

Sing to the LORD

向耶和华唱“旧”歌！

an "Old" Song!

序言 / Foreword

在诗篇中，我们屡次看到诗人教导我们要“向耶和华唱新歌”。学习“新”的诗歌可以让我们有新的体会，并帮助我们敬拜上帝。

圣诗在卫理公会的传统里扮演了举足轻重的角色。通过古老的圣诗，我们可以看到诗歌创作者如何经历上帝的作为。通过我们各自的人生经历，我们可以与历世历代的信徒们一起赞美我们的上帝。虽然这些圣诗的历史悠久，我们或许也对一些圣诗非常熟悉，但在不同的场合，不同的人生阶段唱着这些所谓“旧”的圣诗，也可以让我们对上帝有不同的认识，不同的体验并而向上帝发出由衷的赞美。

华语崇拜（二）敬拜团选了“Blessed Assurance, Jesus Is Mine: Old-time Devotions for Fresh Starts”为2023年的阅读资料。这本书让敬拜团员了解圣诗的背景与内容，并通过反思意识到这些圣诗如何在我们的生活中让我们更深的体会上帝的作为。对这些圣诗有更深一层的认识也能提升敬拜团带领崇拜的素质。

阅读了这本书后，团员各自选了一首喜爱的圣诗（不限于书里所采用的圣诗）并写了一篇灵

修短文。文中反应团员对圣诗的认识、学习与反思。愿这份灵修资料能够让弟兄姐妹们更深入的思想与认识所选唱的圣诗。愿我们无论处在什么环境或什么人生阶段中，都不忘向我们的主耶和华唱“旧”歌！

In the Psalms, there are numerous references to “sing[ing] to the LORD a new song”. Learning a “new” song can provide us with fresh experiences that help us to worship God.

Hymns play an important role in the Methodist tradition. Through these old hymns, we can observe how the hymnists experienced God in their lives. As we sing these hymns through our own life experiences, we can praise God together with believers of ages past. Although some of these hymns have a long history, and some of them may already be very familiar to us, singing these so-called “old” hymns in different circumstances and stages of life can provide us with fresh insight and experiences, and help us to express our heartfelt praises to God.

The Mandarin 2 Worship Service’s worship team selected “Blessed Assurance, Jesus Is Mine: Old-time Devotions for Fresh

Starts” as its reading material for 2023. This book helped worship team members to better understand the background and content of the hymns covered in the book and, through further reflection, to appreciate how these hymns deepen our understanding of God’s work in our lives. Having a deeper understanding of these hymns also enhanced the worship team’s ability to lead worship services.

After reading the book, worship team members each chose a personal favourite hymn (not limited to those in the book) and wrote a devotional based on his or her selected hymn. May this resulting collection of devotionals help us to think more deeply and learn more about the hymns featured herein. Wherever life may find us today, may we join our voices in singing an “old” song to the LORD!

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Amazing Grace

For it is by grace you have been saved, through faith — and this is not from yourselves, it is the gift of God — not by works, so that no one can boast.

Ephesians 2:8-9

One of the best loved and most sung hymns, “Amazing Grace”, expresses John Newton’s personal experience of conversion from sin as an act of God’s grace in his life. At the end of his life, Newton said, “There are two things I’ll never forget: that I was a great sinner, and that Jesus Christ is a greater Saviour!” This hymn is Newton’s spiritual autobiography, but the truth it affirms – that we are saved by grace alone – is one that all Christians may confess with joy and gratitude.

But Christians cannot take God’s grace for granted and continue to live in sin on the basis that they have already been forgiven. The truth is this: how we live reflects how we value or cheapen God’s grace. We cheapen God’s grace when we refuse to

take the planks out of our own eyes while trying to remove specks from the eyes of others. If we are to live in, honour, cherish and treasure God's grace, we need to develop a better understanding of how we may cheapen God's grace in our daily lives. God's grace is not cheap; it came at the cost of Jesus' life as He paid the penalty for our sin by dying on the cross.

So let us not take God's grace for granted. Let us, instead, remember what Christ did for us on the cross, and recognise Jesus not only as our saviour, but also the Lord of our lives. May Christ be the leader of our lives and change us from inside out by His grace and through our faith in Him. After all, salvation is not a transaction; it is a transformation.

Our Father in Heaven, thank you for your Son who paid the penalty for our sin and died on the cross for us. We are undeserving of Your mercy and grace. Help us not to take Your grace for granted, by helping us to remember what Christ did for us on the cross.

May Christ be the Lord of our lives, and may our faith be rounded with repentance, forgiveness and

*obedience to Your word, by Your
grace, through the help of the Holy
Spirit. Amen.*

Devotional by: Pr. Raymond Tan (陈振福传道)

Lyrics: Amazing Grace

Amazing grace! How sweet the sound,
That saved a wretch like me!
I once was lost, but now am found,
Was blind, but now I see.

'Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed!

The Lord has promised good to me,
His word my hope secures;
He will my shield and portion be
As long as life endures.

When we've been there ten thousand years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we'd first begun.

Source: United Methodist Hymnal #378

何等快乐

... 亘古的上帝是避难所， 下面有永久的膀臂...

申 33:27

这首歌的作曲者是萧华德 (Anthony Johnson Showwalter)。当时，萧华德收到两位学生寄来的信，同时向他倾诉妻子离世的消息。萧华德就用了申命记 33 章 27 节来安慰他们，并用了这经节写了副歌的歌词。接着，萧华德将副歌歌词寄给他的好友霍夫曼 (Elisa A. Hoffman)，请他完成歌词。

当摩西知道自己在世的日子不多，要向以色列人告别时，他特别祝福他们。在摩西祝福语的结尾，他赞美上帝，并宣告“亘古的上帝是避难所，下面有永久的膀臂...”。永久的膀臂在我们“以下”代表上帝扶持、托住我们。从诗歌与经文中，我们可以领悟两点：

第一、人生的道路崎岖不平，有时我们充满信心，并立志在事奉的道路中要将最好的献给主。但有时我们会感到惧怕、惊慌、软弱。这首诗提醒我们不需要靠自己，我们可以依靠那永久的膀臂。这是何等大的喜乐与安慰。

第二、身为以色列人的领导者，摩西没有说以色列人是靠他多年的带领而进入迦南地。摩西将以色列人的视线引向上帝，宣告他们依靠的是耶和华那永久的膀臂。无论你是否在教会扮演领导或组长的角色，身为上帝儿女的我们，要学习像摩西一样，将弟兄姐妹们指引向上帝，不是倚靠自己的势力和资源，乃是倚靠上帝的膀臂。这膀臂过去如何扶持我们，也必定继续带领我们。

天父，感谢让我们能够依靠你那永久的膀臂。当我们软弱、无助、惧怕时，让我们能够经历你的同在。求你让弟兄姐妹们能够藉着我们的服事，也经历这膀臂所带来的安稳与喜乐。奉主耶稣名求，阿们。

灵修笔者：梁胜语

词：何等大快乐

何等大快乐，何等深情谊，
倚靠在这永远膀臂上，
何等的平安，何等的福气，
倚靠在这永远膀臂上。**

** 倚靠，倚靠，安定稳妥一无惊慌，
倚靠，倚靠，倚靠在主耶稣膀臂上。

我满心喜欢，行走这天程，
倚靠在这永远膀臂上，
越走越光明，日日向前行，
倚靠在这永远膀臂上。**

我又何所惧，我又何所惊，
倚靠在这永远膀臂上，
有福之平安，与我主亲近，
倚靠在这永远膀臂上。**

Be Thou My Vision

*Whom have I in heaven but you?
And earth has nothing I desire
besides you.*

*My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.*

Psalm 73:25-26

Praying for God to be our “vision” is a prayer of utmost importance, and one that would radically change multiple aspects of our lives.

“Vision” can be explored from two angles. The first concerns the perspective(s) we hold towards events, ourselves, and the world. This refers to the kind of lenses by which we interpret and make sense of situations, people, and the events in our daily lives. For those who wear purple-tinted sunglasses, the world would come across as purplish to them. For those who have cataracts, the world would seem blurry and unclear to them. The way in which we view and perceive the world directly affects the way we interact with it,

whether through our speech, actions, or thoughts.

