

## 读经（玖）

### Reading the Bible (IX)

#### 伍 如何读圣经

#### V. How to Read the Bible

（一）天天读—‘天天考查’。行传十七章十一节。

##### 1. Reading Daily - “Examining the Scriptures daily” (Acts 17:11).

读圣经最好的方法，是天天读。这是许多人的经历所证实的。圣经既与我们行事为人有切身的关系，是我们在各方面所需要的，我们就该天天接触圣经。尤其圣经是我们属灵生命的粮食，我们更需要天天从其中取得属灵的营养。身体的营养是需要天天供应的，灵性的营养也是这样。饭是需要天天吃的，圣经也是需要天天读的。吃饭，最好是天天吃，读经也最好是天天读。吃饭不可一日吃三日停，读经也不可一曝十寒。我们每天吃的饭，分量需要平均适宜；照样，我们每天读的经，数量最好也平均适宜，不要过多，也不要过少，更不要一日特多，一日特少。

Many can testify that the best way to read the Bible is **to read it daily**. Since the Bible is closely related to our living and actions, we need it in every area of our life. Therefore, we should read the Bible daily. Since the Bible is **food for our spiritual life**, we must receive spiritual nourishment from it daily. We need physical nourishment every day, and we similarly need spiritual nourishment every day. Just as we need to eat physical food every day, we need to read the Bible every day. We are healthy when we eat food every day, and we are healthy when we read the Bible every day. We should not eat food one day and then fast for three days. Likewise, we should not read the Bible in fits and starts. Just as our food should be apportioned to us throughout the day, our Bible reading should be apportioned in a measured and daily way. We should not receive too much or too little, reading too much one day and very little the next.

还有，吃饭最好不只是天天吃，并且是天天在一定的時候吃。读经最好也是这样。我们为吃饭怎样每天都安排出几次一定的时间，为读经也该这样。天天按定时按定量吃饭，是与身体最适宜的。照样，天天按定时按定量读经，也是与灵性最有益的。但愿我们靠着主的恩典能这样作！

Furthermore, **eating at specific times is the most healthy way to eat**. Similarly, **we should set aside specific times to read the Bible every day**. Just as it is best for our body to eat a specific amount of food at specific times every day, it is best for our spirit to read a specific amount of the Bible at specific times every day. May we practice this by the Lord's grace.

（二）早晨读—‘趁天未亮…仰望，…趁夜更未换，将眼睁开，…思想。’诗篇一百一十九篇一百四十七至一百四十八节，出埃及十六章二十一节，以赛亚五十四章四节。

##### 2. Rising in the Morning - “I anticipated the dawn... / I hoped in Your words. / My eyes anticipated the night watches, / That I might muse” (Psa. 119:147-148; see also Exo. 16:21; Isa. 50:4).

在整天的时间里，早晨是个最好读经的时候。这是许多读经的人所公认的。早晨心神初醒，灵里清静，并且没有杂声吵闹，人事烦扰，在这时读经，当然是最好的。若是在早晨以后的时间里读经，就难免有嘈杂的声音，和打岔的人事，使我们不能安心静读，也就难能从圣经中得着多少该得的益处。这像当日以色列人在旷野每天收取他们所需要的吗哪，必须是在早晨；若等到日头出来一晒，就消化了。是的，我们灵性所需要圣经中的吗哪，也是必须我们天天早起收取的；若晚了，就被日中的事消化了。所以从前的诗人，是趁天未亮，就仰望神的话，趁夜更未换，就醒转来思想神的话。先知以赛亚也是每天在早晨的时候，在主面前听受主的话。这样，我们岂不应当每天早起读经，仰望神的话，思想神的话，听受而得着神的话么？我们若在早晨爱床懒起，就不能从圣经中收取我们一天所需要的吗哪，就要在一天中失去莫大的祝福。没有一个在早晨爱床的人，能爱圣经。也没有一个在早晨懒起的人，能读圣经。你若在早晨不恨床，不早起，就不能在早晨到圣经中收取神话语的。所以早晨要早醒，并且一醒了，就要起来，就要离床，不要在床上留恋片刻。你要有心这样作，而求神给你这个恩典。

**The morning is the best time to read the Bible**. Many who read the Bible acknowledge this. It is best to read the Bible in the morning when our heart has just awakened, our spirit is clean and quiet, and there is no noise, people, or events to disturb or worry us. If we read the Bible at a time other than the morning, it will be difficult to avoid disturbing noises and the interruptions of people or events and to read the Bible in peace.

