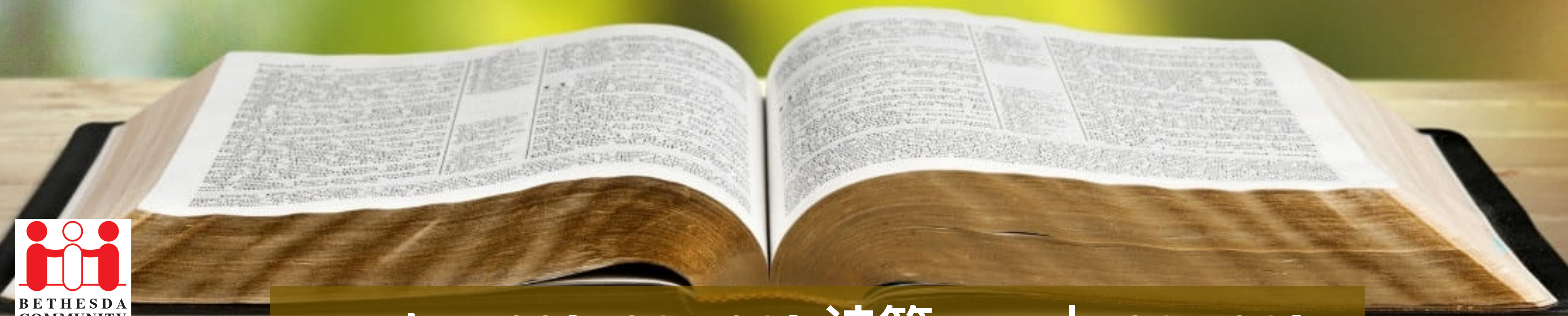


School of Discipleship (101) / Lesson 9

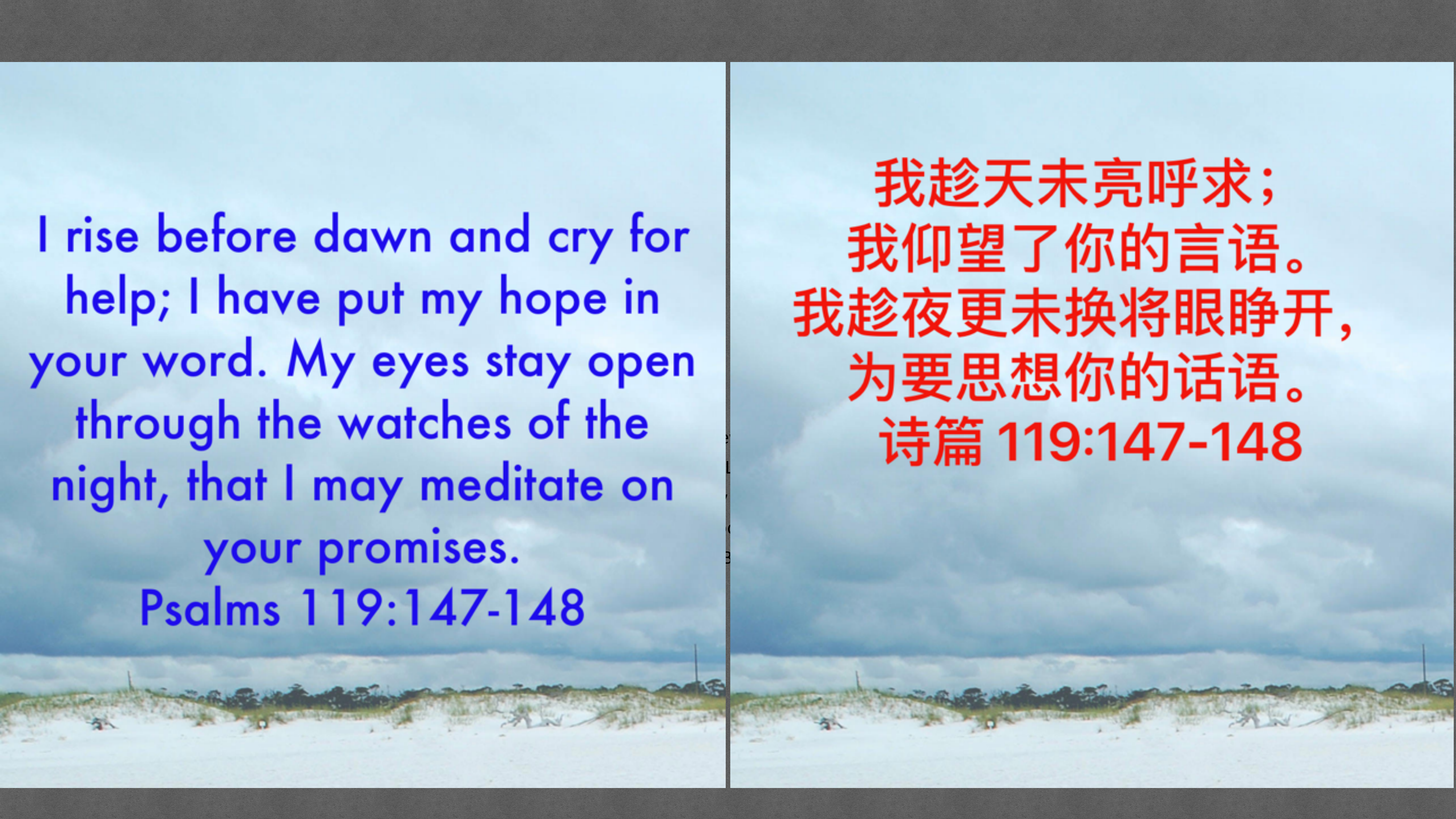
门徒学校(101) | 第九课

Build a devotional life

建立灵修生活



Psalms 119: 147-148 诗篇一一九 147-148



I rise before dawn and cry for
help; I have put my hope in
your word. My eyes stay open
through the watches of the
night, that I may meditate on
your promises.

