

對聖靈的醒覺



Awakening to
the Holy Spirit
Psalms 詩篇 139



講道經文

Scriptures

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Psalm 詩篇 139 : 1 - 6

- 1 耶和華阿、祢已經鑒察我、認識我。**
- 2 我坐下、我起來、祢都曉得。
祢從遠處知道我的意念。**
- 3 我行路、我躺臥、祢都細察、
祢也深知我一切所行的。**
- 4 耶和華阿、我舌頭上的話還沒有說，祢已經完全知道了！**
- 5 祢在我前後環繞我、按手在我身上。**
- 6 這樣的知識奇妙、是我不能測的。至高、是我不能及的。**

Psalm 詩篇 139 : 1 - 6

- 1 O LORD, You have searched me and You know me.**
- 2 You know when I sit and when I rise;
You perceive my thoughts from afar.**
- 3 You discern my going out and my lying down;
You are familiar with all my ways.**
- 4 Before I speak a word, You know all I want to say,
O LORD.**
- 5 You have encircled me behind and in front,
And placed Your hand upon me.**
- 6 Such knowledge is too wonderful for me,
too lofty for me to attain.**

Psalm 詩篇 139 : 7 - 12

7 我往那裡去躲避祢的靈。我往那裡逃躲避祢的面。

8 我若升到天上、祢在那裡。我若在陰間下榻、祢也在那裡。

9 我若展開清晨的翅膀、飛到海極居住。

10 就是在那裡、祢的手必引導我。祢的右手、也必扶持我。

11 我若說、黑暗必定遮蔽我、我周圍的亮光必成為黑夜。

12 黑暗也不能遮蔽我使祢不見、黑夜卻如白晝發亮。黑暗和光明、在祢看都是一樣。

Psalm 詩篇 139 : 7 - 12

7 Where can I go to escape Your Spirit?
Where can I flee from Your presence?

8 If I ascend to heaven, You are there!
If I make my bed in Sheol, You are there!

9 If I rise on the wings of the dawn,
if I settle on the far side of the sea,

10 even there Your hand will guide me,
Your right hand will hold me fast.

11 If I say, "Surely the darkness will hide me
and the light become night around me,"

12 even the darkness will not be dark to You;
the night will shine like the day, for darkness
is as light to You.

Psalm 詩篇 139 : 13 - 18

- 13** 我的肺腑是祢所造的．我在母腹中、祢已覆庇我。
- 14** 我要稱謝祢、因我受造奇妙可畏．祢的作為奇妙．這是我心深知道的。
- 15** 我在暗中受造、在地的深處被聯絡、那時、我的形體並不向祢隱藏。
- 16** 我未成形的體質、祢的眼早已看見了．祢所定的日子、我尚未度一日、祢都寫在祢的冊上了。
- 17** 神阿、祢的意念向我何等寶貴．其數何等眾多。
- 18** 我若數點、比海沙更多．我睡醒的時候、仍和祢同在。

Psalm 詩篇 139 : 13 - 18

- 13** For You created my inmost being;
You knit me together in my mother's womb.
- 14** I praise You because I am fearfully and
wonderfully made; Your works are wonderful,
I know that full well.
- 15** My frame was not hidden from You when I
was made in the secret place. When I was
woven together in the depths of the earth,
- 16** Your eyes saw my unformed body. All the
days ordained for me were written in Your
book before one of them came to be.
- 17** How precious to me are Your thoughts, O God!
How vast is the sum of them!
- 18** Were I to count them, they would outnumber
the grains of sand. When I awake, I am still
with You.

Psalm 詩篇 139 : 19 - 24

- 19** 神阿、祢必要殺戮惡人。所以祢們好流人血的、離開我去罷。
- 20** 因為他們說惡言頂撞祢、祢的仇敵也妄稱祢的名。
- 21** 耶和華阿、恨惡祢的、我豈不恨惡他們麼。攻擊祢的、我豈不憎嫌他們麼。
- 22** 我切切的恨惡他們、以他們為仇敵。
- 23** 神阿、求祢鑒察我、知道我的心思、試煉我、知道我的意念。
- 24** 看在我裡面有甚麼惡行沒有、引導我走永生的道路。

Psalm 詩篇 139 : 19 - 24

- 19** If only You would slay the wicked, O God!
Away from me, you bloodthirsty men!
- 20** They speak of You with evil intent;
Your adversaries misuse Your name.
- 21** Do I not hate those who hate You, O LORD,
and abhor those who rise up against You?
- 22** I have nothing but hatred for them;
I count them my enemies.
- 23** Search me, O God, and know my heart;
test me and know my anxious thoughts.
- 24** See if there is any offensive way in me, and
lead me in the way everlasting.

