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美善生命

親近上帝是與我有益。—詩篇 73 篇 28 節

美貌、財富、權力、愛情、婚姻和娛樂都是美妙的，但卻不是生命中最好的。最好的事情乃是愛上帝也接受祂的慈愛，為榮耀祂而活，並將祂當成一生的摯友。這樣我們才能活出有意義的人生，帶來滿足與喜樂（約翰福音 10：10）。這就是基督徒一生追求的目標。

因此我們應當多花些時間親近上帝，並倚靠祂的大愛，祂因為這愛而創造了你和我。這是我們生存的意義，唯有這樣做，我們才能擁有豐盛的生命。

我喜歡詩人這樣的描述：「親近上帝是與我有益，我以主耶和華為我的避難所，好叫我述說祢一切的作為」（詩篇 73：28）。換言之，美善的生命就是親近這位獨一無二的主，祂對我們的愛是無與倫比的。

然而，我們如何「親近」祂呢？這裡有一個我實踐多年的方法：每天早晨花幾分鐘閱讀幾節福音書（馬太福音、馬可福音、路加福音、約翰福音），記下耶穌的言行，畢竟耶穌來是要讓我們認識上帝（希伯來書 1：1-3）。更要設身處地去體會聖經人物的感受。例如：去感受那位被耶穌醫治的大痲瘋病人，當耶穌動了慈心伸手摸他而得潔淨時的心情（馬可福音 1：40-45）。思想祂多愛你，並獻上感恩！

完全獻與主，萬事安寧，榮耀的聖靈，充滿我心，時刻仰望主，儆醒等候，不住地祈禱，到主再臨。何等奇妙——耶穌愛我！





January 1, 2013

## The Good Life

It is good for me to draw near to God. —Psalm 73:28

Beauty, wealth, power, love, marriage, and pleasure are good things, but they're not the best. The best is loving God and taking in His love—bringing Him glory and making Him our friend for life. That leads to the best possible life because it gives us satisfaction and joy now (John 10:10), and it's what Christians are going to be doing forever.

That's why we should make time for God and rest in His love—the love that made you and me. It is the reason for our existence and the means by which we will make the most of our lives.

I like the way the psalmist put it: “It is good for me to draw near to God; I have put my trust in the Lord God, that I may declare all Your works” (Ps. 73:28). In other words, the good life is drawing close to the One who loves us like no other.

And how can we “draw close” to Him? Here's a practice I began many years ago: Take a few minutes every morning to read some verses from the Gospels (Matthew, Mark, Luke, John) and note what Jesus said or did. After all, He came to show us what God is like (Heb. 1:1-3). Put yourself in the story—in the place of the leper He healed with His loving touch, for example (Mark 1:40-45). Think about how much He loves you and then thank Him!

Perfect submission, all is at rest,  
I in my Savior am happy and blest;  
Watching and waiting, looking above,  
Filled with His goodness, lost in His love.

The wonder of it all— just to think that Jesus loves me!

