

# 麥穗

第七十五期

THE SEED



Issue 75 September 2021

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At the beginning of March, I received the article "Eight Fortune Boxing" from Elder Michael Lai (see the first half of "Ten Steps Meditation & Physical Exercise"). In addition, Simon Ho also shared "His Morning Exercise" by coincidence, which further helps us understand the importance of exercise and health. Thank the Lord for moving the brothers and sisters in both the Chinese and English congregations of MCPC to share wholeheartedly and encourage us to bravely walk through the valley of disease during the pandemic. I would like to compare life to a tree, rooted with the love of God and watered with the words of the Bible. Though there are violent storms, those are also the life nourishment that produces plentiful fruits of the tree. Life is precious. As we are fortunate enough to live in the kingdom of Christ, we should cherish life and fervently spread the gospel.



# Paradise

Wing K. Lam

In July 2021, during the Tuesday online bible study class led by Mr. Alfred Wong, we discussed the subject of “Paradise”. Our attention was drawn to the word “paradise” mentioned in Luke 23:43 where Jesus said to one of the criminals who were crucified with him, “I tell you the truth, today you will be with me in paradise.”

Attendants of the class were thrilled by the hope of going to paradise after the death for Christians. A searching question was then raised by someone: Will Christians go to paradise right away after death? If not, when?

One participant in the class stated that our souls would go to paradise right away after death since that was what Jesus told the criminal by His side. Another participant then pointed out the statement in the Apostles’ Creed which states, “Jesus was crucified, dead and buried. He descended into hell. The third day he rose again from the dead.” So, according to the Apostles’ Creed, Jesus did not go to the paradise right away after death. Instead, Jesus descended into hell.

Mr. Wong, the class teacher, explained that some bible scholars believe the place “hell” referred to in the Apostles’ Creed consists of two parts: one part is the “paradise” Jesus referred to on the cross and the other part is the real hell where the non-believers will go to after death.

To support the above interpretation, Mr. Wong referred to the story Jesus told the Pharisees in Luke 16:19-31. In the story, the rich man went to hell after death where he was in torment. The beggar Lazarus was carried to Abraham's side after death. When the rich man looked up and saw Abraham far away with Lazarus by his side, he called Abraham and said, "Father Abraham, have pity on me and send Lazarus to dip the tip of his finger in water and cool my tongue, because I am in agony in the fire." (Luke 16:23-24). Mr. Wong pointed out that Abraham and Lazarus were in the "paradise" area of hell while the rich man was in the "tormenting hell" area.

In 2 Corinthians Chapter 12, we read that Paul had a vision during which he was caught up in the third heaven – the "paradise". We understand that the third heaven is the place God dwells. How should we explain the "paradise" stated by Paul? Is this the paradise mentioned by Jesus when He was on the Cross? The answer is "No". Paul was in an ecstatic state when he was caught up in the third heaven during his vision; so he felt he was in paradise.

We come back now to the important question: When do we go to "Paradise"? We can find the answer in 1 Thessalonians Chapter 4 and Revelation Chapter 21. In 1 Thessalonians 4:16-17. We read, "For the Lord himself will come down from heaven, with a loud command. With the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together

with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.”

After the return of Jesus from Heaven, we read from Revelation that a new heaven and a new earth will come down out of Heaven from God. “Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” (Revelation 21:3-4) We read further in Revelation 22:3-5, “No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. They will see his face, and his name will be on their foreheads. There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever.”

The above Bible verses describe the “Paradise” which God has promised for all people who have accepted Jesus Christ as their personal Saviour and whose faith is accompanied by their deeds. Praise God!

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## 序

生活中有很多意想不到的事情是我們無法預料的。以下的分享由「恩雨之聲」電台部的同事製作成短片，藉以見證上帝讓我在 2020 年經歷的事情。這件事改變了我作為母親的角色和責任。這是短片的連結：

<https://youtu.be/sEdqxBnZTc>

(全長六十分鐘，但我的部分只佔約十五分鐘，由 27:50 至 41:30。)

各位聽眾朋友：

你們好！我是 May。今天是母親節。在過去的 10 多年裡，我丈夫、女兒和我總是一家三口開

開心心地慶祝母親節。但是由今年開始，這個景象已經不能再繼續了，因為我丈夫在去年十月因急性肺栓塞而被主接返天家，儘管他在去世前一天晚上還是很精神奕奕。

當女兒知道她父親已經去世時，她非常傷心，非常難過，我也很傷心，我們互相擁抱。我問上帝：「我現在要做什麼？」我覺得我獨自和女兒坐在船上，面對這場風暴，沒有任何希望。那一刻，神對我說話，讓我先安慰我的女兒。我看著我 16 歲的女兒，想著以後就只有我一個人照顧她、教導她了。我現在是單親媽媽，我對女兒說：「不要害怕！媽媽在這裡，我們的天父也在這裡。」突然，我意識到我和女兒在這條船上並不孤單，我們的天父也在船上，祂在這裡和我們一起面對這場風暴。然後我想到了先知以賽亞的經文。以賽亞書 41:10 說：

*所以不要害怕，因為我與你同在；*

*不要驚慌，因為我是你的上帝。*

*我會加強你，幫助你；*

*我要用我公義的右手扶持你。(NIV)*

我問上帝：「親愛的父親，從今天開始，我已永遠失去了我的丈夫。女兒跟她爸爸的關係很



親密，在這困難時期，我該如何安慰女兒？」我很害怕，但神的話給了我很大的保證。上帝說不要害怕，也不要驚慌，因為祂與我同在。我們的天父是我的上帝，祂向我保證祂會保護我並用祂公義的右手扶持我。我在主裡找到了平安。

我必須相信耶和華會為我安排一切。我需要了解我女兒對失去她親愛的父親的感受。事實上，去年二月，我父親安息主懷，因此我女兒也失去了她的外祖父。我女兒和我父親也很親近，他們經常一起在電視上看體育比賽。在短短 7 個半月的時間裡，我的女兒要面對兩個至親家庭成員的離開。對一個 16 歲的少年人來說，真是很不容易。她正在經歷失落和悲傷的巨大情緒轉變。作為她的母親，我知道我不能給她增加更多的壓力，所以我決定讓她像以前一樣繼續她的所有日常生活。我不希望剛剛失去父親的她加重她在家中的負擔，而變得焦慮或惶恐不安。

