

溫哥華五旬節堂 2017 夏令靈修營研討主題

第一日：八月二十一日（星期一）

講員：高惠充

主題：重溫《十誡》：與神重新立約（申命記 5:1-21）

1. 背景與目的

1.1 保障自由（出埃及記 19:4-6）

1.2 在世上建立榮耀主名的國度，彰顯神的智慧和公義。（申 4:5-8；彼後 2:9）

1.3 “製造商”編寫的《運作說明書》：正確方向，清晰界限，安全空間。[風箏]

1.4 活出豐盛生命的基礎：[1] 盡心、盡性、盡意愛神（申 6:5；太 22:37）；
[2] 愛人如己（太 22:38）。

2. 重溫《十誡》的原因：昔日與今天

2.1 昔日

2.1.1 上一代因失信將自己淘汰

2.1.2 給新一代的新機會

2.1.3 裝備人民有效應付和克勝心懷敵意和敬拜邪神假偶的外族人

2.1.4 歷史上的靈命復興和更新運動，都是由重溫神的律法開始

2.2 今天

2.2.1 眼前的景況：失去“初時的愛”，關係欠和，群體內耗，屬世

2.2.2 有需要將神的作為、誡命和律例教導下一代（詩 78:5-7）

2.2.3 我們正在一個愈來愈不敬畏神、道德淪落和邪曲的社會中生活

2.2.4 教會復興，必須從個人檢視靈命實況和修復“破毀的根基”開始

3. 《十誡》的含義和實踐

3.1 除了我以外，你不可有別的神。

原則：效忠—忠誠—優先

- 當敬拜和效忠獨一的真神。
- 上帝是宇宙萬物的創造主。
- 上帝對我們的愛是完全的，因此祂不容許任何假神或事物去侵蝕祂與我們的親密關係，因為我們是祂以重價買來的。
- 我們是神所創造的，因此我們當向祂獻上我們的敬奉和忠誠，歸榮和感謝祂（羅 1:21）。
- 上帝是我們生命中的“首要”和主宰；我們要凡事以祂為先，超越一切。
- 各人心中的“神”，就是願意讓“它”控制掌管自己和生命的任何事物。
- “別的神”包括其他宗教的神明，金錢，名譽，產業（名車，豪宅），學業，事業，獨立自主（自我），權勢，家庭，朋友，愛情，興趣，令人上癮的嗜好（電子遊戲），傳統，對我們有影響力的人仕，聖工—任何可以取代神在我們心中地位，或侵蝕我們與神連結的機會或時間（祈禱、研經、崇拜）的人或物。

3.2 不可為自己雕刻偶像。

原則：真正的敬拜

- 不要以錯誤的方式敬拜真神。
- 上帝是靈，比較任何可以代表祂的事物更大和更強，無與倫比。
- 我們必須按照神指示的途徑去認識和敬奉這位聖善，榮耀和活潑的神。
- 偶像就是將神的一切聖善本質挪走了的虛假神明。

- 偶像是人憑想像創造出來的，以便將神套入自己的計劃、野心和慾望中。
- “偶像“包括人手製作的塑像、圖樣、照片，“聖物“（摩西造的銅蛇），大自然，邪術，迷信，星相，風水，電子用品（例如：很多人倚賴和應用的智能手機）。
- 耶穌基督是唯一可以代表上帝的真像（西 1:15）。
- 耶穌教導我們要以心靈和誠實去敬拜上帝（約 4:24）。
- “偶像“與污穢、淫亂、邪情和貪婪有關連（西 3:5）。

3.3 不可妄稱耶和華你神的名。

原則：上帝聖潔、大能、和榮耀的神性

- 神聖和全能上帝的名，應該受尊敬。
- 神的聖名是帶有權能的，不可以隨意妄稱。
- 凡奉公義的審判官上帝的名發誓的，必須說真實的話。
- 我們是神所創造的人，也是基督徒，因此我們的言行，都要彰顯神的榮耀，使祂的名被稱頌（林前 10:31）。言行不一的信徒，就是偽善的人。
- 人的舌頭，被指為“永不止息的邪惡，充滿了害人的毒氣。”（雅 3:8）
- 聖經提醒信徒，一句壞話也不可出口，只要隨著需要說造就人的好話，讓聽見的人得益處。（弗 4:29）

