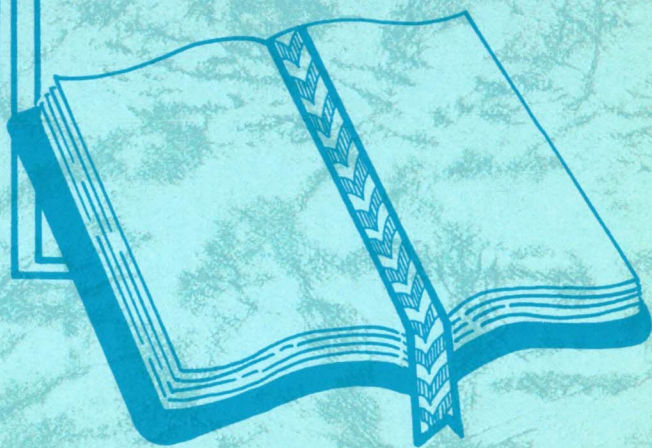




前四十天

Your First
Forty Days



改訂本 REVISED EDITION



這 學 習 輔 導 送
This Study Guide Was Presented

給

TO _____

由

By _____

日期

Date _____

此書乃「前四十天」的改訂本。
內容稍作刪減及修改，與初版略有差別。

This is a revised edition of Your First Forty Days. A number of changes and corrections have been made from the original.

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YOUR FIRST FORTY DAYS

In all probability someone has shared this study guide with you immediately following your decision to die with Jesus Christ in baptism. You have just come forth from the water and all your sins have been forgiven, and there is now a new power at work in your life, the Holy Spirit of God. You were willing to "count yourself nothing", and now God has raised you up to life on a higher plane.

One of the things a disciple of Jesus learns very quickly is that there is much that he or she doesn't know or understand. You too will learn this, but it should in no way discourage you. It just means you have a lifetime of growing and developing ahead. It will never become boring. God's love is wide and deep and long and high, and the more we grasp the better it all becomes.

This study guide is designed to help you have some direction each day for the next forty days as you start listening to the voice of God as He speaks to your whole life. Why forty days? We have picked this because that was the length of testing Jesus Himself went through following His own baptism. He passed victoriously through that testing because He knew the word of God and each time Satan came, He drove him away by using the very words of the Scripture. Satan will make his attack on you. He knows you are young and more vulnerable, but God is with you and with the weapons of righteousness in the right hand and left you can defeat anything that would take your new life from you.

Determine right now that you are going to make this a rich and powerful study. Open wide your heart, and let God do with you all He wants to do. Make sure that you have a definite time and definite place reserved each day to be studying the Scriptures so you can keep hearing the Word of God. Don't let anything or anyone keep you from this most crucial time. You will be greatly helped if you will buy a notebook to put this booklet in along with your notes.

前四十天

當你決志受浸與耶穌基督同死以後，相信有些人已與你分享此學習輔導。你已從水中出來，所有罪已得赦免；現在有股新力量在你生命裏作工，此乃神的聖靈。因為你願意“虛己”，所以神現在把你的靈命提升。

作為耶穌的門徒，會很快就察覺到本身有很多不知或不明之處。你亦會察覺此點，但不應氣餒。這就是說你將有畢生的時間來成長和發展，不會令你厭倦。神的愛是既深且廣，如我們得着愈多，就愈見完全。

在日後四十天，藉此學習輔導，神每天指引你聽從祂的話語。為何要四十天呢？我們選擇四十天，是因為這是耶穌受浸後所經的試探時期。因為祂明白神的話語，所以成功地渡過那試探。每次撒但來時，祂以經文把撒但驅走。撒但也會向你攻擊，它知道你尚未成長及容易受損，但神必與你同在。以祂的公義作武器，定能戰勝一切，保守你的新生命。

希望你能下定決心，學習這豐富和有力的課程。開啓你的心靈，與祂同工，完成祂的旨意。你要堅守每天研讀聖經之時間和地點，不要為某人或某事所左右。研讀之際，更應寫下筆記，好能對你有更大的裨益。

First Week – “Old Self was Dead – Alive in Christ”

This week you will be studying passages in the Scriptures that show us so clearly what the problem is. The problem is the “self” that lives for itself. Christ calls us to crucify the old self, and He promises to raise up a new and very different self.

1st Day

1. Before you actually begin your Bible study program please take a few minutes and write down in your own words what your baptism into Jesus Christ meant to you. Why did you do it? What is it going to mean? If you will keep this in a safe place it will mean a great deal to you for years to come. As the years pass it will serve as a reminder to you of the serious commitment that you made on this day.
2. Turn to Luke 9:18-26. Read and study this passage several times.
3. Now turn to Luke 18:28-30 and look at the promise that is attached to discipleship, indeed to the very decision that you have just made.
4. These two passages will become very important as you will share your life in Christ with others. Remember where they are and what they say. As you continue to go through this study, remember that everything you learn is something that you will be responsible for passing on to someone else. Don't skim over it. Learn it as you go.
5. Be sure to spend time in prayer at the end of your study sessions. Learn to deeply communicate with your Father who loves you so very much.

2nd day

1. Turn to Romans 6:1-14. Read and study this carefully. Each time you come to the word “we” or “us”, substitute your own name. (For example: v.2–“By no means. John died to sin, how can he live in it any longer?”)
2. Write down some of the things about your old self that caused it to receive the death sentence.
3. Write down some things about your new self that you really want to express.
4. How do you specifically plan today to live out v. 13?

第一週——「自我已死——在基督裏活。」

這週，你會閱讀一些顯示問題所在之經文，那問題就是「自我」。人皆為着自我而活，故基督囑咐我們應把「舊我」釘死。祂更應允給予一個新的我，一個全然不同的我。

第一天

1. 在研讀此輔導以前，請用數分鐘的時間，將你在耶穌基督裏受浸的意義寫下。你為什麼要如此行呢？這對於你將會有何影響？將它好好保存，因為日後它會提醒你這重要的許諾。
2. 請閱路加福音 9：18—26。用心研讀數遍。
3. 請閱路加福音 18：28—30。細閱主給門徒的應許，就是你剛立的決定。
4. 此二段經文，對你在與別人分享基督徒的生活時尤為重要。緊記它們之內容及所在。你從今所學所知，亦有責任與別人分享，不要略過，要認真學習。
5. 在每天研讀輔導後，緊記祈禱，學習與愛我們的天父交通。

第二天

1. 請閱羅馬書 6：1—14，用心細讀。每唸到「我們」的時候把自己的名字代入。（例羅 6：2，「斷乎不可！我一約翰——在罪上死了的人，豈可仍在罪中活着呢？」）
2. 試把一些使你舊我至死的罪寫下。
3. 將一些你希望與他人分享的「新我」特點寫下。
4. 以 6：13 為依歸，你怎樣計劃這一天的生活？

3rd day

1. Before you start today's study, ask yourself a very important question: Am I staying in close touch with older Christians? This is crucial, and all next week the Bible study will focus on this: but we can't wait until next week to say something about it. If there is anything in you that is not wanting to see or be with other Christians, then you can be sure that that is something that is not of God and must be crucified. It is your old independent self, not the new self God is giving you.
2. Turn to Romans 7:14-24 and read how powerless we are to live this new life alone. Do you see why we must deny the self? Especially note v.24.
3. But now go on to Romans 8 where we see how we can do the impossible. You were told at your baptism that you would receive the gift of the Spirit; now study some of what that Spirit means in your life. Read and study vv.1-17, making notes on the things that strike you the hardest. Remember to keep substituting your own name for the pronouns.

