

Kings Norton Baptist Church

Sunday 14th April 2024 10 am

Meditating on God's word

Welcome to all

Opening Scripture

Hymn MP 453 Low in the grave he lay

Scripture Psalm 16 (Page 549)

Prayer

Children's talk what's going in to you head?

Chorus MP 375 Jesus name above all names

Notices Welcome Shu Ting Lee, Confirmed church address.

Helena coming with parents this Friday pm

Spring convention video

Prayer and Lord's prayer

Readings Psalm 1 (page 543)
Colossians 3:1-17 (page 1184)

Hymn MP 1086 Light of the world

Sermon Meditating on God's word

Hymn MP 463 May the mind of Christ my Saviour (Accompanied v5)

Closing Prayer

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Prayer and Exordium

- Polygraph 'lie detectors' have been around for some time, now with advances in neuroscience and AI, - excitement is rising that they can find out what people are thinking? Does that sound scary?

If they could take the lid off your mind and see what you are thinking – what would they find? What if a record of your thoughts was on display for all of us to see? Just as the Lord sees.

I want to talk about what fills your mind. So does David here in Psalm 1 (and it is attributed to David). He lays out the way to happiness and the way to misery, yes there is a way to happiness and a fruitful life – do you want it?

These things he says are based on what is going on up here, in your mind.

It is framed as a negative and a positive, something we are not to do, to avoid, and something we are to do. 1 **Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.** 2 **But his delight is in the law of the LORD, and on his law he meditates day and night.**

⇒ It is this meditating on God's word that we will look at this morning.

David in this 1st of the 150 psalms sets the tiller pointing us in the direction of the holiness and happiness of the godly man or woman, compared to the the sinfulness and folly of the wicked man. Set before us is instruction concerning life and death, blessings and curses, that we may all take the right way to happiness - and avoid that which will certainly lead to our misery and ruin.

As with Jesus and the Sermon on the mount, David starts with the word "blessed". It's a very expressive word. The original is plural, we might read it, "Oh, the blessednesses!" a joyful acclamation of a certain man's happy state.

What we have here is the recipe for success and the way to avoid failure. Here is the key to pleasing God and doing good to yourself. Don't you want to be like **that tree planted by streams of water**? One that is not dried up, but flourishes? Don't you want whatever you do **to prosper**? Of course. Well here is the key – Look to the Lord and fill yourself with His word. Do you??

⇒ Fill your mind with other things and it won't be filled with the Lord. And to not fill it with the Lord is to open it to anything. "I always keep an open mind! I hope not. - Nor is there such a thing as an empty mind!"

Our minds are not neutral, they affect - and are affected by - our heart. Our natural tendency is to create a godless view of the world with me at the centre, I am always the hero of the story. As the natural heart is hostile to God so our natural tendency is to have thoughts hostile to the Lord, and therefore also towards other people who are made in His image. Jealousies, envy, anger, vengeful thoughts, hateful thoughts, lustful thoughts, proud thoughts and bitterness quickly find a ready home in our natural minds.

We are to love God with our minds. Godly meditation is meditating on something, it is filling your mind with something. It is not the vacuous empty minded meditations common of the eastern mystical religions.

- My next door neighbour went in the past to some sessions where she was told to lie on her back empty her mind and think of a cloudless sky. Empty your mind and it won't stay that way for long. Do that and you will find some very dark clouds coming your way. In fact often through humming you unwittingly chant the names of deities and evil spirits - beckoning them in - and they are all keen to oblige.
- Yoga and practices like it are everywhere, and are now found in schools I don't do that you say, good. The word of God tells us that behind these deities are demons sent out by the god of this age. He will play any game you want in his efforts to blind people to the truth of God.

2 Co 4:4 says **The god of this age has blinded what? the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.**

This is what he has been doing since that first encounter with Eve in the garden of Eden. There the Lord God and the first man and woman, the jewel of his creation were in perfect harmony as they walked together in the cool of the evening. Wonderful! They were loved, valued and secure.

And then the devil came in and sowed his divisive weeds, the weeds of doubt, forcing man and God apart by sowing the lie.

As men and women created by God and imagine bearers we are not made for that, but only for God, the truth of God in dependence and adoration.

