

2023年10月

# 感恩

金句:

歷代誌上 16:10 尋求

.....尋求 耶和華的人，心中應當歡喜。

回應式誦讀：

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

1 稱謝 耶和華，歌頌你 至高者的名，

**2 早晨要傳揚你的慈愛，每夜要傳揚你的信實。**

3 要用十弦的樂器和瑟，用琴彈出幽雅的聲音。

**4 因你一 耶和華藉著你的作為叫我高興，**

13 那些栽於 耶和華殿中的，必發旺在我們 神的院裡。

**2 耶和華—我的 神啊，我曾呼求你，你醫治了我。**

4 耶和華的聖民哪，你們要歌頌他，稱謝他可記念的聖潔之名<sup>1</sup>。

**7 耶和華啊，你曾施恩，叫我的江山穩固；**

12 好叫我的榮耀歌頌你，並不住聲。 耶和華—我的 神啊，我要稱謝你，直到永遠。

**3 因為你的慈愛常在我眼前，我也按你的真理而行。**

7 我好發稱謝的聲音，也要述說你一切奇妙的作為。

<sup>1</sup> 翻譯自英文新英王欽定本聖經

(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) 詩篇 107:1 (至 ; ), 8

1 你們要稱謝 耶和華啊，因他本為善；  
 8 但願人因 耶和華的恩惠和他向人所行的奇事都稱讚他。

(2) 詩篇 69:30, 32 尋求

30 我要以詩歌讚美 神的名，以感謝稱他為大。  
 32 尋求 神的人，願你們的心甦醒。

(3) 以賽亞書 58:11

11 耶和華也必時常引導你，在乾旱之中使你心滿意足，骨頭滋潤；你必像澆灌的園子，又像水流不絕的泉源。

(4) 以賽亞書 51:3

3 耶和華要安慰錫安和錫安一切的荒場，使她的曠野像伊甸，又使她的荒漠像 耶和華的園子；在其中必有歡喜、快樂、感謝，和歌唱的聲音。

(5) 以弗所書 5:9

9 ( 靈所結的果子，就是一切良善、公義、真理。 )

(6) 路加福音 6:45 (至 ; )

45 善人從他心裡所存的善就發出善來；

科學與健康附聖經之鑰匙  
 瑪麗·貝格·愛迪著

(1) 103:15–16

無限的 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。

(3) 4:3-5

我們最需要的是，為在恩惠上增長的熱切渴望而祈禱，其表現於耐心、謙和、愛及善行上。

(4) 496:13-14

你的果子將會證明對 神的理解所帶給人的是甚麼。

(5) 264:24

存在上的靈性證明

靈性的生活及恩賜是獨有的證據，以此我們能認知真正的存在，並感受到自那全然吸納的，靈性之愛而來的，言語表達不了的平安。

2

聖經

(7) 撒母耳記下 22:2 耶和華, 3, 7 (至第一個。)

2 耶和華是我的岩石，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，是我的避難所。我的救主啊，你是救我脫離強暴的。  
7 我在急難中呼求 耶和華，向我的 神呼求。

(8) 詩篇 61:2, 3

2 我心裡發昏的時候，我要從地極呼求你。求你領我到那比我更高的磐石。  
3 因為你作過我的避難所，作過我的堅固台，脫離仇敵。

(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) 詩篇 91:1, 2, 4

1 住在 至高者隱密處的，必住在 全能者的蔭下。  
2 我要論到 耶和華說：他是我的避難所，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擋牌。

(10) 詩篇 30:12 耶和華

12 耶和華—我的 神啊，我要稱謝你，直到永遠。

(11) 詩篇 33:21

21 我們的心必靠他歡喜，因為我們向來倚靠他的聖名。

科學與健康

(6) 444:10

避難所與力量

那些信賴祂的人會逐步發覺“ 神是我們的避難所，是我們的力量，是我們在患難中隨時的幫助”。

(7) 287:13

神處處都在並包括一切，祂又怎能不在，或又怎能被認為全在的與全能的不在呢？怎能有比一切還多的呢？

(8) 12:31–3

在神性科學中，祈禱是精神上的，而人人都可以受益於 神，其是“在患難中隨時的幫助”。愛在其適配和贈予上是公正和普世的。

(9) 78:28

靈祝福人，但人卻“不曉得從哪裡來”。藉著靈，病者得痊癒，悲哀的得安慰，並且犯罪的得改造。這些都是唯一宇宙之 神的影響，即居於永恆‘科學’中那看不見之美善的影響。

(10) 520:3–5 無限 (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！

(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) 詩篇 48:9, 14 (至 ;)

9 神啊，我們在你的殿中想念你的慈愛。  
14 因為這 神永永遠遠為我們的 神；

(13) 詩篇 111:1 我

1 我要在正直人的大會中，並公會中，一心稱讚 耶和華。

(14) 馬太福音 4:23

23 耶穌走遍加利利，在各會堂裡教訓人，傳天國的福音，醫治百姓中間各樣的病症。

(15) 馬太福音 21:11, 14

11 眾人說：「這是加利利拿撒勒的先知耶穌。」  
14 在殿裡有瞎子、癩子到耶穌跟前；他就治好了他們。

(16) 哥林多前書 3:11, 16, 17第二次 神的殿, 23

11 因為那已經立好的根基就是耶穌 基督，此外沒有人能立別的根基。  
16 豈不知你們是 神的殿， 神的 靈住在你們裡頭嗎？  
17 神的殿是聖的，這殿就是你們。  
23 並且你們是屬 基督的； 基督又是屬神的。

