

第二天

(講道錄音將於 2020 年 8 月 9 日 (星期日) 主日晚堂時段播放及提供下載)

屬靈生命的鍛鍊

李蔚恩

「你哋要倚靠主嘅大能力做堅強嘅人。你哋要穿戴上帝賜嘅全副軍裝，使你哋能企穩…」—以弗所書 6 章 10-11

序言：透過基督，我們能歸於上帝做祂的子女，得着屬聖靈而生的新生命。凡接受基督耶穌，即信祂的人，祂就賜給他們特權做上帝的子女。這樣的人並非由人的血統關係而生，乃是由上帝生的。靠着基督耶穌，我們的屬靈生命能藉着聖靈得到造就、更新、改變使我們更像主耶穌的樣式。這是「雖然我們的外體漸漸衰敗，但在內心日日更新」的屬靈生命。我們的屬靈生命亦要藉着主的大能力而成為堅強。感謝上帝，因為祂透過基督將天上各樣屬靈的福氣，以及能使人堅強的屬靈裝備賜給我們！

要倚靠主嘅大能力做堅強嘅人

1. 要穿戴上帝賜的全副軍裝，用上帝賜的武器裝備自己，使你們能企穩，來抵擋魔鬼的詭計。（以弗所書 6 章 10-18 節；彼得前書 5 章 8 節；彼得後書 2 章 9, 20 節）

- 真理（做腰帶）（約翰福音 17 章 17 節；馬太福音 7 章 21 節）
- 正義（做護胸甲）（羅馬書 5 章 8-9 節；羅馬書 6 章 18 節）
- 隨時宣揚和平嘅福音（做鞋着上）
- 信心（盾牌）（以弗所書 3 章 12 節）
- 救恩（頭盔）（約翰福音 5 章 24 節；使徒行傳 2 章 38-40 節）
- 上帝嘅道（聖靈賜嘅寶劍）（約翰福音 16 章 13 節；希伯來書 4 章 12 節）
- 禱告中求上帝嘅幫助，常時隨從聖靈嘅帶領禱告（羅馬書 8 章 26-28 節）
- 凡事警醒，唔好放鬆；不停為眾信徒禱告

反思/分享：

- a. 上帝給我們的裝備是缺一不可的，我們是否時常戴上上帝所賜的各樣裝備？有沒有其中一些是我們忽略或缺乏鍛鍊的？我們有沒有因為忽略或缺乏鍛鍊而令我們被魔鬼（敵對上帝）的詭計有機可乘、攻擊、敗倒？

- b. 我們願不願意在這各樣事情上藉着主的恩典去不斷鍛鍊，令我們屬靈生命堅強？應該作出什麼適當行動？
- c. 有沒有一些你現在正面對或曾經歷的戰務或挑戰令你 i) 更了解自己的軟弱或缺乏；ii) 學習更堅強；或 iii) 更體會上帝恩典的大能？請分享。

2. 在面對各樣挑戰、戰務和患難時，仍然藉着上帝恩典而前進的態度

- 大衛 — 在面對各樣戰務和患難中，仍然一心一意渴慕居於上帝的殿，瞻仰祂的美善，尋求祂的引導，最後成為堅強。(詩篇 27 篇 3-4 節)
- 約書亞和迦勒 — 相信只要上帝與他們同在，他們將能征服巨人，承受應許之地 (民數記 14 章 7-9 節；約書亞記 1 章 7-9 節)
- 保羅提醒提摩太要倚賴耶穌基督所賜的恩典剛強，做基督的忠勇戰士，為福音分擔苦難，忍耐到底 (提摩太後書 2 章 1-13 節)

a. 請分享個人生活體驗

總結：上帝愛我們，讓我們能透過信耶穌基督使我們歸於祂，做祂的子女。也因着祂的愛，賜我們各樣武器來裝備我們，藉此成為剛強。願我們用感恩的心去追求天父上帝所喜悅的旨意在我們生命得到成就，繼續靠着祂的大能力，在靈性上鍛鍊自己。「身體嘅鍛鍊固然有益，但靈性嘅鍛鍊對你更有益，因為對今生同來生都有幫助。」
— 提摩太前書 4 章 8 節

第三天

(講道錄音將於 2020 年 8 月 16 日 (星期日) 主日晚堂時段播放及提供下載)

你為什麼懼怕聖靈？

張姚穎詩

「因為，上帝賜俾我哋嘅靈唔會使我哋膽怯；佢嘅靈使我哋充滿力量、愛心，同自制。」— 提摩太後書1章7節

前設：聖父、聖子、聖靈是自古至今、三位一體的真神。上帝是靈，祂關心、深愛著我們。祂認識我們，比我們認識自己更深。

1. 你為何不信我、不將自己交給我？

- 耶穌叫彼得從水面行到祂處，彼得一見風勢猛烈，就驚慌起來，開始下沉 (馬太福音14章22-33節)

