近愛我們的主，你就能夠享受主貼心的愛，並且能夠得到祂更細緻更深的教導，這是在年輕

力壯時間不夠之時，可望不可及的福氣，因為在病榻中有更多的時間和主親近。

我記得醫生給我的診斷：子宮大出血、泌尿和消化系統的發炎、嚴重的帕金森症和50多年來的深層靜脈血栓，但神卻讓我存活。起初我不理解，為什麼在我沒有力氣服事主的時候，主還讓我活著？經過一次次神對我信心的考驗，我才醒悟到，祂願意在收取我靈魂之前，讓我更加明白主的心意。

舉例一，疼痛。在我承受病痛和經濟上困難的時候，我看到我的兒女、我的弟兄姊妹們，為我擔心、服事、代禱和幫助。神也奇妙地賜給我詩歌，在很長一段時間裡，我的腦海裡常常出現《彌賽亞·神曲》，第一部分第一首歌是男中音唱的《安慰我百姓》。這首歌白天晚上總在腦海裡迴旋，我覺得很奇怪，就問神：「你要用我愛的聖樂安慰我，你怎麼不給我《神曲》裡的《哈利路亞》大合唱和女高音獨唱的《歡欣，歡欣》？」就在這個愚拙的禱告中，神用了相當長的一段時間讓我理解，神是愛我的，祂藉著這首歌安慰我，祂更要安慰屬祂的百姓。祂向我顯示了一個真正信靠耶穌的人，應該有主的心懷，不僅終日求主安慰自己，也要認識到神愛世人，愛這世上所有有病痛的人、所有失喪的人、所有處在各種危險中的人，特別是屬祂的人。所以，我慢慢理解了之後，神不僅讓我欣賞聖歌的旋律，更要深入理解聖歌的歌詞，因為那是神的話。

從那之後，我才真正得到了神藉著我所愛的《彌賽亞》一曲安慰我個人，也安慰耶路撒冷所有的百姓。疼痛，有時就在全身顫抖、杯盤撒一地、大小便失禁、完全無助的情況下得到痊癒。此時，我的眼前突然出現主耶穌被釘十字架時的痛苦，祂的血一滴一滴流下來，祂全身被三個大釘子釘在粗粗的木頭十字架上，祂每呼吸一次，被鞭打的遍體鱗傷、皮開肉綻的身體，就要在粗粗的木頭十架上拉扯一次，所以祂的皮肉是一條一條地掉下來。更有甚者，祂還要忍受門徒的背叛、和祂所救助、所愛的猶太人的污衊和控告。連彼拉多都公開承認耶穌沒有任何罪，不應該處死，但猶太人和大祭司卻喊著：「釋放巴拉巴！釘耶穌十字架！」彼拉多在猶太人面前洗手，表明殺無辜人的罪與他無關，但猶太人卻喊：「讓這罪歸在我們子子孫孫身上！」更扎心的是，在祂承受了全世界人的罪，成就這偉大救恩的時候，不能與罪同在的父神都離棄了祂。想到此，我的病痛豁然減輕了，一直到主帶我進入平安。

舉例二，屬靈的爭戰。由於病重需要護理人員幫助，外請的護工混入了邪靈，已致造成了我也經受邪靈的攻擊、身體的摧殘，但主都及時拯救了我。（有見證人）

舉例三，上帝愛世人。對悔改的人、犯過罪的人，祂有大大的憐憫，正如經上說：「壓傷的蘆葦，他不折斷；將殘的燈火，他不吹滅。」但是，祂給祂的獨生子的使命是《以賽亞書》53:1-10所說的：

我們所傳的（或譯：所傳與我們的）有誰信呢？

耶和華的膀臂向誰顯露呢？

他在耶和華面前生長如芽，像根出於乾地。

他無佳形美容，我們看見他的時候，

也無美貌使我們羨慕他。

他被藐視，被人厭棄；多受痛苦，常經憂患。

他被藐視，好像被人掩面不看的一樣；

我們也不尊重他。

祂誠然擔當我們的憂患，背負我們的痛苦；

我們卻以為他受責罰，被神擊打苦待了。

哪知祂為我們的過犯受害，為我們的罪孽壓傷。

因祂所受的刑罰，我們得平安；

因祂受的鞭傷，我們得醫治。

我們都如羊走迷，各人偏行己路。

耶和華使我們眾人的罪都歸在他身上。

他被欺壓，在受苦的時候卻不開口

（或譯：他受欺壓，卻自卑不開口）。

他像羊羔被牽到宰殺之地，

又像羊在剪毛的人手下無聲，

他也是這樣不開口。

因受欺壓和審判，他被奪去，

至於他同世的人，誰想他受鞭打、從活人之地被剪除，

是因我百姓的罪呢？

他雖然未行強暴，口中也沒有詭詐，人還使他與惡人同理；

誰知死的時候與財主同葬。

耶和華卻定意（或譯：喜悅）將他壓傷，使他受痛苦；

耶和華以他為贖罪祭（或譯：他獻本身為贖罪祭）。

他必看見後裔，並且延長年日，

耶和華所喜悅的事必在他手中亨通。



現在雖然我仍在病痛中，神讓我思想，我將要到祂那裡去、那個更美的家鄉、神為我預備的地方，與我的救主耶穌基督永遠同在。我也思想，我所接受這完全的救恩，就是耶穌用祂的生命、用祂的寶血換來的。我將見到祂的榮光，就是神獨生子的榮光。我當何等的喜樂和感恩，我現在腦海裡《彌賽亞》的聖曲是《哈利路亞》大合唱和《阿們頌》。

作者附註：

這篇見證也是特別留給我的子子孫孫的。願主賜厚恩使我的後代都得救恩，作主的子民。✠



救我

身體和靈魂的神

冉彼得

瀕臨死亡蒙神拯救

我認識主耶穌的經歷是由1990年11月初，我乘國際列車準備途經莫斯科到匈牙利布達佩斯開始的。從北京上車時天氣已經非常寒冷了，凌晨兩點車到了中俄邊境滿洲里，我在睡夢中被叫醒，對方讓我提著行李下車，說是中俄鐵路軌道寬窄不一，要下車等待換軌。滿洲車站冰天雪地異常寒冷，我提著重重的行李箱走向另一個月台。就在此時，我連萬分之一秒的不適感都沒有，就仰面朝天摔倒在月台的石板地上。後來才知道我的腦血管破裂，導致腦溢血。中國邊檢醫生明知道我已命懸一線，但是為了避免責任，硬是讓幾個武警把我抬上了前往莫斯科的列車。經過七天七夜，我被救護車送到莫斯科的腦外科醫院，由醫院的腦

外科專家為我做了開顱手術。兩個月後，我奇蹟般地痊癒了並且沒有留下任何後遺症。到了匈牙利布達佩斯後，我的一個朋友是基督徒，她向我傳福音，並送給我一本中文大字版的聖經以及一些音像資料。我逐漸的認識了主，明白了主耶穌用祂的寶血為我贖罪，使我重新獲得了健康的身體，並保守我的工作與生活。

神的恩典充滿我家

我的妻子十幾年前罹患急性白血病，飽受化療的折磨，在病床上她邊治療邊讀聖經，甚至讓請的陪護為她朗讀聖經，祈禱主的保佑，我也為她祈禱。也感謝我兒子所在的春田分會的牧師和兄弟姊妹一起為她祈禱，我的妻子經過十個月的治療，奇蹟般地痊癒出院了。

另外，我親眼目睹我的兒子和媳婦，他們夫妻和孩子們在主的祝福下，得享家庭和諧美滿。他們信主並且積極的傳福音給我們，使我們的心和主耶穌越來越親近。我每次來美國探親，兒子都帶領我們到春田分會參加榮耀主日的敬拜和慕道班的學習。尤其是這次，牧師每週都會帶領我們讀聖經，並向我們傳福音，使我認清了我的許多罪。例如我以前教育子女是從自己的情緒出發，方法過於粗暴，缺乏耐心，缺乏主教導的愛心。還有過去參加過類似打麻將賭博等一些不健康的活動，這些都是我的罪，沒有做到像主愛我一樣的去愛我身邊的人。現在我知道我的罪只有在主的感召和教導下才能逐漸的一一剷除，成為一個討主喜悅的人。願神賜我恩典，使我更認識祂，更明白祂要如何帶領我的餘生。☞

現在我知道我的罪只有在主的感召和教導下才能逐漸的一一剷除，成為一個討主喜悅的人。



救贖主

賜我新生命

楊菲比

基督信仰與我無關

我生長在中國，從小接受唯物主義和無神論教育，尤其在中國那個特殊年代，一切都要用某種政治思想去武裝頭腦。除了有父母的善良、誠實、孝順的教導外，其他關於信仰的東西接觸甚少。隨著年齡的成長和時代的變遷，雖然我也在高等學府學習了更多的科學文化知識，目的也只是為了能有更好的工作和生活。由於從小接受的是達爾文進化論思想，對上帝是創造世界的造物主有些質疑，對於基督教我也僅限於在電視劇裡某個情節看到，總覺得那是外國人的信仰，與我無關。

奇異恩典臨到我身

直到有一天我生了一場大病(白血病)，在醫院治療的過程中，虔誠的基督徒繼子及時幫助我聯繫了教會的牧師。牧師在遙遠的美國通過電話給我傳福音，幫我祈禱，讓我開始接觸聖經並逐漸認識神。在牧師的引領下，我每天都抽出時間讀或聽聖經，雖然當時對聖經裡的話語有些並不理解，但我還是堅持去看去聽，我還讓我病房裡的另一個表現的特別恐懼的姐妹也看聖經。眾所周知，疾病除了正規的治療外，精神的力量和好的心態也非常重要。因此每天看看聖經聽音樂，似乎成了撫慰我心靈的靈丹妙藥。奇妙的是，每當我看或聽聖經時，感覺上帝就在我身邊幫助我、醫治我，好像自己也沒有那麼不舒服了。就這樣，經過半年的醫治，我靠著主以及家人給我的力量和信念，戰勝了疾病，至今已有十幾年了，是主幫助我走出了病魔的困擾。在這裡我要衷心感謝主的恩典，感謝牧師和繼子一家以及教會所有人的幫助與祈禱!

生病的經歷也許就是神讓我認識祂的開始，神無所不知、無所不在、無所不能，祂時刻都在關注指引著我們...

透過這段經歷，我感悟到在大自然面前，在困境面前，我是多麼的軟弱、渺小和無助。我開始相信聖經裡的話語，相信創造世界萬物的主的仁義、公正，聖潔與力量。尤其近期在牧師和其他教會同伴的引領學習下，我對聖經中的知識有了進一步的理解，認識到我們都是有原罪之人。例如，有時在忙碌或勞累時容易急躁，對人沒有足夠的耐心等等，是主耶穌基督用祂寶貴的生命救贖了我，我要認真學習聖經，過認罪悔改的生活，既要愛神也要愛人如己。生病的經歷也許就是神讓我認識祂的開始，神無所不知、無所不在、無所不能，祂時刻都在關注指引著我們，因此我願意謙卑做人，敬畏神，榮耀神，努力做神所喜悅之人。✠



基督真光 喚我心甦醒

鄭凱元

孤傲表裡不一 日日掙扎痛苦

在我七歲以前，父親因工作很少能與我見面，所以我一直與母親一起生活。我很小就因為家教接觸了不少知識，也產生對知識的渴慕並潛移默化地滋長了驕傲的心。另一方面，我年幼時身體多病，少有機會能跟同齡人深入交往，在成長過程中一直缺乏長期的同伴。我在年幼時就面對親人的死亡，認識到生命的脆弱和生活孤獨的底色。出於自我保護，我開始不斷的壓抑偽裝自己以期遠離痛苦。

求學時考試升學的壓力讓我很難與同學維持純粹關係，周遭的競爭氛圍也讓我不能敞開心去維繫友情。我看見不夠優秀的人不斷被「淘汰」、不知所終，這種壓力促使我努力的維持著學習上的優勢，甚至有時會通過一些欺騙的手段來保持優勢。我心中蔑視看起來不如我的人，同時我又表演著虛偽的謙卑，口中稱讚著那些優秀的人，心中卻存著苦毒和嫉妒，我的「社會達爾文主義」價值觀也逐漸在此過程中形成。

然而諷刺的是，每一次升學節點我都與自己所盼望的結果失之交臂，這些痛苦和壓抑一直堆積在我心裡。而我周圍的成人世界更是有過之無不及，人們口中高唱著溫柔良善，心中卻堆積著圖謀與猜忌，忍受欺壓的苦楚，傲慢的蔑視，卻也如此對待他人，自己積蓄著苦毒和憤怒。這一切更加堅定了我的社會達爾文主義思想：人除了比動物更聰明，並沒有什麼區別，甚至更加可怕和卑劣。

走過了中學和大學，長期的壓抑扭曲了我的內心和對人際關係的態度。我經常表現的缺乏同情心、冷漠，甚至對與自己親近的人也是如此。我對他人懷有功利主義的不信任和莫名的仇恨，看重財富、驕傲、虛榮。我的人格撕裂，在人前戴著面具，內心封閉卻又渴望愛與被愛。我得不著，從封閉中也出不去。明明因為仇恨而極度的不快，卻又無法自拔，反而靠著仇恨激勵自己，我的驕傲也使我不願意面對這個事實。

初識基督信仰 內心頑梗不化

剛到美國我就接觸了當地的教會和中文查經班。基督信仰中一些話語指明了我的罪惡，但是高傲剛硬的我不假思索就將這些信息拒之門外。那時我頑固的認為，宗教信仰只能愚化人民及弱者，是自我麻醉的唯心主義和精神鴉片。儘管我內心渴望一種「普遍的正義」，那份渴望也已非常微弱。後來我就很少去聚會了。

之後我經過了非常苦悶的一段時期。科研沒有顯著果效，使我開始懷疑自己的規劃。因為情緒受影響，我對父母的態度日漸冷漠，不想跟他們多交流。我試圖用戀愛填補內心的空虛，卻於事無補。這時我的內心越來越黑暗、絕望。

