

2024年11月

感恩

金句:

诗篇 30:4

凡属 耶和华的，都歌颂祂。称谢祂的圣名。

金句翻译自圣经新普及译本英文版

回应式诵读：

诗篇 118:1, 14, 16, 21-24, 27 (至；), 28

历代志上 29:11-13

诗篇 118:1 你们要称谢 耶和華啊，因祂本为善；祂的慈爱永远长存。

14 耶和華是我的力量，是我的诗歌；祂也成了我的拯救。

16 耶和華的右手高举； 耶和華的右手勇敢行事。

21 我要赞美祢，因为祢已经听允我，又成了我的拯救。

22 匠人所拒的石头成为房角的头块石头。

23 这是 耶和華所作的，在我们眼中看为希奇。

24 这是 耶和華所定的日子，我们在其中要高兴欢喜。

27 神就是那 照亮我们的 耶和華；

28 祢是我的 神，我要称赞祢。祢是我的 神，我要尊崇祢。

历代志上 29:11 耶和華啊，尊大、能力、荣耀、强胜、威严都是祢的。凡天上地下的都是祢的；国度也是祢的， 耶和華啊，并且祢被尊崇，为一切之首。

12 丰富尊荣都从祢而来，祢也统管一切；在祢手里有大能大力；使人尊大强盛都出于祢。

13 我们的 神啊，现在我们称谢祢，赞美祢荣耀之名。

1
Bible

(1) Psalms 92:1-3 (to :), 5

1 It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O most High:
2 To shew forth thy lovingkindness in the morning, and thy faithfulness every night,
3 Upon an instrument of ten strings, and upon the psaltery;
5 O Lord, how great are thy works! and thy thoughts are very deep.

(2) James 1:17

17 Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

(3) I Chronicles 16:8-12, 14

8 Give thanks unto the Lord, call upon his name, make known his deeds among the people.
9 Sing unto him, sing psalms unto him, talk ye of all his wondrous works.
10 Glory ye in his holy name: let the heart of them rejoice that seek the Lord.
11 Seek the Lord and his strength, seek his face continually.
12 Remember his marvellous works that he hath done, his wonders, and the judgments of his mouth;
14 He is the Lord our God; his judgments are in all the earth.

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

(1) 113:17 (only, to 1st.)

God is good.

(2) 286:17-19

Goodness a portion of God
The Scriptures declare all that He made to be good, like Himself, — good in Principle and in idea.

1
圣经

(1) 诗篇 92:1-3 (至,), 5

1 称谢 耶和華，歌颂祢 至高者的名，这本为美事啊。
2 早晨要传扬祢的慈爱，每夜要传扬祢的信实。
3 要用十弦的乐器和瑟，
5 耶和華啊，祢的工作何其大。祢的心思极其深。

(2) 雅各书 1:17

17 多样美善的恩赐和多样全备的赏赐都是从上头来的，从众光之父那里降下来的；在祂并没有改变，也没有转动的影儿。

(3) 历代志上 16:8-12, 14

8 你们要称谢 耶和華，求告祂的名，在众民中传扬祂的作为。
9 要向祂唱诗、歌颂，谈论祂一切奇妙的作为。
10 要以祂的圣名夸耀；寻求 耶和華的人，心中应当欢喜。
11 要寻求 耶和華与祂的能力，时常寻求祂的面。
12 你们要记念祂所行的奇妙作为和祂的奇事，并祂口中的判语。
14 祂是 耶和華—我们的 神；全地都有祂的判断。

科学与健康附圣经之钥匙
玛丽·贝格·爱迪著

(1) 113:17 (只一句, 至第一个。)

神是美善。

(2) 286:17-19

美善， 神的一部份
经文宣称祂所造的一切是美善的，如祂自己——美善在于 原则和意念。

(3) 293:28

Christian Science brings to light Truth and its supremacy, universal harmony, the entireness of God, good, and the nothingness of evil.

(4) 103:15-16

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

(5) 2:8-11

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.

(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) 4:3-5, 12

What we most need is the prayer of fervent desire for growth in grace, expressed in patience, meekness, love, and good deeds. The habitual struggle to be always good is unceasing prayer. Its motives are made manifest in the blessings they bring, — blessings which, even if not acknowledged in audible words, attest our worthiness to be partakers of Love.

