

Discipleship Task Force Team
门徒训练团队 2026

40 DAYS OF DISCIPLESHIP COME NEAR TO GOD

40 天门徒训练 亲近神



FIRST ASSEMBLY OF GOD CHURCH, KL

吉隆坡第一神召会

NAME 姓名

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WEEK 1

Advancing the Kingdom Through the Power of Holy Spirit

DAY 1 : 18 May 2026

Advancing the Kingdom Through Evangelism

Scripture: Matthew 28:19-20 (NKJV)

The kingdom of God is the rule of God over the universe. Psalms 103:19 says, “The Lord has established His throne in heaven, and His kingdom rules overall.” Make no mistake that our God is all powerful and yet, rather than exerting His control over peoples, He invites them to be a part of His kingdom. A pivotal message of Jesus is, “Repent for the kingdom of God is at hand.”

In His final instruction, Jesus said to the disciples that He has all authority in heaven and on earth and He wants His disciple to evangelise – to spread the gospel to all peoples and invite nations to become His disciples. And signs and wonders will accompany the evangelistic work to advance the kingdom of God on earth.

The kingdom of God and evangelism are inseparable. The kingdom of God is the central message of Christ, and evangelism is the means to draw people into God’s reign through Christ. Coupled with discipleship, advancing the kingdom through evangelism open peoples’ eyes, and turn them from darkness to light, and from the power of Satan to God.

As citizens of the kingdom of God, it is the responsibility for all Christians to evangelise. “Accelerate 30” vision to cultivate and elevate evangelists to serve and impact churches is one of the strategies of our movement to fulfil the Great Commission.

PRAYER POINTS:

- ♥ Pray for the kingdom of God to rule in the church.
- ♥ Pray for the church to responsibly do the work of evangelism.
- ♥ Pray for the Accelerate 30 vision’s initiative to cultivate and elevate evangelists to succeed. There will be platform for them to serve and impact churches.

*note: refer to the official webpage of the Assemblies of God of Malaysia for more information about the strategic call of “Accelerate 30”

第一周

藉着圣灵的大能推进神的国度

第1天：2026年5月18日

藉着福音传扬促进神的国度

经文：马太福音 28:19-20

神的国就是神对整个宇宙的统治。诗篇103:19 “耶和华在天上立定宝座，他的王权统管万有。”毫无疑问，我们的神是全能的；然而，祂并没有强行掌控人心，反而邀请人进入祂的国度。耶稣信息的核心之一是 “你们要悔改，因为神的国近了。”

在最后的嘱咐中，耶稣对门徒说，祂在天上地下拥有至高权柄，并且祂要门徒去传福音——把福音传给万民，邀请万国作祂的门徒。并且，神迹奇事将伴随着传福音的工作，以促进神的国在地上的扩展。

神的国与福音使命密不可分。神的国是基督信息的中心，而传福音则是藉着基督把人带入神掌权之下的途径。配合门徒训练，藉着传福音促进神的国，能使人的眼睛明亮，从黑暗转向光明，从撒旦的权势下归向神。

作为神国的子民，传福音是所有基督徒的责任。“促进Accelerate 30”是神召会的异象——培育和提升传福并影响众教会为完成大使命而采取的策略。

今日祷告：

- ♥ 祷告神的国度在教会中掌权。
- ♥ 祷告教会能完成传福音的使命。
- ♥ 祷告“促进Accelerate 30”异象的事工与计划，能培育并提升传道，使他们成功并为他们预备服事与影响众教会的平台。

*注：有关“促进Accelerate30”战略号召的更多信息，请参阅马来西亚神召会的官方网页。

WEEK 1

Advancing the Kingdom Through the Power of Holy Spirit

DAY 2 : 19 May 2026

Advancing the Kingdom Through the Church

Scripture: Matthew 16:16-19

“I will build My church, and the gates of hell shall not prevail against it,” is a powerful promise by Jesus, assuring those who follow Him shall triumph over the power of hell.

The Lord followed up on the promise with another promise: “I will give you the keys of the kingdom of heaven,” which means that the church has access to the kingdom of God and will be His physical representation on earth with full authority.

The church is an important part of the kingdom of God because it is the primary agency to manifest and advance God’s redemptive work. Jesus loves His church. He prays for His church. And He will come back for His church. All of these and much more signify the power and the glory of the church through Christ (see Ephesians 3:20-21).

As the kingdom of God advances, the church advances. A crucial area to show the advancement made by the church is the multiplying of churches. Where darkness is present, the church must be there to light up the place. To do so, planting new churches to expand our reach and impact is a strategy to show the triumphant powers of the kingdom of God. In fact, every church is a powerful manifestation of the kingdom of God on earth.

PRAYER POINTS:

- ♥ Pray for the church to manifest the power and glory of Christ on earth.
- ♥ Pray for the church to multiply through planting new churches.
- ♥ Pray for the Accelerate 30 vision’s initiative to plant new churches to succeed. There will be a wave of new church plants, expanding our impact.

第一周 藉着圣灵的大能推进神的国度

第2天：2026年5月19日

藉着教会促进神的国度

经文：马太福音16:16-19

“我要把我的教会建造在这磐石上，阴间的权柄不能胜过它”，这是耶稣所赐下的大能应许，确保凡跟随祂的人，必胜过地狱的权势。

主在这个应许之后，又赐下另一个应许：“我要把天国的钥匙给你。”这意味着教会拥有进入神国度的权柄，并且在地上成为神国度的实体代表。

教会是彰显与促进神救赎工作的主要管道。所以教会在神的国度中占据极其重要的角色。耶稣爱祂的教会。祂为教会祷告。祂也必再来迎接教会。这一切都显明了教会在基督里的能力与荣耀（以弗所书3:20-21）。

随着神国度的促进，教会也前行。教会的倍增就是衡量教会成长与前进的一个关键领域。教会必须在黑暗之处照亮那地。为此，开拓教会可以扩展我们属灵的影响力，是彰显神国度得胜权能的重要策略。每一间教会都是神国度在上的有力彰显。

今日祷告：

- ♥ 祷告教会在地上彰显基督的能力与荣耀。
- ♥ 祷告教会倍增而不断开拓教会。
- ♥ 祷告“促进Accelerate 30”异象开拓教会的事工计划能够成功，兴起一波新教会被建立的浪潮，扩展我们的影响力。

WEEK 1

Advancing the Kingdom Through the Power of Holy Spirit

DAY 3 : 20 May 2026

Advancing the Kingdom Through Prayer & Intercession

Scripture: Matthew 6:9-10

Jesus said, “This, then, is how you should pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven . . .”

Advancing the kingdom through prayer and intercession is partnering with God, primarily to bring His will to earth. It is praying for the establishment of God’s reign in anticipation of the rule of Christ on His return. It is also praying for the fulfilment of God’s destiny for the church. The outcome of prayer is the application of the standards of heaven on the earth.

Acts 1:8 states how the kingdom of God advances: “But you will receive power when the Holy Spirit comes on you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

The Holy Spirit empowers and emboldens believers to carry God’s will on earth through effective witnessing. Is it any wonder that the Lord told His disciples to “pray earnestly to the Lord of the harvest to send out labourers into His harvest field”. Ask God to raise up and send witnesses into the world.

Remember, the kingdom of God has come with the arrival of the Holy Spirit. Prayer and intercession accelerate the advancement of the kingdom of God through powerful witnessing.

PRAYER POINTS:

- ♥ Pray for a prayer and intercession anointing on the church.
- ♥ Pray for a powerful witnessing anointing on the church.
- ♥ Pray for the Accelerate 30’s initiative to energise churches to succeed. Each church will fulfil their mission with renewed vigour.

第一周 藉着圣灵的大能推进神的国度

第3天：2026年5月20日

祷告和代求促进神国

经文：马太福音 6:9-10

耶稣说：“所以你们祷告要这样说：我们在天上的父，愿人都尊你的名为圣；愿你的国降临；愿你的旨意行在地上，如同行在天上...”

藉着祷告与代求促进神的国度就是与神同工，主要是把祂的旨意带到地上。祷告建立神的掌权，并期待基督再来时完全的统治。也为教会能成就神所命定的旨意而祷告。祷告能将天上的标准实际地施行在地上。

使徒行传 1:8 说明了神国度如何得以促进 “但圣灵降临在你们身上，你们就必得着能力，并要在耶路撒冷、犹太全地，和撒玛利亚，直到地极，作我的见证。” 圣灵赐下能力和胆量能使信徒有效的见证，在地上成就神的旨意。难怪主吩咐祂的门徒要“切切地求庄稼的主打发工人出去收祂的庄稼”。让我们求神兴起并差遣见证人进入世界。

要记住，随着圣灵的降临，神的国已经来到。祷告与代求及大有能力的见证能加速神国度的促进。

今日祷告：

- ♥ 祷告教会领受祷告与代求的恩膏。
- ♥ 祷告教会领受大有能力的见证恩膏。
- ♥ 祷告“促进Accelerate 30”的事工计划能够成功，激励众教会重新得力，各教会都以更新的热忱完成其使命。

WEEK 1

Advancing the Kingdom Through the Power of Holy Spirit

DAY 4 : 21 May 2026

Advancing the Kingdom Through Pentecost

Scripture: Acts 2:1-4

Soon we shall celebrate Pentecost Sunday. Prior to Pentecost, Jesus commanded the disciples not to leave Jerusalem until God sent them the gift He promised, which was the baptism of the Holy Spirit. Pentecost took place ten days after the ascension of Christ. The number ten symbolizes completeness, which means the Holy Spirit's arrival completes the salvation plan for the birth of the church.

The baptism of the Spirit is to empower believers to fulfil the Great Commission and advance the kingdom of God on earth. The infilling of the Spirit is after salvation and the evidence is the gift of tongues, which is also known as the "second blessing." Acts 2:4 says, "All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them."

Apart from the gift of tongues, the Holy Spirit also bestows various spiritual gifts to empower believers, such as wisdom, knowledge, faith, healing, miracles, prophecy, discernment, tongues, and interpretation (1 Corinthians 12).

Pentecost marks the dispensation of the Holy Spirit whereby God's Spirit is actively working in and around the church. The "tongues of fire," "the mighty rushing wind" and "speak in other tongues" were manifestations of the active presence of the Holy Spirit. As Pentecostals, we identify with these distinctives and eagerly look forward to celebrate Pentecost.

PRAYER POINTS:

- ♥ Pray for the church to seek the baptism of the Spirit with the gift of tongues.
- ♥ Pray for the church to seek the spiritual gifts of the Spirit to advance God's kingdom.

第一周

藉着圣灵的大能推进神的国度

第4天：2026年5月21日

藉着五旬节促进神的国度

经文：使徒行传 2:1-4

不久我们将庆祝五旬节主日。在五旬节之前，耶稣吩咐门徒不要离开耶路撒冷，直到神赐下祂所应许的恩赐——圣灵的洗。五旬节发生在基督升天之后的第十天。“十”象征完全，意味着圣灵的降临完成了救恩计划，并带来了教会的诞生。

圣灵的洗是为要赐能力给信徒，使他们能够完成大使命，并在地上促进神的国度。圣灵的充满是在得救之后，其外在的明证是说方言，这也被称为“第二次祝福”。使徒行传 2:4 “他们都被圣灵充满，按着圣灵所赐的口才说起别国的话来。”

除了方言的恩赐之外，圣灵也赐下各样属灵恩赐来装备信徒，包括智慧、知识、信心、医病、行异能、预言、辨别诸灵、方言以及翻方言的恩赐（参见哥林多前书 12 章）。

五旬节标志着圣灵时代的开始，在这个时代中，神的灵积极地在教会里面和周围运行。“火焰的舌头”、“大风的响声”以及“说起别国的话来”，都是圣灵同在与运行的彰显。作为五旬节信徒，我们认同这些独特的属灵标志，并满怀期待地庆祝五旬节。

今日祷告：

- ♥ 祷告教会渴慕并领受圣灵的洗，伴随着说方言的恩赐。
- ♥ 祷告教会渴慕并运用圣灵的属灵恩赐，以促进神的国度。
- ♥ 祷告“促进Accelerate 30”的异象能够成功，使我们五旬节信徒的身份被提升。愿马来西亚神召会成为一个被圣灵大能充满的运动，建立一个充满神的话语、圣灵、能力与宣教使命的活泼群体。

WEEK 1

Advancing the Kingdom Through the Power of Holy Spirit

DAY 5 : 22 May 2026

Redeeming the Land through Holy Living

Scripture: Joshua 1:1-9

God promised Joshua success in entering and claiming the promised land if he obeyed God and lived a life aligned to God's purpose and plan. When Joshua had a personal encounter with the Lord Jesus, the Captain of the Lord's army told him, "Take off your sandals. The ground where you are standing is holy!" (Joshua 5:15). This implies that God's holy presence releases transformative power that changes both the seen and unseen realms. The land itself absorbs the holiness of God!

So when we live right, when we practice purity and devotion, the land where we are dwelling in becomes restored. Ezekiel 36:33-36 provides a vivid picture of the reciprocal relationship between the people's conduct and the sanctity of the land.

"This is what the Lord God says: On the day I cleanse you from all your iniquities, I will cause the cities to be inhabited, and the ruins will be rebuilt. The desolate land will be cultivated instead of lying desolate in the sight of everyone who passes by. They will say, "This land that was desolate has become like the garden of Eden. The cities that were once ruined, desolate, and demolished are now fortified and inhabited." Ezekiel 36:33-35

Righteousness exalts the land. A holy people attract divine blessings (Proverbs 14:34a).

PRAYER POINTS:

- ♥ Pray that every believer will have a fresh encounter with a holy God. (1 Peter 1:16)
- ♥ Pray that we will put into practice the principles laid out in Psalm 15 for living right.
- ♥ Pray for the power of God to be manifested as His people live righteously – a shift in the atmosphere, captives set free and souls saved.

第一周 藉着圣灵的大能推进神的国度

第5天：2026年5月22日
藉着圣洁的生活赎回土地

经文：约书亚记 1:1-9

神应许约书亚，只要他顺服神、活出与神旨意对齐的生命，就必在进入并得着应许之地上得着成功。当约书亚亲自遇见主——耶和华军队的元帅时，主对他说：“把你脚上的鞋脱下来，因为你所站的地方是圣的！”（约书亚记5:15）这表明，神圣洁的同在会释放转化的大能，影响可见和不可见的领域，连土地本身也吸收了神的圣洁！

因此，当我们活得正直、操练圣洁和敬虔时，我们所居住的土地也会得着恢复。以西结书 36:33-36 生动地描绘了百姓的行为与土地圣洁之间的互动关系。

“主耶和华如此说：我洁净你们，使你们脱离一罪孽的日子，必使城邑有人居住，荒场再被建造。过路的人虽看为荒废之地，现今这荒废之地仍得耕种。“他们必说：这先前为荒废之地，现在成如伊甸园；这荒废凄凉、毁坏的城邑现在坚固有人居住。”以西结书 36:33-35 CUV

公义使邦国高举；圣洁的百姓吸引神圣的祝福（箴言 14:34上）。

今日祷告：

- ♥ 祷告每一位信徒都能重新遇见圣洁的神（彼得前书 1:16）。
- ♥ 祷告我们能实践诗篇 15 篇中关于正直生活的原则。
- ♥ 祷告当神的子民活出公义时，神的大能得以彰显——属灵氛围转变、被掳的得释放、灵魂得救。

WEEK 1

Advancing the Kingdom Through the Power of Holy Spirit

DAY 6 : 23 May 2026

The Filling with Power

Scripture: Acts 2:1–4

The day of Pentecost was not just a historical moment; it was a day of divine empowerment. The disciples were gathered in unity and expectation, and God responded by pouring out His Spirit. The Holy Spirit did not trickle in quietly; He came in tongues of fire. God never gives wearily.

When the Spirit comes, He fills what is empty and ignites what is dormant. This empowerment was not about emotional excitement; it was about divine transformation. Fearful disciples became bold witnesses. Silence turned into bold preaching. Meekness turned into passion.

Being filled with the Holy Spirit is not a one-time event, it is continuous. It flows from the posture of surrender. God fills those who make room. If we feel dry, exhausted, or spiritually empty, the answer is not striving harder but yielding deeper. When we open our hearts, the Holy Spirit fills us again and again, renewing our passion for more of God. Find Him today!

PRAYER POINTS:

- ♥ Ask the Holy Spirit to fill you anew
- ♥ Surrender areas you have kept from God
- ♥ Pray for fresh fire and renewed passion for God

第一周 藉着圣灵的大能推进神的国度

第6天：2026年5月23日

充满能力

经文：使徒行传 2:1-4

五旬节不仅是一个历史事件，更是神亲自赐能力的时刻。门徒同心合意、满怀期待地聚集，神的回应是倾倒祂的灵。圣灵不是悄悄地来，祂是如火焰般降临；神的赐予从不厌倦。

当圣灵降临，祂充满空虚之处，点燃沉睡之地。这不是情绪的高涨，而是生命的转化：胆怯的人成为勇敢的见证者，沉默变为大胆宣讲，温吞变为火热。被圣灵充满不是一次性的经历，而是持续不断的生命状态，源于完全降服的姿态。神充满那些为祂预备空间的人。若我们感到干渴、疲惫或属灵空虚，答案不是更努力挣扎，而是更深地降服。当我们敞开心，圣灵就一次又一次地充满我们，更新我们对神的热情。今天就来寻找祂！

今日祷告：

- ♥ 求圣灵再次充满你。
- ♥ 将你一直保留、不愿交托给神的领域完全降服。
- ♥ 祷告得着新鲜的火焰和更新的爱神热情。

WEEK 1

DAY 7 : 24 May 2026

CHECK POINT:

WEEKLY REFLECTION OF JOURNEY

1. What did the Holy Spirit say to me in the past week in my daily devotion?

2. What is one mindset, attitude, action or behaviour I need to change?

3. Who is one person I can encourage with the Word of God this coming week?

WEEKLY SMALL GROUP DISCUSSION GUIDE

WEEK 1 — Advancing the Kingdom Through the Power of Holy Spirit

Scripture: Acts 2:1-4

Discussion Questions:

1. What do you see are the different roles of the Holy Spirit according to these bible verses?

2. (Ezekiel 36:24-28; John 7:37-39; John 14:15-31; Acts 1:8; Romans 8:1-16; Galatians 5:13-25)

3. Read the following bible verses and discuss on how do we receive the Holy Spirit (1 Corinthians 12:13; Romans 8:9; Ephesians 1:13-14; John 3:5-16)

Prayer:

- Ask the Holy Spirit to fill you anew
- Surrender areas you have kept from God
- Pray for fresh fire and renewed passion for God

Weekly Obedience:

- What did God speak to you through this week's readings?
- In what ways am I surrendering and depending on the power of Holy Spirit for a life of repentance, holy living and boldness to witness for Christ?