3.4 當守安息日為聖日。

原則：心靈與肉體的復甦

- 人類須要按照上帝的“6+1“創造生理節奏，作息有時，過着均衡和有紀律的生活。
- 神讓人類在工作六日之後，有一天歇息的機會，致能維持生產力。
- 守安息日也有社會公義的一面，使僱工和家畜都得到休息。（申 5:14）
- “安息“的深層目的，是讓人有敬拜上帝的機會。因為人被造，是為了敬拜造萬物的神。（賽 30:15）
- “不能寧息“反影人心內缺乏平和，因此被各種慾望推動，滿足自己是“生氣勃勃“的感覺、需要和假象。
- 安息日給我們更新自己與神關係的機會，藉著敬拜與祂親近和連結。
- 以賽亞先知將“尊重安息日“解釋作“不走自己的道路，不求自己的喜悅（不隨意追尋自己的喜好），也不隨意說話。”（賽 58:13）
- 尼希米指責以色列民眾在安息日工作、買賣商品（日常的例行公事），是“干犯安息日“。（尼 13:15-18）

3.5 當孝敬父母。

原則：尊敬，順服，感恩

- 我們對待父母親的態度，通常反影自己對上帝的心態。
- 神是我們的創造者、賜我們生命，也是我們的供養者和庇護者，因此我們應當尊敬和順服祂，對祂心存感恩。
- 我們亦同樣尊敬、順服和感激父母，因為父母生養我們，培育和教導我們，辛勤工作，為我們作出很多的犧牲。
- 在舊約時代，凡咒罵（藐視）父母的人，要被處死。（出 21:17; 利 20:9）
- 智慧、訓誨和聰明，來自聽從父母。（箴 23:22-26）
- 主耶穌教導，以金錢供養父母，是人應盡的本份和孝道。（太 15:4-6）
- 使徒保羅吩咐為人子女的，要在主裏孝敬父母，神的誠命應許子女會因此得福，在世享長壽。（弗 6:1-3; 西 3:20）

- 聖經也教導為人兒孫的，要在家中學習行孝，報答親恩。（提前 5:4）
- “父母”的含義，亦可伸延到祖父母，叔伯，姨媽姑姐，長老，導師，教師，及所有將神的愛和祝福流傳給我們的恩人。
- 父母及長輩亦須活出以身作則的生命，致能無愧配受子女和後輩的敬重和順服。

3.6 不可殺人。

原則：神創造的生命是神聖的

- 生命是上帝創造的，祂將生命看為神聖的。
- 生命是神施予的禮物，只有神有權施賜和取去。
- 私自取去別人的生命，就是妄用神的權柄和擔任他的角色，毀滅按照神形像而造的人。
- 殺人就是得罪上帝（詩 51:4）；神憎惡任何人流無辜人的血（箴 6:17）。
- 主耶穌指出殺人的根源，是人與人之間尚未徹底處理和化解的憤怒和怨恨，讓它升級為譏諷的言論[“拉加”（Raca）= 空虛，無用，廢物]，再惡化成為故意詆譏別人品格的咒罵[“魔利”（Moron）= 愚蠢，白痴，]；這些惡意毀壞他人名譽和品格的思維和言論，與殺人並無分別。（太 5:21-22）
- “凡恨自己兄弟的，就是殺人的；你們知道，凡殺人的，沒有永生在他們裏面。”（約一 5:15）

