

# 健康的基督門徒

A Healthy Disciple of Christ

QT研習會

QT Workshop

January 24, 2015

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QT是什麼？ (活潑的生命Living Life p.18)

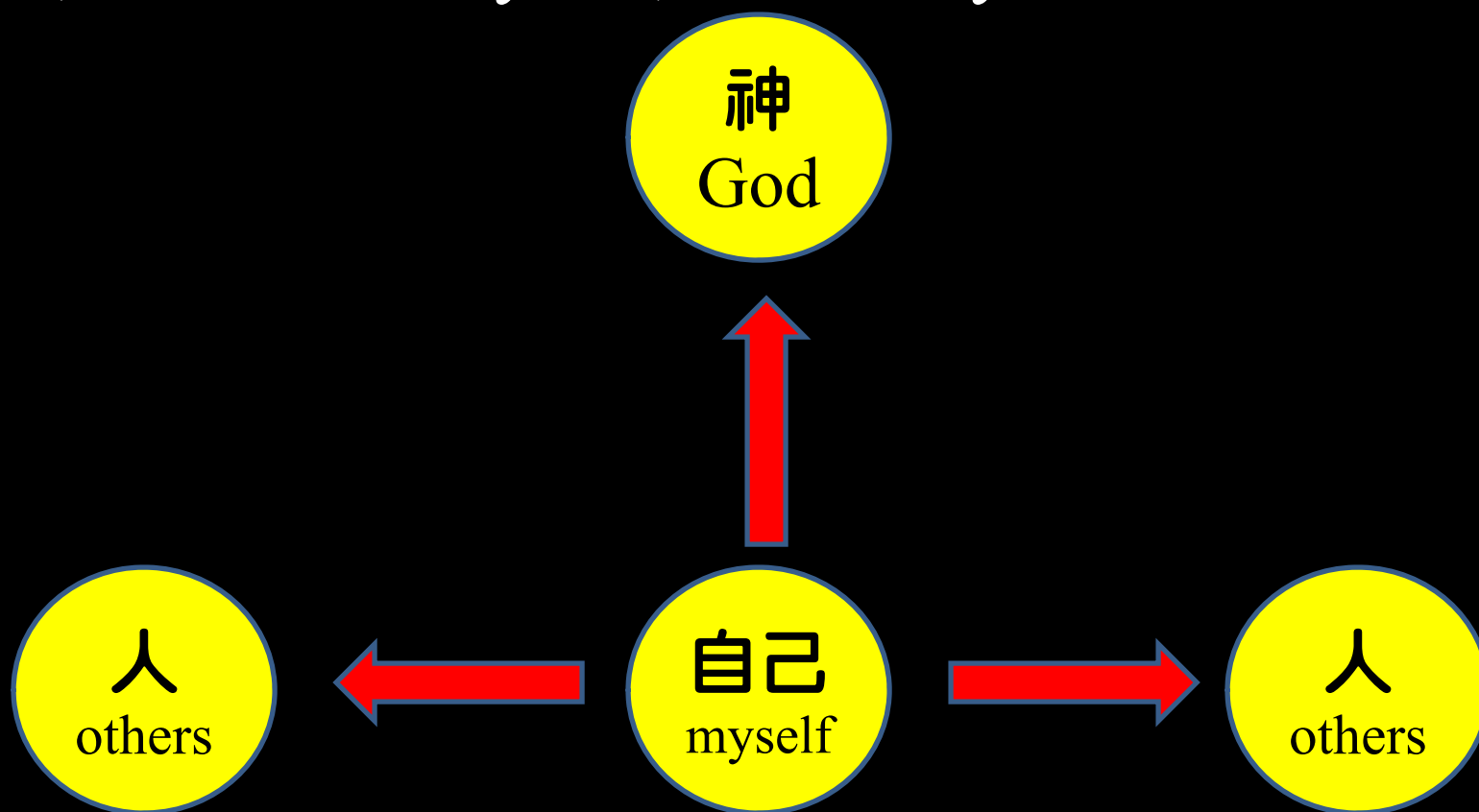
What is Quiet Time ?

