

2022年10月

# 感恩

金句:

诗篇 23:5 我的福杯

.....我的福杯满溢。

回应式诵读:

玛拉基书 3:10

路加福音 6:20 你们贫穷, 21, 30-32 (至?), 33 (至?), 34 (至?), 35, 36, 45 (至:)

10 大军之 耶和華說：你們要將當納的十分之一全然送入倉庫，使我家有糧，以此試試我，是否為你們敞開天上的窗戶，傾福與你們，甚至無處可容。

20 .....你們貧窮的人有福了；因為 神的國是你們的。

21 你們飢餓的人有福了；因為你們將要飽足。你們哀哭的人有福了；因為你們將要喜笑。

30 凡求你的，就給他；有人奪你的東西去，不用再要回來。

31 你們願意人怎樣待你們，你們也要怎樣待人。

32 你們若單愛那愛你們的人，有什麼可酬謝的呢？

33 你們若善待那善待你們的人，有什麼可酬謝的呢？

34 你們若借給人，盼望從他收回，有什麼可酬謝的呢？

35 你們倒要愛你們的仇敵，也要善待他們，並要借給人，不指望償還；你們的賞賜就必大了，你也必作 至高者的兒女。因為他恩待那忘恩的和作惡的。

36 所以，你們要慈悲，像你們的 父也慈悲一樣。」

45 善人從他心裡所存的善就發出善來；

1

Bible

(1) Zephaniah 3:17

17 The Lord thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.

(2) I Chronicles 29:10-13 Blessed be, 14 for

10 Blessed be thou, Lord God of Israel our father, for ever and ever.  
11 Thine, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all.  
12 Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all.  
13 Now therefore, our God, we thank thee, and praise thy glorious name.  
14 for all things come of thee, and of thine own have we given thee.

(3) Psalms 75:1

1 Unto thee, O God, do we give thanks, unto thee do we give thanks: for that thy name is near thy wondrous works declare.

**Science and Health with Key to the Scriptures**  
by Mary Baker Eddy

(1) 502:27-28 (to 2nd.)

Ideas and identities

The creative Principle — Life, Truth, and Love — is God.  
The universe reflects God.

(2) 503:9-10, 15

The divine Principle and idea constitute spiritual harmony, — heaven and eternity.  
Hence the eternal wonder, — that infinite space is peopled with God's ideas, reflecting Him in countless spiritual forms.

1

圣经

(1) 西番雅书 3:17

17 耶和华—你的 神在你中间是有大能的；他必施行拯救，必因你欢欣喜乐；他必默然爱你，因你喜乐歌唱。

(2) 历代志上 29:10-13 以色列, 14 因为

10 以色列的 神是应当称颂，直到永永远远的。  
11 耶和华啊，尊大、能力、荣耀、强胜、威严都是你的。凡天上地下的都是你的；国度也是你的， 耶和华啊，并且你被尊崇，为一切之首。  
12 丰富尊荣都从你而来，你也统管一切；在你手里有大能大力；使人尊大强盛都出於你。  
13 我们的 神啊，现在我们称谢你，赞美你荣耀之名。  
14 因为一切都从你而来，我们把从你而得的献给你。

(3) 诗篇 75:1

1 神啊，我们称谢你，我们称谢你。因为你的名相近，人都述说你奇妙的作为。

**科学与健康附圣经之钥匙**  
玛丽·贝格·爱迪著

(1) 502:27-28 (至第二个。)

意念与身份

那具创造性的 原则——即 生命， 真理与 爱——即 神。宇宙反映 神。

(2) 503:9-10, 15

神性 原则与神性意念构成灵性和谐，——即天国与永恒。  
由之而来那永恒的异象，——即 神的意念居于无限的空间，在数之不尽的灵性形式上反映着祂。

**(3) 518:19**

Love giveth to the least spiritual idea might, immortality, and goodness, which shine through all as the blossom shines through the bud. All the varied expressions of God reflect health, holiness, immortality — infinite Life, Truth, and Love.

**(4) 6:17-18**

“God is Love.” More than this we cannot ask, higher we cannot look, farther we cannot go.

**(5) 2:8-11, 23 (only, to ?), 26 Shall**

Deity unchangeable

God is not moved by the breath of praise to do more than He has already done, nor can the infinite do less than bestow all good, since He is unchanging wisdom and Love.