神的話給了我很多的鼓勵、希望和安慰。我告訴女兒我不太懂電腦，也不知道怎樣修理電器，若家中的電器或電子產品出現故障，妳願意幫忙處理嗎？我知道妳可以的。果然，她有能力的提供幫助。例如，她最近向我展示如何在

打印機上掃描文件，然後通過電子郵件發送。還有一次電視機壞了，她主動去檢查解調器和所有電線，然後打電話給電訊公司的技術支援。我站在她身邊，觀察她與對方的對答，並為她默默祈禱。我很驚訝她處理得很好。她在電話交談時很耐心、謙虛、彬彬有禮。在與技術支援員溝通約 25 分鐘後，電視機終於操作正常。她掛斷電話後，我摟著她，稱讚她，感謝她解決了家中的問題。

自丈夫去世後，我和女兒經常需要互相支持，所以我們常常互相擁抱。進行這些身體接觸很重要，因為它們可以改善我們的情感聯繫，並抒發我們的情緒。我們學會了定期互相擁抱彼此支持。

去年 12 月，我女兒團契的導師分享了一個朋友的病。這個人是導師的朋友，團契不認識她。這位已為人母的朋友最近發現患了絕症。她和丈夫有一個當時只有幾個月大的女兒。團契導師請團員寫一些鼓勵和安慰的話給這位母親。我女兒讓我給她買了一張空白卡片，這樣她就可以寫一些安慰的說話振奮這位母親。她在卡片上寫了許多鼓勵的話，她寫下了哥林多後書 1:4 的這節經文：

我們的一切患難中，他就安慰我們，叫我們能用神所賜的安慰去安慰那遭各樣患難的人。

(NIV)

我女兒應用她從聖經中學到的東西來安慰那位母親。我感謝上帝教導和引導我的女兒。可悲的是，那位年輕母親在一月份去世了，留下了她的丈夫和女兒。這件事令我女兒意識到每個家庭都有自己的掙扎和悲傷的時刻，這個女嬰比我女兒失去父親的年齡要小得多。有許多人處於更困難和更不幸的境地。

在我三月份的生日，我女兒拿了一張白紙給我寫了一些東西，還引用了詩篇 71:6-8

<sup>6</sup>我自出母胎就倚賴你，  
把我從母腹中領出來的就是你，  
我要常常讚美你。

<sup>7</sup>眾人都以我為怪，  
但你是我堅固的避難所。

<sup>8</sup>我要滿口讚美你，  
我終日頌揚你的榮美。(NIV)

看完這張賀卡，我感動得熱淚盈眶。她感激母親的愛，也知道家是她的避難所，天父永遠與

她同在。我擁抱了我的女兒，並感謝她的愛。  
上帝啊，祢是多麼地愛我倆！

我們知道，我們會繼續經歷不同的挑戰和困難。我前面提到的不是吹噓我的女兒，而是承認這完全是上帝的恩典，是祂大能的手在工作。我們的天父每天都與我們在同一條船上。在我們的生活中，我們需要依靠祂並信靠祂，這是我們的終身學習。雖然不容易，但深信相信上帝必會引導我們。

我將分享我在每次靈修中背誦的祈禱文：

親愛的上帝：

祢知道我的不足之處，不單在教養女兒方面，亦在我生活的各個層面上，我也知道我的弱點。我正在盡我所能去照顧我的女兒

Dorothy，但當然是未夠好。當我想到祢施行五餅二魚餵飽五千人這個神蹟時，神阿求祢讓我學習付出我微薄的能力，並用它來祝福我的家庭。神阿求祢彌補我做錯了的事情，滿足我達不到的需求，補償我的盲點和錯誤。將祢的手臂圍繞在我女兒 Dorothy 的周圍，並將她拉近祢。當 Dorothy 站在對與錯的十字路口時，神阿我求祢幫助她、扶持她，教導她做正確的選擇。我這個單親媽媽每一天都會盡我最大的能

力去照顧她。我每一天都把女兒交託給祢。神阿求祢幫助我完成祢擺在我前面的事情，每件事情的結果都能穩固地掌握在祢手中。我深信上帝祢是一位信實的父親，是一位慈愛的父親，可以傾聽並回應我內心的哀求。神阿我再次把我自己和女兒 Dorothy 交在祢手中，因為祢是我們的避難所，是我們隨時的幫助。以上的禱告是奉我主耶穌基督得勝的名字而祈求。阿們！

今天是母親節，請允許我向每一位母親，或即將成為母親，或祖母，外祖母、曾祖母，以及所有聽著



「恩雨同路人」這個節目的聽眾朋友致以最深切的祝福。我祝你們身體健康，最重要的是有「上帝與你同在」！ 阿們！

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## **Testimony on Mother's Day 2021 May Mui**

### Introduction

There are many unexpected things in life that we cannot anticipate. The next sharing is from May, our co-worker at SOBEM Radio Department. She will share about what God has allowed her to experience in 2020. This event has changed her role and responsibilities as a mother.

### May's Sharing

Dear audience and friends,

How are you? I am May. Today is Mother's Day. In the last 10 plus years, my husband, daughter and I always celebrated Mother's Day together as a family. However, this celebration together could not happen anymore because my husband died of pulmonary embolism last October. He returned to our LORD, though he was well and active just the night before. When our daughter realized that her father passed away, she was devastated and was very sad. I too was very sad. We embraced each other and I asked God, "What am I going to do now?" I felt that my daughter and I were alone in a boat, facing this storm without any hope. At that moment, God spoke to me and told me to comfort my daughter first. I looked at my 16-year-old daughter, thinking I would be the only one taking care of her from now on. I am now a single parent and I said to my daughter, "Do not be afraid! Mom is here, and

our Heavenly Father is here.” Suddenly, I realized that my daughter and I were not alone in this boat, our Father in heaven was also onboard. He is here with us to face this storm together. Then this verse from the prophet Isaiah came to mind. Isaiah 41:10 says,

*So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand. (NIV)*

I asked God, “Dear Father, from this day onward I have lost my husband. My daughter is very close to her dad, how do I comfort my daughter during these difficult times?” I was scared but God’s words gave me great assurance. God said do not fear, and do not be dismayed because I am with you. Our Heavenly Father is my God, and He assures me that He will protect me and strengthen me with His righteous right hand. I find peace in our LORD.

