

The Sh'ma "With All Your Heart"

沙瑪系列 第二周 盡心

敬拜 & 聖餐

是你 It's You 生命河靈糧堂專輯 - 奔向愛我的神 作詞/作曲：李家怡 主唱：雷歆韻

是你 領我出死蔭的幽谷； 是你 帶我進豐盛的道路；
如今 你領我生命的腳步；主耶穌 是我一生的愛慕；
是你 讓軟弱得著剛強； 是你 讓灰心得著盼望；
是你 叫萬物伏在你腳前；萬主之主 萬王之王

我要舉雙手來敬拜 來降服於你；叫我全人投入 你愛的懷裡； 我要一生一世 尊崇你聖名；使我活出神的榮耀 是你

你是我永遠的主 是我的山寨；我靈我心堅定於你； 你是我永遠的主 我要讚美你名；你是我生命的確據 我的確據

路加福音 22:19-24

19 又拿起餅來，祝謝了，就擘開，遞給他們，說：這是我的身體，為你們捨的，你們也應當如此行，為的是記念我。

20 飯後也照樣拿起杯來，說：這杯是用我血所立的新約，是為你們流出來的。

更美的約/愛的血約 慕主音樂 FRMM Music

這愛的故事 如此濃美；實叫人嚮往 又驚奇；當你從 地上 被高舉；這血約 從此 揭起
我見萬人 沿河歸向你；這生命河 源自你身體；得救樂歌 四面揚起：「我必醫好你 使你痊癒」
我見萬人 沿河歸向你；這生命河 源自你身體；得救樂歌 四面揚起：「看哪！我將一切都更新」

新郎歌聲 在空中舞起：「請進入 我肋旁創痕裡；我骨中骨 肉中的肉；我所珍愛顧惜 就是你」
新郎歌聲 在空中舞起：「請進入 我肋旁創痕裡；我骨中骨 肉中的肉；渴望將你織進 我心裡」
我要賜你 認識我的心；這美麗 使你奇妙驚喜；我創造你 是你丈夫；我以慈愛仁義 來聘你；
我要賜你 認識我的心；這美麗 使你奇妙驚喜；我創造你 是你丈夫；我以永遠的愛 來愛你

大山可以挪開；小山可以遷移；我的慈愛 不離開你；
我平安的約 也不遷移；縱然天地銷化 世間物換星移；
愛的血約 必永堅立；聖潔烈火中 必來迎娶

Last week Brad kicked off this series in the Shema in a way that I thought was really powerful. If you haven't already seen it, I would highly recommend that you go to the website and watch it. 上星期Brad牧師開始了沙瑪這個系列。如果你還沒有聽到這篇有能力的信息，非常鼓勵你到我們的網站上來收看這篇信息。

He introduced us to the Shema itself, a prayer that was treasured by the ancient Hebrews and is still around to this day, found in Deut 6 “Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul, and with all your might.

Brad牧師講述沙瑪，這一個猶太人從古到今都珍視的一個禱告。這個禱告在申命記 6:5-6 你要盡心、盡性、盡力愛耶和華—你的神。6我今日所吩咐你的話都要記在心上，

Mezuzah story 梅祖扎的故事

Brad taught about this word “Shema” or in our translations “hear” , but that this word wasn't simply about sound waves hitting our eardrums, but that the concepts of listening and obeying were one in the same. Brad牧師說到“沙瑪”這個詞，或者在我們的翻譯中就是“傾聽”，但沙瑪不僅僅是說聲波到達我們耳朵的鼓膜，而是包含了傾聽和遵從。

To hear God was to listen and to obey, to be present to and obedient to our heavenly Father. 傾聽神就是聽和遵從，活在我們的天父面前並順從祂。

And as we go throughout the series we are going to explore different facets of this prayer, and this week we are looking at the idea of loving the Lord your God with all your heart. Next week soul, mind, etc.