2

Bible

(4) Isaiah 43:1 now, 2 (to :), 4 (to :), 6, 21

1 now thus saith the Lord that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.
2 When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee:

(3) 293:28

基督科学彰显 真理与其至高无上、宇宙和谐、神，即美善的全然，也彰显出邪恶的虚无。

(4) 103:15-16

无限的 神和祂的意念，一切之一切是最大的美善。

(5) 2:8-11

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。

(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的感谢。行动比言语表达着更多的感恩。

(7) 4:3-5, 12

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。
时常为善的惯常奋发就是不断的祈祷。其动机在所带来的恩赐上被展示，——这些恩赐，即使没有听得见的言辞来承认，也确认我们有分享爱的资格。

2

圣经

(4) 以赛亚书 43:1, 2 (至第一个。), 4 (至;), 6, 21

1 雅各啊，创造你的 耶和華，以色列啊，造成你的那位，现在却如此说：不要害怕。因为我救赎了你，我曾提你的名召你；你是属我的。
2 你从水中经过，我必与你同在；你渡过江河，水必不漫过你。

4 Since thou wast precious in my sight, thou hast been honourable, and I have loved thee:
6 I will say to the north, Give up; and to the south, Keep not back: bring my sons from far, and my daughters from the ends of the earth;
21 This people have I formed for myself; they shall shew forth my praise.

(5) Psalms 18:1, 2 (to 1st :), 6, 19 he delivered, 32

1 I will love thee, O Lord, my strength.
2 The Lord is my rock, and my fortress, and my deliverer;
6 In my distress I called upon the Lord, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears.
19 he delivered me, because he delighted in me.
32 It is God that girdeth me with strength, and maketh my way perfect.

(6) I John 4:8 God is, 19

8 God is love.
19 We love him, because he first loved us.

Science and Health

(8) 2:23 (only, to ?), 26–28 Shall

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?

(9) 560:11–15

The great miracle, to human sense, is divine Love, and the grand necessity of existence is to gain the true idea of what constitutes the kingdom of heaven in man.

(10) 410:14–17

Love casteth out fear
Every trial of our faith in God makes us stronger. The more difficult seems the material condition to be overcome by Spirit, the stronger should be our faith and the purer our love.

4 自从我看你为宝以来，你便为尊，我也爱你；

6 我要对北方说「交出来」；对南方说「不要拘留」。将我的众子从远方带来，将我的众女从地极领回；

21 这百姓是我为自己所造的；他们要传扬我的美德。

(5) 诗篇 18:1, 2 (至第一个；), 6, 19 他救拔, 32

1 耶和華，我的力量啊，我愛你。
2 耶和華是我的岩石，我的山寨，我的救主；
6 我在急難中呼求 耶和華，向我的 神呼求。他從殿中聽了我的聲音；我在他面前的呼求入了他的耳中。
19 他救拔我，因他喜悅我。
32 唯有那以力量束我的腰、使我的路完全的，他是 神。

(6) 約翰一書 4:8 神就是, 19

8 神就是愛。
19 我們愛祂，因為祂先愛我們。

科学与健康

(8) 2:23 (至 ?), 26–28 那

神就是愛。我們能要求祂為更多嗎？
神的標準
那開放的泉源正在涌出的比我們可接受的要多，我們還要在那泉源前懇求更多嗎？

(9) 560:11–15

對人類意識，偉大的奇蹟就是神性之 愛，而且那存在的重大必要，是要得到什麼構成天國在人心里的真意念。

(10) 410:14–17

愛除去懼怕
每個試煉上我們對 神的信心，使我們更堅強。當物質狀況看似越難被 靈克服時，我們的信心就要更強，愛就要更純潔。

(11) 412:13

The power of Christian Science and divine Love is omnipotent. It is indeed adequate to unclasp the hold and to destroy disease, sin, and death.

(12) 578:5-8 (to :)

[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]:

(13) 17:7 (only)

And Love is reflected in love;

3

Bible

(7) John 3:16 God, 17

16 God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

(8) Mark 1:9-11 Jesus, 16-18, 21-26, 28, 39-42

9 Jesus came from Nazareth of Galilee, and was baptized of John in Jordan.

10 And straightway coming up out of the water, he saw the heavens opened, and the Spirit like a dove descending upon him:

11 And there came a voice from heaven, saying, Thou art my beloved Son, in whom I am well pleased.

16 Now as he walked by the sea of Galilee, he saw Simon and Andrew his brother casting a net into the sea: for they were fishers.