But the god of this age sowed into the mind of the woman the lie about God and about this world and about who they are. Her mind was filled with falsehood. She was not made for that. The result was tension, confusion, rebellion and every disorder.

She failed to function properly, like putting the wrong fuel in the car, or the wrong software in the computer, means it does not behave properly. Just as hardware is designed for a certain software - so we are designed for certain thoughts. Get it wrong and problems come.

An enduring memory of a rebuke by my grandfather when I was about 8. He told me to find some oil for the squeaking swing. I found grinding paste. It made it worse and would have led to it to fall to the ground.

You and I are designed for a certain viewpoint, the viewpoint of truth. Who I am, how the world is, where it came from, who created it, what He is like, how I relate to him. all these things and more are key to a sound mind and life. The devil sows evil in his lies - But a lie does not exist. It is a fantasy.

- That is why teaching evolution, the 'me' centred, 'my rights' thinking, is so damaging. The result is confusion in our minds, stress and distress, and so much behind our modern day problem of poor 'mental health' LICC: Our post-entertainment era is being replaced by a culture of distraction. Big business that relies on our desire for ceaseless activity: scrolling, clicking, swiping. It uses the stimulus response cycle, dopamine release, and habit formation to lead us towards addiction. Apparently, Silicon Valley doesn't care. Its aim is to lock us into activities most likely to optimise addictive behaviour, with things like virtual reality headsets. These ensure 360-degree passivity, with stimuli designed to keep us hooked. In *Dopamine Nation*, psychiatrist Dr Anna Lembke shows how the distraction/addiction culture is causing - guess what? - mental illness.
- Then in the home parents, who should love their children swear, those who should be honest are dishonest, those who should be faithful are untrustworthy, those who should be present are absent. Children are told all these and more are only different ways people now live. Children know it is not right. While they are young they can see it.
- Childhood distresses, or "Adverse Childhood Experiences" ACEs we now know cause illnesses later in life.

And in our society - In a prayer calling a nation to repentance Billy Graham's daughter said: We know Your word says, "Woe to those who call evil good," but that is exactly what we have done. We have exploited the poor and called it lottery. We have rewarded laziness and called it welfare. We have killed our unborn and called it choice. We have neglected to discipline our children and called it building self-esteem. We have coveted our neighbor's possessions and called it ambition. We have polluted the air with profanity and pornography and called it freedom of expression.

We have ridiculed the time-honored values of our forefathers and called it enlightenment. Search us, Oh God, and know our hearts today: cleanse us from every sin and set us free. Amen (Ruth Graham)

Oh how the god of this age has polluted our minds with his lies

The Psalmist says we must avoid evil at all costs.

Satan, the god of this age incited Eve to **walk in the counsel of the wicked**

There was a progression in the devil's dealings with her, just as there is a progression in all evil. David warns of this - do not **walk in the counsel of the wicked, or stand in the way of sinners or sit in the seat of mockers.**

Walking with someone is to align yourself with their ways, their counsel, their mindset. **Do two walk together unless they have agreed to do so?** Am 3:3

- Who are you walking with? In some countries to go out with someone is to walk with them.

Or are you walking with the Lord? We are not to walk with the wayward – but as in the garden we are to walk with the Lord our God. God's first and foremost command to Abraham was this: "**I am God Almighty; walk before me and be blameless.**" Ge 17:1. It comes to us too - all who are of the faith.

Walk on an evil path and you are enticed to stop and stand with them.

Don't. we are not to **stand in the way of sinners ... or sit in the seat of mockers**, for then we think I will sit with them or eat with them, that is to join with them.

"Do NOT Walk, Do NOT stand, Do NOT sit. Negative precepts are in some cases more absolute than affirmatives; as we see in the 10 commandments

Let us be wary, let us take heed, these things creep up by degrees. One poem says:

Watch your thoughts, they become words.

watch your words, they become actions.

watch your actions, they become habits.

watch your habits, they become character.

watch your character, it becomes your destiny. Frank Outlaw

- Entertain a thought, - such as - there's that thing I have been wanting to enhance my home. Then you browse, then you buy. It's so easy.
- There's that TV programme you like, you think about it, and when the time comes you go over and put on the TV, then you sit and watch. You know that game show is not good, that soap with all the sin is not good, but you give in, time is wasted, the mind is filled with vain worldly thoughts. At the end you are not happy, you feel empty.