第一周

第7天：2026年5月24日

检查点：

每周反思

1. 在过去一周的每日灵修中，圣灵对我说了什么？

2. 我有哪一个心态、态度、行动或行为需要改变？

3. 在即将到来的一周里，有哪一个人是我可以用神的话语去鼓励的？

每周小组分享问题

第一周 - 藉着圣灵的大能推进神的国度

经文：使徒行传 2:1-4

讨论问题：

1. 根据这些经文，你认为圣灵有哪些不同的角色？

2. (以西结书 36:24-28；约翰福音 7:37-39；约翰福音 14:15-31；
使徒行传 1:8；罗马书 8:1-16；加拉太书 5:13-25)

3. 阅读以下经文，并讨论我们如何领受圣灵。
(哥林多前书12:13；罗马书8:9；以弗所书1:13-14；约翰福音3:5-16)

祷告重点：

- 求圣灵再次充满你。
- 将你一直保留、不愿交托给神的领域完全降服。
- 祷告得着新鲜的火焰和更新的爱神热情。

每周服从：

- 本周的经文阅读中，神对你说了什么？
- 我在哪些方面降服于神，依靠圣灵的大能，过悔改、圣洁的生活，并勇敢地为基督作见证？

WEEK 2 COME TO JESUS (Knowing Christ)

DAY 8 : 25 May 2026

The Invitation, “Come to Me”

Scripture: Matthew 11:28–30

Jesus says, “Come to Me.” That’s the starting point of real discipleship—not doing more, but being close to Him. It is a decisive call to a relationship that transforms our lives from the inside out.

The invitation is personal: “Come to Me.” Discipleship begins here—not with activity, but with intimacy. Before we do anything for Christ, we are called to be with Him. Many are busy in work, study and ministry, yet remain distant in relationship with Christ. Jesus addresses our weary heart that strives to do more without true spiritual alignment.

The condition is clear: “all who are weary and burdened.” Weariness often comes not just from life’s pressures, but from self-reliance even in our spiritual walk and wanting control instead of surrender. When we carry life expectations that is not aligned with Christ, we become spiritually fatigued. Hence, we need to recognize our need to respond to Jesus’ invitation with humility.

The exchange is powerful: “Take My yoke upon you and learn from Me.” This is the heart of intentional discipleship. The yoke represents submission to Christ’s lordship and alignment with His will. It is not about doing less, but about doing life with Him. To be yoked with Christ is to walk in step with Him, take on His way of life, and to be shaped into His likeness.

The promise is certain: “You will find rest for your souls.” This rest is not merely physical relief, but deep spiritual renewal and restoration. It is the assurance that comes from abiding in Christ and living under His gracious rule. His yoke is easy, not because life is simple, but because He bears the weight with us.

Today’s bible verse reminds us that discipleship is not about programs, but about the person of Jesus. It is a continual, intentional response to Jesus’ invitation—drawing near, aligning our lives under His lordship, and growing in Christlikeness.

REFLECTION QUESTIONS:

1. What burdens am I carrying today? What weariness am I experiencing today?

2. How can I take His yoke upon my life?

3. How am I truly walking in step with Christ daily?

PRAYER:

Lord Jesus, I respond to Your call, “come to me”. Teach me to draw near to You daily, to submit to Your lordship, and to learn from Your heart. Align my life with Yours, that I may find true rest and grow as Your disciple. Lord Jesus, teach me to rest in You. Amen.

第二周 亲近耶稣（认识基督）

第8天：2026年5月25日

邀请：“来亲近我”

经文：马太福音 11:28-30

耶稣说：“来亲近我。”这是真正门徒训练的起点——不在于做得更多，而在于亲近祂。这是一个果断的呼召，进入一段从内到外改变我们生命的关系。

这份邀请是针对个人的：“到我这里来。”门徒训练始于此——不在于活动，而在于亲密感。在我们为基督做任何事之前，我们受召要与祂同在。许多人忙于工作、学业和事工，却在与基督的关系上保持疏远。耶稣正对我们那颗因努力追求表现却缺乏属灵对齐而疲惫的心说话。

条件是清晰的：“凡劳苦担重担的人。”疲惫往往不仅来自生活的压力，也来自在属灵追求中依然依靠自己，想要掌控而非降服。当我们背负着与基督不一致的人生期待时，我们会陷入属灵的疲竭。因此，我们需要谦卑地意识到自己需要回应耶稣的邀请。

这份交换是强而有力的：“负我的轭，学我的样式。”这是刻意门徒训练的核心。这“轭”代表顺服基督的主权并与祂的旨意对齐。这不是要我们做得更少，而是要我们与祂一同生活。与基督同负一轭，就是与祂齐步同行，效法祂的生活方式，并被塑造出祂的样式。

应许是确定的：“你们心里就必得享安息。”这种安息不仅是身体上的放松，更是深层的属灵更新与恢复。这是来自于常在基督里、活在祂恩典治理下的确据。祂的轭是容易的，不是因为生活变得简单，而是因为祂与我们一同承担重量。

今天的经文提醒我们，门徒训练不在于项目计划，而在于耶稣基督本人。这是对耶稣邀请的一种持续且刻意的回应——不断亲近祂，将我们的生命对齐在祂的主权之下，并在活出基督样式中不断成长。

反思问题：

1. 我今天正背负着什么样的重担？我正经历着什么样的疲惫？

2. 我该如何将祂的轭负在我的生命中？

3. 在日常生活中，我该如何真正地与基督齐步同行？

祷告：

主耶稣，我回应祢的呼召：“来亲近我”。求祢教导我每天亲近祢，顺服祢的主权，并向祢的心意学习。求祢使我的生命与祢对齐，好让我得着真正的安息，并作为祢的门徒不断成长。主耶稣，求祢教导我安息在祢里面。阿们。

WEEK 2 COME TO JESUS (Knowing Christ)

DAY 9 : 26 May 2026

Abide in the Vine

Scripture: John 15:1–8

Jesus gives us a simple yet searching picture: He is the Vine; we are the branches. Our Christian life is not sustained by self-reliance effort, but by connection with the source of life. Apart from Christ, we may appear active, but we will not bear lasting fruit.

To abide means more than occasional connection—it is a continual, conscious dependence on Christ. Fruitfulness in our life is not produced by religious activity, but by intimacy with Christ.

Abiding involves:

- Remaining in His Word – letting Scripture shape our thoughts and desires.
- Responding in obedience – aligning our lives to His will.
- Resting in His love – not performing for approval, but living from acceptance.

The Father, the Vinedresser, lovingly prunes every branch that bears fruit—so that it may bear more. Pruning is not punishment; it is purposeful refinement. In seasons of discomfort and confusion, God may be deepening your dependence in Him so that your fruit will last.

The warning is sobering: “Apart from Me you can do nothing.” Not less, not a little, but nothing of eternal value. This is not a rebuke—it is a reality check. Much of our spiritual dryness comes not from lack of effort, but from lack of abiding. We attempt to bear fruit while disconnected from the source of life.

The promise is powerful: when we abide in Him and His Word abides in us, our lives align with His will, and we bear much fruit—fruit that glorifies the Father.

Abiding in Christ is essential in our spiritual walk. Discipleship is not about striving harder, but staying connected deeper with the source of life. It is a life of intentional dependence, where intimacy with Christ leads to transformation and multiplication.

Today, don't just do things for God—abide in Him.

REFLECTION QUESTIONS:

1. How am I living connected to Christ daily?

2. What is draining my spiritual life?

3. What is one area of your life where you are striving instead of abiding?

PRAYER:

Lord Jesus, draw me into deeper communion with You each day. Teach me to abide—not occasionally, but continually daily. Help me stay connected, depend on You, and bear fruit that glorifies You. Lord Jesus, teach me to abide in You daily and bear fruits that will last. Amen.

第二周 亲近耶稣（认识基督）

第9天：2026年5月26日
与葡萄树同在

经文：约翰福音 15:1-8

耶稣给了我们一个简单却引人深思的画面：祂是葡萄树，我们是枝子。我们的基督徒生活并非靠着自我的努力来维持，而是靠着与生命之源的连接。离了基督，我们或许看起来很忙碌，但却无法结出持久的果子。

“常在主里”不仅仅指偶尔的连接——它是一种对基督持续且自觉的依靠。我们生命中的丰盛果实并非产生于宗教活动，而是产生于与基督的亲密关系。

“常在”包括：

- 常在祂的话语里 - 让经文塑造我们的思想和渴望。
- 以顺服来回应 - 使我们的生命与祂的旨意对齐。
- 安息在祂的爱里 - 不是为了赢得认可而表现，而是活在被接纳的恩典中。

天父是那位栽培的人，祂出于爱修剪每一根结果子的枝子——好叫它结实更多。修剪并非惩罚，而是有目的的磨炼。在感到不安和困惑的季节里，神可能正在加深你对祂的依靠，好让你的果子能够长存。

这个警告令人警醒：“离了我，你们就不能做什么。”不是做得比较少，也不是只能做一点点，而是无法做出任何具有永恒价值的事。这不是一种责备——而是一种对事实的提醒。我们许多属灵的枯干并非源于缺乏努力，而是源于缺乏“常在”。我们常常试图在与生命之源断开的情况下结果子。

这个应许是强而有力的：当我们常在祂里面，且祂的话也常在我们里面时，我们的生命就与祂的旨意对齐，并能结出许多果子——使天父得荣耀的果子。

常在基督里是我们属灵奔路的关键。门徒训练不在于更加卖力地挣扎，而在于与生命之源有更深连接。这是一种刻意依靠的生命，在这种生命中，与基督的亲密关系将带来生命转化与倍增。

今天，不要只是为神做事——要常在祂里面。

反思问题：

1. 在日常生活中，我是如何与基督保持连接的？

2. 是什么在消耗（或榨干）我的属灵生命？

3. 在你生命的哪一个领域中，你是在靠自己努力（striving），而不是常在主里（abiding）？

祷告：

主耶稣，求祢每天带领我进入与祢更深的契合中。教导我如何常在祢里面-不只是偶尔，而是每一天都持续不断。求祢帮助我保持与祢连接，凡事倚靠祢，并结出荣耀祢的果子。主耶稣，教导我每天常在祢里面，结出长存的果子。阿们。

WEEK 2 COME TO JESUS (Knowing Christ)

DAY 10 : 27 May 2026

Seeking First

Scripture: Matthew 6:25–34

Jesus speaks into our anxieties with clarity: “Do not worry.” Jesus addresses one of the deepest struggles of the human heart—anxiety about life. Food, drink, clothing, tomorrow. These are real concerns. Yet, a world consumed with needs, plans, and the future, Jesus redirects our focus with a divine priority: “Seek first the kingdom of God and His righteousness.”

To “seek first” is not merely about sequence—it is about supremacy. What sits at the center of your life? What governs your decisions, your emotions, your pursuits?

Our walk with God begins with right alignment of the heart. When Christ’s Kingdom is first, everything else finds its proper place. When it is not, even legitimate needs become sources of anxiety.

Jesus points to the birds of the air and the lilies of the field. They do not strive anxiously, yet they are sustained by the Father’s care. This is a simple reminder of God’s faithful care. If the Father provides for them, how much more will He care for His children? The issue is not whether God provides, but whether we trust Him enough to put His kingdom first.

Worry often reveals a deeper problem: misplaced priority. We seek security in what we can control, instead of surrendering to the One who holds tomorrow.

To seek first the Kingdom is to:

- Prioritize God’s rule over every area of life—our decisions, ambitions, and daily pursuits.
- Pursue His righteousness in character and conduct
- Trust His provision for daily needs—an intentional choice to live under His lordship, trusting that He will take care of what we cannot control.

The promise is clear: “All these things will be added to you.” Not necessarily in excess, but always in sufficiency—according to God’s wisdom.

Disciples are not driven by anxiety, but by alignment—prioritizing God’s kingdom above all else, and trusting Him fully for the rest. Do not let tomorrow’s concerns distract you from today’s calling. Seek first. Trust fully. Walk faithfully.

REFLECTION QUESTIONS:

1. What is one area where worry is competing with your trust in God?

2. How can I let go of the illusion of control and trust in God’s care and providence?

3. What are you truly seeking first in your life right now?

PRAYER:

Father, realign my heart to seek Your Kingdom above all else. Teach me to trust Your provision and rest in Your care, so that I may live free from anxiety and fully devoted to You. Align my priorities with Your kingdom. Amen.

第二周 亲近耶稣（认识基督）

第10天：2026年5月27日

先求神的国

经文：马太福音 6:25-34

耶稣清楚地针对我们的焦虑说话：“不要忧虑。”耶稣触及了人心深处最大的挣扎之一——对生活的焦虑。饮食、穿着、明天，这些都是现实的顾虑。然而，在这样一个充斥着需求、计划和未来的世界里，耶稣用一种属天的优先次序重新引导了我们的焦点：“先求祂的国和祂的义。”

“先求”不仅是指顺序上的先后，更是指主权上的首位。什么处于你生命的中心？是什么在主导你的决定、你的情感和你的追求？

我们与神同行的起点是心中正确的对齐。当基督的国度位居首位时，其他一切都会各就其位。若非如此，哪怕是正当的需求也会成为焦虑的源头。

耶稣指着天上的飞鸟和野地的百合花。它们并不焦虑挣扎，却蒙受天父的看顾。这是对神信实供应的简单提醒。天父尚且供养它们，难道祂不更看顾祂的儿女吗？问题不在于神是否供应，而在于我们是否足够信任祂，从而将祂的国放在首位。

忧虑往往揭示了一个更深层的问题：优先次序的错位。我们试图在自己可以掌控的事物中寻找安全感，而不是降服在那位掌管明天的神面前。

“先求祂的国”意味着：

- 将神的主权置于生活的每个领域之上——包括我们的决定、志向和每日的追求。
- 在品格和行为上追求祂的公义。
- 相信祂对每日需用的供应——这是一种刻意选择，活在祂的主权之下，相信祂会负责我们无法掌控的事。

应许是清晰的：“这些东西都要加给你们了。”这不一定意味着奢侈富足，但根据神的智慧，必定是充足的。

门徒的生活不是由焦虑驱动的，而是由“对齐”驱动的——将神的国置于一切之上，并在其余的事上完全信靠祂。不要让明天的忧虑干扰了今天的呼召。先求祂的国。完全信靠。忠心前行。

反思问题：

1. 在你生命的哪一个领域中，忧虑正与你对神的信靠相抗衡？

2. 我该如何放下那种“一切尽在掌握”的幻觉，转而信靠神的看顾与供应？

3. 在你目前的生活中，你真正“先求”的是什么？

祷告：

天父，求祢重新调整我的心，使我将寻求祢的国置于首位。教导我信靠祢的供应，并安息在祢的看顾中，好叫我能脱离忧虑，过一个全然委身于祢的生活。求祢使我的优先次序与祢的国度对齐。阿们。

WEEK 2 COME TO JESUS (Knowing Christ)

DAY 11 : 28 May 2026
Hunger for God

Scripture: Psalm 42:1–5

There is a deep ache in the human soul that nothing in this world can satisfy. The psalmist cries, “As the deer pants for streams of water, so my soul pants for You, O God.” This is the language of deep spiritual hunger—a longing that goes beyond routine religion into genuine desire for God Himself.

Our discipleship journey begins with desire. Without a hunger for God, spiritual growth becomes dry and rigid. The psalmist isn’t satisfied with knowing more about God—he longs to encounter Him personally. True disciples cultivate this appetite daily, choosing intimacy over indifference.

The psalmist writes honestly about his struggle. He remembers seasons of vibrant worship—walking with the multitude, rejoicing in God’s presence. Yet now, he finds himself in spiritual drought. What does he do? He does not deny his discouragement, he doesn’t drift—he directs his soul back to God. “Why, my soul, are you downcast?” Then he speaks truth to himself: “Put your hope in God.” We do not allow our feelings to dictate our faith; we anchor our soul in truth.

Hunger for God is not automatic—it must be cultivated. It grows when we intentionally abide in His Word, linger in His presence, and reorder our lives around Him. When we do, our dryness becomes dependence, and our longing becomes encounter. In a world full of distractions, many fill their lives but remain spiritually empty. Only God can truly satisfy the soul. The call is clear: cultivate a deep, daily hunger for Him.

REFLECTION QUESTIONS:

1. Do you truly hunger for God, or have other things taken His place?

2. When was the last time you truly longed for God’s presence and what was the experience?

3. How can you intentionally cultivate a deeper spiritual hunger within this 40-days?

PRAYER:

Lord, awaken in me a deep hunger for You. Forgive me for the times I have been satisfied with lesser things. Stir my heart to seek You earnestly, to thirst for Your presence daily. When my soul feels dry or discouraged, help me to anchor myself in Your truth and place my hope in You again. Draw me closer, Lord, until You alone are my greatest desire. Teach me to seek You daily and to place my hope fully in You. Amen.

第二周 亲近耶稣（认识基督）

第11天：2026年5月28日

渴慕神

经文：诗篇 42:1-5

人类的灵魂深处有一种渴望，是这世上的任何事物都无法满足的。诗人呼喊道：“神啊，我的心切慕祢，如鹿切慕溪水。”这是一种深层属灵饥渴的语言——这种渴望超越了例行公事的宗教仪式，转化为对神本身的真挚渴求。

我们的门徒之旅始于这种渴慕。若没有对神的饥渴，属灵成长就会变得枯燥而僵化。诗人并不满足于仅仅“增加关于神的知识”，他渴望亲身遇见神。真正的门徒每天都在培养这种渴慕，在冷淡与亲密之间，选择与主亲近。

诗人诚实地写下了他的挣扎。他回忆起那些敬拜火热的季节——曾与众人同行，在神的同在里欢喜。然而现在，他发现自己正处于属灵的干旱期。他做了什么？他没有否认自己的沮丧，也没有任由自己漂流——他引导自己的灵魂转向神。“我的心哪，你为何忧闷？”接着，他向自己宣告真理：“应当仰望神。”我们不容许情感来主导信仰；我们将灵魂锚定在真理之上。

对神的饥渴并非自动产生的——它必须经过培养。当我们刻意地常在祂的话语中、在祂的同在里停留、并环绕着祂来重整我们的生活时，这种饥渴就会增长。当我们这样做时，我们的干渴就化为倚靠，我们的渴望就化为相遇。在一个充满干扰的世界里，许多人填满了生活，灵魂却依然空虚。唯有神能真正满足人的灵魂。这个呼召是清晰的：在日常生活中，培养对祂深切的渴慕。

反思问题：

1. 你是否真正地渴慕神？还是其他事物已经取代了祂的位置？

2. 你上一次真正渴慕神的同在是什么时候？那是一种怎样的经历？

3. 在这四十天里，你该如何刻意地培养更深层的属灵饥渴？

祷告：

主啊，求祢在我里面唤醒对祢深切的饥渴。原谅我多次满足于那些次要的事物。求祢搅动我的心，使我热切地寻求祢，每天渴慕祢的同在。当我的灵魂感到干渴或沮丧时，求祢帮助我将自己锚定在祢的真理中，并再次将盼望寄托于祢。主啊，求祢吸引我更亲近祢，直到祢成为我最大的渴求。求祢教导我每天寻求祢，并将我的盼望完全放在祢身上。阿们。

WEEK 2 COME TO JESUS (Knowing Christ)

DAY 12 : 29 May 2026
Listening to His Voice

Scripture: John 10:1–16

In a crowded world filled with competing voices, the greatest need of a disciple is not more information—but clear recognition of the Shepherd’s voice. Jesus declares, “My sheep hear My voice; I know them, and they follow Me.” This is the mark of authentic discipleship—an ongoing, responsive relationship. It is not enough to hear many voices; we must discern His voice. True disciples learn to recognize and respond to the voice of Christ.

