

2023年10月

感恩

金句:

历代志上 16:10 寻求

.....寻求 耶和華的人，心中应当歡喜。

回应式诵读：

诗篇 92:1-4 (至，)，13; 30:2, 4, 7 (至；)，12; 26:3, 7

1 称谢 耶和華，歌颂你 至高者的名，

2 早晨要传扬你的慈爱，每夜要传扬你的信实。

3 要用十弦的乐器和瑟，用琴弹出幽雅的声音。

4 因你— 耶和華藉着你的作为叫我高兴，

13 那些栽於 耶和華殿中的，必发旺在我们 神的院里。

2 耶和華—我的 神啊，我曾呼求你，你医治了我。

4 耶和華的圣民哪，你们要歌颂他，称谢他可纪念的圣洁之名。¹

7 耶和華啊，你曾施恩，叫我的江山稳固；

12 好叫我的荣耀歌颂你，并不住声。 耶和華—我的 神啊，我要称谢你，直到永远。

3 因为你的慈爱常在我眼前，我也按你的真理而行。

7 我好发称谢的声音，也要述说你一切奇妙的作为。

¹ 翻译自英文新英王钦定本圣经

(1) Psalms 107:1 (to :), 8

1 O give thanks unto the Lord, for he is good:
8 Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!

(2) Psalms 69:30, 32 your

30 I will praise the name of God with a song, and will magnify him with thanksgiving.
32 your heart shall live that seek God.

(3) Isaiah 58:11

11 And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

(4) Isaiah 51:3

3 For the Lord shall comfort Zion: he will comfort all her waste places; and he will make her wilderness like Eden, and her desert like the garden of the Lord; joy and gladness shall be found therein, thanksgiving, and the voice of melody.

(5) Ephesians 5:9

9 (For the fruit of the Spirit is in all goodness and righteousness and truth;)

(6) Luke 6:45 (to :)

45 A good man out of the good treasure of his heart bringeth forth that which is good;

Science and Health with Key to The Scriptures
by Mary Baker Eddy

(1) 103:15-16

The maximum of good is the infinite God and His idea, the All-in-all.

(1) 诗篇 107:1 (至 ;), 8

1 你们要称谢 耶和華啊，因他本为善；
8 但愿人因 耶和華的恩惠和他向人所行的奇事都称赞他。

(2) 诗篇 69:30, 32 寻求

30 我要以诗歌赞美 神的名，以感谢称他为大。
32 寻求 神的人，愿你们的心苏醒。

(3) 以赛亚书 58:11

11 耶和華也必时常引导你，在乾旱之中使你心满意足，骨头滋润；你必像浇灌的园子，又像水流不绝的泉源。

(4) 以赛亚书 51:3

3 耶和華要安慰锡安和锡安一切的荒场，使她的旷野像伊甸，又使她的荒漠像 耶和華的园子；在其中必有欢喜、快乐、感谢，和歌唱的声音。

(5) 以弗所书 5:9

9 (灵所结的果子，就是一切良善、公义、真理。)

(6) 路加福音 6:45 (至 ;)

45 善人从他心里所存的善就发出善来；

科学与健康附圣经之钥匙
玛丽·贝格·爱迪著

(1) 103:15-16

无限的 神和祂的意念， 一切之一切是最大的美善。

(2) 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.

(3) 4:3-5

What we most need is the prayer of fervent desire for growth in grace, expressed in patience, meekness, love, and good deeds.

(4) 496:13-14

Your fruits will prove what the understanding of God brings to man.

(5) 264:24

Spiritual proofs of existence
Spiritual living and blessedness are the only evidences, by which we can recognize true existence and feel the unspeakable peace which comes from an all-absorbing spiritual love.

2

Bible

(7) II Samuel 22:2 The, 3, 7 (to :)

2 The Lord is my rock, and my fortress, and my deliverer;
3 The God of my rock; in him will I trust: he is my shield, and the horn of my salvation, my high tower, and my refuge, my saviour; thou savest me from violence.
7 In my distress I called upon the Lord, and cried to my God:

(8) Psalms 61:2, 3

2 From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.
3 For thou hast been a shelter for me, and a strong tower from the enemy.