Why? It promised so much – But you are designed for something else.

3a

The result is a shift away from the Lord. His thoughts become less longed for, there is less enthusiasm to love and serve the people of God, the Gospel of God, the work of God. Is that you? Are you more and more 'not available' when there's the Lord's work to be done?

So is the way of evil, it is not neutral. In every thought and action you are either moving towards the Lord - or away from him.

If we could prize open your head and look inside of your mind what would we find? a seething mix of ungodly thoughts? Or are you filled with delight for Him and His word? A bit of each maybe.

Ask the question "is that thought honouring the Lord?" Anything ungodly needs to be shown the door. Kicked out. It requires effort and self-control.

⇒ You cannot stop a bird flying over your head – but you can stop it making a nest in your hair!

They will come in but when they do they need to be pushed out quickly. Let us learn from Job who shunned evil and loved which is good.

Jesus had bad thoughts put into his mind by the devil – but he saw them for what they were and dispatched them. We are to do the same. The more that is done, the easier it will be to disciple the mind. Jesus' mind was filled with scripture and if His was, how much more does ours need to be.

⇒ Fill your mind with his word and you will be well equipped to spot and resist error and to avoid the pitfalls of subtle temptations.

Moses said "**These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the door-frames of your houses and on your gates.**" De 6:6-9

At that time the law was the five books of Moses, there was not much more in David's day. How much more, then, should we prize the whole written Word of God which it is our privilege to have in all our houses!

Note this is not to just avoid the way of the world. But let me ask you — Is your delight in the law of God? Do you study God's Word? Do you make it your best companion and hourly guide? If not, this blessing does not belong to you.

And if you don't do this presumably it is because you don't want to, - and why don't you want to? Is it because you haven't made the Lord your trust?

3b

Only someone with Jesus in them, will want the Jesus' words in their minds.

Gospel - This psalm leads the way, it sets before you the path of life. It lays out the age old contrast before you, two ways - and two destinies.

Not to do this is to continue in the path away from God. The Lord calls this the way of **the wicked!** with a terrible destiny **4 like chaff that the wind blows away. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For the LORD watches over the way of the righteous, but the way of the wicked will perish.** Ps 1:4-6

If you have not already turned to Christ then do so now. Come to Him, bow the knee, confess your sin and all those years away from him, seek forgiveness and make Him your Lord. Set your love and affection on Him. Commit to follow Him and serve him. Make sure you know you have.

If you do that the Lord will give you the power to live for Him. He will help you with the battles you will face in this world. And the main battle is the battle of the mind.

You will then say with Paul and every true follower of Jesus **I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.** Ro 7:25

Yes your mind is the battlefield, but you will have a new power to help you do what Paul says to the church at Rome: **Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.** Ro 12:1-2

And what is God's will for you? **It is God's will that you should be sanctified:** 1Th 4:3

That is made Holy, for you were made to be Holy. God is Holy and as an image bearer so you are to **"be holy because I am holy"**

Christian - to love the Lord is to love his word. **The law from your mouth is more precious to me than thousands of pieces of silver and gold.** Ps 119:72
Your statutes are wonderful; therefore I obey them. Ps 119:129

And how does he set to do that? **I meditate on your precepts and consider your ways.** Ps 119:15

- **Take a proverb before meals, (Crusaders lunchbox) scripture on cards**

What is your mind filled with? How is your thought life? what is going on in your mind, what is in there? Is it being controlled, filtered, disciplined?

Do a stock take on your thought life. How much time is on the Lord, in thanksgiving? Replace vain thoughts with good ones, Godly ones. As believers let us **take captive every thought to make it obedient to Christ.** 2 Co 10:5

As Christians Paul says: **since, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.**" Col 3:1-4

What a wonderful hope. He goes on to say 3:16 **Let the word of Christ dwell in you richly.** That is for you – but so that then **like a fountain** it will also pour out to others. 16 **Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.**

Let the word of Christ dwell in you richly.

This happy man we are told meditates on it, he reads it *by day*, and thinks upon it *by night*. He takes a text and carries it with him all day long; and in the night watches, when sleep forsakes his eyelids, he muses upon the Word of God. In the *day* he sings *psalms* out of the Word of God, and in the *night* of his affliction he comforts himself with *promises* out of the same book.

