

第一讲：圣经是一本什么书？

这几堂课的目的，是让信徒和慕道朋友，基本认识圣经是什么样的一本书，进而建立读经和默想的生活。

1. 圣经是神所写的 The Bible was Written by God

神的默示 Inspiration

- 彼后 1: 21 2nd Peter 1: 21
- 提后 3: 16 2nd Tim 3: 16

圣经是圣灵教导人写的（儿童要理问答 15 问）

The Bible is written by men who were taught by the Holy Spirit.
(Catechism for young children, Q 15)

2. 圣经是神给世人的信息 The Bible is a Message from God

圣经是神给世人的信息，告诉我们他是谁。

The Bible is God's message to us, showing and telling us who is He.

神在圣经中的作为和有关他自己的话都在告诉我们他是谁

All God's mighty acts and all the words He has spoken about Himself in the Bible
show us what he is like.

神写的一封信 A letter from God

- 诗 19 Psalm 19

3. 圣经是神在说话 The Bible is God Speaking

神仍然透过圣经在说话

God is still speaking through His Word.

当圣经说话，神在说话

When the Bible speaks, God speaks.

4. 圣经是可明白的 The Bible is Understandable

清晰性 Perspicuity

圣经的用意都是要让人可明白

The Bible was always intended to be understandable.

圣经有难处（基于些不同原因），但其中的要义是容易和可以清楚明白的。

There are difficult parts of the Bible (for various reasons), but the central truths
of the Bible can be easily and clearly understood.

5. 圣经是有能力的 The Bible is Powerful

神说话，世界就被造而成。

He just spoke, and the world was created.

神说话，风和海都要听从他。

Even the winds and the waves obey the word of God.

- 赛 55: 10- 11 Isaiah 55: 10-11

6. 圣经是有权威的 The Bible is the Authority

神是最高的权威。他有权力决定他在他的世界所要行的事。

God is the highest authority. He has the right to decide what He wants to do with His world.

神的律法和道路是为我们的好处。因为他造了我们，他知道什么对我们是最好的。

God's laws and His ways are good for us because God made us, and He knows what is best for us.

- 诗 119: 4 Psalm 119: 4

7. 圣经是一个故事 The Bible is One Story

圣经中的每一个故事告诉我们有关神的一些事。

Every story in the Bible tells us something about God.

但是，圣经整体是一个故事：神创造和救赎世界的故事。

But, Bible as a whole is a story: How God created and redeemed the world.

圣经中贯穿的主题：国度、约、救赎、基督

Themes throughout the Bible: Kingdom, Covenant, Redemption, Christ

神用立约的方式，透过基督耶稣的救赎，建立他永恒的国度。

God builds His eternal Kingdom by the administration of the Covenants, through the redemption of Christ Jesus.

- 路 24: 27 Luke 24: 27

圣经只有一个信仰：一个身体、一个圣灵、一个指望、一主、一信、一洗、一神；在渐进的启示中显明。

Bible has only one religion: One body, one Spirit, one hope, one Lord, one faith, one baptism, one God, progressively revealed.

- 弗 4: 4-6 Ephesians 4: 4-6

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第二讲：读经时的想法与态度

认识了圣经是一本怎样的书，我们读圣经当有怎样的想法和态度呢？

Knowing the Bible as such, how shall we then read it?

1. 纪律、殷勤 Discipline, diligently

天天；即或是一小段。Daily, even if it is a short passage.

圣经说，我们信徒的操练，像比武的、像农夫、像军人（提后 2: 4-6）。

Christian discipline is like a good soldier, an athlete, a hardworking farmer. (2nd Timothy 2: 4-6)

健康是每一天的饮食建立的，不是靠一个月一次的大餐。

Health is built from daily nutrient, not monthly banquet.

2. 谦卑 Humble

因为圣经是‘神说话’。谦卑聆听是必然的。

If Bible is ‘God speaking’, humble is a reasonable attitude.

读经首要的用意是，‘主啊！请说。仆人倾听。教导我。’

Our internal monologue as we approach his Word should be, ‘Lord, I’m listening. Teach me.’

我们阅读，为要知道神在他已经启示的作为和说话中，对我们说什么。

We read to know what God has revealed to us through His acts and words in the Bible.

审查内心：居高位审判神话语，或谦卑寻求了解。

We don’t stand over God’s word; we allow the Bible to rule and guide our lives and hearts.

3. 顺服、遵行 Obedient

因为说话的是 Adonai：是主。

仆人对良善、恩待他的主人的自然回应是乐意听从。

The right response of a servant to his kind and gracious master should be joyful submission.

认识神的属性 =》敬拜

认识神的恩典 =》感恩；奉献自己

认识神的救恩 =》归信

认识自己的罪 =》悔改

Knowing God’s attributes motivates true worship.

Knowing God’s grace causes thanksgiving and submission.

Knowing God's salvation require conversion.
Knowing own sinfulness calls for repentance.

4. 祷告、依靠 Prayerfully

神赐我们作品（圣经），也赐我们作者（圣灵）。

God gives us both the book (Scripture) and the Author (Holy Scripture).

圣灵启示（Reveal）：将神旨意显明。（reveal His will）

圣灵默示（Inspire）：将神的启示成为文字的启示。（written Word, revelation）

圣灵光照（Illuminate）：让信徒明白、启迪和受神话语的改变。（mind and heart in understanding and response to His word）

因此，我们阅读圣经，以祷告仰望的心阅读，求圣灵的帮助。

Therefore, we read prayerfully, in dependence of Holy Spirit.

