

2024年11月

感恩

金句:

詩篇 30:4

凡屬 耶和華的，都歌頌祂。稱謝祂的聖名。

金句翻譯自聖經新普及譯本英文版

回應式誦讀：

詩篇 118:1, 14, 16, 21-24, 27 (至；), 28

歷代誌上 29:11-13

詩篇 118:1 你們要稱謝 耶和華啊，因祂本為善；祂的慈愛永遠長存。

14 耶和華是我的力量，是我的詩歌；祂也成了我的拯救。

16 耶和華的右手高舉； 耶和華的右手勇敢行事。

21 我要讚美祢，因為祢已經聽允我，又成了我的拯救。

22 匠人所拒的石頭成為房角的頭塊石頭。

23 這是 耶和華所作的，在我們眼中看為稀奇。

24 這是 耶和華所定的日子，我們在其中要高興歡喜。

27 神就是那 照亮我們的 耶和華；

28 祢是我的 神，我要稱讚祢。祢是我的 神，我要尊崇祢。

歷代誌上 29:11 耶和華啊，尊大、能力、榮耀、強勝、威嚴都是祢的。凡天上地下的都是祢的；國度也是祢的， 耶和華啊，並且祢被尊崇，為一切之首。

12 豐富尊榮都從祢而來，祢也統管一切；在祢手裏有大能大力；使人尊大強盛都出於祢。

13 我們的 神啊，現在我們稱謝祢，讚美祢榮耀之名。

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
聖經

(1) 詩篇 92:1–3 (至,), 5

1 稱謝 耶和華，歌頌祢 至高者的名，這本為美事啊。
2 早晨要傳揚祢的慈愛，每夜要傳揚祢的信實。
3 要用十弦的樂器和瑟，
5 耶和華啊，祢的工作何其大。祢的心思極其深。

(2) 雅各書 1:17

17 各樣美善的恩賜和各樣全備的賞賜都是從上頭來的，從眾光之父那裏降下來的；在祂並沒有改變，也沒有轉動的影兒。

(3) 歷代誌上 16:8–12, 14

8 你們要稱謝 耶和華，求告祂的名，在眾民中傳揚祂的作為。
9 要向祂唱詩、歌頌，談論祂一切奇妙的作為。
10 要以祂的聖名誇耀；尋求 耶和華的人，心中應當歡喜。
11 要尋求 耶和華與祂的能力，時常尋求祂的面。
12 你們要記念祂所行的奇妙作為和祂的奇事，並祂口中的判語。
14 祂是 耶和華—我們的神；全地都有祂的判斷。

科學與健康附聖經之鑰匙
瑪麗·貝格·愛迪著

(1) 113:17 (只一句, 至第一個。)

神是美善。

(2) 286:17–19

美善，神的一部份
經文宣稱祂所造的一切是美善的，如祂自己——美善在於 原則和意念。

(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

基督科學彰顯 真理與其至高無上、宇宙和諧、神，即美善的全然，也彰顯出邪惡的虛無。

(4) 103:15-16

無限的神和祂的意念，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。

(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) 4:3-5, 12

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。
時常為善的慣常奮發就是不斷的祈禱。其動機在所帶來的恩賜上被展示，——這些恩賜，即使沒有聽得見的言辭來承認，也確認我們有分享愛的資格。

2

聖經

(4) 以賽亞書 43:1, 2 (至第一個。), 4 (至;), 6, 21

1 雅各啊，創造你的 耶和華，以色列啊，造成你的那位，現在卻如此說：不要害怕。因為我救贖了你，我曾提你的名召你；你是屬我的。
2 你從水中經過，我必與你同在；你渡過江河，水必不漫過你。

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 自從我看你為寶以來，你便為尊，我也愛你；

6 我要對北方說「交出來」；對南方說「不要拘留」。將我的眾子從遠方帶來，將我的眾女從地極領回；

21 這百姓是我為自己所造的；他們要傳揚我的美德。

(5) 詩篇 18:1, 2 (至第一個；), 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。

科學與健康

(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
那開放的泉源正在湧出的比我們可接受的多，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，是要得到甚麼構成天國在人心裏的真意念。

(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

基督科學與神性之 愛的力量是全能的。其確實足以鬆解束縛，並毀除病患、罪惡與死亡。

(12) 578:5–8 (至 :)

〔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：

(13) 17:7 (只一句)