Discipleship is not merely about knowing. It is also walking with Christ. Listening to His voice requires responsive trust and obedience. We slow down, we quiet our hearts, and we immerse ourselves in His Word. Over time, His voice becomes familiar, trusted, and life-directing.

Jesus also reveals Himself as the Good Shepherd who lays down His life for the sheep. This means His voice is never manipulative or condemning—it is always protective, purposeful, and life-giving. When we truly hear Him, we are led not into confusion, but into clarity and peace.

The question is not whether God is speaking—He is. The question is whether we are positioning ourselves to listen and ready to obey. As we grow in intimacy with Christ, our ability to recognize His voice becomes sharper. When Jesus speaks, disciples respond with alignment, not hesitation.

REFLECTION QUESTIONS:

1. What are the voices you listen that shapes your character and your decisions?

2. How are you intentionally cultivating the ability to recognize God’s voice?

3. What has God been speaking to you that requires obedience?

PRAYER:

Lord Jesus, You are my Good Shepherd. Teach me to recognize Your voice above all others. Quiet my heart from distractions and tune my spirit to Your leading. Help me to spend time in Your Word and presence so that I may grow in discernment. Give me the courage not only to hear You, but to follow You in obedience. Lead me in Your ways, for they are life and peace. Give me ears to hear You. Amen.

第二周 亲近耶稣（认识基督）

第12天：2026年5月29日

聆听祂的声音

经文：约翰福音 10:1-16

在这个充斥着各种嘈杂声音的世界里，门徒最大的需求不是更多的信息，而是能清晰辨认出牧人的声音。耶稣宣告说：“我的羊听我的声音，我也认识他们，他们也跟着我。”这是真实门徒生活的标志——一种持续的、有回应的关系。仅仅听到许多声音是不够的，我们必须能分辨祂的声音。真正的门徒会学习辨认并回应基督的声音。

门徒训练不仅仅关乎“认知”，也关乎与基督同行。倾听祂的声音需要回应性的信靠与顺服。我们要慢下来，使心安静，并将自己沉浸在祂的话语中。随着时间的推移，祂的声音会变得熟悉、值得信靠，并成为生命的指引。

耶稣也启示自己是为羊舍命的好牧人。这意味着祂的声音绝非操纵或定罪，而是始终带着保护、目的与生命。当我们真正听见祂时，我们被引向的不是混乱，而是清晰与平安。

问题不在于神是否在说话——祂一直在说话。问题在于我们是否将自己放在倾听的位置，并准备好顺服。随着我们与基督的关系愈加亲密，我们辨认祂声音的能力也会变得更加敏锐。当耶稣说话时，门徒会以“对齐”来回应，而非迟疑。

反思问题：

1. 你平时在听哪些声音？这些声音又是如何塑造你的品格和决定的？

2. 你正在如何刻意地培养自己辨认神声音的能力？

3. 神最近一直在对你诉说些什么，是需要你以顺服来回应的？

祷告：

主耶稣，祢是我的好牧人。求祢教导我在万声之中能辨认出祢的声音。求祢使我的心安静，脱离一切干扰，并使我的灵敏锐于祢的引导。求祢帮助我常在祢的话语和同在里，好让我在分辨力上不断增长。求祢赐给我勇气，不仅是去听见祢，更是以顺服来跟随祢。求祢引导我走在祢的道路中，因为那是生命与平安。求祢赐给我能够听见祢的耳朵。阿们。

WEEK 2 COME TO JESUS (Knowing Christ)

DAY 13 : 30 May 2026
The Word Gives Life

Scripture: Psalm 119:9–16

In a world saturated with opinions, fake news and distractions, the question remains timeless: “How can a young person stay on the path of purity?” The psalmist answers with clarity—by living according to the Word of God.

In our discipleship journey, Scripture is not optional; it is foundational. A life anchored in God’s Word is a life aligned with His will. The Word of God is not just to be read—it is to be sought, stored, spoken, and savored. “I have hidden Your Word in my heart that I might not sin against You.” This is the intentional discipline of a true disciple: internalizing Scripture until it shapes our desires, decisions, and direction.

Our spiritual growth is never accidental. It is cultivated through deliberate habits. The psalmist models this: he seeks God with all his heart, rejoices in God’s statutes, meditates on His precepts, and delights in His decrees. Notice the progression—from pursuit to delight. When the Word moves from duty to delight, it becomes a source of life.

Too often, we treat Scripture as a reference book for crisis moments. But God’s design is that His Word becomes our daily bread, sustaining and guiding us continually. When we neglect it, our spiritual life weakens. When we immerse ourselves in it, life flows—clarity replaces confusion, conviction replaces compromise, and joy replaces emptiness. This is not mere information transfer; it is life transformation.

The question is not whether the Word has life—it does. The question is whether we will position ourselves to receive that life.

REFLECTION QUESTIONS:

1. What is your current posture toward God’s Word—duty, discipline, or delight?

2. In what practical ways can you “hide” God’s Word in your heart this week?

3. How has neglecting or engaging with Scripture affected your spiritual vitality?

PRAYER:

Lord, thank You that Your Word is powerful and life-giving. Forgive me for the times I have neglected it or treated it lightly. Give me a heart that seeks You wholeheartedly and delights in Your truth. Give me a deep love for Your Word. Help me to hide Your Word in my heart, that my life may be shaped by it. Let Your Word bring clarity, conviction, and life to every part of my walk with You. Plant Your Word in my heart. Amen.

第二周 亲近耶稣（认识基督）

第13天：2026年5月30日

神的话语赐予生命

经文：诗篇 119:9-16

在一个充斥着各样观点、虚假新闻和干扰的世界里，那个永恒的问题依然存在：“少年人用什么洁净他的行为呢？”诗人的回答清晰有力——是要遵行神的话。

在我们的门徒之旅中，经文绝非可选的配角，而是根基。一个锚定在神话语中的生命，是与祂的旨意对齐的生命。神的话不仅是用来阅读的，更值得我们去寻求、珍藏、宣扬和品味。“我将祢的话藏在心里，免得我得罪祢。”这是真实门徒的刻意操练：内化经文，直到它塑造我们的渴望、决定和方向。

我们的属灵成长绝非偶然，而是通过有意识的习惯培养出来的。诗人因此树立了榜样：他一心寻求神，喜爱神的法度，默想祂的训词，并在祂的律例中得着欢愉。请注意这种进阶——从追求到喜爱。当神的话从“义务”转变为“喜乐”时，它就成了生命的泉源。

很多时候，我们只把经文当作危机时刻的参考书。但神的本意是要让祂的话成为我们日用的饮食，不断地支撑并引导我们。当我们忽视它时，属灵生命就会软弱；当我们沉浸其中时，生命就会流淌——清晰取代了混乱，定见取代了妥协，喜乐取代了空虚。这不仅仅是信息的传递，更是生命的转化。

问题不在于神的话是否有生命——它确实有。问题在于我们是否会将自己放在领受那生命的位置上。

反思问题：

1. 你目前对待神话语的态度是怎样的-是出于义务、操练，还是喜爱？

2. 本周你可以通过哪些实际的方法，将神的话语“藏”在心里？

3. 忽视经文或亲近经文，分别如何影响了你的属灵生命力？

祷告：

主啊，感谢祢，因为祢的话语满有能力，且赐人生命。原谅我多次忽视了祢的话语，或是轻忽地对待它。求祢赐给我一颗一心寻求祢、并在祢的真理中得着欢愉的心。求祢使我对祢的话语生发出深切的爱。帮助我将祢的话语藏在心里，好让我的生命能被它所塑造。愿祢的话语为我与祢同行的每一步带来清晰、定见与生命。将祢的话语栽植在我心中。阿们。

WEEK 2

DAY 14 : 31 May 2026

CHECK POINT:

WEEKLY REFLECTION OF JOURNEY

1. What did the Holy Spirit say to me in the past week in my daily devotion?

2. What is one mindset, attitude, action or behaviour I need to change?

3. Who is one person I can encourage with the Word of God this coming week?

WEEKLY SMALL GROUP DISCUSSION GUIDE

WEEK 2 — Come to Jesus (Knowing Christ)

Scripture: Matthew 11:28–30

Discussion Questions:

1. How am I living connected to Christ daily?

2. How can you intentionally cultivate a deeper spiritual hunger within this 40-days?

3. What has God been speaking to you that requires obedience?

Prayer:

- Pray for a deeper hunger to abide in Christ daily — not merely serving Him outwardly, but cultivating a living and intimate walk with Him. (John 15:4–5)
- Pray for relationships within the church to be marked by unity, encouragement, accountability, and genuine love as we grow together in Christ.
- Pray that members will not be distracted by busyness or worldly pursuits, but will prioritize abiding in Christ above all else.

Weekly Obedience:

Make a covenant with your group to start and maintain a regular journey in knowing God together (walk with God together).

第二周

第14天：2026年5月31日

检查点：

每周反思

1. 在过去一周的每日灵修中，圣灵对我说了什么？

2. 我有哪一个心态、态度、行动或行为需要改变？

3. 在即将到来的一周里，有哪一个人是我可以用神的话语去鼓励的？

每周小组分享问题

第二周 亲近耶稣（认识基督）

经文：马太福音 11:28-30

讨论问题：

1. 在日常生活中，我是如何与基督保持连接的？

2. 在这四十天里，你该如何刻意地培养更深层的属灵饥渴？

3. 神最近一直在对你诉说些什么，是需要你以顺服来回应的？

祷告重点：

- 为着对每日“常在基督里”有更深的渴慕而祷告-不仅是外在的服事祂，更是要培养与祂建立真实、亲密的同行关系。（约翰福音15:4-5）
- 求主使教会内的关系以合一、鼓励、彼此守望和真诚的爱为标志，使我们能在基督里共同成长。
- 求主保守弟兄姊妹不被忙碌或世俗的追求所分心，而是能将“常在基督里”列为首要，胜过一切。

每周服从：

请与你的小组立下一个盟约，开始并坚持一段共同追求认识神、与神同行的常态化旅程。

WEEK 3 TRANSFORMED BY CHRIST (Following Christ)

DAY 15 : 1 June 2026

A New Heart

Scripture: Ezekiel 36:26–32

God's promise in Ezekiel is not merely about external change, but deep internal transformation: "I will give you a new heart and put a new spirit in you." True discipleship is not behavior modification—it is heart transformation. Left to ourselves, our hearts are resistant, hardened, and inclined toward self. But God intervenes by His grace to renew us from within.

A "heart of stone" represents spiritual insensitivity—a life unmoved by God, resistant to His ways. In contrast, a "heart of flesh" is responsive, tender, and aligned with God's will. Transformation begins when we allow God to soften what has become hardened through sin, pride, hurt, or disobedience.

This passage reminds us that transformation is God's work before it becomes our walk. We do not change ourselves to come to God; God changes us as we surrender to Him. The Spirit enables us to live in obedience—not out of duty, but from a renewed desire.

Following Christ requires continual surrender of the heart. We must ask: what areas have grown cold, resistant, or indifferent? God's invitation is not condemnation, but restoration. He desires to reshape our inner life so that our outward life reflects Him.

REFLECTION QUESTIONS:

1. What parts of my heart have become hardened or resistant to God?

2. What is God asking me to surrender today?

3. How can I cultivate a responsive heart toward Him?

PRAYER:

Lord, give me a new heart. Soften every area in me that has become hardened. Remove pride, resistance, and indifference. Fill me with Your Spirit and align my desires with Yours. Transform me from within so that my life reflects You. Amen.

第三周 在基督里被更新（跟随基督）

第15天：2026年6月1日

新的心

经文：以西结书 36:26-32

神在以西结书中的应许，不只是外在的改变，而是内在生命的更新：“我也要赐给你们一个新心，将新灵放在你们里面。”真正的门徒生命，不是行为的修正，而是内心的转变。若靠自己，我们的心容易刚硬、悖逆，并倾向自我中心。但神以祂的恩典介入，从里面更新我们。

“石心”代表属灵的麻木，对神无动于衷，抗拒祂的道路；“肉心”则是柔软、敏锐、愿意顺服神的心。生命的转变，从让神软化那些因罪、骄傲、伤害或悖逆而变得刚硬的地方开始。

这段经文提醒我们：转变是神先动工，然后才成为我们的生命实践。我们不是改变自己才来到神面前，而是在降服中被神改变。圣灵使我们能够顺服，不再只是出于责任，而是出于更新的渴望。

跟随基督需要不断地降服我们的心。我们必须问：哪些地方已经变得冷淡、抗拒或无感？神的邀请不是定罪，而是恢复。祂要塑造我们的内在生命，使我们的外在生活能反映祂。

反思问题：

1. 我生命中有哪些地方对神变得刚硬或抗拒？

2. 今天神要我交托什么？

3. 我如何培养一颗对神敏锐回应的心？

祷告：

主啊，赐给我一颗新的心。软化我里面一切刚硬的地方，除去骄傲、抗拒与冷漠。用祢的灵充满我，使我的心志与祢对齐。从内在更新我，使我的生命能反映祢。阿们。

WEEK 3 TRANSFORMED BY CHRIST (Following Christ)

DAY 16 : 2 June 2026
Put On the New Self

Scripture: Colossians 3:1–17

Following Christ involves both putting off the old and putting on the new. Paul calls believers to set their hearts and minds on things above—not as an abstract idea, but as a practical reorientation of life.

The “old self” is characterized by sinful patterns—anger, impurity, selfishness, and destructive habits. These are not merely actions but expressions of a life disconnected from Christ. Transformation requires intentional removal of these patterns.

But discipleship does not stop at removal—it moves into renewal. We are called to “clothe” ourselves with compassion, kindness, humility, gentleness, and patience. These are not natural traits; they are the character of Christ formed in us.

At the center of this transformation is love, which binds everything together in unity. As Christ’s peace rules our hearts and His Word dwells in us richly, our lives become expressions of worship—both in word and action.

Transformation is not passive—it requires intentional participation. We daily choose what we put off and what we put on.

REFLECTION QUESTIONS:

1. What old habits or attitudes do I need to put off?

2. Which Christlike qualities do I need to intentionally put on?

3. How can I allow Christ’s Word to dwell in me more richly?

PRAYER:

Lord, help me to put off my old ways and clothe myself with Christ. Shape my character to reflect Your heart. Let Your peace rule in me and Your Word dwell in me richly. Transform my daily life to honour You. Amen.

第三周 在基督里被更新（跟随基督）

第16天：2026年6月2日

穿上新人

经文：歌罗西书 3:1-17

跟随基督意味着脱去旧人，并穿上新人。保罗呼召信徒思念上面的事，这不是抽象的观念，而是生命方向的重新对齐。

“旧人”表现为罪性的习惯——愤怒、污秽、自私和败坏的行为。这些不仅是行为，更是与基督隔绝的生命表现。转变需要刻意地除去这些旧有的模式。

但门徒生命不仅是“脱去”，更是“穿上”。我们要披戴怜悯、恩慈、谦卑、温柔和忍耐。这些不是天然的性情，而是基督在我们里面所结的果子。

爱是这一切的中心，把一切联络得合式。当基督的平安在我们心里作主，祂的话丰丰富富地住在我们里面，我们的生命就成为敬拜——无论言语或行为。

转变不是被动的，而是需要我们有意识的参与。我们每天都在选择要脱去什么，要穿上什么。

反思问题：

1. 我需要脱去哪些旧有的习惯或态度？

2. 我需要刻意培养哪些基督的品格？

3. 我如何让基督的话更丰丰富富地住在我里面？

祷告：

主啊，帮助我脱去旧人，穿上基督。塑造我的品格，使我更像祢。让祢的平安掌管我，让祢的话充满我。改变我的生活，使我荣耀祢。阿们。

WEEK 3 TRANSFORMED BY CHRIST (Following Christ)

DAY 17 : 3 June 2026

Search Me, O God

Scripture: Psalm 139:23–24

Spiritual transformation requires honest self-examination before God. David invites God to search his heart—not because God lacks knowledge, but because we often lack awareness.

There are hidden areas in our lives—motives, attitudes, and thoughts—that we may ignore or justify. Yet these unseen areas shape our spiritual condition. True growth begins when we allow God to reveal what is hidden.

This prayer is an act of humility and trust. It acknowledges that God sees fully and leads faithfully. When God exposes sin or wrong patterns, it is not to condemn, but to lead us into the “way everlasting”—a life aligned with Him.

Many avoid this level of honesty because it is uncomfortable. But without it, transformation remains shallow. God does not only deal with visible actions; He transforms the inner life.

REFLECTION QUESTIONS:

1. In what ways am I allowing God to search my heart honestly?

2. What hidden attitudes or motives might God be revealing to me?

3. How can I respond in obedience to His leading?

PRAYER:

Lord, search me and know my heart. Reveal anything in me that is not pleasing to You. Lead me in Your ways and transform my inner life. Give me the humility to respond to Your truth. Amen.