3.7 不可姦淫。

原則：貞忠和性愛的純潔

- 這誠命是源於上帝神聖和忌邪的性格，以熾烈的心，來保護祂視為最珍貴的：就是神與我們的親密關係。
- 聖經將上帝與我們的親密關係，與世上的夫妻關係相比，是愛情的契約。
- 上帝命定夫妻必須無條件地貞忠相處（瑪 2:13-16）；神所結合的，人不可分開，在神面前訂立的婚約，不論環境如何，必須保存。（太 19:3-9）
- 我們的身體是神的聖殿，聖靈住在其中；性愛是神所施賜的神聖禮物，是專門為婚姻而保留的。犯姦淫就是得罪上帝。（創 39:9；詩 51:4）
- 一切淫亂的行為，包括婚前性行為、婚外情、召妓，都冒犯了上帝神聖的婚姻盟約。
- 主耶穌將“姦淫”的定義，伸延至心裏的淫念和眼目的情慾（太 5:27-28），因為慾念產生惡行，而罪惡導致死亡（雅 1:15）。大衛王的生命，也因這“罪的進化”，而被玷污（撒下 11）。
- 情慾是一種以自我為中心和自私的慾望，只求滿足個人心中的私慾，缺乏真愛和承諾。
- 在婚姻的關係中，任何一方若對另外一人（第三者）心存慾望，便會將自己從對配偶那份無條件的忠誠漸漸抽離。
- 這條誠命是保障家庭的穩定和完整，及家庭中人際關係的和諧；因為穩定和完整的家庭，是和諧社會的基礎。
- 犯姦淫的人，是得罪上帝、自己的配偶，和自己的身體（林前 6:18）

3.8 不可偷盜。

原則：整全的人格

- 偷盜是指暴力地將他人擁有的物件搶走，或詭秘地將不屬於自己的東西收歸己有。
- 神的子民若不忠誠向神一一奉獻，就是搶奪神的供物。（瑪 3:8-9）
- 主耶穌指控在聖殿中做買賣和兌換錢銀的人為“盜賊”，可能因為他們把販賣祭

性的價錢無理地提升，謀取暴利。（可 11:17）

- “偷盜”=暗地裏蒙騙：售賣有缺陷的貨品，偷工減料，誤導性廣告，考試作弊，逃稅。
- “偷盜”=不將別人所應得的給他：不補償超時工作，收單不付款，借錢不還，將用舊了的貨品交還退款，沒有生病告病假，買賣冒牌貨品，侵犯版權，非法下載，抄襲，不將店員多找的錢交還，拾遺不報，無理議價。
- “偷盜”=詭詐地佔別人的便宜：從辦公室拿走文具，用公司的電話撥私人長途電話，用公司的影印機複印私人文件，將錯誤遞交的貨品留下。

3.9 不可做假見證陷害你的鄰舍。

原則：真摯和誠實

- 上帝就是真理，因此他重視真實和誠信。
- 人的罪性驅使他傾向樂意聽到別人的弱點和錯誤，過於知道別人的優點。（所以“八卦”雜誌非常暢銷！）
- “不敬虔的人，用口敗壞鄰舍；邪惡人的口，使城傾覆。”（箴 11:9,11）
- 說謊來自人心內的自卑、恐懼和虛假的自恃公義（保持自己的良好形象）；缺乏誠信，會破壞一個人的可信性和聲譽。
- “做假見證”有多種形式：說謊，誣捏，閒話，謠言，欺騙，未經證實妄作判斷，不盡不實，掩飾，誇張，偽善（將自己粉飾美化，製造假象）。
- 缺乏誠信播下懷疑和互不信任的種子，破壞整個群體。
- 基督徒必須可靠、君真，品格高尚整全——“你所喜愛的是內心的誠實。”（詩 51:6）
- “以愛心說誠實話”能建立社群，釋放正能量。（弗 4:15）

3.10 不可貪心。

原則：滿足和安全感

- 貪心是一種心態：貪戀別人所擁有的，不為自己所有的感到滿足，反而渴想得到自己所無的。
- “貪戀”是去幻想一種虛擬的生活，逃避現實的生活，顯示內心的不滿和忘恩。
- 貪心是來心中的一種被剝削的強烈感覺，也缺乏安全感；最主要的原因，就是對神缺乏信心，懷疑祂能否實現供應我們一切所需的應許（太 6:33）。
- 為了實現心中的慾望，貪心的人可能採取鹵莽的行動而達到目標，例如：偷盜或殺人。
- “貪財是萬惡之根。”（提前 6:10）
- 只有上帝纔可以滿足我們心中的渴求：“在你面前有滿足的喜樂，在你右手中有永遠的福樂。”（詩 16:11）