對聖靈的醒覺



Awakening to
the Holy Spirit

Psalms 詩篇 139



Introduction 引言

Privacy is a top concern in this age of information and artificial intelligence. We go to great lengths to protect our identities and personal data.

隱私是這個資訊和人工智慧時代的首要關注點。我們竭盡全力保護我們的身分和個人資料。

Imagine the shock of discovering that someone knows everything about you—your past, present, and even future. This person is aware of every word you speak and even your innermost thoughts.

試想一下，如果有一天你突然發現，有人對你的一切瞭若指掌——包括你的過去、現在和未來。這個人知道你每一句話，甚至了解你的內心想法。

Most unsettling of all, this person is invisible, constantly present, and follows you wherever you go. There is no escape. Such a realization can feel deeply unsettling, even terrifying.

最令人不安的是，這個人是無形的，時時刻刻都在你身邊，無論你走到哪裡，他都跟隨著你。你根本無法逃避。這樣的認知無疑讓人感到深深的不安，甚至恐懼。

Introduction 引言

But your fear can be completely transformed when you learn who this person is and understand His character.
然而，當你得知這個人是誰並了解他的品格時，你的恐懼會徹底轉變。

You discover that He is like a loving parent—He brought you into existence. He is your designer, guardian, protector, teacher, and provider.

你發現，他像一位慈愛的父親——是他將你帶到這個世界上。他是你的設計者、守護者、保護者、老師與供應者。

He loves you, cares for you, and has a plan to bless and prosper you. 他愛你，關心你，並且有一個計劃要賜福與你，讓你興盛。

With this understanding, fear gives way to trust, gratitude, and love. You find yourself seeking His guidance and desiring an intimate relationship with Him. 有了這樣的認識，恐懼會被信任、感恩與愛取代。你會渴望尋求他的指引，並與他建立親密的關係。

You even welcome His examination and healing, much like trusting a doctor to conduct a thorough physical exam for your well-being. 你甚至會歡迎他的檢視與醫治，就像信任醫生為你進行身體檢查以維護健康一樣。

If I were to give a title to Psalm 139, I would call it “The LORD and I”

如果我要給詩篇139篇一個標題，我會稱之為“耶和華與我”

In this psalm, reference to the 1st. person (I, me, my) appears 48 time – indicating it is very personal

第一人稱“我”字出現共48次 極度個人化

Reference to the 2nd. person (You, Your, LORD, God) appears 40 time

第二人稱 共出現40次 (祢字34次 耶和華3次 神3次)

The frequent use of the words “you” and “I” indicates intimacy and closeness between the psalmist King David and the LORD.

“你”和“我”字的頻繁次數顯示詩人大衛王和耶和華神兩人之間的親密關係和緊密連結。

Overview of Psalm 139

詩篇139篇概述

In this psalm King David reflects on his awakening to some of the attributes of God.

在這首詩篇中，大衛王反思了他對神的某些屬性的覺醒。

This psalm praises God as all-knowing (omniscient), ever-present (omnipresent), & all-powerful (omnipotent). He is deeply involved in every aspect of human life.

這首詩篇讚嘆神是無所不知、無所不在、無所不能。他深深涉足人類生活的各個層面。

This psalm concludes with David's awakening to the holiness and justice of God. He pleaded for God to examine his heart, purify him, and lead him in the way everlasting.

這首詩以大衛對神的聖潔和公義的覺醒而結束。他懇求神鑒察他的內心，淨化他，並引導他走上永生的道路。

Psalm 139 is structured into four distinct sections, each section consists of 6 verses and focuses on a particular attribute of God 詩篇 139 篇分為四個不同的部分，每個部分由 6 節經文組成，集中在神的一個特定屬性上

Verses 1-6: Emphasize God's omniscience. He has put me under His microscope, observed me, and knows every aspect of me in detail.

第 1-6 節：強調神的無所不知。祂把我放置在祂的顯微鏡下仔細觀察，了解我每一方面的細節。

Verses 7-12: Focus on God's omnipresence. He exists in every time and space. No one can escape from Him, nor hide from Him.

