

1. 先祷告：（求天父帮助自己安静和专注）

2. 读经文： 诗篇 第53篇

3. 想一想：（★主要思考建议）

- ★ 这诗描写愚顽人的面貌（1~4节）与结局（5节）。愚顽人就是那些目中无神的人！相反地，那些等候神救恩的人才能得真正的快乐（6节）。今天我们要做愚顽人吗？我们会否因不惧怕神，却陷在很多恐惧中？

4. 读经文： 诗篇 第54篇

5. 参 考：

- 这诗类似诗篇五十二篇的处境，大卫这次是被西弗人出卖（见标题）！但这次不同的是，竟然是同族犹太人（参书十五24）出卖他（撒上廿三19~29）。

6. 想一想：（★主要思考建议）

- ★ 大卫面对同族人成为追杀他的敌人（3节），他祈求神彰显公义（1~5节），而他却仍要向耶和華献上「甘心祭」（6节）。这不是勉强为求保护而献祭，乃是出于感恩而献的祭！今天我们是因向神有要求，或希望得到祝福才奉献给神？或是就算遇危难、不公平对待，我们仍会向神献上甘心祭？

7. 当祷告：亲爱的天父，谢谢祢_____，
求祢帮助我_____，奉主耶稣名求，阿们！

8. 速行动：无论顺境或逆境，我愿意_____！

9. 金句（或本章要点）_____

1.Pray: (Heavenly Father, please quiet my heart and focus my mind)

2.Read: **Psalm 53**

3.Ponder: (★key point to ponder)

- ★ This psalm describes the characteristics of the fools (v. 1-4) and their endings (v. 5). Fools are those who have no God! On the contrary, those who wait on God's salvation will find true happiness (v. 6). Do we want to be fools? Are we overwhelmed with fears because we do not fear God?

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4.Read: **Psalm 54**

5.Reference:

- This psalm's situation is similar to Psalm 52's; however, David was betrayed by the Ziphites this time (see the heading). The difference this time was that the people from his own tribe of Judah (see Jos 14:24) betrayed him (1Sa 23:19-29).

6.Ponder: (★key point to ponder)

- ★ David had to face the people from his own tribe who became his enemy and hunted him down (v. 3). David asked God to show justice (v. 1-5); yet, he was still willing to sacrifice a "freewill offering" to the Lord (v. 6). He did not sacrifice reluctantly for protection, but did it out of thanksgiving. Today, are we consecrating to God because we have a request for God, or because we hope to receive blessings from God? Or, will we sacrifice freewill offerings to God even in times of adversity and unfair treatment?

7.Pray: Dear Heavenly Father, thank You for _____

Please help me to _____ In Jesus' name I pray, Amen!

8.Act: No matter in times of good or bad, I am willing to _____

_____!

9.Key Verse (or Key point) _____