I have to trust that the LORD will make all arrangements for me. I need to understand how my daughter is feeling for she has lost her dear father. In fact, earlier in February last year, my father went to be with the LORD, and therefore, my daughter lost her grandfather also. My daughter was very close to my father too, and they spent time watching sports together on TV. In a short period of 7½ months, my daughter had to deal with the passing of two close family members. For a teenager, this was not easy at all. She must be going through tremendous emotions of grief, loss

and sadness. As her mother, I could not add more stress to her and so I decided to allow her to continue with all her daily routines exactly as before. I didn't want her to experience new burdens, anxieties or changes when she had just lost her father.

God's words have given me so much encouragement, hope and comfort. I told my daughter that I did not know too much about computers or how to fix electrical appliances, and asked her if she would be willing to help? Sure enough she is more than capable of helping. For example, she recently showed me how to scan a document on the printer, and then sent it by email. On another occasion when the TV was not working, she went and checked the modem and all the cables, and then called for technical support at the cable company. I stood by her, observing her interaction with the rep on the phone and praying silently for her. I was amazed how well she conducted herself; she was patient, humble and courteous when talking on the phone. After some 25 minutes of communicating with technical support and trouble shooting, the TV worked again. After she hang up, I put my arms around her, praised her and thanked her for solving the problem.

After my husband passed away, my daughter and I had many occasions of hugging each other whenever we needed mutual support. It is important to have these physical contacts because they improve our emotional



connection and allow us to release any internal tension. We have learnt to regularly embrace each other to support each other.

Last December, the fellowship counsellor of my daughter's fellowship shared about an illness of a friend. This person was a friend of the counsellor and the fellowship did not know her. This friend who was a mother recently discovered a terminal illness. She and her husband had a daughter who was a few months' old at the time. The counsellor asked the fellowship to write some words of courage and comfort to this mother. My daughter asked me to buy her a blank card so that she could write something to this mother. She wrote many words of encouragement on the card, and she wrote this verse from 2 Corinthians 1:4,

*who comforts us in all our troubles, so that we can  
comfort those  
in any trouble with the comfort we ourselves receive from  
God. (NIV)*

My daughter applied what she learnt from the Bible and used that to comfort the mother. I gave thanks to God for teaching and guiding my daughter. Sadly, the mother passed away in January, leaving behind her husband and her daughter. My daughter realized that each family has its own struggles and sad moments. She could see that this baby girl lost her mother at a much younger age than she

lost her father. There are many who are in more difficult and unfortunate situations.

For my birthday in March, my daughter took a blank piece of paper and wrote something to me. She also quoted Psalm 71:6-8,

*from birth I have relied on you;  
you brought me forth from my mother's womb.*

*I will ever praise you.*

*I have become a sign to many;*

*you are my strong refuge.*

*My mouth is filled with your praise,  
declaring your splendor all day long. (NIV)*

After reading this Birthday card, I was moved to tears. She appreciated the love of her mother, she also knew that her home was her refuge, and that the Heavenly Father is always with her. I embraced my daughter and thanked her for her love. O God, how you love us both so dearly.

We continue to experience different challenges and difficulties from time to time. What I have mentioned earlier is not to be boastful about my daughter, but to acknowledge that it is entirely the grace of God, and the work of His mighty hand. Our Heavenly Father is in the same boat with us each day. We need to rely on Him and trust Him in our lives. We are reminded to look to Him and to trust Him. This is life-long learning. It is not an easy lesson, and we trust God will guide us.

I am going to share a prayer that I recite during my daily devotion.

*Dear Lord,*

*You know my inadequacies. You know my weaknesses, not only in parenting, but in every area of my life. I'm doing the best I can to raise Dorothy properly, but it may not be good enough. As You broke the fishes and the loaves to feed the five thousand hungry people, now take my meager effort and use it to bless my family. Make up for the things I do wrong. Satisfy the needs that I have not met. Compensate for my blunders and mistakes. Wrap Your great arms around Dorothy, and draw her close to You, And be there when she stands at the great crossroads between right and wrong. I turn to You for solace when I've reached the end of my rope. All I can give her is my best, and I will continue to do that. I submit her to You now and rededicate myself to the task You have placed before me. The outcome rests securely in Your hands. I trust that God is faithful, as a loving Father, to hear and answer that cry of the heart. You will be there to comfort me and work within the soul of my beloved Dorothy. Amen.*

Today is Mother's Day. Allow me to give my best wishes to every mother, or soon-to-be mothers, or grandmothers, great grandmothers, or Godmothers, God Grandmothers, and to all who are listening to this. I wish you good health and most importantly that "God be with you!" Amen.

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# Priceless Health



# 健康無價

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## 十項默想健身操

黎惠基

朋友，願你健康並且一切安好，靈性也安好。  
(約翰三書一章二節: *親愛的兄弟啊，我願你  
凡事興盛，身體健壯，正如你的靈魂興盛一  
樣。*)

我行醫已 45 年，常常看到病人身體受傷、或是年紀老邁，必須做運動去保持健康。人老了，肌肉和筋骨、骨節都生硬，需要拉鬆。也需要做深呼吸運動。後來發現以下的運動很好用，現在誠心推薦與大家分享。也可以用來當熱身運動，然後才繼續做其他劇烈運動。

要享有健康，必須加強靈性、情緒、身體健康兼備。

多年以來，我尋求一種全身都運動，適合任何年齡，並且也操練靈性的運動。這個運動可以每天與靈修一起做，一直做到老邁行動也不方便之時。甚至站也站不好時，坐著也行！

## #1 舉起雙手仰望神

(運動目標：肩、頸、肩胛，並擴大肺臟)