17 And Jesus said unto them, Come ye after me, and I will make you to become fishers of men.

18 And straightway they forsook their nets, and followed him.

21 And they went into Capernaum; and straightway on the sabbath day he entered into the synagogue, and taught.

22 And they were astonished at his doctrine: for he taught them as one that had authority, and not as the scribes.

(11) 412:13

基督科学与神性之 爱的力量是全能的。其确实足以松解束缚，并毁除病患、罪恶与死亡。

(12) 578:5-8 (至 :)

〔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：

(13) 17:7 (只一句)

爱反影于爱之中；

3

圣经

(7) 约翰福音 3:16 神, 17

16 神爱世人，甚至将祂的独生子赐给他们，叫一切信祂的，不至灭亡，反得永生。

17 因为 神差祂的儿子降世，不是要定世人的罪；乃是要叫世人因祂得救。

(8) 马可福音 1:9-11 耶稣, 16-18, 21-26, 28, 39-42

9 耶稣从加利利的拿撒勒来，在约旦河里受了约翰的浸。

10 他从水里一上来，就看见诸天开了，灵仿佛鸽子，降在他身上；

11 又有声音从天上来，说：「你是我的爱子，我所喜悦的。」

16 耶稣顺着加利利的海边走，看见西门和西门的兄弟安得烈撒网在海里；他们本是打鱼的。

17 耶稣对他们说：「你们来跟从我，我要叫你们成为以得人为得鱼的。」

18 他们就立刻弃了自己的网，跟从了他。

21 他们到了迦百农；耶稣随即在安息日进了会堂教训人。

22 众人很希奇他的道理；因为他教训他们，正像有权柄的人，不像文士。

23 And there was in their synagogue a man with an unclean spirit; and he cried out,
24 Saying, Let us alone; what have we to do with thee, thou Jesus of Nazareth? art thou come to destroy us? I know thee who thou art, the Holy One of God.
25 And Jesus rebuked him, saying, Hold thy peace, and come out of him.
26 And when the unclean spirit had torn him, and cried with a loud voice, he came out of him.
28 And immediately his fame spread abroad throughout all the region round about Galilee.
39 And he preached in their synagogues throughout all Galilee, and cast out devils.
40 And there came a leper to him, beseeching him, and kneeling down to him, and saying unto him, If thou wilt, thou canst make me clean.
41 And Jesus, moved with compassion, put forth his hand, and touched him, and saith unto him, I will; be thou clean.
42 And as soon as he had spoken, immediately the leprosy departed from him, and he was cleansed.

(9) I Corinthians 1:3, 4

3 Grace be unto you, and peace, from God our Father, and from the Lord Jesus Christ.
4 I thank my God always on your behalf, for the grace of God which is given you by Jesus Christ;

(10) I Corinthians 15:57 thanks

57 thanks be to God, which giveth us the victory through our Lord Jesus Christ.

(11) 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

(14) 55:15–16, 21–22

Truth's immortal idea is sweeping down the centuries, gathering beneath its wings the sick and sinning.
The promises will be fulfilled.

23 在他们会堂里，有一个人被污灵附着；他喊叫，
24 说：「由着我们吧；你这拿撒勒的耶稣，我们与你有什么相干？你来灭我们吗？我知道你是谁，乃是 神的 圣者。」
25 耶稣责备他说：「你不要作声，从这人身上出来吧。」
26 污灵叫那人抽了一阵疯，大声喊叫，就从他出来。
28 耶稣的名声随即传遍了加利利的四方。
39 他于是在加利利全地，进了会堂传道，赶出鬼魔。
40 有一个长大麻疯的来求耶稣，向他跪下，对他说：「你若肯，必能叫我洁净了。」
41 耶稣动了慈心，就伸手摸他，对他说：「我肯；你洁净了吧。」
42 他一说这话，大麻疯即时离开他，他就洁净了。

(9) 哥林多前书 1:3, 4

3 愿恩典、平安从 神我们的 父并 主耶稣基督归与你们。
4 我常为你们感谢我的 神，因 神在耶稣基督里所赐给你们的恩典；

(10) 哥林多前书 15:57 感谢

57 感谢 神，使我们藉着我们的 主耶稣 基督得胜。

(11) 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，靠着他感谢 父神。

科学与健康

(14) 55:15–16, 21–22

真理的不朽意念席卷着世纪，将病者和罪人聚拢在其翼下。
应许会成就。

(15) 494:11-15

It is not well to imagine that Jesus demonstrated the divine power to heal only for a select number or for a limited period of time, since to all mankind and in every hour, divine Love supplies all good. The miracle of grace is no miracle to Love.

