

2022年10月

感恩

金句:

詩篇 23:5 我的福杯

.....我的福杯滿溢。

回應式誦讀:

瑪拉基書 3:10

路加福音 6:20 你們貧窮, 21, 30-32 (至 ?), 33 (至 ?), 34 (至 ?), 35, 36, 45 (至 ;)

10 大軍之 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，有甚麼可酬謝的呢？

33 你們若善待那善待你們的人，有甚麼可酬謝的呢？

34 你們若借給人，盼望從他收回，有甚麼可酬謝的呢？

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，你們也必作 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 善人從他心裏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

聖經

(1) 西番雅書 3:17

17 耶和華—你的 神在你中間是有大能的；他必施行拯救，必因你歡欣喜樂；他必默然愛你，因你喜樂歌唱。

(2) 歷代誌上 29:10–13 以色列, 14 因為

10 以色列的 神是應當稱頌，直到永永遠遠的。

11 耶和華啊，尊大、能力、榮耀、強勝、威嚴都是你的。凡天上地下的都是你的；國度也是你的，耶和華啊，並且你被尊崇，為一切之首。

12 豐富尊榮都從你而來，你也統管一切；在你手裏有大能大力；使人尊大強盛都出於你。

13 我們的 神啊，現在我們稱謝你，讚美你榮耀之名。

14 因為一切都從你而來，我們把從你而得的獻給你。

(3) 詩篇 75:1

1 神啊，我們稱謝你，我們稱謝你。因為你的名相近，人都述說你奇妙的作為。

科學與健康附聖經之鑰匙

瑪麗·貝格·愛迪著

(1) 502:27–28 (至第二個。)

意念與身份

那具創造性的 原則——即 生命，真理與 愛——就是 神。宇宙反映 神。

(2) 503:9–10, 15

神性 原則與神性意念構成靈性和諧，——即天國與永恆。

由之而來那永恆的異象，——即 神的意念居於無限的空間，在數之不盡的靈性形式上反影著祂。

(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

愛給予最微小的靈性意念其力量、不朽性與美善來榮耀一切，一如花朵藉花蕾綻放來榮耀。神各種各樣的表現反影著健康、聖潔、不朽—即反影著無限的 生命，真理與 愛。

(4) 6:17-18

“神就是 愛”。沒有比此更多的我們可求、沒有比此更高的我們可望、沒有比此更遙遠的我們可去。

(5) 2:8-11, 23 (只一句, 至?), 26 那

神是不變的

神不會因為受讚頌言詞感動而去多做祂已經做的，那無限也不會少賜予一切美好的，因為祂是不變的智慧和愛。

神就是愛。我們能要求祂為更多嗎？

神的標準

那開放的泉源正在湧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？沒有說出的心願使我們更靠近一切存在和恩賜的源泉。

(6) 3:22

我們真的感激已經收到的美好嗎？那麼我們則須善用已有的恩賜，從而才適合接受更多。感恩遠勝於口頭表達的感謝。行動比言語表達著更多的感恩。

(7) vii:1-2

對倚仗那支持無限的人，今日大蒙恩賜。

2

聖經

(4) 哥林多後書 4:15

15 凡事都是為你們，好叫豐盛的恩典因多人的感謝，以致榮耀歸與 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) 詩篇 23:1-6

1 耶和華是我的牧者，我必不致缺乏。
 2 他使我躺臥在青草地上，領我在可安歇的水邊。
 3 他使我的元魂甦醒，為自己的名引導我走義路。
 4 我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在；你的杖，你的竿，都安慰我。
 5 在我敵人面前，你為我擺設筵席；你用油膏了我的頭，使我的福杯滿溢。
 6 我一生一世必有恩惠慈愛隨著我；我且要住在 耶和華的殿中，直到永遠。

(6) 詩篇 68:6 (至,), 19

6 神叫孤獨的有家，
 19 天天施恩惠給我們的 主，就是拯救我們的 神，是應當稱頌的。

科學與健康

(8) 17:5 (只一句, 至:)

賜給我們今天所需要的恩惠，牧養受飢之愛；

(9) 57:22-24

人類的關愛並不會枉然傾注，即使沒有回應。愛豐富本性，使之擴展、純化及提升。

(10) 577:32-18

在以下《詩篇》中的一字儘管是模糊也展示了，基督科學以神是非肉體意識即以靈性意識代替肉體意識，把光投在《聖經》上：

詩篇二十三章

[神性之 愛]是我的牧者；我必不致缺乏。
 [愛]使我躺臥在青草地上：[愛]領我在可安歇的水邊。
 [愛]使我的靈魂[靈性意識]甦醒：[愛]為自己的名引導我走義路。
 我雖然行過死蔭的幽谷，也不怕遭害：因為[愛]與我同在；[愛的]杖、[愛的]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.