伯 5:8 至於我，我必仰望神，把我的事情託付他。

詩 34:5 凡仰望他的，便有光榮；他們的臉必不蒙羞。

詩 130:7 以色列啊，你當仰望耶和華！因他有慈愛，有豐盛的救恩。）



## #2 擴張境界靈命增

(運動目標：手、腳、頸、胸肌)

代上 4:10 雅比斯求告以色列的神說：甚願你賜福與我，擴張我的境界，常與我同在，保佑我不遭患難，不受艱苦。神就應允他所求的。

出 34:24 我要從你面前趕出外邦人，擴張你的境界。你一年三次上去朝見耶和華—你神的時候，必沒有人貪慕你的地土。

申 12:20 上耶和華—你的神照他所應許擴張你境界的時候。





### #3 上尖下流神賜福 (運動目標: 拉手、胸、背肌肉)

路 6:38 你們要給人，就必有給你們的，並且用十足的升斗，連搖帶按，上尖下流的倒在你們懷裡；因為你們用什麼量器量給人，也必用什麼量器量給你們。





#### #4 左右聖靈常保守（運動目標：頸、胸、肩關節展開）

箴 4:23 你要保守你心，勝過保守一切（或譯：你要切切保守你心），因為一生的果效是由心發出。

賽 42:23 你們中間誰肯側耳聽此，誰肯留心而聽，以防將來呢？

約 17:11 從今以後，我不在世上，他們卻在世上；我往你那裡去。聖父啊，求你因你所賜給我的名保守他們，叫他們合而為一像我們一樣。

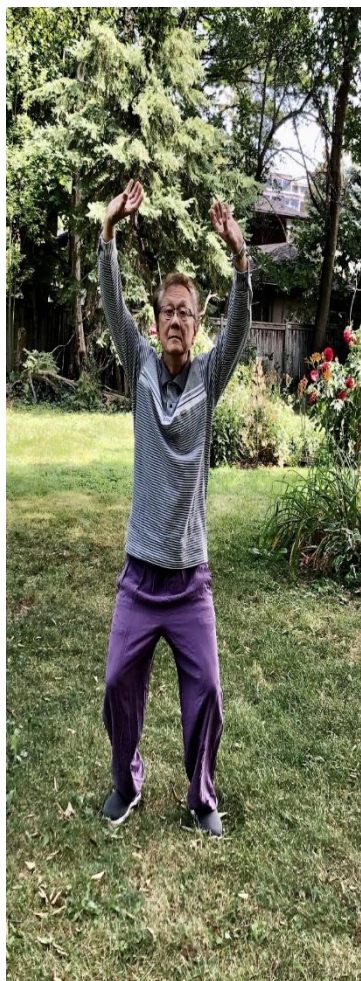
弗 4:3 用和平彼此聯絡，竭力保守聖靈所賜合而為一的心。

腓 4:3 上 我也求你這真實同負一軛的。



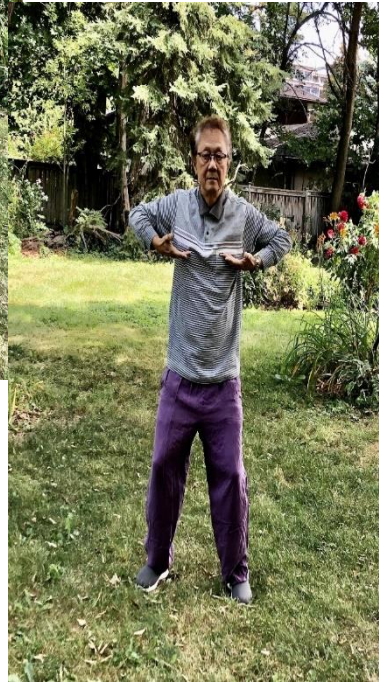
## #5 向上結果下扎根 (運動目標: 手、腳、背、頸肌肉)

王下 19:30 猶大家所逃脫餘剩的，仍要  
往下扎根，向上結果。



#6 穿戴全副神軍裝 (運動目標：手、腳、  
背肌、肩關節)

弗 6:11 要穿戴神所賜的全副軍裝，就能  
抵擋魔鬼的詭計。







#7 戰勝鬼魔靠主恩 (運動目標: 手、胸肌、背旋轉肌肉)

弗 6:13 所以，要拿起神所賜的全副軍裝，好在磨難的日子抵擋仇敵，並且成就了一切，還能站立得住。





#8 謹守真道持永生 (運動目標: 腳、手肌肉, 並放鬆)

猶 1: 20-21 親愛的弟兄啊, 你們卻要在至聖的真道上造就自己, 在聖靈裡禱告, 保守自己常在神的愛中, 仰望我們主耶穌基督的憐憫, 直到永生。



#9 穿著平安福音鞋 (運動目標：背肌肉，  
按摩腳，促進血液循環，靜脈回流)

弗 6:15 又用平安的福音當作預備走路的  
鞋穿在腳上。





## #10 走遍天下傳救恩 （運動目標：腿肌肉和腳眼）

太 28:19-20 所以，你們要去，使萬民作我的門徒，奉父、子、聖靈的名給他們施洗（或作：給他們施洗，歸於父、子、聖靈的名）。凡我所吩咐你們的，都教訓他們遵守，我就常與你們同在，直到世界的末了。





以下是告訴大家每一招式是運動什麼：

#1 肩、頸、肩胛，並擴大肺臟。

#2 手、腳、頸、胸肌。

#3 拉手、胸、背肌肉。

#4 頸、胸、肩關節展開。

#5 手、腳、背、頸肌肉。

#6 手、腳、背肌、肩關節。

#7 手、胸肌、背旋轉肌肉。

#8 腳、手肌肉，並放鬆。

#9 背肌肉，按摩腳，促進血液循環，靜脈回流。

#10 腿肌肉和腳眼。

運動後，仍然站著，兩膝微彎，用丹田深呼吸，把橫隔膜也拉動了，保持 20-30 次，用作放鬆和默想神的話語。

若各位想看活動電影，可以電郵  
[laidrlai1@gmail.com](mailto:laidrlai1@gmail.com) 索取。

每招式都同時默想經文，正如猶大書 20-21 經  
上說：

親愛的弟兄啊，你們卻要在至聖的真道上造就  
自己，在聖靈裡禱告，保守自己常在神的愛  
中，仰望我們主耶穌基督的憐憫，直到永生。

Sing to the tune of “How Great Thou Art” (Hymns  
of Life #12):

v.1

*Lift up our hands to praise our heavenly father.*  
(5553 55566646)