雖然我並不否認自己有罪，卻也不因此感到愧疚，完全是活在罪中的狀態。但查經班的內容，我一點一點的聽也存在心裡。我思考人活著的意義，思考到底有沒有「普遍的正義」。我對生活充滿疑問，無法說服自己。我經歷許多破碎的思考，想到自己的人生規劃，即便是最順利的情形，事業有成也當已年逾花甲。一生奔忙，絲毫不歇，一死而萬事空，我到底在追求什麼？追求幸福就是人生的意義嗎？通過金錢、名望、權力、稱讚以及自我欣賞來獲得幸福？然而須臾的璀璨如煙花淬滅，背景是黑暗和虛無。那麼得天獨厚的人呢？起點高，標準更高了，貪婪是不會被滿足的，逃往哪裡呢？短時而高效的獲取快樂，逃避現實的代價極其沉重，比如使用毒品。這樣的人幾乎再沒有正常獲得快樂的可能，直到生命燃盡。

那麼，人生是為了積蓄知識嗎？人類文明的傳承很大程度建立在這點之上。很遺憾人知識的存量和所能承載的智能是有限的，況且生命一結束，知識都歸於無有，如果獲得知識是為了快樂，無疑會陷入尋求快樂者同樣的悲哀。那麼如果我把目光放遠一點，假設人類一直會向前發展，那我將人類的發展和未來作為目標，這應該可以算是一個比較崇高並且脫離低級趣味的人生理想。

然而科學技術在近百年內大幅進步的概率極低，而人類發展被鎖死

的概率却非常大。或許我們只是滑過天際的流星，畢竟宇宙也會在某天迎來終局。如果一切終將毀滅，那一時的豐功偉績、一世的榮耀輝煌、千年的頌讚、萬載的紀念也不過是轉瞬成空。這樣的理想彷彿鏡花水月、轉瞬即逝。更糟的是，即便無私地做了很多，可能無法帶來任何進步。那麼，是否就選擇及時行樂吧？但是我們內心的邪惡和貪婪，每時每刻在稀釋生活給我們的須臾幸福，迫使我們忍受當下的擔憂、明天的恐懼以及不能滿足的掙扎，然後身體一天天衰敗，這樣的人生無論長短，也是很痛苦。許多先賢談論過這些，但鮮有真正令人信服的解釋，最多的是在邏輯推敲之後妥協的自圓其說。我的內心盼望永恒的真理和正義，但我卻連它是什麼都不知道。

這個世界真是有足夠的惡意，嘲諷每一個敢於思考的意志，使他陷入混亂和瘋狂。

絕望無法自救 真光引我歸信

還記得有一天我坐在黑暗的臥室裡，思考著這些，非常痛苦，內心呼求拯救，想脫離絕望。我注意到客廳裡有黃色燈光從門口射入，我的心裡突然想到：主耶穌，可以拯救人的靈魂，我聽過無數遍的！

乾脆，就信主耶穌吧！

我該怎麼才可以信？我拿出手機，搜索決志禱告。找到了，就跟著念，跟著奉主耶穌基督的名，跟著阿們！我還記得那種黑暗中抓住一根救命稻草的感覺。我需要公開承認信仰，於是找了一個佈道會，當眾舉手決志跟隨耶穌。

接下來我的生活發生了一些劇烈變動，我與父母一些隱藏的矛盾全都爆發出來，跟前女友的關係也無法維持，很快分手，快到我幾乎反應不過來。等一切塵埃落定，我發現我一個人空蕩蕩的屋子裡，說話沒人應，只剩下回音，一種一無所有的感覺升上心頭。

我要受洗！一個非常強烈的意志在我內心浮現出來

我開始尋找教會，並且參加主日敬拜，跟弟兄姊妹交通，也跟教會中年長的弟兄姊妹交談，確定了信仰的基要事宜，獨一而三位一體的上帝，罪人與認罪悔改，接受救主並立志一生跟隨。終於在那一年春天，我公開受浸宣告歸入耶穌基督的名下。

雅歌2:11-12「因為冬天已往，雨水止住過去了。地上百花開放，百鳥鳴叫的時候已經來到，斑鳩的聲音在我們境內也聽見了。」

痛徹甦醒屈膝 內心渴望成長

我的生活開始悄然變化。首先我開始真實的被上帝的話吸引，一個從來不主動讀聖經的人，在受洗後的三個月左右，除了《詩篇》把聖經通讀了一遍。有時間就讀，睡覺前也讀，讀了也存在心裡。並且有一件奇妙的事，就是我能夠明白上帝的話語，並且記錄下來，也與弟兄姊妹有同樣的感動。此外也開始有禱告的自覺，從謝飯禱告，到睡前和早起的禱告，直至很多時候會自然想起上帝，然後禱告。我積極的參與教會團契聚會和服事，心中也開始興起靈性交通的火熱。內心的苦毒仇恨和憤怒幾乎全被消滅，我對生活多方面的罪也開始有清楚的察覺，內心被上帝話語的責備刺痛以至於戰兢憂愁，罪也開始被對付，並有清晰的果效，就如狂傲、言語不潔、吸菸、醉酒、無愛心、謊言、貪婪而不奉獻，直至一些隱秘的罪性，我也在此過程中對上帝的威嚴和榮耀有所認識，深感自己的渺小、污穢、愚笨和不配。

有一次在退修會，想到耶穌基督為我的罪和救贖做的一切，我痛哭流淚認罪立志悔改。後來回想，在那之前我已經很長時間沒有哭過了。我的心在冷漠和罪惡之中太久，因此忘記了哭泣，而此時的哀哭，實在是甦醒一般，不用懼怕，無所顧慮，重新活過來，哭泣、喜笑、讚美。

另一方面，我內心開始滋生愛心和傳福音的負擔。我與父母和朋友分享，並且因此愉悅。我與家人的交通變得頻繁，關係也不斷改善。在與家人的溝通中，我越來越多談到上帝的真理和福音，並願意為這樣的溝通花時間和精力。感謝上帝，賜下奇妙的恩典使我並我父母歸祂名下，這又是另外的見證了。

基督徒是寄居在人間的朝聖者，豐盛的生命並不意味著無風無浪、平安無事，甚至反而意味著更大的挑戰、更持久的爭戰和更深刻的艱難。但同時也意味著更純淨的愛、更光榮的使命和更堅固的平安。這是上帝的恩典。一切生命的答案都立定在磐石的根基上。世界的惡意不再轄制思考的意志，使其混亂、瘋狂以至於墮落，因為真理的光輝指導著理性，使永遠的盼望和應許，如同靈魂的錨，通入幔內，神並用祂的慈繩愛索、榮光和威嚴牽引著被恩賜的信心，不至失迷。我個人被恩典引導，卻更意識到自己的虧欠和不配。感謝上帝，祂的話甦醒人心，並且過犯在哪裡顯多，恩典就在哪裡顯多了。願我能不斷歸正更新，這本是神的恩典和憐憫。願一切頌讚歸給被殺的羔羊可敬而可畏的聖名！

蒙福的生命



姚寧潔

神來尋找卑微軟弱的我

我信主的過程非常簡單，自己完全沒有任何排斥，因為是神在我最困難，最軟弱和卑微的時候，親自來尋找我。

那時我在加拿大讀書，學業和經濟壓力都很大。我因為英文不好，上課的內容不是非常理解，所以很吃力。晚上學習到很晚，常常也睡不好。我學習的專業學校提供了很多實習機會，我本來以為可以很輕鬆的找一份實習工作，經濟上可以寬裕些，以後職業發展也比較容易。可是因為英文不好，一個機會都沒有。有一次我準備了又準備，走在路上，吃飯休息都在練習，面試那天還提早一個小時到，熟悉環境。面試時我自己覺得表現不錯，面試官也很滿意，但還是失敗了。那次的失敗很打擊我，以至我都不想去問面試公司為什麼沒有選擇我。我感覺自己好像在一個孤島，沒有人幫助我。我患了憂鬱症，暴飲暴食，一下長了20斤。自己都不能接受自己，放棄了自己。

感謝神，“正好”有個福音佈道會，同學叫我去，我就去了，雖然不太了解福音信息。可是我覺得基督徒很有愛心，願意接納我，好像一個無家可歸的人找到了一個被收留的地方。於是我基本上每個星期都去教會，雖然聽得不太明白，可是當我漸漸開始按照聖經的教導學習，生活好像就順利很多。我本來是個孤僻的人，不會和人和睦相處，但是牧師講道要我原諒別人，我就開始試著學習原諒。隨著認識神越來越多，越來越發現自己是個罪人，內心充滿了罪。例如我聽說別人生活順利，事業成功，我第一個意念是嫉妒。若有免費的東西，我本能的反應是盡量多拿，因為我貪心。還有，我喜歡在人前做好事，想讓人稱讚我，其實我的動機是惡的。以前我以為我不能和別人和睦相處是因為我的性格，現在才體認到我的性格不好，是因為我的品格不好，因為我的心充滿了惡。聖經說「一生的果效，是由心發出」（箴言4:23）。以前我注意表面功夫，為人處世靠虛假包裝，現在因為認識自己的罪，靠著神的恩典悔改，從心裡改變自己，過著活在神面光中的生活。若不是聖靈光照我，我不可能看見自己有這麼多的罪，也不可能悔改走正道。

聖靈引我悔改賜我信心

感謝主，憐憫我！我開始能夠交些朋友，在家中神也很祝福我。我是個個性非常急躁的人，對孩子沒有耐心，如果沒有神幫助我，我一定會和家中兩個青春期的女兒衝突不斷。當孩子悖逆的時候，我也一定會抱怨。但感謝神，用祂的話語安慰我，並提醒我“兒女是耶和華所賜的產業”，我不是她們的神，她們也是罪人，也需要悔改認識神。因為認識到她們的需要，我就能夠忍耐，不“以惡報惡”，並且為她們禱告，求神光照她們，讓她們能夠悔改得救。她們的一生都在神的手中，我做母親的實在很有限，但神能夠帶領她們，保護她們，因為神是全能的。在工作中，我也非常蒙福。神透過聖經告訴我，在工作時「不要只在眼前侍奉，像是討人喜歡的，總要存心誠實敬畏主。無論做什麼，都要從心裡做，像是給主做的，不是給人做的」（歌羅西書3:22-23）。我因此殷勤工作，為要討主的喜悅，去年還升了一級。感謝神！

如今我信主已經20年了，神在我生活的各個層面都祝福我，我有一個幸福的家庭，一份合適的工作，一顆喜樂的心，一個尊貴的神兒女的身份。感謝神！我沒有為神做什麼，祂卻接納我憐憫我愛我，又賜我永生！我願意在北維州華人基督教會和弟兄姊妹一起敬拜神，服事神，用我的生命榮耀神！



神主權的揀選 和無條件的愛

王之微

年幼無知聖靈帶領

我受洗成為基督徒是在2009年夏天，在我即將升上小學六年級的那個假期。那是一個奇妙的，關乎不可抗拒的恩典的故事，完全出於神主權的揀選和無條件的愛。

2009年暑假，我受邀來到美國參加表姐的畢業典禮，和我同行的還有我媽媽。在旅程的後半段，我們前往芝加哥去探望媽媽的友人一對夫妻。對方詢問我們週末是否有什麼遊玩計劃，媽媽表示這次是專程來探望他們，阿姨便提出他們夫妻週日會去教會，也邀請我們一同前往。媽媽想著也可以帶我了解西方的文化，便欣然答應。

主日叔叔阿姨載我們去一間很大的本地教會，怎料那個主日恰逢他們一年一度的大型佈道和湖中受洗的日子。因此，我在第一次去教會，第一次接觸福音，就得以聽見全備的福音，從神的創造，人的墮落，耶穌的道成肉身，釘十字架，再到復活和升天。證道結束後，牧師在台上呼召人悔改並且邀請願意接受福音和洗禮的人到台前。我告訴媽媽我想要受洗。「不行。你聽懂這是什麼了嗎？」媽媽立刻反對，接著說，「這聽起來就像西遊記一樣，神啊鬼啊的，是神話故事。」這時，阿姨

反應過來，激動的問我是否真的想要受洗。在得到肯定的答案後，阿姨開始仔細問我更多對福音的理解，例如耶穌是誰？「是神的兒子。」耶穌為什麼釘十字架？「他是為著我犯的錯才被釘十字架的。」洗禮代表著什麼？「洗禮就是當我從水中出來後，我就不再是過去的那個我了，我和耶穌一起復活有了新生命。」

「你進水裡泡白了還是你啊！」媽媽不認可我的答案。但阿姨似乎更激動了。她拉著我的手，從二樓快速地跑去一樓報名。有多快呢？快到等我媽媽反應過來時，我們已經消失在她的視野裡了。

等媽媽終於找到我們的時候，我已經報名參加下午的受洗。她表情嚴肅並且認真的再次詢問我是否確定一定要接受洗禮。一般情況下，我會出於害怕媽媽生氣而選擇退縮，但是那天我不知道為什麼就是很堅定，沒有任何顧慮的告訴她，我是很認真的想要受洗。看我那麼堅持，媽媽態度軟下來，答應了我受洗的請求。所以我於2009年6月28號正式受洗成為基督徒，天父的女兒。

神的恩典不可抗拒

我相信神主權的揀選。耶穌說：「不是你們揀選了我，是我揀選了你們。」（約翰福音15:16）神在創立世界以先，就在基督耶穌裡揀選了我，叫我因信真道，又被聖靈感動，成為聖潔，得蒙救贖。（以弗所書1:4；帖撒羅尼迦後書2:13）故此，在這救恩上我沒有值得吹噓的，我唯一可誇的就是神的大能和那不可抗拒的恩典。神揀選世上愚拙的，軟弱的，卑微的我，使得十歲的我藉著聖靈能夠聽見就明白，明白就相信，相信就悔改，進而接受福音。這更顯出神揀選人不在乎人的行為，乃在乎那發憐憫召人的主。故此，我深信救恩百分之百是神的工作。