But this week, we are going to ask the question, “What does it mean to love God with all your heart?” 在這個系列中我們會來探求這個禱告的不同的方面。這星期我們要來看盡心愛我們的神，接下來的周會看盡性，盡力，等等。這一週，我們問的問題是：“盡心愛神是什麼意思呢？”

SLIDE: What does it mean to love God with all your heart? 什麼是盡心愛神？

I think our dominant culture has taught us to believe that love is this sort of static thing that happens to us that we have little or no control over, that we either fall into love or we don't. But the ancient Hebrews had a more integrated understanding of what Ahava love meant. Loving was connected to obedience. Jesus told his disciples in John 15, if you love me you will obey my commands. Love in the biblical sense has an active connotation. 我們的文化告訴我們愛好像一個東西發生在我們身上而我們自己沒有太多的控制／影響——我們或者落入熱戀或者沒有。但是古時的猶太人對愛有一個更加聯合整體的理解。愛如順從是相聯繫的。耶穌在約翰福音15章中說，你們若愛我，就必遵守我的命令。在聖經中的愛是有主動的意味的。

The ancients understood the heart to be more than just the physical organ that pumped blood throughout the body. The heart was the language they used to represent the epicenter of a person's desires, their longings, their affections. My heart was responsible for what I desired. 古人理解心不僅僅是一個把血液供應到全身各處的一個器官。他們用“心”來表示一個人最中心的渴想。

So what does it mean that God wants us to love him with our desires, with our longings? 所以，神要我們以我們的渴想來愛祂是什麼意思呢？

Well, I think we first have to acknowledge that we often desire things that are not good for us or for others, things that are in fact destructive. We have to start there, which actually isn't so black and white in our current dominant culture. We in the West are often empowered to be true to ourselves. The heart wants what it wants. And if we want to be truly happy, we need to follow our hearts. 我想首先我們要承認我們常常渴望那些對我們或是對別人沒有益處的東西，甚至是有破壞性的東西。我們需要從這裡開始，因為這個在我們的主流文化中並不是那麼黑白分明。我們西方人常常被鼓勵要對自己真實（活出自己）。心要追尋它所想要的。如果我們想要真的幸福，就需要跟隨我們的心。

We use this reasoning to put ourselves in all sorts of unhealthy and dangerous situations. Brad mentioned the human propensity to love french fries. My word, I love french fries. I know they aren't good for me, but I desire them. But see, we justify ourselves into all sorts of selfish scenarios because we are following our hearts, because we want to be true to ourselves. 這樣的推理把我們帶進各樣的不健康甚至是危險的情況。Brad牧師上週說到人類對薯條的嗜好。我喜歡薯條。儘管我知道它對我的健康沒好處，可是我還是渴望它。我們用“跟隨我們的心”和“對自己真實”來合理化和把自己帶入各樣自私的情況中。

Now hear me out. I think that it is very important that we be true to ourselves, that we embrace our individual story, our unique and precious contribution to the universe, and realize that life is so much better and more enjoyable when I am my most authentic and integrated self. But here's the issue. If I am a follower of Jesus, I have two selves. I have the fallen broken me, that is a representation of everything evil and broken in this world. The part of me that desires selfish and evil things. And then I have the resurrected self. This is the part of me that Jesus has transformed and is transforming. 2 Corinthians 5:17 “therefore if anyone is in Christ they are a new creation.” The part of me that is woven into a better hope and future, a new humanity, my true and perfect self. But the tension is that I am not fully that person yet, and I won't be on this side of eternity. 我覺得對自己真實是非常重要的。我們需要擁抱我們的個人故事，我們獨特而寶貴的對宇宙的貢獻。而且當我是我真實的完整的我的時候，我的生活就更好更愉快。但是需要意識到，當我是耶穌的跟隨者時，我有兩個自己。一個是墮落破碎的自己，是這個世界一切罪惡和破碎的一個代表。這一個部分的我渴望自私的和罪惡的東西。另一個是復活的我。這一部分是耶穌已經轉化了和正在轉化中的我。歌林多後書 5:17 17 若有人在基督裡，他就是新造的人，舊事已過，都變成新的了。這一個我（因著耶穌）被編織入新的盼望和未來，是新造的人，是真正的完全的自己。問題在與我還沒有完全的成為那（新造的）人，而且在到達永生前我都不會完全的成為那個完全的自己。

Pastor Randy used to say, “I'm no longer who I once was, but I'm not yet fully who I will be.” Randy牧師曾說“我已經不是以前的自己，但我還沒有完全成為我將要成為的自己。”

So which self, which heart am I going to listen to? Where are my desires, my longings? 所以那一個自己，那一顆心是我要選擇聽的呢？什麼是我的渴望和渴想呢？