QT就是Quiet Time的簡稱，是敬虔時刻的意思。每天定好安靜的時間和地方，個人遇見神，透過聖經的話語傾聽神向我說話的聲音，並且加以默想，進而應用在實際的生活。QT是帶來生命的改變和成熟的敬虔訓練。

Quiet Time, or devotional time, is a daily appointment with God. Quiet Time aids our spiritual growth as we intentionally set aside a time and quiet place to meet with God one-on-one and receive daily bread through reading and meditating on Scripture, hearing from God through His Word, and applying what we learn in our lives.

QT就是建立：我與神、我與自己、我與人的關係

QT is building up the relationship between “God and me,” “me and myself,” and “myself and others.”



**QT就是以建立一個健康的基督門徒生命為宗旨**

QT is focusing on the healthy life of a disciple of Christ.

**1. 身體：食物、新陳代謝、運動、定期檢查、治療；保持健康。**

1. Physical Body: food, metabolism, exercise, regular inspection and treatment; keeping healthy.

**2. 思想：讀書、求學、討論、考試、教學、應用；不斷更新。**

2. Mindfulness: study, discussion, examination, teaching, application; renewing of the mind.

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3. 生命：敬拜、讀經、默想、應用、禱告、分享；不斷更新。

3. Spiritual Life: worship, Scripture reading, meditation, application, prayer, sharing; being filled continually..

**一、敬拜讚美與禱告Prepare**

**(詩Ps. 119:18)** (以下見：活潑的生命Living Life p.19)

求你開我的眼睛，使我看出你律法中的奇妙。

Open my eyes that I may see wonderful things in your law.

## 二、讀經Scripture Reading

(詩ps. 119:34)

求你賜我悟性，我便遵守你的律法，且要一心遵守。

Give me understanding, so that I may keep your law and obey it with all my heart.

## 三、默想Meditate

(詩Ps. 119:97)

我何等愛慕你的律法，終日不住地思想。

Oh, how I love your law! I meditate on it all day long.

## 四、應用Apply

(詩Ps. 119:9；撒上1 Sam.15:22)

**少年人用什麼潔淨他的行為呢？是要遵行你的話！**

How can a young person stay on the path of purity?

By living according to your word.

耶和華喜悅燔祭和平安祭，豈如喜悅人聽從他的話呢？聽命勝於獻祭；順從勝於公羊的脂油。

Does the LORD delight in burnt offerings and sacrifices as much as in obeying the LORD? To obey is better than sacrifice, and to heed is better than the fat of rams.

## 五、禱告Pray

(彼前 1 Pet. 5:7 ; 可 Mark 14:36)

你們要將一切的憂慮卸給神，因為他顧念你們。

Cast all your anxiety on him because he cares for you.

祂說：阿爸！父啊！在你凡事都能；求你將這杯撤去。然而，不要從我的意思，只要從你的意思。

“*Abba, Father,*” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”



## 六、分享Share

(耶Jer. 1:9；來Heb.10:24,25)

於是耶和華伸手按我的口，對我說：我已將當說的話傳給你。 Then the LORD reached out his hand and touched my mouth and said to me, “I have put my words in your mouth.