4. 個人靈命實況的檢視

4.1 我遵守神的誡命，達到甚麼程度？全部遵守？抑或選擇性地局部遵守？

4.2 我被甚麼事情吸引、分心、誘惑、纏擾，或阻礙，以致我不能完全遵守神的誡命？

4.3 我用甚麼藉口或理由，去解釋（也許是“掩飾”）自己為何沒有完全守道？

5. 神的呼籲

生或死？福或禍？ — 要選擇**生命**！

6. 我的回應：我應該怎樣調整我的心態和採取甚麼行動？

6.1 調整心態

6.1.1 出世而入世：我們是神的見證人（賽 43:10）和基督的特使（林後 5:20）。

- 6.1.2 帶着永恆的意識過每一天的生活：今天所做的事，將帶來永恆的果效。
 - 6.2 採取行動
 - 6.2.1 勇敢面對現實和“真我”
 - 6.2.2 謙卑懊悔和渴求轉變
 - 6.2.3 誠實認罪和求神饒恕
 - 6.2.4 決志改變和離棄罪惡
 - 6.2.5 堅決採取實際行動：道歉，復和，補償
 - 6.2.6 藉聖靈的能力，剛毅堅持與世俗潮流對立的“抗衡文化”，培育德行
-

第二日 八月二十二日（星期二）

講員： 辛立鵬

主題： 我是否完全信賴神？

「要專心信賴耶和華，唔好倚靠自己嘅聰明。無論做乜嘢事，都要確認佢，佢就會指示你行正直嘅路。」 箴言 3：5

❖ 全心信賴神的例子：亞伯拉罕，摩西，但以理，約伯，保羅，等等

❖ 在那方面我能專心信賴神？在那方面我倚靠自己？

- 工作
- 學業
- 金錢
- 時間
- 交友
- 婚姻
- 家庭
- 教會事工
- 他人負我，對我不公平
- 守道，行道
- 其它？

參考經文

- 箴言 2：2-3，11-13；3：1
- 哥林多前 8：1
- 哥林多後 3：5
- 哥林多前 2：5-7

❖ 是否每件事都要求神指引？

參考經文：路加 12：22-26

❖ 你要有什麼改變，致能將生命各方面完全依靠神？

❖ 如何去培養對神完全嘅信賴？

- 建立與神的關係
- 明白／學習主的話語
- 祈禱，向主求助
- 以神的事情為先
- 離棄罪惡
- 謙卑順服
- 安靜等候
- 時常檢討查察
- 服事，為主作工
- 常存感恩的心
- 聽聖靈引導

參考經文

- 約翰一書 5：5
- 約翰 15：5-7
- 腓立比 4：6-7，13
- 約翰 14：26；16：13

❖ 我們怎樣確認（承認或認定）神？

❖ 我得神引領的生命見證。

❖ 是否有些時候你覺得神忽略你的痛苦和求助？你感覺怎樣？你是怎樣回應神？

參考經文：彼得前 5：7

其它參考經文

- 耶利米 17：5-8
- 以賽亞 30：18-19，40：27-31，55：8-9

第三日 八月二十三日（星期三）

講員： 劉黃碧蘭

主題： 作出人生正確的選擇

❖ 選擇靈魂永遠之生命（不至永遠滅亡）

參考經文：申 30:19-20；可 8:36；約 3:16

❖ 選擇屬天的福祉和平安（看輕世界之享樂）

參考經文：太 6:19-20；林前 15:19；林後 4:18

❖ 選擇「古道」行「窄路」（不效法世界和不行「濶路」）

參考經文：耶 6:16；太 7:13-14

❖ 選擇神的智慧及公義（不立自己的義）

參考經文：太 6:33；羅 10:3-4；林前 1:30

❖ 選擇行神的旨意（不從自己的私意）

參考經文：賽 55:9；路 22:42；羅 12:2

❖ 選擇專一事奉神和捨棄一切跟從主（不作任何偶像崇拜）

參考經文：書 24:15；太 6:24；路 9:23

如何作出正確的選擇？

- 不可濫用上帝所賜的自由
 - 參考經文：加 5:13
- 以謙卑的心接受真理；聽話而服從；跟隨聖靈的引導
 - 參考經文：賽 55:3；賽 48:17-18；約 14:16-17
- 不要撲滅聖靈的感動、被魔鬼有機可乘、硬心、拒絕、背逆
 - 參考經文：帖前 5:19；弗 4:27,4:30；耶 6:10；希 10:26