In the Old Testament, The prophet Jeremiah in chapter 17, is conveying the word of the Lord, and in verse 9 God says, 在舊約中，先知耶利米傳達神的話，在17:9 他說

Slide Jer 17:9 The heart is deceitful above all things and beyond cure. Who can understand it? 耶利米書 17:9 人心比萬物都詭詐，壞到極處，誰能識透呢？

Oh no! Love the lord your god with all your heart? But my heart is deceitful and beyond cure! How can I love God with my desires if this is the case? 如果我的心充滿詭詐，壞到極處，我怎麼能以我所有的渴想來愛神呢？

C.S. Lewis was a profound Christian thinker and author. Most of us know him by The Chronicles of Narnia book series. 魯益師是一位深刻的基督徒思想家和作家。我們很多人的熟悉他的作品“納尼亞傳奇”。

SLIDE

Eustice Illustration: “No matter how hard I tried, I couldn’ t do it myself.” 尤斯塔:” 不管我多努力的嘗試，我靠自己都不能做到。”

Last week Brad reminded us of a revolutionary truth, that our desires can be changed. But not simply because we white knuckle it. Like Eustice, We can’ t do it ourselves, the renovation of the heart has to be initiated by God. Even though we crave french fries, we can get into the habit of eating salads. Jesus can disciple us into more life giving desires. Brad牧師上週提醒我們一個革命性的真理，就是我們的渴望是可以被改變的。但是這不是能通過我們握緊拳頭達到。就像尤斯塔，我們不能靠自己做到。心的更新需要神來開啟。儘管我們想吃薯條，我們卻可以養成吃沙拉的習慣。耶穌可以使我們形成更加賦予生命的渴望。

SLIDE: “It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.” - CS Lewis

“看來我們的主覺得我們的慾望不是太強烈，而是太弱小了。我們是三心二意的動物，當無限的歡樂被提供給我們時，我們就沉溺與飲酒，性，和野心中，就像一個無知的孩子，他想要在貧民窟繼續做泥餅，因為他無法想像在海邊的假期是什麼意思。我們太容易滿足了。”

So change is possible, but as one theologian puts it, “only desire overcomes desire.” God restores our truest desires. 所以改變是可能的，但就像一個神學家說的，“唯有慾望能戰勝慾望。” 神要恢復我們真正的渴想。

But the framework for change in this current secular climate is one of evolutionary humanism. We see it all over, especially in science fiction, 2001 a space odyssey, interstellar, especially Star Trek. I’ m a huge Star Trek Nerd 在當今世俗的氣氛中，改變的框架是進化人文主義。我們到處可以看到它的痕跡，特別是在科幻小說中，2001年的太空漫遊，星際旅行，尤其是星際迷航。

There’ s this speech that Captain Picard played by sir Patrick Stewart gives to his evil clone. Yes, I know I’ m a huge nerd. But he’ s trying to describe to this broken reflection of himself what it is to be human. And he says, “That is what it is to be human. To make yourself more than you are.” I love captain Picard and I am a huge fan of Patrick Stewart, but he’ s not totally right about that. The sentiment behind secular, evolutionary humanism, is that human beings will become more than we are now and evolve to achieve utopia. Picard機長說“作為人類，就是要成為比你現在更偉大的”我很喜歡Picard機長，但他所說的不盡正確。在世俗進化人文主義的背後的思想就是人類不斷的發展超越現在，最後進入烏托邦。

Our culture tells us that we will one day achieve paradise becoming more than we are now, but the Biblical narrative suggests that true paradise, that true shalom, is about becoming who we were always meant to be. 我們的文化告訴我們，如果我們不斷超越自我有一天我們將到達天堂。但是聖經告訴我們，真正的天堂，真正的平安，來自與成為我們原本被造要成為的自己。

SLIDE: It’ s not about reaching the horizon, it’ s about coming home. 這不是關於到達新的地平線，而是關於回到我們真正的家園。

The story of the Bible is about God’ s great love for us. And him wanting to be reunited with us. Don’ t let anyone tell you any differently. It is God’ s Love and his love alone that initiates change in us. 聖經的故事是關於神對我們極大的愛。祂要我們重新與祂連結。唯有神的愛能夠開啟在我們裡面的改變。

John writes about this in First John. That loving other people happens only because God first loved us. He captures our hearts and desires with his love. 約翰在約翰一書中寫到，我們愛人是因為神先愛我們。祂用祂的愛來捕獲我們的心和渴想。

Those desires gravitate towards things we think we need. Someone wise once told me that sin is simply human beings meeting our needs in a way God never intended. 我們的渴想集中於我們認為需要的東西。一位智者曾經對我說罪就是人用不是神所設置的方式來滿足我們的需要。

Sin = doing things our own way = deciding we know best what is good and what is evil. (Spirit of rebellion) against our ways in favor of our own.

