

## 淡薄了的心 “Spread Out Thinly”

「你們要謹慎，免得被貪食，醉酒，和今生的憂慮壓住你們的心，…」路 21:34

**Be careful, or your hearts will be weighed down with dissipation.**

**dis-si-pate** 拉丁文解釋：你的心被「拋棄」 可解作：1. 消散 2. 使消失 3. 浪費，揮霍

耶穌向門徒警戒在混亂的末世需要防衛。門徒有主同在是穩妥的。主耶穌知道他快要離開他們，所以提醒門徒不要讓聖靈的醇酒稀釋了——好像被生活中的憂慮和分心沖走。這亦是對我們的提醒——不要讓每天的掛念分散我們的心，以致我們的靈對聖靈的專注好像失去了。

我們的屬靈生命好像光線放在放大鏡下要聚焦才能熾熱，這鏡要放在一個最理想的距離才能聚焦，鑽出火來，這距離一定要準確，把鏡移開一點都會分散或減弱光線。同樣，把這道理應用在我們的屬靈生命，我們每一位都需要注意和維繫這聚焦的關係。

耶穌告訴我們要小心，很不經意下你會失去屬靈生命的熱忱。要聚焦在祂身上。要注意每天你的屬靈熱情，要提防可能令你的心廢棄、分散的徵兆。

耶穌接著給我們的小小提示，好讓我們在靈裡聚焦：「要常常警醒，並禱告。」

要警醒——是注意你的靈在每天一些隱蔽的地方的變化；

禱告——用時間去注視神的光線能保持在最理想的角度。

反省問題：

1. 想想在你的屬靈生命裡是怎樣把聖靈的醇酒稀色了。被沖稀了的感受是怎樣的？
2. 現在有沒有一些焦慮或“今天的掛念”在影響你失去焦點？禱告怎樣幫助你，像那放大鏡一樣幫你重拾焦點？
3. 為什麼注視這靈裡面的變化對我們的靈命如此重要？我們可以怎樣在生活中培養這樣情操？

禱告：

求神給你意識到你已分心或內心被壓住。

求聖靈幫你解決，以致你會選擇保護你心不致消化。

## 6. "Spread Out Thinly"

Be careful, or your hearts will be weighed down with dissipation.

Luke 21:34

dis-si-pate: vt. (from the Latin 'dis-supare' meaning to 'throw away') 1. to scatter 2. to make disappear 3. to waste or squander

Jesus gave this warning to His disciples as a way of bracing them against the confusion of the end times. The disciples were secure while in the presence and proximity of Jesus but He warned them, knowing that He would soon depart, to be careful not to let the fine wine of the Spirit become diluted—watered down by the anxieties and distractions of life. It is advice intended for us all—that we not let the many concerns of the day spread our lives out so thin that the concentration of the Spirit would seem to disappear from our souls.

Like sun rays shining through a magnifying glass, the spiritual life needs to be kept in sharp focus if it is to remain intense. With the glass held at an optimum distance the rays concentrate into a burning light. This optimum distance is a very precise one and, as it applies to our souls, is one that we each have to discover and maintain for ourselves. Moving a magnifying glass back or forward, even slightly, will dissipate the rays and weaken their intensity.

Be careful Jesus tells us. It is easy to lose the intensity of your spiritual life. Keep focused. Be aware of the daily state of your spiritual passion and watch for signs of it being squandered.

Jesus goes on to offer an ounce of prevention to help us keep our spiritual focus. "Be always on the watch," He says, "and pray."

Watch— be attentive to the subtle changes that take place in your spirit every day. And pray—take the time to ensure that God's rays remain at optimum focus in you.

Questions:

- Consider how, in your own life, the "fine wine of the Holy Spirit" becomes diluted. What does it feel like to be 'watered down" in your spiritual life?
  - What particular anxieties or "concerns of the day" are causing you to lose your spiritual focus at this time? How does prayer help you, like a magnifying glass, regain this focus?
  - Why is being attentive to the changes in our spirit such an important part of the spiritual life? How can this be cultivated in our lives?
- Prayer: Ask God to help you notice when you are becoming dissipated or weighed down in your heart. Ask the Holy Spirit for the resolve that will help you choose to protect your heart from dissipation.