

THE PRACTICES OF AN APPRENTICE

學徒的操練

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A. If Eternal Life is a Free Gift, Is There Anything Left for Me to Do?

如果永生是白白賜予的禮物，我還有什麼需要做的嗎？

“Spiritual formation is the lifelong journey of cooperating with the Spirit of God in the work of being transformed and conformed into the image of Jesus.”
“屬靈塑造是一生的旅程，是與神的靈同工，在這同工的過程中被改變，並被塑造成基督的形象。”

B. Practically Speaking, What Does This Look Like?

實際來說，這看起來是什麼樣子？

我寫這話，不是叫你們羞愧，乃是警戒你們，好像我所親愛的兒女一樣。你們學基督的，師傅雖有一萬，為父的卻是不多，因我在基督耶穌裡用福音生了你們。所以，我求你們效法我。因此我已打發提摩太到你們那裡去，他在主裡面是我所親愛、有忠心的兒子，他必提醒你們記念我在基督裡怎樣行事，在各處各教會中怎樣教導人。（哥林多前書 4:14-17）

1. Incorporate the following spiritual practices into your life:

將以下屬靈操練融入你的生活：

- a. **GENEROSITY:** giving of our resources to God and to those in need.
慷慨：將我們的資源給予神和有需要的人。
- b. **SERVICE:** acting to meet the needs of others.
服事：以行動滿足他人的需要。
- c. **SCRIPTURE:** reading and meditating upon God's written words.
經文：閱讀並默想神所啟示的話語。
- d. **SABBATH:** creating a regular rhythm of rest in your weekly schedule.
安息日：在每週的行程表中建立規律的休息節奏。
- e. **SOLITUDE:** carving out space in your life for quiet times to be alone with God.
獨處：在生活中留出安靜的時間空間，與神獨處。

f. PRAYER: talking to God and listening to God.

禱告：與神交談，聆聽神的聲音。

g. FASTING: choosing ways to intentionally say, “No” to yourself.

禁食：選擇一些方式有意地對自己說「不」。

h. WITNESS: sharing the Good News of Jesus with others in a wise and sensitive manner.

見證：以明智和敏感的方式與他人分享基督的福音。

i. COMMUNITY: interacting with other Christ followers on a regular basis.

團契：定期與其他基督徒互動交流。

2. By including these spiritual practices in your daily life, you are not working your *way to* God, you are activating your *walk with* God.

當你把這些屬靈操練融入日常生活時，你不是在靠行為接近神，而是在活出你與神的同行。

2. Utilize these spiritual practices within the GROW Principle:

在 GROW 原則中使用這些屬靈操練：

Give: Be sensitive to opportunities to give of your time, talents, and treasures for the betterment of those around you.

給予：敏銳地把握機會，奉獻你的時間、才能和財富給予周圍的人。

Read... Reflect... Respond: Interact with the Word and Spirit of God.

讀... 反思... 回應：與神的話語和聖靈互動

Opportunities to witness: Be open to share about God’s presence and activity in your life.

見證的機會：敞開自己，分享神在你生命中的同在與作為。

Walk with someone: Invite others into your journey in life.

與人同行：邀請他人進入你的生命旅程。

Today’s “Big Idea”... 今日主旨

Spiritual practices are not tasks to fill your calendar.

屬靈操練不是填滿你行事曆的任務。

Spiritual practices are tools to form your character.

屬靈操練是塑造你品格的工具。