Tower of Babel = Babylon = human rebellion, self-made achievement

罪 = 用我們的方式來做事情 = 我們認為我們比神更知道什麼是善和惡

巴別塔 = 巴比倫 = 人類的叛逆，自我成就

Now if we look at what God was concerned with back in the garden, when this original sin was committed. (Hiding in shame) 讓我們來看在伊甸園中當亞當夏娃犯原罪的時候（亞當夏娃因為羞愧躲藏），神最關心的是什麼。

God's first question when humans chose this path was "Where are you?" 神的第一個問題是“你在哪裡？”

God's first concern was that human beings tried to do things apart from the loving relationship, trust, and affection that he established. Everything God desires for us is out of a heart of love and affection for us. And the heart of the story of the bible is for us to be reconnected with God's love. And his love transforms us, restores us. 神的第一個擔心人類離開祂所創建的愛和信任的關係來獨自做事情。一切神所為我們渴想的都出自於祂對我們的愛。聖經故事的最核心就是幫助我們重新與神的愛連結。祂的愛轉化我們，恢復我們。

We in the western world value thought and will. We live in the age of reason, of information, and we value "the grind". Our thoughts shape our will and it is our will that drives us towards our goals. But Christians throughout history have understood that beyond what we think and what we will, it is what we love that ultimately shapes our lives. 我們在西方世界珍視思想和意志。我們生活在理性和信息時代，我們重視“磨礪”。我們的思想影響我們的意志，而我們的意志驅使我們朝著目標邁進。但是，整個歷史上的基督徒都明白，超過我們的思想和意志，是我們的愛最終塑造我們的生活。

SLIDE: "Love is like autopilot, orienting us without our thinking about it." James K.A Smith "愛像是自動駕駛系統，不經我們思考的決定我們的方向" 詹姆士史密斯

Without a deep affection and desire for God, anything we then do for him becomes the very thing that separates us from him. (Jesus in the sermon on the mount) "Many will say to me on that day 'Lord, lord, did we not prophesy in your name, and in your name cast out many demons, and in your name perform many miracles?' And I will tell them plainly, 'I never knew you.'" 如果沒有對神深深的愛和渴想，我們為神所做的一切都將反而把我們與神分開。愛需要是第一位的。耶穌在登山寶訓中說“當那日必有許多人對我說：主阿，主阿，我們不是奉你的名傳道，奉你的名趕鬼，奉你的名行許多異能麼？我就明明的告訴他們說：我從來不認識你們，你們這些作惡的人，離開我去罷！”

What we do for God can only flow out of our relationship with him, that is if we want it to be good fruit. Jesus tells us in John, that, pleasing obedience, good fruit in our lives can only come to be if we are grafted into the vine. Truly good work must flow from a place of belonging. 如果我們想要結好果實，我們為神所做的必須要由我們與神的關係發出。耶穌在約翰福音中告訴我們，我們生命中的好果實唯有當我們做連與祂的枝子才能結出。我們需要先有對的歸屬才能做出好工作。

If we look at the creation narrative, we see that human beings were created on the 6th day, making the seventh day, the day of Shabat, the day of rest, the first full day humans have in creation. Their introduction to the cosmos was shabbat, a day to be with God in his creation. And from this place of belonging flows the meaningful work. 在創世紀的故事中，我們看到人在第六天被造。而第七天，也就是安息日，是人被造後經歷的第一天。人被造後的第一天是與神在祂的創造當中，有意義的工作從這安息裡生出。