*Extend our boundaries for spiritual growth.*  
(666555 35543)

*Long for God’s downpouring of blessings.*  
(553 555646)

*Fill up ourselves with the Holy Spirit.*  
(6665 355443)

v.2

*Bear spiritual fruit upwards taking roots  
downwards. (55553 5566646)*

*Equip ourselves with full armour of God.  
(6665 355443)*

*Attack Satan with our Lord's mighty power.  
(5553 5556646)*

*Build most Holy faith unto eternity.  
(6665 3555443)*

Chorus:

*Put on the peaceful gospel shoes for sure.  
(5513217165)*

*Spread the good news to everyone.  
(1112 4653)*

*Go to all lands and make disciples there.  
(5513217165)*

*To all nations, in all nations!  
(1712 3471)*

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# 10 Steps Meditation and Physical Exercise

Michael Lai

Dear friend,

*I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

(3John 2)

I have been practising medicine over 45 years. I am keenly aware when people get injured physically and when they are getting old, they need some exercise to keep healthy. As people are getting old their joints, muscles and ligaments are getting stiff and need stretching. They also need deep breathing exercise. I found the following exercise will help. I am humbly sharing with you. It is also a good exercise to start doing before any cardio-exercise or any weight bearing or strenuous exercise.

Enjoy good health, you need to strengthen yourself spiritually, emotionally and physically.

Over the years, I have been thinking of having an exercise that you can exercise the whole body and can practise from very young to very old; and exercise your spiritual well-being as well. Therefore, I have an exercise which you can do daily on top of your daily Bible devotion. That exercise you can practise for your whole life, even when you are very old and cannot walk properly. You can do it standing up as well as sitting down (when you cannot stand up safely). I advise you do both.

I call it TEN STEPS MEDITATION AND PHYSICAL EXERCISE.

#1 RAISE UP BOTH ARMS TO PRAISE THE LORD. (Job 5:8, Psa 34:5 &130:7)

#2 EXTEND MY BOUNDARIES FOR SPIRITUAL GROWTH. (1Ch 4:10, Exo 34:24, Deut 12:20)

#3 FILL UP TO RECEIVE GOD'S DOWNPOURING BLESSINGS. (Luke 6:38)

#4 TURN LEFT AND RIGHT KNOWING THE HOLY SPIRIT IS AROUND. (Prov 4:23, Isa 42:23, John 17:11, Eph 4:3, Php 4:3, 1Th 5:23)

#5 BEAR FRUIT UPWARD AND TAKE ROOT DOWNWARD. (2Ki 19:30)

#6 PUT ON THE FULL ARMOUR OF GOD. (Eph 6:11)

#7 ATTACK DEVIL WITH POWER OF OUR LORD. (Eph 6:13)

#8 BUILD UP YOUR FAITH WAITING FOR ETERNAL LIFE. (Jud 20 & 21)

#9 WEAR YOUR PEACEFUL GOSPEL BOOTS. (Eph 6:15)

#10 GO TO MAKE DISCIPLES OF ALL NATIONS. (Mat 28:19-20)

I will tell you how each step exercises which part of your body:

Step 1: It exercises your shoulder, neck and scapula muscles and expands your lung.

Step 2: It exercises your arm and leg muscles, neck and chest wall muscles for deep breathing.

Step3: It stretches your arm and thorax and back muscles with deep breathing.

Step4: It exercises your neck muscles, thoracic muscles and opens up the shoulder joints.

Step5: It exercises your arm and legs, back and neck muscles.

Step6: It exercises your arm, legs, back muscles and shoulder joints.

Step7: It exercises your arm and chest muscles and rotator muscles of the back.

Step8: It exercises your leg and arm muscles and prepare them to relax.

Step9: It exercises your back muscles and massages the leg to promote venous return.

Step10: It exercises the lower limb muscles and ankles.

After the exercise, stand with the knee slightly bent and breathe deeply with your diaphragm for 20-30 times for relaxing and meditating God's word.

Please refer to the Chinese version for static photos.

Those who want a video of the exercise, please email to [laidrlai1@gmail.com](mailto:laidrlai1@gmail.com)

Meditate the Bible verses while you are doing each step of the exercise. As it is said in the Bible: *But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit, keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.* (Jude 20-21)

Sing to the tune of "How Great Thou Art" (Hymns of Life #12):

v.1

*Lift up our hands to praise our heavenly father.*

*(5553 55566646)*

*Extend our boundaries for spiritual growth.*

*(666555 35543)*

*Long for God's downpouring of blessings.*

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(1712 3471)

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健康無價，生命有限期。健康在生命中雖然不是一切，因為我們在生命裏還需要有信仰、親情、友愛和錢財。但沒有健康，就難免在人生路途上少了精神活力，多了肉體上的苦痛。所以兩者皆息息相關，生命要活得精彩平安，就必須有一個健康的身體。一場小雨可以用雨傘遮擋，但在暴風雨下，人就措手不及，落荒而逃。這一場前所未有的，翻天覆地的全球大流行病，使人人健康自危。窮人或富者都只能在原地自求多福。有一句好低俗的說話：「我死係我的事，與你何干？」

但自從有這一個傳染性極高的病毒爆發之後，我真正徹底領悟到，原來要保持身體健康，不單是自己的事，還得要對家人，身邊的接觸者和社群負責任。因此在疫情下，我很自律地跟從遵守政府的安全指引，並且乖乖地留在家中遵行居家令，也樂於接受疫苗的注射。