And that is what you and I were made for – that is how you individually function best. That is how we all as a body of believers, function best.

You will be, we will be **like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.**

Here in psalm one David lays out the way to happiness – yes there is one - do you want it? Here is the route to a fruitful life, do you want that?

To be fruitful Jesus says we are to remain in him – and His word in you - do that and we will bear much fruit.

Daily Bible reading, no regular Bible reading, memorising scripture, read a short devotional to put Godly thoughts in your mind before you go out, before you go for a walk, or go shopping or before you go to bed.

Let us as believer's delight in God's word, and let us as believers know it well. Let us long for it as we long to be in the company of those we love.

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer Ps 19:14 _____END

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Sunday 14th April 2024 10 am

Meditating on God's word

□ 測謊儀「測謊儀」已經出現了一段時間，現在隨著神經科學和人工智慧的進步，人們越來越興奮，因為它們可以找出人們在想什麼？聽起來很可怕嗎？

如果他們能揭開你大腦的蓋子，看看你在想什麼——他們會發現什麼？如果將您的想法記錄展示給我們所有人看會怎麼樣？正如主所見。

我想談談你的想法。詩篇第 1 篇中的大衛也是如此（這被認為是大衛的作品）。他列出了通往幸福和痛苦的道路，是的，有一條通往幸福和富有成果的生活的道路——你想要它嗎？

他所說的這些事情是基於你腦海中正在發生的事情。它被定義為消極的和積極的，我們不應該做、要避免的事情，以及我們應該做的事情。 1

不從惡人的計謀，不站罪人的道路，不坐褻慢人的座位，這人有福了。 2 他喜愛耶和華的律法，晝夜思想。

□ 今天早上我們要探討的就是對神的話的默想。

大衛在 150 首詩篇中的第一首中，為我們指明了敬虔男女的聖潔和幸福，與惡人的罪惡和愚蠢相比。擺在我們面前的是關於生與死、祝福與咒詛的教導，以便我們所有人都能走上通往幸福的正確道路，並避免那些肯定會導致我們痛苦和毀滅的道路。

就像耶穌和登山寶訓一樣，大衛以「有福」這個字開始。這是一個非常富有表現力的詞。原文是複數，我們可以讀成“哦，祝福！”對某個人的幸福狀態的歡呼。

我們這裡擁有的是成功的秘訣和避免失敗的方法。這是討神喜悅和善待自己的關鍵。你不想像那棵栽在溪水旁的樹嗎？不是枯萎的，而是枝繁葉茂的嗎？難道你不希望你

5a

所做的一切都能成功嗎？當然。關鍵是一仰望主並用祂的話語充滿自己。你？

□ 用其他事物充滿你的頭腦，它就不會被主充滿。如果不讓主充滿它，它就會向任何事物敞開。「我始終保持開放的心態！我希望不是。——也不存在頭腦空虛這樣的事情！

”我們的思想不是中立的，它們影響我們的心，也被我們的心影響。我們的自然傾向是創造一種以我為中心的無神的世界觀，我永遠是故事的英雄。正如本性的心對神懷有敵意一樣，我們自然的傾向就是對主懷有敵意的想法，因此也對按照祂的形象創造的其他人懷有敵意。嫉妒、嫉妒、憤怒、報復的想法、仇恨的想法、淫蕩的想法、驕傲的想法和苦毒很快就會在我們的自然頭腦中找到一個現成的家。

我們要用我們的心思去愛神。敬虔的冥想是冥想某件事，它是讓你的頭腦充滿某件事。它不是東方神秘宗教中常見的空虛空洞的冥想。

□ 我的隔壁鄰居過去參加過一些治療，她被告知仰躺著，放空思緒，想像萬裡無雲的天空。清空你的頭腦，這樣的狀態不會持續太久。這樣做，你會發現一些非常黑暗的可能會向你襲來。事實上，透過哼唱，你常常會不知不覺地念誦神靈和邪靈的名字——招呼他們進來——而他們都熱衷於效勞。