## 科學與健康

(11) 497:5-6

我們承認並崇敬唯一至高無上與無限的 神。

(12) 138:14

耶穌所建的是以 靈的至高為基礎。他的崇高總結指出了 愛的宗教。

(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

耶穌所教導的基督信仰並不是一種教條，也不是一個禮儀系統，亦不是由一個儀式化 耶和華而來的一份特殊贈品；而是神性之 愛趕出謬誤及治療病者的顯示，不單是以 基督或真理的名，而是在於 真理的顯示，正如在神性之光的循環內的必然狀況。

(14) 476:32-5

對耶穌而言，在‘科學’上見到的是完美之人，而對必朽者而言，見到的是犯罪的必朽之人。在這完美之人上， 救主見到 神自己的樣式，並且這對人的正確觀點療癒了病者。因而耶穌教導， 神的國是完整的、普世的，而且人是純潔與聖潔的。

(15) 595:7-9 (至四個；)

殿：身體； 生命、實質和智力的意念； 真理的外在結構； 愛的聖地；

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

愛賦予美

愛，散發著無私，把一切浸浴在絢麗和光明之中。

日光閃耀在教堂的穹頂，掠進監獄囚室，滑進病房，使鮮花生輝，美化山色，降福大地。

男女因與 神是共存的及永恆的，在榮耀的素質上，永遠反影無限的 父母 神。

(17) 35:19-25 我們的教會

靈性的聖餐

我們的教會是建立在神性 原則之上，建立在愛之上。我們能與這教會融合，只有當我們是靈的新生，藉結出 愛的果子，——即趕出謬誤和療癒病者，達至 生命就是 真理及 真理就是 生命。

4

聖經

(17) 路加福音 6:38 (至第一個。)

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裡。

(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) 哥林多後書 9:7 (至第一個, ), 8, 11

7 各人要隨本心所酌定的捐輸，  
8 神能將各樣的恩典多多的加給你們，使你們凡事常常充足，能多行各樣善行。  
11 叫你們凡事富足，可以多多施捨，就藉著我們使感謝歸於 神。

(19) 使徒行傳 5:12 (至；), 14, 42

12 主藉使徒的手在民間行了許多神蹟奇事；  
14 信徒歸 主的人越發增添，連男帶女很多。  
42 他們就每日在殿裡、在家裡、不住的教訓人，傳耶穌是 基督。

(20) 使徒行傳 14:8-10

8 路司得城裡坐著一個兩腳無力的人，生來是癱腿的，從來沒有走過。  
9 他聽保羅講道，保羅定睛看他，見他有信心，可得痊癒，  
10 就大聲說：「你起來，兩腳站直。」那人就跳起來，而且行走。

(21) 歌羅西書 3:17

17 無論作甚麼，或說話或行事，都要奉 主耶穌的名，靠著他感謝 父神。

科學與健康

(18) 262:5-7

基督科學不帶走任何 神的完美，而是將所有榮耀歸於祂。

(19) 258:21

當人性得到人與 神的真確概念時，便使人類的能力相應增加及完善。

(20) 1:1-4

為改造罪人和療癒病人的祈禱是對 神凡事都能的絕對信心，——即靈性地理解祂，即無私的愛。

(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

當我們為 創造者服事時，付出不會使我們貧困，不付出也不會使我們豐裕。我們有的精力與我們對真理的領悟相稱，並且我們的精力不會由於申說真理而減少。

(22) 420:24

恰當的激勵

告訴病者，他們只需認知到，神性之 愛給予他們在身體上每一運作與狀況的一切支配力量，他們能無畏地應對病患。

(23) 391:29-32

罪惡要征服

要在精神上反駁來自身體的各種投訴，並要提升至 生命就是 愛的真意識，——就是一切純潔的，並結著 靈的果子。

(24) 518:15-19

兄弟情誼的幫助

全都有著同一 原則，即 父，在廣義的弟兄情誼上，那在靈上富裕的幫助靈上貧乏的；見到其弟兄的需要並作出供應的人有福了，在幫助他人上得到自己的裨益。

(25) 570:23-24

那些準備好接受你傳予祝福的人會感恩。

5

聖經

(22) 希伯來書 13:15 我們

15 我們應當靠著耶穌，常常以頌讚為祭獻給神，這就是我們那感謝他名之人嘴唇的果子。

(23) 詩篇 86:12 (to :)

12 主—我的 神啊，我要一心稱讚你；



(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) 啟示錄 7:12 頌讚

12 頌讚、榮耀、智慧、感謝、尊貴、權柄、大力都歸與我們的 神，直到永永遠遠。阿們。

科學與健康

(26) 167:17

為了有一 神並使自己善用 靈的力量，你必須至高無上地愛 神。

(27) 451:14

人朝向其所望的方向而行，而且其財寶在哪裡，其心也會在那裡。如果我們的希望與關愛都是靈性上的，希望與關愛就從上而來卻非從下而至，並且如古時那樣都結著 靈的果子。

(28) 249:8–9

讓我們欣喜歸順神性的“權柄”。

更新自我

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