4th day

1. As you have questions about things that you are studying or have problems which hinder your growth as a Christian. Feel free to ask an older Christian (one who knows the scripture) to help you. Perhaps, they have been through many things you will go through. Most of all, lean on God's wisdom (the Bible) and prayer.
2. For this Bible study you will need both an Old Testament and a New Testament. If you don't have both, make arrangements to get them right away.
3. When we are children, we need to be taught things we don't know; and we need to be corrected when we are wrong. You are a baby in Jesus Christ. There is much you don't know and there are some areas where you need correction. We can say that for every new Christian (and every older one). How you take correction is going to make all the difference in your growth in Christ.
Turn to Proverbs 12:1-2. Next look at Proverbs 12:15. Go back to chapter 10:17.
4. Write down your own attitude toward being corrected. Distinguish between those things that are left over from your old self and those things that Jesus Christ is putting in your heart.
5. Go to the New Testament now and read II Timothy 3:16 and answer this question: What will be your attitude as you study the scriptures and see areas in your life which must change? What will be your reaction to a brother or sister who talks to you about a sin in your life?

第三天

1. 在今天研讀之前，問自己一個非常重要的問題：我是否與年長的基督徒有密切的聯繫？這很重要，更為下週輔導內容之重點；在此，我們先討論一些。若有什麼事情使你不願與其他基督徒交往，此念並非神的旨意，定要釘死。此乃你自己獨斷獨行的「舊我」，並不是神給你的「新我」。
2. 請閱羅馬書 7：14—24，明瞭我們是何等軟弱無力，不能獨自在新生命裏生存。你是否明白我們為何要捨棄「自我」？請特別注意 7：24。
3. 請閱羅馬書 8 章，看我們怎樣能完成不可能做到的事。在受浸的時候，你聽說會領受聖靈的恩賜；現在你會學習聖靈在你生命的意義。請閱 8：1—17，記下那些使你印象最深刻之點，緊記不斷要用你的名字代入這段經文內之代名詞。

第四天

1. 研讀至今，若遇有在研習上或任何防礙你靈命成長的疑難時，不妨向一些年長的基督徒（其認識經文）請教，因為他們也許曾經歷你所遇的問題；但是，最要緊的是倚靠神的智慧（聖經）及禱告。
2. 在這次經文學習，你需要一本新、舊約的聖經。若欠其一，請速找一部新舊約全書。
3. 小時候，我們不懂的，就需接受教導；在錯處上，也需接受更正。現在你是耶穌基督內的嬰孩，有很多東西你還不知道，並在某些地方上需要更正，此話是對每一新基督徒（及年長的）而言。你如何面對錯誤及改過將會影響你在基督內的成長。請閱箴言 12：1—2；12：15，再翻回 10：17。
4. 請記下你對被更正時的態度。將舊我的行為和耶穌基督放在你心版上的教誨作一比較。
5. 請閱提摩太後書 3：16，然後回答下列問題：在經文學習之中，若知曉你生活裏有某些地方必需改變時，你將如何看待？若有弟兄姊妹與你談及你生活上所犯的罪過時，你將作何反應？

5th day

1. In your new life you will find that “attitude is everything”. If you develop a critical or negative or pessimistic attitude, you will put out the Spirit’s fire in your life. Today the Bible study will focus on the reason you can keep a great attitude even in the worst of circumstances.
2. Read and examine each of the following passages: John 16:33, Romans 8:28, Philippians 4:12-13 and 19, and James 1:2-4.
3. When these are all put together, what are they promising you about everything in your life?
4. How does this fit with having a good attitude regardless of what is happening?
5. List anything that is tending to cause you to have a bad (negative, complaining, pessimistic) attitude. Confess these right away to God asking for His forgiveness and encouragement.

6th day

1. By today, perhaps you are not doing all for Jesus Christ that you determined to do five or six days ago. You want to love him with all your heart, soul, mind, and strength. But you have failed in some specific areas. What you will study today will be very important in dealing with this for the rest of your life.
2. Turn to 1 John 1:5-10. Read it once carefully.
3. Think of the difference in light and darkness. In light a plant can live and grow but in darkness it will wilt and die. To “walk in the light” means to walk in God, for “God is light” (v.5). Or, to walk in Christ (John 12:46). To do this simply means that you must continue to abide in God’s word (2:14, 24). If you stop believing, obeying and hearing (studying) God’s word then, you “remain in darkness” (John 12: 46-48).
4. We all (from the oldest to the youngest in Christ) sin. If we claim that we don’t, we lie (v.10). How then are we to handle all this? Do we try to hide our sins from God? Or, do we confess them to God asking for His forgiveness (v.9)?
5. Look at the two results of walking “in the light” as described in v.7.
6. Remember this trustworthy saying: Satan’s only ground is darkness. When we continue to study and confess our SINS to God (asking for His forgiveness), we take away from Satan his only base of operation.

第五天

1. 在你新生命中，你會知曉「態度」是最重要的。如果你懷有吹毛求疵的，或是消極的，或是悲觀的態度，你將會把生命裏聖靈的火焰熄滅。今天之研讀目的是注重個人的態度，就是在最惡劣的環境下，也保持積極的心態。
2. 請細心研讀下列經文：約翰福音16：33；羅馬書8：28，腓立比書4：12—13，19節，及雅各書1：2—4。
3. 把那些經文歸納，神對我們有何應許呢？
4. 這些應許與我們在惡劣環境下也保持良好的態度有何關係呢？
5. 記下那些事物可導致你有不良（如消極、抱怨、悲觀）的態度。向主承認此等錯誤，並祈求祂的寬恕與鼓勵。

第六天

1. 至今，你也許會發覺到現在所作的並不符合在五、六天前的決定—凡事皆為主而作。你希望盡心、盡心、盡性、盡意、盡力愛主，但你可能在某方面失敗。今天你將會學習的，便是針對此問題，這對你日後是非常重要的。
2. 請小心研讀約翰一書1：5—10。
3. 默想光明與黑暗的分別。一株植物能在光中生長，卻枯萎於黑暗裏。「在光明中行」意指在神中行，因為「神是光」（第5節）；或是，在基督中行（約翰12：46）。簡而言之，你必要繼續遵行神的話語（2：14，24）。如果你不再相信、服從、及聆聽（學習）神的話語，你仍「住在黑暗裏。」（約翰12：46—48）
4. 我們（在基督內由長至幼）皆犯了罪。我們若說自己沒有犯過罪，便以神為說謊的（第10節）。我們應怎樣處理呢？試圖對神隱瞞我們的罪，或是向神承認罪過並祈求祂的寬恕（第9節）？
5. 第7節中，留意那「在光明中行」的兩個結果。
6. 緊記此可信的話語：黑暗是撒但唯一的立足地。當我們不斷學習，向神認罪並祈求祂的寬恕，我們才會脫離魔鬼的掌握。

7th day

1. As you come to the end of this first week as a committed disciple of Jesus Christ, go back to the most basic idea in discipleship. Turn to Galatians 2:20.
2. Everytime your old nature tries to assert itself you can say, "I have been crucified with Christ." Concerning what things do you especially need to say that today? Write them down.
3. As you determine what you should do with your day remember: "I, _____, no longer live, but Christ lives in me." Meditate on this great idea and then determine to let your life today be used for the very things that Jesus Christ is most interested in.
4. Focus on Paul's words today. "You are not your own; you were bought with a price." (I Corinthians 6:19-20) Believe that with all your heart. You are not your own. Jesus Christ has purchased you for his purposes by his death on the cross. Carefully distinguish between your purposes and his purposes and live as one who has been "bought with such a great price." Important reminder: As a new baby, you need to keep in touch with other Christians who are ready to give you encouragement and guidance. If you have been forsaking worship or missing Bible study; not only are you failing to be encouraged but also failing to encourage others (Hebrew 10:25).