又要彼此相顧，激發愛心，勉勵行善。25你們不可停止聚會，好像那些停止慣了的人，倒要彼此勸勉，既知道那日子臨近，就更當如此。 And let us consider how we may spur one another on toward love and good deeds,25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

## 如何使用活潑生命？

1. 出聲音朗讀聖經（專注在所讀的聖經之每一句話）

2. 再回頭仔細的讀每一句經文

3. 先把神、基督、聖靈的字作記號；定「某個人物」當成是「我」

4. 再把祂所吩咐的旨意和有關重要的事作記號

## How to use the Living Life?

1. Reading Scripture out loud (focus on reading of every word in the Bible)

2. Read again through the Scripture from the beginning.

3. Make note when scripture has God, Christ, or the Holy Spirit's word

4. Next make note of the commands concerning important thing.

## 如何使用活潑生命？

5. 用你能瞭解的能力去解釋聖經，並將它們寫下來

6. 然後，再將寫下來的內容做一番整理

7. 找到經文中幾個字，把它當成「話語的種子」(就是能生根的話)

8. 找到實用的字、必須悔改或可以實行的，在生活中應用出來(建造)

## How to use the Living Life?

5. Use first your ability to interpret the Bible; write down in your own word.

6. As you write them down, consolidate its contents.

7. Locate scripture words that are "discourse of Seeds" (which is able to take root and grow)

8. Locate the practical phrases or ways of repentance that can be implemented, or use as application in life (Use for edification).

**範例Sample：活潑生命 (Jan. 23, 2015)約翰福音John 6:22-29**

22第二日，站在海那邊的眾人知道那裡沒有別的船，只有一隻小船，又知道耶穌沒有同他的門徒上船，乃是門徒自己去的。

The next day the crowd that had stayed on the opposite shore of the lake realized that only one boat had been there, and that Jesus had not entered it with his disciples, but that they had gone away alone.

23然而，有幾隻小船從提比哩亞來，靠近主祝謝後分餅給人吃的地方。

Then some boats from Tiberias landed near the place where the people had eaten the bread after the Lord had given thanks.

24眾人見耶穌和門徒都不在那裡，就上了船，往迦百農去找耶穌。

Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus.

25既在海那邊找著了，就對他說：拉比，是幾時到這裡來的？

When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?”

26耶穌回答說：我實實在在的告訴你們，你們找我，並不是因見了神蹟，乃是因吃餅得飽。

Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill.

27不要為那必壞的食物勞力，要為那存到永生的食物勞力，就是人子要賜給你們的，因為人子是父神所印證的。

Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

28眾人問他說：我們當行什麼，才算做神的工呢？

Then they asked him, “What must we do to do the works God requires?”

29耶穌回答說：信神所差來的，這就是做神的工。

Jesus answered, “The work of God is this: to believe in the one he has sent.”

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# 如何默想？How to Meditate?

1/3

**我何等愛慕你的律法，終日不住地思想。**

Oh, how I love your law! I meditate on it all day long. (詩Ps. 119:97)

**默想是人把他所知道關於神的作為、方法、目的和應許等不同的事物，加以重溫、考慮、深思的活動。——巴刻James Innell Packer**

Meditation is an activity where an individual takes what he knows about God's ways, methods, goals, and promises, etc., and reviews them, consider them, and ponder them deeply.

—James Innell Packer



## 如何默想？How to Meditate?

2/3

我們可以使用十誡、八福、聖靈的果子，或當天「話語的種子」，或以下五個要點為根據，去省察自己，讓自己充份的被聖靈光照。然後放在每日的應用當中，使你的生命可以成長。

We can use the Ten Commandments, the Beatitudes, the Fruits of the Spirit, or an Inspirational “Seed” (a phrase from our daily devotional), or the following five points as a basis to examine ourselves, and allow the Holy Spirit to illuminate and minister in our lives. This then provides applications for everyday to grow as a disciple of Christ.

# 如何默想？How to Meditate?

3/3

1. **要承認的 罪** Sins to confess
2. **要抓住的應許** Promise to claim
3. **要避開的行動** Actions to avoid
4. **要順服的命令** Commands to obey
5. **要效法的榜樣** Examples to follow

分享：Sharing

請從約翰福音6:22-29找到一句  
「話語的種子」，並分享你找到這一句的原因

Read John 6:22-29, and look for an  
"Inspirational Seed" from the scripture  
and share about how it inspired you. (The  
reason why it stuck out to you.)