第三周 在基督里被更新（跟随基督）

第17天：2026年6月3日

求祢鉴察我

经文：诗篇 139:23-24

属灵的转变需要在神面前诚实地自我省察。大卫邀请神鉴察他的心，不是因为神不知道，而是我们常常没有察觉。

我们的生命中有隐藏的部分——动机、态度、思想——我们可能忽略或合理化。但这些隐藏的部分，却深深影响我们的属灵状态。真正的成长始于让神光照这些隐秘之处。

这是一个谦卑与信靠的祷告。它承认神完全的看见，也相信祂的引导。当神指出我们的罪或错误，不是为了定罪，而是带领我们走在“永生的道路”上。

许多人避免这样的诚实，因为不舒服。但若没有这一步，转变只会停留在表面。神不仅对付外在行为，更要更新内在生命。

反思问题：

1. 我正在如何 让神真实地鉴察我的心？

2. 神可能正在光照我哪些隐藏的态度或动机？

3. 我如何顺服祂的引导？

祷告：

主啊，求祢鉴察我，认识我的心。显明我里面一切不讨祢喜悦的地方，引导我走在祢的道路上。赐我谦卑的心回应祢的真理。阿们。

WEEK 3 TRANSFORMED BY CHRIST (Following Christ)

DAY 18 : 4 June 2026
Walking in the Light

Scripture: 1 John 1:5–9

God is light, and in Him there is no darkness. To follow Christ is to walk in that light—living in truth, transparency, and holiness. This means we do not hide sin or pretend righteousness.

Confession is central to transformation. It is not merely admitting wrongdoing, but agreeing with God about our sin and turning from it. When we confess, God is faithful to forgive and cleanse us completely.

Many struggle with guilt because they carry what God has already forgiven. Others struggle because they refuse to acknowledge sin. The gospel addresses both—calling us into honest confession and confident forgiveness.

Walking in the light also means living in accountability and openness before God and others. Transformation grows in environments of truth, not secrecy.

REFLECTION QUESTIONS:

1. What are the sins I need to confess before God?

2. In what ways am I walking in honesty and transparency?

3. How have I truly receive God's forgiveness?

PRAYER:

Father, thank You for Your mercy and forgiveness. I confess my sins before You. Cleanse me and restore me. Help me to walk in Your light daily and live in truth. Amen.

第三周 在基督里被更新（跟随基督）

第18天：2026年6月4日

行在光中

经文：约翰一书 1:5-9

神就是光，在祂毫无黑暗。跟随基督，就是行在光中——活在真实、透明与圣洁里。这意味着我们不隐藏罪，也不假装义。

认罪是转变的关键。不只是承认错误，更是与神对齐，看待罪如同神看待，并愿意转离。当我们认罪，神是信实公义的，必要赦免并洁净我们。

有些人因背负已蒙赦免的罪而活在内疚中；有些人则拒绝认罪。福音同时回应这两种情况——呼召我们诚实认罪，也赐下完全的赦免。

行在光中也意味着在神与人面前活出真实。转变是在真理中成长，而不是在隐藏中。

反思问题：

1. 我有甚麽需要向神认的罪？

2. 我正在如何活在真实与透明中？

3. 我如何真正领受了神的赦免？

祷告：

父啊，感谢祢的怜悯与赦免。我向祢承认我的罪，求祢洁净我、恢复我。帮助我每日行在祢的光中，活出真实。阿们。

WEEK 3 TRANSFORMED BY CHRIST (Following Christ)

DAY 19 : 5 June 2026
Kingdom Character

Scripture: Matthew 5:1–12

The Beatitudes reveal the character of those who belong to God's kingdom. They are not ideals to admire, but qualities to embody.

Jesus begins with "blessed are the poor in spirit"—those who recognize their need for God. Transformation starts with humility. Each beatitude builds a picture of a life shaped by God: meekness, righteousness, mercy, purity, peace-making, and perseverance through persecution.

These values often contradict the world's definition of success. Yet they reflect the heart of Christ. Following Him means allowing His kingdom values to reshape our attitudes, responses, and priorities.

Transformation is not just about avoiding sin—it is about becoming like Christ in character.

REFLECTION QUESTIONS:

1. Which beatitude speaks to me the most?

2. How does my life reflect (or resist) kingdom values?

3. What is one area of character God is shaping in me?

PRAYER:

Lord, shape my heart according to Your kingdom. Form in me humility, mercy, purity, and righteousness. Help me to reflect Your character in every area of my life. Amen.

第三周 在基督里被更新（跟随基督）

第19天：2026年6月5日

天国的品格

经文：马太福音 5:1-12

八福揭示了属神国度之人的品格。这不仅是我们欣赏的标准，更是我们要活出来的生命。

耶稣从“虚心的人有福了”开始——承认自己需要神。转变始于谦卑。接下来描绘了温柔、饥渴慕义、怜悯、清心、使人和睦，以及在逼迫中仍持守信仰的生命。

这些价值观常与世界相反，但却反映基督的心。跟随祂，就是让祂的国度价值重塑我们的态度、回应与优先次序。

转变不仅是远离罪，更是活出基督的品格。

反思问题：

1. 八福中的哪一福最能打动我？

2. 我的生命在哪些方面反映或抗拒天国价值

3. 神正在塑造我哪方面的品格？

祷告：

主啊，按祢的国度塑造我的心。使我有谦卑、怜悯、清洁与公义的生命。在每一方面都活出祢的品格。阿们。

WEEK 3 TRANSFORMED BY CHRIST (Following Christ)

DAY 20 : 6 June 2026

Growing Through Suffering

Scripture: Romans 5:1–5

Transformation often happens through difficulty. Paul teaches that suffering produces perseverance, character, and hope. This is not automatic—it is the result of trusting God in the process.

Suffering exposes what we rely on. It strips away self-dependence and deepens our reliance on God. Through trials, God forms endurance—strength to remain faithful. This endurance shapes character—a tested and refined faith.

Ultimately, this produces hope—not wishful thinking, but confident assurance in God’s promises. This hope does not disappoint because it is grounded in God’s love, poured into our hearts by the Holy Spirit.

Following Christ does not remove suffering, but it redeems it. What feels painful can become purposeful in God’s hands.

REFLECTION QUESTIONS:

1. How has suffering and hardship in the past shaped my faith?

2. What is God teaching me in my current hardship and challenges?

3. How can I respond with trust instead of resistance?

PRAYER:

Lord, help me to trust You in every season. Use my struggles to grow perseverance, character, and hope in me. Remind me that You are working even in difficulty. Strengthen my faith in You. Amen.

第三周 在基督里被更新（跟随基督）

第20天：2026年6月6日
在患难中成长

经文：罗马书 5:1-5

生命的转变常在困难中发生。保罗教导说，患难生忍耐，忍耐生老练，老练生盼望。这不是自动发生的，而是在信靠神中形成的。

患难显明我们所依靠的。它除去自我依赖，使我们更深依靠神。在试炼中，神塑造我们的忍耐，使我们在信仰上坚定。

忍耐塑造品格——被炼净、被证明的信心，最终带来盼望。这盼望不是空想，而是对神应许的坚定信心。

跟随基督并不意味着没有苦难，而是苦难被神使用。痛苦可以在神手中成为有意义的过程。

反思问题：

1. 过去的苦难和艰辛如何塑造了我的信仰？

2. 神在我目前的艰难和挑战中教导我什么？

3. 我如何以信靠回应，而不是抗拒？

祷告：

主啊，帮助我在每个处境中信靠祢。使用我的困难，塑造忍耐、品格与盼望。让我知道祢在一切中都在工作，坚固我的信心。阿们。

WEEK 3

DAY 21 : 7 June 2026

CHECK POINT:

WEEKLY REFLECTION OF JOURNEY

1. What did the Holy Spirit say to me in the past week in my daily devotion?

2. What is one mindset, attitude, action or behaviour I need to change?

3. Who is one person I can encourage with the Word of God this coming week?

WEEKLY SMALL GROUP DISCUSSION GUIDE

WEEK 3 — Transformed by Jesus (Following Christ)

Scripture: Psalm 139:23–24

Discussion Questions:

1. What is one area of character God is shaping in me?

2. Which Christlike qualities do I need to intentionally put on?

3. How can I respond in obedience to His leading?

Prayer:

- Pray that every member will encounter Jesus personally and deeply, allowing Him to transform not only our actions, but the very condition of our hearts. (Romans 12:2)
- Pray that trials and challenges will become opportunities for spiritual growth, maturity, and deeper dependence on Christ.
- Pray that our church will become a community of transformed disciples who passionately love God, intentionally disciple others, and faithfully fulfill Christ's mission.

Weekly Obedience:

Share on how a small group can be a place for accountability and growth for believers and one area of my life which I would want my small group help me grow.

第三周

第21天：2026年6月7日

检查点：

每周反思

1. 在过去一周的每日灵修中，圣灵对我说了什么？

2. 我有哪一个心态、态度、行动或行为需要改变？

3. 在即将到来的一周里，有哪一个人是我可以用神的话语去鼓励的？

每周小组分享问题

第三周 - 在基督里被更新（跟随基督）

经文：诗篇 139:23-24

讨论问题：

1. 神正在塑造我哪方面的品格？

2. 我需要刻意培养哪些基督的品格？

3. 我如何顺服祂的引导？

祷告重点：

- 求主使每一位肢体都能亲自且深刻地遇见耶稣，让祂不只改变我们的行为，更彻底更新我们的心怀意念。（罗马书 12:2）
- 求主使我们经历的试炼与挑战，都能成为属灵成长、生命成熟以及更加深切倚靠基督的契机。
- 求主使我们的教会成为一个由生命翻转的门徒所组成的群体——热切地爱神，刻意地造就他人，并忠心地完成基督的使命。

每周服从：

小组如何成为信徒之间彼此负责、共同成长的平台；同时也分享我生命中哪一个层面，特别渴望得到小组的扶持与建立。

WEEK 4 SURRENDER TO JESUS (Loving Christ)

DAY 22 : 8 June 2026

Surrender to the Lordship of Christ

Scripture: Luke 9:23-26

Jesus speaks here of a man who gains the whole world, yet forfeits his own soul. This truth is deeply connected to what it means to take up the cross. Taking up the cross is not about some grand, dramatic sacrifice — it is about choosing, in the small and ordinary moments of each day, to lay down our own desires and follow Him.

Gaining the world can mean wealth and status in the literal sense, but it can also look like the smaller things that quietly consume us — the endless scrolling through short dramas and videos, the hours spent keeping up with every trend, convincing ourselves that this is just how life is now. On the surface, it seems like we are losing nothing. But what slips away, almost without us noticing, are the moments our children look up at us hoping to be seen, the evenings we could have spent truly present with our family, the irreplaceable time that, once gone, never returns.

This has made me see my own weakness so clearly. When my child frustrates me, my first instinct is rarely patience — it is irritation. When my phone is in my hand, I so often choose the screen over the person sitting right beside me. Left to myself, I would fail in these small tests every single day.

But Jesus does not ask us to become perfect before we follow Him. He calls us exactly as we are — and invites us, in each small moment, to practice the art of self-denial. To choose gentleness when we want to snap. To put the phone down and turn toward the ones who need us. To be present in the life that is actually ours. This is what it truly looks like to take up the cross: not one dramatic moment of commitment, but returning to Him each morning, acknowledging our need, asking for His guidance — and then, in the most ordinary moments of an ordinary day, choosing Him, again and again.

REFLECTION QUESTIONS:

1. What areas of your life are you still withholding from Christ's authority, and what makes it difficult to fully surrender them to Him?

2. How can I submit to God in these areas and allow Him to be the Lord of my life?

3. List the habits or attitudes in your daily life that represent the "cross" you need to take up every day.

PRAYER:

Lord, I surrender the sovereignty of my life back to You. I ask that You would not only be my Savior, but truly reign over my emotions, my time, and every decision I make. May I no longer live by my own strength today, but let You hold the highest place in my life. Amen.

第四周 全然降服于耶稣（爱基督）

第22天：2026年6月8日

降服于基督的主权

经文：路加福音 9:23-26

耶稣在这里提到“人若赚了全世界，却赔上自己的生命”——这句话与背起十字架有着深刻的内在联系。背十字架，不是指某种轰轰烈烈的牺牲，而是每一天在生活的细微处，选择放下自己，跟随祂。

赚得全世界，可以是字面上的财富与名利，但也可以是那些让我们上瘾、让我们觉得“跟得上时代”的小事——无休止地刷短剧、刷视频，在虚拟的世界里消耗一个又一个夜晚。表面上我们什么都没有失去，但悄悄溜走的，是孩子望向我们时那一刻的眼神，是我们本可以好好陪伴家人的时光，是那些一去不返的、最珍贵的相处时刻。

这让我深深看见自己的软弱。当孩子惹我生气，我的第一反应往往不是耐心，而是烦躁；当手机在手，我往往选择的是屏幕，而不是身边的人。若凭着自己，我每天都会在这些小小的试探中失败。

但耶稣并不要求我们先成为完美的人，再来跟随祂。祂呼召我们的，正是每一天、在每一件小事上，学习“舍己”——在想发脾气的时候选择忍耐，在想逃进手机世界的时候选择放下，转身去陪伴那些真实的、需要我们的人。

这才是背起十字架真实的样子：不是某一次轰动的决志，而是每天清晨再一次来到祂面前，承认自己的不足，求祂的带领，然后在最平凡的日常里，一次又一次地选择祂。

反思问题：

1. 在你生命的哪些领域，你仍将基督的权柄拒之门外？为什么？

2. 我该如何在这些领域顺服神，让祂作我生命的主宰？

3. 试列下在日常生活中，有哪些习惯或态度是你需要天天背起的十字架。

祷告：

主啊，我将生命的主权交还给祢。求祢不仅救赎我，更在我的情绪、时间和每一个决定上真正掌权。愿我今天不再凭自己而活，而是让祢在我生命中居首位。奉主耶稣的名求，阿们。

WEEK 4 SURRENDER TO JESUS (Loving Christ)

DAY 23 : 9 June 2026
Surrendering My Heart

Scripture: Proverbs 3:5–6

Trusting God should not stop at an internal conviction; it must mean acknowledging Him in all our ways. This reminds me of how I often declare in worship and prayer that God is my strength and I shall not fear—yet, when a real trial arrives, my actions often contradict my vows.

Whenever my child falls ill, I instantly plunge into extreme anxiety. Although my mouth is praying, my hands never stop: I check his temperature every ten minutes, spend sleepless nights repeatedly applying cold compresses, and keep my nerves taut, watching every single cough. I used to think this suffocating protection was love, until God gently reminded me that this obsessive need for control was not only a heavy burden on myself and my family, but also a negative witness to my child. By my actions, I was telling him that **my anxiety was greater than God's protection.**

I have realized that true trust is not a mountain of words; it is the ability to hold onto a God-given certainty even amidst the sound of a child's weak coughing. So, I began learning to let go of the obsession to control everything. I began returning the sovereignty of my child's life to God and trying to declare His reign over every feverish night.

When I stopped locking my gaze onto the numbers on the thermometer and instead took my child's hand to experience prayer and healing together, that long-lost peace finally took up residence in our home. It turns out that the best care isn't found in my frayed nerves, but in walking alongside my child through weakness to receive that **peace which transcends all understanding.**

REFLECTION QUESTIONS:

1. How have I been obeying God outwardly while still resisting God inwardly?

2. How can I trust God's wisdom over my fears, doubt and the need to be in control?

3. How have I experienced God's sovereignty and His caring providence in my life?

PRAYER:

Dear Lord, I admit my weakness and my need for control. Forgive me for letting anxiety and distractions rob me of Your peace. Today, I surrender my will to Your hands. Teach me to rely on You in every mundane moment—not striving in my own strength, but resting in Yours. Amen.

第四周 全然降服于耶稣（爱基督）

第23天：2026年6月9日

心里的全然交托

经文：箴言3章5至6节

箴言三章五至六节提醒我们，信靠上帝不只停留在心里，也要活出在我们的行为上。这句话深深刺中了我。因为我发现，我在敬拜和祷告中常常宣告“上帝是我的力量，我不惧怕”——但真正的考验来临时，我的行为却与我口中所说的截然相反。

最明显的例子，就是每次孩子生病的时候。我虽然会为他祷告，但祷告之后，焦虑并没有消失。我整天神经绷紧，每隔十分钟量一次体温，不断催他喝水、上厕所，半夜也无法入睡。只要他多咳几声，或流露出一丝不舒服，我就立刻想把他送去医院。表面上我是在“照顾”他，但实际上，我的焦虑不但压垮了自己，也让孩子和先生都感到不安。

后来，上帝慢慢地开始提醒我：如果我继续这样，我不只是在透支自己，我也在无声地告诉孩子——信靠上帝，只是嘴上说说而已。

那一刻，我开始放下自己那一套“掌控一切”的方式。我开始真正地宣告，并选择相信：孩子的生命在上帝手中，祂在看顾，祂在掌管。渐渐地，当孩子再次生病，我不再只是独自焦虑地守在他床边，而是和他一起祷告，一起经历上帝的保守，一起感谢神的医治与同在。

信靠，不只是一句宣告。它最终要落地，活在我们每一个真实的反应里。

反思问题：

1. 我有哪些表现是外在顺服上帝，内心却在抗拒祂？

2. 我该如何学习信靠上帝的智慧，胜过我的恐惧、怀疑以及想要掌控一切的欲望？

3. 你曾如何在生活中经历上帝的掌管及眷顾？

祷告：

亲爱的主，我承认自己的软弱和掌控欲。求祢赦免我常被焦虑和琐事缠绕，失去了内心的平安。今天，我愿放下自我，求祢教导我在平凡的每一刻依靠祢，不再靠自己紧绷，而是靠祢得安息。奉主耶稣的名求，阿们。

WEEK 4 SURRENDER TO JESUS (Loving Christ)

DAY 24 : 10 June 2026

Surrendering Ambitions and Dreams

Scripture: *Philippians 3:7–11*

I have been deeply reflecting on the true source of “**righteousness.**” In the past, when faced with injustice, I habitually responded with my own sense of self-righteousness. I believed that protesting at all costs and attempting to force people or circumstances to change was what it meant to walk in biblical integrity. However, this “righteousness” driven by human impulse not only failed to solve problems but often drove relationships into a deadlock.

The Holy Spirit has reminded me through Scripture that true righteousness does not spring from personal zeal or clever tactics; it is based on faith and comes from God alone. I am beginning to realize that while God is the Lord of Justice and will never allow unrighteousness to prevail forever, His timing and His ways of accomplishing things are far higher than my own.

My role is not to charge into battle in the strength of my flesh, but to learn “**active waiting**” through faith. This is not a passive giving up, but a profound trust that God is in control. God cares more about me truly experiencing Christ through these challenges—counting the knowledge of Him as surpassing worth—than He does about me simply “fixing” things on my own.