Second Week – "No Life Outside the Baby"

8th day

1. Begin today by reading Matthew 28:18-20 concentrating on v. 18 and v. 20. What do these two verses say to you?
2. Jesus Christ who has all authority taught us that the church is very, very important. In Matt. 16:16-18, Jesus hears Peter confess him to be the Christ, the Son of God, and immediately Jesus said, "Upon this rock I will build my church, and the gates of Hades will not prevail against it." Jesus saw the church at the center of his plan. He wanted to build it and he intended to make it so strong that the forces of Satan could not stand against it. What Jesus counted as so important, we too must count as so important.
3. For a true picture of what the church should be striving to become every day, look at Acts 2:40-47.
4. What can you do today and the rest of this week to contribute to this kind of life among God's people (the church)?
5. If the church you are a part of is not like this at all, what should you do? Complain vigorously? Leave the church and go it alone? Or is there a better option, a more Biblical option?

第七天

1. 到了第一週的最後一天，身為耶穌基督的門徒，讓我們重溫門徒的基本概念。請閱加拉太書 2：20
2. 每當你的舊我要維護自己時，你可以說「我已經與基督同釘十字架」。今天，請寫下有何特別事情你需要以這話作警醒。
3. 當你計劃一天的事情時，緊記「我，……，已然死去，但基督在我裏面活着。」默想此點，決心讓你的生命作那些取悅耶穌基督的事。
4. 今天，注意保羅所說「你們不是自己的人，因為你們是重價買來的。」哥林多前書 6：19—20。你們要全心相信你們不是自己的人。耶穌基督藉着在十字架上之死，為祂的旨意將你們買回來。請細心分辨祂的旨意和你自己的意思，並以「被重價買回來」的身份而活。緊記：既是嬰孩，你應與其他樂意給你鼓勵和引導的基督徒接觸。你若放棄崇拜及研經，這不但是個人的損失，而且也使你失去勉勵他人的機會。

第二週——「在身體以外，並無生命」

第八天

1. 今天，我們研讀馬太福音 28：18—20；特別注意 18 及 19 節。這兩節告訴我們什麼？
2. 擁有所有權柄的耶穌基督，教導我們教會是非常重要的。在馬太福音 16：16—18，耶穌聽彼得承認祂是基督，是神的兒子，就說：「我要把我的教會建造在這磐石上，陰間的權柄，不能勝過他。」耶穌視教會為祂計劃的中心。祂要建立並壯大教會，撒但的權力不能勝過他。耶穌何等重視教會，我們也當如此。
3. 研讀使徒行傳 2：40—47，可以知悉教會每天努力成長的實照。
4. 在今天及本週內，我們如何在神的子民（教會）中參與這種生活？
5. 假若你所處的教會沒有這樣的生活，你應怎樣做？強烈地發怨言？離開教會？或從聖經中得到更好的方法？

9th day

1. Paul describes the church as “the Body of Christ”. Read Romans 12:1-8, and see how giving yourself first to God leads to giving yourself to other people in the Body of Christ.
2. Notice particularly v. 5 which says, “each member belongs to all the others,” or “we are all members one of another”? How does this fit with or conflict with the idea of individualism?
3. List three things that you know already that you can do for other members of the Body of Christ. Share these with another Christian someone who is close to you and get their reaction.
4. List at least three things that you know you need from the Body of Christ in order to grow in Christ. Share these also with another person.

10th day

1. Read Ephesians 4:1-5. Why does it seem to you that God is so very concerned about the Body of Christ being in unity and peace?
2. Turn to Romans 14:13-15:3 and read how far we should go and how much we should bend to keep the Body of Christ together.
3. Is there anything in your life that is so important to you that you would not give it up even if it was keeping people from coming to Jesus Christ or growing in him? If there is, look back to v. 21 and seek help in dealing with this area of your life.

11th day

1. God is greatly concerned about the UNITY of the church, but he is also greatly concerned about the PURITY of the Body of Christ. We are called to a holy life and a pure life, and sin in the Body will destroy the power of the church.
2. Read Ephesians 5:1-14. List those things which are described here as improper for God’s holy people.
3. How would living as “children of light” be totally different from these things you have just listed? What is the basic difference?
4. You are a young Christian, but what should you do if you see brothers or sisters falling into some sin? Read Galatians 6:1-2.

第九天

1. 保羅形容教會為「基督的身體」。研讀羅馬書12：1—8，了解如何先把自己獻給神，及至將自己也獻給在基督內的人。
2. 請特別留意第五節，「互相聯絡作肢體」或「彼此之間，每個都是肢體」，這裏與「個人主義」可有相同或衝突之處？
3. 列出我們能夠為基督身體中的肢體而作的三件事。與同心禱告或親近的弟兄姊妹分享，以得他們的意見。
4. 列舉三事，是你需要主內弟兄姊妹幫忙，以致在基督裏成長。把這些事與他人分享。

第十天

1. 請閱以弗所書4：1—5，以你認為，為何神對基督身體的團結與和平極表關注？
2. 請閱羅馬書14：13—15：3，我們應當怎樣努力使基督的身體團結一致？
3. 在你生活中，有沒有一些事情，對你是非常重要卻妨礙別人信主，或在主內成長？若有的話，請閱廿一節，及找出解決的方法。

第十一天

1. 神不但關心教會的合一，也對基督身體的潔淨極表關注。我們被召為過聖潔和潔淨的生活。身體裏的罪將毀壞教會的權能。
2. 研讀以弗所書5：1—14。列舉聖徒不該行的事。
3. 「光明之子女」的生活與我們剛列舉的事有何差異？主要有何不同？
4. 雖然你是位年輕的基督徒，若看見某弟兄或姊妹落在罪中，你應怎樣做呢？請閱加拉太書6：1—2。

12th day

1. What is the one thing that must be in the church and in our relationships above all else? Read the following passages:
John 13:34-35 1 Cor. 13:1-3 Gal. 5:6 and 13-14
Eph. 5:1-2 Col. 3:14 1 Peter 4:8
2. For a more precise definition of love, compare John 13:34-35 with 1 John 3:16. List all the things you can think of that describe the way Jesus Christ loved us.
3. How are you progressing in your relationships with your new brothers and sisters in Christ? Are they seeing your love for them? Many new Christians just want to be loved and to be served. Break this pattern and reach out to others because Jesus Christ has reached out to you.

