

2015「卅一天讚美的操練」Practicing Praise in Thirty-One Days

The Schedule for the Senders

1	詩 Ps. 96:1-7 Ellen	9	耶 Jer. 17:7-14 Jeff	17	啟 Rev. 21:1-7 Robin	25	路 Lk. 2:8-17 Chi-cheng
2	詩 Ps. 42 Ellen	10	撒 1 Sa. 2:1-10 Jeff	18	啟 Rev. 5:6-14 Antony	26	賽 Isa. 12:1-6 Chi-cheng
3	詩 Ps. 63:1-8 Dajun	11	出 Ex.15:1-7, 11-13 Jeff	19	西 1:15-22 Antony	27	約 Jn. 14:16-23 Chi-cheng
4	詩 Ps. 71:4-6, 14-24 Dajun	12	詩 Ps. 148 Steve	20	賽 Isa.9:6-7 Antony	28	約 Jn. 16:5-15 Ming
5	詩 Ps.34:1-10 Dajun	13	詩 Ps. 8 Steve	21	來 Heb. 1:1-12 James	29	約 Jn. 16:25-33 Ming
6	彼前 1 Pe. 1:3-9 Kyle	14	詩 Ps. 87 Steve	22	賽 Isa. 61:1-4 James	30	林後 2Co. 3:16-18, 弗 Eph.3:20-21 Ming
7	羅 Ro. 8:28-39 Kyle	15	詩 Ps. 48 Robin	23	提前 1Ti. 1:15-17, 3:16 James	31	詩 Ps. 150 Ming
8	賽 Isa.42:1-12 Kyle	16	詩 Ps.45:1-7 Robin	24	彌 Mic. 5:2-4 Chi-cheng		

2015 矽谷基督徒聚會「卅一天讚美的操練」 「讚美 神的話必常在我口中」(詩34:1)

我們的人生並非完美無缺，但是 神賜給我們一個恩典，就是在我們裡面有一個不是從天然人而來的信心，使我們可以不(一直)定睛於失敗和痛苦，並且轉向 神的所是 (Who He is)和所做 (What He has done)，進

而向祂發出讚美。「讚美」是我們要用意志揀選的行動，來宣揚 神的自己並祂大能的作為，把祂當得的榮耀歸給祂。

「讚美」是一種外顯的行為，而非只是默默的思想而已。請弟兄姊妹在連續卅一天中，每天用一段經文向神獻上讚美的祭，也經歷讚美所帶來的祝福。

- 分別出一段時間(最好是早晨)，安靜你的心，再藉著簡單的信心和呼求主把裡面的靈調到神面前。
- 先出聲朗讀全段經文，再一句一句一邊讀一邊禱告。
- 操練大聲的讚美（用悟性，也用靈），甚至配上肢體動作，拍手、舉手、跳舞來讚美。
- 不要匆忙，要給聖靈充裕的時間，將認識 神的知識向我們開啟，使我們在悟性中明白，並更深的進入神的所是和所做。如果與一兩個同伴一起，那將更是好得無比！

2015 Practicing Praise in Thirty-One Days

"I will bless the Lord at all times; His praise shall continually be in my mouth." (Ps. 34:1)

We can hardly live a perfect life, but we can live a surpassing one with the heavenly faith received through God's grace. Through faith we will be able to turn our eyes from difficult circumstances and focus on who He is and what He has done. Once we turn our eyes back to God, our praise to Him will flow out of us naturally. However, it is usually not our habit to do so. We ought to exercise our will consciously and intentionally to praise Him. May the Spirit help us to proclaim His name and wonderful deeds, and "ascribe to Him the glory due His name".

Praise is not only in thoughts, but more of an explicit act. Let's offer to God a sacrifice of praise with one praise passage a day.

- Set aside a period of time (best in the morning), find a place free from distractions, and quiet your heart. In simple faith, bring yourself before the Lord by calling on Him.
- Read through the passage aloud, then prayer-read sentence by sentence. It is as if you're chewing and tasting the Word, which will give light as you meditate; let it guide your thoughts and bring up words of praise and thanksgiving. You'll find your mind and spirit being gradually filled with joy, faith, hope triumph, and glory as you do so..
- Praise the Lord with a loud voice (with your mind and with your spirit). Leverage your body language to praise the Lord - to extend and throw your hands, to clap, and to dance.
- Do not rush when you are prayer-reading; give the Spirit sufficient time to reveal to you the knowledge of God so that we may have the spiritual understanding of Christ's being and works. It'll be great if you can find one or two companions to practice this together.