問題及分享：

有何因素會阻礙你作出正確的選擇？你如何面對這些挑戰？

Pentecostal Tabernacle Vancouver 2017 Retreat Topics

Day 1: August 21 (Monday)

Speaker: Geoffrey Ko

Topic: Re-learning the Ten Commandments: Re-entering into a Covenant with God (Deuteronomy 5:1-21)

1. Background and Purpose

1.1 Safeguard newly-founded freedom (Ex. 19:4-6).

1.2 Nurture a holy nation that displays God's wisdom and righteousness (Deut. 4:5-8/2 Pet. 2:9).

1.3 The "Manufacturer's Specifications": right direction, clear perimeter, safe space. [Kite]

1.4 Foundations of the Abundant Life: [1] "Love the Lord your God with all you heart and with all your soul and with all you mind" (Deut. 6:5/Mt. 22:37); and [2] "Love your neighbor as yourself" (Mt. 22:38).

2. Reasons for Relearning: Then and Now

2.1 Then

2.1.1 Self-disqualification of the faithless older generation.

2.1.2 A new beginning for a new generation.

2.1.3 Equipping for survival and victory in a hostile and idolatrous pagan world.

2.1.4 Spiritual revivals and renewals in history began with the rediscovery of God's Law.

2.2 Now

2.2.1 Signs of our time: loss of "first love", relational discord, communal staleness, worldliness.

2.2.2 God has charged us to teach our next generation his deeds and commands (Ps. 78:5-7).

2.2.3 We are living in an increasingly godless, immoral, perverted and permissive society today.

2.2.4 Our longed-for revival must begin with "repairing destroyed foundations" (Ps.11:3/Is.58:12).

3. The Ten Commandments: Implications and Applications

3.1 **"You shall have no other gods before me."** (v.7)

Principle: ALLEGIANCE - LOYALTY – PRIORITY

- Worship and pledge allegiance to the right God.
- God is the one and only true Creator God and Lord of the Universe.
- God loves us so much that he will not tolerate rival gods and rival loves to come between him and his beloved—us, who were bought at a great price.
- We as God's creatures must give him our utmost devotion and loyalty; our lives are to glorify him and give thanks to him (Rom. 1:21).
- God must be our highest priority, over everyone and everything—Lord, Master, Captain.
- A "god" is anything a person allows to control his or her life.
- "Other gods" may include: other deities, money, fame, possessions (dream cars and homes), studies, career, power, family, friends, romance, interests, addictive hobbies (e-Games), "Independence" (ego), tradition, influential people, ministry—anyone or anything that comes before or substitutes God, or erodes our "bonding time" with him (prayer & Bible study).

3.2 **"You shall not make for yourself an idol."** (v.8)

Principle: TRUE WORSHIP

- Do not worship the right God the wrong way.
- God is Spirit and is bigger and more powerful than any representation.
- We must think of and relate to the holy, glorious and living God in his terms.
- Idols are tangible gods with all of God's attributes taken out.

- Idols are human creations to domesticate and reduce God to a size that conveniently fits our plans, ambitions and tastes.
- Idols may include handcrafted or drawn images, paintings, photos, relics (e.g., Moses' bronze serpent), "Nature", witchcraft, superstition, astrology, geomancy ("fung shui"), electronic gadgets (smart phone that gives a false sense of identity, significance, security and control).
- Jesus Christ is the only true image of God (Col. 1:15).
- Jesus teaches us to worship God in spirit and in truth (Jn. 4:24).
- Idolatry is associated with impurity, lust, evil desires and greed (Col. 3:5).

3.3 "You shall not misuse the name of the LORD your God." (v.11)

Principle: GOD'S HOLY, POWERFUL and GLORIOUS CHARACTER

- The name of the holy and sovereign God should be treated with respect.
- There is power in the LORD's name; it should not be used lightly.
- Those who swear by the name of the Righteous Judge must be truthful.
- As God's creation and Christians, our words and actions should bring praise and glory to God's name (1 Cor. 10:31). Professing Christians who don't practice their faith are hypocrites.
- The tongue is compared to "a restless evil, full of deadly poison" (James 3:8).
- Believers have been cautioned not to say anything unwholesome, but only what is helpful for the edification and benefit of the hearers (Eph. 4:29).