When I am willing to lay down the self-driven need to correct everything and instead seek the peace that comes through faith, I truly understand: being able to share in Christ’s sufferings and the power of His resurrection is a far more precious gain than merely solving a problem.

REFLECTION QUESTIONS:

1. How am I intentionally living with God’s agenda (his will and his plan) for my life?

2. How am I glorifying God in my dreams, my ambitions and my desires?

3. When God calls you to deny yourself for His sake, what hinders you from obeying?

PRAYER:

Lord, I count everything as loss compared to the surpassing worth of knowing You. Remind me daily to live not by my own strength, but by faith. May my heart have but one constant thought: “Your will be done in my life.” Let me experience the power of Your resurrection as I walk in obedience with You. Amen.

第四周 全然降服于耶稣（爱基督）

第24天：2026年6月10日

降服你的抱负与梦想

经文：腓立比书 3:7-11

腓立比书三章七至十一节告诉我们，真正的义不是从自己而来，而是基于信心、从神而来的义。读到这里，我不得不回想起过去的自己。

曾经，我处理事情的方式，靠的是一种“自我的公义”。每当我看见不公平、不公义的事，我会毫不犹豫地站出来抗议，试图去改变人，去纠正局面。在那时的我看来，这完全符合圣经的教导——我们不是应当行事正直、伸张公义吗？

但渐渐地，我发现：事情没有因此变好，人也没有因此改变，我却在这一次次的“据理力争”中，耗尽了自己。

那时，圣灵开始轻轻提醒我：义，是从神而来的。公义，是神的本质，不是我的武器。我所做的，不过是拿着自己有限的判断，试图去完成只有神才能成就的事。

我慢慢学习放手，开始相信：神有祂的时间，神有祂的方式。一位公义的神，绝不会对不公义的事坐视不理——但祂成就事情的方式，往往远超过我所能预料或掌控的。

这并不意味着我什么都不做，只是被动地等候。而是一种更深的转变——我需要做的，是信靠祂。神更渴望的，不是我靠自己的力量去解决问题，而是我在事情当中去经历祂，让祂来带领，让祂的义透过我的生命彰显出来。

义，从来不是我争来的。它是我信靠之后，神在我里面活出来的。

反思问题：

1. 在日常生活中，我如何刻意地让上帝的旨意，成为我生活的主旋律或优先事项？

2. 我该如何在我的梦想、抱负和欲望中荣耀上帝？”

3. 当上帝呼召你为祂舍己时，什么拦阻你去顺服？

祷告：

主啊，我愿看万事为损苦，唯以认识祢为至宝。求祢时刻提醒我：不再凭自己，而是凭信心而活。愿我的生命每一刻都只有一个念头“愿祢的旨意行在我身上”。让我经历祢复活的大能，在顺服中与祢同行。奉主耶稣的名求，阿们。

WEEK 4 SURRENDER TO JESUS (Loving Christ)

DAY 25 : 11 June 2026

Surrendering in Trials & Hardship

Scripture: Romans 8:26-30

Looking back on the days following my husband's cancer diagnosis, I once fell into a state of utter helplessness, not knowing how to pray. In the endless silence and waiting, I couldn't hear God's response. I could only sit alone in my car, staring at the blue sky and white clouds, crying out from the depths of my soul: "**Jesus, where are You?**" It was the most powerless moment of my life; I had no words left, only a cry for help. Yet, Scripture reminded me that it is precisely when I "do not know how to pray as I ought," the Holy Spirit is already interceding for me with groanings that words cannot express, entrusting my shattered grief to the Heavenly Father.

God's response surpassed my imagination, and He actually comforted me through the words of a doctor. One day, my husband told me that while the doctor was examining his incision, he remarked with deep sincerity: in his entire career, he had never experienced such a smooth surgery—there were no complications, and every step was nearly perfect. The doctor even said plainly that this must be "**providence from Heaven.**"

At that moment, I suddenly woke up. While I was sinking into despondency, thinking God was silent, the Holy Spirit had already carried my husband's operating table before the throne of God. I witnessed firsthand what it means for "**all things to work together for good to those who love God.**" I realized that God's work does not always appear in a whirlwind; sometimes, it is found in every precise detail.

All glory be to the Lord who heard my cry even in the silence!

REFLECTION QUESTIONS:

1. In what ways am I resisting something God may be using to mature me

2. What is God teaching through trials and hardship that I am facing?

3. When you are in the midst of hardship or weakness, how has God allowed you to experience a turnaround/breakthrough?

PRAYER:

Dear Lord Jesus, You know the weight of my heart and how my words fail in this pain. Thank You that when I am speechless, Your Spirit intercedes for me with sighs too deep for words. Lord, shift my vision. Help me seek not just an escape from this trial, but the lasting hope found in Your promises. I surrender my "why" to Your "good." Amen.

第四周 全然降服于耶稣（爱基督）

第25天：2026年6月11日
在试炼与苦难中降服

经文：罗马书 8:26-30

罗马书八章告诉我们，当我们不知道当如何祷告，圣灵亲自用说不出的叹息替我们祷告。而上帝，使万事都互相效力，叫爱祂的人得益处。这两句经文，曾经只是我读过的文字。直到先生被确诊癌症之后，它们才成为我亲身经历过的真实。那段日子，我陷入了一种从未有过的困境——我不知道该怎么祷告。不是不想祷告，而是开口之后，脑海里一片空白，心里只剩下重压。我感觉不到上帝的回应，听不见任何声音。有一天，我一个人坐在车里，望着窗外的蓝天白云，只能放声呼喊：“耶稣，你在哪里？”就在那些连言语都找不到的时刻，我后来才明白，圣灵已经在替我祷告了。我心里所有说不出口的重担、恐惧与眼泪，祂都带到了天父面前。

答案，来得出乎意料。那天，先生告诉我，主治医生来检查他的伤口，然后对他说了一句话——那句话，我至今难忘。医生说，在他的手术台上，他从未经历过如此顺畅的手术。整个过程没有任何突发状况，一切出奇地顺利。他甚至说，他觉得这一定是来自天上的眷顾。一位外科医生，亲口说出了“天上的眷顾”。

当我几乎要跌入沮丧的那一刻，上帝已经借着那双医生的手，借着那一台手术，回应了我在车里的呼喊。圣灵为我祷告了，上帝垂听了，万事在祂手中，真的互相效力。

一切荣耀，归给我们的主。

反思问题：

1. 在哪些方面，我正试图抗拒那些上帝可能用来使我生命成熟的事物？

2. 上帝正在通过我目前面临的试炼和苦难，教导我什么功课？

3. 当你陷入困境或软弱时，上帝/上帝的话语如何让你经历反转？

祷告：

亲爱的主耶稣，祢知道我的心极其沉重，甚至我的言语在痛苦面前显得如此贫乏。但我感谢祢，因为祢的圣灵正以那“说不出的叹息”为我代求。当我无力呼求时，圣灵完全体恤我的软弱，并按着祢的旨意为我补足。我求祢扩张我的境界，让我眼中的“益处”不再只是环境的顺利或痛苦的消除，而是主祢的应许带来的盼望。奉主耶稣基督得胜的名祷告，阿们。

WEEK 4 SURRENDER TO JESUS (Loving Christ)

DAY 26 : 12 June 2026

Surrender my anxieties to God

Scripture: *Philippians 4:4–7*

“Rejoice always,” “Do not be anxious about anything”... I asked myself, have I truly lived this out? Looking back at the early days of my full-time ministry, I was anything but joyful. At that time, my salary was meager, and I struggled even to cover daily expenses. Every day, I was trapped in the anxiety of “will there be enough for tomorrow’s meals?” This led to a lack of focus in my ministry; the more I did, the more powerless I felt.

At the time, I didn’t understand why God wouldn’t immediately resolve my financial crisis. Looking back now, I realize that God wanted me to learn to trust His provision in the midst of extreme lack. I remember one Sunday morning, before leaving for church, I couldn’t help but complain to my husband: “Why does serving have to be this hard? It would be better to find a job outside; with a higher salary, we wouldn’t have to worry about our next meal.” My husband simply asked me one thing: “Do you believe God will provide?” At the time, I even replied with a bit of attitude: “How? Is money just going to fall from the sky?”

As it turned out, after the worship service that day, God truly played a “divine joke” on me—a sister walked up to us, pressed some money into our hands, and offered her blessings. In that moment, I truly experienced what Paul said in *Philippians 4:12-13*: “I know how to be brought low, and I know how to abound... in any and every circumstance, I have learned the secret.” (I suggest everyone read *Philippians 4:10-13* for further study).

If God had simply given me a raise back then, I might still be worrying about tomorrow today, because I would have missed the opportunity to learn the meaning of “contentment” in the midst of trials and to believe fully that He will provide.

REFLECTION QUESTIONS:

1. What specific worries or anxieties am I holding on instead of handing them to God in trust and in prayer?

2. How can I actively practice rejoicing in the Lord in the midst of my worries or anxieties?

3. How does God’s peace look like when I am going through worries and anxieties?

PRAYER:

Lord, thank You for reminding me to rejoice always. Please take away all my anxieties and grant me the peace that transcends all understanding. I commit everything to You in prayer; guard my heart and mind in Christ Jesus, that I may find true rest in You. Amen.

第四周 全然降服于耶稣（爱基督）

第26天：2026年6月12日

将我的焦虑交托给神

经文：腓立比书 4:4-7

腓立比书告诉我们：要常常喜乐，要毫无忧虑。我问自己——我真的做到了吗？

说来惭愧。在全时间服侍的前半段日子里，我几乎没有办法喜乐。那时的薪水极少，根本不够应付日常开销。我每一天都在为明天的饭钱发愁，脑子里转来转去的，都是钱的问题。那种焦虑像一块石头压在心上，让我在服侍上无法全神贯注，越服侍越感到无力，更遑论喜乐了。

我记得有一个早晨，在出门去教会之前，我忍不住问先生：“我们为什么要把自己搞得这么辛苦？要不我们出去找份普通的工作，薪水高一点，至少不用每天担心明天有没有饭吃。”先生平静地问我：“你相信神会供应吗？”我有点不耐烦，反问他：“怎么供应？难道祂把钱从天上丢下来给我们？”那天，我们还是去了教会。敬拜结束后，有一位姐妹走过来，把一叠钱悄悄放进我手里，说要为我们祝福。我站在那里，一时说不出话来。

那一刻，我才明白，神没有在我开口之前就解决问题，是有原因的。若祂当时直接帮我加薪，我或许到今天依然还是会为明天忧虑——因为我从未真正学会在缺乏中信靠祂。祂要我经历的，不只是供应本身，而是在最匮乏的时候，亲自经历祂是那位供应的神，让信心从患难中生长出来。正如经文所说：“无论在什么状态，我都可以知足，这是我学会了。”（腓立比书四章十一节，建议大家继续阅读四章十至十三节）

知足，不是天生的性情，是学来的功课。而上帝，是那位最好的老师。

反思问题：

1. 有哪些焦虑是我必须放下的？

2. 上帝曾如何坚固你，使你在困境中喜乐？

3. 你今天可以如何在日常生活中活出喜乐？

祷告：

主啊，感谢祢提醒我要常常喜乐。求祢除去我心中所有的挂虑，赐我那出人意外的平安。我愿在祷告中将一切交托给祢，求祢保守我的心怀意念，让我在基督耶稣里得着真正的安稳。奉主耶稣的名求，阿们。

WEEK 4 SURRENDER TO JESUS (Loving Christ)

DAY 27 : 13 June 2026

Surrendering to Obedience

Scripture: John 14:15-21

At a very young age, my husband dedicated his life full-time to God's kingdom, committing himself to reaching the youth and advancing gospel music.

I remember a couple from our church; the husband once candidly admitted to me that he used to look down on my husband. He couldn't understand why someone with such excellent academic credentials, who could easily secure a high-paying job and a comfortable life, would "settle" for work that the world considers exhausting and unprofitable. It wasn't until this brother fell seriously ill that his perspective shifted. In those dark days, he suddenly realized that no matter how much wealth one accumulates, it cannot fill the void or silence the fear when facing death and disease. In that moment, he finally understood my husband's choice.

This perfectly fulfills the Scripture that says when we love the Lord and obey His commands, we remain in the Father and the Father in us. Jesus promised: "I will love him and reveal myself to him" (v. 21). God revealed His own character through my husband's life. When he was looked down upon or seen as "weak" by the world's standards, God did not leave him as an orphan. Instead, through his obedience, God manifested a peace and abundance that transcends material things to everyone around him. Now our family and that brother's family have become close spiritual companions, often praying for one another and encouraging each other.

Ultimately, while the cost of obedience is laying down worldly comfort, the reward is the very presence of Christ Himself.

REFLECTION QUESTIONS:

1. What are the areas in my life God is asking me to live in obedience?

2. How has my life of obedience and surrender become visible to glorify God?

3. How have I experienced God's great blessing and presence through the act of surrender?

PRAYER:

Lord Jesus, thank You for Your promises. I know that loving You is not just words, but a willingness to keep Your commands. May the Holy Spirit—the Spirit of Truth—guide and strengthen me so that I do not drift with the world. Let my obedience be the truest evidence of my love for You, that I may abide in You and daily experience Your presence and revelation. Amen.

第四周 全然降服于耶稣（爱基督）

第27天：2026年6月13日

降服于顺服之中

经文：约翰福音 14:15-21

我先生在很年轻的时候，就将自己的生命全然奉献在上帝的国度里——建立年轻人的生命，投身于福音音乐的事工。在很多人眼里，这或许是一个“不划算”的选择。

我记得有一次，一对教会的夫妇来找我们。丈夫坦诚地告诉我，他以前其实很看不起我先生。他不明白，以我先生的学历和能力，明明可以在外面找到高薪的工作，过上丰裕的生活，为什么却甘愿做着这些“不赚钱”的事，把自己委屈在这里。

然而，后来这位弟兄经历了一场重病。他说，就在那段躺在病床上的日子里，他突然明白了一件事：无论一个人赚了多少钱，当病痛和死亡的阴影真实地笼罩过来，那些钱，填不满心里的恐惧，也抚不平灵魂深处的空虚。就是在那一刻，他才真正看懂了我先生——看懂了为什么一个有能力得到更多的人，却选择放下这一切，将自己献给看不见回报的事工。那不是委屈，那是一种世界给不了的满足。

这让我想起经文里的话：当我们住在父里面，父也住在我们里面，并且祂要亲自向我们显现。我相信，上帝一直在我先生的生命里显现祂自己。当他被人误解、被人轻看，上帝没有撇弃他。祂用时间，用另一个生命的转化，亲自为我先生作了见证。现在我们一家跟那位弟兄一家成为了很好的属灵陪伴，常常为彼此代祷，彼此鼓励。

有时候，上帝不急着我们辩护。但祂从不缺席。

反思问题：

1. 在我生命的哪些领域，上帝正呼召我活出顺服？

2. 我如何在顺服与交托的生活中，让人看见上帝的作为，从而将荣耀归给祂？

3. 你曾如何在降服中经历神极大的祝福和同在？

祷告：

主耶稣，感谢祢对我的应许。我深知爱祢不是一句口号，而是愿意遵守祢的命令。求圣灵——那真理的圣灵，时刻引导并坚固我，让我不在世上随波逐流。愿我的顺服成为爱祢最真实的明证，使我能住在祢里面，天天经历祢的同在与显现。奉主耶稣的名求，阿们。

WEEK 4

DAY 28 : 14 June 2026

CHECK POINT:

WEEKLY REFLECTION OF JOURNEY

1. What did the Holy Spirit say to me in the past week in my daily devotion?

2. What is one mindset, attitude, action or behaviour I need to change?

3. Who is one person I can encourage with the Word of God this coming week?

WEEKLY SMALL GROUP DISCUSSION GUIDE

WEEK 4 — Surrender to Jesus (Loving Christ)

Scripture: Luke 9:23-24

Discussion Questions:

1. What areas of your life are you still withholding from Christ's authority, and what makes it difficult to fully surrender them to Him?

2. What is God teaching through trials and hardship that I am facing?

3. How can I actively practice rejoicing in the Lord in the midst of my worries or anxieties?

Prayer:

- Pray for hearts that are fully surrendered to Christ — not merely in words, but in every area of life, ambition, relationship, and decision. (Luke 9:23)
- Pray for humility to acknowledge God's lordship over our lives, allowing His will to take precedence over our personal desires and plans.
- Pray that as we surrender fully to Christ, our church will become a people who reflect His glory, live out His mission, and impact the world for His kingdom.

Weekly Obedience:

Without absolute surrender to God, there is no joy, peace and satisfaction in life. The committed life embraces what Christ has done for us. Christianity is not essentially "DO" but "DONE". It is not "TRY" but "TRUST". Share with your small group on the difference between commitment and surrender.

第四周

第28天：2026年6月14日

检查点：

每周反思

1. 在过去一周的每日灵修中，圣灵对我说了什么？

2. 我有哪一个心态、态度、行动或行为需要改变？

3. 在即将到来的一周里，有哪一个人是我可以用神的话语去鼓励的？

每周小组分享问题

第四周 - 全然降服于耶稣（爱基督）

经文：路加福音 9:23-24

讨论问题：

1. 在你生命的哪些领域，你仍将基督的权柄拒之门外？为什么？

2. 上帝正在通过我目前面临的试炼和苦难，教导我什么功课？

3. 上帝曾如何坚固你，使你在困境中喜乐？

祷告重点：

- 求主赐下那全然降服于基督的心-不仅是在言语上，而是在生命的每一个领域、每一项抱负、每一段关系以及每一个决定中。（路加福音 9:23）
- 求主赐予我们谦卑的心，去承认祂在我们生命中的主权，并让祂的旨意优先于我们个人的欲望和计划。
- 求主使我们在全然降服于基督时，让我们的教会成为一群彰显祂荣耀、活出祂使命、并为祂的国度而影响力求改变世界的人。

每周服从：

如果没有对上帝完全的降服，生命中就没有喜乐、平安与满足。委身的生命是拥抱基督为我们所成就的一切。基督教的本质不在于“做”（DO），而是在于“成了”（DONE）；不在于“努力”（TRY），而是在于“信靠”（TRUST）。请与你的小组分享“委身”与“降服”之间的区别。

WEEK 5 LOVING THE BODY OF CHRIST (Serve Christ)

DAY 29 : 15 June 2026

Abide in His Love

Scripture: John 15:9–15

On Day 2 of our devotion, we were reminded of Jesus' call to abide in Him. Today, He brings us even closer as He says, "Abide in my love." Jesus says, "As the Father has loved me, so have I loved you." This is the same love shared between the Father and the Son, now extended to us through Christ. Not because we have earned it, nor because we have performed well enough to deserve it, but simply because He chose us. He chose the cross. He chose to lay down His life for us, all because of love. And now, He invites us to abide in that love.