This makes it difficult to gain much benefit from reading the Bible. The children of Israel gathered the manna that they needed in the wilderness every day in the morning; if they waited until the sun came up, the manna melted away. Indeed, in order to gather the manna that we need for our spirit from the Bible, we must [get up early every morning](#). If we are too late, it will melt away during the affairs of the day. Therefore, the psalmists anticipated the morning in order to hope in God's word. They anticipated the night watches to muse on God's word. The prophet Isaiah also listened to the Lord's word before God every morning. Should we not also get up early every morning to read the Bible, hope in God's word, muse on God's word, and listen to and receive God's word? If we are lazy and love our beds in the morning, we will not be able to gather the manna that we need for the day from the Bible. We will miss a great blessing for the day. No one who loves his bed in the morning can love the Bible. No one who is lazy in the morning can read the Bible. If we do not hate our bed and get up early in the morning, we will not be able to gather the manna of God's word from the Bible in the morning. Therefore, we must awaken early in the morning. Once we are awake, we must get up and get out of our bed; we should not linger in our bed. We must have the heart to do this and ask God to give us the grace.

在早晨读经，不只最有益处，也最有用处。我们一天之中，不知要应付多少事，也不知要遇到什么事，若在早晨读经，就能事先得到主的话语，够供应我们一天的需用；否则，整天就要没有能力应付事情，胜过试探。所以我们必须在早晨读经！必须在早晨寻求而得着主的话！可惜许多弟兄姊妹不是这样。这实在是件可惜的事！他们不知道受了多少亏损？愿主怜悯！

[Reading the Bible in the morning not only benefits us spiritually, but it is also very useful in dealing with the things that we encounter every day.](#) If we come to the Lord's Word and read the Bible in the morning, it will supply us to meet our needs throughout the day. If we do not come to the Word, we will lack the power to deal with things or to overcome the temptations of the day. Therefore, we must read the Bible in the morning. We must seek and gain the Lord's word in the morning. Alas, many brothers and sisters do not do this. That truly is a pitiful situation. They do not know how much they have lost. May the Lord have mercy.

（三）求主开窍——‘求你开我的眼睛，使我看出…奇妙。’诗篇一百一十九篇十八节，路加二十四章四十五节。

**3. Asking the Lord to Open Our Mind - “Open my eyes that I may behold / Wondrous things” (Psa. 119:18; see also Luke 24:45).**

我们读经，不能光靠自己的脑力，必须求主开我们的心窍，使我们能明白其中的真理；开我们的眼睛，使我们能看出其中的奇妙。我们要懂得圣经，要认识圣经，需要开通的悟性，和开启的眼睛。这是只有主能赐给的。所以我们要向主求。

We should not depend merely on our own intellect to read the Bible. [We must ask the Lord to open our mind so that we might understand the truth in the Word and behold wondrous things.](#) If we want to understand and know the Bible, we need an opened mind and opened eyes. Only the Lord can open our mind and eyes; therefore, we must ask the Lord.

（四）仰望圣灵的光照——‘圣灵向我们显明，…圣灵参透万事，…神深奥的事也参透了。’林前二章九至十四节。

**4. Seeking the Enlightenment of the Holy Spirit - “Revealed them through the Spirit, for the Spirit searches all things, even the depths of God” (1 Cor. 2:10).**

圣经原是圣灵所默示的。并且圣经中许多神深奥的事，只有圣灵能参透，也只有圣灵能向我们显明。圣经中那些深奥的事，都是出于神、属于神、关于神的。除了神的灵，没有人能知道神的事。所以我们要读圣经读得明白，就必须仰望圣灵的光照。要明白圣经，不是我们天然的智力所能为力的，必须有圣灵的光照，必须有圣灵的启示才可以。所以在读经的时候，不要倚靠自己的智力，要仰望圣灵的光照、启示。

Even though the Bible has been revealed through the Holy Spirit, [there are yet many deep and mysterious things of God in the Bible that only the Spirit can search out and reveal to us.](#) The depths of the Bible are out of God, of God, and concerning God. No one knows the things of God except the Spirit of God. Therefore, if we want to read the Bible and understand it, we must seek the Spirit's enlightenment. Our natural intellect is unable to understand the Bible. We must be enlightened by the Holy Spirit. We need the Holy Spirit's

revelation so that we can understand the Bible. Therefore, **when we read the Bible, we should not depend on our intelligence but seek the enlightenment and revelation of the Holy Spirit.**