3.4 "Observe the Sabbath day by keeping it holy." (v.12)

Principle: SPIRITUAL and PHYSICAL REFRESHMENT

- Human beings are to live a balanced and disciplined life in step with God's "6+1" creation rhythms of work and rest.
- God gives all people a day of rest after six days of labour that they may remain productive.
- Sabbath-keeping is also a matter of simple justice because it gives needed and well-deserved rest to workers and animals (Deut. 5:14).
- The deepest purpose of rest is the worship of God for which we were created (Is. 30:15).
- Restlessness is the outward manifestation of the lack of inward peace, without which we are driven by desires and the need to feel and look "alive".
- The Sabbath day is an opportunity to renew our relationship with God and refocus on him by honoring him and being *with* him in our worship.
- Isaiah defined "honoring the Sabbath" as not going one's own way, not doing as one pleases (pursuing one's interests) or speaking idle words (Is. 58:13).
- Nehemiah considered "working, buying and selling" (i.e., business as usual) on the Sabbath as "desecrating it" (Neh. 13:15-18).

3.5 Honor your father and your mother." (v.16)

Principle: RESPECT, OBEDIENCE and GRATITUDE

- Our attitude towards our parents subtly reflects our attitude towards God.
- We respect, obey and are grateful to God because he is our Creator who gives us life.
- We must likewise obey and show respect and gratitude toward our parents because they gave us life, unconditionally love us, care for us, nurture us, train us, and have made great sacrifices to bring us up.
- In Old Testament times, one who curses (despises) his parents would be put to death (Exo. 21:17; Lev. 20:9).
- Wisdom and understanding come from obeying one's parents (Pr. 23:22-26).
- Jesus considered financial gifts and support to parents a necessary duty of care: filial piety (Mt. 15:4-6; Mk. 7:7-13).
- Paul commanded children to obey their parents and reminded them of the promise of longevity (Eph. 6:1-3; Col. 3:20).
- Children and grandchildren should be taught to practice their faith by caring for their own

family and repaying their parents and grandparents (1 Tim.5:4).

- “Parents” can be extended to grandparents, elders, uncles and aunts, mentors, teachers and benefactors who have served us as channels of God’s love and blessings.
- Christian parents should live exemplary lives to earn the respect and obedience due them.

3.6 “You shall not murder.” (v.17)

Principle: GOD-CREATED LIFE IS SACRED

- God created human life and holds it sacred.
- Life is a gift of God. Only God has the right to give it or take it.
- One who takes another person’s life is presuming to exercise God’s role and authority, and destroying an image-bearer of God.
- Murder is a sin against God (Ps. 51:4) who hates the shedding of innocent blood (Pr. 6:17).
- Jesus traced the root of “murder” to unresolved anger and grievances, which escalate to sarcastic remarks [“Raca” = empty, useless, garbage] and to deliberate insult to a person’s character [“Moron” = stupid, retarded]—cruel forms of “character assassination” (Mt. 5:21-22).
- John wrote that “anyone who hates his brother is a murderer, and no murderer has eternal life in him;” but true love is evident in those who lay down their lives for others (1 Jn. 3:15-16).

3.7 “You shall not commit adultery.” (v.18)

Principle: FIDELITY and SEXUAL PURITY

- This commandment flows out of God’s holy “jealousy”—his zeal to protect what is supremely precious to him: his intimate relationship with us.
- The Bible compares God’s relationship with his people to the covenantal love relationship between husband and wife.
- God decrees that a married couple must remain unconditionally faithful to each other (Mal. 2:13-16). Marriage vows made before God should be kept in spite of difficulties (Mt. 19:3-9).
- Our body is the dwelling place of God’s Spirit, and sex is a sacred gift from God and is reserved for marriage only. Adultery is a sin against God (Gen. 39:9; Ps. 51:4).
- Any sexually immoral act that betrays these vows, including premarital and extramarital sex and prostitution, is considered adultery because it breaks that sacredness and exclusivity.
- Jesus equated lust of the eye and heart to adultery (Mt. 5:27-28), for it leads to sin and death (Ja. 1:15)—as shown in the tainted life of King David (2 Sam. 11).
- Lust is a self-centered and self-seeking desire that wants the other person in order to fulfill one’s own (sexual) needs.
- In marriage, lustful desire for another person pulls one away from the unconditional commitment to one’s spouse.
- The 7th Commandment aims to protect the relational health and stability of the family which is the basic unit that comprises a larger human community.
- Offenders are sinning against God, their spouses, and their own bodies (1 Cor. 6:18).