Jesus then says, "If you keep my commandments, you will abide in my love." Love is not passive—it is expressed through obedience. But this obedience is not about pressure or performance. It is not, "I must obey so that God will accept me." Instead, it becomes, "I am already loved, and so I choose to respond."

And what is this command He gives us? Jesus makes it clear: "Love one another as I have loved you." This is where His words become deeply personal. It is easy to talk about love in general, but much harder when it involves real people and real situations. What about the person who is difficult to serve? The friend who disappointed you? The leader or teammate you may not fully agree with? Or the moments when you feel tired, unnoticed, and unappreciated?

Jesus does not lower the standard of love to suit our comfort. Instead, He raises it: "Love as I have loved you." He continues, "Greater love has no one than this, that someone lay down his life for his friends." This is sacrificial love—a love that chooses patience when it is easier to withdraw, a love that serves even when it is inconvenient, and a love that forgives, gives, and stays. This is the love He demonstrated on the cross, and the love He now calls us to reflect.

Yet this call to sacrificial love is not meant to leave us drained or joyless. Jesus also says, "These things I have spoken to you, that my joy may be in you, and that your joy may be full." In the midst of obedience, there is joy. Not a temporary happiness shaped by circumstances, but a deep and abiding joy found in walking closely with Him. What the world sees as sacrifice, Christ transforms into fullness of joy.

As we continue to walk in this love, something begins to shift in us. Jesus says, "No longer do I call you servants... but I have called you friends." We are not merely following instructions from a distance; we are invited into relationship with Him. As friends of Jesus, we begin to see people the way He sees them, and love not out of obligation, but out of connection.

Loving the body of Christ is not an extra assignment in discipleship. It is evidence that we are truly abiding in Him. When we remain in His love, His love will naturally flow through us to others. So today, abide in His love—and let that love flow through you.

REFLECTION QUESTIONS:

1. In my daily life, is my love for others shaped by Christ's love — or still limited by my convenience and comfort?

2. Who is God prompting me to love more intentionally, even if it requires sacrifice, forgiveness, or stepping out of my comfort zone and pride?

3. What is one practical way I can show Christ-like love today within the body of Christ?

PRAYER:

Dear Lord, teach me to love not out of obligation, but from the love I have already received from You. Help me to love others sacrificially, just as You have loved me, not out of convenience but with a willing heart. And even when it feels difficult to love, be my joy and my strength to love well. Amen.

第五周 爱基督的身体（服事基督）

第29天：2026年6月15日

常在祂的爱里

经文：约翰福音 15:9-15

在灵修的第二天，我们被提醒要“常在耶稣里”。今天，祂的话语将我们带得更近，祂说：“常在我的爱里”。耶稣说：“我爱你们，正如父爱我一样。” 这种爱是圣父与圣子之间共享的爱，如今借着基督延伸到了我们身上。这并不是因为我们赢得了这份爱，也不是因为我们表现得足够好而配得，单纯是因为祂选择了我们。祂选择了十字架，选择了为我们舍命，这一切都是因为爱。而现在，祂正邀请我们常在那份爱中。

耶稣接着说：“你们若遵守我的命令，就常在我的爱里。” 爱绝不是消极被动的——它通过顺服来表达。但这种顺服并非出于压力或为了表现。它不是“我必须顺服，好让神接纳我”；相反，它变成了“我已经蒙爱了，所以我选择回应”。

那么，祂给我们的命令是什么呢？耶稣说得很清楚：“你们要彼此相爱，像我爱你们一样。” 就在这里，祂的话语变得与我们息息相关。泛泛而谈“爱”很容易，但当涉及到具体的人和真实的情况时，就难得多了。对于那些难以服事的人，该怎么办？那个让你失望的朋友呢？或者是你并不完全认同的领袖或队友？又或者是在你感到疲惫、被忽视和不被感激的时刻？

耶稣并没有为了迁就我们的舒适感而降低爱的标准。相反，祂提升了它：“像我爱你们一样去爱”。祂继续说：“人为朋友舍命，人的爱心没有比这个大的。” 这是一个牺牲的爱——这种爱在想要退缩时选择忍耐，在不方便时依然服事，这种爱选择宽恕、给予并留下。这就是祂在十字架上所展现的爱，也是祂现在呼召我们要去彰显的爱。

然而，这种牺牲的爱的呼召，并不是要让我们感到枯竭或失去喜乐。耶稣还说：“这些事我已经对你们说了，是要叫我的喜乐存在你们心里，并叫你们的喜乐可以满足。” 在顺服中，有着真正的喜乐。这并非由环境决定的短暂快乐，而是在与祂同行中发现的那种深沉而持久的喜乐。世界看为“牺牲”的，基督将其转化为“丰盛的喜乐”。

当我们继续行在这份爱中时，我们内心的一些东西开始发生转变。耶稣说：“以后我不再称你们为仆人……我乃称你们为朋友。” 我们不只是远距离地执行指令；我们被邀请进入与祂的关系中。作为耶稣的朋友，我们开始用祂的眼光去看待他人；我们的爱不再是出于义务，而是出于心与心的连结。

爱基督的身体并非门徒训练中的额外任务，而是我们正真实“常在祂里面”的凭据。当我们常在祂的爱里时，祂的爱自然会借着我们流向他人。所以今天，请常在祂的爱里——并让那份爱从你生命中流淌出来。

反思问题：

1. 在日常生活中，我的爱是否正更多地被基督的爱所形塑？还是依然受限
于我个人的方便与舒适？

2. 神是否正在提醒我，去更有意识地关爱某个人？即便这需要我做出牺
牲、给予宽恕，或是放下骄傲并走出我的舒适圈？

3. 今天，我可以用哪一个实际的方式，在基督的身体中展现出像基督一样
的爱？

祷告：

亲爱的主，求祢教导我，不因责任和义务去爱，而是因着我已经从祢那
里领受的爱去爱。求祢帮助我像祢爱我一样，带着一颗甘心乐意的心，
而非出于方便去操练牺牲的爱。即便当我觉得很难去爱时，求祢成为我的
喜乐和力量，让我能爱得完全。阿们。

WEEK 5 LOVING THE BODY OF CHRIST (Serve Christ)

DAY 30 : 16 June 2026

Love in Action

Scripture: 1 Corinthians 13:1–13

In 1 Corinthians 13, Paul does not describe love as a feeling or an idea—he shows us what love looks like in action. From the very beginning, Paul makes it clear: human ability, spiritual gifts, and even sacrificial actions are not enough if love is missing. Love is not measured by what we can do, but by what our lives reflect.

When we read vv4-8, we begin to realise that love is not always natural to us. It confronts our pride, our preferences, and our comfort. It shapes the way we respond, the way we speak, and the way we treat people. This kind of love is not just an ideal to admire—it is a way of life God is shaping in us, especially within the body of Christ. The church is where patience, kindness, humility, and forgiveness are tested and expressed in real relationships.

It is easy to say we love God, but our love for Him becomes visible in how we treat His people. In the body of Christ, we learn to bear with one another, forgive one another, and choose love even when it is difficult. This is the kind of love Jesus calls us into—a love that is not self-centred, but focus on others. A love that chooses patience when it is easier to be impatient, kindness when it is easier to be harsh, and forgiveness when it is easier to hold on to offence.

One day, faith, hope, and love will remain—but the greatest of these is love. Because in the end, love is not just what we are asked to do; it is what God is shaping us to become in Christ. A life formed by His love, and marked by the love we now reflect to others.

REFLECTION QUESTIONS:

1. What stands out to me most about how love is described in this passage?

2. What is one area of loving God and loving others do I want God to help me grow in?

3. What is one practical way I can start showing Christlike love today?

PRAYER:

Dear Lord, teach me to love others not just in words, but in the way I live and respond. Help me to grow in Christlike love, especially in the areas where it is hardest for me. Please shape my heart to reflect Your love more each day. Amen.

第五周 爱基督的身体（服事基督）

第30天：2026年6月16日

爱在行动中

经文：哥林多前书 13:1-13

在哥林多前书第13章中，保罗并没有将爱描述为一种感觉或一种想法——他向我们展示了爱在行动中的样子。从一开始，保罗就明确指出：如果缺少了爱，即使拥有过人的才干、属灵的恩赐，甚至是牺牲的行为，都还是不够的。衡量爱的标准不在于我们能“做”什么，而是在于我们的生命“彰显”了什么。

当我们读到第4至8节时，我们开始意识到，爱并不总是我们的本能。它挑战着我们的骄傲、偏好和舒适感。它形塑着我们回应的方式、说话的语气以及对待人的态度。这种爱不仅仅是一个让人仰慕的理想，更是神在我们要形塑的一种生活方式，尤其是在基督的身体（教会）中。教会正是让我们的耐心、恩慈、谦卑和宽恕在真实的人际关系中得到试验与表达的地方。

口里说我们爱神很容易，但我们对神的爱，是通过我们如何对待祂的子民而变得可见的。在基督的身体里，我们学习彼此包容、彼此饶恕，并在困难重重时依然选择去爱。这就是耶稣呼召我们进入的爱——一种不以自我为中心，而是关注他人的爱。这种爱在容易急躁时选择恒久忍耐，在容易刻薄时选择恩慈，在容易怀恨时选择宽恕。

有一天，信、望、爱都会常存——但这其中最大的是爱。因为到最后，爱不仅仅是神要求我们去“做”的事；它是神借着基督将我们形塑成的“样式”。一个由祂的爱所塑造，并以我们流露给旁人的爱为印记的生命。

反思问题：

1. 在这段经文中，关于爱的描述，最触动我的是什么？

2. 在“爱神”与“爱人”的功课上，我最希望神在哪个领域帮助我成长？

3. 今天，我可以用哪一个实际的方式，开始展现像基督一样的爱？

祷告：

亲爱的主，求祢教导我不仅在言语上爱人，更在我的生活和回应他人的方式中活出爱。求祢帮助我在像基督一样的爱中成长，特别是在那些对我而言最难的领域。求祢每天形塑我的心，好让我的生命能更多地反映出祢的爱。阿们。

WEEK 5 LOVING THE BODY OF CHRIST (Serve Christ)

DAY 31 : 17 June 2026

Love Beyond Preferences

Scripture: Matthew 5:43–48

It is natural for us to love selectively. We tend to show care and kindness to those who are easy to love—those who treat us well, understand us, or make us feel appreciated. Loving people who are lovable feels natural, even deserved.

But Jesus challenges this kind of love (v.43–44). He calls us beyond selective love into a love that reflects the heart of God. The Father “makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust” (v.45). God does not love based on who deserves it—He loves because it is His nature.

And this is the love we are called to reflect. “If you love those who love you, what reward do you have?” (v.46). Even those who do not know God can do that. But as His people, we are called to something different—a love that goes beyond preference, comfort, and reciprocity.

This kind of love is not easy. It confronts our pride, our hurt, and our sense of fairness. It calls us to forgive when we would rather hold on, to pray when we feel wounded, and to choose love even when it is not returned.

“You therefore must be perfect, as your heavenly Father is perfect” (v.48). This is not a call to flawless performance, but to reflect the undivided love of God—a love that is not selective, but whole. Jesus does not just call us to love our enemies—He also gives us the grace to do so, as we abide in Him and allow His love to flow through us.

REFLECTION QUESTIONS:

1. In what ways have I been showing love selectively instead of like Jesus?

2. Who am I finding it difficult to love or forgive right now?

3. What is one step I can take to extend love and grace, or pray for that person today?

PRAYER:

Dear Lord, help me to love beyond my preferences. Teach me to love not only those who are easy to love, but also those I find difficult. Give me the grace to forgive, to pray, and to reflect Your heart. Shape my love to be like Yours—whole, generous, and not selective. Amen.

第五周 爱基督的身体（服事基督）

第31天：2026年6月17日

无偏心的爱

经文：马太福音 5:43-48

有选择性地爱，对我们来说是件很自然的事。我们倾向于对那些“容易相处”的人展现关怀与恩慈——就是那些对我们好、理解我们、或让我们感到被重视的人。爱那些可爱的人，感觉是很自然的，甚至觉得他们是理所应得的。

但耶稣挑战了这种爱（43-44节）。祂呼召我们跨越这种选择性的爱，进入一种能反映天父心肠的爱中。因为天父“叫日头照好人，也照歹人；降雨给义人，也给不义的人”（45节）。神并不根据谁“配得”而去爱——祂爱，是因为这是祂的本性。

而这种爱正是我们需要去反思的。“你们若单爱那爱你们的人，有什么赏赐呢？”（46节）。即使是不认识神的人也能做到这一点。但作为祂的子民，祂呼召我们去追求更高的一步——一种无偏心的爱，超越个人的偏好、舒适和互惠。

这种爱并不容易。它挑战着我们的骄傲、我们的伤痛，以及我们对公平的执着。它呼召我们在想要紧抓不放时选择宽恕，在感到受伤害时选择祷告，并在爱没有得到回报时依然选择去爱。

“所以，你们要完全，像你们的天父完全一样”（48节）。这并不是要求我们表现得毫无瑕疵，而是呼召我们去彰显神那种无偏心、不分彼此的爱。耶稣不仅呼召我们去爱仇敌，当我们常在祂里面，让祂的爱借着 we 流淌时，祂也赐给我们足够的恩典去行出来。

反思问题：

1. 在哪些方面，我一直在有选择性地爱，而不是像耶稣那样爱？

2. 现在是否有一个让我觉得很难去爱或很难宽恕的人？

3. 今天，我可以采取哪一个小小的行动，来为那个人祷告或是向他延伸爱与恩典？

祷告：

亲爱的主，求祢帮助我拥有无偏心的爱。教导我不仅去爱那些容易相处的人，也去爱那些我觉得难以相处的人。求祢赐我恩典去宽恕、去祷告，并能反映出祢的心肠。求祢形塑我的爱，让这份爱能像祢一样——是完整、慷慨且无偏心的。阿们。

WEEK 5 LOVING THE BODY OF CHRIST (Serve Christ)

DAY 32 : 18 June 2026

Love that Builds through Words

Scripture: Ephesians 4:29–32

As part of the body of Christ, we are called to build one another up. This is not only seen in big acts of service, but also in something much more daily—our words. Paul reminds us, “Let no corrupting talk come out of your mouths, but only such as is good for building up” (v.29). The way we speak to one another matters. Our words have the power to strengthen, encourage, and bring life—or to wound, discourage, and tear down.

But our words do not come from nowhere. They flow from what is happening in our hearts. Sometimes, past hurts shape the way we respond to people. When someone has hurt us before, it can leave a lasting impression. Even when they may not mean harm later on, we can become easily offended, guarded, or sensitive in our responses. Over time, if anger and bitterness are left unchecked, they begin to settle in our hearts—and eventually, they show up in our words.

This is why Paul urges us, “Let all bitterness and wrath and anger... be put away from you” (v.31). Not because our feelings are invalid, but because holding on to them will slowly affect how we relate to others. Instead, we are called to something different: “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you” (v.32). We forgive not because it is easy, but because we have first been forgiven. The more we remember the grace we have received, the more we are able to extend that same grace to others.

As we bring our hurts to Jesus, He begins to heal our hearts. And as our hearts are healed, our words begin to change. We become people who build up rather than tear down, speak with kindness instead of reacting from pain, and extend grace rather than condemnation. Today, allow God to search your heart. Let Him deal gently with the areas of hurt, and invite Him to shape both your heart and your words.

REFLECTION QUESTIONS:

1. Is there someone in my life whom I still reacting due to past hurt? Bring that hurt and that person to God in prayer.

2. What hidden area of my heart is God inviting me to surrender for His healing and restoration today?

3. How can my words this week become an intentional channel of grace that builds others up and reflects Christ's life?

PRAYER:

Dear Lord, give me a forgiving heart. Help me to release any bitterness and bring my hurts to You. Heal my heart, and teach me to speak words that build others up. Shape me to be kind, compassionate, and quick to forgive, just as You have forgiven me. Amen.

第五周 爱基督的身体（服事基督）

第32天：2026年6月18日

用言语建立他人的爱

经文：以弗所书 4:29-32

作为基督身体的一部分，神呼召我们要彼此建立。这不仅体现在重大的服事行动中，也体现在更日常的事情上——就是我们的言语。保罗提醒我们：“污秽的言语一句不可出口，只要随事说造就人的好话”（29节）。我们对彼此说话的方式至关重要。我们的言语拥有力量去坚固、鼓励并带来生命——或者去伤害、使人灰心，甚至拆毁。

但我们的言语并非凭空而来，而是源于我们内心深处的状态。有时，过去的伤痛会形塑我们对他人的回应。当有人曾伤害过我们时，那份记忆会留下深刻的烙印。即使对方后来并无恶意，我们也可能变得容易被冒犯、心存戒备或反应过度敏感。久而久之，如果任由愤怒和苦毒生长，它们就会在我们心里扎根——最终，通过我们的言语显露出来。

这就是为什么保罗催促我们要“从你们中间除掉”一切苦毒、恼怒、愤怒（31节）。这并非因为我们的感受不重要，而是因为紧抓这些情绪不放，会慢慢影响我们与他人的关系。相反，我们被呼吁去追求不一样的生命：“并要以恩慈相待，存怜悯的心，彼此饶恕，正如神在基督里饶恕了你们一样”（32节）。我们饶恕，并非因为这很容易，而是因为我们先蒙了饶恕。我们越是记住自己所领受的恩典，就越有能力将同样的恩典延伸给他人。

当我们把伤痛带到耶稣面前时，祂便开始医治我们的心。随着心被医治，我们的言语也开始改变。我们成为了那“造就人”而非“拆毁人”的人；我们的言语带着恩慈，而非出于痛苦的回击；我们伸出恩典之手，而非定罪。今天，让神来察看你的心。让祂温柔地处理你那些受伤的领域，并邀请祂来形塑你的内心与你的言语。

反思问题：

1. 在我的生命中，是否有某个人仍会轻易触动我过去的伤痛，导致我对他产生负面的反应？请在祷告中将那份伤痛和那个人带到神面前。

2. 今天，神正邀请我将内心哪个隐藏的领域交托给祂，好让祂来医治并恢复？

3. 这一周，我如何能让自己的言语成为一个有意识的恩典管道，去建立他人并反映出基督的生命？

祷告：

亲爱的主，求祢赦免我曾用言语伤害或拆毁他人的时刻。求祢医治我心中那些仍感痛苦的领域，好让我的话语不再受过去的伤痛所支配。求祢赐我恩典去饶恕，并帮助我用言语来服事、鼓励和建立我周围的人。求祢让我的言语能反映出祢对我的恩慈。阿们。

WEEK 5 LOVING THE BODY OF CHRIST (Serve Christ)

DAY 33 : 19 June 2026

Stirring up One Another in Love

Scripture: Hebrews 10:22–25

Faith was never meant to be a solo journey, but it does begin in a very personal place. In Hebrews 10, we are first invited to “draw near” to God. Because of Jesus, we can approach Him with sincere hearts and the quiet confidence that we are fully accepted. We are encouraged to hold fast to our hope without wavering, simply because God is faithful to His word (vv. 22–23).