One beauty of the gospel is that all of us can come to Christ and believe in Him as our personal Lord and Saviour despite our past experiences and life journeys – even if these could have left us doubting, wounded, or bitter in one way or another. Thankfully for us, in Christ, we have a new self (Ephesians 4:22-24), and with the Holy Spirit alive and at work in us, we can constantly ask God to be our vision, helping us to see the world the way He sees it, that we may live more in the way that pleases Him (John 14:26, Mark 12:30-31).

The second angle by which we can consider “vision” is in terms of how we think about the future, and imagine events that are yet to happen. Reflecting on this angle requires us to look into our hearts and consider what we desire and hope will happen. For instance, when we consider the hopes we have for our personal relationships, our church ministry, and our workplace – we ask, are they Christ-directed? Do they centre around what God desires?

It is possible for us to interpret life's events through a biblical lens, without being Christ-focused in our hopes for the future. Conversely, it is also possible for us to place God in the centre of our aspirations, without allowing the Spirit to inform us of how God sees events and situations in our lives.

Let us neglect neither angle, and instead, continually ask God to be our vision, by day or by night. May we remember our position and identity in Christ, and relate to Him daily. May we also be encouraged to read the Bible – as A. W. Tozer puts it, “The Bible is not an end in itself, but a means to bring men to an intimate and satisfying knowledge of God, that they may enter into Him, that they may delight in His Presence, may taste and know the inner sweetness of the very God Himself in the core and center of their hearts”.

Father, be my vision and the Lord of my heart. In my life journey, may every earthly thing fade in comparison to You. Be my best thought and be my light, by day or by night.

Devotional by: Cheryl Low (廖翊芯)

Lyrics: Be Thou My Vision

Be Thou my vision, O Lord of my heart;
Naught be all else to me, save that Thou art;
Thou my best thought, by day or by night;
Waking or sleeping, Thy presence my light.

Be Thou my wisdom, and Thou my true word;
I ever with Thee and Thou with me, Lord;
Thou and Thou only, first in my heart;
Great God of heaven, my treasure Thou art.

Great God of heaven, my victory won;
May I reach heaven's joys, O bright heaven's
Sun;
Heart of my own heart, whatever befall;
Still be my vision, O Ruler of all.

Source: United Methodist Hymnal #451

求主擘生命饼

“因为上帝的粮就是那位从天上降下来，并且赐生命给世界的。”于是他们对他说：“主啊，请常常把这粮赐给我们！”耶稣对他们说：“我就是生命的粮。到我这里来的，绝不饥饿；信我的，永不干渴。”

约 6:33-35

这首诗歌的背景来自圣翰福音第 6 章 5 至 13 节。耶稣通过五饼二鱼喂饱了五千人。耶稣行这神迹的时候，除了喂饱所有人，还剩下十二个篮子的零碎。这神迹意味着上帝是有至高的权柄，有无限的能力，但又不撇下任何一人。当我们有困难的时候，他可以将我们所需的一切赐给我们每一个人。

很有意思的，在接下来约翰福音第 6 章 22 至 59 节中，耶稣教训了这神迹后在隔天来寻找他的众人。这些人因为听见了耶稣行五饼二鱼的神迹，为了想要在耶稣身上得到更多属世的益处而来。

当时，众人只想要看耶稣行更多的神迹，来满足他们属世的需要，并没有追求那属灵的事。耶稣责备了他们之后，告诉众人他所赐下的

粮，不像他们祖宗在旷野时所吃那会朽坏的吗哪。他来是要赐下天上降下来，不会朽坏，赐生命给世界的粮。

这首诗歌提醒了我们，当我们经历了上帝所赐下的美好福分时，也别忘了追求从天上赐下的真粮，得着属天的生命，从此灵里不再饥渴，生命得着永生。

亲爱的天父，感谢你的丰富供应，你赐下源源不绝的福分够我们用。恳求天父也帮助我们在每一天的生活当中，能不断追求那属灵的福分。求你带领我们认识你从天上所赐下那不朽坏的粮，让我们能够真认识你，并得着属天的生命。阿们。

灵修笔者：陈订升

词：求主擘生命饼

求主擘生命饼，供我灵需，
正如当年擘饼在加利利；
我愿看主圣经，见主圣颜，
寸心迫切思慕生命之言。

求主将真理道，感化我心，
正如在加利利当年所行；
从兹锁链脱身，束缚无存，
真理赐我自由安乐永恒。

Beneath The Cross Of Jesus

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28–30

To me, the hymn conjures an image of a person bearing the cross, since everyone who bears the cross is necessarily beneath the cross.

I have often associated the bearing of the cross with negative emotions. The daily cross to bear cannot be helped but be thought of as a burden all Christians must bear, be it an involuntary affliction or a voluntary daily self-sacrifice. And so, without considering the lyrics of the hymn, being beneath the cross of Jesus does come across as a rather sombre and depressing position to be in: a sentiment that the solemn tune of the hymn seems to affirm.

However, when I examined the lyrics, I realised that it spoke of something diametrically opposite of the abovementioned imagery. In the first verse, I see the use of the word “fain”. It is an archaic word that means “gladly”. The writer gladly positions herself beneath the cross of Jesus, gladly bearing the cross, or gladly rehearsing the experience of witnessing Jesus’ death for her. Surprisingly, the cross is not a burden here, but is described as a shadow that serves as “a home” and “a rest” from the scorching sun. This pleasant shadow in the burning weather is then clarified to be a metaphor of being a rest from “the burden of the day”. And so, the writer redeems the idea of bearing the cross: it is not a burden, but a rest from burdens. When I reflected on this, I realised that cross-bearing can indeed be a rest for me. This idea is captured succinctly in the final verse when it says, “I ask no other sunshine than the sunshine of His face; content to let the world go by, to know no gain nor loss, my sinful self my only shame, my glory all the cross.” The “sunshine of His face” describes God’s pleasure in me when I take up the cross to follow Jesus.

When I realise that cross-bearing finds me God's pleasure, I am then able to bid farewell to all the sinful things I previously treasured. And thus, cross-bearing brings me rest from all the other pursuits that I previously deemed as essential.

Of course, the root of the problem is that we may struggle to see why God's pleasure in us is a treasure worth forsaking other treasures to secure. How do we see God for what He is worth? That can only be the work of the Holy Spirit. May we keep praying and reading His word, asking Him repeatedly to help us see.

To conclude, this hymn holds a special place in my heart because it reminds me to relate to the cross rightly. It is a rest and not a burden. It is a place of comfort, not torture.

Dear God, help me to see the cross for what it is. It is Your invitation to me to discard all my worldly passions that hold me down, so that I may pick up the cross and follow You. Help me to see that Your pleasure in me is all that I need and should desire. When I read Your word and when I serve You, open

*my eyes and help me see who You
are, so that, like the writer of the
hymn, I would fain take my stand
beneath Jesus' cross. Amen.*

Devotional by: Lau Tuck Yan (刘得恩)

Lyrics: Beneath The Cross Of Jesus

Beneath the cross of Jesus
I fain would take my stand,
The shadow of a mighty Rock
Within a weary land;
A home within the wilderness,
A rest upon the way,
From the burning of the noontide heat,
And the burden of the day.

Upon that cross of Jesus
Mine eye at times can see
The very dying form of One
Who suffered there for me;
And from my stricken heart, with tears,
Two wonders I confess,
The wonders of redeeming love,
And my own unworthiness.

I take, O cross, thy shadow
For my abiding place;
I ask no other sunshine than
The sunshine of His face;
Content to let the world go by,
To know no gain nor loss,
My sinful self my only shame,
My glory all the cross.