每當我回想起受洗的經歷，總是被神奇妙的護理所感動。神為了挽回我這個罪人，讓萬事互相效力。神使用各樣的人和事預備我來到美國：在旅程中讓我接觸和認識了非常多的基督徒；藉著一次丟東西的經歷使我操練全然交託的禱告；在第一次聽見福音的時候我被聖靈感動，認信受洗；更奇妙的是，神同樣預備了媽媽一同受洗，並且成為我這個小羊在國內最可靠又堅定的同路人。如若不然，十歲的我一個非基督徒家庭，必然無法自己去尋找教會，也不會有家庭敬拜，更不會有彼此勸勉，彼此代禱的屬靈同伴。

千言萬語匯成一句話，我們的神是獨行奇事的神，是應當稱頌的。願榮耀歸給三一真神！阿們！

發青結果 滿了漿汁

義人要發旺如棕樹，生長如黎巴嫩的香柏樹。
他們栽於耶和華的殿中，發旺在我們神的院裏。
他們年老的時候仍要結果子，要滿了汁漿而常發青，
好顯明耶和華是正直的。他是我的磐石，在他毫無不義。
《詩篇 92:12-15》

出生至成長來美過程

我出生於台灣宜蘭，成長於眷村，家境小康。在高雄中學完成高中學業，上台北讀輔仁大學物理系。畢業後服預官役兩年，在澎湖外島的野戰部隊擔任步兵排長，有著很典型的台灣男生經驗。回台北後考研究所、考托福、考GRE，最後神開路，賜我威斯康辛大學 Milwaukee助教授獎學金，於是我70年代中期來到美國。後來又在不同領域取得學位，曾在東西兩岸工作，神賜予博士學位後，我便在學術界做研究並在大學教書。

家庭及信仰背景

父親曾任國民黨空軍上尉，因逃共產黨於40年代晚期乘軍機到台灣，台灣在這段期間大環境還算安定。母親為家庭主婦，父親其後任教數間軍事學校，幾度搬遷。父母都不信主，母親常說「只要做人對得起良心就可以了」。但兩位都在晚年認罪悔改信神。母親更是於臨終前兩天在病床上接受牧師按手洗禮。這是神極大的恩典。

我的兩個妹妹都已過世，她們在世時我也盡量向她們傳福音，但是一位信，另一位不信。兩個孩子在青少年時，我也都帶他們參加華人教會的英語堂，上帝賜給每個孩子的經歷不同，現在我的女兒信，兒子不信。這是神的主權，我只有為他們不止息的禱告。

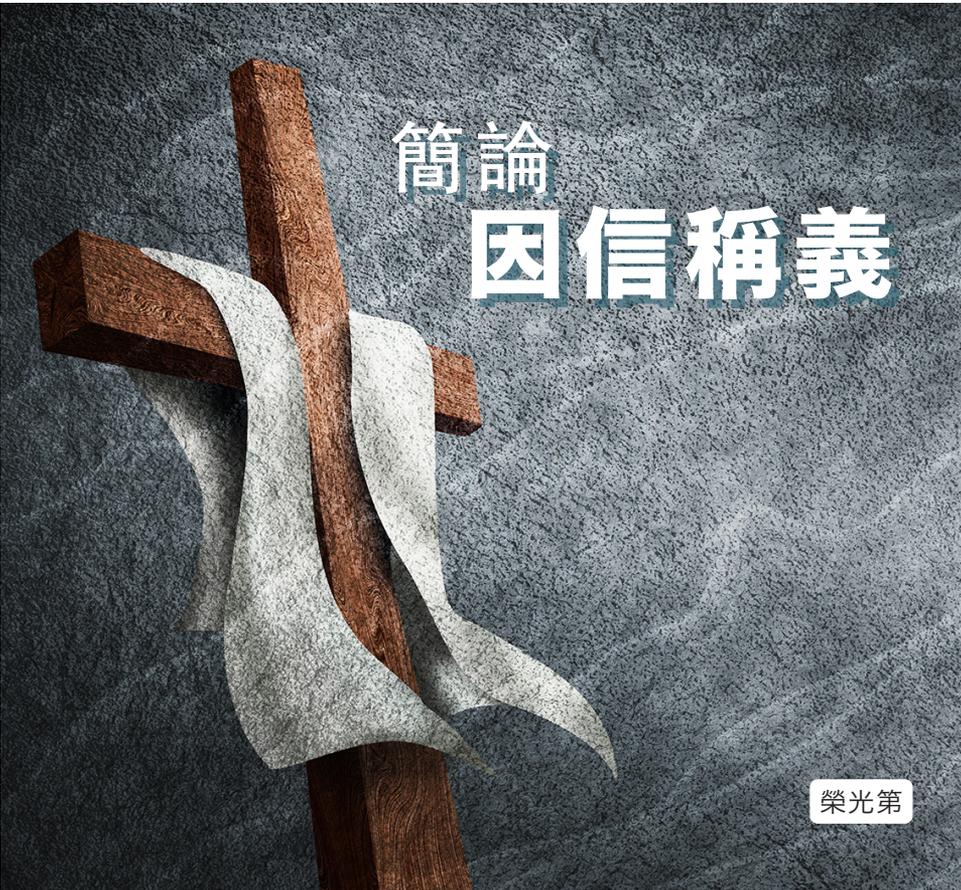
個人得救經歷

小學時吳老師及吳師母每週日到幼稚園對兒童傳福音，看到妹妹禱告得應允，我的心裡埋下了福音種子，知道這是真的。高中時一位同學給我福音書籍閱讀，我自己去買了聖經，畢業那年我在高雄受洗。大學及服役期間因貪戀世界，聚會不穩定，沒有什麼靈修生活。這段信仰經歷中我曾三次離開主。

到美後我舉目無親，心裡急切依靠主的安慰與幫助，但仍沒有定期參加查經班，真是慚愧。直到80年代初期在威斯康辛大學Madison才開始穩定地參加美國教會聚會。90年代初期在伊利諾大學Urbana-Champaign，我開始在中國教會聚會，曾先後去西岸、中西部及東岸。我在美國教會Presbyterian、Baptist、及Bible Church聚會十餘年，從中學習很多，也逐漸瞭解美國人的價值觀、教會的運作方式及健全的組織。

個人信仰告白及未來事奉方向

我信聖經為創造天地的主的啟示、是絕對真理，信改革宗使徒信經，中國教會及美國教會的浸水洗禮和按手洗禮我都接受。最近十年有時間發願自修神學，重心在於（1）聖經並不違反科學以及聖經之科學詮釋，及（2）熟讀、詮釋羅馬書。我三年前開始在加州北美基督神學院遠程修課，希望未來能在春田分會服事，做我能力範圍所及的項目，以及能有機會操練那最大的恩賜：先知講道。當然，因資質愚魯，能力不足，攻讀道學碩士的過程也不一定成功，或許還有其他因素阻攔或時間拖延的可能，求主赦免我的軟弱，加添我力量。只要主賜健康、一息尚存，我都要忠心服事、為教會禱告。人生長短是神意，願一切榮耀歸給神！阿們！



簡論 因信稱義

榮光第

經文說：

羅三23	世人都犯了罪。
羅六23	罪的工價乃是死。
林前十五56	罪的權勢就是律法。

基督徒理所當然的認為：人犯罪，需要被主耶穌救贖。真的嗎？人犯罪就需要被主耶穌救贖嗎？其實單由人犯罪的事實並不直接導出人必須被拯救的結論。這裡的關鍵觀念就是律法。我們不禁要問：為何這公義良善的律法反倒而成為罪的權勢呢？其實這句話的意思是說：因為律法暴露了人的罪，而律法是有權柄的，神根據律法按照人的罪而來定罪人。

每一個人都犯罪，犯罪後被定罪，定罪後怎麼處罰，從犯罪到定罪到刑罰需要一個過程。這其中就牽涉到憑著什麼來定罪，定罪後判多少刑的問題，律法的角色與重要性就在此。人犯罪後被判死刑，你都被判死刑了，還不需要被拯救嗎？所以才導出人必須被主救贖的結論。因為上帝是公義的，祂既不能

[甲]有罪不罰，以有罪的為無罪：

出三十四7

萬不以有罪的為無罪，必追討他的罪，自父及子，直到三，四代。

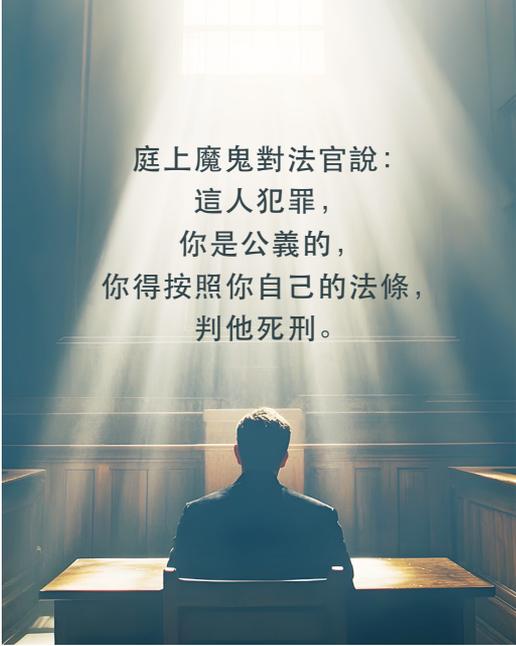
也不能

[乙]一罪兩罰 (double jeopardy) 或雙重處罰在同一個法律管轄範圍 (jurisdiction) 內，上帝是宇宙的最高主宰，祂的法庭就是獨一無二的法律管轄範圍。

這也合乎人間的公平正義：犯了罪是必須被處罰的，但也不能一個罪被處罰兩次，對吧？此處最貼切的比喻就是一幅法庭的圖象：法官是誰呢，就是神。那控告人的是誰呢，就是魔鬼撒旦，撒旦這個名字的意思就是控告者 (accuser) [註1]。在這幅圖象裏，撒旦擔任的角色類似檢察官，來控告 (indict 或 charge) 人。

請注意，這僅僅是一個比喻，而比喻總是有它的限制。通常檢察官是公正的一方，是正面的，而這裏魔鬼是出於惡意來控告人。人有犯罪事實，檢察官以人犯罪、向法官提出判刑的要求。這個判刑要求的根據是什麼呢？就是律法。撒旦這個檢察官根據神的律法將人起訴，要求神這個法官按照律法來定罪 (condemn 或 convict) 人，並要求法官把人判刑 (sentence)，而且判死刑。你既被判死刑，靠你自己是沒希望自救的，每個人面對死亡時都是孤獨的，無論父母子女多麼愛你，都不能代替你面對死亡。這裡卻有一位擔任為人辯解的律師，祂是誰呢？那就是基督，是人的拯救者、辯護者 (advocator)。故按照律法，上帝必須判人死刑，因為公義的神沒有其他選擇，祂不能違背自己訂的規則。這時人才需要被拯救。

到了這個地步，慈愛的神出面了，祂特地派祂的獨生子基督來救你。怎麼救呢？無罪的神子釘在十字架上代替你死。故既然有別人替我死，那我不必死了，非常合理。對神來說，罪被處罰了，死刑執行了，神的公義被滿足。犯罪的人被赦免不死，表現了神的慈愛。故藉



庭上魔鬼對法官說：
這人犯罪，
你是公義的，
你得按照你自己的法條，
判他死刑。

由主耶穌基督寶血赦罪，神的公義與慈愛同時彰顯在十字架上，這是神完美的設計。而對罪人來說，我什麼都不必做（即使我想做些什麼也沒法做），我唯一要做的事，就是相信，相信什麼呢？相信十字架上的耶穌代替我死了。這是一份免費的禮物，但有一個條件，就是你必須接受這個禮物。接受的方式是你相信基督代替你死。

你問了：神不是說無條件的愛我、拯救我嗎？怎麼還有條件呢？比方天上掉餡餅，人人有份。但這並不等於每個人都吃到了，還是有人餓死了，因為他沒把餡餅吃進肚去。所以，你得接受這個餡餅，自己把餡餅吃進肚裏去，你總不能叫發餡餅的天使替你吃吧？就算是一個不是條件的條件吧。你又問了：那要是我不接受神子替我死呢？他死他的，我死我的。在這種情況下，那我就必須死我自己的死。如此，兩千年前十字架上釘死的那個人跟我有什麼關係呢？所以，是我的信把我和神子聯結了起來。現在我相信並接受祂替我死，既然有別人替我死，我就不必死了，換句話說，一個罪只能罰一次，不能罰兩次。畢竟，我只被判了一個死刑啊，上帝總不能一個死刑槍斃我兩次吧？

「因信稱義」(justification by faith) 實際上是一個法律名詞。回到上述的法庭場景：撒旦當著法官的面把人所犯的罪一條一條列出來，而人也承認自己犯了那些罪。於是神必須依撒旦之控訴，按照祂自己頒佈的法條，判人死刑。用中國當前時髦的術語，最恰當的形容就是：死緩，死刑判了但暫緩執行。也就是說，你雖被判死刑，但神估且讓你苟延殘喘一會兒，趁你還在世上的這段時光，賜給你一個空窗期，讓你有機會聽聽福音，看看宇宙的創造主有沒有預定你是祂羊圈裏的羊，接受祂的獨生愛子代替你死。但時辰快到，總有一天要算總帳、執行死刑的。罪人啊！趕快信吧！在這幅法庭圖象裏，基督扮演的角色非常獨特。他在神面前類似律師代表人，為人辯護。又像是舊約的祭司，獻上為人除罪的祭牲。他自己又兼那個被獻上的祭牲，可以代替人死，因他有百分之百人的身份。

庭上魔鬼對法官說：「這人犯罪，你是公義的，你得按照你自己的法條，判他死刑。」

法官問犯人：「你犯罪，剛才檢察官要求我判你死刑。你服不服？你有什麼辯解嗎？」

犯人回答：「報告法官，我不是罪人，我是義人。你不能判我死刑。」

法官大怒：「可是你剛才明明承認犯了那些罪啊。你聲稱（claim或proclaim）你是義人沒有用，你必須證實你是義人的聲稱（substantiate或justify your claim）。」