(16) 313:23-26

Jesus the Scientist

Jesus of Nazareth was the most scientific man that ever trod the globe. He plunged beneath the material surface of things, and found the spiritual cause.

(17) 332:19

Holy Ghost or Comforter

Jesus demonstrated Christ; he proved that Christ is the divine idea of God — the Holy Ghost, or Comforter, revealing the divine Principle, Love, and leading into all truth.

(18) 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.

(19) 337:7-10

For true happiness, man must harmonize with his Principle, divine Love; the Son must be in accord with the Father, in conformity with Christ.

(20) 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.

(21) 570:23-24

Those ready for the blessing you impart will give thanks.

(15) 494:11-15

以为耶稣显示神性力量去疗愈，只限于一个选定数目或只限于一段时间是不当的，因神性之爱对全人类及在每个时刻供应着一切美善。恩典的奇迹对 爱而言并非奇迹。

(16) 313:23-26

耶稣，科学实践者

拿撒勒人耶稣是曾踏足于地球上最科学之人。他跃进穿过事物的物质表面，并发现灵性原因。

(17) 332:19

圣灵，即 安慰者

耶稣显示了 基督；他证明了 基督是 神的神性意念 —— 圣灵，即 安慰者，展露着神性 原则， 爱，并引领至一切真理。

(18) 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。

(19) 337:7-10

为了真正的快乐，人必须与其 原则，即神性之 爱协调； 子必与 父一致，与 基督相符。

(20) 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。

(21) 570:23-24

那些准备好接受你传予祝福的人会感恩。

(12) I John 4:7

7 Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.

(13) II Corinthians 9:6–11 He, 15

6 He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.

7 Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

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:

9 (As it is written, He hath dispersed abroad; he hath given to the poor: his righteousness remaineth for ever. 10 Now he that ministereth seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness;)

11 Being enriched in every thing to all bountifulness, which causeth through us thanksgiving to God.

15 Thanks be unto God for his unspeakable gift.

(14) 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

(22) 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.

(23) 572:6–8

“Love one another” (I John, iii. 23), is the most simple and profound counsel of the inspired writer.

(12) 约翰一书 4:7

7 亲爱的弟兄啊，我们应当彼此相爱。因为爱是从神来的；凡有爱心的，都是由神而生，并且认识神。

(13) 哥林多后书 9:6–11 少种的 (至第一个。), 15

6 少种的少收，多种的多收。

7 各人要随本心所酌定的捐输，不要作难，不要勉强，因为捐得乐意的人是神所喜爱的。

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。

9 (如经上所记：他施舍钱财，赈济贫穷；他的义存到永远。

10 那赐种给撒种的也赐粮给你们吃，并多多加给你们种地的种子，又增添你们公义的果子；)

11 叫你们凡事富足，可以多多施舍，就藉着我们使感谢归于神。

15 感谢神，因他有说不出的恩赐。

(14) 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

(22) 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。

(23) 572:6–8

“彼此相爱” (约翰一书第三章二十三节)，是受启发的作者其最简单和最深远的劝告。

(24) 192:30

Whatever holds human thought in line with unselfed love, receives directly the divine power.

(25) 249:6–10

Renewed selfhood

Let us feel the divine energy of Spirit, bringing us into newness of life and recognizing no mortal nor material power as able to destroy. Let us rejoice that we are subject to the divine “powers that be.” Such is the true Science of being.

(26) 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.

(24) 192:30

凡保持人类思想与无私之爱一致的，都直接得到神性力量。

(25) 249:6–10

更新自我

让我们感受到 灵的神性能量，将我们领进新生并认识到没有必朽或物质的力量能够毁灭。让我们欣喜归顺神性的“权柄”。那就是灵性存在的真正‘科学’。

(26) 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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