并且我们要知道，我们要明白圣经，不只需要仰望圣灵的光照，还需要活在圣灵里面，成为一个‘属灵的人’。圣经的话是属灵的话，圣经所说的事也是属灵的事。只有属灵的人，才能明白属灵的话，领会属灵的事。我们都知道，什么样的人，就明白什么样的话；那种样的人，就领会那种样的事。属灵的话，必须属灵的人才能明白；属灵的事，也必须属灵的人才能领会。只有属灵的，才能明白属灵的。只有属灵的，才能领会属灵的。圣经既是属灵的，就我们必须是属灵的，才能明白其中的话，才能领会其中的事。我们能明白圣经，能领会圣经，是根据我们的属灵。我们能明白圣经多少，能领会圣经多少，是看我们属灵多少。我们明白、领会圣经的程度，是根据我们属灵的程度。所以我们要明白、领会圣经，就必须属灵，就必须学习活在灵里，而成为一个属灵的人。

Furthermore, if we want to understand the Bible, we need to do more than seek the enlightenment of the Holy Spirit; **we also need to live in the Holy Spirit and become a spiritual person.** The word of the Bible is a spiritual word, and the Bible speaks of spiritual matters. Only those who are spiritual can understand spiritual words and matters. Certain kinds of people understand certain kinds of words and matters. It takes a spiritual person to understand spiritual words, and it takes a spiritual person to understand spiritual matters. Only the spiritual can understand the spiritual. Since the Bible is spiritual, we must be spiritual in order to understand the words that it contains. The degree of our understanding of the Bible is based on the degree of our spirituality. Therefore, **if we want to understand the Bible, we must be spiritual, learn to live in the Spirit, and become a spiritual person.**

（五）心先归向主——‘心几时转向主，帕子就几时除去。’林后三章十六节。

#### 5. Turning Our Heart to the Lord - “Whenever their heart turns to the Lord, the veil is taken away” (2 Cor. 3:16).

读经不只需要我们属灵，也需要我们把心归向主。我们读经能否明白，能否有亮光，不只要看我们在灵里的情形如何，也要看我们的心在那里。不在灵里不行，心所向的不对也不行。我们读经要读得明白，我们的心必须向着主。我们的心不向着主，我们就难能明白圣经，就难能看见圣经的光。我们的心不向着主，我们就有帕子遮蔽，使我们不能看见圣经的光。我们的心一归向主，我们的帕子就除去了，我们就能看见主在祂话语中的光，因此我们就能明白圣经，认识圣经。所以我们要读经，就必须把我们的心归向主——从主之外的一切人、事、物上面转过来，断下来，而归向主。

We must not only be spiritual to read the Bible, but **we must turn our heart to the Lord.** Whether we understand the Bible and receive light when we read it depends on our spiritual condition and our heart. There will be a problem if our spirit is not right, and there will be a problem if our heart is not right. If we want to understand the Bible when we read it, our heart must turn to the Lord. If our heart is not turned to the Lord, it will be difficult for us to understand the Bible and see its light; there will be a veil on our heart that prevents us from seeing the light in the Bible. Once our heart turns to the Lord, however, the veil is taken away. Then we will see the Lord in the light of His Word, and we will understand and know the Bible. If we want to know the Bible, we must turn our heart to the Lord; that is, **we must turn away from every person, thing, and matter outside of the Lord and return to the Lord.**

（六）立志遵行——‘人若立志遵着祂的旨意行，就必晓得。’约翰七章十七节。

#### 6. Resolving to Do His Will - “If anyone resolves to do His will, he will know concerning the teaching” (John 7:17).

我们读经，也要立志遵行，才能明白。主从来不把祂的教训给那无心遵行的人晓得。只有有心遵行，立志遵行主教训的人，主才给他晓得。所以必须是这样的人，才能读圣经读得明白。

When we read the Bible, we must **resolve to do His will** in order to understand the Word. The Lord does not reveal His teachings to those who have no heart to keep them. He makes them known to those who have a heart to keep them and who resolve to keep them. Therefore, **we must be a person of such resolve in order to understand the words in the Bible.**

参读：圣经要道，三十一题：读经