13th day

1. One of the things we can all do for one another in the Body is give encouragement. Read a powerful statement about this in Hebrews 3:12-14.
2. According to this passage, what is to be the specific purpose of our encouragement? What do you think will be involved in giving this kind of specific encouragement?
3. Look at II Timothy 4:2. Notice that we can encourage people by preaching the Word to them (not just by complimenting them). Try to share with others some things that you have found in God's Truth that is inspiring and encouraging to you. If you are not able to teach them yourself, invite them to church services and Bible class and introduce them to Christians who can.

14th day

1. When problems develop in the Body between brothers and sisters, they must be dealt with so that Satan is given no opportunity to enter in. Read Matthew 18:15-20 which gives us the right way to deal with such situations.
2. Determine early in your Christian life that you will not complain or grumble behind someone's back about what they have done. Determine that you will always go to them and resolve the problem with God's help (v. 20).

第十二天

1. 在教會內及我們之間的關係中，甚麼最爲重要？請閱下列經文：約翰福音13：34—35；哥林多前書13：1—3；加拉太書5：6及13—14，以弗所書5：1—2；歌羅西書3：14；彼得前書4：8。
2. 要更明確愛的真義，比較約翰福音13：34—35及約翰一書3：16，列舉耶穌基督怎樣愛我們。
3. 與主內新弟兄姊妹，你怎樣增進關係呢？他們可有看見你的愛心？很多新基督徒只希望被別人愛與服侍。摒除這種想法，主動接觸別人，因爲基督亦主動接觸了你。

第十三天

1. 在身體內，有一事我們可以爲他人服務，就是互相勉勵。請閱希伯來書3：12—14，一段有關於此的有力經文。
2. 根據上述經文，我們互相勉勵之主要目的是什麼？依你意思，互相勉勵應包括些什麼？
3. 研讀提摩太後書4：2。請注意，我們可藉聖言的傳揚以勉勵別人，嘗試與別人分享你在真理上所得之默示和勸勉。如你認爲自己教導不了他們，可邀請他們參予教會的活動，及研經班等；並且介紹其認識能教導的基督徒。

第十四天

1. 當體內的弟兄姊妹之間有問題時，定要處理，好使撒但沒機可乘。請閱馬太福音18：15—20，此經文教導我們正當處理的方法。
2. 在基督徒生命之初，你要立下決心，無論別人作些什麼事，你也不可在他們背後投訴或發怨言。立定主意，你應直接與他們商討，藉着神的幫助解決問題。（廿節）

Week Three – “Go Make Disciples”

This week we want to look at how God plans to use you to bring others into the freedom from sin that you have found in Christ. First, we will consider how important your own life is in sharing with others.

15th day

1. To be a disciple is to come under the discipline of Jesus Christ. To be a disciple is to let Jesus Christ be Lord in all the areas of your life. Examine carefully the following items and make sure that you are opening up and working on those that are applicable to you.
Financial status. (Are you using money wisely? Are you taking care of debts? Are you giving generously to the Church? Is all your money God's money?)
Sexuality. (Are you completely free of any immoral relationships? Are you strongly rejecting the world's attitude toward sex and replacing it with God's attitude?) This area is a real stumbling block for many young Christians. Don't dismiss it lightly.
Time Management. (Are you eliminating wasted time from your schedule? Do you have definite plans at the beginning of each week so that other activities do not interfere with worship and Bible study. Are you saving additional time to serve the Lord?)
Read I Thess. 4:1-12 for Biblical encouragement in all these areas.

16th day

1. Turn to I Peter 3:13-17 (especially noting vv 15 and 16).
2. What is involved in each of these statements:
 - a. “In your hearts acknowledge Christ as the Holy Lord”
 - b. “Always be prepared to give an answer . . .”
 - c. “With gentleness and respect”
 - d. “Keeping a clear conscience”
3. Who are the people around you? Write down their names. They need to hear the answer about Christ as Lord in the spirit of the passage you have just read.

第三週——「去，使萬民作我的門徒。」

這週，我們會探索神的計劃，祂怎樣使用你去帶領別人，像你以前一樣，脫離罪惡，進入自由領域中。首先，與別人分享時，我們應考慮你自己生命之重要性。

第十五天

1. 作為耶穌基督之門徒，我們理應遵行祂的規律。要成為耶穌基督的門徒，就要讓祂成為我們生活中各方面的主人。

審視下列事宜，你定要坦誠，把那些適用於你的實踐出來

經濟方面：（你是否善用錢財？你是否正在清償債項？是否慷慨奉獻給教會？你的金錢是否歸於神？）

情慾方面：（你是否全然遠離淫亂？你可有堅決拒絕世俗對性的態度，並以神的態度取而代之。此乃很多年青基督徒之絆腳石，不容輕視。）

時間方面：（在計劃中，你可有把浪費的時間刪掉？每星期之始可有確定的計劃，以致其他的活動無礙於你的崇拜及研經？）你有否保留一些額外的時間來侍奉主呢？

請閱帖撒羅尼迦前書 4：1—12，從經文取得鼓勵。

第十六天

1. 請閱彼得前書 3：13—17（特別注意十五及十六節）。

2. 下列句子有何含意：

甲．「只要心裏尊主基督為聖」

乙．「有人問你們心中盼望的緣由，就要常作準備……。」

丙．「以溫柔敬畏之心」

丁．「存着無虧的良心」

3. 將你周圍的人之名字寫下。從你剛閱讀過的經文之精髓，可明白你應向他們傳講基督是主的訊息。

17th day

1. The last words a person speaks usually tell us a lot about the major things on his heart. Turn to Matthew 28:18-20 and read again the final commission of Jesus before he left this world.
2. What does it mean to you that “all authority has been given to Jesus Christ?” What does it mean that he has all authority over you?
4. When we “go,” what does Jesus Christ want us to do?
5. Look back over the list of people you wrote down yesterday. Begin praying for them specifically that you may “go” to them with the message Jesus has given to you.

18th day

1. Start today with Colossians 4:2-6.
2. List all the things you find here that relate to sharing your faith with someone.
3. What does it mean to “Make the most of every opportunity?” How have you used the opportunities of this week? What can you do to use them more for the Lord?

19th day

1. We tend to think that certain situations are not good ones for sharing the Gospel. Most of us would find being in prison and in chains a terrible circumstance for evangelism. Read Acts 16:22-34.
2. Turn next to Philippians 1:12-14 and listen to what Paul has to say while writing from another prison. (This one probably in Rome where he was chained to a guard).
3. What situations are you in right now? Write down why these situations make sharing the Gospel difficult. Having done this, now give all these excuses up to the Lord and claim the fact that he is able to work powerfully in all circumstances. Turn over to Philippians 4:4-6 for encouragement.