非常之感恩有聖靈的保守和帶領，在疫情下我得到的比失去的更多、更珍貴。即使沒有了恆常的交誼，不能和摯愛親朋定時飯局和茶聚，沒有和孫兒擁抱玩耍的親子歡樂，也沒有一星期幾天的排舞帶氧運動；甚或終日感到無所事

事，坐困家中，難展歡顏，卻慶幸女兒鼓勵我去做口罩。因為當時很缺貨，並且兒童的產品極少。她很熱心替我在網上訂齊配料。我除了做給家人及親友之外，也送一些給新來的鄰居。他們歡欣接受之餘，更囑咐小朋友親自製作「多謝咭」，並附有零食作回禮。希望藉此展開友誼，日後有機會傳福音給他們。

很感謝 Alice Mui 長老和 Cynthia 姊妹邀請我和先生加入星期四的查經祈禱會和星期二的主日學，自始我們生活開始忙碌和有目標起來。這一年半以來對聖經的知識增多了。很感謝幾位導師們的用心，詳細講解神的道理，又引導我們去思考聖經句子，當中的含義、目的和啟示訊息。當中更多謝弟兄姊妹們各人發表不同的見解，互相討論，尋求和分享答案，使我們獲益良多。在此也見證到聖靈的帶領，因為看見丈夫每次上堂前都好認真去備課，查閱聖經打印資料，靈命日漸有進步，令我好感動和歡欣。感謝神！我們在祢的恩典中雖然接受得有點遲，但並不會少。

在此也分享我鮮為人知的語言障礙，發音不準的事。在 8 歲入小學之前我係有齶腭筋，長大後亦有懶音的毛病。小時候聽到水煲在水滾時發出的聲響，就會大叫「爸爸死緊呀！」或者「阿媽死緊啦！」其實是「水滾」，不是「死

緊」。至今最簡單一個「牛」及「恒」字的發音都不準確，時常成為家人的笑柄。但居然受到幾位導師們的賞識，不約而同屢次叫我讀經文，令我喜出望外，沾沾自喜，這是何等的神奇美事！使我確信有主的作為在其中，主知道我的缺點，藉此來鞭策鼓勵我，要我自信地在眾人面前，字字鏗鏘讀出神的話語。我自己亦都是「阿Q精神」，若然您聽得出有錯音，這可能是你的 Zoom 網絡收音的問題吧！嘻嘻！

疫情尚未完全受到控制，希望各位弟兄姊妹，都有神賜的恩惠平安和喜樂！

*祢必將生命的道路指示我。在祢面前有滿足的喜樂。在祢右手中有永遠的福樂。*

（詩篇 16:11）

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踏破鐵鞋覓  
人心自我極  
不往神求問  
謀福向自己  
不顧生或死  
自主最可貴  
不問安或危  
自由往前衝  
一生無謂過  
總之有自我

## Wonderfully Made

God has shown me His grace through my physical weakness. This story started a long time ago. When I was a teenager, I discovered that I have a heart murmur through a regular health checkup. The exact cause of this is not clear but basically the valve in my heart was damaged and cannot close completely. So every time the heart pumps blood around my body, part of the blood flows back because the valve leaks. This was a real “inconvenience” for me at that time as I was quite active and was in competitive athletics. I had to stop competing which was a big deal for a teenager. Over the years, I slowly learned to accept this defect in my body but still wondered “why me?” I may have a promising athletics career, I dreamed.

After I got married, my wife and I decided to come to Canada. The thought of my health and how it might affect our immigration application became a constant worry. What if we satisfied all the other requirements and we were rejected because of my heart? We managed to pass the various interviews and we just needed to have our medical examinations. Sure enough, when I went for my medical examination, the doctor told me that I had a heart murmur. There was no point hiding this because it

was quite a pronounced “noise” when the doctor put the stethoscope against my chest. At that moment, it felt like our hope was dashed forever. All sort of thoughts went through my head as the doctor referred me to a specialist for a more detailed examination. There was no one to blame and I just felt rejected and hopeless. Without realizing it at the time, God was using this life lesson to demonstrate His love and faithfulness. I have always worked hard and felt I have earned what I worked for. I never needed help or a handout. God was letting me know that we are not in control of our future, but we must trust and obey. A few weeks later, we received our papers from the Canadian Government that we were able to emigrate to Canada. We could not believe ourselves and we were overjoyed. In our hearts, we thanked God and experienced His unconditional gift and love.

After settling in Toronto, I continued to see a cardiologist. He told me that the valve would not last forever and that some time in the future, I would need to have it replaced. Back then, it was quite a major operation and there were associated risks too. We had a young family at that time and the thought of leaving my daughter and wife behind was too much to bear. God also revealed to me that I had to trust him as I witnessed His mighty hand more than once. Every time I had my checkup, my cardiologist would tell me that things were looking good and we didn’t need to do anything yet. He also shared with me the pros and cons of having the operation when I was younger or delaying it for as long as possible. In the last visit, the

cardiologist checked my file and was surprised that he has been seeing me for 30 years and things are still OK. He said, “well, maybe your valve will outlast you. Stay active, do your exercise and keep healthy.” I thank God for His love and blessings. It is not so much what He has done with my heart murmur but He used this weakness to show me that His grace is more than sufficient for me. He has not cured me of this physical weakness but He has sustained me because we are His creation. I will continue to trust Him and to believe in Him totally. Thanks be to God!