It's so easy for us to flip the script. It's a natural inclination for us to believe that we need to work in order to earn the approval and affection of the Father. In the parable of the two brothers, the older, responsible brother is resentful that the rebellious younger brother has captured the affection of the father. And after a rant about all the work he has done for him his entire life and how he has received nothing in return, the father replies, "My son, you have always been with me, and everything I have is yours." 而我們常常顛倒劇本。我們總傾向於相信我們需要工作來賺取父的讚許和愛。在浪子的故事中，那個負責的長子因為叛逆的弟弟得到父親的愛而心生怨恨。在一頓抱怨他一生如何為父親工作卻什麼也沒有得到時，父對他說“兒阿！你常和我同在，我一切所有的都是你的”

We are like the older brother. And when we fall into the deception that we must work in order to earn the affection of God, our lives become about sin management rather than true transformation and reconciliation, in relationship 我們就像這個長子。我們落入一個欺哄，意味我們需要做工賺的神的喜愛。我們的生命變得是關於管理罪而不是關於在關係中真正的轉化和和好。

Dallas Willard writes about this in his book *The Divine Conspiracy*.

We like to manage our sin, rather than be in loving communion with God. and this happens in two main ways. 達拉斯·威拉德在他的《神聖的陰謀》中寫道：我們喜歡管理自己的罪，而不是與神在愛中相交。這主要通過兩種方式發生。

Sin management of Justice 通過公正做罪的管理

Sin management of Morality 通過道德做罪的管理

Justice: We see things that are wrong in the world, we see injustices taking place so we move to fix them in the way we think they should be fixed. And anyone who isn't on board with my way of healing the world needs to fall in line or get out of the way. 公正：我們看到世界不對的地方，看到不公正現象，因此我們以我們認為應該解決的方式採取行動。任何不支持我的世界治愈方式的人都必須跟我統一戰線或者是滾蛋。

Then there's a sin management of morality. This is where I pride myself on how holy and perfect I can become. I keep score of how often I read my bible and how little I lose my temper, or how sexually upright I am. And anyone who doesn't measure up to my standards of holiness are beneath me or unworthy of me. And worse, if I don't measure up to those standards, I live a life of shame and self depreciation. 然後是通過道德做罪的管理。我為自己可以變得多麼聖潔和完美而感到自豪。我記下我多經常讀聖經，多少發脾氣，或者我在性上多正直。任何不符合我的聖潔標準的人都在我之下或不值得我。更糟糕的是，如果我自己沒有達到這些標準，我將生活在恥辱和自貶的生活中。

But what Jesus calls us to is so much more radical, so much more than a change in our behavior. Jesus wants to transform our hearts so that what naturally flows from our hearts is what flows from his. 但是耶穌呼召我們去做的事情遠比改變我們的行為要激進得多。耶穌要改變我們的心，使得自然地從我們的心中流出來的就是從他心中流出的。

In the SOTM Jesus says clearly, look I have not come to get rid of the law and the prophets. The commands you have in the scripture and the mandates for a Godly life are true and good, but I'm going to take it a step further. I am here to be the fulfillment, the fruition, the holistic nature of these laws. The law says don't commit adultery. Great, but is their lust in your heart? Is the desire to look at someone as an object of pleasure rather than a human soul there? The law says don't murder. Great, but is the hatred in your heart. Do you belittle a person in your thoughts? You love people that are like you, but what about your enemies? 耶穌在登山寶訓中清楚地說，我來不是要廢除律法和先知。在聖經中的命令和敬虔生活的使命是真實而美好的，但我將更進一步。我在這裡是這些整體律法的實現和果實。律法說不可姦淫。很好，但你們的心中有私慾嗎？你是否看某人不是作為一個靈魂而是視為快樂的對象？律法說不要殺人。很好，但你的內心有仇恨嗎？你在思想中貶低別人嗎？你愛與你相似的人，你愛你的敵人嗎？

I have not come to tell you that living a holy life isn't what I want for you, but how you get there is far more important. 我來不是要告訴你過聖潔的生活不是我想要的，但是你為什麼這樣做和如何能夠過聖潔的生活遠比這個目標更為重要。

The biblical narrative is about the love and affection of the creator god for us. It's not about achieving through human effort what I need to become; it's about coming home, and being with my Father. 聖經的敘述是關於造物主神對我們的愛，而不是關於通過人類的努力來實現我需要成為的。是關於回家，和我父親在一起。

I can have the most powerful ship with the most competent crew, but what good does it do me if my compass doesn't point North?