This personal assurance is the foundation of our community. When we are anchored in God’s grace, we are freed from focusing only on ourselves. We gain the capacity to look outward and “consider how to stir up one another to love and good works” (v. 24).

Love in the body of Christ is not passive—it actively builds others up. The heart of the local church isn’t found in just attending a service; it is found in the way we strengthen those around us. To “stir up” means to incite or provide the spark that gets someone moving. We act as a catalyst for one another. We do this by staying present in each other’s lives—refusing to give up the habit of meeting together and choosing instead to be a constant source of encouragement.

Especially when life feels heavy, our presence and our words serve as a reminder to others that they aren’t alone. As we see the challenges of the world increasing, our call to build up the body of Christ becomes even more urgent. When we gather, we remind one another of truth, help each other stay grounded, and stir one another to continue following Christ with sincerity and faith.

REFLECTION QUESTIONS:

1. In what ways am I living a life that contributes to building up of lives in my community?

2. How is small group a best place to live out a life of stirring up one another?

3. Is there someone I can “stir up” in love, grace and hope today?

PRAYER:

Dear Lord, thank You for the privilege of drawing near to You with a clean heart. Let Your faithfulness be the strength I share with others. Make me an encourager who looks for the best in my brothers and sisters. Help me to play my part in building a community that reflects Your love. Amen.

第五周 爱基督的身体（服事基督）

第33天：2026年6月19日
彼此激发爱心

经文：希伯来书 10:22-25

信仰从来不是一个人的孤岛旅程，但它的确始于一个非常个人化的起点。在希伯来书第10章中，我们首先被邀请向神“亲近”。因着耶稣，我们可以带着诚实的心和坚定的信心来到祂面前，深知我们已被完全接纳。我们被鼓励要坚守所承认的指望，不至摇动，单纯是因为神赐下应许是信实的（22-23节）。

这种个人的确据是我们群体生活的基石。当我们扎根在神的恩典中时，我们就不再只关注自己，而是拥有了向外看的生命力，去“彼此相顾，激发爱心，勉励行善”（24节）。

基督身体里的爱绝非消极被动的——它会主动地建立他人。地方教会的核心并不在于仅仅参加一场主日崇拜，而是在于我们如何坚固周围的人。“激发”意味着去鼓舞或提供那点燃他人动力的火花。我们彼此成为了生命的催化剂。而实现这一点的方式，就是参与在彼此的生活中——不停止聚会，而是选择成为彼此恒久的鼓励。

特别是当生活变得沉重时，我们的陪伴和言语都在提醒他人：他们并不孤单。随着世界面临的挑战日益增加，我们建立基督身体的呼召变得更加紧迫。当我们聚在一起时，我们彼此提醒真理，帮助彼此站稳脚跟，并激发彼此继续以诚实和信心跟从基督。

反思问题：

1. 在哪些方面，我正活出一个能为教会群体的生命带来建立的人生？

2. 为什么中小组是活出“彼此激发”之生命的绝佳场所？

3. 今天，我可以去“激发”谁的爱心、恩典与指望？

祷告：

亲爱的主，感谢祢让我拥有带着圣洁的心来到祢面前的特权。愿祢的信实成为我与他人分享的力量。求祢使我成为一个鼓励者，总能看见弟兄姊妹身上的美好。求祢帮助我尽到自己的职分，去建立一个能反映祢爱的群体。阿们。

WEEK 5 LOVING THE BODY OF CHRIST (Serve Christ)

DAY 34 : 20 June 2026
The Heart of Growth

Scripture: Acts 2:42–47

It is easy to look at the growth of the early church and focus on the impressive numbers. Yet, the book of Acts shows us that numerical growth was the result, not the primary goal. The believers didn't gather to build a crowd; they gathered to build a life together rooted in Jesus.

The early church was defined by a beautiful, singular focus: devotion. They were devoted to the apostles' teaching, to fellowship, to breaking bread, and to prayer (v. 42). This wasn't a casual interest; it was a commitment that reshaped their entire lives. They shared what they had, looked after those in need, and met together with glad and sincere hearts.

Because they were devoted to growing their spiritual lives and their relationships with one another, the presence of God became evident to everyone around them. A healthy awe of God—a holy "fear"—rested upon them. They weren't just "going to church"; they were the church, living out a shared vision of unity and generosity.

The passage concludes with a powerful shift in perspective: "And the Lord added to their number daily those who were being saved" (v. 47). The believers focused on growing in Christ and loving the Body, and they left the increase to God. When a community is healthy, vibrant, and unified, growth becomes a natural overflow of that life.

This same "Acts 2" life is exactly what God invites us into within our own small groups and circles today. We often wait for a "big move" of God to happen in a Sunday service, but the early church saw God move most powerfully in their homes and around their dinner tables. Our small groups are not just social gatherings or another meeting on the calendar; they are the modern-day "living rooms" where we practice the devotion mentioned in verse 42.

When we prioritize showing up for one another, sharing our struggles, and praying through life's transitions together, we are creating a healthy environment for spiritual growth. Our work is to be faithful to the person sitting across from us. As we deepen our connection to our small group, we strengthen the unity of the entire church.

REFLECTION QUESTIONS:

1. What did the early believers do when they gathered together in their homes?

2. How am I living out a life of spiritual growth in my small group?

3. What is hindering me from building deeper connection with my small group?

PRAYER:

Dear Lord, thank You for the example of the early church. Help us to return to that simple, powerful devotion to Your Word and to one another. Remove the barriers in my heart that keep me from deep fellowship. Build a spirit of true unity in our church, and may our love for one another reflect Your presence to the world. Amen.

第五周 爱基督的身体（服事基督）

第34天：2026年6月20日

增长的核心

经文：使徒行传 2:42-47

当我们看到早期教会的增长时，很容易只关注那些令人惊叹的人数。然而，使徒行传告诉我们，人数的增长其实是结果，而非首要目标。信徒们聚集在一起，并不是为了凑人数，而是为了建立一个植根于耶稣的共同生活。

早期教会的特点在于一个美好且单一的焦点：恒心遵守。他们都恒心遵守使徒的教训，彼此交接，擘饼，祈祷（42节）。这并非一时的兴致，而是一种重塑了他们整个生活的委身。他们分享所拥有的，眷顾有需要的人，并且存着欢喜、诚实的心用饭。

因为他们致力于追求属灵生命的成长以及彼此间的关系，神的存在对周围的每个人都变得显而易见。一份对神的敬畏——一种神圣的“惧怕”——常在他们众人心里。他们不只是“去教会”；他们就是教会，活出了一份合一与慷慨的共同异象。

这段经文以一个强而有力的视角转变作结：“主将得救的人天天加给他们”（47节）。信徒们专注于在基督里成长并爱基督的身体，而将增长交托给神。当一个群体是健康、充满活力且合一的时候，增长自然会从那份生命中满溢出来。

这种“使徒行传第2章”式的生活，正是神今天在我们的中小组和圈子中所邀请我们进入的。我们常常在等候神在主日崇拜中彰显“大作为”，但早期教会却看见神在他们的家中和餐桌旁彰显最强大的力量。我们的中小组不仅仅是社交聚会或行事历上的另一个会议；它们是现代版的“客厅”，让我们操练第42节所提到的那份恒心。

当我们优先考虑为彼此守候、分享彼此的挣扎并一起为生活的转变祷告时，我们就在创造一个属灵成长的健康环境。我们的工作是对待坐在我们对面的人。当我们深化与中小组的连结时，我们也坚固了整个教会的合一。

反思问题：

1. 早期信徒在家中聚会时都做些什么？

2. 我能如何在我的中小组中，活出一个属灵成长的生命？

3. 我该如何帮助我们的小组，让那些尚未加入的人感到更受欢迎

祷告：

亲爱的主，感谢祢为我们留下早期教会的榜样。求祢帮助我们回归那份纯粹而有力的渴慕，一心追求祢的话语并彼此相爱。求祢除去我心中那些阻碍我进入深层团契的隔阂。在我们的教会中建立真诚合一的心志，愿我们彼此相爱的生命，能向世人反映出祢的同在。阿们。

WEEK 5

DAY 35 : 21 June 2026

CHECK POINT:

WEEKLY REFLECTION OF JOURNEY

1. What did the Holy Spirit say to me in the past week in my daily devotion?

2. What is one mindset, attitude, action or behaviour I need to change?

3. Who is one person I can encourage with the Word of God this coming week?

WEEKLY SMALL GROUP DISCUSSION GUIDE

WEEK 5 — Love the Body of Christ (Serve Christ)

Scripture: John 13:34–35

Discussion Questions:

1. What is one practical way I can show Christ-like love today within the body of Christ?

2. How is small group a best place to live out a life of stirring up one another?

3. Is there someone I can “stir up” in love, grace and hope today?

Prayer:

- Pray for that our words will align with God’s love and the things we say about others in the church will build up, heal, and not tear down.
- Pray for a shift from self-centred faith to a servant-hearted posture within the community of believers.
- Pray that our church would reflect Christ’s love so clearly that it becomes a witness to the world.

Weekly Obedience:

Share with your small group on one person in need whom you can reach out to love, care and help this week.

第五周

第35天：2026年6月21日

检查点：

每周反思

1. 在过去一周的每日灵修中，圣灵对我说了什么？

2. 我有哪一个心态、态度、行动或行为需要改变？

3. 在即将到来的一周里，有哪一个人是我可以用神的话语去鼓励的？

每周小组分享问题

第五周 - 爱基督的身体（服事基督）

经文：约翰福音 13:34-35

讨论问题：

1. 今天，我可以用哪一个实际的方式，在基督的身体中展现出像基督一样的爱？

2. 为什么中小组是活出“彼此激发”之生命的绝佳场所？

3. 今天，我可以去“激发”谁的爱心、恩典与指望？

祷告重点：

- 求主保守我们的言语能与神的爱相称，使我们在教会中论及他人的话语，都能带来建立与医治，而非拆毁。
- 求主使信徒群体发生生命的转变——从以自我为中心的信仰，转向拥有服事他人的心志。
- 求主使我们的教会能如此清晰地彰显基督的爱，以至于我们能成为向世界作见证的灯台。

每周服从：

请与你的小组分享：本周你可以主动去关爱、顾恤并帮助的一位有需要的人。

WEEK 6 SENT BY JESUS (MAKING CHRIST KNOWN)

DAY 36 : 22 June 2026

Making Christ Known Through Holy Living

Scripture: Matthew 5:14-16



Song:
Let the lower lights be
burning

Lifestyle evangelism is a method of making Christ known by living a holy, winsome life with the goal of attracting people to the gospel message. In Mt.5:14-16, Christ declares that Christians are the light of the world so they must shine and be visible. The purpose is to live in such a way that others see Christ through us and praise our heavenly Father.

Daniel served in King Darius' palace but he refused the king's food so as not to defile himself (Daniel 1:8). He exhibited such an exceptional work ethic that the king planned to promote him (Daniel 6:3). He maintained his prayer habits despite a decree of death (Daniel 6:10). His trust in God eventually caused the king to declare his God as "the living God" (Daniel 6:26). Daniel's uncompromising integrity, professional excellence, and unwavering faith in God demonstrated a powerful lifestyle evangelism that led even a pagan king to declare that God is the living God.

Living a holy life does not mean achieving sinless perfection or pointing fingers at others with a judgmental attitude. Rather, it's reflecting God's character in ordinary choices — honesty at work, purity in entertainment, patience in traffic, forgiveness in marriage. When people see you respond without bitterness, speak without slander, or give without expecting return, they notice and begin to be curious about the source of your strength. Holiness is expressed in being exceptionally kind, honest, and peaceful. This kind of life is so beautiful and unusual that people are drawn to it and want to know your secret.

A life that mirrors Christ makes the invisible God visible.

REFLECTION QUESTIONS:

1. In what area of your life are you tempted to hide your faith (at work, with family, online) rather than let your light shine?

2. Which of your attitudes or behaviours do non-believers speak well of, and which do they criticize?

3. What is one small, everyday choice (like how you speak to a cashier or how you drive) that, if you changed it, would make your light shine more clearly?

PRAYER:

Lord, give me courage not to hide my light. Help me to live openly as a Christian. Keep me humble so that when others see the good deeds in my life, they don't stop at me but are led to you. Amen.

第六周 为耶稣而去 (传扬基督)

第36天：2026年6月22日
透过圣洁生活传扬基督

经文：马太福音 5:14-16



诗歌：
你的光当照在人前

生活方式布道是一种通过活出圣洁、讨人喜欢的生活来传扬基督，为要吸引人们关注福音信息。在马太 5:14-16 中，基督宣告基督徒是世上的光，因此必须发光并让人看见。其目的是让我们以这样的方式生活，使他人通过我们看到基督，并颂赞我们的天父。

但以理在大利乌王的宫廷里任职，但他拒绝御用的膳食，以免玷污自己 (但以理 1:8)。他表现出卓越的才干，以致王立意提拔他 (但以理 6:3)。尽管有死亡的禁令，他仍坚持祷告的习惯 (但以理 6:10)。他对神的信靠最终促使王宣告他的神是“永活的神” (但以理书 6:26)。但以理那毫不妥协的操守、优秀的工作表现，及对神坚定不移的信心，展现出一种有力的生活方式布道，甚至使一位异教君王也宣告神是永活的神。

活出圣洁的生活并不意味着达到无罪的完美或带着审判的态度对人指指点点，而是在平凡的选择中反映神的品格——工作上的诚实、娱乐中的纯洁、交通堵塞时的耐心、婚姻中的宽恕。当人们看到你回应不带苦毒、言语没有毁谤、施予不求回报时，他们会注意到并开始对你力量的源头感到好奇。圣洁是表现于异常的善良、诚实与平和。这种生活方式是如此美丽且不寻常，以至人们会被它吸引，想知道你的秘密。反映基督的生活能让那看不见的神变得清晰可见。

反思问题：

1. 在你生活的哪个领域 (工作、家庭、网络)，你禁不住隐藏自己的信仰，而不是让你的光照耀出来？

2. 你的哪些态度或行为是让非信徒称赞的？哪些又是他们批评的？

3. 有哪一个微小的、日常的选择 (例如你如何与收银员交谈或你如何开车)，如果你改变它，会让你的光照得更明亮？

祷告：

主啊，求你赐给我勇气，不隐藏我的光。帮助我公开地活出基督徒的身份。保守我谦卑，好让他人看到我生命中的好行为时，他们不会停留在关注我，而是被引导归向你。阿们。

WEEK 6 SENT BY JESUS (MAKING CHRIST KNOWN)

DAY 37 : 23 June 2026

Making Christ Known Through Communal Love

Scripture: John 13:34-35



Song:
They'll know we are
Christians by our love

Jesus declares in John 13:34-35 that the defining mark of His disciples is not found in correct doctrine, impressive miracles, or powerful preaching, but in their sincere love for one another. This love is not meant to be hidden; it must be so visible and radiant that everyone, not just fellow believers, can clearly see it.

The early church in Jerusalem lived out love in tangible ways (Acts 2:44–47). Believers shared their possessions generously, ate together with glad hearts, and ensured that no one's needs went unmet. Their love was so authentic and practical that it earned them the goodwill of the entire community, and the Lord added to them daily those who were being saved. The Lord brought about salvation through the witness of communal love. In Antioch, the believers sent as much famine relief as they could to the brothers and sisters in Judea (Acts 11:28-29).

When we truly love each other—by helping in times of crisis, rejoicing in successes, and offering forgiveness freely—we become a living picture of the gospel. Outsiders don't just hear abstract theories about reconciliation; they witness broken relationships being restored. They don't just read about God's family; they experience a community that truly cares. This love requires refusing to gossip, being present in difficult seasons, and giving without keeping score. When non-believers see Christians who genuinely enjoy, serve, and forgive one another, they see a sign pointing to God's Kingdom. Love within the church is also evangelism.

REFLECTION QUESTIONS:

1. When was the last time you helped meet a real need in someone's life?

2. If a non-believer watched how your church treats its own members for one month, would they conclude, "These people love each other" — or something else? What would they point to as evidence?

3. What is one practical way you can show genuine love to another believer this week?

PRAYER:

Father, forgive me for loving only those who love me back. Jesus said even non-believers can do that. Help me to love people who are discomfoting, difficult or different. Give me a love that comes from You. Use the love in our church to draw others to You. Amen.

第六周 为耶稣而去 (传扬基督)

第37天：2026年6月23日

透过群体之爱传扬基督

经文：约翰福音 13:34-35



诗歌：
一个新命令

耶稣在约翰 13:34-35 中宣告，门徒的标志性特征并非在于正确的教义、惊人的神迹或有力的讲道，而是在于彼此之间真诚的爱。这种爱不应被隐藏，而是必须如此显眼且灿烂，让所有人——不仅仅是信徒——都能清晰地看到。

在耶路撒冷的初期教会中，这种爱以具体的方式体现出来（使徒行传 2:44-47）。信徒们慷慨地分享财物，存着欢喜的心一同用饭，并确保没有人的需要被忽略。他们的爱如此真实且切合实际，赢得了全民众的好感，主也将得救的人天天加给他们。主通过这种群体之爱的见证，成就了拯救的工作。在安提阿，信徒们尽其所能把赈济饥荒的捐助送给犹太的弟兄姐妹（使徒行传 11:28-29）。

当我们真正彼此相爱——在危机中伸出援手、为他人的成功欢欣鼓舞、并慷慨地给予宽恕时——我们就成了福音的活写照。局外人不仅听到了关于和解的抽象理论，更见证了破碎关系的修复。他们不仅读到关于神大家庭的描述，更亲身体验到一个真正充满关怀的群体。

这种爱要求我们拒绝闲言碎语，在艰难时彼此陪伴，施予而不计较。当非信徒看到基督徒真诚地彼此享受、彼此服事和彼此饶恕时，他们便看到了指向天国的路标。教会里的相爱也是布道。

反思问题：

1. 你最后一次帮助满足某人生命中真实的需要是什么时候？

2. 如果一个非信徒观察你的教会如何对待自己的会友一个月，他会得出“这些人都彼此相爱”的结论吗？还是别的结论？他们会指出什么证据？

3. 本周你可以通过哪一个实际的方式，向另一位信徒表达真诚的爱？

祷告：

天父，求你赦免我只爱那些爱我的人。耶稣说即使是非信徒也能做到这一点。求你帮助我爱那些令人不舒、难以相处或与我不同的人。赐给我从你而来的爱。用我们教会中的爱来吸引他人归向你。阿们。

WEEK 6 SENT BY JESUS (MAKING CHRIST KNOWN)

DAY 38 : 24 June 2026

Making Christ Known Through Church Unity



Song:
Father make us one

Scripture: John 17:20-23

In John 17:20–23, Jesus prayed that all believers would be one, sharing a unity like that between the Father and the Son. He directly linked this unity to evangelism: “so that the world will believe that you sent me.” This shows that Christian unity is not merely for comfort or harmony within the church; it is meant to be a public testimony that Jesus truly comes from God—a validation of Jesus’ message and mission. In a divided world, real unity demonstrates something supernatural and makes God’s love visible to others.

