

神形象 Imago Dei 小組材料

由 Rob des Cotes 撰寫

小組默想、學習資料

這裡有一些默想神的材料，是靈程學的核心，也是 ID 致力追求並鼓勵的。若你現在有一小組，這些材料可提供你們一些默想主題上進深，更增進彼此的團契。

請選擇合適你們需要的材料，並自由複印；下面更提供一些小組分享問題，可隨意使用。

這些問題亦可作個人靈修之用，也鼓勵你組織三兩同道，一同發掘神和我們之間關係的奧秘。

默想主題：

獻你所有

「所以，弟兄們，我以上帝的慈悲勸你們，將身體獻上當作活祭，是聖潔的，是上帝所喜悅的，你們如此事奉乃是理所當然的（或譯：是屬靈敬拜的行動）。」羅十二

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Romans 12:1

禱告的時候我問神：「當我禱告，我最好是做什麼？什麼是對我的靈命有益處？」我記起保羅給我們的教導：我們最完全的奉獻是獻上自己成為『活祭』。如果我的渴慕是神完全的住在我裡面，那麼順理成章地獻上自己是第一步。我才可以像保羅一樣的宣稱自己的身份：「現在活著的不再是我，是基督在我裡面活著。」加三 20

默觀禱告是把自己放在靈命塑造的祭壇上，讓神模造我們有需要的地方。我們把自我意志的權利和抉擇奉獻給神，由祂的旨意和抉擇作主。作為一個『活祭』就是每天把自己獻給聖靈，我曾把我的生命擺在祭壇上，那就不再是我的了，是神自己的，祂喜悅怎樣就怎樣。

保羅認為這樣獻上的生命「是聖潔的，是神所喜悅的」，這也是耶穌在世時和父的關係的表述。祂呼召我們學效與祂相交。當我們不斷的獻上為活祭，我們當然就能在體驗祂在這方面給我的成長，因為祂就在我們裡面活著。

反省問題：

1. 當禱告時，作為『活祭』對我是什麼含義？這要求我們的是什麼？不要求的又是什麼？
2. 在我們的內在生命中，有什麼需要能導致我們可以像保羅一樣的說：「現在活著的不再是我，是基督在我裡面活著。」加三 20？
3. 上面的默想提到：「我曾把我的生命擺在祭壇上，那就不再是我的了，是神自己的，祂喜悅怎樣就怎樣。」在我們的禱告經歷中，有多少是類似的呢？有什麼的情況我會把已獻上的拿回來？

禱告：

- 安靜思想那聖潔和可喜悅的祭就是順服在神面前。
- 求聖靈給你能真摯渴慕地把自己更多更多的獻給神。

1. "Giving Your All to God"

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

Romans 12:1

During prayer I found myself asking the Lord, "What is best for me to be doing when I pray? What is most profitable to spiritual growth?" I was reminded of Paul's instructions that our most complete offering is to present ourselves as "living sacrifices." If my desire is that God dwell more fully in me, this seems like a reasonable first step. It's the only way I can ever hope to claim the identity that Paul had for himself when he wrote: "it is no longer I who live, but Christ who lives in me." (Gal. 2:20)

Contemplative prayer is an offering whereby we place ourselves on the altar of spiritual formation and let God create in us whatever is needed. We sacrifice our right to self-will and determination in deference to the Lord's will and determination. As a living sacrifice my prayer is simply to present myself daily to the Holy Spirit. Once I put my life on this altar, it is no longer mine but His, to do with as He pleases.

According to Paul, God recognizes such a life of self-offering as "holy and pleasing." This was the relationship with the Father that Jesus modeled while He was on earth, and which He calls us to imitate in our relationship with Him. As we continually offer our lives as a sacrifice to God, we will surely grow in the experience of Christ, who lives in us.

Questions:

- What does it mean for us to be a "living sacrifice" to God during our prayers? What is required of us for this? What is not required of us?
 - What conditions in our inner life would be necessary for us to be able to say, as Paul does, "the life I live is not my own, it is Christ who lives in me"? (Gal. 2:20)
 - The meditation states: "Once I put my life on this altar (of prayer), it is no longer mine but His, to do with as He pleases." How is this true in our prayer experience? What are some of the ways that we "take back" our lives after having offered them to God in prayer?
- Prayer: Consider the "holy and pleasing" sacrifice that submissiveness in your prayer represents to God. Ask the Holy Spirit to give you a sincere desire to present yourself more and more to God in this way.