第十七天

1. 人之最後遺訓往往是其心底內的重要事情。請閱馬太福音28：18—20，重溫基督離世前給我們的大使命。
2. 「所有權柄都賜給了耶穌基督」對你有何意義呢？祂有完全掌管你的權柄，是什麼意思呢？
3. 「去」這對你生活中有何含意？
4. 當我們「去」之際，耶穌基督希望我們做些什麼？
5. 翻開昨天的名單，特別為他們祈禱，帶着耶穌給你的訊息，「去」向他們傳福音。

第十八天

1. 首先，請閱歌羅西書4：2—6。
2. 在這經文中，列舉那些你要與他人分享有關信心的訊息。
3. 何謂「要愛惜光陰」？在這週，你應怎樣愛惜光陰？你怎樣才能善用時間為主作工？

第十九天

1. 有些情況，我們會以為是不宜傳道的；相信大家也會認為在獄中受困，鐵鏈纏身，傳道更是困難。請閱使徒行傳16：22—34。
2. 請閱腓立比書1：12—14，並聽保羅在另一獄中所說的話。（這書信極有可能是在羅馬獄中，保羅被守衛看管時寫的。）
3. 你現在處境如何？為何此處境使傳福音加添困難？請列舉之。然後，請把這些託辭交到主面前，並相信在任何情形下，也能大大作工。請閱腓立比書4：4—6，以為勉勵。

20th day

1. To “Go Make Disciples” we need great boldness and courage. We can have this confidence if we realize that Christ is with us always (Matthew 28:20).
2. Also notice the message we must proclaim. It is found in John 4:12. Don’t ever water this message down. It is the only thing that can change men’s lives.
3. Look also at II Timothy 1:7. When you find yourself being timid, you can be sure that it is your SELF. For God has not given you a spirit of timidity or fear. It doesn’t come from him. The self must be denied and we must allow God’s Word to fill us with power and love and self-control. There are many statements in the Scripture concerning the courage and boldness God will give us. Keep studying and never be satisfied with timidity or fear.

21st day

1. Take advantage of every opportunity to invite family and friends to the services of the church. As you meet people, make every effort to introduce them to the members of the Body where you are. Experience shows that this is a powerful tool in reaching people.
2. Look at Acts 2:42-48. This is to be the spirit found in our fellowship; and when outsiders come in, they will be convicted that something is missing in their lives.
3. You have now been a Christian for three weeks. As you study and learn and grow in your faith you will see more and more ways to use your talents in leading others to Christ. Remember don’t just study but also put into practice what you learn James 1:22-25.

Week Four – “The Father, the Son, and the Holy Spirit”

During this week of the study, we will look at the God we worship and the way he expresses himself in the Father, the Son, and the Spirit.

第廿天

1. 「使萬民作我的門徒」，我們需要極大的勇氣與鼓勵。若知道基督與我們同在，我們便能有此信心。（馬太福音28：20）
2. 在約翰福音4：12中，請特別注意我們所傳的訊息。不要輕忽此經文，因這乃是唯一改變人類生活的能力。
3. 請閱提摩太後書1：7。當你醒察自己是胆怯時，可確定此乃「舊我」；因神賜給我們不是胆怯與害怕的心，此定不是從祂而來。定要棄絕自我，並要讓神的話語賜給我們剛強、仁愛、謹守的心。有不少經文提到神賜給我們鼓勵及勇氣，繼續努力學習，不要被胆怯與恐懼所控制。

第廿一天

1. 善用每一機會邀請家人及朋友來參予教會的活動。當你遇到別人時，盡可能將他們介紹給教會內的肢體。經驗告訴我們，此乃領人之最佳方法。
2. 請閱使徒行傳2：42—48，這是我們交接應有的基本精神。當有訪者來時，他們會察覺自己生活裏確實缺欠了些東西。
3. 你成為基督徒已達三週，在你的學習及信心的成長中，你將會明白有更多、更多可運用你的才智，而帶領人歸入基督的途徑。要緊記：不可只有學習，還須把所學的實行出來。（1：22—25）

第四週——「父、子、聖靈」

在這週的學習裏，我們可看到所敬奉的神，祂如何在父、子、靈中表達自己。

22nd day

1. Turn to Mark 14:32-36. Notice the word Jesus uses for God. It is the Aramaic word "Abba." It was an intimate word and no Jew ever used it before Jesus to describe God. It was the word little boys and girls used for their daddies. Look at Romans 8:15-17 and Galatians 4:6. Do you see the kind of God we have and how we can approach him?
2. Look at Matthew 7:8-12. What does this specifically say about God's concern for you today? What things are you concerned about? What does God feel for you?

23rd day

1. Jesus Christ is the Son of God. Our whole faith is built on the fact that he came into this world, from his own special place and put down his life with us. What does that tell you about such a one?
2. Read John 1:1-18. According to this passage, what is it that we find in Jesus Christ? What does it all mean to your personal life that he is this way?
3. Look closely at what he went through for you. Take an Old Testament and read Isaiah 53 and see the statement made about him even before he appeared on earth.

24th day

1. When you were baptized into Jesus Christ, you received the gift of the Holy Spirit. Today and tomorrow we want to look at some of the ministries of the Holy Spirit in your life.
2. Turn to John 14:16-27 and read carefully, looking for teaching about the work of the Spirit.
3. Notice he (1) is the Spirit of Truth, (2) will be with you forever, and (3) will live with you and be in you. What is this going to mean to your life?
4. Read John 16:5-11. The work of the Spirit involves convicting us of sin, righteousness, and judgement. How would you relate this passage to the ideas found in Ephesians 6:17, II Timothy 3:16-17, and Hebrews 4:12-13?

第廿二天

1. 請閱馬可福音14：32—36。注意耶穌對神的稱呼，乃希伯來語“Abba”。在耶穌以前，沒有猶太人這麼親切的稱呼神。這是小孩子們對其父親的稱呼。請閱羅馬書8：15—17和加拉太書4：6。你可瞭解祂是怎樣的神及我們應怎樣親近祂？
2. 請閱馬太福音7：8—12，這經文怎樣提及神對你的關懷？你關心些甚麼？神覺得你應怎樣？

第廿三天

1. 耶穌基督乃是神的兒子。祂從自己的地方，來到世上，為我們捨命，我們的信心全然建立在此事實上。祂對你有何意義呢？
2. 請閱約翰福音1：1—18。根據此經文，我們可以在耶穌基督內得着些什麼？如祂當真若此，對你個人生活又有何意義呢？
3. 細心察看祂曾為你作些甚麼？翻開舊約以賽亞書53章。這段經文，是在耶穌降生以前，有關祂的描述。

第廿四天

1. 當你在耶穌基督裏受浸之際，你已領受聖靈之恩賜。今明兩天，我們要查考聖靈在我們身上所作的工。
2. 請閱約翰福音14：16—27。細心閱讀，瞭解有關聖靈工作之經文。
3. 注意祂是(1)真理的聖靈，(2)永遠與你同在，(3)常與你們同在，也要在你們裏面。這對你生命有何意義？
4. 請閱約翰福音16：5—11。聖靈的工作，包括把罪惡、公義、審判等向我們顯明。你怎樣把這經文與以弗所書6：17、提摩太後書3：16—17及希伯來書4：12—13連貫起來？

25th day

1. Continuing to look at the work of the Holy Spirit, turn to Romans 8 and read verses 1-17.
2. Focus in on verses 9-11. What kind of promise is made to you here? Write down some ways you can see this practically affecting your life.
3. In our lives we have been enslaved to various passions and desires. On our own we found we had no real power to break free from those. Notice the message of vv. 12 and 13. How do we put to death the misdeeds of the body?
4. Notice in vv. 14-17 how the Spirit of God in us brings us into intimate relationship with God.