第 7-12 節：專注在神的無所不在。祂存在於每一個時間和空間。沒有人能夠逃避祂，也沒有人能向祂隱藏。

Verses 13-18: Reflects on **God's omnipotence**. I am the masterpiece of His creation. He designed me, framed me, and wrote the script for my life before my existence

第 13-18 節：反思神的無所不能。我是祂創造的傑作。在我存在之前，祂設計了我，塑造了我，為我寫下了人生的劇本

Verses 19-24: This is the conclusion of the psalm. The psalmist realize that God is **holy and righteous** and that He searches the hearts of men and will execute judgment. Thus, he pleaded with God to reveal his hidden sins to him and lead him in the way everlasting

第 19-24 節：這是本詩篇的結論。詩人醒悟到神是聖潔、公義的，祂鑑察人心，必施行審判。因此，他懇求神向他揭示自己隱而未現的罪，並引導他走永生的道路。

Summary of verse 1-6 一至六節摘要

Verses 1-6: God's omniscience.

God has great interest in everything about me and He observes me constantly.

第 1-6 節：神的無所不知。

神對我的一切都很感興趣並且祂時時刻刻觀察著我。

From afar, He watches all my activities, knows my thoughts, and is aware of what I will say even before I speak a word.

從遠處，祂察看我的一切行動，洞悉我的思想，甚至在我開口之前就知道我要說什麼。

Up close, He encircles me, covers me from above, and shields me with His protection.

從近處，祂環繞著我，從上方遮蓋我，並保護我。

Such profound knowledge is far beyond my understanding and leaves me in awe.

這樣奇妙的知識遠超我的理解，令我深感敬畏。

Summary of verse 7-12 七至十二節摘要

God is omnipresence. 神是無所不在。

Psalm 139:7–12 beautifully portrays God's omnipresence. There is no escape or hiding from Him, for He exists and fills all space in the universe.

詩篇 139:7-12 生動地描繪了神的無所不在。無論我們怎樣都無法逃離或躲避祂，因為祂存在並充滿宇宙的每一個空間。

Vertically, His presence stretches from the highest heavens to the depths of Sheol. Horizontally, it spans from the east at dawn to the west at dusk.

縱向而言，祂的存在從至高的天上延伸到陰間的深處；橫向而言，祂的同在從東方的黎明到西方的黃昏無所不至。

In terms of time, He is the eternal God, His existence is from everlasting to everlasting.

在時間上，祂是永恆的神，祂的存在是從亙古到永恆。

Moreover, God is present in every circumstance of our lives—whether in light or darkness, nothing can conceal us from His gaze.

此外，無論我們身處任何境況，神都與我們同在——無論是光明還是黑暗，都無法將我們隱藏起來使祂看不見我們。

Summary of verse 13-18 十三至十八節摘要

God is omnipotent 神是無所不能。

Psalm 139:13-16 beautifully highlights God's omnipotence through His intricate and sovereign act of creation. 詩篇139:13-16精彩地彰顯了神的全能，透過祂精巧且主權的創造工作。

These verses reveal that God is the Creator of every part of our being, skillfully knitting us together in our mother's womb with awe-inspiring precision.

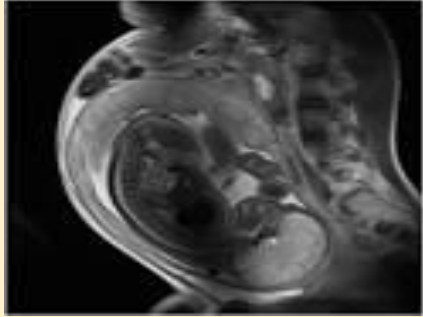
這幾節經文揭示了神是我們每個部分的創造者，祂在我們的母腹中精心地將我們編織而成，展現了令人敬畏的精確性。

His works are described as wonderful, demonstrating His unmatched power and artistry.

祂的作為被描述為奇妙無比，顯示出祂無與倫比的能力和藝術性。

Even in the hidden and unseen stages of life, God was fully aware of our formation, seeing our unformed bodies and weaving us together with divine purpose and care. 即使在生命隱秘且無法看見的階段，神也完全知曉我們的形成，祂看見我們未成形的身體，並以神聖的目的和細緻的關懷將我們編織起來。

God is Omnipotent 神是無所不能



The creation of life, from a fertilized egg to the birth of a baby, involves a complete and incredibly intricate structure along with the harmonious functioning of various organs is truly an unfathomable and awe-inspiring work of wonder that only the Almighty God can accomplish.