[愛]在我敵人面前，為我擺設筵席：[愛]用油膏了我的頭；使我的福杯滿溢。

我一生一世必有恩惠慈愛隨著我；我會住在[愛的]殿[意識]中，直到永遠。

(11) 470:32

神與人，神性 原則與意念的關係，在‘科學’上是堅不可摧的；而且‘科學’悉知和諧既不暫停也沒回歸於和諧，但持守著神性的管治或靈性的律法，在‘科學’上 神及祂所創造的一切皆是完美和永恆的，在其永恆的歷史中保持不變。

(12) 254:31

地上的朝聖者，你的家是天國；外人，你是 神的賓客。

3

聖經

(7) 腓立比書 4:4, 6

4 你們要靠 主常常喜樂。我再說，你們要喜樂。
6 應當一無掛慮，只要凡事存感謝的心禱告、祈求，將你們所要的告訴 神。

(8) 詩篇 62:8

8 你們眾民當時時倚靠他，在他面前傾心吐意； 神是我們的避難所。

(9) 歷代誌上 4:10

10 雅比斯求告以色列的 神說：「甚願你賜福與我，擴張我的境界，常與我同在，保佑我不遭患難，不受艱苦。」 神就應允他所求的。

(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 delightful 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) 瑪拉基書 3:10-12

10 大軍之 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 大軍之 耶和華說：我必為你們斥責吞噬者，不容牠毀壞你們的土產。你們田間的葡萄樹在未熟之先也不掉果子。

12 大軍之 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。」

科學與健康

(13) 45:16 (只一句)

榮耀歸於 神，和平歸於奮鬥之心！

(14) 12:31

在神性科學中，祈禱是精神上的，而人人可以受益於神，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。”愛在其适配和贈予上是公正和普世的。那開放的泉源在喊，“你們一切乾渴的都當就近水來。”

(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著志向、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

縱使禱告是真誠的，在我們告訴 神或其它人之前，祂已經知道我們的需要。如果我們誠實地、默默地和謙遜地珍愛該心願， 神會祝福該心願，並且那招致滔滔言詞淹沒我們真正希望的風險會降低。

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:

肉體的無知

如果我們把 神當作肉體的人來向祂祈禱，存有此信念便會阻礙我們放棄人的疑慮和恐懼，並因此我們不能領悟無限的、非肉體的、凡事都能的 愛所行的奇事。

(18) 1:11

心願就是祈禱；把我們的心願信託於 神並不會有任何損失，反而可以在心願成為語言及行為之前被塑造和提升。

(19) 2:4

正確的動機

我們受益於祈禱嗎？是的，飢渴慕義的心願會獲得我們父的祝福，而且此心願不會徒然而回。

4

聖經

(11) 詩篇 107:1, 9

1 你們要稱謝 耶和華啊，因他本為善；他的慈愛永遠長存。
9 因他使心裏渴慕的人得以知足，使心裏飢餓的人得飽美物。

(12) 馬可福音 6:34, 42, 56

34 耶穌出來，見有許多的人，就向他們動了慈心，因為他們如同羊沒有牧人一般；於是他開口教訓他們許多事。
42 他們都吃，並且吃飽了。
56 凡耶穌所到的地方，或村中，或城裏，或鄉間，他們都將病人放在街道上，求耶穌只容他們摸他的衣邊；凡摸著的人就都痊癒了。

(13) 哥林多前書 1:4-6

4 我常為你們感謝我的 神，因 神在耶穌 基督裏所賜給你們的恩典；
5 又因你們在他裏面凡事富足，口才、知識都全備，
6 正如我為 基督作的見證，在你們心裏得以堅固，

Science and Health

科學與健康

(20) 325:7

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

(20) 325:7

耶穌贈予靈性存在的真意念，為必朽者帶來無限恩賜。

(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

藉他人類生命的重大意義，他顯示了神性 生命。出於他豐富的純潔關愛，他定義了 愛。他以 真理的豐足，征服了謬誤。世界不承認他的正義，也看不見正義；但世間接受了他榮耀榜樣所引進的和諧。誰準備遵循他的教導和榜樣呢？所有人必遲早將其自身植根於 基督，即植根於 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

克服罪惡
並非人類的濫調，而是神性的至福，反影那療癒病者的靈性之光與能力。

(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

通過盲目信念發生作用的既不是‘科學’也不是 真理，也不是人類對耶穌所顯示神性療癒 原則的理解，耶穌的謙卑禱告是深切的和認真的 真理上的申明，——即人為神的樣式，及人與 真理和 愛合一的申明。

(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，藉健康和聖潔的顯示在某些程度上遵循師主的榜樣——是可能的，——這正是每個孩子、男人和女人的責任和特權。

5

Bible

(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.

5

聖經

(14) 哥林多後書 2:14

14 感謝 神。常帥領我們在 基督裏誇勝，並藉著我們在各處顯揚那因認識 基督而有的香氣。

(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 你們要給人，就必有給你們的；並且人要用十足的升斗，連搖帶按，上尖下流的倒在你們懷裏。因為你們用甚麼量器量給人，也必用甚麼量器量給你們。」

(16) 詩篇 30:12 耶和華

12 耶和華—我的 神啊，我要稱謝你，直到永遠。

科學與健康

(25) 520:3-5 无限 (至 !)

無限之 愛的深、闊、高、大能、威嚴與榮耀充滿所有空間。這就足夠了！

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

善於接納之心

無數無偏見的心靈——誠摯的 真理尋求者，疲累的流浪者，乾渴於荒漠中——為安歇和飲的而等候著並守望著。以 基督之名給予他們一杯涼水，而絕不懼怕後果。那些準備好接受你傳予祝福的人會感恩。

(27) 15:25-30

可信賴的慈恩

基督徒在深藏的美和豐裕上得喜樂，其是世俗所見不到的，但 神悉知。忘己、純潔和關愛都是不斷的祈禱。實行而非言表，理解而非信念，就得到全能耳朵的聆聽及其右手的幫助，並且肯定召來無限恩賜。

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