3.8 “You shall not steal.” (v.19)

Principle: INTEGRITY

- Stealing refers to both the violent seizing of another person’s property and secretly taking or keeping of what is not one’s own.
- People who do not bring their full tithe and offering to God are stealing from God (Mal. 3:8-9).
- Jesus called the money-changers in the Temple “thieves” because of the hugely-inflated prices they charged for selling sacrificial animals (Mk. 11:17).
- Stealing = cheating in subtle ways: selling defective products, skimping on quality of material, false advertising, cheating on tests, tax evasion.
- Stealing = depriving someone of what is due him: overtime work without pay, not paying bills, defaulting on loans, returning used goods for refunds, taking sick leave when one is not sick, counterfeits trading, violating copyright, illegal downloading, plagiarism, keeping cashier-erred

excess change, keeping lost articles left behind by their owners, unreasonable bargaining.

- Stealing = craftily getting something for nothing: taking stationery from the office, making personal calls on the company phone system, using a company photocopier for personal documents, keeping a product delivered by mistake.

3.9 “You shall not give false testimony against your neighbor.” (v.20)

Principle: TRUTHFULNESS and HONESTY

- God is truth and he values truthfulness and honesty.
- Sinful human nature causes a person to prefer hearing evil to learning good of his neighbors (hence gossip magazines sell well!).
- “With his mouth the godless destroys his neighbor.” (Pr. 11:9)
- Lying comes out of an inadequate view of oneself, fear, or a false sense of self-righteousness. It ruins our credibility and reputation.
- “Bearing false witness” takes many forms: outright lies, slander, gossip, rumors, deceit, “innocent” passing on a story about or judgment on others without first checking the facts, half-truths, cover-up, exaggeration, hypocrisy (pretending to appear better than what one really is).
- Dishonesty plants seeds of suspicion and distrust that destroys a community.
- Christians must be trustworthy and maintain integrity by being honest—“You desire truth in the innermost being” (Ps. 51:6).
- Truth spoken in love builds up a community and sets it free (Eph. 4:15).

3.10 “You shall not covet.” (v.21)

Principle: CONTENTMENT and TRUE SECURITY

- Covetousness is an inner disposition—a craving for what belongs to another, desiring what one does not have rather than appreciating what one does have.
- To covet is to fantasize about a life other than the one that has been given us, indicating discontent and ingratitude.
- Covetousness is likely caused by a sense of depravity, insecurity and, above all, a lack of faith in God who has promised to supply our needs (Mt. 6:33).
- Scheming to get what is craved for could lead to reckless actions such as stealing or murder.
- “The love of money is a root of all kinds of evil” (1 Tim. 6:10).
- Only God can satisfy our cravings and longings—“In your presence is fulness...In your right hand there are pleasures forever” (Ps. 16:11).

4. A Personal Spiritual Reality Check

4.1 To what extent have I been able to keep and live out the commandments?

4.2 What kind of attractions, distractions, temptations, pre-occupations or obstacles have caused me to fall short of obeying a commandment entirely?

4.3 What kind of excuses or rationalization have I been using to justify my incomplete obedience to a particular commandment?

5. God’s Call: Life or Death? Blessings or Curses? – Choose LIFE! (Deut. 30:19)

6. Our Response: What **attitude** must I now adopt and what **actions** must I take?

6.1 New attitude

6.1.1 *In* but not *of* the world: God’s witnesses (Is. 43:10), Christ’s ambassadors (2 Cor. 5:20).