思考問題 (1)：我來信主，畏懼什麼？我為什麼不能將自己完全交托給主？有什麼使我不能完全相信祂、毫不畏懼的奔向祂？

- 五旬節聖靈大降，圍觀的人見信徒用方言(即別國的語言)祈禱和讚美主，就感驚訝詫異，於是取笑信徒 (使徒行傳2章1-13節)

思考問題 (2)：我心底深處懼怕聖靈嗎？為什麼？我可以如何衝破這個障礙？

2. 你為何逃避我、把我放在一旁？

- 亞當和夏娃違背了上帝的命令，就躲在園裡的樹木中，逃避耶和華的面 (創世記3章8節)

思考問題 (1)：我是否自感滿身罪累，以致不敢見主？我若曾經蒙赦罪的救恩，今天是否已經走了回頭路？

- 上帝吩咐約拿去尼尼微城為祂做事，約拿卻向相反的方向行，想逃避神 (約拿書1章1-3節)

思考問題 (2)：我為什麼把追尋聖靈「放在一旁」了？我在逃避什麼、害怕什麼？我可以如何突破這個靈命的關口？

3. 你為何不完全為我所用？

- 亞拿尼亞和撒非喇夫婦二人為自己「保留一點」，實在是在欺騙聖靈！（使徒行傳5章1-11節）
- 從聖殿流出的水，當水深到不能再行的時候，就要開始游過去（以西結書47章5節）

思考問題 (1)：在跑天路的過程中，我仍然為自己「保留一點」什麼？我
否因為懼怕，仍然堅持雙腳著地，不願意游過去？

- 聖靈是無限的（約翰福音3章34節下），因此我們不要抑制聖靈的工作（帖撒羅尼迦前書5章19節）
- 聖靈和我們的靈，一同證實我們是上帝的子女（羅馬書8章15-16節）

思考問題 (2)：有什麼阻礙，令我不能完全為聖靈所充滿和使用？我可以
做/不做什麼，才能讓聖靈在我的生命中發揮最大(即無限)的功效？

總結：

- 「因為上帝透過祂賜俾我哋嘅聖靈，將祂嘅愛澆灌係我哋心裏。」
— 羅馬書5章5節下
- 「有咗愛就有恐懼；完全嘅愛除去一切嘅恐懼。」— 約翰一書4章18節

Day 2

(The sermon recording will be available for download during the Sunday evening service on August 9, 2020 (Sunday))

Spiritual Life Training

Vivian Lee

“Be strong in the Lord and in his mighty power. Put on the full armour of God so that you can take your stand...” (Ephesians 6:10-11)

Introduction: Through faith in Jesus Christ, we become the children of God and begin in him a new life that is born of the Spirit. To all who receive him, that is, to those who believe in his name, he gives the right to become children of God—children not of natural descent, nor of human decision or will, but born of God. By the grace of Jesus Christ and the power of the Holy Spirit, our spiritual life may be built up, renewed, and transformed so that we may be conformed to the likeness of the Lord Jesus. This spiritual life is that life which “even though we are outwardly wasting away, yet inwardly is being renewed day by day”—it needs to be strengthened by the power of the Lord. We praise God because He has blessed us in the heavenly realms with every spiritual blessing in Christ, and also with a full set of armour that enables us to firmly stand our ground.

Be strong in the Lord and in his mighty power

1. Put on the full armour of God, equip yourselves with the weapons provided by God so that you can take your stand against the devil’s schemes. (Ephesians 6:10-18; 1 Peter 5:8; 2 Peter 2:9. 20)
 - Truth (belt) (John 17:17; Matthew 7:21)
 - Righteousness (breastplate) (Romans 5:8-9; 6:18)
 - Gospel of Peace (shoes at the ready)
 - Faith (shield) (Ephesians 3:12)
 - Salvation (helmet) (John 5:24; Acts 2:38-40)
 - God’s Word (sword of the Spirit) (John 16:3; Hebrews 4:12)
 - Praying in the Spirit for God’s empowerment on all occasions according to his guidance, with all kinds of prayers and requests (Romans 8:26-28)
 - Being alert and persevering at all times; praying incessantly for all the saints

Reflection/Sharing:

- a. None of whatever equipment God gives us is to be left out. Are we always ready and able to put the equipment and gifts from God to good use? Is anything missing or out of commission due to negligence or disuse? Have we fallen prey to, or been

defeated by, the schemes or assault of the devil (anti-God evil forces) due to negligence or the lack of training in our spiritual lives?