God is Love. Can we ask Him to be more?

God's standard

Shall we plead for more at the open fount, which is pouring forth more than we accept? The unspoken desire does bring us nearer the source of all existence and blessedness.

**(6) 3:22**

Are we really grateful for the good already received? Then we shall avail ourselves of the blessings we have, and thus be fitted to receive more. Gratitude is much more than a verbal expression of thanks. Action expresses more gratitude than speech.

**(7) vii:1-2**

To those leaning on the sustaining infinite, to-day is big with blessings.

**2**

**Bible**

**(4) II Corinthians 4:15 all**

15 all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God.

**(3) 518:19**

爱给予最微小的灵性意念其力量、不朽性与美善来荣耀一切，一如花朵藉花蕾绽放来荣耀。神各种各样的表现，反映着健康、圣洁、不朽——即反映着无限的生命，真理与爱。

**(4) 6:17-18**

“神就是爱”。没有比此更多的我们可求、没有比此更高的我们可望、没有比此更遥远的我们可去。

**(5) 2:8-11, 23 (只一句, 至?), 26 那**

神是不变的

神不会因为受赞颂言词感动而去多做祂已经做的，那无限也不会少赐予一切美好的，因为祂是不变的智慧和爱。

神就是爱。我们能要求祂为更多吗？

神的标准

那开放的泉源正在涌出的比我们可接受的要多，我们还要在那泉源前恳求更多吗？没有说出的心愿使我们更靠近一切存在和恩赐的源泉。

**(6) 3:22**

我们真的感激已经收到的美好吗？那么我们则须善用已有的恩赐，从而才适合接受更多。感恩远胜于口头表达感谢。行动比言语表达着更多的感恩。

**(7) vii:1-2**

对倚仗那支持无限的人，今日大蒙恩赐。

**2**

**圣经**

**(4) 哥林多后书 4:15**

15 凡事都是为你们，好叫丰盛的恩典因多人的感谢，以致荣耀归与神。

**(5) Psalms 23:1-6**

1 The Lord is my shepherd; I shall not want.  
2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.  
3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.  
4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.  
5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.  
6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

**(6) Psalms 68:6 (to 1st :), 19**

6 God setteth the solitary in families:  
19 Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation.

**Science and Health**

**(8) 17:5 (only, to 2nd :)**

*Give us grace for to-day; feed the famished affections;*

**(9) 57:22-24**

Human affection is not poured forth vainly, even though it meet no return. Love enriches the nature, enlarging, purifying, and elevating it.

**(10) 577:32-18**

In the following Psalm one word shows, though faintly, the light which Christian Science throws on the Scriptures by substituting for the corporeal sense, the incorporeal or spiritual sense of Deity: —

PSALM XXIII

[DIVINE LOVE] is my shepherd; I shall not want.  
[LOVE] maketh me to lie down in green pastures: [LOVE] leadeth me beside the still waters.  
[LOVE] restoreth my soul [spiritual sense]: [LOVE] leadeth me in the paths of righteousness for His name's sake.  
Yea, though I walk through the valley of the shadow of death, I will fear no evil: for [love] is with me; [LOVE'S] rod and [LOVE'S] staff they comfort me.

**(5) 诗篇 23:1-6**

1 耶和华是我的牧者，我必不致缺乏。  
2 他使我躺卧在青草地上，领我在可安歇的水边。  
3 他使我的元魂苏醒，为自己的名引导我走义路。  
4 我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。  
5 在我敌人面前，你为我摆设筵席；你用油膏了我的头，使我的福杯满溢。  
6 我一生一世必有恩惠慈爱随着我；我且要住在 耶和华的殿中，直到永远。