犯人回答：「報告法官，我用我的信來證實我是義人的聲稱（my claim is justified by my faith）。因為法官你自己說只要人相信基督寶血赦罪，在你面前人就無罪了。」

這時擔任律師的基督說話了，祂為人求情說：「法官啊！他既信了，就請你赦他無罪，把他的信算為他的義吧！」因為經上記著說：

創十五6

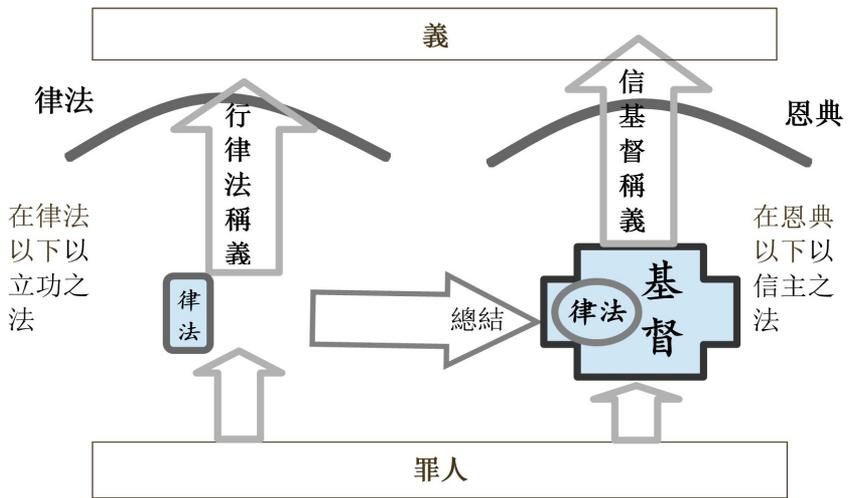
亞伯蘭信耶和華，耶和華就以此為他的義。

律法的目的是叫你知罪的，並不是叫你守全了律法來稱義的：

羅三20	凡有血氣的沒有一個，因行律法，能在神面前稱義。因為律法本是叫人知罪。
羅三21	但如今神的義在律法以外已經顯明出來，有律法和先知為證。
羅六14	罪必不能作你們的主。因為你們不在律法之下，乃在恩典之下。
羅三27	既是這樣，那裡能誇口呢。沒有可誇的了。用何法沒有的呢，是用立功之法麼。不是，乃用信主之法。
羅三28	我們看定了，人稱義是因著信，不在乎遵行律法。（NIV: justified by faith apart from observing the law）

這幾段經文是羅馬書的精髓，三28更是「因信稱義」的定義。律法以下遵行律法稱義的路叫立功之法，類似佛家的積功德，當你功德圓滿時就跳出輪迴，達到涅槃，不必再受生老病死之苦。然而，除了這律法以下的路之外，神的義在律法以外已經顯明出來，NIV: “apart from observing the law”，和合本翻譯為「不在乎遵行律法」，或許更貼切的翻譯應該是「有別於遵行律法」。祂在旁邊給你開另一條路，叫你不行律法、只信基督，也可以達到義。這另闢蹊徑稱義的路叫信主之法，它在恩典之下，並不像立功之法在律法之下。二者都把罪踩在腳底下，罪再也不能轄制人，做人的主。恩典稱義與律法稱義不是對立的，他們是稱義的兩種方法，是可以對比的架構：在律法之下以立功之法稱義，在恩典之下以信主之法稱義。以圖表示：

當然，這兩個架構不是各自獨立存在的，它們之間有聯繫（上圖中自左至右的箭頭）。神學家斯托特[註2]認為處境倫理 “situation ethics”



[註3]不顧律法，堅持「愛」是一切，是不對的，他評論道：『「處境倫理」或「新道德」“new morality”走過頭了，他們堅持除了「愛」以外，什麼都不是……愛有它內稟的道德指南針“built-in moral compass”可以直覺地分辨人在每個處境下的需求。但這就表示了對「愛永不出錯」“love's infallibility”有一種天真的自信。其實真相是若沒有一個客觀道德標準“objective moral standard”，單憑愛是無法管理的。這就是為什麼保羅不寫「愛是律法的總結」“love is the end of the law”而卻寫「愛是律法的履行」“love is the fulfillment of the law”。』

此處「愛是律法的履行」和合本翻譯為「愛成全了律法」。「客觀道德標準」就是指神的律法。說得好！斯托特不同意「愛是律法的總結」，可惜他言盡於此，沒有往下延伸推理。若是我們沿著他這條思路再問：「如果律法的總結不是愛，那麼律法的總結是什麼呢？」請讀羅馬書：

羅十3	(以色列人) 因為不知道神的義，想要立自己的義，就不服神的義了。
羅十4	律法的總結就是基督，使凡信祂的都得著義。(NIV: Christ is the end of the law)

說得多好啊！原來，「律法的總結就是基督」，把律法與基督聯結起來（畫在上圖自左至右的箭頭）：律法被包在基督十字架裡面。這句話表明了四個神學觀念之間的關係：信、義、基督、律法。在上圖左邊律法之下，以色列人因為不知道神的義，想要試圖守全律法去立自己的義而得不著，所以「行律法稱義」的箭頭沒有接觸到「義」。而在上圖右邊恩典之下，信主的外邦人反而得著了「義」，「信基督稱義」的箭頭進入了「義」。一節簡潔的經文就把左邊「律法之下」與右邊「恩典之下」兩個稱義的架構統一了！

本文從開頭起就強調律法的關鍵性，從犯罪到判刑到救贖都需要以律法作根據[註4]。的確，基督說的，律法的一點一畫都要成全：

太五18	就是到天地都廢去了，律法的一點一畫也不能廢去，都要成全。
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那麼不論是在「律法之下」還是在「恩典之下」，律法都必須成全，才能稱義。在上圖左邊，律法是顯性的 (explicit)、是看得到的，以色列人因有律法而誇口，他們想拼命守全律法去直接稱義而卻做不到。而在上圖右邊，律法卻是隱性的 (implicit) [註5]，表面上看不見。但即使是隱性的，還是要成全。既然律法看不見，那信主的我們又怎麼去成全它呢？我們雖沒有律法，但有基督，這就要討論我們與基督的關係了。基督曾說：

約十五4	你們要常在我裡面，我也常在你們裡面。
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信主的人都知道耶穌在我們裏面，但我們有沒有在耶穌裏面呢？若我們常在主裏面，因為律法就總結在基督十字架裏面（上圖），我們既信基督，基督既守全律法，在基督裏面的我們當然也就守全了律法。保羅說的：

羅三31

這樣，我們因信廢了律法麼。斷乎不是，更是堅固律法。

但請注意，我們自己並沒有守全律法，乃是基督替我們守全了律法。換句話說，不是我們直接成全了律法，而是藉著信，在基督裏面間接成全了律法。無論如何，我們既成全了律法，當然就可以稱義。果然「因信稱義」也。

註解

[註1] NIV Study Bible (1985) p.735, 約伯記一6註解

[註2] “Romans: God's Good News for the World” John Stott (1994) p.349

[註3] 「處境倫理」學派有他們自己的學術刊物，主張道德標準應依當時當地的處境而定，沒有絕對標準。

[註4] 晚近「反律主義」派神學提倡神全然的愛超越了律法，所以不需要律法了。請見生命季刊No.107, Vol.27「福音真偽辨」（下）（September 2023）pp.44-51 探討遠志明牧師「大愛篇」的錯謬一文中的論述。

[註5] 律法顯性或隱性、稱義直接或間接是我們從圖上觀察到的現象，在傳統神學理論中似乎少見這樣的理念。我們非常尊重及遵循千錘百鍊的神學院經典教育，不知道這樣的提法是否適當、甚或是否正確，敬請教授、牧長、前輩們賜教。☞

關於作者

作者榮光第弟兄自台灣來美學習物理、機械、電腦，已退休，現在北美基督神學院進修道學碩士。本文經北維州華人基督教會春田分會譚立洲牧師過目，提出寶貴的建設性意見及詞語潤飾，在此附筆感謝。

本文已於1/27/25 刊登於“生命季刊”網路版“生命網”，連接如下。

[1] <https://www.cclife.org/View/Article/12125>

[2] <https://blog.creaders.net/u/21320/202411/501893.html>



祂是賜 生命的王

接連失去胎兒 生死令我無助

我於2015年4月4日來到美國，隨後結婚，在32歲時懷孕，當時我的心情緊張、激動又忐忑不安。我沒有安全感、無助，不知道自己未來日子會如何。不幸的事情發生在孕期34週加4天，那一天我沒有感覺到胎動。去了急診室後經歷了一波三折，最後確定娃娃沒有胎心。我不得不引產。這是我第一次經歷生離死別。

時間流逝，我在疫情期間再次懷孕，儘管被公司裁員，但我內心滿是開心與激動。整個孕期我也非常愉快。但是，不幸的事情又一次發生，這次是38週加2天，我睡了一晚，隔天早上沒有感覺到胎動。起床後立馬去醫院，當我看到護士幫我尋找胎心時的嚴肅神情，我知道又要迎來不好的結果。我沒有哭，我知道自己又要經歷一次引產。在醫院待了兩天，我感受到一群護士的關心和愛護，也積極詢問，為什麼會有兩次如此經歷。我記得一位老護士對我說，她在職業生涯中只見過一次像我這樣的情況。但她一直安慰我不要灰心，很多事情只有上帝知道。後來另一位夜班護士也告訴我，很多事情難以解釋，她用手指向天空，告訴我只有上帝知道。

第二次的引產，我需要處理孩子的遺體。在我無助、不知道怎麼辦的時候，醫院的兒科護士長讓我去找一個人，那是教會一位姐妹的老公的兒媳婦。在她的幫助下，我的孩子得以順利入土為安，葬在Benedictine Sisters of Virginia。完成了孩子的葬禮後，我開始思考，上帝是誰？為什麼那些陌生人都在默默地傳遞著愛心，讓人感覺到溫暖。

福音進入生活 我心被神吸引

我開始慢慢接觸教會。先是教會那位姐妹開導我認識上帝，接著師母向我介紹上帝。隨後，我自己對上帝有了接觸，再後來聽牧師的講道，我慢慢能夠理解上帝的話語。

首先，我要承認自己是罪人，是上帝的獨生子耶穌為我的罪死在十字架上，讓我能借耶穌的寶血洗去我身上的罪，讓我能有機會成為神的兒女。其次，上帝讓我們要愛人如己，要我們彼此相愛。因為愛讓這個世界變得溫暖，因為愛讓人們感受到神的存在。凡有愛心的，都是由神而生，並且認識神。最後，讀經禱告，過成聖的生活。有位姐妹鼓勵我凡事多禱告，把我內心想說的話通過禱告告訴神，神會聽我的禱告。當我與神的關係越來越好，我所做的討上帝喜悅，上帝會賜福給我。當我內心軟弱的時候，禱告是一種無形的力量，因為我相信上帝所做的一切都是祂精心安排，來試驗我們的信心。我記得從前一位同事曾告訴我，「當你感覺自己軟弱時，就禱告。因為信上帝，祂一定會給你力量。你相信祂是這個世界的創造主，祂能夠掌控一切。」

我很感激上帝賜給我一個健康可愛的女兒，讓我成為母親。我感謝在我第三次懷孕的整個過程中幫助過我的每一位人，我的醫生團隊和醫院團隊。上帝的愛是大有能力、永不止息、永不改變的，使我可以有信心面對每一天，知道所有美善的事物都是祂所賜下的恩典，我也能倚靠祂的能力面對所有的挑戰。在我的一生中，清楚明白上帝對我的愛是最重要的。

蒙受基督光照 認清罪的本質

未信基督之前，我對「罪」的認識是模糊甚至片面的。雖然知道一些道德標準和法律規定，但對罪的本質、它對人的影響，以及它在靈命上的深遠意義並不了解。以前，罪對我來說更多是一個社會概念，與個人行為的對錯掛鉤，但我未曾意識到罪更深層的含義。我認為「罪」僅僅指那些明顯違反道德和法律的行為，比如偷竊、撒謊、傷害他人等。在我看來，只要自己不做壞事、不傷害他人，就不算有罪。我甚至覺

得自己與「罪」沒有太大關聯，因為我是個守法的人，也儘量對他人友善。我不曾思考罪是否涉及內心的動機和思想，只將它看作外在的行為問題。那時，我沒有意識到罪的存在可能已經深深影響我的生活方式和思想。我將內心的自私、驕傲、嫉妒歸結為人之常情，甚至認為這些並無大礙。我也沒有察覺到，罪不僅體現在個人行為上，還包括我與他人、與世界關係的種種不和諧。比如，當我為了自己的利益忽視他人的需要時，我並未覺得這是罪；當我因內心的驕傲對他人心存輕視時，我也不認為這是罪。這種狹隘的認識，讓我對罪的破壞力缺乏警覺。

我忽略了罪不僅體現在行為上，更深深植根於人心。我沒有意識到，憤怒、怨恨、自私、驕傲等內心的狀態，實際上都是罪的體現。我以為只要不做壞事，我就可以算作「好人」，完全忽略了罪的源頭其實

當我願意在基督面前認罪悔改時，我的生命開始發生翻天覆地的變化。我不再被內疚和羞愧捆綁，而是感受到一種前所未有的釋放和自由。

在我內心深處。那時，我對罪的認識僅停留在人際關係的層面，完全忽略了人與神的關係。當時我也不知道，罪的本質就是對神的悖逆，是人與神之間隔閡的根源。聖經說：「罪的工價乃是死」（羅馬書6:23），但在那時，我並不明白這句話的含義，也無法理解罪的嚴重性。我以為只要