Source: United Methodist Hymnal #297

天父必看顾你

你们这小信的人哪！野地里的草今天还在，明天就丢在炉里，上帝还给它这样的妆饰，何况你们呢？所以，不要忧虑，说：“我们吃什么？喝什么？穿什么？”这都是外邦人所求的。你们需要这一切东西，你们的天父都知道。你们要先求上帝的国和他的义，这些东西都要加给你们了。所以，不要为明天忧虑，因为明天自有明天的忧虑；一天的难处一天当就够了。

太 6：30-34

俗语说：“人生不如意十之八九”。人生总会遇到高山、遇到低谷。你是否曾遇到一些使你心烦的事，时不时困扰着你，使你心里愁烦烦躁，心灵疲乏？重担压着使你喘不过气，压力甚大至夜夜难以入眠，而开始质疑神是否真的“时时看顾，处处看顾”？

当我们说全心全意仰望及倚靠着神的时候，而神的“救援”却迟迟未到时，你是否真的相信“凡你所需他必供应”？当神的救援临到时，却不是我们所求所望的，他是否真的会是那“凡你所求他必垂听”的神？我们又会以怎样的心态去接受神另外的安排呢？

回想起笔者当时的心情、经历和现在所拥有的一切，并领受了超越人所能了解的平安与喜乐，我不得不宣告和承认“天父必看顾你，时时看顾，处处看顾；他必要看顾你，天父必看顾你”。他过去看顾引领我，我深信他现在仍然眷顾着我，将来也必看顾我。神的恩典、神的恩惠必充充满满的祝福我和我的家，更祝福着他所爱的儿女们。

天父，为着所经历的遭遇，为着所领受各样的恩典与祝福，看到神你何等的恩待、保守、怜悯、看顾着我和我的家人，我要再次感谢你。你的美善和祝福总是与我们同在，即使在困难的时刻，我们晓得你必牵引，你必供应。阿们！

灵修笔者：陈景文

词：天父必看顾你

任遭何事不要惊怕，天父必看顾你，
必将你藏祂恩翅下，天父必看顾你。

**天父必看顾你，时时看顾，处处看顾，
祂必要看顾你，天父必看顾你。

有时劳苦，心中失望，天父必看顾你，
危险临到，无处躲藏，天父必看顾你。**

凡你所需祂必供应，天父必看顾你，
凡你所求祂必垂听，天父必看顾你。**

无论你遇何种试炼，天父必看顾你，
软弱疲倦靠祂胸前，天父必看顾你。**

取自：生命圣诗#52 何统雄修自多本圣诗集

Give Of Your Best To The Master

*Honour the LORD with your wealth,
with the firstfruits of all your crops;*

Proverbs 3:9

The hymn serves as a constant reminder for me to always give my best to the Lord. Serving Him faithfully throughout my life journey has been quite a challenge. I often reminisce about the early days when I was a young Christian, newly acquainted with the Lord as my personal Saviour. During those times, I was filled with energy and enthusiasm for His ministry. I wholeheartedly devoted my youthful strength to Him, giving Him my loyal devotion and placing Him at the centre of my life.

Over the years, as I grew in my faith as a Christian, there have been moments when my commitment wavered. Though thankful for the opportunity to serve Him, I have had to actively and continually remind myself to keep Him as my top priority, recognising Him as my Master and giving Him my unwavering devotion. I do this because I am deeply aware of His

immense love for me, exemplified through the sacrifice of Jesus Christ on the cross for me. My desire is to make serving Him a lifelong journey.

The Bible often likens life to a walk, emphasising that life is indeed a journey. I cannot remain stagnant; I have to constantly move forward. Throughout the New Testament, I have learned the importance of walking in wisdom, love, light, and obedience. One significant way I have discovered to serve the Lord and offer Him my very best is by walking alongside other people in life.

Here are three compelling reasons why it is wise to walk with brothers- and sisters-in-Christ.

1. It is *safer*.

Have you ever ventured alone through a dark alley at night or down an unfamiliar path? It can be quite unnerving. A companion by your side can provide a sense of security.

2. It is more *sustainable*.

Life is not a 100m sprint; it is a marathon. Walking with others provides the

encouragement and energy necessary to persevere until the journey's end.

3. It is *smarter*.

Learning through companionship is far more enriching than solitary travel. When walking alone, you might unwittingly stray from the right path without realising it. However, when journeying together, there is a higher chance that one of your companions will recognise any deviations and guide you back on course.

This hymn serves as a poignant reminder for me to give my best, offering Jesus Christ my utmost adoration, as He alone is truly deserving of nothing less than my very best!

Dear Heavenly Father, thank you for giving me the opportunity to serve You as part of the body of Christ. Thank you for continuing to use me as an instrument of Your love and grace, as I know I have always fallen short of Your expectations. Help me to love Your people more, to love Your church more and ultimately to love You more. Whatever I do, help me to know that I am working for You and

*not for human masters - it is the
Lord Master who I am serving.*

*Thank you, Jesus Christ, for
always being my faithful Master.
Amen.*

Devotional by: Ng Ee Kiat (黄炜杰)

Lyrics: Give Of Your Best To The Master

Give of your best to the Master;
Give of the strength of your youth;
Throw your soul's fresh, glowing ardour
Into the battle for truth.

Jesus has set the example
— Dauntless was He, young and brave;
Give Him your loyal devotion;
Give Him the best that you have.**

*** Give of your best to the Master;
Give of the strength of your youth;
Clad in salvation's full armour,
Join in the battle for truth.*

Give of your best to the Master;
Give Him first place in your heart;
Give Him first place in your service;
Consecrate every part.
Give, and to you will be given;
— God His beloved Son gave;
Gratefully seeking to serve Him,
Give Him the best that you have. **

Give of your best to the Master;
Naught else is worthy His love;
He gave Himself for your ransom,
Gave up His glory above.
Laid down His life without murmur,
You from sin's ruin to save;
Give Him your heart's adoration,
Give Him the best that you have. **

我灵镇静

你们要休息，要知道我是上帝！我必在列国中受尊崇，在全地也受尊崇。

诗 46:10

人生不如意事十之八九，伴随而来的感受通常是无助、悲伤、痛苦甚至是绝望。骄傲的我们总是想凭己力走出困局，却往往越陷越深。于是，在困境中，我们质疑神，迁怒于神，与神渐行渐远。

这首诗歌一开始便唱出了我们在试炼中最需要做的一件事，以及这么做的原因——“我灵，镇静，上主在你一方。”这句话如同锚一般，立时将我们慌乱不安的心定位在神的安稳与应许里。恰如诗篇 46 篇中所描述的景象——海水翻腾、群山摇动、敌人喧嚷、战火纷飞，上帝却借着诗人在篇末吩咐我们：“你们要休息，要知道我是上帝！”

没有什么比神的话更具威严、却又叫人感到安慰了。纵然我们背负伤痛，前路茫茫之时，又或我们对于失去所爱而感到悲伤痛苦，歌词却一再提醒我们：神是全能、信实又良善的，神应许必会引领和安慰我们，赐给我们能力度过这一切试炼。神更应许属神的子民们凡忍耐等

候到底的必蒙拯救，并进入神所预备的那永恒美好的住所！

我灵，镇静！

信实慈爱的天父，感谢你赐下你的爱子耶稣基督拯救我们，并为我们预备那永恒美好的居所。即便生命中充满各种的忧患和试炼，但是我们相信你完全无误的旨意在统管一切。求你教我们学会在你面前安静等候，因你必叫我们的灵在你里面得享安息。阿们！

灵修笔者：杜晓燕

词：我灵镇静

我灵镇静！上主今在你旁；
忧愁十架，你要忍耐担当；
信靠天父，为你安排主张；
万变之中，惟主信实永长；
我灵镇静！天友最是善良，
经过荆棘，引到欢乐地方。

我灵镇静！一切主必担当；
未来引导，仍像过去一样；
莫让何事动摇信心，希望；
目前奥秘，日后必成光明；
我灵镇静！风浪仍听主命，
正如当年，遵主吩咐平静。

我灵镇静！光阴如飞过去；
那日与主，永远同在一处；
失望，忧惊，那日都要消散；
重享纯爱，忘记一切愁烦；
我灵镇静！那日眼泪抹干；
我们欢聚，永享恩眷平安。

取自：生命圣诗#273 腾近辉何统雄修自多本圣诗集

Just As I Am

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathise with our weaknesses, but we have one who has been tempted in every way, just as we are — yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4:14-16

Charlotte Elliot wrote this beloved hymn on the day of the charity bazaar her brother planned for supporting daughters of highly educated clergymen. She was kept awake and burdened by her perceived lack of usefulness in helping at the event, wondering if it would achieve the outcomes they wanted.

I am like Charlotte in many ways.

Emotions tend to overwhelm me, ruminating thoughts of catastrophic

outcomes over events which I have no control of, often incapacitate me. I swing from one end of inaction due to fear of failure, to the other, overcompensating for what I think is just not good enough. This applies to every aspect of my life.

When I finally manage to quieten down and reflect on where these feelings of unworthiness and helplessness come from, I realise that the underlying cause is my desire to please myself and others.

My affections were in the wrong place.

*Just as I am – Thy love unknown
Has broken every barrier down;
Now to be Thine, yea, Thine alone,
O Lamb of God, I come!*

“O Lamb of God, I come!”, the desperate plea and exclamation towards the one and only subject of our salvation, love and assurance. No one else could offer the security and acceptance that I needed to be set free from my sinfulness, unworthiness and fears. Hebrews tells us that we can approach the throne of God with absolute confidence not because of who we are, but because of who Jesus is and His redeeming work on the cross.