In Acts 15:1–31, there arose a doctrinal dispute over whether keeping the law of Moses is required for salvation. Instead of splitting apart, they came together, discussed openly, listened carefully, and sought the guidance of the Holy Spirit. In the end, they arrived at a unified decision and this was reported to the Gentile churches beyond Jerusalem. The result brought joy, protected the truth of the gospel, and preserved the witness of the church.

Besides unity between different groups of believers—like the Pharisees party and the apostles—unity is also needed within each local church. Paul rebuked the Corinthians for forming divisions (1 Corinthians 1:12) and for the humiliation of the poor by the rich during Holy Communion, thus displaying disunity (1 Corinthians 11:17–22). When a church is divided by preferences, cliques, or neglect of certain members, the world sees a broken family, and the witness of the gospel is weakened. However, when believers choose not to divide over secondary issues, honour every member, and work through conflict in love, they display the reality of God’s kingdom. Moreover, when churches also pray for and cooperate with one another, this witness becomes even clearer and more compelling to the world.

REFLECTION QUESTIONS:

1. Do you value unity as a gospel witness, or mainly as personal comfort and peace?

2. Are there visible divisions (e.g., cliques, preferences, social differences) in our church?

3. In what ways can our church cooperate with other churches to strengthen our shared witness?

PRAYER:

Lord, forgive me for the divisions I have tolerated inside my own church — the silent factions, the cliques, the dismissive looks. Unite us not by sameness but by love. Widen my heart to see believers in other congregations as allies, not rivals. Let the world see one family. Amen.

第六周 为耶稣而去 (传扬基督)

第38天：2026年6月24日

透过教会合一传扬基督

经文：约翰福音 17:20-23



诗歌：
看哪！弟兄和睦同居
(诗 133)

在约翰 17:20-23 中，耶稣祈求信徒能像父与子一样合而为一。祂直接将这种合一与布道挂钩：“叫世人相信你差了我来。”这表明，合一不仅是为了教会内部的和谐，更是公开证明耶稣确实是从神而来——印证了耶稣的信息和使命。在分裂的世界中，真实的合一展示出超自然的力量与神的爱。

使徒行传15:1-31 记载了一项争议，就是得救是否须要遵守摩西的律法。他们 没有因此分裂，而是共聚一堂，公开讨论，仔细聆听，并寻求圣灵的引导。最终，他们达成了统一的议决，并将此议决向耶路撒冷以外的外邦教会报告。这结果带来了喜乐，捍卫了福音的真理，并维护了教会的见证。

除了不同信徒群体间的合一（如法利赛派和使徒们），地方教会内部也必须合一。保罗责备哥林多信徒分门结党（哥林多前书 1:12），在圣餐中富有者羞辱贫穷者，以致显出不合一（哥林多前书 11:17-22）。当教会因偏好，小圈子或忽视某些会友而分裂时，世人看到的是破碎的家庭，福音见证也会随之削弱。然而，当信徒选择不在次要问题上争执，而是彼此尊重、爱心处理冲突时，便展示了天国的真实性。再者，当众教会亦彼此代祷和协作时，这种见证在世人面前就显得更清晰，更具说服力了。

反思问题：

1. 你看重“合一”，是因为它能成为福音的见证，还是主要为了个人的舒适与安宁？

2. 我们的教会中是否存在显而易见的分裂（例如：小圈子/派系、个人喜好偏好、社会背景差异）？

3. 我们的教会可以通过哪些方式与其他教会合作，以增强我们共同的福音见证？

祷告：

主啊，求你赦免我在自己教会内部所纵容的分裂——那些沉默的小派系、圈子和轻视的眼神。求你使我们合一，不是通过变得一模一样，而是通过爱。扩张我的心，让我把其他堂会的信徒看作盟友而非对手。让世人看到一个合一的家庭。阿们。

WEEK 6 SENT BY JESUS (MAKING CHRIST KNOWN)

DAY 39 : 25 June 2026

Making Christ Known Through Personal Testimony

Scripture: John 4:28-30, 39-42



Song:
Jesus is a wonderful
Saviour

The Samaritan woman in John 4 met Jesus at a well. In that encounter, her shameful past was fully known, yet she experienced grace instead of rejection. Transformed by this meeting, she immediately left her water jar, returned to her village, and told everyone about Jesus. She had no theological training or religious status. She simply shared her experience with the invitation, “Come, see.” As a result, many Samaritans believed in Jesus because of her testimony. Later, when they interacted with Jesus for themselves, many more believed, and their faith moved beyond second-hand witness to personal conviction.

No one can argue against what God has done in a person’s life. Your testimony is a unique and unrepeatable expression of God’s power and grace. You do not need a dramatic or extraordinary story to be effective. Even simple experiences—peace in anxiety, provision in times of need, healing in relationships, or strength to forgive—carry real spiritual weight and reveal God’s work in daily life.

The Samaritan woman’s testimony was both honest and inviting. She did not hide her past or try to impress others. Instead, she pointed people directly to Jesus. In the same way, you can share your story simply: what your life was like before conversion, how you met Jesus, and what has changed since then. Keep it humble, clear, and Christ-centred. When you share your testimony, you give others hope. You turn abstract ideas about God into something real and personal.

REFLECTION QUESTIONS:

1. What is the single most significant change Jesus has made in your life — and what would you lose if you never told anyone about it?

2. Which part of your story feels too messy, too small, or too ordinary to share? What might God be able to do with that part anyway?

3. If you had only two minutes to tell someone what your life was like before Christ and what it is like now, what would you actually say?

PRAYER:

Lord, I often think my story isn’t impressive enough. Remind me that the Samaritan woman’s power wasn’t in her eloquence, it was in her honesty and her invitation. Give me one opportunity this week to simply say, “Come and see.” Amen.

第六周 为耶稣而去 (传扬基督)

第39天：2026年6月25日
透过个人见证传扬基督



诗歌：
自从我认识耶稣

经文：约翰福音 4:28-30, 39-42

约翰福音4章记载撒玛利亚妇人在井边遇见了耶稣。尽管她羞耻的过去被完全知晓，但她经历的是恩典而非拒绝。生命翻转后，她立即丢下水罐回到城里，分享自己的经历并发出邀请：“你们来看。”结果，许多撒玛利亚人因她的见证信了耶稣。后来，当他们亲自与耶稣互动时，信的人就更多，而他们的信心从聆听别人的见证转为自己坚定的确信。

没有人能反驳神在一个人生命中所作的事。你的见证是神大能与恩典独特且不可复制的表达。见证不一定要戏剧性或非凡才有效。即便是平凡生活中的经历——焦虑中的平安、缺乏时的供应、关系的修复或有力量去饶恕——都带有属灵分量，揭示了神在日常生活中的作为。

撒玛利亚妇人的见证诚实且具邀请性。她没有掩盖过去或试图给人留下好印象，而是直接引导人走向耶稣。同样，你也可以简单分享：信主前的生活、如何遇见主、以及改变后的生命。保持谦卑、清晰并以基督为中心。分享见证是给世界一份盼望的礼物。你将关于神的抽象概念变成了真实的个人体验。

反思问题：

1. 耶稣在你生命中做出的最重要的改变是什么？
如果你从未告诉任何人，你会失去什么？

2. 你的故事中哪一部分让你觉得太混乱、太渺小或太普通，以至于不敢分享？神可能会通过那个部分成就什么？

3. 如果你只有两分钟向某人讲述你信主前后的生活，你会具体说些什么？

祷告：

主啊，我经常认为我的故事不够感人。求你提醒我，撒玛利亚妇人的力量不在于她的口才，而在于她的诚实和邀请。求你在本周赐给我一个机会，让我能简单地说出：“你们来看”。阿们。 诗歌：自从我认识耶稣

WEEK 6 SENT BY JESUS (MAKING CHRIST KNOWN)

DAY 40 : 26 June 2026

Making Christ Known Through Gospel Sharing

Scripture: Romans 10:13-15



Song:
We've a story to tell to
the nations

Paul asks a chain of questions in Romans 10:14-15 that leads to one clear conclusion: someone must preach the gospel. People cannot believe unless they hear, and they cannot hear unless someone speaks. This means that while holy living, communal love, church unity, and personal testimony are important, they are not the final step. The gospel still needs to be clearly spoken.

In Acts 8:26–40, Philip shows us what this looks like. He ran alongside an Ethiopian eunuch, started a conversation, and explained the passage in Isaiah 53:7–8. From that Scripture, he told him the good news about Jesus. The result was immediate—the eunuch believed and was baptized.

In the same way, holiness, love, unity, and testimony help open hearts and make people willing to listen. But someone still has to speak about Jesus. After all, the gospel is the power of God for salvation (Romans 1:16). People will not automatically connect our good lives to Jesus unless we use words.

Gospel sharing is not about winning arguments or knowing everything. It is about simply and humbly explaining that we are all separated from God by sin, that Jesus died and rose again for us, and that eternal life is a free gift received through repentance and faith. Like Philip, we can start where people are—using their questions, struggles, or interests—but we must lead them to Jesus. Speak the name of Jesus, because according to Romans 10:14, someone must tell them.

REFLECTION QUESTIONS:

1. What fear most often stops you from verbally sharing the gospel with a specific person you know — and is that fear rooted in truth or in imagination?

2. Looking back at Days 36-39 (holy living, love, unity, testimony), which one have you relied on most to avoid actually speaking the name of Jesus with your lips?

3. Think of one person who does not yet know Christ. What might be their current question, struggle, or interest — that you could start from in a conversation?

PRAYER:

Holy Spirit, I confess my fear of saying the wrong thing. Replace my fear with Philip's simple boldness. Give me eyes to see the person next to me, ears to hear their question, and lips willing to say the name of Jesus. Amen.

第六周 为耶稣而去 (传扬基督)

第40天：2026年6月26日

透过分享福音传扬基督

经文：罗马书 10:13-15



诗歌：

我们有一故事传给万邦

保罗在罗马书 10:14-15 中提出了一连串的问题，得出一个明确的结论：必须有人传讲福音。人若没有听见，就不能相信；若没有人讲说，就不能听见。这意味着，虽然圣洁生活、群体之爱、教会合一和个人见证非常重要，但它们并不是最后一步。福音仍然须要被清晰地讲述出来。

在使徒行传 8:26-40 中，腓利向我们展示了这具体是什么样子的。他跑到一位埃塞俄比亚太监的车旁，开始交谈，并解释了以赛亚书 53:7-8 的经文。从那段经文开始，他向太监传讲关于耶稣的好消息。结果立竿见影——太监信了并受了洗。

同样，圣洁、爱、合一和见证有助于开启人心，让人愿意聆听。但仍然须要有人传讲耶稣。毕竟，福音是神拯救的大能 (罗马书 1:16)。除非我们用言语表达，否则人们不会自动将我们的好生活与耶稣联系起来。

分享福音并不是为了赢得辩论或了解所有知识。它只是谦卑地解释：我们都因罪与神隔绝，耶稣为我们死而复活，永生是通过悔改和信心白白领受的礼物。就像腓利一样，我们可以从人们所处的位置开始——利用他们的疑问、挣扎或兴趣——但我们必须引导他们归向耶稣。说出耶稣的名字，因为根据罗马书 10:14，必须有人告诉他们。

反思问题：

1. 什么恐惧最常阻止你向某个特定的人口头分享福音？这种恐惧是基于事实还是基于想象？

2. 回顾第 36-39 天 (圣洁生活、爱、合一、见证)，你最依赖哪一个来逃避亲口说出耶稣的名字？

3. 想一个还不认识基督的人。他们目前可能有什么疑问、挣扎或兴趣，可以作为你对话的切入点？

祷告：

圣灵，我承认我害怕说错话。求你用腓利那种简单的胆量取代我的恐惧。赐给我眼睛看见身边的人，赐给我耳朵听见他们的疑问，并赐给我愿意说出耶稣之名的嘴唇。阿们。

WEEKLY SMALL GROUP DISCUSSION GUIDE

WEEK 6 — Go for Jesus (Make Christ known)

Scripture: Matthew 28:18–20

Discussion Questions:

1. If a non-believer watched how your church treats its own members for one month, would they conclude, “These people love each other” — or something else? What would they point to as evidence?

2. What is the single most significant change Jesus has made in your life — and what would you lose if you never told anyone about it?

3. If you had only two minutes to tell someone what your life was like before Christ and what it is like now, what would you actually say?

Prayer:

- Pray that we have the awareness of people around us who do not yet know Christ, and sensitivity to the Spirit’s prompting to reach out.
- Pray for a life of integrity so that there is no disconnect between what we profess and how we live before others.
- Pray for boldness to share the gospel clearly, simply, and authentically in relational and everyday conversations.

Commissioning Prayer:

Pray over each member to continue living as growing disciple of Christ that strives to make Christ known in our daily lives.

Weekly Obedience:

Commit to regularly pray for the salvation of one person, constantly care for that person, find opportunity to share my testimony and ask the Holy Spirit to open the person’s heart to the message of the gospel.

每周小组分享问题

第六周 - 为耶稣而去 (传扬基督)

经文：马太福音 28:18-20

讨论问题：

1. 如果一个非信徒观察你的教会如何对待自己的会友一个月，他会得出“这些人都彼此相爱”的结论吗？还是别的结论？他们会指出什么证据？

2. 耶稣在你生命中做出的最重要的改变是什么？如果你从未告诉任何人，你会失去什么？

3. 如果你只有两分钟向某人讲述你信主前后的生活，你会具体说些什么？

祷告重点：

- 求主使我们对身边尚未认识基督的人有敏锐的察觉，并对圣灵的感动保持敏感，好让我们能顺服指引去向他们传福音。
- 求主赐下正直的生命，使我们的信仰告白与我们的生活为人相称，在人前没有任何言行不一。
- 求主赐下胆量，使我们能在日常的人际交往中，清晰、简朴且真实地分享福音。

差遣祷告：

求主施恩于每一位肢体，使我们持续活出基督门徒不断成长的生命，并竭力在日常生活中彰显基督，使人认识祂。

每周服从：

我愿立志：定期为一位尚未得救的人祷告，持续地关怀他/她，寻找机会分享我的生命见证，并祈求圣灵开启他/她的心，好让其领受福音的信息。

Feedback and Evaluation Form

Thank you for participating in this 40-day devotional journey! Your feedback will help us understand how this devotional has impacted your faith and how we can improve further next year.

Age Group:

12 and below 13-18 19-29 30-49 50+

How long have you been a Christian?

Less than a year 1-5 years 6-10 years 11-20 years More than 20 years

Language Ministry

Cantonese Mandarin English Sungai Long Children

1. How would you rate the devotional's ability to inspire and encourage you in your faith?
 Very inspiring Somewhat inspiring Neutral Not very inspiring

2. Did the devotional encourage you to deepen your relationship with Christ?
 Yes, greatly Somewhat A little Not at all

3. How relevant were the daily reflections and Scripture passages to your daily life?
 Very relevant Somewhat relevant Neutral Not very relevant

4. Did the devotional provide practical applications for living out your faith?
 Yes, very practical Somewhat practical Neutral Not very practical

5. Were there any specific devotionals that particularly moved or inspired you?
If yes, which one(s) and why?

6. Were there any topics that you wish had been included or explored more deeply?

7. How has this devotional impacted your prayer life?
 Strengthened it significantly Somewhat improved it No change

8. After completing this devotional, how would you describe your faith journey?
 Stronger and more committed to Christ Encouraged but still growing
 About the same as before

9. What was the most impactful aspect of this devotional for you?

10. What suggestions do you have to improve future devotional booklets?

11. Any additional comments or testimonies you would like to share?

Thank you for your feedback! May God continue to bless and strengthen your faith.

反馈与评估表

感谢您参与这 40 天的灵修旅程!您的反馈将帮助我们了解这本灵修手册如何影响您的信仰,并让我们在明年进一步改进。

年龄组别

12 岁及以下 13-18 岁 19-29 岁 30-49 岁 50 岁以上

您成为基督徒多久了?

少于 1 年 1-5 年 6-10 年 11-20 年 超过 20 年

语言事工

粤语 华话 英语 双溪龙 儿童

1. 您如何评估这本灵修手册对您信仰的启发和鼓励程度?

非常鼓舞人心 有一定的启发 中立 不太鼓舞人心

2. 这本灵修手册有否鼓励您加深与基督的关系?

是的,非常有帮助 有一点帮助 只有一点点帮助 完全没有

3. 每日灵修的反思和经文与您的日常生活有多相关?

非常相关 有些相关 中立 不是很相关

4. 这本灵修手册是否提供了实践性的应用,以帮助您活出信仰?

是的,非常实用 有一定的实用性 中立 不太实用

5. 是否有某些特定的灵修内容特别触动或激励了您?

如果有,请注明是哪一篇及原因:

6. 是否有任何主题是您希望包括在内或更深入探讨的?

7. 这本灵修手册对您的祷告生活有何影响?

使我的祷告生活大大增强 有一定的改善 没有变化

8. 完成这本灵修手册后,您如何描述自己的信仰旅程?

更加坚定并委身于基督 受到鼓励,但仍在成长中 与以前没有太大变化

9. 这本灵修手册对您最有影响的方面是什么?

10. 您对未来的灵修手册有什么改进建议?

11. 您是否有任何额外的评论或见证想要分享?

感谢您的反馈!愿神继续赐福您,并坚固您的信仰。



FIRST ASSEMBLY OF GOD CHURCH, KL

吉隆坡第一神召会

by Discipleship Task Force Team

门徒训练团队

2 0 2 6