我靠自己努力變好，就能避免罪的影響，完全沒有意識到人靠自己其實無法擺脫罪的捆綁，唯有靠耶穌基督的寶血才能洗淨。

我對罪的認識可以說是膚淺和局限的。我以為罪只是行為上的錯誤，卻不知道它根植於人類的內心和靈魂深處；我以為罪只是違反社會道德，卻不知道它的本質是與神隔離。如今回想，這種對罪的無知和忽視，使我在不認識耶穌的日子裡，無法意識到自己的迷失與內心深處的空虛。只有在認識耶穌後，我才開始真正理解罪的嚴重性，也才明白唯有靠著祂的恩典，我才能罪得赦免、重獲新生。

過去我一直認為自己是個「好人」。在日常生活中，人們常以善行、樂於助人、不做傷害他人的事來衡量一個人是否是「好人」。這些外在的標準無疑重要，但從信仰的角度看，真正的好人不僅僅是行為上的好，更在於內心的動機是否純正。聖經上說：「沒有義人，連一個也沒有。」（羅馬書3:10）這提醒我們，即使是所謂的「好人」，也難免在內心或行為中存有缺陷和罪，無法達到神完美的公義標準。比如，我的善行可能帶有自私，或者內心的動機並不純正。人們可能因憤怒說出

傷人的話，也可能因自私做出不公的選擇，這些都反映了罪在每個人生命中的存在。罪不只是犯了大錯或惡行，也包括內心的不義與不潔。

認識基督後，我才意識到做「好人」不能讓我滿足神的公義。基督來不是要定罪，而是要救贖主所愛的人，讓我們明白，因為耶穌的寶血，不義之人可以成為神眼中的義人，這完全不是靠人的努力可以成就的。祂教導我們，用謙卑的心去審視自己，用犧牲的愛去關懷他人。我願意在生活中不斷反省自己，認罪悔改，靠着主的恩典，過一個聖潔討主喜悅的生活。

認罪悔改脫離黑暗 謙卑數算恩典生活

從前我的生命彷彿行走在黑暗之中，沒有方向，也沒有真正的盼望。然而，當我認識基督、接受主的救贖後，我開始真正理解罪的本質以及主對我的改變。那時我的生活看似平靜，但內心卻常常充滿迷茫、焦慮和空虛。我追求世俗的成功和享樂，卻總感到一種無法滿足的渴望。我沉浸在自私、驕傲和欲望中，卻不曾意識到這些行為正是罪的體現。罪讓我遠離了真理，也讓我與他人之間的關係變得冷漠與疏離。聖經上說：「世人都犯了罪，虧缺了神的榮耀。」（羅馬書 3:23）我開始反思自己的生命，意識到自己長期以來活在罪中，卻不自知。通過認識基督，我體會到祂為世人的罪被釘死在十字架上的大愛。祂的犧牲讓我明白，罪的工價是死亡，而祂願意代替我們承受這代價，讓我們重新獲得與神和好的機會。

當我願意在基督面前認罪悔改時，我的生命開始發生翻天覆地的變化。我不再被內疚和羞愧捆綁，而是感受到一種前所未有的釋放和自由。罪曾讓我的人生失去方向，而基督的光為我指引了一條新的道路。如今，我學會了用愛去對待他人，用謙卑去審視自己，用信心去迎接每一天的挑戰。我不再依靠自己的努力試圖掙脫罪，而是依靠神的恩典。我清楚地看到罪對我的傷害和基督恩典的寶貴。罪讓我遠離愛、平安與真理，而基督的救贖讓我得以重生，成為一個靈裡自由的人。這種對比讓我更加珍惜基督的恩典，也讓我渴望用自己的生命去見證祂的愛。

我信上帝，全能的父，創造天地的主。我信我主耶穌基督，上帝的獨生子，因聖靈感孕，由童貞女瑪利亞所生，在本丟彼拉多手下受難，被釘於十字架，受死，埋葬，降在陰間，第三天從死裡復活，升天，坐在全能父上帝的右邊，將來必從那裡降臨，審判活人，死人。我信聖靈，我信聖而公之教會，我信聖徒相通，我信罪得赦免，我信身體復活，我信永生。阿們！

徐應躍

A wooden cross is positioned diagonally across the upper right portion of the image. A small, glossy red heart is placed on the horizontal bar of the cross, positioned towards the lower left. The background is a dark, textured blue-green color. The title text is overlaid on the right side of the image.

降服在 神的大愛 和恩典之下

努力拼搏奮鬥 深信人定勝天

我認識神的過程很漫長，但回想起來，每一步都有主的帶領。我生長於中國無神論的家庭，從來沒有接觸過基督教，了解聖經。從小接受的教育就是沒有救世主，一切都要靠自己。我還記得小時候窗外能看到工廠高聳入雲的煙囪，上面寫著四個大字：人定勝天。這就是我內心的信念：自己什麼都可以，靠自己的努力，去拼搏，去奮鬥。這樣經過無數的考試，過關斬將，從小學到大學研究生，再到出國，一直都很順利。但是，還是有很多自己控制不了的事，像是美國的簽證和家人的平安。這時，神會默默引導我的心，會向自己還不知道是什麼的上天默默禱告。自己作了錯事，內心也會有聲音出來譴責，讓我認錯，逼我改正。

初來美國求學 埋下福音種子

就這樣來到了美國，學校位於美國的田納西州，在傳統的 Bible Belt 上，基督教盛行。透過學校的活動，認識了好幾家美國人，都是基督徒。他們都很友善熱心，在生活上給我很多照顧，例如買東西，學車，搬家，逢年過節還會邀請我去做客。更重要的，他們為我打開了接觸基督教的大門。他們發自內心的向我傳福音，帶我去他們的教會參加禮拜，參加主日學，送我中英文聖經。記得那時電影院在放 *The Passion of the Christ*，他們邀請我一起觀看。給我觸動最深的，是看到耶穌在十字架上受苦，全場好多人在哭泣。美國朋友解釋那是因為他們太愛耶穌了，看到耶穌受苦比自己受苦還難受。雖然當時我無法理解，但也給我很大的震撼。還有附近神學院的學生到我們住的地方向我傳教，我會和他們爭辯進化論的問題。由於我自身的驕傲作祟，這種討論是誰也說服不了誰。就這樣，直到畢業，雖然接觸到基督教，去過教堂，參加過禮拜，但更多是帶著好奇心，偶爾去的，接觸得也不全面。但在神的帶領下，福音在我心裡已經埋下了種子，打下了根基。

學習基督教義 目睹生命見證

真正全面認識了解耶穌基督還是在畢業以後，認識了妻子劉英之後。神透過妻子帶我來到本教會，每週固定參加禮拜和團契。透過蔡牧師透徹的講道，長老在團契深入淺出的帶領，和主日學各個長老執事的教導，我全面且有系統的學習了基督教的教義。我體認到自己的罪，無論自己怎麼想做個好人，總是無法完全遵守十誡，而且世界上也沒有一個人可以做到。我也意識到自己的罪是多麼的深而且無法自救，而神公義的審判必然會臨到我身上。但我也了解到上帝的愛與救贖，憑著我對中保耶穌基督的信心，就可以因信稱義，罪得赦免。經過長時間的學習，我對基督教知識上了解很多，但是如何行出來，如何增加對神的信心？神透過許多事情，讓我經歷祂的恩典。

首先，教會的兄弟姊妹活出了生命的見證。從牧師、長老和眾多兄弟姊妹身上，我看到了聖靈的果子：仁愛，喜樂、和平、忍耐、恩慈、良善、信實、溫柔和節制。這是越來越像耶穌的證明，也是我所嚮往的。我也看到很多基督徒，雖然經歷各種苦難和軟弱，卻充滿喜樂、勇氣、毅力，和對聖道的熱心。尤其是一對長老夫婦盲眼女兒的經歷，讓我感受到神的恩典和憐憫。但這畢竟是別人的經歷，而且把目光放在人的身上也是不行的，因為人總有犯罪和絆倒他人的時候。我應該關注自己與神的關係，這才是屬於自己的獨特經歷，不會因為外因而改變。就在這時神在孩子的事上讓我經歷了祂的大能與大愛。

人類無法勝天 謙卑降服於神

我和妻子結婚之後，很久都沒有小孩。我們試了很多辦法，看了很多醫生，但一次又一次的經歷挫折與失敗，也經歷了流產後的悲傷。我們都是特別喜歡小孩的人，妻子還專門在幼幼班服事，但是單憑我們的努力，就是行不通。那段時間我們的生活是黑暗的，內心是痛苦的，驕傲的我終於體認到自己在很多事情上是無能為力的。我所謂的相信無神論，所謂的不相信有神存在，其實還是有神論，只不過那個神就是我自己，相信我可以解決一切問題。但是，真的可以嗎？人真的能勝天嗎？多少疾病人類無法攻克，一個新冠病毒就讓全世界陷入混亂。人對生命，對思維，對智慧，又了解多少？尤其在創造生命上，人是多麼的無助，只有神能創造生命，而我是多麼的渺小。在這件事上，我承認別無他法，只有求神，求祂賜給我們新生命。我開始靜下心來，像孩子一樣

我所謂的相信無神論，所謂的不相信有神存在，其實還是有神論，只不過那個神就是我自己，相信我可以解決一切問題。

來到神的面前，向神禱告，向神祈求。很奇妙，無論禱告之前我的內心多麼混亂，禱告過後內心總是很平靜。神是信實的神，祂聽了我們的禱告，也感受到了我們殷切盼望的心。又經過了很長一段時間，祂終於賜給我們一個新生命。當我第一次聽到胎兒的

心跳時，那簡直就是世間最美妙的聲音。我們決定給這個生命取名為Samuel，像聖經裡的Hannah（參撒母耳記上第一章），因為神聽到了我們的禱告。孩子取名Samuel，為要紀念這位神，也要把他獻給神，希望他可以為神做工。而他的中文名廣煜，也是顯示他像太陽一樣，為我們的生活帶來光明，驅走黑暗。神真是有豐富恩典的神，在Samuel之後，又賜給我們另一個新生命。我們決定為這個生命取名為Eli，就是耶穌祈禱時說的EliEli，我的神。這段經歷讓我對詩篇23篇有了深切的感受：耶和華是我的牧者，我必不致缺乏。他使我躺臥在青草地上，領我在可安歇的水邊。祂使我的靈魂甦醒，為自己的名引導我走義路。我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在，你的杖、你的竿都安慰我。神真是那位好牧者，在我最需要祂的時候，與我同在，用杖和竿來安慰我。

神有豐富恩典 學習倚靠仰望

我是個很容易擔心的人，有各種不必要的擔心，英文就是phobia。

無論是妻子懷孕中，還是有了小孩之後，我都特別擔心。因為來之不易，我會擔心寶寶這個會不會有問題，那個會不會出狀況。神就讓我學會依靠祂，將擔心的事放在禱告裡，交託給神，並學習依靠神，不住的禱告，凡事謝恩。

Samuel也有很好的見證。從過去上兒童主日學需要時時被提醒，坐也坐不住的頑皮小孩，變成了一個能認真聽講，積極回答問題，每天讀經，也能認真思考提出自己的見解和疑問的孩子。在這個特別的日子，就是主耶穌戰勝死亡，從死裡復活的日子，也是我重生受洗，脫去舊人穿上新人的日子。記得多年前我一位朋友高興的跟我說，她在復活節受洗了。我當時就想，如果我以後要成為基督徒，能在復活節受洗是最好的了。沒想到這樣小小的心願，神也幫我實現了。

還記得一次證道中牧師說到美國夢已死，我也深有同感。我們都是懷著美國夢來到美國的，將最好的年華留在了美國，也目睹了美國從繁華到衰敗的過程。如果從前有人問我後不後悔來美國，我可能無法回答，但從今以後我可以自豪的回答，不後悔，因為雖然我沒有找到美國夢，但找到了比美國夢更重要的，就是找到了耶穌基督，成了神蒙愛的兒女。

回首種種往事，愚拙的我深深感受到神的大愛，以及神的指引和帶領，也深深感到自己的不配。今後唯有努力在家人和鄰舍面前活出美好的見證，這樣也許在我離世時，可以想到「那美好的仗我已經打過了，當跑的路我已經跑盡了，所信的道我已經守住了。從此以後，有公義的冠冕為我存留」。（提摩太後書4:7）

不離不棄的



董艷艷

聖誕前夕爺爺過世

2021年聖誕夜那天中午，我接到從中國老家打來的電話，我的爺爺在睡夢裡過世了。我的心陷入混亂與深深的自責之中，身體冰冷並不住的發抖。我怪自己為什麼沒有在前一夜打電話的時候讓老爸叫醒他，我好與他一起禱告，陪他最後的時光，讓他堅信自己的救恩。我怕家人笑話，自己也沒有勇氣問爺爺信仰的問題，內心還在僥倖的想也許可以明天再問，可是已經沒有明天了…

我和弟弟與堂妹從小是被爺爺奶奶帶大的，因為先奶奶信主我自小就被帶去教會認識神。主日學的老師說神聽我們的禱告，我們可以在任何時候向神禱告，神也察看我們的心。小時我常常在跟神的哭訴與呼求之中睡著，我常覺得自己是多餘的，同時也非常渴望被愛。我希望我的父母可以回來看我，我希望可以被公平對待（重男輕女），我希望我的生活沒有那麼苦（做家務，做農活，洗衣服，刮風下雨都要騎車去上學，沒有足夠的食物），但是神沒有聽我的禱告，祂並沒有移去所有我不喜歡的東西。我漸漸的不再相信神是良善的，不再相信神在乎我，因為連我的父母都不在乎我，更何況神呢。

心生苦毒不肯悔改

這些苦毒使我變得叛逆，想要逃離這個家，所以初二就輟學去打工了。在社會上我經歷到更多的不公平並看到人性的醜惡（被騙，被性侵），這時候我徹底離開神了，不再去教會也不再禱告。但神很愛我，沒有放棄我，祂透過不同的人與事把我推向祂，也透過管教讓我悔改，只是我硬著頸項，就是不願意認罪悔改。我要繼續做我想做的事情，我覺得做基督徒有太多的轄制，也非常吃虧，因為看到身邊很多做不好的甚至違法之事的人過得很好，反而我總被神管教，我就是不要回頭。