**(6) 诗篇 68:6 (至 ), 19**

6 神叫孤独的有家，  
19 天天施恩惠给我们的 主，就是拯救我们的 神，是应当称颂的。

**科学与健康**

**(8) 17:5 (只一句, 至:)**

赐给我们今天所需要的恩惠，牧养受饥之爱；

**(9) 57:22-24**

人类的关爱并不会枉然倾注，即使没有回应。爱丰富本性，使之扩展、纯化及提升。

**(10) 577:32-18**

在以下《诗篇》中的一字尽管是模糊也展示了，基督科学。神是非肉体意识即以灵性意识代替肉体意识，把光投在《圣经》上：

诗篇二十三章

〔神性之 爱〕是我的牧者；我必不致缺乏。  
〔 爱〕使我躺卧在青草地上：〔 爱〕领我在可安歇的水边。  
〔 爱〕使我的灵魂〔灵性意识〕苏醒：〔 爱〕为自己的引导我走义路。  
我虽然行过死荫的幽谷，也不怕遭害：因为〔 爱〕与我同在；〔 爱的〕杖、〔 爱的〕竿，都安慰我。

[LOVE] prepareth a table before me in the presence of mine enemies: [LOVE] anointeth my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house [the consciousness] of [LOVE] for ever.

**(11) 470:32**

The relations of God and man, divine Principle and idea, are indestructible in Science; and Science knows no lapse from nor return to harmony, but holds the divine order or spiritual law, in which God and all that He creates are perfect and eternal, to have remained unchanged in its eternal history.

**(12) 254:31**

Pilgrim on earth, thy home is heaven; stranger, thou art the guest of God.

**3**

**Bible**

**(7) Philippians 4:4, 6**

4 Rejoice in the Lord always: and again I say, Rejoice.  
6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

**(8) Psalms 62:8**

8 Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us.

**(9) I Chronicles 4:10**

10 And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.

[ 爱 ] 在我敌人面前，为我摆设筵席：[ 爱 ] 用油膏 [ 我的头；使我的福杯满溢。

我一生一世必有恩惠慈爱随着我；我会住在 [ 爱的 ] 殿 [ 意识 ] 中，直到永远。

**(11) 470:32**

神与人，神性 原则与意念的关系，在‘科学’上是坚不可摧的；而且‘科学’悉知和谐既不暂停也没回归于和谐，但持守着神性的管治或灵性的律法，在‘科学’上 神及祂所创造的一切皆是完美和永恒的，在其永恒的历史中保持不变。

**(12) 254:31**

地上的朝圣者，你的家是天国；外人，你是 神的宾客。

**3**

**圣经**

**(7) 腓立比书 4:4, 6**

4 你们要靠 主常常喜乐。我再说，你们要喜乐。  
6 应当一无挂虑，只要凡事存感谢的心祷告、祈求，将你们所要的告诉 神。

**(8) 诗篇 62:8**

8 你们众民当时倚靠他，在他面前倾心吐意； 神是我们的避难所。

**(9) 历代志上 4:10**

10 雅比斯求告以色列的 神说：「甚愿你赐福与我，扩张我的境界，常与我同在，保佑我不遭患难，不受艰苦。」 神就应允他所求的。

**(10) Malachi 3:10-12**

10 Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.

11 And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the Lord of hosts.

12 And all nations shall call you blessed: for ye shall be a delightsome land, saith the Lord of hosts.

**Science and Health**

**(13) 45:16 (only)**

Glory be to God, and peace to the struggling hearts!

**(14) 12:31**

In divine Science, where prayers are mental, *all* may avail themselves of God as “a very present help in trouble.” Love is impartial and universal in its adaptation and bestowals. It is the open fount which cries, “Ho, every one that thirsteth, come ye to the waters.”

**(15) 254:10-12**

When we wait patiently on God and seek Truth righteously, He directs our path.

**(16) 8:14-18**

If we feel the aspiration, humility, gratitude, and love which our words express, — this God accepts; and it is wise not to try to deceive ourselves or others, for “there is nothing covered that shall not be revealed.”

**(17) 13:14-24**

Even if prayer is sincere, God knows our need before we tell Him or our fellow-beings about it. If we cherish the desire honestly and silently and humbly, God will bless it, and we shall incur less risk of overwhelming our real wishes with a torrent of words.