(2) 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的感谢。行动比言语表达着更多的感恩。

(3) 4:3-5

我们最需要的是，为在恩惠上增长的热切渴望而祈祷，其表现于耐心、谦和、爱及善行上。

(4) 496:13-14

你的果子将会证明对 神的理解所带给人的是什么。

(5) 264:24

存在上的灵性证明
灵性的生活及恩赐是独有的证据，以此我们能认知真正的存在，并感受到自那全然吸纳的，灵性之爱而来的，言语表达不了的平安。

2

圣经

(7) 撒母耳记下 22:2 耶和华, 3, 7 (至第一个。)

2 耶和华是我的岩石，我的山寨，我的救主，
3 我的 神，我的磐石，我所投靠的。他是我的盾牌，是拯救我的角，是我的高台，是我的避难所。我的救主啊，你是救我脱离强暴的。
7 我在急难中呼求 耶和华，向我的 神呼求。

(8) 诗篇 61:2, 3

2 我心里发昏的时候，我要从地极呼求你。求你领我到那比我更高的磐石。
3 因为你作过我的避难所，作过我的坚固台，脱离仇敌。

(9) Psalms 91:1, 2, 4

1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.
2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.
4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

(10) Psalms 30:12 O Lord

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

(11) Psalms 33:21 our

21 our heart shall rejoice in him, because we have trusted in his holy name.

Science and Health

(6) 444:10

Refuge and strength

Step by step will those who trust Him find that "God is our refuge and strength, a very present help in trouble."

(7) 287:13

God being everywhere and all-inclusive, how can He be absent or suggest the absence of omnipresence and omnipotence? How can there be more than *all*?

(8) 12:31-3

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.

(9) 78:28

Spirit blesses man, but man cannot "tell whence it cometh." By it the sick are healed, the sorrowing are comforted, and the sinning are reformed. These are the effects of one universal God, the invisible good dwelling in eternal Science.

(10) 520:3-5 The (to !)

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

(9) 诗篇 91:1, 2, 4

1 住在 至高者隐密处的，必住在 全能者的荫下。
2 我要论到 耶和华说：他是我的避难所，是我的山寨，是我的 神，是我所倚靠的。
4 他必用自己的翎毛遮蔽你，你要投靠在他的翅膀底下；他的真理必作你的盾牌挡牌。

(10) 诗篇 30:12 耶和华

12 耶和华—我的 神啊，我要称谢你，直到永远。

(11) 诗篇 33:21

21 我们的心必靠他欢喜，因为我们向来倚靠他的圣名。

科学与健康

(6) 444:10

避难所与力量

那些信赖祂的人会逐步发觉“ 神是我们的避难所，是我们的力量，是我们在患难中随时的帮助”。

(7) 287:13

神处处都在并包括一切，祂又怎能不在，或又怎能被认为全在的与全能的不在呢？怎能会有比一切还多的呢？

(8) 12:31-3

在神性科学中，祈祷是精神上的，而人人都可以受益于 神，其是“在患难中随时的帮助”。爱在其适配和赠予上是公正和普世的。

(9) 78:28

灵祝福人，但人却“不晓得从哪里来”。藉着灵，病者得痊愈，悲哀的得安慰，并且犯罪的得改造。这些都是唯一宇宙之 神的影响，即居于永恒‘科学’中那看不见之美善的影响。

(10) 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！

(12) Psalms 48:9, 14 (to :)

9 We have thought of thy lovingkindness, O God, in the midst of thy temple.
14 For this God is our God for ever and ever:

(13) Psalms 111:1 I will

1 I will praise the Lord with my whole heart, in the assembly of the upright, and in the congregation.

(14) Matthew 4:23

23 And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

(15) Matthew 21:11, 14

11 And the multitude said, This is Jesus the prophet of Nazareth of Galilee.
14 And the blind and the lame came to him in the temple; and he healed them.

(16) I Corinthians 3:11, 16, 17 2nd the, 23

11 For other foundation can no man lay than that is laid, which is Jesus Christ.
16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?
17 the temple of God is holy, which temple ye are.
23 And ye are Christ's; and Christ is God's.

Science and Health

(11) 497:5-6

We acknowledge and adore one supreme and infinite God.

(12) 138:14

The supremacy of Spirit was the foundation on which Jesus built. His sublime summary points to the religion of Love.

(12) 诗篇 48:9, 14 (至 ;)

9 神啊，我们在你的殿中想念你的慈爱。
14 因为这 神永永远远为我们的 神；

(13) 诗篇 111:1 我

1 我要在正直人的大会中，并公会中，一心称赞 耶和華。

(14) 马太福音 4:23

23 耶稣走遍加利利，在各会堂里教训人，传天国的福音，医治百姓中间各样的病症。

(15) 马太福音 21:11, 14

11 众人说：「这是加利利拿撒勒的先知耶稣。」
14 在殿里有瞎子、瘸子到耶稣跟前；他就治好了他们。

(16) 哥林多前书 3:11, 16, 17第二次 神的殿, 23

11 因为那已经立好的根基就是耶稣 基督，此外没有人能立别的根基。
16 岂不知你们是 神的殿， 神的 灵住在你们里头吗？
17 神的殿是圣的，这殿就是你们。
23 并且你们是属 基督的； 基督又是属神的。

科学与健康

(11) 497:5-6

我们承认并崇敬唯一至高无上与无限的 神。

(12) 138:14

耶稣所建的是以 灵的至高为基础。他的崇高总结指出了 爱的宗教。

(13) 135:26

Christianity as Jesus taught it was not a creed, nor a system of ceremonies, nor a special gift from a ritualistic Jehovah; but it was the demonstration of divine Love casting out error and healing the sick, not merely in the *name* of Christ, or Truth, but in demonstration of Truth, as must be the case in the cycles of divine light.