然而，我逃得過神嗎？我就像舊約裡的約拿。後來神給我機會讓我認識了老公，那時他也正處在黑暗中（剛離婚），但我從他身上看到神的祝福，知道神沒有放棄我，我就回到了教會（這當中還有很多神的帶領，我無法一一述說因為實在太多了）。我們在中國結婚後回到美國，神帶領我來到CCCVA，弟兄姊妹真誠的關心與教會非常細緻的聖經教導讓我更加認識神。以前我認為神若愛我就會把所有的苦難挪走，現在才知道神更多時候讓我們在苦難中經歷祂，讓我更成熟，更有擔當，也讓我認識我自己的苦毒與目光短淺，以及自我中心的罪。當時我只看到自己的難處，沒有看到別人的苦難，也不願意看到。感謝神沒有放棄我，在我每次向祂哭訴的時候祂都聽我的禱告，一次又一次的幫助我與帶領我。

屬靈低谷尋求幫助

我在家全職帶娃的期間教會姊妹邀請我參加婦女查經班。這段時間我學習研讀聖經，更加認識到神的聖潔與恩慈，讓我更願意讀聖經。但是爺爺的過世讓我再次降到谷底，也是屬靈的谷底。我又開始懷疑神的信實與良善，也對自己非常失望，怪自己沒有盡本份跟爺爺禱告，確認救恩以致得救。我對現狀也非常不滿，在我來美之後的八年裡奶奶最先

去世，兩年之後外婆走了，現在爺爺也沒了，而我都因為各種各樣的原因沒有回去送他們最後一程。

日子還得過下去，我每天繼續忙同樣的事，接送孩子，查經班，忙家務等等，但終日渾渾噩噩，對孩子們也容易發脾氣。我知道我需要幫助，我破碎的心需要醫治，我的靈需要修復。後來蔡牧師建議聖經輔導，我接受了半年的輔導。這段期間神透過輔導員向我說話，讓我看見神對我不離不棄的愛和與我所立的永約，祂是全善的神，在祂裡面沒有任何的惡。我也看見神的公義，祂必會懲罰所有的惡。神知道我的需要，在每天接送孩子的路上，我都可以聽到幾首對我非常鼓勵的歌。

Perfectly Loved 歌裡唱到：

When you barely believed it
When your eyes couldn't see it
Every single moment, you've always been perfectly loved
You're not a problem
You're not a mistake
Don't need fixing or solving
In the arms of His grace

永約之愛領我回頭

每次聽到這些歌我都會哭，我知道神在透過歌曲對我說話。

I Will Carry You 這首歌，裡面寫到：

You are not the sum of your mistakes
You don't have to hide the parts of you that ache
I choose you as you are a million times 'cause I am not ashamed of you
I won't walk away from you
I will carry you
Through your darkest night
When you're terrified
I will carry you
When the waters rise
When your hope runs dry
I will carry you

神在我看不見的地方為我負重前行，在我處於絕望與黑暗之中為我開路，祂從來沒有離棄我。儘管我常懷疑祂，神卻從來沒有不管我，我實在找不到更好的感恩的話表達了。我沒有什麼可以回報給神的，我欠祂的實在太多了。我對爺爺的遺憾也放下了，我知道神掌權，誰去天堂是祂的主權，祂也早已預定誰可以認識祂。我需要做好我的本份，然後相信神的全能與全善就行了。神讓我在這個試驗中看到我对神的認識非常不足，需要聖經輔導，讓我的心靈可以得到醫治。更讓我意外的收穫是，我不再因為壓力大或憂鬱就暴飲暴食了。神的恩典真是超乎我的所求所想！我知道將來我還會跌倒，也許還會遠離神，但是我也知道神永遠不會離棄我，祂總是會把我帶回來。我不再那麼害怕苦難了，因為我知道每次的試煉都會讓我更認識祂，生命更加成熟，更有耶穌基督的樣式。感恩！

我的婚姻 當為祂作見證



張筠

婚姻是神所設立的，我當以婚姻為祂作見證。

我和王晨光認識到結婚的過程點滴，都是神的奇妙安排。感謝神，在祂沒有難成的事。

二人在團契中「偶然」相識

2023年11月11日我和王晨光在CCCVA青年團契的爬山活動中認識。

那天我差點不參加爬山，因為那段日子我為了工作、搬家等事宜心裡有些忙亂，加上當天下午要和一對長輩見面，早上本想休息。但因團契服事有需要，最終決定參加。

晨光那時正處於工作轉換的假期中，從西雅圖來Virginia看好友韋成浩和于凌帆。他熱愛爬山，喜歡挑戰難度高的國家公園，本不會選擇對他來說像是「散步」的小公園，但為了支持好友的服事並期待認識新朋友，他仍選擇參加我們青年團契的踏青活動。

我們就在這樣的巧合下首次見面。爬山那天，我得知他從西雅圖來，便「抓著」他一路「採訪」。因為那時我正好糾結於未來人生的

規劃，因工作和住處的變動，我正考慮著父母提出要我移居西雅圖的建議，但仍捨不得像家人一般的CCCVA，更不敢隨意換教會，同時父母的建議引發我思考神是否要我走出舒適圈，學習專心仰望神。

這樣的猶豫及彷徨，我期待神能賜我一個明確方向，在遇到從西雅圖來的晨光，關於西雅圖生活就成為我們初次見面的話題。神沒有透過與晨光那一次的對話給我清楚的指引。我們首次見面後，他主動要求我留下聯繫方式；而我依然持續靈修及禱告。

在內心平安的確據中，我最終聽從父母建議，2023年12月初決定搬到西雅圖，並於2024年1月17日搭機啟程飛往西雅圖。出於禮貌，我將此決定分享給晨光，並和他在1月24日第二次見面。後來他帶我認識當地教會、融入他的朋友圈，我們多次見面，吃飯、聊天、瞭解彼此。

神掌權 父母支持 我開心交往

父母的支持是我更明白神旨意的重要一環。《創世記》2:24，「人要離開父母，與妻子結合，二人成為一體」，但「孝敬父母」是神曉諭摩西十誡中的誡命之一，如果我的婚姻能獲得父母的支持，豈不是更加彰顯神的作為？尤其，我以前從未想過該如何帶男朋友與爸媽見面，也未想過如何與對方父母相處。

巧的是在我搬去西雅圖不久，爸爸媽媽也恰好在1月來到西雅圖。當我向他們描述晨光，提及他喜歡健身、嚴格控制飲食、規律作息而保持健康等習慣時，爸爸媽媽竟然鼓勵我多與他交往，以瞭解彼此。他們也很尊重我的感覺及選擇，願意在適當的時機與晨光見面！神似乎讓萬事互相效力中。

獲得父母的首肯，我敞開心與晨光交往，我們更進一步了解彼此，在2024年3月1日晨光與我的父母見面，聚會也非常和樂。家人的正面反饋也加速了我們的交往。如果從時間線來看，許多關心我的朋友會憂心的詢問：「這未免太快了？你們真的想好了嗎？」，而我也曾有過小小的猶豫，朋友們的反應是正常的，如果換作是我聽到類似的故事，也會提醒對方「要慎重考慮」。

我們於2024年2月8日確認交往，4月底與父母談論結婚事宜，決定在11月於華盛頓州舉辦婚禮。在與晨光交往相處及思考婚姻過程，我不斷求神將祂的旨意清楚的放在我心裡。而在與父母討論結婚的事上，爸媽提出許多寶貴意見，教導我該如何成為「才德的婦人」，預備自己成為「丈夫的冠冕」。

神為我的婚姻開路

父母的認可與支持彰顯神的工作，弟兄姊妹時常為我們代求，並經常關心我們的感情進展，這些都顯示神掌權作工，也操練我們更加倚靠祂，祂的奇妙安排體現在每個細節裡，是「萬事互相效力，叫愛神的人得益處，就是按他旨意被召的人」（羅馬書8:28）。比如，為我們主持婚禮的牧師，是我多年前為了幫弟弟尋找西雅圖本地教會，透過尤雅各認識的弟兄，他在我們預備婚禮期間，蒙恩通過考試並按立成為牧師，他和師母陪伴我和晨光的成長，並為我們做婚前輔導。

「你們要先求他的國和他的義，這些東西都要加給你們了」（馬太福音6:33）。神在我與晨光戀愛、婚姻的過程中早有豐盛的預備，我們若能將目光放在祂的國度，一切所需都必不致缺乏。就在神巧妙的安排下，我們順利在2024年11月9日結婚，我的父母與晨光的父母從太平洋的彼岸陸續前來，看著他們雖是首次見面，但卻如此和樂融洽。

我們就在雙方父母、親友長輩的見證下完成了我們的終身大事。從2023年12月初決定移居西雅圖後，神在短短不到一年時間中，讓我找到終身伴侶以及新工作。回想當初彷徨是否要搬遷至西雅圖的內心景況，神以祂奇妙的作為，讓我經歷祂豐盛的恩典，讓我如芥菜種的小信上增加不少屬靈的信心眼界。

神調整我對婚姻的眼光

晨光外向、耿直、實在，從他身上我發現了自己的弱點，他也有一顆「受教的心」，我欣賞他對待父母的態度。與他相處、聽他的意見，我常讚嘆神讓他成為我的「頭」，是何等奇妙作為，祂比我更清楚我要的丈夫是什麼樣子，我們從彼此身上都感覺獲益良多。

感謝神，從我來到美國深造到認識晨光的多年間，祂讓我在信仰上扎根。從2020年開始，我每年新年會寫下感恩和期許，回顧過往在感情和婚姻方面禱告是：第一年求神「帶領我在合適的時間遇見適合我的人」，第二至第三年求神「讓我準備好能夠迎接祂為我預備的人」，第三到第四年求神「帶領我和祂為我預備的那位，能在彼此單身時好好成長」，而認識晨光的那年，我的禱告是「求神帶領我對婚姻有正確、務實的認識」。

我眼光的轉變得力於聖靈的工作，如果沒有聖靈，人哪能轉變自己的心？以前的我只看自己的需要，雖說對神有信心，相信祂必為我預備，但更多的是被動的等待，等待「那位適合我的人」能主動前來。後

來聖靈調整我，若沒有預備好自己就遇到那位祂所賜的人，我能否與他相配？能否成為「適合他的人」？畢竟神能在眨眼間成就我的婚姻，但若我不夠成熟，能否承接祂所賜的人？有了這樣的認識，我開始積極預備自己，思想成為妻子應有什麼品格，思考如何服事丈夫，而不只是一味的求神「讓我快點遇到他」。

我之後更體會到，夫妻要時常為彼此代禱，二人在神裡同為一體，應當彼此愛護和順服，我因此嘗試為未來的丈夫禱告。為一位尚未遇見的對象禱告是操練我對神的信心。如今，每當數算祂所賜的恩典，我清楚的從自己的生命軌跡瞭解到：一切好處不在神以外，祂為我預備的必定是最好的路。

回想2024年伊始，神讓我和晨光有美好的交往，也讓我更務實地認識婚姻，同時更認識自己，尤其，當我的罪顯明時，神藉著晨光讓我看到祂對我的愛是多麼真實。「婚姻是神所設立的，婚姻的設計是要反映神在耶穌基督裡對我們的救贖之愛。這就是為什麼福音幫助我們明白婚姻，婚姻也幫助我們明白福音。」（《婚姻的意義》提摩太·凱勒）

我當用婚姻榮耀祂

2024年4月1日我曾在日記裡寫下這段心得（當時已和晨光交往，並開始為結婚的事禱告）：「有時候真的很難想像我已經遇到一個想要共度餘生的人，年輕的時候預想自己30歲時應該已經結婚了，但在30歲的時候八字還沒有一撇，那時候雖然相信神必預備，也會有最好的時間和節奏，但我內心也做好了準備，總覺得遇到 the one 的路還很長。沒想到，這幾個月的處境有這麼大的變化。和晨光的相處，讓我看到神的工作，我很感謝神把晨光帶到我的生命裡，也因為這段關係而鞏固了我對神的信心。我看到是祂把晨光創造成如此模樣，讓我喜歡，我看到是祂讓我們能有美好的交往，感到幸福，我看到是祂親自藉著晨光挪去了我心中對戀愛、婚姻、組成家庭的憂慮和疑惑，賜我安全感。一段好的關係是讓兩個人都更認識神、更親近神，從而能夠愛護、體貼彼此。天父，我感謝祢。願我們的關係和婚姻能榮耀祢的名。」

盼望我和晨光能持續以祂為我們設立的婚姻為祂作見證，榮耀祂的名。🌿



Rev. Ray Seto

Some Reflections on Leisure

Prologue

This short article spawned from a question someone asked me earlier in the year regarding leisure. As I considered his question, which was basically my thoughts on leisure from a biblical/theological point of view, I went back to what Scripture said regarding one contemporary aspect of leisure: resting. One thing that may stand out to some people in my thoughts about leisure is the relational aspect of leisure. And at the center of the relational aspect is Jesus Christ, who reconciles us to the Heavenly Father, whom we are called to rest with. Jesus' life, death, and resurrection makes all of this possible. True rest is found through Jesus Christ so that we can rest with our Heavenly Father, which is real rest and real leisure.