一個生命的創造，從受精卵開始到嬰孩出生，包含完整且極其精密的結構以及各器官的協同運作，實在是不可思議令人驚歎的奇妙工程，唯有全能的神才能作成這創造之工。

**"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."
(Psalm 139:14)**

「我要稱謝你，因我受造奇妙可畏；祢的作為奇妙，我心深知道。」（詩篇 139:14）

Summary of verse 19-24 十九至廿四節摘要

God's Holiness and Justice 神的聖潔與公義

In the final six verses of Psalm 139, David transitions from marveling at God's omniscience, omnipresence, and omnipotence to contemplating God's holiness and justice. 在詩篇139篇的最後六節，大衛從讚嘆神的無所不知、無所不在和無所不能，轉向對神聖潔和公義的思考。

Here, David's hatred for the wicked is not personal but rather a reflection of his deep reverence for God's holiness. His righteous anger stems from seeing the dishonor these individuals bring to the name of the Lord, who is perfectly just and holy. 在這裡，大衛對惡人的憎恨並非出於個人恩怨，而是反映了他對神聖潔的深刻敬畏。他的義憤源於那些人對耶和華名的褻瀆和不敬。

David aligns his heart with God's justice, recognizing that sin and rebellion are fundamentally against God's nature. 大衛將自己的心與神的公義對齊，認識到罪惡與悖逆根本上是與神的本性相違背的。

Summary of verse 19-24 十九至廿四節摘要

God's Holiness and Justice 神的聖潔與公義

However, this reflection on God's justice does not lead David to self-righteousness. Instead, he humbly turns inward, asking God to search his own heart: "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." (vv. 23-24)

然而，對神公義的思考並沒有使大衛陷入自以為義。相反，他謙卑地向內反省，懇求神鑒察他的內心：「神啊，求你鑒察我，知道我的心思，試煉我，知道我的意念。看在我裡面有甚麼惡行沒有，引導我走永生的道路。」（第23-24節）

David's recognition of God's holiness compels him to examine his own life. He acknowledges that only God, who is perfectly just and holy, can reveal the hidden sins of the heart. 大衛對神聖潔的認識促使他檢視自己的生命。他承認，唯有完全公義和聖潔的神，才能揭示人心中隱藏的罪惡。

Summary of verse 19-24 十九至廿四節摘要

God's Holiness and Justice 神的聖潔與公義

By asking God to guide him in the "way everlasting," David submits to God's holy standard, desiring to walk on the path of righteousness that leads to eternal life.

藉著請求神引導他走「永生的道路」，大衛將自己完全交託在神的聖潔標準之下，渴望行在通向永生的義路上。

These verses remind us that God's holiness demands justice, and His justice calls for self-examination. We are invited to approach the holy and just God with humility, trusting in His guidance to lead us away from sin and toward the everlasting path of life.

這幾節經文提醒我們，神的聖潔要求公義，而祂的公義呼喚我們進行自我省察。我們被邀請以謙卑的心來到這位聖潔而公義的神面前，信靠祂的引領，遠離罪惡，走向永恆生命的道路。

The Holy Spirit in Psalm 139 詩篇139篇中的聖靈

Although the Holy Spirit is not explicitly named in Psalm 139, the attributes of God revealed in this psalm—His omnipresence, omniscience, and omnipotence—are closely aligned with the roles of the Holy Spirit as described throughout the Bible.

雖然聖靈在詩篇139篇中沒有被明確提及，但這篇詩篇所揭示的神的屬性——祂的無所不在、無所不知和無所不能——與聖經中描述聖靈的角色密切相關。

In verse 7, David asks, "Where can I go from your Spirit? Where can I flee from your presence?" This underscores the Holy Spirit's omnipresence, a truth reaffirmed in John 14:16-17, where Jesus promises that the Spirit will dwell with believers forever.

在第7節，大衛問道：「我往哪裡去躲避祢的靈？我往哪裡逃躲避祢的面？」這強調了聖靈的無所不在，這一真理也在約翰福音14:16-17中得到印證，耶穌應許聖靈要永遠與信徒同在。

The Holy Spirit in Psalm 139 詩篇139篇中的聖靈

Verse 10 states, “Even there your hand will guide me,” highlighting the Holy Spirit’s role as a guide. This aligns with Romans 8:14, which declares that those led by the Spirit of God are children of God. 第10節提到：「就是在那裡，祢的手必引導我。」這突顯了聖靈作為引導者的角色，與羅馬書8:14 經文相應，指出“凡被神的靈引導的人就是神的兒女”

In verses 11-12, David reflects that “darkness and light are the same to you,” emphasizing the Holy Spirit as “the Paraclete” in John 14:16, is our Comforter and Helper, providing assurance, peace and help in the darkest moments.