26th day

1. It is important to learn all you can about Jesus Christ because of what the following scriptures teach: II Corinthians 3:18 and Romans 8:29. What do these passages teach about our relationship to Jesus Christ.
2. Look also at 1 John 3:2-3. What is the “hope” referred to in verse 3?
3. List at least three things that are found in Jesus Christ that you want to work on in your own life.
4. How would you respond to someone who might say, “Trying to be like Jesus Christ is an impossible dream. It can only frustrate you.”? Read I Timothy 1:12-17 to see how Christ changed the apostle Paul.

27th day

1. Look at the picture of Jesus Christ found in Hebrews 4:14-16.
2. Write down what each of these statements means to your life:
 - a. Jesus is the great high priest who has gone into heaven.
 - b. Jesus is able to understand and relate to our weaknesses since he was tempted in every way like us (yet without sin).
 - c. Because of Jesus, we can approach God’s throne (a throne of grace) with confidence.
3. How does this understanding of Jesus Christ affect you right now at school, on the job, in the home? Write down the way it changes your attitude.

第廿五天

1. 繼續觀察聖靈的工作。請閱羅馬書 8：1—17。
2. 注意 9—11 節。這裡給與你甚麼應許？記下那些你以為會影響你生命的東西。
3. 在我們生命中，常成為情慾和妄念的奴隸。如果單靠自己，決無法脫離它們的纏繞。注意第 12 及 13 節，我們怎樣才能治死身體的罪行呢？
4. 注意 14 至 17 節，神的靈怎樣使我們加深與神之關係？

第廿六天

1. 下列經文教導我們應盡力效法耶穌基督：哥林多後書 3：18 及羅馬書 8：29，這些經文是教導我們與耶穌基督應有的關係。
2. 請閱約翰一書 3：2—3，第 3 節中之「指望」是甚麼呢？
3. 請最少記下三點，你可在耶穌基督內尋見，而又希望對你生活有所激勵的東西。
4. 有些人以為「效法耶穌是妄想，只會令你失望而已。」你會怎樣回應呢？
請閱提摩太前書 1：12—17 以明白基督如何改變使徒保羅。

第廿七天

1. 請閱希伯來書 4：14—16，可更明白耶穌基督的形像。
2. 這些經文對你生命有何意義？請筆錄之：
 - 甲. 耶穌是位已經升上高天尊榮的大祭司。
 - 乙. 耶穌可以體恤我們的軟弱，祂也會凡事受過試探，與我們一樣（只是祂沒有罪）。
 - 丙. 藉着耶穌，我們才能憑信心到（神的）寶座（恩典的寶座）前。
3. 明白耶穌基督後，當你在學校、工作、或家中待人處事之際，有何影響？記下那改變你態度的門徑。

28th day

1. There may be some things that will happen to you to make you wonder if God is for you or against you. Read Romans 8:31-39 to see the kind of God you worship.
2. Go back to verse 28 for still another promise.
3. Paul lists in the first passage a number of things that might seem to cut us off from the love of God. What are some things in your life that are difficult or threatening? Write out verse 37 just as Paul says it and then write verse 38 substituting the things in your life that might interfere with your relationship to God.
4. What role do you play in keeping this victory?

Week Five – “Submit to Every Authority”

This week you will study one of the keys to the Christian life. It is totally opposed to worldly wisdom, but it is something we see perfectly in Jesus and he wants to see it in us. It is the principle of submission.

29th day

1. Already you have studied passages that tell you who really has all the authority today. It is Jesus Christ, but God has set up certain orders in society. These (1) maintain order and (2) teach us to be submissive and obedient in spirit so we can ultimately and basically submit to and obey Jesus Christ.
2. To follow Jesus Christ one must have an obedient spirit. One must be willing to submit to another's authority. Read I Peter 1:2 and I Peter 1:14. What kind of children does God want?
3. Read Ephesians 2:1-2 to determine what kind of spirit God is opposed to.
4. Look at Hebrews 5:7-9 for an important statement about Jesus Christ who is our example in all attitudes. What did he learn? How was it learned? What does God want us to learn? How will it be learned?

第廿八天

1. 某些事情的發生，會使你懷疑神是否幫助你。請閱羅馬書 8：31—39，明白我們所敬拜的神是位怎樣的神。
2. 請閱第28節，瞭解另一應許。
3. 保羅在上述經文中列舉了不少使我們與神疏遠的事物。在你的生活中，那些事物是你覺得為難及懼怕的呢？把第37節寫下來，效法保羅所言，更把那些防礙你與神關係的事情代入38節中。
4. 為堅守勝利，你扮演什麼角色呢？

第五週——「順從一切掌權的」

此週，你會學習基督徒生活中的一重點。此點與世俗的思想完全相違。可是在基督裏表演無遺。祂更希望我們力行出來。這乃順從之原則。

第廿九天

1. 至今，有關誰是最有權柄的經文，你早已學習知悉了。祂就是耶穌基督。可是在社會中，神亦設立了一定的規律。此乃(1)保持規律(2)教導我們有服從及忠順之態度，好使我們能完全的順服及依從耶穌基督。
2. 要追隨耶穌基督，一定要有服從的精神，亦要願意服從其他的掌權者。請閱彼得前書 1：2 及 1：14。怎樣才是神所喜悅的兒女呢？
3. 請閱以弗所書 2：1—2，知悉甚麼態度為神所不喜悅。
4. 請閱希伯來書 5：7—9。這重要的經文，表示我們所有的態度，皆以耶穌基督為榜樣。祂學了些甚麼？祂怎樣學習？神希望我們學習些甚麼？怎樣學習呢？

30th day

1. Return to I Peter where yesterday we learned that God wants obedient children. Now look at 2:11-17.
2. Our old self with its sinful desires (described in v. 11) does not want to obey. It wants to do things “my own way”. It doesn’t like to be told what to do. That’s why Jesus says “deny yourself”. It is not willing to cooperate with God’s plan.
3. Notice in v. 13 why you submit to every authority.
4. List all the authorities that you can think of that are in your life, meaning all the people that are in some role where they can tell you what to do or strongly expect you to do what they ask. What is your attitude toward these authorities?

31st day

1. The question is often asked, “Do I have to submit to these authorities in my life even when they are wrong?” What do you think the mind of Christ would say here?
2. Continue the passage you started yesterday. Read I Peter 2:18-23. What does it contribute to the question raised above?
3. What we are being told here and in Ephesians 5-6 and Colossians 3 is that we should have a submissive and obedient attitude at all times. We should be ready to obey those God has put over us. However, there will come times when we cannot obey. See Acts 4:18-20 for a clear example. Study this carefully. When a command of some man or woman constitutes a clear violation of Scripture, then we cannot obey that person; but we should not then take on a rebellious attitude. We should lovingly and with respect for their authority decline to submit in that area (but not in all others).