Resting or Leisure

When looking at Scripture for what God says about leisure, resting is a big part. Something that many people forget is that resting and leisure, which I take to be very similar, should always be conducted with God in mind. Going all the way back to the creation account in Genesis 1 and 2, we read about how God created all things, and then He rested (Gen. 2:1-3). Thus, God set up a pattern of work and rest for all of creation. And then in Exodus 20:8-11, we read that resting is actually an integral part of our worship of God. As such, this holy, worshipful resting is a blessing to God's children. I think this is where this holy resting can be viewed as leisure. Where this holy leisure is a day to rest, catch your breath physically, spiritually, emotionally, and in every way. When viewed this way, leisure is not necessarily only an absence of activity like resting may imply, but leisure may include activities that are not necessarily work, but more recreational activities. Many people may not view worship as a recreational activity, but real worship of the Triune God is really a blessing to people worshipping God and restorative (cf. Mark 2:23-28, when Jesus and His disciples were walking together and some of them picked some grain to snack on). Coming into the presence of our Heavenly Father and enjoying His love, being reminded of how He cares for you, how He sacrificed His only Son to bring you back into a good relationship with Him again should be restorative. An illustration from human life can be my relationship with my wife Joyce. During the day, we both work, but at the end of the day, I love spending time with her. Even better, during the weekend

(after a week of work), I love sharing activities with her, where we do activities together. So physically, I am not resting because I am physically and mentally active as I do things with Joyce. Yet, at the same time, I am still resting from my usual work because these activities rejuvenate and restore me. These are leisurely activities that we both enjoy doing together (i.e., going for walks, going shopping, driving around, watching a movie together, sharing a meal together, etc.) and they are very restorative. They, more importantly, also strengthen our relationship together.

So God provided one day out of seven for us to spend with Him, instead of our usual work activities, or other activities. This day is the Lord's Day, and on this day we rest in His presence, and enjoy His loving and gentle presence.

So from a biblical point of view, leisure is time spent resting in God's presence.

What is especially special on this day is the loving reminder that in Jesus all of our sins are forgiven. Jesus did it all completely so that we may rest from trying to prove to God that we are "good enough." Instead, free from

guilt and shame, we can enjoy being with our Heavenly Father who also enjoys being with us. It is not a burden to our Heavenly Father to carry us in His arms while we rest contently in His arms (instead of squirming like some babies do, which is not very restful!). That is also why our Sunday worship is really a celebration of a reconciled and renewed relationship with God. Consider also the benediction that our Heavenly Father commands to be given to His children (Numbers 6:22-27). This is how the Lord of the universe views you! This is His attitude toward you! His face is beaming with joy and happiness as He looks at you (Numbers 6:25-26). And we have all of this through Jesus the Christ (Romans 5:6-11).

So from a biblical point of view, leisure is time spent resting in God's presence. In a similar way, I enjoy those short evenings with my wife at the end of the day, it is also good to spend time briefly resting in our Heavenly Father's presence every day. But on Sunday, the Lord's Day, is the big, special day where we get to spend the entire day enjoying God's loving presence. Part of this time is spent with other followers of Christ at church, but the rest of the day is more one on one with God, or with a small gathering of people like our immediate family. 🌿

A silhouette of a person jumping over a mountain range at sunset. The person is in mid-air, with arms and legs outstretched. The background shows a dramatic landscape with mountains and a sky filled with warm, golden light from the setting sun. The overall mood is one of freedom and triumph.

Saved by Grace Through Faith

Doubting and Unbelieving

Before I met Christ, I was a selfish person who was judgmental and was quick to become angry or violent towards others. I wasn't even aware of it, and it was difficult for me to understand why I was punished for my actions. I was taught about sin in church, but I never really believed it. I was simply going through life, not living in the moment but looking back as it already happened. The worst part is that I thought I was saved, but instead I was far from God and I hadn't dedicated my life to him.

I first started thinking about salvation when my parents brought up Judgment Day that would happen sometime in the future. Whenever I heard them talk about it, I had a feeling of doubt in me, like I wasn't going to be one of the few who were saved. It got me really thinking about my salvation, because Christians who were saved should feel joy when hearing about Judgment Day. From that point, I started searching for a way to be saved. In church, I heard about how Jesus could save me, but he still wasn't real to me yet. I didn't believe it.

Saved and Slowly Changing

When I was 12 years old, I was introduced to a summer camp called Christian Youth In Action (CYIA). At the summer camp I studied stories that I would teach to kids, and saw how other Christians would teach their stories. I saw that they taught with conviction, as if they really believed what they were teaching. I wondered how they could see that; to me, these stories were still just stories from the Bible.

Next year I came back to CYIA and learned different stories about Jesus' miracles. God opened my eyes to his power and glory through the stories, even though they were kid stories. More importantly, he showed me his grace and offer of salvation as I learned the stories. These stories didn't seem real before, using these stories he showed me that he was real, and that he truly was God. On Thursday of that week, I was given the opportunity to believe during a service. I said the prayer and though I didn't feel any difference

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physically, I had permanent assurance that I would be saved.

Once I returned from the trip, I thought that I would have this instant change that allowed me to resist sin, but I was mistaken.

I continued my battle with sin, sometimes losing but never giving up. My spiritual change was gradual, sometimes I would slip and other times I would be brought back up. As I returned to CYIA the following year I noticed that I had changed from when I had started. When I started, I was extremely self-centered and barely paid attention to others around me. But in my third year, I had gained a new vision on the camp. This camp, and my whole life shouldn't be about me and how successful or recognized I was: it should be about God.

By Grace and With Good Works

I always remember that my salvation is assured from a Bible verse, Ephesians 2:8-9. "For by grace you have been saved through faith, and this is not your own doing, it is the gift of God. Not a result of works so that no one can boast." This verse keeps me grounded in my salvation while reminding me that I don't have to feel stressed that I am not doing enough good deeds to save myself.

However, I still had an issue. I found myself continuing to sin deliberately, yet not stopping it. In the early years, I thought this was fine until I heard a different verse later on, in James 2:26. "As the body without the spirit is dead, so faith without deeds is dead." When I first read this verse, I was really confused because I thought it said you needed works to be saved, contradicting Ephesians. However, I eventually learned that it meant that faith is proven by works, so if you don't have any good works despite self-declaring faith, your faith may not be true.

After the realization, I came to learn the second part of believing the gospel. Not only do I need to believe Jesus as my Savior, but I also need to believe in him as my Lord and show that I believe through my works. It was difficult to figure out at first, but now God is working in me and helping me get rid of my selfishness and judgmental mindset. I am trying to make time for God, even when I feel busy in my own ambitions, because I know he can always comfort me and his words are always good.

I had learned how to repent correctly and ask for God to work in me instead of only forgiving me. I learned to reduce the anger I felt towards others and have emotional self-control. I learned to forgive others who did wrong to me in the past and move onwards, since Jesus forgave me for everything I did. God has changed me to make my life about him instead of about me, and though sometimes I will resist, I will never go back to the way I was before. 🌸

Mission Trip Reflections



April Zheng

Preparing For the Mission Trip

I want to thank everyone who prayed over me and my team, and supported me in so many different ways, both during my mission trip over this past spring break to Washington D.C., and as I was preparing for this trip! I am so grateful that God has surrounded me with such fruitful communities of believers both at college and at home, and every time I felt a little discouraged or tired during the trip, I would think of how many people were praying for me, and just the knowledge of that would bring a smile to my face. I hope these reflections will show you how God has worked in my life through this mission trip, and the ways that my team was able to be the hands and feet of Jesus.

In the weeks leading up to my spring break trip, I would pray from time to time that God would prepare my heart for what I would be doing for Him in D.C., but honestly, I felt like what I was going to do in terms of service and making a difference was less important than what some of my friends in my fellowship were going to be doing over spring break, like going to different countries and continents, to remote areas where there were barely any Christians, and to areas where secularism was perfectly embedded into the culture. Seeing my friends prepare for their trips with getting vaccinations, going to weekly prayer and team-building meetings, and getting lessons on the cultural differences, made me feel like D.C. was going to be a very low-stakes trip that did not really need any preparation. In a way, I was right, because we were going into a community that we were all pretty familiar with, but as the weeks drew nearer, God stirred in me to pray more diligently about my heart posture, so that I would really give Him my all to serve the people that He loves, people so close to home, where the Gospel is so accessible.

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Upon arriving in D.C., I was immediately shocked by the condition of the streets and buildings that we passed by. Growing up so close to D.C., I would

go on field trips pretty much every year to see the National Mall with all the various monuments and memorials, but I had never been to the non-touristy parts of D.C. Instead of buildings and statues made of white marble, there were old brick buildings covered in graffiti. Instead of businessmen wearing newly-tailored suits, there were men, women, and children, covered in the smell of weed, wearing patched-up clothing and tattered jeans. Seeing the physical brokenness of this community made me a little scared at first, but throughout that week, God showed me more and more of the warmth and beautiful nature of these people that clearly reflects the hand of the Lord that created each and every one of them. I think I went into the week with a misconception that these people needed my pity, and with that mindset, sometimes I would feel like I was above them. But the Lord quickly broke down that pride in me with each act of service and each encounter.

Stepping Out of My Comfort Zone

The first day of the trip, we made care packages for various people that came in and out of three different homeless shelters. We would hand them a bag of toiletries and a lunch pack with sandwiches that we made, and ask if they wanted us to pray for them. I was reminded that Jesus' ministry on earth was very much about meeting people where they were at and providing them with what they needed, both materially and physically, but also fulfilling their deeper need of being at peace with the Lord. That first day, I got to hand out a bunch of care packages and prayed over two homeless people. Even though other people on my team were much bolder in asking people if they wanted prayer, I am so thankful that God put words in my mouth as I stepped out of my comfort zone to bless people and bring their requests up to the Lord. How cool it is that God uses me, someone who is so timid before every conversation, who stumbles over words, who would rather just give a smile to someone than talk to them, to speak truth over people and remind them that the Lord is smiling down on them?

Another thing that really struck me was how kind people were. Going into this day, I had the perception that the homeless people would just grab our care packages and leave, that it would be a thankless job, but the majority of people were so excited to hear that we were offering prayer and were so thankful that we were supplying them with some toiletries and food. A lot of them stayed around to eat their sandwich, sitting and talking with us about their dreams and

their passions and about how tough their current situations were, but how they still were so grateful for each day. Seeing the true joy in their hearts, as their eyes would light up when they were talking about their future and their hope, really touched me. It was so clearly evident that even with everything stripped away, that the Lord was still meeting their needs. There were some people that we encountered that day, that were extremely intoxicated and out of their right mind, and for those people, the Lord shifted my view of them from one of needing pity, to people that were created to serve the Lord and had lost their way. They are the lost sheep that God is calling out to. They are the ones that are so incredibly loved by the Lord, but have drowned themselves in sorrow to the point where it is hard to see, feel, or trust that they are still loved by the One who created them. Even in their very broken states, I saw that they were still made in the Creator's image because their souls yearned for something or rather someone that the world could not give them. My prayer for them is that the Lord would meet them where they are at and lift up their heads, that forgiveness and grace would not stay an idea or a foreign concept to them, but that they would so powerfully experience the goodness and love of the Lord Jesus Christ our Savior. I cannot believe that just in the first day, God was already peeling back so many layers and showing me more clearly His heart for His people. It really is a testament to what God can do when you simply open yourself up to Him and let Him work in you and through you. Truly, He can do more than all that we ask or imagine!

Being Attentive To the Spirit's Work In My Heart

The next few days, we got to do many different service projects. We took inventory of all the canned goods in storage and organized all the bins and put labels on them. There was a lot of heavy lifting and going up and down flights of stairs, so by the end of each day, we were all very tired, but I noticed nobody on the team uttered a single complaint throughout the course of the week. This really stuck out to me because at college and even in Christian circles, complaining has become more of a norm. But I found that being with this group of people really filled my cup, and it was so refreshing to all be tired together, knowing that we broke a sweat and were all physically exhausted, but that we were all so grateful and glad to be doing the Lord's work. There was such a peace and joy about getting to sit at the dinner table all together and gobble down our meals in silence, out of sheer hunger and

exhaustion, but then looking up from our plates and laughing at how we all finished our food in a matter of seconds. In fact, I have noticed my tendencies to make sarcastic comments about unfortunate situations in order to avoid complaining, and this is one of the areas that I have been praying that the Lord will continue to refine in me, to make me someone who truly shines His light in all spaces because of the words that come out of my mouth. I pray that the Lord will tame my tongue and cause the words that I speak to be truthful, life-giving, and to be a refreshing reminder of the goodness of God, even when situations are not optimal.

Our team was not as big as some of the other mission teams from Chi Alpha, but there were definitely some days when I felt like there were too many people for the job. About mid-week, I began feeling a bit down because there were times I felt useless and unhelpful. So on Wednesday, some members of the team were helping to load heavy pieces of furniture into the truck, while others were making lemonade for us to bring to the pregnancy center that we were going to visit later that night. I stood by the kitchen, watching those making lemonade, wishing that I had raised my hand faster so that I could be the one stirring the lemonade mixture. But instead of taking that moment to cheer on the other people on my team, I stood there with my arms crossed over my chest, leaning against the wall, probably with some sort of grimace on my face. At that moment, God pointed me to my fellow brothers and sisters who were cracking jokes with the people who were at work, spurring them on to continue on in their tasks. I realized that even when there was not something specific for me to do, that I could still be a vital part of the team by being an encouraging presence and taking time to affirm the amazing work that the Lord was doing through them. This is a lesson I hope will stick with me the rest of my life, as I will continue to be in circles where the Lord will use others' strengths and my strengths at different times, and in moments where I am not actively getting down on my hands and knees to give of myself, I still want to be able to serve the Lord to the best of my ability. This brings me back to the point of how much the Lord can do with just an open and willing heart to be used by Him!

Later that evening, we got to deliver groceries to a mother who had two kids and was barely making ends meet after her house burned down a couple weeks ago. Seeing how we were able to take some of the stress off of her and

bleed her family with a simple act of generosity, stirred in my heart ways that I could give of my time and my resources to help and bless people in my local communities. We later also got to help out with the child care program at a nearby pregnancy center, where mothers got a chance to attend parenting classes, and the children got to goof around and have fun. I laughed so much that night playing with all these sweet, energetic children. Getting to see how vibrant the community was and how much joy all the children had, despite living in low-income households, was yet another testament of how truly it is the Lord who fills our cups and provides us with everything that our souls need to be satisfied.