**(10) 玛拉基书 3:10-12**

10 大军之 耶和華說：你們要將當納的十分之一全然送入倉庫，使我家有糧，以此試試我，是否為你們敞開天上的窗戶，傾福與你們，甚至無處可容。

11 大军之 耶和華說：我必為你們斥責吞噬者，不容它毁坏你們的土產。你們田間的葡萄樹在未熟之先也不掉果子。

12 大军之 耶和華說：列國必稱你們為蒙福的；因你們的地必成為喜樂之地。」

**科学与健康**

**(13) 45:16 (只一句)**

榮耀歸于 神，和平歸于奮鬥之心！

**(14) 12:31**

在神性科學中，祈禱是精神上的，而人人可以受益于神，其是“在患難中隨時的幫助”。愛在其适配和贈予上是公正和普世的。那開放的泉源在喊，“你們一切干渴的都當就近水來。”

**(15) 254:10-12**

當我們耐心地等候 神並公義地尋求 真理時，祂指引我們的路。

**(16) 8:14-18**

如果我們感到我們的言詞表達着志向、謙卑、感恩和愛，——這便是 神所接納的；並且不企圖欺騙自己或他人是明智的，因為“掩蓋的事沒有不露出來的”。

**(17) 13:14-24**

縱使禱告是真诚的，在我們告訴 神或其它人之前，祂已經知道我們的需要。如果我們誠实地、默默地和謙遜地彰愛該心愿， 神會祝福該心愿，並且那招致滔滔言詞淹沒我們真正希望的风险会降低。

Corporeal ignorance

If we pray to God as a corporeal person, this will prevent us from relinquishing the human doubts and fears which attend such a belief, and so we cannot grasp the wonders wrought by infinite, incorporeal Love, to whom all things are possible.

**(18) 1:11**

Desire is prayer; and no loss can occur from trusting God with our desires, that they may be moulded and exalted before they take form in words and in deeds.

**(19) 2:4**

Right motives

Are we benefited by praying? Yes, the desire which goes forth hungering after righteousness is blessed of our Father, and it does not return unto us void.

**4**

**Bible**

**(11) Psalms 107:1, 9**

1 O give thanks unto the Lord, for he is good: for his mercy endureth for ever.  
9 For he satisfieth the longing soul, and filleth the hungry soul with goodness.

**(12) Mark 6:34, 42, 56**

34 And Jesus, when he came out, saw much people, and was moved with compassion toward them, because they were as sheep not having a shepherd: and he began to teach them many things.  
42 And they did all eat, and were filled.  
56 And whithersoever he entered, into villages, or cities, or country, they laid the sick in the streets, and besought him that they might touch if it were but the border of his garment: and as many as touched him were made whole.

**(13) I Corinthians 1:4-6**

4 I thank my God always on your behalf, for the grace of God which is given you by Jesus Christ;  
5 That in every thing ye are enriched by him, in all utterance, and in all knowledge;  
6 Even as the testimony of Christ was confirmed in you:

肉体的无知

如果我们把 神当作肉体的人来向他祈祷，存有此信念便会阻碍我们放弃人的疑虑和恐惧，并因此我们不能领悟无限的、非肉体的、凡事都能的 爱所行的奇事。

**(18) 1:11**

心愿就是祈祷；把我们的心愿信托于 神并不会有任何损失，反而可以在心愿成为语言及行为之前被塑造和提升。

**(19) 2:4**

正确的动机

我们受益于祈祷吗？是的，饥渴慕义的心愿会获得我们父的祝福，而且此心愿不会徒然而回。

**4**

**圣经**

**(11) 诗篇 107:1, 9**

1 你们要称谢 耶和華啊，因他本为善；他的慈爱永远长存。  
9 因他使心里渴慕的人得以知足，使心里饥饿的人得饱美物。

**(12) 马可福音 6:34, 42, 56**

34 耶稣出来，见有许多的人，就向他们动了慈心，因为他们如同羊没有牧人一般；于是他开口教训他们许多的事。  
42 他们都吃，并且吃饱了。  
56 凡耶稣所到的地方，或村中，或城里，或乡间，他们将病人放在街道上，求耶稣只容他们摸他的衣边；凡摸着的人就都痊愈了。

**(13) 哥林多前书 1:4-6**

4 我常为你们感谢我的 神，因 神在耶稣 基督里所赐你们的恩典；  
5 又因你们在他里面凡事富足，口才、知识都全备，  
6 正如我为 基督作的见证，在你们心里得以坚固，

## Science and Health

## 科学与健康

### (20) 325:7

Jesus gave the true idea of being, which results in infinite blessings to mortals.