32nd day

1. In the body of Christ God has placed certain men over you. First there are the elders or overseers in the body and then those who have been given special responsibilities by the elders. Look at what Hebrews 13:17 says about your responsibility to these men.
2. Do you know the names of the elders and others that are working in special ways to lead and guide you? How can you specifically make their work a joy and not a burden?
3. Does this passage say we have to agree with everything our leaders do before we can submit to them and obey them?
4. Make sure your relationships with all your leaders are good ones. If there is an anger or resentment or hurt in you toward any one of them, don’t put off sitting down with them and opening up your heart. If you see others in the body developing rebellious and disobedient attitudes go to them and encourage them to deal with that.

第卅天

1. 昨天之研讀，在彼得前書中，我們知悉神要祂的兒女服從聽教，請閱 2：11—17。
2. 我們的舊我隨着私慾（在11節中描述）而不願意服從，它要作「我願意」的事，不喜歡被別人教導。因此耶穌叫我們「捨己」，因舊我是不願意與神的計劃調合。
3. 注意第13節，你為何要服從一切掌權者呢？
4. 在你生活中，列舉那些可以支配你、或你要順從的人，你對他們的態度是如何？

第卅一天

1. “若支配我的人是不對，我也要服從他們嗎？”此問題常常被提出。你認為基督對此問題會有何看法？
2. 繼續昨天研讀的經文。請閱彼得前書 2：18—23。它給予我們甚麼答案？
3. 在以弗所書 5—6 章及歌羅西書 3 章中，教導我們要常存順服及聽從之態度，神安排某些人權力高於我們，我們理應服從；可是，有些時候却不可。在使徒行傳 4：18—20，有一件清楚的事例。用心研讀。若然有人命我們作違反聖經之事，我們決不可服從，但亦不可有反叛的態度。我們應以愛心及崇敬，拒絕那不合聖經之號令。（但不要拒絕其他。）

第卅二天

1. 在基督的身體中，神安排一些人在你之上。首先，有長老或監督，再者便是那些被長老委以特別責任的人。請閱希伯來書 13：17，明白你對他們的責任。
2. 你可知各長老及其他在靈命上扶持引導你的人之名字？你怎樣才使他們的工作是愉快的，而不是負擔？
3. 此聖言是否指出：我們必先同意領導者，才可順服及聽從他們呢？
4. 要確知與你主內領導之人關係良好。若與某人有憤怒、怨恨或不安，不要耽延，應與他們坦誠商討。若你看見他人存反叛及不服從之態度，告訴他們並鼓勵他們解決問題。

33rd day

1. Go to Ephesians 5:21 and start reading and go through chapter 6:4. Regardless of who you are, you are most likely in some kind of family relationship. In these relationships you can show the love of God . . . the kind of love that is willing to lay down its life for others in the family.
2. If your spouse, parents, or children have not been seeing in you the things described in Ephesians 5 and 6, then a confession to them could open up many new possibilities in your ministry to them.
3. Remember, your ultimate concern is that your family members come to know the living God through your life in a deeper and deeper way.

34th day

1. Turn to and read Romans 13.
2. List as many clear teachings in this passage as you can find.
3. Is there anything wrong with a bitter, complaining attitude about the government one lives under?
4. Again, when must a Christian say “no” to government? In what way should he say “no”?

35th day

1. One of the great texts in the New Testament is Philippians 2:1-11. Read this carefully, looking for the deeper teaching about the power of submission.
2. In what ways can you “empty yourself”? (This is literally the word translated in some versions: “made himself to be nothing”.)
3. In what ways (specific) can you this week take the form of a servant to your brothers and to those who are lost?
4. What happens to those who submit? What does God do?

第卅三天

1. 請閱以弗所書 5：21—6：4，不管你是誰，你定會有些親屬。在這些關係中你可顯示神的愛……這愛甚至願意為家人捨命。
2. 若你的配偶、父母或子女們，在你身上並未見到那描述於以弗所書 5 及 6 章之特點，你應向他們承認過錯，並可藉此機會開拓傳道門徑。
3. 緊記，你的關注是希望你家人藉着你的生活，更深的認識那永活之神。

第卅四天

1. 請閱羅馬書 13 章。
2. 記下其中之教訓。
3. 若對時下政府懷有憎恨、怨懟的態度，是否正確？
4. 再者，基督徒應在何時才不聽政府的命令？他應如何說「不」呢？

第卅五天

1. 請閱腓立比書 2：1—11，此乃新約聖經中一段特別有意義的經文。用心研讀，更加明瞭服從的力量。
2. 你怎樣「虛己」？
3. 在此週，你可以做些什麼來為弟兄及失落的人服務呢？
4. 順服的人會怎樣？神會怎樣做？

Week Six – “Fighting the Good Fight of Faith”

36th day

1. You are well over a month into your life as a disciple of Jesus Christ. If you have been serious about it, this month should have been one in which you faced many things about yourself that need changing. It also should have been one filled with joy because you know that God is for you and Jesus Christ is with you to help you become like him.
2. Look at Paul’s word about joy in Philippians 4:4-6. How often does it say we should “rejoice”? Compare this with I Thessalonians 5:16-18. When should we rejoice? Be thankful?
3. If you have been guilty of complaining or being negative about your life, stop and remember what all God has done for you. Think of all the lost people in the world and think about your brothers and sisters in Christ who need your encouragement. How will a complaining or negative attitude affect your influence as a Christian?

37th day

1. The image of a soldier or a warfare is often employed in the New Testament. The reason is: We are at war. The ways of God and the ways of men (influenced by Satan) are totally opposed. Our culture is constantly bombarding us with its message of how to find life, but God’s message is totally different. One cannot survive in warfare unless he is equipped and knows how to do battle. For the rest of this week we will look at this matter.
2. Start with Ephesians 6:10-18. There is enough here for several days of study, and we will take a little at a time.
3. First of all in warfare, we need to clearly identify the enemy. Verses 10 and 11 make that identification very clear for us. Who is the enemy? What are some of the schemes that you can see him working out in your life to take you away from God?
4. Please realize now and always that your boss is not the enemy, your parents aren’t the enemies, your husband or wife is not the enemy. Flesh and blood people are not the enemies, and any time we identify them as the enemies, we fall into Satan’s scheme and begin shooting at the wrong person. List some times recently when you may have done this or come close to doing it.
5. Set your mind against the real forces of the darkness that Satan commands. Pray for strength and for God’s mighty power to overcome it.

第六週——「爲真理打美好的仗」

第卅六天

1. 你成爲基督徒至今已達個多月了，若你對此認真學習，必定發覺自己還有不少需要學習的地方。此外你更應充滿喜樂，神會幫助你，耶穌基督與你同在，幫助你更像祂。
2. 在腓立比書 4：4—6，保羅談及喜樂。經文教導我們的「喜樂」應是多久？與帖撒羅尼迦前書 5：16—18比較，我們應在何時喜樂？何時謝恩呢？
3. 在生活中，若因常存埋怨或消極的態度而內心不安，便應回想及記取神爲你所做的一切，並停止怨忿。想想世上所有迷失的人，以及主內需要你鼓勵的弟兄姊妹；懷着埋怨及消極的你又如何能發揮一個基督徒可有的影响力呢？