The hymn ends with one of the most important reminders that, as Christians, we often forget – we are pilgrims on this Earth. “Here for a season, then above”, what are we working for in this life? If the perfect love of God is already here for us to embrace and live in, how much more joy and glory awaits us when we pass on into our heavenly dwelling?

Through many trials and testing of my faith, I have learnt to ask myself this question whenever anxious thoughts creep in: “What is the worst that can happen that Jesus cannot carry me through?”

*Just as I am – poor, wretched, blind;
Sight, riches, healing of the mind,
Yea, all I need, in Thee to find,
O Lamb of God, I come!*

He is all we need, and everything we need in Him we find.

Just come to Him, dear little lamb of God.

*Dear Lord Jesus, thank you for
choosing to save us. You are the one
who bids us to come to You even
when we stubbornly refuse to. We
often forget that true forgiveness,*

acceptance and rest is found only in You. Whenever we turn to ourselves or to others to find our worth and identity, please remind us that You are all we need.

Thank you for Your rich grace, mercy and love that so readily embraces every child who runs to You. Fill us daily with Your love, so that we may love others the same. Amen.

Devotional by: Beatrice Lau (刘承慧)

Lyrics: Just As I Am

Just as I am, without one plea,
But that Thy blood was shed for me,
And that Thou bidst me come to Thee,
O Lamb of God, I come! I come!

Just as I am, and waiting not
To rid my soul of one dark blot;
To Thee whose blood can cleanse each spot,
O Lamb of God, I come, I come!

Just as I am, though tossed about
With many a conflict, many a doubt;
Fightings and fears within, without,
O Lamb of God, I come, I come!

Just as I am, poor, wretched, blind;
Sight, riches, healing of the mind;
Yea, all I need, in Thee to find,
O Lamb of God, I come, I come!

Just as I am, Thou wilt receive,
Wilt welcome, pardon, cleanse, relieve;
Because Thy promise I believe,
O Lamb of God, I come, I come!

Just as I am, Thy love unknown
Hath broken every barrier down;
Now, to be Thine, yea, Thine alone,
O Lamb of God, I come, I come!

Source: United Methodist Hymnal #357

我心灵得安宁

应当一无挂虑，只要凡事藉着祷告、祈求和感谢，将你们所要的告诉上帝。上帝所赐那超越人所能了解的平安，必在基督耶稣里，保守你们的心怀意念。

腓 4：6-7

《我心灵得安宁》诗歌作者哈瑞修·斯彼福（Horatio G. Spafford）在写这首诗歌时，正经历丧女之痛——他的四名女儿，在一场船难中全部罹难。斯彼福心中的痛，我们也许永远无法想象，他心中也必定有许多的疑问，但他竟能继续持守对上帝的信心，写下赞美主、安慰人的诗歌。

诗人不以世上的一切来判断上帝是否与他同在，不以自己的“幸福感”（sense of happiness）来衡量上帝对他的爱。反之，在诗歌第三节，他把焦点放在上帝的救赎恩典。诗人想到他一生所信的上帝，是在自己一无所知时，就已赐下耶稣基督，为世人的罪钉在十字架上，自己才能脱下罪恶的重担，享受主所赐的一切恩典。想到上帝的慈爱与恩情，诗人破碎的心得到了安慰，甚至想开口赞美主。

上帝的爱与安慰不仅限于满足人的情感需要，上帝的爱更是充满盼望的。第四节中，诗人相信当主再来的时候，主必引导他与心爱的子女在天上相见，在主的怀里重逢。

“安宁”，并不是无情，或没有感觉。我相信上帝并不是要我们无情地看淡世事，而是要我们在苦难和忧伤时，仍相信上帝与我们同在。因为我们可以借着祷告、祈求，和感谢，向神支取那“超过人能理解的平安”，让我们无论外在环境如何，心灵都能得到安宁。

亲爱的天父，求主提醒我常为所拥有的感恩，也让我警醒，不要把对主的信心建立在外在的祝福上。让我无论环境如何，都思想你的慈爱与救恩，信心得坚固、心灵得安宁，直到见主面的日子。
阿们！

灵修笔者：丘珞君

词：我心灵得安宁

有时享平安如江河平又稳，
有时忧伤来似浪滚，
不论何环境，主已教导我说：
我心灵得安宁，得安宁。**

** 我心灵得安宁，我心灵得安宁，得安宁。

撒但虽来侵，众试炼虽来临，
但有主美证在我心，
基督已看清我乏助之困境，
甘流血救赎我，赐安宁。**

回想我众罪，全钉在十架上，
每念此，衷心极欢畅，
主担我重担，何奇妙大恩情，
赞美主！我心灵得安宁。**

求主快再来，使信心得亲见，
云彩将卷起在主前，
号筒声吹向，主再临掌权柄，
愿主来！我心灵必安宁。**

取自：生命圣诗#342 刘福群何统雄合译 1954、腾近辉修 1984

Let All Mortal Flesh Keep Silence

And they were calling to one another: "Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory."

Isaiah 6:3

Our God is the all-knowing and ever-present God. He knows our struggles and suffering, but sometimes during difficult seasons in our lives, we cannot feel God's presence – it feels like God is absent. We may continue to pray and read the Bible, and hope to get some reaction from God; but all we get is silence. Sometimes, we just stop expecting an answer anymore, we stop praying and reading the Bible, and we may even stop going to church.

Our response is somewhat puzzling because we have read about God's "absences" in the Bible. The lives of Joseph, Job, David and Elijah are examples. Even Jesus cried out that God had forsaken Him when He was on the cross. Time and again we read about how it is that precisely during such moments and seasons of our lives that we need to keep

our eyes on Him, be still before Him and worship Him as the Lord. If we do so, we will see how God can work in ways beyond our human imagination (and timelines), and that He is faithful through the different seasons of our lives. We need to continue to worship God even – and *especially* – when we do not feel His presence, however counterintuitive it might seem.

“Let All Mortal Flesh Keep Silence” is an old hymn typically used as a preparatory hymn for Holy Communion, to prepare the congregation spiritually before receiving the sacraments. The hymn describes how Jesus came from heaven into flesh among us, to give Himself for us, dying on the cross and defeating darkness. The hymn concludes in the 4th stanza with the heavenly imagery of angels at His feet, worshipping unceasingly, “Alleluia, Alleluia, Alleluia, Lord Most High!”

It is understandably difficult to pray and read the Bible when we cannot feel God’s presence. I feel that this is where the power of Christian music comes in, to lead us in meditation and worship, to remind us of what the Lord had done for us, to

draw our attention back to the cross. Our worship of God reminds us of our place before the Lord and that God is in control.

Let us take sometime today to be silent before Him. In silence, we express our trust, our faith, and our hope in God. Be silent. Let God speak.

Our God most high, we have become more impatient. We tend to take matters in our own hands, we want things to happen according to our schedules. Lord, help us to worship you and remind us that you are listening even when You seem silent. Grant us the serenity to endure, the wisdom to discern, and the patience to await the dawning of Your plan. Amen.

Devotional by: Rev. Joshua Ong (王志翔牧师)

Lyrics: Let All Mortal Flesh Keep Silence

Let all mortal flesh keep silence,
And with fear and trembling stand;
Ponder nothing earthly-minded,
For, with blessing in His hand,
Christ, our God to earth descendeth,
Our full homage to demand.

King of kings, yet born of Mary,
As of old on earth He stood,
Lord of lords, in human vesture,
In the body and the blood.
He will give to all the faithful
His own self for heav'nly food.

Rank on rank the host of heaven
Spreads its vanguard on the way,
As the Light of light descendeth
From the realms of endless day,
That the pow'rs of hell may vanish
As the darkness clears away.

At His feet the six-winged seraph,
Cherubim with sleepless eye,
Veil their faces to the Presence,
As with ceaseless voice they cry:
"Alleluia, Alleluia,
Alleluia, Lord Most High!"