(14) 476:32-5

Jesus beheld in Science the perfect man, who appeared to him where sinning mortal man appears to mortals. In this perfect man the Saviour saw God's own likeness, and this correct view of man healed the sick. Thus Jesus taught that the kingdom of God is intact, universal, and that man is pure and holy.

(15) 595:7-9 (to :)

Temple. Body; the idea of Life, substance, and intelligence; the superstructure of Truth; the shrine of Love;

(16) 516:12-13, 16-19 2nd The, 21

Love imparts beauty

Love, redolent with unselfishness, bathes all in beauty and light.

The sunlight glints from the church-dome, glances into the prison-cell, glides into the sick-chamber, brightens the flower, beautifies the landscape, blesses the earth.

Man and woman as coexistent and eternal with God forever reflect, in glorified quality, the infinite Father-Mother God.

(17) 35:19-25 2nd Our

Spiritual Eucharist

Our church is built on the divine Principle, Love. We can unite with this church only as we are new-born of Spirit, as we reach the Life which is Truth and the Truth which is Life by bringing forth the fruits of Love, — casting out error and healing the sick.

4

Bible

(17) Luke 6:38 (to 1st .)

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.

(13) 135:26

耶稣所教导的基督信仰并不是一种教条，也不是一个礼仪系统，亦不是由一个仪式化 耶和 华而来的一份特殊赠品；而是神性之 爱赶出 谬误及治疗病者的显示，不单是以 基督或 真理的名，而是在于 真理的显示，正如在神 性之光的循环内的必然状况。

(14) 476:32-5

对耶稣而言，在‘科学’上见到的是完美之人，而对必朽者而言，见到的是犯罪的必朽之人。在这完美之人上， 救主见到 神自己的样式，并且这对人的正确观点疗愈了病者。因而耶稣 教导， 神的国是完整的、普世的，而且人是 纯洁与圣洁的。

(15) 595:7-9 (至四个；)

殿：身体； 生命、实质和智力的意念； 真 理的外在结构； 爱的圣地；

(16) 516:12-13, 16-19, 21

爱赋予美

爱，散发着无私，把一切浸浴在绚丽和光明 之中。

日光闪耀在教堂的穹顶，掠进监狱囚室，滑进 病房，使鲜花生辉，美化山色，降福大地。

男女因与 神是共存的及永恒的，在荣耀的素 质上，永远反映无限的 父母 神。

(17) 35:19-25 我们的教会

灵性的圣餐

我们的教会是建立在神性 原则之上，建立在 爱之上。我们能与这教会融合，只有当我们是 灵的新生，藉结出 爱的果子，——即赶出 谬误和疗愈病者，达至 生命就是 真理及 真理就是 生命。

4

圣经

(17) 路加福音 6:38 (至第一个。)

38 你们要给人，就必有给你们的；并且人要用 十足的升斗，连摇带按，上尖下流的倒在你们 怀里。

(18) II Corinthians 9:7 (to :), 8, 11

7 Every man according as he purposeth in his heart, so let him give;
8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:
11 Being enriched in every thing to all bountifulness, which causeth through us thanksgiving to God.

(19) Acts 5:12 by (to :), 14, 42

12 by the hands of the apostles were many signs and wonders wrought among the people;
14 And believers were the more added to the Lord, multitudes both of men and women.
42 And daily in the temple, and in every house, they ceased not to teach and preach Jesus Christ.

(20) Acts 14:8-10

8 And there sat a certain man at Lystra, impotent in his feet, being a cripple from his mother's womb, who never had walked:
9 The same heard Paul speak: who stedfastly beholding him, and perceiving that he had faith to be healed,
10 Said with a loud voice, Stand upright on thy feet. And he leaped and walked.

(21) Colossians 3:17

17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

Science and Health

(18) 262:5-7

Christian Science takes naught from the perfection of God, but it ascribes to Him the entire glory.

(19) 258:21

The human capacities are enlarged and perfected in proportion as humanity gains the true conception of man and God.

(20) 1:1-4

The prayer that reforms the sinner and heals the sick is an absolute faith that all things are possible to God, — a spiritual understanding of Him, an unselfed love.

