



LIFE BENEATH THE SURFACE

Beyond the Book, Part 2
Rich Villodas
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“Search me, God, and know my heart. Test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.”
Psalm 139:23-24 NIV

“Ignoring our emotions is turning our back on reality; listening to our emotions ushers us into reality. And reality is where we meet God . . . Emotions are the language of the soul. We are frightened and ashamed of what leaks into our consciousness. In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God.”
— Dan Allendar

“Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all of my ways.”
Psalm 139:1-3 ESV

“Where shall I go from your spirit? Where shall I flee from your presence? If I ascend to heaven, you are there. If I make my bed in Sheol, you are there.”
Psalm 139:7-8 ESV

“For you formed my inward parts, you wove me in my mother’s womb. I will give thanks to you for I’m fearfully and wonderfully made.”
Psalm 139:13-14 NASB

“Search me, God, and know my heart. Test me and know my anxious thoughts. See if there’s any way of pain in me and lead me in the way everlasting.”
Psalm 139:23-24 EHV

Two invitations to live beneath the surface

1. _____ to be with God.

“The Lord is my light and my salvation. Whom shall I fear? The Lord is a strength of my life. Of whom shall I be afraid? When the wicked, even my enemies and my foes came upon me to eat up my flesh, they stumbled and fell. Though a host should encamp against me, my heart shall not fear. The war shall rise against me, in this will I be confident, one thing have I desired of the Lord and that will I seek after, that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord and to inquire in His temple.”
Psalm 27:1-4 KJV

2. _____ to our interior world

Two great temptations:

- Use God to run from God.
- Use God to run from ourselves,

What happens when we explore our interior world?

1. We live in _____.

2. We connect with others at a _____ level.

“Many avoid the path of self-knowledge because they are afraid of being swallowed up in their own abysses. But Christians have confidence that Christ has lived through all the abysses of human life and that he goes with us when we dare to engage in sincere confrontation with ourselves. Because God loves us unconditionally—along with our dark sides—we don’t need to dodge ourselves. In the light of this love the pain of self knowledge can be at the same time the beginning of our healing.”
— Andreas Ebert

Take your next step!



1. slow down 2. listen 3. reality 4. deeper



內在的生命

談書說道 (二)

里奇維洛達

2024年7月13-14日

「神啊，求你鑒察我，知道我的心思；試煉我，知道我的意念，看在我裏面有甚麼惡行沒有，引導我走永生的道路。」

詩篇 139:23-24 (和合本)

「忽視情緒 (內在生命)，就是背離現實；傾聽情緒會將我們帶入現實。而現實，就是我們遇見上帝的地方。情緒是靈魂的語言。我們對潛入意識的事感到恐懼和羞愧。忽視自己強烈的情緒，就是自欺，並錯失認識上帝的良機。我們忘記，改變是來自在上帝面前極度的誠實和脆弱。」

— 丹·艾倫德

「耶和華啊，你已經鑒察我、認識我。我坐下，我起來，你都曉得，你從遠處知道我的意念；我行路，我躺臥，你都細察，你也深知我一切所行的。」

詩篇 139:1-3 (和合本)

「我往哪裏去躲避你的靈？我往哪裏逃躲避你的面？我若升到天上，你在那裏；我若在陰間下榻，你也在那裏。」

詩篇 139:7-8 (和合本)

「我的肺腑是你所造的。我在母腹中，你已覆庇我。我要稱謝你，因我受造奇妙可畏。」

詩篇 139:13-14 (和合本)

「神啊，求你鑒察我，知道我的心思；試煉我，知道我的意念，看在我裏面有甚麼痛苦沒有，引導我走永生的道路。」

詩篇 139:23-24 (和合本/意譯)

兩個活出「內在的生命」的邀請

1. _____ 與上帝同行

「耶和華是我的亮光，是我的拯救，我還怕誰呢？耶和華是我性命的保障，我還懼誰呢？那作惡的，就是我的仇敵，前來吃我肉的時候，就絆跌仆倒。雖有軍兵安營攻擊我，我的心也不害怕；雖然興起刀兵攻擊我，我必仍舊安穩。有一件事，我曾求耶和華，我仍要尋求：就是一生一世住在耶和華的殿中，瞻仰他的榮美，在他的殿裏求問。」

詩篇 27:1-4 (和合本)

2. _____ 自己的內心世界

兩大誘惑：

- 利用上帝來逃避上帝
- 利用上帝來逃避自己

當我們活出「內在的生命」，會如何？

1. 我們活在 _____ 中

2. 我們與他人有 _____ 的連結

「許多人迴避自我認識 (內在生命) 的道路，因他們害怕被自己的深淵吞沒。但是基督徒有信心，基督經歷了世人的所有深淵。當我們勇於真誠面對自己，祂會與我們同行。因上帝無條件地愛我們，包括我們的陰暗，我們無需逃避自己。在愛的光照下，自我認識之痛，同時也可成為我們醫治的開始」

— 安德烈亞斯·艾伯特

邁出你的下一步！



1. 放慢腳步 2. 傾聽 3. 現實 4. 更深層