Source: United Methodist Hymnal #626

信靠顺服

没有信，就不能讨上帝的喜悦，因为到上帝面前来的人必须信有上帝，并且信他会赏赐寻求他的人。

来 11:6

所以，你知道耶和华——你的上帝，他是上帝，是信实的上帝。他向爱他、守他诫命的人守约施慈爱，直到千代；向恨他的人，他必当面报应，消灭他们。凡恨他的，他必当面报应，绝不迟延。所以，你要谨守我今日所吩咐你的诫命、律例、典章，遵行它们。你们若听从这些典章，谨守遵行，耶和华——你的上帝必照他向你列祖所起的誓，对你守约，施慈爱。

申 7:9-12

世人在一般日常的生活环境里，几乎都是处于一个“信靠”的常态中，例如：把信投入邮筒，我们会确信所投入的信会寄到收信人的手中；去医院看病，我们会完全信任的把“生命”交给医生手中；平常乘坐交通工具，不论是公共汽车、的士、或是邮轮、飞机等，都是一种“信靠”的表现。同理，在这浩瀚的宇宙中和我们所生存在地球，它们一直都是呈现恒定不变的运行规律——太阳总是准时从东方升起、

西方落下，春夏秋冬四季分明，各类的物种更是生生不息的繁衍与生存；诚如诗篇 104:24 的记载：“耶和华啊，你所造的何其多！都是你用智慧造成的；遍地满了你的丰富。”使徒保罗也明确的告诉我们说，宇宙和其中的万物都是神的创造。不单如此，他还用权能和命令托住万有，由此可见全能真神的智慧和全能，因为他是至大、至能、至可畏、信实公义又满有怜悯和丰盛慈爱的造物主，他在天上立定宝座，他的权柄统管万有(参来 1:3、徒 17:24-28、诗 103:19-20)；他是自有永有、昔在今在以后永在、永不改变的神；更重要的是，他是信实的神，向爱他守他诫命的人，守约施慈爱，直到千代，他会赏赐那些寻求他的人(参申 7:9、来 11:1-2、6)。

当年神选召亚伯拉罕，要他离开本地和亲族，往神所要指示他的地方去。他就离开迦勒底人之地，住在哈兰，在这地方，神并没有给他产业，连立足之地也没有。神只是应许必叫他成为大国，地上的万族都要因他得福；他就顺服并照着耶和华神的吩咐去行，结果一切就如神所说的成就了；亚伯拉罕也因此被称为“信心之父” (参创 12:1-4、徒 7:1-19)；关键在于他真知道、真认识神，神呼召他，要他离开本地、本族、父家，到神指示他的地方去，他听见就顺服、就遵行，他更遵守与神所立的约 (为家里所有的男子，都受了割礼)。果然，神

的应许成就在亚伯拉罕身上，万国也因耶和華蒙福；亚伯拉罕一生的经历让我们看见神是信实的神，他向爱他守他诫命的人守约，施慈爱，直到千代(参创26:1-5、申7:8-11)。因此，凡是信靠他、顺服并遵行他话语的人，主必赐福！

诚如圣诗《信靠顺服》的歌词所言：只要听主命令，主必与我同行，信靠顺服者主必同行，主必怜悯，主必赐福；因主一切恩惠、一切喜乐荣美，信靠顺服者才获全备；他吩咐即听命，他差遣就遵行，信靠顺服者总不忧惊！

但愿我们真实的信靠耶稣基督、遵行真道，祈求天父上帝的恩典临到我们每一个信靠他的儿女身上，进而活出顺服的生命，见证主的荣耀！使我们今生蒙信实守约的慈爱天父恩赐那“百倍且没有忧虑的福”、来世得永生！

天父上帝！你是信实、公义、怜悯、满有丰盛慈爱的上帝！谢谢你借着我们信靠你的爱子耶稣基督把我们从罪恶过犯中拯救出来，把我们迁进爱子的国里；恳求你坚固我们的信心，使我们既靠圣灵得生，能够时刻顺服圣灵的引导，靠圣灵行事，做一个信靠顺服、长大成熟、讨你喜悦的儿女。奉靠主耶稣基督得胜的名祈祷，阿们！

词：信靠顺服

在主真道光中，我与救主同行，
何等荣耀照亮我路程，
只要遵主旨意，主肯与我同行，
信靠顺服，主必肯同行。**

** 信靠顺服，此外不能蒙福，
若要得主里喜乐，只要信靠顺服。

没有黑影遮蔽，也无云雾迷漫，
因主笑容使云雾消散；
没有疑惑畏惧，没有眼泪忧虑，
信靠顺服，忧惧自消除。**

除非我将一切奉献救主脚前，
主丰满慈爱才能体验；
因主一切恩惠，一切喜乐荣美，
乃为信靠顺服者预备。**

我愿在主脚前，享主团契甘甜，
行走天路常在主身边；
主吩咐即听命，主差遣就遵行，
信靠顺服必永无忧惊。**

取自：生命圣诗#287 腾近辉何统雄修宣道诗

Love Divine. All Loves Excelling

...And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge — that you may be filled to the measure of all the fullness of God.

Ephesians 3:17-19

As I watched my young child exclaim in awe at new sights and sounds, books and toys, I was confronted by a sobering reality: that I probably once had a similar sense of wonder when I was a child, but this eroded over the years as I grew in age and experience. Where had my sense of wonder gone? I am not alone in recognising an erosion of wonder as we trudge along life's journey. In recent years, professionals in various fields have increased research into the power of wonderment, in the hope of encouraging and harnessing it for inspiration and energy in our lives.

When were you last lost in wonder at the love of God? Speaking for myself, I know that God loves me, for the Bible (and my limited experience) tells me so. But I rarely stop to reflect on how awesome and mind-blowing this truth is.

The hymn “Love Divine, All Loves Excelling” reminds us – through a poetic combination of Wesleyan words and Biblical allusions – of how wondrous the love of God is. While the hymn is often used at weddings (perhaps most famously at the royal wedding of Prince William and Kate Middleton), its message is that of *agape* (divine) rather than *eros* (romantic) love.

Agape love is expressed in the Father’s giving of His beloved Son for our salvation (verse 1), the indwelling of the loving Spirit in each believer (verse 2), the unfathomable gift of eternal life and a glorious promise of a place in Heaven for us (verses 3 and 4).

As I read the words of this old hymn, I am reminded of how incredible God’s love is: oh, that the God of all creation and history would extend His perfect love to *me* in

such an inexplicable and all-encompassing manner, surpassing all knowledge and understanding!

But beyond telling us about God's love, the hymn is itself a sung prayer that urges us to respond to our loving God – to call upon Him in resisting sin, to serve Him without ceasing, and to be continually “lost in wonder, love and praise”.

Today, whether you find yourself on the peaks of life's mountains or in the depths of life's valleys, pause for a moment to lose yourself in wonder. *Reflect* on how God's love has touched you, sustained you, and transformed your life. *Remind* yourself that God's love continues unabated regardless of your present circumstances, and that He is continually moulding you into His glorious image. And be *rejuvenated* in the assurance that one day, when life's journey is through on this side of eternity, you *will* take your place with our loving God in Heaven!

Triune God – Father, Son and Holy Spirit – thank you for loving me in a way that surpasses all I could ever know or understand. I know Your message of love, and I know that

*You love me. But I ever so often rush
through life from post to post, rarely
slowing down to ponder upon how
wondrous Your love is.*

*Cultivate within me the sense of
wonder that I once had when I first
knew You; and let me once again be
lost in wonder at Your love. Help me
to be amazed – again, and again,
and again – by Your love for me;
and strengthen my love for You.
Amen.*

Devotional by: Justin Yeo (杨榕玮)

Lyrics: Love Divine. All Loves Excelling

Love Divine, all loves excelling,
Joy of heav'n, to earth come down;
Fix in us Thy humble dwelling,
All Thy faithful mercies crown.
Jesus, Thou art all compassion;
Pure, unbounded love Thou art;
Visit us with Thy salvation,
Enter every trembling heart.

Breathe, O breathe Thy loving Spirit
Into every troubled breast;
Let us all in Thee inherit,
Let us find the second rest.
Take away our bent to sinning;
Alpha and Omega be;
End of faith, as its beginning,
Set our hearts at liberty.

Come, Almighty, to deliver,
Let us all Thy life receive;
Suddenly return and never,
Nevermore Thy temples leave.
Thee we would be always blessing,
Serve Thee as thy hosts above,
Pray, and praise Thee without ceasing,
Glory in Thy perfect love.

Finish, then, Thy new creation;
Pure and spotless let us be;
Let us see Thy great salvation

Perfectly restored in Thee;
Changed from glory into glory,
Till in heaven we take our place,
Till we cast our crowns before Thee,
Lost in wonder, love and praise.