第卅七天

1. 在新約中，每每談及戰士或戰爭的形像，因爲我們正處於爭戰中。神之教訓與人之訓條（受撒但影响）是完全相違；我們的文化不斷教導我們怎樣追求享樂的生活，但神的教訓却非如此。若沒有充份的準備及作戰的知識，戰士必死於戰場。所以在這週，我們會正視這問題。
2. 請閱以弗所書 6：10—18，這段經文足夠數天的學習，我們會按步漸進。
3. 在戰事中，首先要清楚敵人。在第10及11節，清楚地指示出，誰是敵人？那些是撒但要使你遠離神的陰謀。
4. 你要明白一點，你的老闆不是你的敵人，你的父母也不是你的敵人，你的丈夫或妻子也不是你的敵人，那有血肉的人也非你的敵人；每當我們認定他們爲敵人時，我們便是墮入撒但的詭計了，把槍頭誤指目標。最近，你可有這樣做呢？或心存此念呢？請筆記下來。
5. 立定決心，抵抗撒但在黑暗中之力量，祈求神賜你力量戰勝它。

38th day

1. Read Ephesians 6:10-18 again.
2. Satan's power is described in real terms and you will be so vulnerable to him if you are not aware of his power, but why is it true that we don't have to be fearful in this warfare?
3. We don't have to be fearful, but we do have to put on the full armor of God. Without the protection and the spiritual weapons he supplies, we will be overcome. Let's look at them one at a time:
 - a. the belt of truth – where do you find truth? (John 17:17)
 - b. the breastplate of righteousness – read Philippians 3:8-9.
 - c. the gospel of peace – read Ephesians 2:14-18.
 - d. the shield of faith – how does it put out the fiery darts of Satan?
 - e. the helmet of salvation – read Romans 8:1-2.
 - f. the sword of the Spirit which is the Word of God – Hebrews 4:12.
 - g. and pray in the Spirit on all occasions – how has your prayer life developed?

You now know what the armor of God looks like, but please realize that like any good soldier, you will have to put it on anew every day. One of Satan's schemes is to make you believe once will do for all time. Every day you need to be into God's truth, reaffirming the gospel, reclaiming your righteousness and salvation in Christ, restating your confidence in prayer and in the God who answers prayer.

第卅八天

1. 再閱以弗所書 6：10—18。
2. 撒但的力量被形容得利害非常，稍有不慎便遭損害，但我們却不用驚慌，爲甚麼呢？
3. 我們雖不用驚恐，但要穿上神所賜的全副軍裝。若沒有了祂所給予的保護及這屬靈之武器，我們必受挫敗。讓我們每點研究：
 - 甲. 用真理當作帶子束腰—那裏可找到真理呢？
(約翰福音 17：17)
 - 乙. 用公義當作護心鏡—請閱腓立比書 3：8—9。
 - 丙. 用平安的福音—請閱以弗所書 2：14—18。
 - 丁. 信德當作籐牌—它怎樣滅盡撒但之火箭？
 - 戊. 救恩的頭盔—閱羅馬書 8：1—2。
 - 己. 聖靈的寶劍就是神的道—希伯來書 4：12。
 - 庚. 靠着聖靈，隨時多方禱告祈求—你的禱告生活進展得怎樣？

現在，你明白甚麼是神所賜的軍裝，但你需要每天都穿上，正如其他模範士兵一般。撒但其中一個詭計，就是使你相信一次準備便足夠了。每天你應與真理同在，重申福音，再宣揚公義及基督內之救恩，使你對禱告及應許你禱告之神之信心得以加強。

39th day

1. Begin today with II Timothy 2:1-7.
2. Focus in especially on vv. 3 and 4. To be a Christian is not like going on a picnic. It is like enrolling in an army and like taking on (spiritual) weapons and going into training and then going into battle. If you are really walking with Jesus Christ and waging his warfare, you will experience **HARDSHIP**. Look at II Timothy 3:12. What does this promise say? What are we assured of?
3. Because of this passage we can say with confidence that the person who never experiences any persecution from the forces of the enemy must not be fighting against the enemy. If the attitude of the people of this world toward you is that you are really a great and okay person, then you need to examine your commitment and your boldness for Jesus Christ. Look at what Jesus himself promised in John 15:18-21.
4. Returning to II Timothy 2:4 we see that the warfare is going to be so serious and so intense that the Christian soldier must not get involved in "civilian affairs". There are a lot of things to do in the world that are not "wrong". But they are wrong for us if they take us away from the front lines and from fighting the good fight. Are there some things in your life that need to be given up because they are "involvement in civilian affairs"?

40th day

1. Your study guide ends today, but may your study never end. You are on your way to things too glorious and enriching to even describe. Never, never, never, never, never give up!
 2. Read carefully the call of these passages:
I Peter 2:1-2
Hebrews 5:11-6:3
Colossians 2:6-10
 3. Keep studying keep confessing your sins, keep encouraging others, keep sharing your faith, and whatever you do in word or in deed, do everything in the name of the Lord Jesus giving thanks to God the Father through him.
- Prayer: "Father, thank you for taking our broken lives and making something beautiful out of us. May we always put ourselves in Your hands to be molded and shaped by You. Use our very lives to draw many people into the Kingdom of Your Son, Jesus Christ. Through Him. Amen."

第卅九天

1. 請閱提摩太後書 2：1—7 節。
2. 特別注意第 3 及 4 節，作為基督徒並不是像去旅行般輕快，却如行軍，穿上整齊的軍裝（屬靈），參加訓練，以赴戰場。你若真是與耶穌基督同行，共赴戰場，也將會經歷困難。請閱提摩太後書 3：12。它有何許諾？甚麼是我們所確定？
3. 從這段經文中，我們肯定地說：若有人從未受過敵人的逼迫，他根本未曾與敵人交鋒；若世俗之人皆可接納你，與常人無異，那麼，你應省察自己對耶穌基督的許諾及勇毅，請閱約翰福音 15：18—21，明白耶穌之應許。
4. 再讀提摩太後書 2：4，我們看到戰情將會激烈及嚴重，基督精兵絕不可為「俗務」纏身。在這世界中，做很多事也不是「錯誤」，但若因它們而把我們引離前線，不能打美好的仗，那對我們來說便是錯誤的了。在你生活中，有甚麼纏身的「世務」你要放棄呢？

第四十天

1. 這學習輔導在今天結束，但你的學習却永無止息。你正邁向光輝豐盛的道路，非筆墨所能形容，故永不可放棄！
 2. 細心研讀下列經文：
彼得前書 2：1—2。
希伯來書 5：11—6：3。
歌羅西書 2：6—10。
 3. 繼續研讀聖經，繼續承認自己的罪，繼續鼓勵他人，繼續與別人分享你的信心；所言所行，皆以耶穌聖名而作，藉着祂感謝父神。
- 禱告：「天父，感謝祢把我們殘缺的生命變成美好的，願我們常把自己交託在祢手中，求祢鑄造我們。求祢使用我們，帶領更多人進入祢兒子耶穌基督的國度。奉祂的名而求。阿們。」

羅馬書 8：37—39

37 然而靠着愛我們的主，在这一切的事上，已經得勝有餘了。

38 因為我深信無論是死，是生，是天使，是掌權的，是有能的，是現在的事，是將來的事，

39 是高處的，是低處的，是別的受造之物，都不能叫我們與上帝的愛隔絕；這愛是在我們的主基督耶穌裏的。

37. No, in all these things we are more than conquerors through him who loved us.

38. For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers,

39. nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:37-39