在第11-12節，大衛反思道：「黑暗和光明，在祢看來都是一樣。」這強調了聖靈作為安慰者的角色。正如約翰福音14:16中提到聖靈是「護慰師」，聖靈在最黑暗的時刻為我們提供確據、平安和幫助。

Psalm 139 invites us to see the Holy Spirit’s presence and work as an integral part of God’s intimate relationship with His people.

詩篇139篇邀請我們看見聖靈的同在與作為，是神與祂子民親密關係中的重要組合部分。

The Holy Spirit and the Holiness of God

聖靈與神的聖潔

The Holy Spirit is the very expression of God's holiness, working in the lives of believers to reveal His purity and righteousness.

聖靈是神聖潔的具體表現，在信徒的生命中彰顯祂的純潔與公義。

One of the Holy Spirit's primary roles is to convict people of sin (John 16:8). Through this conviction, He illuminates the depths of human sinfulness in the light of God's perfect holiness, leading individuals to repentance and faith in Christ.

聖靈的重要職責之一就是使人知罪（約翰福音16:8）。藉著這種使人知罪的工作，祂在神完全的聖潔光照下顯明人類內心的罪惡，帶領人悔改並信靠基督。

Beyond the initial conviction and regeneration, the Holy Spirit actively works in the believer's sanctification.

Progressive sanctification is the transformation led by the Holy Spirit where believers are empowered to

overcome sin and grow in holiness. 除了初次的知罪與重生，聖靈還積極參與信徒的成聖過程。漸進成聖是聖靈帶領下的轉變過程，使信徒得以勝過罪惡並在聖潔中成長。

Coram Deo 活在神面前

Now let us watch a short video clip titled “Coram Deo” which means “Living in the Presence of the LORD”
現在讓我們看一個短視頻。這短片名為“Coram Deo”，意即“活在神的面前”（中文版）



活在上帝面前

Coram Deo 活在神面前

Now let us watch a short video clip titled “Coram Deo” which means “Living in the Presence of the LORD”
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Waking Up to the Presence of God

對神同在的醒覺

There are moments when we feel deeply connected to God, yet at other times, He may seem distant and uninvolved in our lives. This perception often stems from our lack of awareness of His presence.

有時候我們感到與神非常親近，有時祂好像離我們很遠，似乎沒有參與我們的生活。這種感覺往往來自我們對祂同在缺乏醒覺。

Some people lament that they do not feel God's presence in their lives. Yet the truth is, God reveals Himself to us daily; it is we who fail to recognize Him. 有些人抱怨自己感受不到神的同在，但事實是，神每天都在向我們顯明祂自己，只是我們未能認出祂。

This raises an important question: Do we interpret our experiences through the lens of God's declared Word, or do we attempt to interpret God's Word through the lens of our experiences?

這帶出了一個重要的問題：我們是根據神明確的話語來解釋我們的經歷，還是嘗試用我們的經歷來解釋神的話語？

Waking Up to the Presence of God

對神同在的醒覺

God's truth stands independently of our feelings or perceptions—it does not require our experiences to validate it. On the contrary, we need God's Word to validate and properly interpret our experiences.

神的真理與我們的感覺或看法無關，不需要我們的經歷來證明其真實性。相反，我們需要神的話語來驗證並正確解釋我們的經歷。

Too often, we pray, “O Lord, be with us,” as though God's presence were in question. Instead, our prayer should be, “Lord, help us to become more aware of Your ever-present nearness.” 我們常常禱告說：「主啊，與我們同在。」彷彿神的同在受到質疑一樣。其實，我們應該禱告說：「主啊，幫助我們更加意識到祢的同在。」

Waking Up to the Presence of God

對神同在的醒覺

Genesis 28 recorded that Jacob, fleeing from his family home, stopped for a night in an unfamiliar place. As he slept, he dreamed of a stairway stretching from earth to heaven. At the top stood the Lord, who reaffirmed His covenant made with Abraham and Isaac. God promised to bless Jacob, protect him wherever he went, and bring him back to the land he was resting on.

創世記 28章記載當雅各逃離家園時，停留在一個陌生的地方過夜。當他入睡時，他夢見一座梯子從地上延伸到天上。在梯子頂端站著耶和華神，祂向雅各重申了與亞伯拉罕和以撒所立的約。神應許要賜福給雅各，無論他走到哪裡都要保護他，並帶他回到他所躺臥的那地方。

When Jacob woke up, he was struck by the realization that God was in that very place. Many people today, like Jacob, go through life unaware of God's presence. It is not God's presence that is absent, but our awareness of it that needs awakening.