Source: United Methodist Hymnal #384

一切全献上

我听见主的声音说：“我可以差遣谁呢？谁肯为我们去呢？”我说：“我在这里，请差遣我！”

赛 6：8

《一切全献上》乃是我在带领崇拜时必用的奉献诗歌。我希望借此诗歌提醒自己，以及会众们要毫无保留地将自己一切所有的献给上帝。此诗歌虽已被颂唱逾百年，但作者杰德森范特（Judson W. Van de Venter）在诗里行间表达对上帝的承诺、委身以及顺服的心志，对于处在任何时代的基督徒都是历久弥新的重要提醒。可惜的是，我口中虽然吟唱着诗歌，但思想以及行为却刚好相反。三十多年前的我曾在一个聚会中，回应讲员的呼召要完全献上让上帝使用。当时与我一同上前接受讲员祝福的弟兄已成为牧师。我还记得当时与上帝的约定，却有意无意对上帝的声音充耳不闻、混混沌沌凭己心意过了好些日子。看似勤奋于神的事工，实则凭己意而行。来到了人生下半场，我不想再任性了。我期盼像以赛亚先知以及作者听见上帝的声音，同时提起勇气，往上帝为我立好的路标迈去。“天父，等等我啊！”

亲爱的天父，当我不断想要挣脱你的手
想去寻找属世自由时，我的身心却被自己的私欲紧紧捆绑。虽多次听见你的声音，我却坚持往反方向走。然而，你没有转身离开，而是一直在等待着我回心转意。无论是过去、现在或是未来，天父你始终如一。感谢你再次呼唤我，我定意将自己完全献与你，我的尊贵救主。阿们！

灵修笔者：张金花

词：一切全献上

我将所有献与耶稣，甘心乐意全奉献；
我要时常爱主靠主，天天活在主面前。 **

** 一切全献上，一切全献上，
献与爱我尊贵救主，一切全献上。

我将所有献与耶稣，谦卑俯伏主面前，
世俗逸乐甘愿撤弃，求主悦纳我心愿。 **

我将所有献与耶稣，求使我完全属主，
惟愿圣灵向我证明，主与我完全相属。 **

我将所有献与耶稣，我今完全献与你，
求主赐我爱心，能力，更赐我天上福祉。 **

取自：郑浩贤修自多本圣诗集

O Love That Wilt Not Let Me Go

*Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.*

*By day the LORD directs his love,
at night his song is with me –
a prayer to the God of my life.*

Psalm 42:7–8

Some of the greatest works of art come from a place of deep pain and suffering. George Matheson wrote the lyrics to the hymn “O Love That Wilt Not Let Me Go” in a period of great mental anguish.

Matheson was around 17 when he found out that his failing vision would eventually leave him completely blind. Though he was engaged to be married, his hopes of a blissful marital relationship were shattered as his fiancée considered the prospect of having to live with a “blind man” bleak, and walked out on him. Broken-hearted, he pressed on with his theological studies with a growing dependence on his sister as his world grew dimmer.

Some years later, his sister fell in love and prepared herself to get married. On the night before her wedding, seated in his empty house, he contemplated a life of loneliness, which very likely brought a fresh reminder of his own broken dreams. It was then he penned the lyrics to this song with great speed and clarity. He said in his own words, "All the other verses I have ever written are manufactured articles; this came like a dayspring from on high."

C.S. Lewis writes in *The Problem of Pain*: "We can ignore even pleasure. But pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain: it is His megaphone to rouse a deaf world." Clearly a Christian's life is not devoid of suffering. The psalmist acknowledged that the roar of waterfalls, waves, and breakers are clearly wrought of God's hand (Psalm 42:7) and intended to help us grasp biblical truth to help us experience His love more deeply. Matheson's anguish shouted 3 truths to him which he grasped with great clarity and expressed in poetic beauty in this song.

1. No one loves us more perfectly than our heavenly Father.

God is persistent (“will not let me go”), constantly abiding (“followest all the way”), unrelenting (“seekest me through pain”). His faithfulness stands in stark contrast to the people in Matheson’s life whose love was conditional (his deserting fiancée) or whose circumstances forced them to be apart (his married sister). God will not forsake us. He cannot help being faithful because it is in His nature.

2. Our lives belong to God.

Matheson clearly recognized that the pain he was suffering then was in part a consequence of him believing that he was the master of his own life, living life on his own terms, by his own might. The phrases “give thee back the life I owe” and “my heart restores its borrowed ray” presuppose that Matheson had for some time displaced God and denied Him the rightful role over his life. The result of the displacement was a “weary soul” and a “flickering torch”.

What does this rightful order look like in reality? It means allowing God to use our

lives as He deems fit, for His purpose. In this order, even our suffering is not in vain. And what glorious outcomes Matheson outlined for us when this rightful order is restored – that our surrendered lives would be more meaningful, “richer, fuller”, “brighter” and “fairer” than we have ever known!

3. We have great hope in God.

God compels us to go to Him. Matheson wrote that he “cannot close [his] heart to thee” and “dare not ask to fly from thee” as a reflection of how much he needed God. Because of what He has already secured for us on the cross, we await a future where there is no suffering, no tears, no pain, where we have an “endless life” spent in the presence of the One who loves us beyond our imagination, where this life’s treasures and glories will grow strangely dim. We can face any despair, heartbreak, and disappointment on earth because we know only God can satisfy our souls eternally.

*Dear Heavenly Father, we thank
You for pursuing us with Your
steadfast love. In You, we find
sweet rest, great satisfaction, and*

eternal hope. Help us to surrender our lives to You – the One who will not let us go, and may we experience the fullest life and highest joy in Your will and purpose, especially in our suffering. Amen.

Devotional by: Lin Aiping (林爱萍)

Lyrics: O Love That Wilt Not Let Me Go

O Love that wilt not let me go,
I rest my weary soul in thee;
I give thee back the life I owe,
That in thine ocean depths its flow
May richer, fuller be.

O Light that followest all my way,
I yield my flickering torch to thee;
My heart restores its borrowed ray,
That in thy sunshine's blaze its day
May brighter, fairer be.

O Joy that seekest me through pain,
I cannot close my heart to thee;
I trace the rainbow thru the rain,
And feel the promise is not vain,
That morn shall tearless be.

O Cross that liftest up my head,
I dare not ask to fly from thee;
I lay in dust life's glory dead,
And from the ground there blossoms red
Life that shall endless be.

Source: United Methodist Hymnal #480

怎能如此

我们藉着这爱子的血得蒙救赎，过犯得以赦免，这是照他丰富的恩典...

弗 1：7

我们都是罪人，上帝依然赐下救赎恩典，赐下主耶稣为我们而死，为了担当我们的罪而牺牲，为我们受鞭伤，为我们被钉在十字架上，受死，流出保血，洗净我们的罪。因着神的爱，我们才有今天，我们的所有都是因神赐下恩典给我们。我们要有一颗感恩和爱他的心，每天都要亲近他，思想他的话语。

天父，当日耶稣流出完美无瑕的宝血，为要洗净我们的罪。求你赐我们智慧，明白我们的得救完全是唯独基督、唯独恩典。奉耶稣的名祷告，阿们！

灵修笔者：叶春良

词：怎能如此

怎能如此——像我这样罪人，
也蒙宝血救赎大恩？

主为我受痛苦鞭伤，
也为我死在十架上？
奇异的爱，怎能如此——
我主我神为我受死？**

** 奇异的爱，怎能如此，
我主我神，竟为我死！

何等奇妙！永生主竟受死！
有谁能解释这奥秘？
神圣之爱，广阔深长，
最高天使也难测量，
上主怜悯，超过猜想，
世人都当敬拜景仰。**

我主离开天上宝座荣华。
无量恩惠白白赐下，
谦卑虚己，显彰慈爱，
流血救赎亚当后代，
恩典怜爱，无边无涯，
罪人像我，竟蒙厚爱。**

我灵受困，多年在牢狱中；
被罪包围，黑暗重重；
主眼发出复活荣光，

我灵苏醒，满室光明！
枷锁脱落，心灵获释，
我就起来跟随主行。**

不再定罪，心中除尽忧愁；
我拥有主并祂所有。
主内生活让祂居首，
穿起义袍圣洁无垢；
坦然无惧到宝座前，
借主救赎，获得冠冕。**

取自：生命圣诗#178 腾近辉霍显炜何统雄合译

Reach Out To Jesus

I love those who love me, and those who seek me find me.