- b. Are we willing to exercise and condition ourselves in all these aspects of Christian living in order to strengthen our spiritual life? What proper actions should we take?
 - c. What spiritual battles or challenges have you experienced, or that you are currently confronting, that have caused you to: i) better understand your weaknesses or inadequacies; ii) learn to be stronger; or iii) experience and appreciate God's grace and mighty power more? Please feel free to share them.
2. The attitude of pressing on by God's grace in the face of challenges, spiritual warfare and adversities
- David – still wholeheartedly desired to dwell in the house of the LORD in the midst of fierce battles and adversities, to gaze upon his beauty, and to seek his counsel so that he might be strengthened. (Psalm 27:3-4)
 - Joshua and Caleb – firmly believed that the LORD's presence would enable them to defeat the giants in Canaan so that they could inherit the Promised Land. (Numbers 14:7-9; Joshua 1:7-9)
 - Paul encouraged Timothy to rely on the grace of Jesus Christ, to be strong, to be a courageous elite soldier of Christ, and to endure hardship for the sake of the Gospel and persist to the end. (2 Timothy 1: 1-13)
- a. Please share your life experiences freely and frankly.

Conclusion: God loves us, and through our faith in Jesus Christ, grants us the right to become his children. Because of his love, he gives and equips us with spiritual weapons to make us strong. May we with a grateful heart earnestly seek the fulfillment of God's delightful purposes for our lives, and continue to train and condition ourselves spiritually by his power.

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." (1 Timothy 4:8)

Day 3

(The sermon recording will be available for download during the Sunday evening service on August 16, 2020 (Sunday))

Why Do You Fear the Holy Spirit?

Carol Cheung

“For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.” (2 Timothy 1:7)

Preamble: From everlasting to everlasting, there is only one true triune God: Father, Son, and Spirit. God is spirit. He cares about us and loves us deeply. He knows us, much deeper than we know ourselves.

1. Why don't you believe me, and entrust yourself to me?

- Jesus told Peter to come to him on the water, but when Peter saw the wind, he was afraid and began to sink. (Matthew 14:22-23)

Reflection Question (1): When I come to believe in Jesus Christ, what am I afraid of? Why can't I entrust myself entirely to the Lord? What has caused me not to trust in him entirely, and run towards him without fear?

- On the day of Pentecost, the Holy Spirit came upon the believers. When the onlookers saw that the believers were speaking in other tongues (foreign dialects) while praying and praising God, they were amazed, but then made fun of them. (Acts 2:1-13)

Reflection Question (2): Deep in my heart, am I afraid of the Holy Spirit? Why? How can I crush this barrier?

2. Why do you avoid me, and cast me aside?

- When Adam and Eve disobeyed God's command, they hid from the LORD God among the trees of the garden, trying to avoid seeing God's face. (Genesis 3:8)

Reflection Question (1): Do I feel that I am so heavily loaded with sin to the point that I don't dare to see God's face? If I had experienced God's forgiveness before, what about today? Have I turned back to my old sinful ways?

- God told the prophet Jonah to go to the city of Nineveh to preach against it, but Jonah ran away from the LORD and headed for the opposite direction. (Jonah 1:1-3)

Reflection question (2): Why have I “cast aside” my earnest seeking of the Holy Spirit? What am I escaping from? What am I afraid of? How can I break through this spiritual threshold?

3. Why wouldn't you commit yourself entirely to me?

- Ananias and Sapphira “kept back for themselves” part of the money intended as an offering, and in so doing lied to the Holy Spirit. (Acts 5:1-11)
- When the water coming out of the temple reaches a depth that one can no longer cross the river on foot, one has to start swimming. (Ezekiel 47:5)

Reflection Question (1): As I am progressing on my heavenward journey, what am I still “keeping back” for myself? Is it because of fear that I still persist on walking on the riverbed instead of swimming across the river?

- God gives the Spirit without limit (John 3:34b), so we must not restrict (quench) the work of the Holy Spirit (1 Thessalonians 5:19)
- The Spirit himself testifies with our spirit that we are God's children. (Romans 8:15-16)

Reflection Question (2): What is/are the hindrance(s) that has/have prevented me from being fully filled and used by the Holy Spirit? What should/shouldn't I do in order to allow the Holy Spirit to fully function and freely operate in my life without any limitation?

Conclusion:

- *“Because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.”* (Romans 5:5b)
- *“There is no fear in love. But perfect love drives out fear.”* (1 John 4:18)