當雅各醒來時，他充滿敬畏地意識到，自己竟然不知不覺地身處神的同在之中。像雅各一樣，許多人對神無時無刻的同在毫無意識。事實上，不是神沒有與我們同在，而是我們對神的同在需要被喚醒。

Testimony of Experiencing God's Presence

體驗神同在的見證

I'd like to share a personal testimony of experiencing God's presence in August 2019, a month that remains unforgettable. 我想分享一個親身經歷神同在的見證，這件事發生在2019年8月，是令我難以忘懷的一個月。

First, a roofer unexpectedly came to offer a free roof inspection after recent hailstorms. He found minor damages but noticed our insurance policy only covered one-third of replacement costs for roofs over ten years old. He advised us to upgrade our policy for full coverage, which we did.

首先，一位屋頂工人意外地來到我們家，提供免費檢查屋頂，因為最近當地發生了冰雹風暴。他發現了一些輕微的損壞，但注意到我們的保險條款規定，對於超過10年屋齡的屋頂，只承擔三分之一的更換費用。他建議我們將保險升級以獲得全面保障，我們照做了。

Just 20 days later, while our family was out of town, a severe hailstorm struck our neighborhood, Our home sustained over \$30,000 in damages

僅僅20天後，我們外出期間，一場罕見的冰雹風暴襲擊了我們的社區，我們的家遭受了超過3萬美元的損壞。

Testimony of Experiencing God's Presence

體驗神同在的見證

God, in His omniscience, sent that roofer at just the right time to protect our home. 無所不知的神，在適當的時機派遣了那位屋頂工人來保護我們的家居。

Second, during that same trip, one of our car tires suddenly blew out on a remote country highway. 其次，在同一次旅途中，我們的車胎突然在一條偏僻的鄉間公路上爆胎了。

As I pulled over, I noticed a police car and a tow truck not far ahead. They had just finished helping another vehicle that had fallen into a roadside ditch. They immediately assisted us, taking our car to a gas station nearby to have the tire replaced.

當我靠邊停車時，我們注意到前方不遠處有一輛警車和一輛拖車。他們剛救完另一輛掉進路邊溝裡的汽車。他們立即協助我們，將我們的車送到附近的加油站更換輪胎。

Reflecting on this, I realized God had orchestrated the police and the tow truck drivers presence at that precise moment. 事後回想，我明白這次“意外”其實是神的“安排”祂預先計劃好，讓警車和拖車剛好在我們需要幫助的那一刻出現

Testimony of Experiencing God's Presence 體驗神同在的見證

*These experiences
reminded me of
Psalm 139:17-18*

這些經歷讓我想起
詩篇139篇
17-18 節的話

*How precious to me are
your thoughts, O God! How
vast is the sum of them!
Were I to count them, they
would outnumber the
grains of sand*

神阿、你的意念向我
何等寶貴。其數何等
眾多。我若數點、比
海沙更多。

Practicing the Presence of God

操練與神同在

In the 17th century, Brother Lawrence (1614–1691), a French Christian, was a remarkable figure in the history of Christian devotion. 十七世紀的法國基督徒，勞倫斯弟兄(Brother Lawrence) 在靈修歷史中是一位很傳奇的人物。



Brother Lawrence was given the title **“KITCHEN SAINT”** (not kitchen sink).

勞倫斯兄弟被授予 **“廚房聖徒”**（不是廚房水槽）的稱號。

Brother Lawrence was content with humble tasks, spending his life working in a monastery where he handled chores like cooking, cleaning, and gardening.

勞倫斯弟兄甘於卑微，一生都在一間修道院裏面工作，負責做雜務，例如：煮飯、掃地、剪草等等。

Practicing the Presence of God

操練與神同在

When Brother Lawrence was assigned to work in the kitchen, the environment was harsh—filled with grease stains, unpleasant smells, and oppressive heat. The work was monotonous and tiring. Yet Brother Lawrence willingly submitted to these circumstances, viewing them as God's training for him.

勞倫斯弟兄被分派去廚房工作，環境惡劣，四處都是油煙污跡，充滿着難聞的氣味，而且廚房的工作刻板、千篇一律，十分難受。但是，勞倫斯弟兄仍然願意順服接受，他認為這是神給他的訓練。

In the midst of boring tasks, Brother Lawrence focused on the presence of God daily, praying unceasingly and conversing with God continuously. He gave thanks and praised God in all things, expressing his love for Him.

在沉悶的工作裏面，勞倫斯弟兄每天都專注神的同在，不住禱告，無間斷地與神傾談，凡事感恩讚美，表達他對神的愛。

Practicing the Presence of God

操練與神同在

Furthermore, he regarded all his actions as acts of service to God and carried them out with all his heart. This attitude and spiritual discipline transformed his perspective on everyday work.