*But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. (2 Corinthians 12:9)*

*For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (Psalm 139:13-14)*

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有人說：「當一個人年青時，不理會健康地去賺錢，但到年老時卻用錢去買健康！」這句話正是說明了健康無價的重要性。能夠長命百歲，不是每個人所希望的，但可以長命百歲地健康活下去，卻是許多人的願望。

我們的健康包括了身、心、靈三方面：

### (一) 身

現代的人注重健康，每天要有均衡的飲食，適當的營養，新鮮的空氣，充足的睡眠，努力地做運動，優靜舒適的居住環境，均是健康的基本要素。以上所需要的，源於創天造地的上帝。神造光、空氣、水、各種生物等。創 1：29 神說：「看哪！我將遍地上一切結種子的菜蔬，和一切樹上所結有核的果子，全賜給你們作食物。」在利未記十一章耶和華要摩西和亞倫曉諭以色列人，在地上的走獸、水中游的活物和雀鳥等，什麼是可吃潔淨之物和不可吃不潔淨的和俗物。但在使徒行傳第十章，從彼得的異象中，有聲音對他說：「神所潔淨的，你不可當作俗物。」這異象不但啟示主的救恩臨到外邦人，也讓我們知道在進食前的禱告很重要，只要是神所供應和潔淨的，便是健康的食物！當以色列人在曠野飄流四十年期



間，神賜鶴鶉降嗎哪作為他們的食物。今日神仍顧念並供給我們身體所需要的。感謝讚美主！

馬太福音 6:25-33 主耶穌在登山寶訓教導門徒說：「所以我告訴你們：不要為生命憂慮吃甚麼，喝什麼；為身體憂慮穿什麼，生命不勝於飲食嗎？身體不勝於衣裳嗎？你們看那天上的飛鳥，也不種，也不收，也不積蓄在倉裏，你們的天父尚且養活牠。你們不比飛鳥貴重得多嗎？你們那一個能用思慮使壽數多加一刻呢？何必為衣裳憂慮呢？你想野地裏的百合花怎麼長起來，它不勞苦，也不紡線。然而我告訴你們：就是所羅門極榮華的時候，他所穿戴的還不如這花一朵呢！你們這小信的人哪！野地裏的草今天還在，明天就丟在爐裏，神還給它這樣的裝飾，何況你們呢！所以，不要憂慮說：吃甚麼，穿甚麼？這都是外邦人所求的。你們需用的這一切東西，你們的天父是知道的，你們要先求他的國和他的義，這些東西都要加給你們了。」還有，主耶穌是我們的醫生，他曾說過健康的人用不着醫生，有病的人才用得着。主來了不是要拯救義人，而是拯救罪人。在詩篇 103：1-5 神曾應許我們說：「我的心哪，你要稱頌耶和華，凡在他裏面的，也要稱頌他的聖名。我的心哪，你要稱頌耶和華，不可忘記他的一切恩惠，他捨免你的一切罪孽，

醫治你的一切疾病，救贖你的命，脫離死亡，以仁愛和慈悲為你的冠冕，他以美物使你所願的得以知足，以至你如鷹反老還童。」從以上兩段經文，讓我們知道：神是供應、看顧、醫治、保護，並更新我們。但請不要忘記：我們要有信心地先求祂的國和祂的義。

## (二) 心

箴 4:23 「你要保守你心，勝過保守一切，因為一生的果效，是由心發出。」這裏指出我們的心主導思想、言語、行為。所以心所想的，非常重要。求主引導我們口所講的話，手所做的事，腳所行的路！善人行善、惡人作惡，皆從心起！中國人所謂相由心生，慈心者有慈相是也！但不幸地始祖亞當夏娃不聽神的吩咐而吃了辨別善惡樹上的果子，成為罪人，被公義的神趕出伊甸園！而我們也經常活在罪中，例如否認神的存在，發脾氣、自大、自私、嫉妒、貪婪等都是罪。幸好慈愛的神為我預備了救恩，主耶穌基督降世為人，被釘在十字架上，流出寶血，潔淨我們的罪，洗淨我們的不義！只要肯心意更新回轉，認罪悔改，憑信心相信並接受主耶穌為救主，便能成為義人！並且在成聖的路上加上愛心，盡心、盡性、盡意、盡力地去愛神，又要愛人如己。說實話，要實行，真的不易！但以西結書 36:26 告訴我們：「我也要賜給你們一個新

心，將新靈放在你們裏面，又從你們的肉體中除掉石心，賜給你們肉心。」感謝神所賜的新心，好叫我們行事為人，討神喜悅；新靈與聖靈連結在一起，也是我們以下要說到的第三方面：靈。

### (三) 靈

人是萬物之靈；創世記 2:7 「耶和華神用地上的塵土造人，將生氣吹在他鼻孔裏，他就成了有靈的活人，名叫亞當。」原來我們的靈是從神而來的，太好了！而主耶穌在世的時候也告訴他的門徒，約翰福音 14：26-27 「但保惠師，就是父因我的名所要差來的聖靈，他要將一切的事指教你們，並且要叫你們想起我對你們所說的一切話。我留下平安給你們，我將我的平安賜給你們。我所賜的，不像世人所賜的。你們心裏不要憂愁，也不要膽怯。」基督教最獨特之處，是當一個人相信耶穌之後，三位一體的真神：聖父、聖子、聖靈，其中的聖靈便居住在我們心中，與我們同在，有教導、督責、勸勉、告誡和安慰的大能。只可惜多少時候，我們被世事纏繞着，以至忽略了將自己完全地交給聖靈來掌管我們的人生，否則便是在成聖的路上，更進一大步！

在過去的一年半以來，人們生活在新冠狀病毒疫情中，感到不安、惶恐和焦慮；起居飲

食、衣食住行、學校、工作、社交活動，甚至教會敬拜的形式等均與前大大不同了。有了疫苗注射之後，帶來新希望，但又傳來變種細菌的惡訊，一波未平，一波又起。人類的健康仍在被威脅中。只有向神大聲呼喊：「上帝啊！可憐我們，救救我們吧！還要等候多時呢？」有些牧者嚴厲地警告這是主耶穌回來之前其中的一個預兆。世人都犯了罪，虧欠了神的榮耀，甚至比創世記中的巴別塔、所多瑪和俄摩拉時代人所犯下的罪更大，以至今天人人都在百般無奈的困境中。若然人願意為罪懺悔，認錯，知錯能改，回轉到神的跟前，上帝就會饒恕，讓我們像昔日被擄的以色列選民回歸到聖城一樣，重過新生的生活。你願意嗎？相信人人都會說：「我願意！」太好了！你若願意，便要有所行動：努力為主傳福音！使更多人回轉，認耶穌為救主，聽從神的旨意！祈求懇請聖潔的上帝，止息憤怒，赦罪，消滅細菌，特別是變種的細菌，停止傳播，疫情早日結束。主耶穌回來的日子近了，趕快作工吧！