In the same way, I can have the strongest will and the most disciplined mind, but what good does it do me if they bring me to desires that will kill me? 我可以擁有最強大的船艦和最勝任的船員，但是如果我的指南針不指向北，對我有什麼好處？同樣，我可以擁有最堅強的意志和最有紀律的頭腦，但是如果它們將我帶入會毀滅我的慾望，對我有什麼好處？

We often like to quote Psalm 37 to people when they feel discouraged. We say, "God will give you the desires of your heart." 我們常常引用詩篇37篇來鼓勵人 "他就將你心裡所求的賜給你。"

But we forget about the first part of the verse. 但我們常常忘了這經文的第一部份

SLIDE Psalm 37:4 "Take delight in the Lord, and he will give you the desires of your heart." 詩篇 37:4 又要以耶和華為樂，他就將你心裡所求的賜給你。

He gives us the desires of our heart, once we've learned to give him our desires. 祂給我們我們心裡所求的，當我們學習到把我們的渴想交給祂之後。

Jesus tells us that if we want to follow him, if we really want to find our lives, we first need to lose them. 耶穌告訴我們，如果我們要跟隨他，如果我們真的想找到自己的生命，我們先要失去生命。

See what Jesus is looking for in his followers is a willingness to have our heart, our desires transformed. Like Brad said last week, not to make God listen and obey me, but to listen to and obey God. 耶穌在他的跟隨者中尋找的是願意讓祂來轉化我們的心和慾望的心。就像Brad牧師上週所說的那樣，不是讓神聽和順從我，而是我來傾聽和順從神。

SLIDE: Is. 29:13 "I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh." 以西結書 11:19 我要使他們有合一的心，也要將新靈放在他們裡面，又從他們肉體中除掉石心，賜給他們肉心，

What we long for, what we desire, what we love will ultimately shape our lives. And why is this so crucial and so vitally important? 我們所渴望的，我們想要的，我們所愛的將最終改變我們的生活。為什麼這是如此關鍵和如此重要？

SLIDE: Above all else, guard your heart, for everything you do flows from it. - Psalm 4:23 箴言 4:23 23 你要保守你心，勝過保守一切（或譯：你要切切保守你心），因為一生的果效是由心發出。

Like a Good and Loving Father, God doesn't ask us to obey him because he wants to flex his authority over us. He asks us to listen and obey, because what he has for us is so much better. 像一位善良而慈愛的父親一樣，神要我們服從他不是因為因為祂想向我們展示祂的權威。他要求我們傾聽並遵循，因為他為我們預備的比我們自己的要好得多。

Perhaps there are those of us here who have yet to receive the love of God in your life. Or maybe you just always seem to have a hard time believing that God could love you. 也許我們當中有些人還沒有在你的生活中接受到神的愛。也許你似乎總是很難相信神可以愛你。

We don't need to become what we think he wants us to be in order to earn his love. It is through His love for us that we are transformed into who he created us to be. 我們不必成為我們認為神想要我們成為的人來贏得祂的愛。而是因著祂對我們的愛，我們才轉變成祂創造我們要成為的人。

SLIDE: "As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full. This is my commandment, that you love one another as I have loved you." (John 15:9-12)

約翰福音 15:9-12 9 我愛你們，正如父愛我一樣；你們要常在我的愛裡。10 你們若遵守我的命令，就常在我的愛裡，正如我遵守了我父的命令，常在他的愛裡。11 這些事我已經對你們說了，是要叫我的喜樂存在你們心裡，並叫你們的喜樂可以滿足。12 你們要彼此相愛，像我愛你們一樣；這就是我的命令。

If we try to full steam ahead, build our tower of Babel, because we believe we know what is best for others and for ourselves, that's when we find that we don't have the answers. The most powerful ship in the sea is rendered useless without a working compass. The most powerful people in the world cannot find paradise without a renewed heart. 如果我們試圖全力以赴，建造我們的巴別塔，因為我們相信自己知道什麼對他人和對自己是最好的，那就是我們發現自己並沒有答案的時候。沒有指南針，大海中最強大的船也將變得毫無用處。沒有一顆新的心，世界上最有權勢的人就找不到天堂。

And in time, we begin to see that God's ways are better than ours, that his design, his intent, is good. 最終，我們總會看到上帝的方法比我們的方法更好，他的設計，他的意圖是好的。

But sometimes our own habits and patterns are so ingrained and established that they feel almost impossible to get out. 但是有時候我們自己的習慣和模式根深蒂固，根深蒂固，以至於幾乎無法擺脫。