此外，他將手中所作的一切事情，都看作為神而做的事奉，盡心盡力地完成。勞倫斯弟兄這種人生態度和操練，使他對日常工作有了新的體會。

He said: "For me, there is no difference between the time of work and the time of prayer. Though the kitchen is noisy, and at times, people demand multiple things from me simultaneously, I embrace the great peace of God's presence as if I were kneeling to receive Holy Communion."

他說：「對我而言，做工的時候和祈禱的時候沒有分別。雖然廚房裏很嘈吵，有時幾個人會同時有不同的要求，但是我擁抱着神同在極大的平安，就像我跪下領受聖餐一般。」

Practicing the Presence of God

操練與神同在

The most holy and necessary practice in our spiritual life is the presence of God. That means finding constant pleasure in His divine company, speaking humbly and lovingly with him in all seasons, at every moment, without limiting the conversation in any way.

BROTHER LAWRENCE

勞倫斯弟兄說：**「我們靈性生活中最神聖、最必要的實踐就是與神同在。這意味著在神的陪伴中不斷以祂為樂，在任何時候、任何時刻謙卑而充滿愛意地與祂交談，不限制談話內容。」**

Practicing the Presence of God

操練與神同在

It is not necessary
to have great
things to do. I turn
my little omelet in
the pan for the
love of God.