Praying To Be Mission-Minded After the Trip

I ended the week off with a new appreciation for the way that God satisfies His people even when they have very little, and also a gratitude for all that the Lord has given me, in terms of resources, opportunities, faith, and community. Coming out of this week, I have been praying for the people that I got to pray over on the streets, as well as for all the ministries that we got to partner with over the course of that week, that God would just continue to pour out His blessings upon them and provide for them spiritually and physically. I have also spent a lot of time in prayer asking the Lord what He wants me to do to serve His people locally and to share the resources He has given to me with others, because God's call to feed the hungry and clothe the naked in Matthew 25:35-40 is not just a call for a singular week on a mission trip, but it is to be lived out daily, embodying the life of Jesus who came not to be served, but to serve.

I am so thankful for the Lord's guidance and direction in my life, and for the ways that He has opened my eyes to His constant goodness and steadfast love through the course of this trip. I am so grateful that He has placed such a strong support system around me to spur me on in my faith journey, and I pray that as God continues to grow me in various areas, that He would make me a blessing to those who have watched me grow up and continue to pour so much into me and pray for me. I pray that God would show them more of His unchanging character and more of His vision, so that they might show the love of the Lord to more people that are so beautifully made in the image of our God! 

Trust During Trials



Esther Li

Growing Up in Church

I have grown up at this church and because of this, I always believed in God. But I never sought out a relationship with God until I was 12 or 13. Having a relationship with God was something that never crossed my mind until I entered the adult English congregation. And after hearing more and more about it, I started to develop a curiosity for it.

Since I was little, I always thought, “Why do bad things happen?” When I would hear Bible stories of God’s power, kindness, mercy, and love I thought it was weird how a God so powerful and capable of changing everything with one word could let bad things happen all around the world. Especially to his beloved children, Christians. I never understood why until recently.

Feeling Isolated, Alone, and Hopeless

The December of 8th grade was when I started noticing changes in my emotions. Something felt off, I couldn’t quite place my finger on it and was struggling to understand what and why I was feeling this way. A few months

passed and it seemed like this weird change in emotions kept happening each month but would only stay for around two weeks and would go away. I told my mom about it and we went to see a doctor. We learned that it was a condition that caused emotional changes during certain times of the month. It was something we had never heard of before. We tried some of the methods the doctor suggested to help me feel better and hopefully fix the mood issue. Yet as the months rolled along, I couldn't help but notice that things started to feel worse and heavier. Like there was a constant weight or tug on my heart and I couldn't get rid of it. I started feeling like it was hard to talk to people regardless if they were friends or family. I started feeling isolated, alone, hopeless, and defeated. These feelings were strong and feelings I have never felt so constantly before.

So Many Questions and No Answers

Why was this happening to me? What was I doing wrong? What caused this? Millions of questions spun around in my head as I tried to understand in the midst of the confusion. Has God abandoned me? Why was he letting this happen? Was I a bad Christian? What did I do to make me deserve this? As these doubts and fears started begging to be answered, I fell into them. I fell into the lies the Devil was

I fell into the lies the Devil was feeding me and I couldn't help but feel like those questions and worries made sense.

feeding me and I couldn't help but feel like those questions and worries made sense. Of course I have sinned before, everyone is a sinner, maybe I overstepped and caused God to hate me.

Maybe I wasn't reading my Bible enough. Maybe I wasn't paying attention enough during Sunday school. Whatever it was, I must have done something to deserve this.

This is why I thought bad things were happening to me. I found it hard to share these doubts and worries with my parents because I already found it hard to talk to people normally about anything. How could I express all these worries and doubts that were clouding my thinking? And even if I did say them, how would they react? What would they say?

Yet even through all of this, there was a glimmer of hope. These depressive



"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." ~ Philippians 4:6

moods wouldn't happen for the whole month. They would occur for around two weeks, go away and I'd be fine for the other two weeks. But each month, as the cycle repeated, and no matter how many times I faced it, it wouldn't seem easier. For two weeks of the month I was fine, happy even, acting like my normal self, feeling God's presence and feeling like I had a solid relationship with God. But when those other two weeks rolled around, I felt like a whole different person, whole different thought process, energy, and emotions. I felt like God was so far, like he might be angry or disappointed in me. I felt like my relationship with God was weak and barely there. At first, I would cry out to God and try to look through the Bible to see if any verses could help me with my situation. But the more I looked the more I felt lost and hopeless, it seemed as if all the verses I read were about joy, peace, and God's love. And when I read something like "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7), I felt like the verses wouldn't apply because why when I prayed and cried out to God it felt like he wasn't listening or answering. As if he had shut off the connection between us. Like those prayers were empty and were never going to reach him.

Trusting God Even When I Don't Know

As the cycle kept repeating, I started to go to God less when I felt down and alone. This just made things worse, it made me feel more and more isolated. No one to talk to, no God to lean on. Everything seemed hopeless and honestly, I kind of just accepted it. If God wasn't going to help me, who was? Right??

I didn't know why any of this was happening and I couldn't know because I'm only human and I don't know God's plans. During these times, I didn't know what God was trying to teach me or his plan for me. I could only wait and feel like everything was bad.

But what does the Bible say? God says in Jeremiah 29:11, "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give

God allows me to face trials because he knows I can face them and I will learn from them.

you a future and a hope". God is a good and loving God even when we don't think or feel it. No matter how far away he feels, no matter how mad you might think he is, the truth is he is not and he never will be. He will always love you, always forgive you, and always stay by you. That is one of the things God has taught me through these trials. Other things I have learned include:

1. God never leaves me. No matter how far I think he is, no matter what I have done, he still loves me, and is right there watching over me. He won't ever leave, he will always be there, patiently waiting. He is a gracious, loving, and patient God. No matter how dark my situation seems, I know that God is watching over me and helping me through it.

2. Be patient. Something I have always struggled with is waiting. Whether it was a material or spiritual thing I have always struggled with waiting. When I am forced to wait for something, I know it is going to be good and worth the wait. Sometimes God does things I don't understand because he is helping me build character. He lets me face trials because he makes me strong enough to face it and I will come out of it better and more resilient.

3. Know that other people see or care about me. No matter how hard it seemed and no matter what I was struggling with, I had friends and family show their care for me. Even when I felt like I couldn't reach out to them, I had a God who cared about me even though I hadn't felt like God was there.

God allows me to face trials because he knows I can face them and I will learn from them. There is nothing that I will ever face that others haven't faced before. In 1 Corinthians 10:13, it says "No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide a way of escape, that you may be able to endure."

4. God has a perfect plan for me. He knows infinitely more than I could ever imagine or know myself and I just have to believe it. He has always had a plan for me. No matter how far I felt from him, or how much of a "bad

He has always had a plan for me. No matter how far I felt from him, or how much of a "bad Christian" I felt like.

Christian" I felt like. There is no such thing, he loves me with all my faults and failures, and he knows me better than I know myself. He loves me and continues to seek me out even when I feel like running away from him.

5. Remember God's word and his promises. He is constant and keeps his word. When I know his promises for me, it gives me hope for the future and my current situation. No matter how far or how angry I thought God was. The truth is, he wasn't at all. He really cares about me and it is said all over his words. God loves me so much that he was willing to send his one and only Son to die for my sins. He loved and watched over me before I was even born and will continue to watch over me.

From this hardship, God has taught me to be patient and stay strong during the trials, to not be afraid to reach out for help, trust in him even when I feel like he is not there, and know that he has a perfect plan for me. 🌸



Experiencing God's Faithfulness Through Prayers

Jennifer Hu

The Unexpected

On Sunday, Oct 26, 2014, on our way back to James Madison University (JMU), Joy announced that her BrailleNote is not working. It would not complete the start-up process. It always got stuck at 33% with an error message saying, "Operation incomplete". She tried three times by shutting it down and restarting to no avail. As a last resort, she took out the battery and put it back in to give it a cold, complete restart. Still nothing. Knowing she has notes on her BrailleNote that she needed to use to study for a test on Monday, I became worried. I pulled over and got her computer from the trunk so she could study with notes on her computer. She and her friend Ashley, who was riding with us, chatted some and returned to their study.

However, during this whole time I was driving I prayed and prayed for God's mercy. I told God, "I know you don't have to answer my prayer but please give me this opportunity to witness to Ashley." As we were about to exit I-80 and were only minutes away from JMU, I had the urge to tell Joy, loudly and in front of Ashley, "Take out your BrailleNote and try one more time." But I was also worried, "What if my prayer does not come through?"

What Good Does Prayer Do Anyway

What was going through my mind was exactly what was written in Chapter 1 of Paul Miller's "A Praying Life" book. His story was about his daughter Ashley who lost her contact lens on a camping trip where the forest floor was covered with leaves and twigs and there were millions of little crevices for the contact lens to fall into and disappear. But nonetheless, Paul said to his daughter, "Ashley, don't move. Let's pray." But before he could pray, Ashley burst into tears and said, "What good does it do? I've prayed for Kim [her sister with multiple disabilities] to speak and she is not speaking." At that moment, Paul was caught between Ashley's doubt and his own doubt.

Ever since I have started practicing praying constantly throughout the day for even little things, I have experienced God's love, care, mercy, provision, and faithfulness again and again.

Ashley was right, God had not answered her prayers. At that moment, Paul was fearful for Ashley's faith and for his own. He wondered, "Would I make the problem worse by praying? If we prayed and couldn't find the contact, it would just confirm Ashley's growing unbelief." And he prayed silently, "Father, this

would be a really good time to come through. You've got to hear this prayer for the sake of Ashley." Then he prayed aloud with Ashley, "Father, help us to find the contact." When he finished, they bent down to look through the dirt and twigs, and there, sitting on a leaf, was the missing lens. Paul ended the chapter with "Prayer made a difference after all."

Prayer Shows Who I Trust

So, I was also struggling and didn't know if God would answer my prayer. I looked at the clock in the car and saw we only had a few minutes before we would arrive at JMU. I thought of many lost opportunities in the past which I failed to exalt God and give Him glory because of my small faith so I decided I would be bold this time. I said to Joy, "Take out your BrailleNote and try one more time." Naturally, Joy protested, "I've tried three times already and it didn't work." But she obliged. Silence, silence. My heart anxiously awaits. "Yeah! It's working!" Joy exclaimed. "It's so strange.

I tried three times earlier.” Immediately, I said, “I prayed! God fixed it!” But her friend Ashley said, “Oh, technology.” Implying technology is unreliable, sometimes works and sometimes doesn’t. But I said firmly, “No. I prayed. Our God is a living God and He heard and answered my prayer. Ashley, do you go to church?”

Honestly, moments like these always bring tears to my eyes. Who am I that the Creator of the universe would tend to my small request of getting my daughter’s device to work?!

Ever since I have started practicing praying constantly throughout the day for even little things, I have experienced God’s love, care, mercy, provision, and faithfulness again and again. Prayer has been an amazing way for me to connect with my Father. I had wanted to record every single answered prayer in my prayer journal but soon realized there were simply too many to keep a record of.

God is merciful and He has promised to show grace to those who trust him wholeheartedly. Praise God!

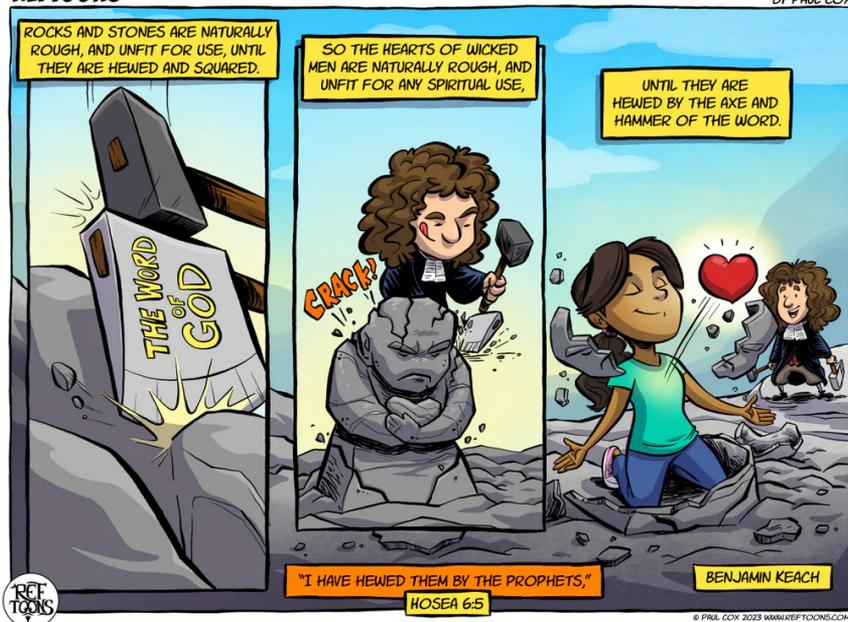
Author's Note:

I stumbled upon this document on my computer lately and noticed it was written in October 2014, shortly after CCCVA held the “A Praying Life (APL)” seminar. Re-reading it made me surprised at my courage to witness to an unbeliever and my faith in God. It also reminds me once again that prayers offered with a childlike, trusting heart always please our Father. 🌿

RefToons 智者的話

REFTOONS

BY PAUL COX



經文：「我藉先知砍伐他們…」《何西阿書 6:5》

[神的話] 岩石和石頭天生粗糙，不經鑿刻和打磨便無法使用。所以，惡人的心自然是粗糙的，不配在靈性上作用，直到他們被神的話語的斧頭和錘子鑿開。～ 本傑明·凱奇

Benjamin Keach was an English Baptist minister and author of the Baptist Catechism. 凱奇是一位英國浸信會牧師，也是《浸信會教理問答》的作者。



一個真正的基督徒不僅擁有良心的平安，也擁有內心的爭戰。他既能透過內心的爭戰被人認識，也能透過內心的平安被認識。

～ 取自《聖潔-Holiness》J.C.萊爾

J.C. Ryle was a 19th century Anglican bishop and evangelist. 萊爾是19世紀的聖公會主教和傳教士。

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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，直到世界的末了。」(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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