### (20) 325:7

耶稣赠予灵性存在的真意念，为必朽者带来无限恩赐。

### (21) 54:1-10

Through the magnitude of his human life, he demonstrated the divine Life. Out of the amplitude of his pure affection, he defined Love. With the affluence of Truth, he vanquished error. The world acknowledged not his righteousness, seeing it not; but earth received the harmony his glorified example introduced. Who is ready to follow his teaching and example? All must sooner or later plant themselves in Christ, the true idea of God.

### (21) 54:1-10

藉他人生命的重大意义，他显示了神性生命。出于他丰富的纯洁关爱，他定义了爱。他以真理的丰足，征服了谬误。世界不承认他的正义，也看不见正义；但世间接受了他荣耀榜样所引进的和谐。谁准备遵循他的教导和榜样呢？所有人必迟早将其自身植根于基督，即植根于神的真正意念上。

### (22) 446:25-27

Iniquity overcome  
Not human platitudes, but divine beatitudes, reflect the spiritual light and might which heal the sick.

### (22) 446:25-27

克服罪恶  
并非人类的滥调，而是神性的至福，反映那疗愈病者的灵性之光与能力。

### (23) 12:10

It is neither Science nor Truth which acts through blind belief, nor is it the human understanding of the divine healing Principle as manifested in Jesus, whose humble prayers were deep and conscientious protests of Truth, — of man's likeness to God and of man's unity with Truth and Love.

### (23) 12:10

通过盲目信念发生作用的既不是‘科学’也不是真理，也不是人类对耶稣所显示神性疗愈原则的理解，耶稣的谦卑祷告是深切的和认真的真理上的申明，——即人为神的样式，及人与真理和爱合一的申明。

### (24) 37:22-25

It is possible, — yea, it is the duty and privilege of every child, man, and woman, — to follow in some degree the example of the Master by the demonstration of Truth and Life, of health and holiness.

### (24) 37:22-25

藉真理和生命的，藉健康和圣洁的显示在某些程度上遵循师主的榜样——是可能的，——这正是每个孩子、男人和女人的责任和特权。

5

5

Bible

圣经

### (14) II Corinthians 2:14

14 Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place.

### (14) 哥林多后书 2:14

14 感谢神。常帅领我们在基督里夸胜，并藉着我们各处显扬那因认识基督而有的香气。



**(15) Luke 6:38**

38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

**(16) Psalms 30:12 O Lord**

12 O Lord my God, I will give thanks unto thee for ever.

**Science and Health**

**(25) 520:3-5 The (to !)**

The depth, breadth, height, might, majesty, and glory of infinite Love fill all space. That is enough!

**(26) 570:14-18, 23-24**

Receptive hearts

Millions of unprejudiced minds — simple seekers for Truth, weary wanderers, athirst in the desert — are waiting and watching for rest and drink. Give them a cup of cold water in Christ's name, and never fear the consequences. Those ready for the blessing you impart will give thanks.

**(27) 15:25-30**

Trustworthy beneficence

Christians rejoice in secret beauty and bounty, hidden from the world, but known to God. Self-forgetfulness, purity, and affection are constant prayers. Practice not profession, understanding not belief, gain the ear and right hand of omnipotence and they assuredly call down infinite blessings.

**(15) 路加福音 6:38**

38 你们要给人，就必有给你们的；并且人要用十足的升，连摇带按，上尖下流的倒在你们怀里。因为你们用什么量器量给人，也必用什么量器量给你们。」

**(16) 诗篇 30:12 耶和华**

12 耶和华—我的 神啊，我要称谢你，直到永远。

**科学与健康**

**(25) 520:3-5 无限 (至 !)**

无限之 爱的深、阔、高、大能、威严与荣耀充满所有空间。这就足够了！

**(26) 570:14-18, 23-24**

善于接纳之心

无数无偏见的心灵——诚挚的 真理寻求者，疲累的流浪者，干渴于荒漠中——为安歇和饮的而等候着并守望着。以 基督之名给予他们一杯凉水，而绝不惧怕后果。那些准备好接受你传予祝福的人会感恩。

**(27) 15:25-30**

可信赖的慈恩

基督徒在深藏的美和丰裕上得喜乐，其是世俗所见不到的，但 神悉知。忘己、纯洁和关爱都是不断的祈祷。实行而非言表，理解而非信念，就得到全能耳朵的聆听及其右手的帮助，并且肯定召来无限恩赐。

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