6.1.2 Live in the light of *eternity*: everything we do on earth have eternal consequences.

6.2 Decisive actions

6.2.1 Be courageous to confront: facing the real condition and our “true self”

6.2.2 Be humble to repent: feeling remorseful and desiring change

6.2.3 Be honest to confess: admitting our wrongs and asking God for forgiveness

6.2.4 Be decisive to change: reorientation of mindset, forsaking sins

6.2.5 Be bold to act: apology, reconciliation, compensation

6.2.6 Be determined to persevere: live “counter-culturally”, cultivate Christian virtues

Day 2: August 22 (Tuesday)

Speaker: Edmund San

Topic: Do I trust in the Lord completely?

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways *submit to Him, and He will make your paths straight.” (Proverbs 3:5-6 NIV)

[*Verse 6 in King James Version – for comparison: “In all thy ways acknowledge Him, and He shall direct thy paths.”]

- ❖ Examples of complete trust in the Lord: Abraham, Moses, Daniel, Job, Paul, etc.
- ❖ In which areas am I able to trust the Lord completely? In which areas do I lean on myself?
 - Work
 - School
 - Finances
 - Time
 - Friendships / Relationships
 - Marriage
 - Family
 - Ministry in church
 - Wrong and unfair treatment by others
 - Keeping and applying God’s Word
 - Others?

Bible references:

- Proverbs 2:2-3,11-13; 3:1
- I Corinthians 8:1
- II Corinthians 3:5
- I Corinthians 2:5-7

- ❖ Do I seek the Lord’s guidance in every circumstance?

Bible reference: Luke 12:22-26

- ❖ What changes must I make in order to trust in the Lord completely in all areas of my life?

- ❖ How to develop (nurture) complete trust in the Lord?
 - Building up one’s relationship with God
 - Learning and understanding the Word of the Lord
 - Prayer—seeking the Lord’s help
 - Giving priority to the Lord
 - Forsaking sins
 - Humbleness and submissiveness
 - Waiting quietly upon the Lord
 - Frequent reflection and self-examination
 - Service to the Lord
 - Gratitude and thanksgiving
 - Listening to the guidance of the Holy Spirit

[Bible references on following page]

Bible references:

- I John 5:5
- John 15: 5-7
- Philippians 4:6-7,13
- John 14:26; 16:13

❖ How do we acknowledge God?

❖ My own experiences and examples of being led by the Lord.

❖ Are there times when you feel that God has neglected your sufferings and plea for help?
How do you feel? How do you respond to God?

Bible reference: I Peter 5:7

Other Bible references

- Jeremiah 17: 5-8
- Isaiah 30:18-19; 40:27-31; 55:8-9

Day 3: August 23 (Wednesday)
Speaker: Priscilla Lau
Topic: Make the right choices in life

- ❖ Choose eternal life (not eternal death)
Bible references: Deuteronomy 30:19-20 ; Mark 8:36; John 3:16
- ❖ Choose heavenly blessings and peace (not earthly blessings or happiness)
Bible references: Matthew 6:19-20; I Corinthians 15:19; II Corinthians 4:18
- ❖ Choose the 'ancient path' and walk on the 'narrow road' (not following the world and walking on the 'broad road')
Bible references: Jeremiah 6:16; Matthew 7:13-14
- ❖ Choose God's wisdom and righteousness (not self-righteousness)
Bible references: Matthew 6:33; Romans 10:3-4; I Corinthians 1:30
- ❖ Choose to do God's will (not our own desires)
Bible references: Isaiah 55:9; Luke 22:42; Romans 12:2
- ❖ Choose to serve God only and surrender oneself to follow Christ (no worship of this world or idols)
Bible references: Joshua 24:15; Matthew 6:24; Luke 9:23

How to make the right choices?

- Do not abuse the freedom given by God
 - Bible reference: Galatians 5:13
- Accept the Truth with a humble heart; listen and obey; follow the guidance of the Holy Spirit
 - Bible references: Isaiah 55:3; 48:17-18; John 14:16-17
- Do not quench the Holy Spirit, give in to the Devil, harden the heart, reject God or be rebellious
 - Bible references: I Thessalonians 5:19; Ephesians 4:27; 30; Jeremiah 6:10; Hebrews 10:26

Question and sharing:

- What obstacles are there to hinder you from making the right choices? How would you react to such challenges?