

學會知足

腓立比書 4 章 11 節寫到：“我并不是因為缺乏說這話，我無論什麼境況都可以知足，這是我已經學會了。”

說到知足，從我小時候懂事開始，就開始學習了。小時候，因家裏的兄弟姐妹多，又要照顧老人，雖然是生活在城市，但相對於周圍的鄰居，家中的生活環境顯得很貧困。父母就時常教導我們，要跟鄉下的親戚相比，他們物質更缺乏，連電燈都沒有，你就會知足了。

長大后，從事一些技術和管理工作，經常接觸一些公司老闆，發覺他們的學歷不高，技術水平也低，但收入卻很高，心裏有些不平衡。上司就經常提醒，不要跟這些老闆相比，要比較，你祇能進行“三比”——跟自己的過去生活比，跟一些因貪婪而入獄的人比，跟一些曾經很有錢但已不在人世的人比。這樣就會知足，才不會犯經濟的錯誤。

這是俗世的知足，對律也能起到一定的作用，但也會不斷面對俗世出現的誘惑，時時會有不知足的念頭出現。

今天，我學習了這段經文，不僅僅是談論知足，而想思考，我們基督徒，要在神裏面，學會知足。聖徒保羅寫腓比立書時，正被囚禁，且面臨死刑，但他卻能在“無論什麼境況都可以知足”，他是從主耶穌基督支取能力來認識知足，將一切注意力和精力集中在基督身上，認識他，並遵行他的吩咐，保羅便能得到真正的知足。

人生活在世上，都會有很多需要，包括對人、對金錢、對榮譽等，可能都會因為得不到想要的東西而不滿足。基督徒也是人，祇不過有聖靈充滿，對知足的

學習會有兩方面的不同。

1. 要學習依賴神的應許和能力，求神將一些不當欲望除去，因為神知道什麼是對我們是最好。他供應我們一切所需。“我的神必照他榮耀的豐富，在基督里使你們一切所需用的都充足” <腓立比書 4 章 19 節>
2. 靠著神的恩典，專注于神所賜給我們的一切，克服愛比較的習慣。當我們戴著感恩的心，每日數算神賜下的福分，更加相信神的確實和美好。

生活會有挫折，學會知足這門功課，就能更好享受神為我所計劃的一切。正如保羅在生命將結束時寫到；“那美好的仗我已經打過了，當跑的路我已經跑盡了，所信的道我已經守住了”(提摩太后書 4 章 7 節)，我們基督徒如能做到這點，那還有什麼遺憾，還有什麼不知足？

SAM

2016 年 6 月 15 日

Be Content

a devotion given by brother Sam Chen in our prayer meeting

on June 8, 2016

Philippians 4:11 “I am not saying this because I am in need, for I have learned to be content whatever the circumstances.”

I was born in a family with many siblings and we were one of the poorest families in the village. We had many needs and I envied people who were rich and able to afford nice things. I saw uneducated people holding high positions who were content with what they had. I was envious of them. My mother taught me to compare ourselves not to the rich but to those who were poorer and less well off than us - don't they look upon us with envy?

Paul was in prison when he wrote the letter to the Philippians. Even in that situation he learned to be content. He wrote “I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want” (Phil 4:12). Our human nature often causes us to want things that are pleasing to our body and mind. Wanting something especially money can create a sick greedy cycle. It is not uncommon for those who had something they wanted earlier to go for the next best thing! It can lead to a vicious cycle of meeting unsatisfying needs. It is only when we put our sight on God

that we will truly be content with what we have. God already know what we need and what we do not need. When we are at peace with Him and are thankful for the blessings He has bestowed upon us, then we will be content with what we have and the situation we are in. It doesn't matter whether we are broke or have plenty of money, unless we let God into our hearts to satisfy us, we will never truly be content. Contentment is not based on the materialistic things we possess but on whether Jesus is truly in possession of our heart and mind. We can only do this "through him who gives me strength" (Phil 4:13).