阅读圣经最终，是个人生命得益处；知识产生信心（来 4: 2）。

Ultimately, bible reading is for personal growth in Christ. Combine what we hear with faith (Hebrews 4: 2)

5. 渴慕 Hunger

渴慕神和他的话（诗 19: 10）。

Hunger and thirst after His Word.

这是循环的反应：阅读=》默想=》得帮助=》渴慕=》阅读=》默想。。。。

This is a cycle. Read- Meditate-edified-hunger-read-meditate.....

活动 Activity

翻一翻诗篇 119，读一读，看看诗人对神律法的想法和态度。

Glance through Psalm 119, read to see the psalmist's thinking and attitude towards the law of God.

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第三讲：读经中的默想

‘唯有喜爱耶和华的律法，昼夜思想，这人便为有福。’（诗 1:2）

“鲜少默想产生虚弱的基督徒；软弱的生命，缺乏能力，少有成长，也对他人极少有帮助。”

~Nathanael Ranew

(little meditating makes lean Christians, of little life, little strength, little growth, and of little usefulness to others.)

“听见上帝的话就像茶包点入杯里一样。一些茶的味道被水吸收，但不如更彻底地将茶袋泡浸在杯子里那样产生浓厚的茶味。默想就像完全浸泡茶袋子，直到所有的味道被提取。”

~Donald Whitney

(Hearing God's Word is like one dip of the tea bag into the cup. Some of the tea's flavor is absorbed by the water, but not as much as would occur with a more thorough soaking of the bag... Meditation is like immersing the bag completely and letting it steep until all the rich tea flavor has been extracted.)

什么是[默想]？从清教徒学习。What is Meditation? Learning from Puritans

“默想是认真的使用理智好让思想集中在属灵事物上，以致能实践它。”

~William Bates

(Meditation is the serious exercise of the understanding, whereby our thoughts are fixed on the observation of spiritual things in order to practice.)

“属神的默想是认真庄严的思考有关神的事，最终我们可以明白它对我们的意义，我们的心从而被提升到圣洁的爱慕和行动的决心。”

~Thomas White

(Divine meditation...is a serious, solemn thinking and considering of the things of God, to the end we might understand how much they concern us, and that our hearts thereby may be raised to some holy affections and resolutions.)

=> 默想有三个层次：思想 consideration；爱慕 affections；决志 resolutions。

清教徒牧师将默想分为两类教导

1. 刻意的默想 (Deliberate meditation)
2. 偶然的默想 (Occasional meditation)

两者的目的皆为注目我们的思想到神真理面前。

基本不同点在于：

刻意的默想

有计划性的
圣经（特殊启示）为主
是首要的，是根基

偶然的默想

随时的
从周围事物（普遍启示）和经历思想真理
是‘天上落在心里的火花’（holy spark that
flies up out of the heavenly fire,
burning suddenly in the heart）~Ranew

有效之默想的步骤 Steps in Beginning Effective Meditation

1. 求圣灵赐热切的心 Praying for the Spirit's Help for Fervency

“祈求圣灵的帮助。这能够停止太阳的，他也能让你的心思从杂乱中固定下来。”

~William Bates

(beg the assistance of the Holy Spirit; He that is able to stop the sun in its flight, ...He is able to fix thy thoughts and to stop their motion.)

2. 从读经寻得一个可默想的主题 Choosing a Scriptural Thought by Bible Reading

默想之前是读经，我们须确定我们的默想是建立在圣经的根基上（书 1:8; 提前 4:13-15）。

透过读经，我们可以得到可以较深入默想的主题。

有时候，是可以选择一些与我们现况贴切的经文。

默想的经文不要过长，以致不能深入。

3. 提问，深思，自我审察 Questioning, Considering, and Examining Oneself

清教徒把自我提问的问题分成两类：

- a. 那些可以增加认知的 increase understanding
这主题在圣经中的描述；前因后果；反面；关联的主题经文等。
- b. 那些可以激动感情的 stir up affection
属灵的怠慢；应悔改的罪；需要成长的地方；所需要的恩典和应许。
要具体，深入，以致能够得到安慰鼓励。

“当你默想任何属灵事情，向你的灵魂询问：我的灵魂啊，这些真理对你是否真实？
缺乏这样的审查，默想就会蒸发成为无有。” ~Thomas Watson

(When you have been meditating on any spiritual subject, put an inquiry to your soul... ‘O my soul, it is thus with me or not?’ ...For lack of this examination, meditation evaporates and comes to nothing.)

4. 以应用，立志和祷告总结 Concluding with Personal Application, Resolution, and Prayer

清教徒强调默想最终是要带来生命的更新。

要使我们读经默想有长远的帮助，需要以立志实践来结束。

Ussher 建议，回头看，问自己，‘我做了什么？’；然后，向前看，再问，‘我会做什么？’

最后以祷告，感恩和将我们的心和道路交托神。(历上 29:18)

“以祷告来将默想盖上印记。祷告将默想的结果深印灵魂深处。祷告把我们的默想打上一个结，使他不能脱落。” ~Thomas Watson

(seal up meditation with prayer... Prayer fastens meditation upon the soul. Prayer is tying a knot at the end of meditation so that it does not slip.)

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