I'm a stress eater. My wife giving birth. Making myself sick with food. I look for comfort in food. I am trying to meet that need in a way God never intended with a substitute for his ways. 我壓力大的時候就吃很多東西。我老婆生孩子的時候，我因為壓力吃零食到要吐了。我在食物中尋求安慰，用並非神設計的方式替代祂的方式來滿足這一需求。

The truth of the matter is, we will probably wrestle with these habits and vices for the rest of our lives, even when we do break free from addictions, there is always that false self that is waiting for an opportunity to take the wheel again. And that's what we look forward to the hope of a resurrected body, free of those evil desires. 事情的真相是，我們可能會一生都在與這些習慣和惡習作鬥爭，即使我們確實擺脫了上癮的嗜好，那個虛假的自我也總是等著機會再度奪回方向盤。這就是為什麼我們期待一個復活的身體，擺脫那些邪惡的慾望。

As we read earlier in Deuteronomy, the heart is deceitful above all things and beyond cure! Which is why we step into disciplines of spiritual formation to create space for God to transform our hearts. Spiritual Disciplines are simply helpful rhythms that Christians have been practicing for centuries that are designed to help us create space for the Holy Spirit to transform our lives. 正如我們先前在申命記中所讀到的那樣，內心比一切萬物都是詭詐，壞到極處！這就是為什麼我們進入規律的靈修，為神轉化我們的內心創造空間。這些操練是基督徒許多世紀以來一直在實踐的對我們生命有益的節奏，旨在幫助我們創造空間讓聖靈改變我們的生命。

In their worst form, they can become religious practices that become a part of our pious checklist, another way for us to try to earn the affection of God, to achieve holiness. In their best form, they are life-giving practices that act as intentional space for us to shema, Listen to and obey God.

在最壞的情況下，它們可能會成為宗教活動，成為虔誠清單的一部分，成為我們嘗試贏得上帝之愛實現聖潔的另一種方式。在最佳狀態下，它們是賦予生命的操練，是我們有意聆聽和服從上帝的空間。

The discipline of silence. - 24 hours of not speaking (unless there was an emergency). I realized how often I felt the need to advocate for myself, to defend my insecurities. To speak just to know that I was heard, not to be overlooked. But I learned to listen. I began to see just how often God was actually trying to speak to me, but I couldn't hear him, because I was too busy imposing my own will, my own ideas, my own voice into my life. It helped me to Shema. Listen and obey. 沉默的操練。-24小時不說話（除非有緊急情況）。我意識到自己多經常覺得需要為自己發聲，以捍衛自己的不安全感。說話只是為了知道我被聽到，不被忽視。但是我學會了傾聽。我開始看到神實際上實際上經常想和我說話，但是我聽不到他的聲音，因為我太忙於將自己的意志，自己的想法和自己的聲音加在我的生活之上。它幫助了我學習沙瑪。傾聽並服從。

Fasting, creates discomfort and reminds me of my insatiable appetite. I'm a stress eater. It creates space for God to remind me that he is with me even in discomfort. That he is continuing to move, speak, and redeem even when I am uncomfortable or in pain. 禁食，產生不適並讓我想起了我的大胃口。它為上帝創造了空間，提醒我，即使在不適中，祂也與我同在。即使我感到不舒服或痛苦時，他仍在繼續運作，說話和贖回。

Honor the Shabat. Reminder that our purpose and meaningful work flow from a place of rest and relationship. 紀念安息日。提醒我們，我們的目的和有意義的工作源於休息和與神的關係。

We have to remember that if we do these practices and establish good spiritual habits apart from Love, they become religion. And Religion without love is poison to the Human Soul. 我們必須記住，如果我們在愛之外做這些操練，它們就成為宗教。沒有愛的宗教是人類靈魂的毒藥。

For the Christian, change is not just about outcomes. It's not just about being better, it's about relationship. 對於基督徒來說，改變不僅僅是關於結果。不是僅僅關於變得更好，而是關於關係。

“Man was not made for the sabbath.” We were not created to serve the disciplines, the disciplines are supposed to be there to serve us. “人不是為安息日而造的。”我們不是為做屬靈操練而造的，而是屬靈操練是為著我們的生命服務的。