□ 瑜珈和類似的練習無所不在，現在在學校也有

我不做你說的，很好。神的話告訴我們，這些神的背後都是這個時代的神所派出的惡魔。他會玩任何你想要的遊戲，努力蒙蔽人們對神的真理的認識。

2 Co 4:4 說這世代的神弄瞎了什麼？不信的人的心，以致他們看不見基督榮耀福音的光，基督本是神的像。

這就是自從在伊甸園第一次遇見夏娃以來他一直在做的事情。在那裡，主神和第一個男人和女人，祂創造的寶石，在涼爽的夜晚一起散步，完美和諧。精彩的！他們被愛、被重視、有安全感。

然後魔鬼進來，播下分裂的雜草，懷疑的雜草，透過播撒謊言，迫使人與神分開。

5b

作為上帝所創造的人和想像的承載者，我們並不是為此而生，而只是為了上帝，依賴和崇拜上帝的真理。

但是這個時代的神在女人的心中播下了關於上帝、關於這個世界、關於他們是誰的謊言。她的腦子裡充滿了謊言。她不是為此而生的。結果就是緊張、混亂、叛逆和各種混亂。

她無法正常運轉，就像在汽車中添加了錯誤的燃料，或者在電腦中安裝了錯誤的軟體一樣，這意味著汽車無法正常運作。

正如硬體是為特定軟體而設計的一樣，我們也是為特定想法而設計的。弄錯了，問題就會來。

在我八歲左右的時候，祖父的一次訓斥讓我難以忘懷。我找到了研磨膏。這會讓情況變得更糟，並會導致它掉到地上。

你和我都是為某種觀點而設計的，也就是真理的觀點。我是誰，世界是什麼樣的，它從哪裡來，誰創造了它，他是什麼樣的，我與他的關係如何。所有這些以及更多的事情都是健康思想和生活的關鍵。魔鬼在他的謊言中播撒邪惡的種子——但謊言並不存在。這是一個幻想。

這就是為什麼教授進化論、以「我」為中心、「我的權利」的思維具有如此大的破壞性。結果是我們頭腦混亂、壓力和痛苦，這在很大程度上是我們現代「**心理健康狀況不佳**」問題的根源

我們的後娛樂時代正被一種分散注意力的文化所取代。大生意依賴我們對不間斷活動的渴望：滾動、點擊、滑動。它利用刺激反應週期、多巴胺釋放和習慣形成來引導我們上癮。顯然，矽谷並不關心。其目的是透過**虛擬實境耳機**等產品將我們鎖定在最有可能優化成癮行為的活動中。這些確保了 360

度的被動性，並提供旨在讓我們著迷的刺激。在《多巴胺國家》中，精神科醫生安娜·倫布克博士展示了分心/成癮文化是如何造成的——你猜怎麼著？ - 精神疾病。

□ 父母，愛子女者應發誓，應誠實者不誠實，應忠實者不守信，該在場者缺席。孩子們被告知所有這些以及更多只是人們現在生活方式的不同。

孩子們知道這是不對的。當他們還年輕的時候，他們就能看到這一點。

□ 童年時期的痛苦，或“不良童年經歷”，我們現在知道，ACEs會導致以後的生活中的疾病。

在呼籲全國悔改的祈禱中，葛培理的女兒說：我們知道你的話說：“那些稱惡為善的人有禍了”，但這正是我們所做的。我們**剝削窮人並稱之為彩票。我們獎勵懶惰，並將其稱為福利。我們殺死了未出生的孩子，並稱之為選擇。我們忽略了對孩子的管教，並稱之為建立自尊。我們覬覦鄰居的財產，並稱之為野心。我們用褻瀆和色情內容污染了空氣，並稱之為言論自由。我們他們嘲笑我們祖先的歷史悠久的價值觀，並將其稱為啟蒙運動。神啊，今天就來鑑察我們，了解我們的心：洗淨我們一切罪孽，釋放我們。阿門（露絲·格雷厄姆）**

哦，這個時代的神如何用祂的謊言污染了我們的思想

詩篇作者說我們必須不惜一切代價避免邪惡。

這個時代的神撒但煽動夏娃聽從惡人的計謀

魔鬼對待她的方式不斷進步，就像一切邪惡不斷進步一樣。大衛對此發出警告——不要聽從惡人的計謀，不要站罪人的道路，也不要坐在褻慢人的座位上。

與某人同行就是讓自己與他們的方式、建議和心態保持一致。除非雙方同意，否則兩個人可以一起走路嗎？上午 3:3

• 你和誰一起散步？在某些國家，與某人外出就是與他們一起散步。或是你正在與主同行嗎？我們不該與任性的人同行——而是像在花園裡一樣與主我們的神同行。神對亞伯拉罕的首要命令是：“我是全能的神，你當在我面前行走，無可指摘。” 創 17:1
這也臨到我們——所有有信心的人。