Proverbs 8:17

Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

Jeremiah 29:12-13

I used to go by the maxim that “God helps those who help themselves”. After all, if I really needed help, I would better be putting in some effort, rather than sitting back and expecting the people around me, and God, to do all the work. It made sense, right? If I were to go to God for help, I should at least try to help myself first, no?

So, in times of difficulty, I used to try to solve the problems on my own. I was my first source of help, strength and wisdom. Physically and spiritually, with work and with relationships, this kind of self-reliance was very limiting and soul-

sucking. I later learnt that it was also unbiblical and unfaithful to God.

God cannot take second place. He must not be my backup plan. In all of my life's situations, He should, and must, be my first go-to. Because the Bible says that His plans are to give me hope and a future, but that I must first seek Him with all my heart. The Bible promises that when I get serious about finding God and want Him more than anything else, He will make sure that I find Him.

So I reach out to Him. I reach out with all my heart and I put my faith and trust in His word. This kind of dependency had to be learnt, and it is still an intentional learning every day.

I like the hymn, "Reach Out To Jesus", on several levels. The lyrics are simple, the melody a bit bluesy, and the rendition that Elvis Presley sang really hit me in the gut when I first heard it. The king of rock 'n roll encouraged me to seek Jesus, for only the Prince of Peace can give me the succour and comfort that I need.

*Dear Jesus, thank You for being in
touch with my reality, and for*

*knowing my failings and testings.
And thank You for still loving and
having compassion on me. Help me,
every day, to call on You and to take
Your mercy. You know I long for
greater intimacy with You. Help me
to step out in faith and develop a
deeper reliance on You, through
Your word and Your promises.
Amen.*

Devotional by: Esther Tan (陈瑞菁)

Lyrics: Reach Out To Jesus

Is your burden heavy as you bear it all alone?
Does the road you travel harbour dangers yet
unknown?

Are you growing weary in the struggle of it
all?

Jesus will help you with all His name you
call. **

** He is always there, hearing every prayer,
faithful and true;

Walking by our side, in His love we hide all
the day through.

When you get discouraged just remember
what to do —

Reach out to Jesus, Hes reaching out to you.

Is the life you're living filled with sorrow and
despair?

Does the future press you with its worry and
its care?

Are you tired and friendless, have you almost
lost your way?

Jesus will help you, just come to Him today.**

Source: Youth Hymns Volume 3

这是天父世界

从亘古，从太初，未有大地以前，我已
被立。

箴 8: 23

上帝在创造天地时，他就知道他用尘土所造出来的人类会常常使他生气、失望，甚至多处经文显示他毁灭了那些人。即便如此，他仍然用爱来创造这个世界以及赐予我们有自由选择来过我们的生活，包括回应他的爱。我们还未有生命意识时，上帝就已经知道我们的名字、数算我们的头发、知道我们所有事情，这是何等奇妙的事！上帝起初创造我们的原意就是要我们荣耀他，和他保持美好且亲密的关系，无奈人人都犯了罪远离了他，但上帝却怜悯我们的软弱，主动地从黑暗中拯救我们，赐下耶稣基督为我们担当所有的罪孽。

我常常喜欢到大自然之中散步，闭眼静静享受上帝所创造的世界，最喜欢的景色是被绿林围绕的道路。道路对我来说意义非凡，提醒我路面上的坑坑洼洼都是上帝所允许的不完美，没有这些坑洞，象征新生命的花草要怎么顽强地从缝隙中长出来？上帝的爱充满恩典、智慧和寓意，使我每天都领受不一样的感动来看待这

世界的人和事物。虽然现今的世界看似被黑暗势力所吞噬，让我们不要忘记神依然掌权，因为他才是我们的造物主，我们的陶匠！

我们在天上的父，感谢你创造我们并爱我们，感谢主让我们在平凡的日子里，你仍在掌权一切。奉主耶稣名求，阿们。

灵修笔者：黄招洁

词：这是天父世界

这是天父世界，孩童侧耳倾听，
宇宙唱歌，四围响应，星辰作乐同声；
这是天父世界，我心满有安宁，
树木花草，苍天碧海，述说天父全能。

这是天父世界，小鸟长翅飞鸣，
清晨明亮，好花美丽，证明天理精深；
这是天父世界，祂爱普及万千，
风吹之草，将他表现，天父充满世间。

这是天父世界，求主叫我不忘，
罪恶虽然好像得胜，天父却仍掌管；
这是天父世界，我心不必忧伤，
上帝是王，天地同唱，歌声充满万方。

Saviour Like A Shepherd Lead Us

I am the good shepherd; I know my sheep and my sheep know me...

John 10:14

In John 10:1-18, Jesus tells us that He is our Good Shepherd. He knows each of us. He leads us out to pastures and goes before us. He is not a stranger – we know His voice, and we follow when He calls.

Jesus is not a thief or robber, nor is He a hired hand. He did not come to steal, kill and destroy, nor to get His wages; instead, He laid His life down for us. He came that we may have life – and have it abundantly.

Oh how our Shepherd loves us!

John wrote the cited passage that we may believe. The question to us is – do we lead our lives as if we truly believe? Do we follow our Shepherd? Do we really trust Him to lead us to pastures? Or do we place our trust in something or someone else?

Our society emphasizes worldly success such as financial stability, career progression, moving ahead in life, and so

on. Our Shepherd leads us to pastures of far greater abundance.

Great leaders in the world may have led their people with courage, tenacity, vision and wisdom. But our Shepherd laid down His life for His sheep – undeserving sheep – and took it up again (John 10:17).

Our Shepherd calls each and every one of us to Him. Let this hymn be our prayer of response.

Lord Jesus, You are our Saviour and Shepherd. You bought us with Your blood and we are Yours. Feed us in Your pastures and be the guardian of our way. Relieve us in Your mercy and fill our bosoms with Your love. Seek us when we go astray and early let us turn to You. Amen.

Devotional by: Benjamin Leong (梁绍雄)

Lyrics: Saviour Like A Shepherd Lead Us

Saviour, like a shepherd lead us,
much we need thy tender care;
in thy pleasant pastures feed us,
for our use thy folds prepare.
Blessed Jesus, blessed Jesus!
Thou hast bought us, thine we are.
Blessed Jesus, blessed Jesus!
Thou hast bought us, thine we are.

We are thine, thou dost befriend us,
be the guardian of our way;
keep thy flock, from sin defend us,
seek us when we go astray.
Blessed Jesus, blessed Jesus!
Hear, O hear us when we pray.
Blessed Jesus, blessed Jesus!
Hear, O hear us when we pray.

Thou hast promised to receive us,
poor and sinful though we be;
thou hast mercy to relieve us,
grace to cleanse and power to free.
Blessed Jesus, blessed Jesus!
We will early turn to thee.
Blessed Jesus, blessed Jesus!
We will early turn to thee.

Early let us seek thy favour,
early let us do thy will;
blessed Lord and only Saviour,
with thy love our bosoms fill.
Blessed Jesus, blessed Jesus!
Thou hast loved us, love us still.
Blessed Jesus, blessed Jesus!
Thou hast loved us, love us still.

Source: United Methodist Hymnal #381

主凡事引导

你当倚靠耶和华而行善，安居地上，以他的信实为粮；

又当以耶和华为乐，他就将你心里所求的赐给你。

当将你的道路交托耶和华，并倚靠他，他就必成全。

他要使你的公义如光发出，使你的公平明如正午。

你当安心倚靠耶和华，耐性等候他，不要因那道路通达的和那恶谋成就的心怀不平。

诗 37:3-7

《主凡事引导》是华人教会其中一首耳熟能详的诗歌，多年来收录在不少的诗歌集里面。这首深受喜爱的福音诗歌，是由美国著名的视障者女作诗家芬妮克罗斯比（Fanny Crosby, 1820-1915）所填词的，她其他有名的著作包括了《荣耀归于真神》和《有福的确据》。

《主凡事引导》的歌词流露出向神表达信心和感恩，深知我们的救主随时都是我们的后盾，引导我们前面的方向。话说当年芬妮克罗斯比急需要五元钱来缴交房租，但始终都却无法筹

得而感到担忧。她就真诚的祈祷，求上帝供应所需。岂料，门口突然有一位陌生客人来访，在客人离开的时候递给了芬妮五元钱。上帝垂听了她的祷告，用奇妙的方式来回应她。就在同一天，芬妮带着感恩的心写出了这首诗歌，赞美在救主里的平安和喜乐，在主里面有慈爱、怜悯和喜乐。