(18) 哥林多后书 9:7 (至第一个,), 8, 11

7 各人要随本心所酌定的捐输，
8 神能将各样的恩典多多的加给你们，使你们凡事常常充足，能多行各样善行。
11 叫你们凡事富足，可以多多施舍，就藉着我们使感谢归於 神。

(19) 使徒行传 5:12 (至 ;), 14, 42

12 主藉使徒的手在民间行了许多神迹奇事；
14 信徒归 主的人越发增添，连男带女很多。
42 他们就每日在殿里、在家里、不住的教训人，传耶稣是 基督。

(20) 使徒行传 14:8-10

8 路司得城里坐着一个两脚无力的人，生来是瘸腿的，从来没有走过。
9 他听保罗讲道，保罗定睛看他，见他有信心，可得痊愈，
10 就大声说：「你起来，两脚站直。」那人就跳起来，而且行走。

(21) 歌罗西书 3:17

17 无论作什么，或说话或行事，都要奉 主耶稣的名，靠着感谢 父神。

科学与健康

(18) 262:5-7

基督科学不带走任何 神的完美，而是将所有荣耀归于祂。

(19) 258:21

当人性得到人与 神的真确概念时，便使人类的能力相应增加及完善。

(20) 1:1-4

为改造罪人和疗愈病人的祈祷是对 神凡事都能的绝对信心，——即灵性地理解祂，即无私的爱。

(21) 79:31-3

Divine strength

Giving does not impoverish us in the service of our Maker, neither does withholding enrich us. We have strength in proportion to our apprehension of the truth, and our strength is not lessened by giving utterance to truth.

(22) 420:24

Proper stimulus

Tell the sick that they can meet disease fearlessly, if they only realize that divine Love gives them all power over every physical action and condition.

(23) 391:29-32

Sin to be overcome

Mentally contradict every complaint from the body, and rise to the true consciousness of Life as Love, — as all that is pure, and bearing the fruits of Spirit.

(24) 518:15-19

Assistance in brotherhood

The rich in spirit help the poor in one grand brotherhood, all having the same Principle, or Father; and blessed is that man who seeth his brother's need and supplieth it, seeking his own in another's good.

(25) 570:23-24

Those ready for the blessing you impart will give thanks.

5

Bible

(22) Hebrews 13:15 let

15 let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.

(23) Psalms 86:12 (to :)

12 I will praise thee, O Lord my God, with all my heart:

(21) 79:31-3

神性精力

当我们为 创造者服事时，付出不会使我们贫困，不付出也不会使我们丰裕。我们有的精力与我们对真理的领悟相称，并且我们的精力不会由于申说真理而减少。

(22) 420:24

恰当的激励

告诉病者，他们只需认知到，神性之 爱给予他们在身体上每一运作与状况的一切支配力量，他们能无畏地应对病患。

(23) 391:29-32

罪恶要征服

要在精神上反驳来自身体的各种投诉，并要提升至 生命就是 爱的真意识，——就是一切纯洁的，并结着 灵的果子。

(24) 518:15-19

兄弟情谊的帮助

全都有着同一 原则，即 父，在广义的弟兄情谊上，那在灵上富裕的帮助灵上贫乏的；见到其弟兄的需要并作出供应的人有福了，在帮助他人上得到自己的裨益。

(25) 570:23-24

那些准备好接受你传予祝福的人会感恩。

5

圣经

(22) 希伯来书 13:15 我们

15 我们应当靠着耶稣，常常以颂赞为祭献给神，这就是我们那感谢他名之人嘴唇的果子。

(23) 诗篇 86:12 (to :)

12 主—我的 神啊，我要一心称赞你；

(24) Revelation 7:12 Blessing

12 Blessing, and glory, and wisdom, and thanksgiving, and honour, and power, and might, be unto our God for ever and ever. Amen.

Science and Health

(26) 167:17

To have one God and avail yourself of the power of Spirit, you must love God supremely.

(27) 451:14

Man walks in the direction towards which he looks, and where his treasure is, there will his heart be also. If our hopes and affections are spiritual, they come from above, not from beneath, and they bear as of old the fruits of the Spirit.

(28) 249:8-9

Renewed selfhood

Let us rejoice that we are subject to the divine "powers that be."

(24) 启示录 7:12 颂赞

12 颂赞、荣耀、智慧、感谢、尊贵、权柄、大力都归与我们的 神，直到永永远远。阿们。

科学与健康

(26) 167:17

为了有一 神并使自己善用 灵的力量，你必须至高无上地爱 神。

(27) 451:14

人朝向其所望的方向而行，而且其财宝在哪里，其心也会在那里。如果我们的希望与关爱都是灵性上的，希望与关爱就从上而来却非从下而至，并且如古时那样都结着 灵的果子。

(28) 249:8-9

更新自我

让我们欣喜归顺神性的“权柄”。

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