愛反影於愛之中；

3

聖經

(7) 約翰福音 3:16 神, 17

16 神愛世人，甚至將祂的獨生子賜給他們，叫一切信祂的，不至滅亡，反得永生。

17 因為 神差祂的 兒子降世，不是要定世人的罪；乃是要叫世人因祂得救。

(8) 馬可福音 1:9–11 耶穌, 16–18, 21–26, 28, 39–42

9 耶穌從加利利的拿撒勒來，在約旦河裏受了約翰的浸。

10 他從水裏一上來，就看見諸天開了， 靈彷彿鴿子，降在他身上；

11 又有聲音從天上來，說：「你是我的愛子，我所喜悅的。」

16 耶穌順著加利利的海邊走，看見西門和西門的兄弟安得烈撒網在海裏；他們本是打魚的。

17 耶穌對他們說：「你們來跟從我，我要叫你們成為以得人為得魚的。」

18 他們就立刻棄了自己的網，跟從了他。

21 他們到了迦百農；耶穌隨即在安息日進了會堂教訓人。

22 眾人很稀奇他的道理；因為他教訓他們，正像有權柄的人，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 在他們會堂裏，有一個人被污靈附著；他喊叫，
24 說：「由著我們吧；你這拿撒勒的耶穌，我們與你有甚麼相干？你來滅我們嗎？我知道你是誰，乃是 神的 聖者。」
25 耶穌責備他說：「你不要作聲，從這人身上出來吧。」
26 污靈叫那人抽了一陣瘋，大聲喊叫，就從他出來。
28 耶穌的名聲隨即傳遍了加利利的四方。
39 他於是在加利利全地，進了會堂傳道，趕出鬼魔。
40 有一個長大癩瘋的來求耶穌，向他跪下，對他說：「你若肯，必能叫我潔淨了。」
41 耶穌動了慈心，就伸手摸他，對他說：「我肯；你潔淨了吧。」
42 他一說這話，大癩瘋即時離開他，他就潔淨了。

(9) 哥林多前書 1:3, 4

3 願恩典、平安從 神我們的 父並 主耶穌基督歸與你們。
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；

(10) 哥林多前書 15:57 感謝

57 感謝 神，使我們藉著我們的 主耶穌基督得勝。

(11) 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

(14) 55:15–16, 21–22

真理的不朽意念席捲著世紀，將病者和罪人聚攏在其翼下。
應許會成就。

(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

以為耶穌顯示神性力量去療癒，祇限於一個選定數目或祇限於一段時間是不當的，因神性之愛對全人類及在每個時刻供應著一切美善。

恩典的奇蹟對 愛而言並非奇蹟。

(16) 313:23–26

耶穌，科學實踐者

拿撒勒人耶穌是曾踏足於地球上最科學之人。他躍進穿過事物的物質表面，並發現靈性原因。

(17) 332:19

聖靈，即 安慰者

耶穌顯示了 基督；他證明了 基督是 神的神性意念 —— 聖靈，即 安慰者，展露著神性 原則， 愛，並引領至一切真理。

(18) 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。

(19) 337:7–10

為了真正的快樂，人必須與其 原則，即神性之 愛協調； 子必與 父一致，與 基督相符。

(20) 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。

(21) 570:23–24

那些準備好接受你傳予祝福的人會感恩。

(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) 約翰一書 4:7

7 親愛的弟兄啊，我們應當彼此相愛。因為愛是從 神來的；凡有愛心的，都是由 神而生，並且認識 神。

(13) 哥林多後書 9:6–11 少種的 (至第一個。), 15

6 少種的少收，多種的多收。

7 各人要隨本心所酌定的捐輸，不要作難，不要勉強，因為捐得樂意的人是 神所喜愛的。

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。

9 (如經上所記：他施捨錢財，賙濟貧窮；他的義存到永遠。

10 那賜種給撒種的也賜糧給你們吃，並多多加給你們種地的種子，又增添你們公義的果子；)

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。

15 感謝 神，因他有說不出來的恩賜。

(14) 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

(22) 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。

(23) 572:6–8

“彼此相愛” (約翰一書第三章二十三節) ，是受啟發的作者其最簡單和最深遠的勸告。

(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

凡保持人類思想與無私之愛一致的，都直接得到神性力量。

(25) 249:6–10

更新自我

讓我們感受到 靈的神性能量，將我們領進新生並認識到沒有必朽或物質的力量能夠毀滅。讓我們欣喜歸順神性的“權柄”。那就是靈性存在的真正‘科學’。

(26) 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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