Psalms 119:147-148

我趁天未亮呼求；
我仰望了你的言语。
我趁夜更未换将眼睁开，
为要思想你的话语。
诗篇 119:147-148

Introduction 引言：

1. The Bible is what God reveals to us.
The Bible is also the basis for us to know God.

1. 圣经是上帝向我们启示的话。圣经也是我们认识上帝的基础。

Introduction 引言：

2. The meaning of believing in Jesus is not only to avoid being judged by God, but to become God's precious children. The children of God must have an intimate relationship with the father, and this intimate relationship is established through daily spiritual habits.

2. 信耶稣的意义不单单免于被上帝审判，而是成为上帝宝贝的儿女。上帝的儿女必然与父有一种亲密关系，而这种亲密关系是经由每天的灵修习惯建立起来的。

Introduction 引言：

3. Every day, I must have a fixed QT time [spiritual discipline - BC core values], get close to God, think about God's words, and respond to God's touch and guidance to me, so that my soul is kept in its best condition every day.

3. 每天都要有一个固定 QT 的时间[灵修]，亲近神，思想神的话，也回应神对我的感动与带领，让心灵每天都保持在最佳状态。。

Course objectives :

课程目标 :

The belief culture of unbelievers is a combination of worship and fear of gods; Now we need to change our concept of God through spiritual practice.

In this lesson, we must understand the importance of spirituality and establish a normal spiritual life.

未信者的信仰文化，对神明是崇拜与惧怕兼而有之；如今需要透过灵修 改变对上帝的观念模式。

本课要认识灵修的重要性，并建立正常的灵修生活。

Build a devotional life

建立灵修生活

1. What is devotional time?

一、什么是灵修？

2. Why do Christians need to do devotional time every day?

二、基督徒为什么需要每天灵修？

3. Preparation for devotional time

三、灵修的预备

Build a devotional life

建立灵修生活

4. Steps of doing a devotional time

4. 灵修进行的方式和步骤

5. What are the benefits of devotional time?

5. 灵修会带来哪些益处?

1. What is devotional time?

一、什么是灵修？

1. The moment of being close to God (James 4:8) **与上帝亲近的时刻 (雅各书 四 8)**
2. The moment when the heart fully opened to God is (2 Corinthians 3:18) **向上帝心灵完全敞开的时刻 (哥林多后书 三 18)**
3. A moment to pour out your heart to God (Psalms 63:1) **向上帝倾心吐意的时刻 (诗篇 六十三 1)**
4. Time to let God's word wash my heart (Psalms 51:7) **让上帝的话洗涤我心 的时刻 (诗篇 五十一 7)**

2. Why do Christians need to do devotional time every day?

二、基督徒为什么需要每天灵修？

1. Establish an intimate relationship with God (Psalms 119:103) 与上帝建立 亲密 的关系 (诗篇 一一九 103)
2. The ability to supply our daily life (Isaiah 40:29) 供应我们每天 生活所需 的能力 (以赛亚书 四十 29)
3. Practice a godly attitude towards life (1 Timothy 4:8) 操练 敬虔 的生活态度 (提摩太前书 四 8)
4. A more profound and delicate experience of God's love (Ephesians 3:17-18) 更深刻细腻体会 上帝的爱 (以弗所书 三 17-18)
5. Understand God's guidance in life (Psalms 119:105) 明白上帝在 生活中的 引导 (诗篇 一一九 105)

3. Preparation for devotional time

三、灵修的预备

- Prepare worship songs, bibles, devotional materials, notebooks 预备诗歌、圣经、灵修材料、笔记本
- Undisturbed time and place 不受打扰的时间和场所
- The early morning hours are the best choice 清晨时段是最好的选择
- Can bring strength all day long 可以带来整天的刚强。
- Of course, you can also use other time that is least disturbed and can face God with a pure heart 当然也可以使用其他最不受干扰，可以清心面对上帝的时间。

4. Steps of doing a devotional time

四. 灵修进行的方式和步骤

- Hymns, worship and praise 诗歌敬拜赞美
- Prayer 祷告
- Reading 读经
- Meditate on the word of God 默想上帝的话
- Digest today's with prayer 用祷告消化今天的领受
- Write down notes 写下心得笔记

5. What are the benefits of devotional time?

五、灵修会带来哪些益处？

1. Let us gradually know the word of God (Psalms 119:36) 使我们逐渐认识 神的话 (诗篇 一九 36)
2. Brings fullness in spiritual maturity (Ephesians 4:13) 带来灵命全面的 成熟 (以弗所书 四 13)
3. You can definitely hear the voice of God (John 10:27) 一定能听见上帝的 声音 (约翰福音 十 27)

5. What are the benefits of devotional time?

五、灵修会带来哪些益处？

4. Experience the true and living God (Psalms 42:5)

经历 又真又活 的上帝 (诗 42:5)

5. Let our faith be strong and stable (Colossians

2:7) 让我们信心 坚固稳定 (歌罗西书 二 7)

6. Live a life according to God's will (Romans

12:2) 过合乎 上帝心意 的生活 (罗马书 十二 2)

Small Group Discussion:

小组讨论:



1. Practice using SPACE (SPACE应用)

Matthew 6:33-34

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

马太福音 六 33-34

你们要先求他的国和他的义，这些东西都要加给你们了。
所以，不要为明天忧虑，因为明天自有明天的忧虑；一天的
难处一天当就够了。