But when we give God this practical space in our lives to transform us, our reactions get reformed. I've observed that this period of time of relational isolation, stress, and fear, has caused many of us to become reactive. Just me? I feel more on edge, more readily snap at people. My patience is thinner. 但是，當我們在生活中給上帝這個實際的空間來轉化我們時，我們的反應就會改變。我觀察到這段時期的社交隔離，壓力和恐懼使我們許多人變更容易反彈。我感覺更不耐煩，容易發脾氣。我的耐心更少了。

A mentor of mine once told me, “If I need a good night's rest and a full belly to be a nice person then I'm not a nice person.” 我的一位導師曾經告訴我：“如果我需要吃好休息好才能成為一個好脾氣的人，那麼我就不是一個好脾氣的人。”

But intentional space given to God yields the redemption and transformation of our hearts. Our actions begin to shift from moments of reaction, to loving response. Until loving response becomes my reaction. 我們特意的創造空間給神工作會帶來我們心靈的救贖和轉變。我們的行動開始從即刻反應轉變為充滿愛的回應。直到有愛心的回應成為我的第一反應。

Marital Arts - Rolls and falls. I began to realize that my reflex, my reaction to the feeling of falling was not the best way to keep myself from injury. 武術——摔倒。我開始意識到自己對跌倒的天然的反應並不是讓自己免受傷害的最佳方法。

Again, he asks us to obey him, because he desires what is best for us, because he deeply loves us. 再次，神要我們遵從他，因為祂渴望對我們最好的東西，因為祂深深地愛我們。

I don' t know who needs to hear this right now, but God has demonstrated through the life, death, and resurrection of Jesus that He deeply loves you and cares for you. The God of the universe deeply loves you, and has great affection for you. Perhaps the most difficult thing on this side of eternity is to accept and receive that love. When we receive this incredible, vast love of God life doesn' t suddenly have less suffering, but it does have more joy, more peace, and more hope amidst the suffering. 我不知道誰需要聽這句話，但是神已經通過耶穌的降生，祂的死和復活證明了祂深深的愛你，顧惜你。創造宇宙的神深深地愛你。在永恆的這一方面，也許最困難的事情是接受和領受那種愛。當我們領受到神的不可思議的浩大的愛時，生命的苦難並不會突然減少，但在苦難當中確實會帶來更多的喜樂，平安，和希望。

God cares for us so much, that he is in the business of making all things new. He sees how broken we are when we do things our way, and he offers us a better way. He calls us home. 神如此愛我們，祂要使萬物更新。祂看見當我們以自己的方式做事時我們有多破碎，祂為我們提供了更好的路。祂呼喚我們回家。

Maybe there are those of us here today or listening online who know that your way has not yielded your flourishing. Or maybe you' ve achieved great success but find yourself empty. There is a love that comes from God that a person need not earn. A love that is born out of the sheer joy of being with you. God offers this love to you freely. And when you receive this love, it' s like coming home. We begin to be transformed into who we were always meant to be. 也許今天有一些我們在這裡或在網上聽的人知道你自己的方式並沒有給你帶來成功。或者也許您已經取得了巨大的成功，但發現自己空虛。有一種來自神的愛，不需要賺取。一種因著與你同在的喜樂與生的愛。神將這種愛無條件地給你。當你領受到這份愛時，就像回家一樣。我們開始轉變為我們原本應該成為的人。

Or maybe there are some of us here today who have been in and around church for a long time. And we find ourselves in the dance of sin management. We are trying to work from the outside in. we think that perhaps if we look and behave enough like a Christian that it will make it true. Truth is not an idea. Truth is a person. Truth is Jesus, and he, above everything else, wants to be in loving relationship with you. 也許今天我們這裡有些人在教會裡很長時間了。我們發現自己處於罪的管理之中。我們嘗試從外向內的工作。我們認為如果我們看起來和表現得像基督徒一樣，我們就是真的基督徒。真理不是一個想法。真理是一個人。真理是耶穌，而他最看中的就是與你在愛的關係當中。

Benediction 祝禱

May we be men and women who accept the love of God, who don' t work to address the symptoms, but in loving relationship experience true transformation because of God' s great love for us. Be blessed.

願我們成為領受神的愛的人，不急於自己做工解決症狀，而是在與神愛的關係中經歷真正生命的轉化。願祝福歸於你！