弟兄姐妹，你在任何事情上遭遇困难和试炼的时候，是否将烦恼带到上帝的面前，向他倾诉你心中的痛苦？还是，你选择靠着自己的力量来面对，最后却感到更加的彷徨？让我们像诗人一样，学习以祷告将一切交托给主，安心倚靠主的恩典和帮助，深知无论遇何事，主会为我们安排稳妥。

天父，在你里面有慈爱和怜悯。当我们面对试炼时，教导我们不依靠自己的力量，乃要单单寻求你，深知天父必会垂听和引导我们。奉主耶稣名求，阿们。

灵修笔者：李佳训

词：主凡事引导

救世主凡事引导我，我何需别有所求，
主爱怜我何用多疑，我一生蒙主眷佑，
我凭信在主里安居，享天上平安喜乐，
我深知无论遇何事，主为我安排稳妥。
我深知无论遇何事，主为我安排稳妥。

救世主凡事引导我，弯曲路祂赐喜乐，
遇试炼主赐恩相助，生命粮日日赐我，
我步履虽疲乏欲跌，我心灵干渴无力，
幸我见灵磐现我前，喜乐泉涌流不息。
幸我见灵磐现我前，喜乐泉涌流不息。

救世主凡事引导我，主慈爱何等丰富，
主应许在天父家里，为我备安乐住处，
到那日我复活变化，展翼飞进光明所，
千万年我仍要歌唱，耶稣凡事引导我。
千万年我仍要歌唱，耶稣凡事引导我。

取自：生命圣诗#313 腾近辉何统雄修宣道诗 65

There Is A Fountain Filled With Blood

[F]or all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. God presented Christ as a sacrifice of atonement, through the shedding of his blood – to be received by faith.

Romans 3:23-25

Fountains are most commonly thought to symbolise wealth, life, and beauty. We also see and hear about them everywhere – the Fountain of Wealth at Suntec City, the fountains that stand as beautiful centrepieces in cities and homes all over the world, and even the mythical Fountain of Youth that has been alluded to in many works of fiction.

This hymn, however, begins with imagery that seems to go against our fundamental understanding of what a fountain should look like – and in a somewhat disturbing manner at that. A fountain filled with

blood? No, thank you. This is definitely not a place you would want to visit on a holiday, take a selfie with, or throw a coin into after making a wish.

But this fountain is foundational to our faith and the gospel! The source of this fountain is the blood of Jesus Christ, who died on the cross and shed His blood for the sins and trespasses of everyone in the world. Sinners like us who have been saved by the blood of Christ can have full certainty and assurance that we will lose all our guilty stains and have our sins washed away. What a glorious and wondrous thought!

Whether we are going through a rough patch in life, facing a difficult situation at work, home, school, in our relationships, or even in church, may we never forget the fountain filled with the redeeming blood of Christ that saved us from sin and darkness. Let the love of God compel us to live a life that is worthy of our identity: sinners who have been redeemed by the blood of Jesus.

This could mean being kinder in our words and actions to others; this could mean

taking the first step to forgive someone who has wronged us; this could mean putting in effort, working hard at our workplace to do what is expected of us; it could even be to point out – speaking the truth in love, of course – the sins of fellow brothers and sisters even if they might not take to it positively at first.

We are not perfect, and we will fall short of the glory and grace of God. But no matter how unworthy and imperfect we are, we will always have a noble and sweet song to sing because we are singing of the redeeming love of God, and the fountain filled with the precious blood of Jesus, which has the power to save even the vilest sinner.

Loving Father, thank you for Your Son, Jesus, who died on the cross for my sins even though I do not deserve such grace and love. I am a great sinner but Jesus is a far greater Saviour, who shed His blood for the forgiveness of my sins. Help me to live every day with the knowledge that I have been saved from sin and redeemed by Your love. May the fountain filled with the

*blood of Christ be the foundation of
my life. Amen.*

Devotional by: Ervine Quek (郭承义)

Lyrics: There Is A Fountain Filled With Blood

There is a fountain filled with blood
Drawn from Emmanuel's veins;
And sinners, plunged beneath that flood,
Lose all their guilty stains:
Lose all their guilty stains,
Lose all their guilty stains;
And sinners, plunged beneath that flood,
Lose all their guilty stains.

The dying thief rejoiced to see
That fountain in his day;
And there may I, though vile as he,
Wash all my sins away:
Wash all my sins away,
Wash all my sins away;
And there may I, though vile as he,
Wash all my sins away.

Dear dying Lamb, Thy precious blood
Shall never lose its power,
Till all the ransomed church of God
Be saved, to sin no more:
Be saved, to sin no more,
Be saved, to sin no more;
Till all the ransomed church of God,
Be saved to sin no more.

E'er since, by faith I saw the stream
Thy flowing wounds supply,
Redeeming love has been my theme,

And shall be till I die:
And shall be till I die,
And shall be till I die;
Redeeming love has been my theme,
And shall be till I die.

Then in a nobler sweeter song,
I'll sing Thy power to save,
When this poor lisping, stammering tongue,
Lies silent in the grave,
Lies silent in the grave;
When this poor lisping, stammering tongue,
Lies silent in the grave.

Source: United Methodist Hymnal #622

When I Survey The Wondrous Cross

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him! For if, while we were God's enemies, we were reconciled to Him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!

Romans 5:8-10

Have you ever felt as though you were important, significant or superior because of your job, your grades, your socio-economic status or your relationship status? Have you ever thought "I am surely better than this brother (or sister) because I serve more in church or attend more often"? Have you ever felt you are worth more than a non-believer because you are a Christian? Well, I have, and I am wondering if I am the only one who has let these thoughts invade my mind before.

It is a funny and retrospectively shameful thing that a mere human, a tiny speck in space and time like me, can feel so self-important. And I feel especially challenged to reflect on this when I listen to the hymn, “When I Survey The Wondrous Cross”.

*When I survey the wondrous cross
on which the Prince of glory died,
my richest gain I count but loss,
and pour contempt on all my pride.*

The lyrics are simple but they are a stark reminder of two points.

The first is that without the cross, we are and have nothing. We are by nature children of wrath, destined for death (Ephesians 2). My “richest gain” without the cross would have counted for nothing anyway should I be burning away in the recesses of hell.

The second is that with the cross and in Christ, we have everything, but not because of anything we have done. While we were still sinners, Christ died for us because of God’s great love for us (Romans 5:8-10). As a result, we are now alive in Jesus, justified before God and adopted into His family. We have power over sin

and death and we await the day when Jesus comes back to consummate His victory and rid the world finally of sin, suffering and death. None of this is because we did a good job at work, because we got an “A” for an exam, or because we came to church on a Saturday AND a Sunday (wow, good job here!). All of this is because of the cross. We are riding on Jesus’ coat tails – just like group members who receive dan “A+” because of the group leader who carried everyone through. Our ingrained inclination for meritocracy might resist this thought but perhaps it is time we recognize the first point again and, instead, be humbled and grateful for Jesus and His work on the cross.

Together, both points help us to see how precious the cross is – how doomed we are without it and how blessed we are with it. Therefore, in the face of the wondrous cross, the only appropriate response is to grow in humility and to count our richest gain – everything that we have ever achieved, owned, or done – as loss. In the face of the wondrous cross, we ought to pour contempt on all our pride. In the face

of the wondrous cross, let us grow in our thankfulness for it and never lose our wonder for it.

Dear God, thank you for the cross which has paid the penalty of our sin and redeemed us into Your Kingdom. Thank you that Jesus died for us despite our unworthiness. May we recognize that we have everything only through the cross and grow in humility. May we learn to count our richest gains as losses and instead turn our eyes to Jesus through whom we have a new and eternal hope. May we not grow cold to the cross, but continue to marvel at it. Amen.

Devotional by: Joel Ng (黄恺敬)

Lyrics: When I Survey The Wondrous Cross

When I survey the wondrous cross
On which the Prince of Glory died,
My richest gain I count but loss,
And pour contempt on all my pride.

Forbid it, Lord that I should boast,
Save in the death of Christ, my God;
All the vain things that charm me most,
I sacrifice them to His blood.

See, from His head, His hands, His feet,
Sorrow and love flow mingled down;
Did e'er such love and sorrow meet,
Or thorns compose so rich a crown?

Were the whole realm of nature mine,
That were an offering far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.

Source: United Methodist Hymnal #298

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