-Brother Lawrence

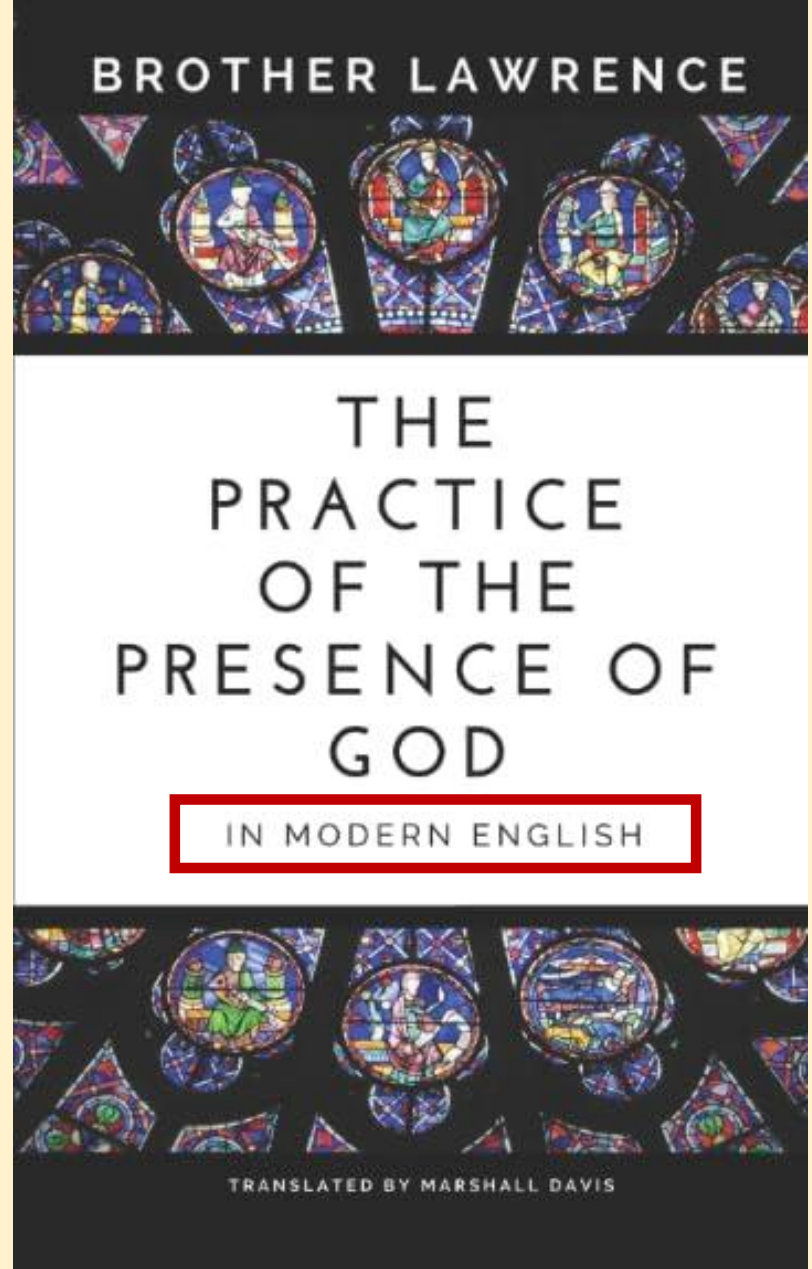
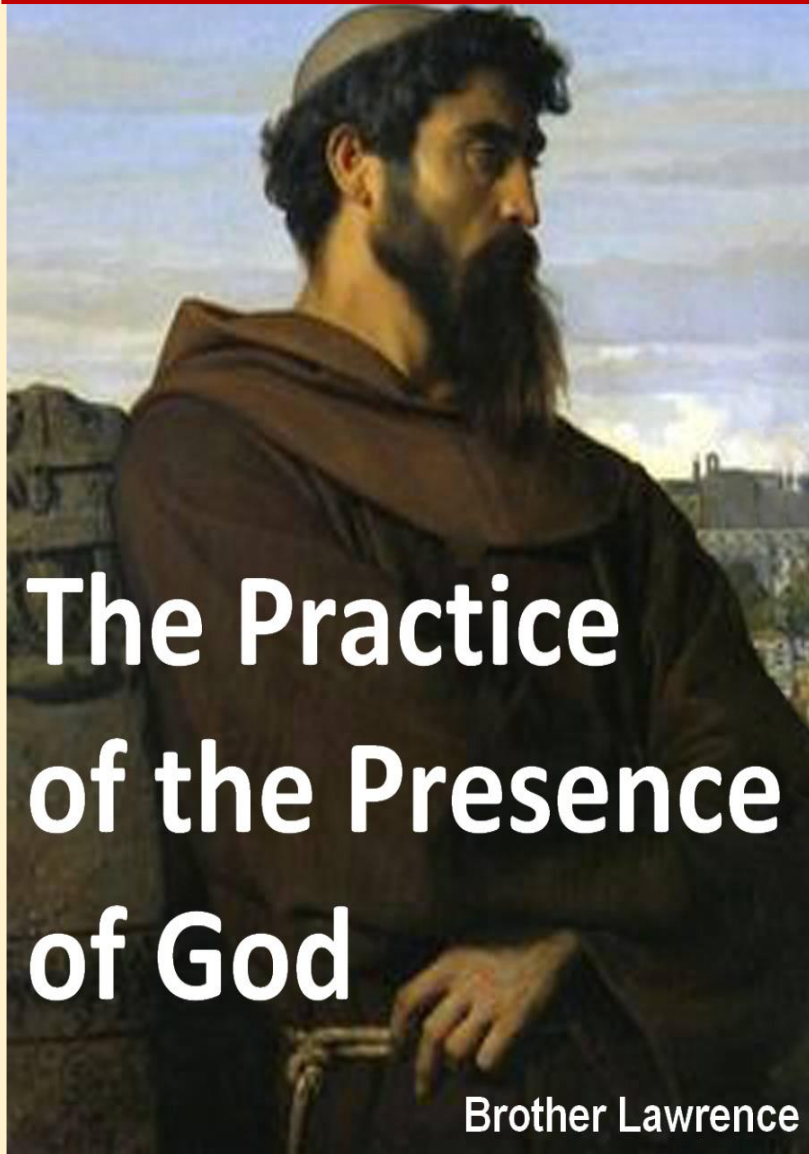


勞倫斯弟兄還說：「不需要做偉大的事，我為了愛神，翻動煎鍋中的小煎蛋。」

**This is exactly what
Colossians 3:23-24
teaches us:**

**"Whatever you do, work
at it with all your heart,
as working for the Lord,
not for human masters...
It is the Lord Christ you
are serving."**

這正是歌羅西書3:23-24教導我們的：「你們無論做甚麼，都要從心裏做，像是為主做的，不是為人做的；因為你們知道，從主那裏必得着基業作為賞賜。你們要服侍的是主基督。」



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THE Practice OF THE
Presence of GOD

与 神 同 在

培养与神之间的
亲密关系

劳伦斯·弟兄 *Brother Lawrence* 著

陈怡初 译

與神同在 - 勞倫斯 (網上閱讀
及 下載) ← 網上閱讀及下載連結
(基督徒生活網)

You Know Me 你認識我

Now I will end today's sermon with a theme song titled "You Know Me" based on Psalm 139 (Chinese).
現在，我要用一首基於詩篇139篇的主題歌《你認識我》來結束今天的講道。



你認識我

對聖靈的醒覺



Awakening to
the Holy Spirit

Psalms 詩篇 139