當你走在邪惡的道路上時，你就會被誘惑停下來與他們站在一起。不。我們不應該站在罪人的道路上……或坐在嘲笑者的座位上，因為那時我們認為我會與他們坐在一起或與他們一起吃飯，那就是與他們在一起。

「不要走路，不要站立，不要坐著。在某些情況下，消極的戒律比肯定的戒律更絕對；正如我們在十誡中看到的那樣

讓我們保持警惕，讓我們頭腦清醒，這些事情會逐漸蔓延。一首詩說：注意你的思想，它們會變成言語。

注意你的言語，它們會變成行動。

注意你的行為，它們會變成習慣。

注意你的習慣，它們會變成性格。

注意你的性格，它會成為你的命運。弗蘭克·奧特洛

•

產生一個想法，例如，我一直想改善我的家。然後你瀏覽，然後你購買。它是如此容易。

•

有一個你喜歡的電視節目，你想一下，到了時間你就過去打開電視，然後你就坐下來看。你知道遊戲節目不好，充滿罪惡的肥皂劇也不好，但你屈服了，時間被浪費了，腦海裡充滿了虛榮的世俗想法。最後你不快樂，你感到空虛。

為什麼？它承諾了這麼多——因為你是為其他事情設計的

結果就是遠離主。他的思想變得不再那麼渴望，不再有熱情去愛和服事神的子民、神的福音、神的工作。那是你嗎？當主的工作要做時，你是否越來越「無瑕」？

邪道也是如此，它不是中立的。在每一個思想和行動中，你要麼走向主，要麼遠離祂。

如果我們能撬開你的頭，看看你的內心深處，我們會發現什麼？不敬虔思想的激烈混合？或者你對祂和祂的話語充滿喜悅嗎？也許各有一點。

問這個問題：“這個想法是榮耀主嗎？”任何不敬虔的事都需要被拒於門外。踢出。它需要努力和自我控制。

□

你無法阻止鳥兒從你頭頂飛過，但你可以阻止它在你的頭髮上築巢！他們會進來，但當他們進來時，需要迅速將其推出。讓我們學習約伯遠離惡而好善的事。

7a

耶穌的腦子裡有魔鬼所灌輸的不好的想法，但他看清了它們的本質，並消滅了它們。我們也要這樣做。做得越多，訓練心就越容易。耶穌的腦子裡充滿了經文，如果他的腦子裡充滿了經文，那麼我們的腦子裡還需要有多少經文。

□

讓祂的話語充滿你的頭腦，你將有能力發現和抵抗錯誤，並避免陷入微妙誘惑的陷阱。

摩西說：「我今天給你們的這些誠命要記在心裡。讓他們給你的孩子留下深刻的印象。當你坐在家裡、走在路上、躺下和起床時，談論它們。將它們當作符號綁在手上，綁在額頭上。把它們寫在你們房子的門框和大門上。申 6:6-9

那時的律法是摩西五書，大衛時代就沒有更多了。那麼，我們更應該珍惜整本成文的神話語，我們有權利在我們的家中擁有它！

請注意，這不僅僅是為了逃避世俗的方式。但讓我問你——你喜歡上帝的律法嗎？你研究神的話語嗎？您是否將其視為您最好的伴侶和**每小時的指南？如果沒有，這個祝福就不屬於你。**

如果你不這麼做，大概是因為你不想這樣做——為什麼不想這樣做？是因為你沒有信賴上主嗎？只有心裡有耶穌的人，才會想把耶穌的話記在心裡。

福音——這首詩篇引領道路，它把生命的道路擺在你面前。它以兩種方式和兩種命運向你展示了古老的對比。

不這樣做就是繼續走遠離神的道路。主稱這是惡人的道路！可怕的命運就像糠秕，被風吹散。因此，當審判的時候，惡人站立不住；罪人在義人的會中也站立不住。因為耶和華保護義人的道路，惡人的道路卻必滅亡。詩 1:4-6

如果你還沒有轉向基督，那麼現在就轉向吧。來到他面前，屈膝，承認你的罪以及這些年來遠離他的一切，尋求寬恕並讓他成為你的主。將你的愛和感情放在他身上。承諾跟隨他並服務他。確保你知道你有。

如果你這樣做，主就會賜給你為祂而活的力量。祂將幫助你應對你在這個世界上將面臨的戰鬥。而主要的戰鬥是心靈的戰鬥。

7b

然後你會和保羅以及耶穌的**每一個真正的追隨者**一樣說，我自己在我的心目中是上帝律法的奴隸，但在罪性上卻是罪惡律法的奴隸。羅馬書 7:25

是的，你的思想就是戰場，但你將擁有一種新的力量來幫助你做到保羅對羅馬教會所說的：不要再效仿這個世界的模式，而要透過更新你的思想而改變。然後你就能檢驗並確認神的旨意是什麼——祂良善、可喜悅、完美的旨意。羅馬書 12:1-2

神對你的旨意是什麼？神的旨意是要你們成聖：1Th 4:3

那是神聖的，因為你被創造為神聖的。神是聖潔的，作為形象的承載者，所以你要“聖潔，因為我是聖潔的”

基督徒—愛主就是愛祂的話語。你口中的律法對我來說比千萬金銀更珍貴。詩 119:72 你的律例奇妙；因此我服從他們。詩篇 119:129

他將如何做到這一點？我默想你的戒律，思想你的道路。詩 119:15

□ 飯前拿一句諺語，（十字軍午餐盒）卡片上的經文

你的腦子裡裝滿了什麼？你的思想生活怎麼樣？你心裡在想什麼，裡面有什麼？是否受到控制、過濾、約束

盤點一下你的思想生活。在感恩節有多少時間是在主身上？用美好的想法、敬虔的想法取代徒勞的想法。身為信徒，讓我們俘虜**每一個思想，使其順服基督**。2 連 10:5

正如基督徒保羅所說：既然你們已經與基督一同復活，你們的心就該思念上面的事，那裡基督坐在神的右邊。你們要思念上面的事，而不是地上的事。因為你死了，你的生命現在與基督一起藏在上帝裡面。基督是你的生命，當他顯現時，你也要與他一同顯現榮耀裡。西 3:1-4
多麼美好的希望。他接著說 3:16

讓基督的道理豐豐富富地存在你們心裡。那是給你的——

但這樣它就會像噴泉一樣傾瀉給其他人。

16當你們用諸般的智慧互相教導和勸誡時，當你們懷著對神的感激之情唱詩篇、讚美詩和靈歌時，讓基督的話語豐豐富富地存在你們心裡。

讓基督的話語豐豐富富地存在你心裡。

我們被告知這個快樂的人沉思它，他白天閱讀它，晚上思考它。他拿著一封短信，整天隨身攜帶；到了夜更時，當睡意離開他的眼皮時，他就會沉思上帝的話語。白天，他用神的話語唱詩篇；在苦難的夜晚，他用同一本書中的應許來安慰自己。

這就是你和我被造的目的——

這就是你們各自發揮最佳作用的方式。這就是我們作為一個信徒團體的最佳運作方式。

你們，我們都會像一棵栽在溪水旁的樹，按時結果子，葉子也不枯乾。他所做的一切都會成功。

大衛在詩篇第一篇中闡述了通往幸福的道路——是的，有一條——你想要它嗎？這是通往豐盛人生的道路，你想要嗎？

耶穌說，要多結果子，我們要留在祂裡面——祂的話也留在你裡面——這樣做，我們就會結出很多果子。

每天讀聖經，不定期讀聖經，背誦經文，在出門前、散步前、購物前或睡前讀一篇簡短的靈修文章，將敬虔的思想放在心裡。

讓我們身為信徒以神的話為樂，讓我們身為信徒充分認識神的話。讓我們渴望它，就像我們渴望與我們所愛的人在一起一樣。

耶和華我的磐石，我的救贖主啊，願我口中的言語，心裡的意念，在你眼前蒙悅納 詩篇 19:14 _____END