健康無價基於身、心、靈與上帝建立美好的關係。除了起居飲食作息等，定時適當外，每天省察自己是否將神放在第一位，遵行祂的旨意。讓聖靈主導我們的心思意念，藉着神的話語，反省自己的言語行為，是否守祂的約，記念祂的訓詞而遵行，做一個合神心意的人。

總結:

健康無價的盼望唯靠聖恩：

健壯體魄人人盼，  
康泰盛世何再來，  
無日不在為罪悔，  
價在世人早回轉，  
唯獲基督蒙救贖，  
靠神潔淨內心穢，  
聖靈督慰共與在，  
恩典澤臨人世間！

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健康是無價寶，

陳梁秀珍

有時也要有智慧！

我約在十七年前，有一天大牙痛，痛得不能形容！當天是星期六下午，我看的牙科醫生都關門了！我找到一個牙醫，剛巧他助手說要收工了。她叫我去市中心醫院，有一個牙科診所，去看一看吧。

我就去了市中心，那裏是有牙科的，但要電話召喚她才來的。約半小時她來了。她問我是什麼事？我告訴她牙痛得很！她說替我打支止痛針止痛吧。當她和我打了那支止痛針，不到二分鐘我感覺到全身動彈不得。我問她：「為什麼妳給我打了這支針之後，我不能動？」她說沒可能！「你動動手指給我看看？」我告訴她，我想動，但手指不能動。她說：「你舉高手給我看看吧！」我說：「我也不能動！」

她說：「我再為你打一針吧！應該很快沒事的！」我說：「我現在已不能動！你再打一支針在我身上，我肯定我馬上死了！」

我叫她不可以再打針在我身上，不可做任何動作。她說：「你可能太緊張。」叫我放鬆些。我說我現在除了眼睛看見和口可以說話，什麼

都動不得！她就叫我休息一會，然後走出去了。那時我就只有祈禱交給神！我說：「神只有祢才能醫治我，回復正常，求你看顧和醫治。」

約十五分鐘後，她回來了！問我怎麼樣？我說：「我仍然還未可以動。」她也很無奈，不知應做什麼。約五分鐘後，我開始有知覺，慢慢回復正常！我很感謝神的醫治和看顧，神的恩典夠我用，非常感謝主，願榮耀頌讚歸給萬軍之耶和華！

後來她還想和我打第二針！我無論怎麼樣都不答應她。我叫她寫紙給我，她剛才打的是什麼針藥，免得我下次再遇上這針藥！後來我把藥單給另外一個牙科專科看，他說她可能寫錯英文字，他也不知道這是什麼藥！

所以，弟兄姊妹們，雖然有時醫生說的話是對的，但有時自己也要有智慧保護自己。

現在每逢我要打針時，我都有些恐懼，不知又會發生什麼事。願神都祝福弟兄姊妹和家人，身體健康，一切平安，有神同在，福杯滿溢！

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# Corporate Mentality Can Be Unhealthy, Beware!

Alice Lai

I keep thinking over and over again. Why did the Catholic Residential Schools abuse children of indigenous people? Why do RCMP officers sexually abuse new recruits for years without punishment?

If one person did those horrible things, wouldn't he be found guilty and punished? What difference does it make if it is the whole corporate culture accepting that as the unspoken norm? Yes, it happens. When the whole corporation adopts a certain norm, spoken or unspoken, it is understood there is an umbrella above them to allow them to abuse without checking his own conscience and without fear of persecution by law. In other words, criminals hide themselves under a corporate umbrella.

A soldier follows orders and opens fire at enemies. He does not consult his conscience and that kind of killing is just submission to superior's command. Does that have something to do with corporate mentality? If soldiers are exempted from persecution, then why were Nazi criminals still pursued as criminals? Were they not just following orders to mass murder the Jews?

Somehow, being protected by a corporate umbrella, people may commit crimes without regards for personal consequences. That is why the Catholic-run Residential School is so notorious now. That is also why the RCMP may need to be abolished altogether. Any subculture and undercurrent of accepted bad behaviour must not



override the open civic law derived from a sense of goodness and basic virtues. If it does contradict, it must be dealt with by law and prosecution, even to banish the whole subculture. Criminals and gangsters have a subculture they call themselves loyalty; they kill for revenge or financial gain or turf war. They should be eradicated. Indigenous people have a peaceful subculture, fine, they can stay. But honour killing is a prosecutable subculture that should not be allowed in our open society of Canada. Superstition is a subculture but they are allowed as long as they do not make human sacrifice or are contradictory to the sense of goodness and respect for human life. The same goes to the degrading freshmen introduction to universities or boy schools, degrading others to enjoy the fun derived at others' expenses.

Homosexuality subculture is allowed only if it does not threaten the freedom and rights of heterosexuals. If it is accepted into Presbyterian mandate, homosexuals are expected to pick bones in chicken eggs just to advance their greedy right-seeking agenda at the expense of heterosexuals who consider themselves abiding by God's created model. Once opened, this floodgate will be overrun and protected by Canadian law of tolerance. In the name of culture tolerance, the previously dominant heterosexual culture will dwindle and suffer or even be persecuted.

Beware, many subcultures can be harmful to our nation, our Canada.

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回想多年前，當年大概五十多歲，我的背部已經常感到痛楚，有一次因為家居維修以至弄傷了腰部，經物理治療師診斷後證實我的下背脊軟骨退化，並有骨刺壓著盤骨神經，因此痛得要命，早上起牀幾經辛苦，數分鐘後才可以站起來。經過幾星期的治療後，略有好轉，之後治療師叫我自己做運動，或許會漸漸痊癒。當下記起我的太極師傅也曾教我打八段錦，作為打太極的熱身功夫，因此我便開始每天早上都做這個運動。感謝主，經過幾個月後，不知不覺地腰背不再有痛楚，直到今天的身體狀況尚算可以，腰部保持狀態不至於復發。其實適量的運動是對個人健康至為重要，我認為最簡單而方便於家中做的運動就是八段錦。

相信大家以前也曾看過或者打過八段錦，不過招式可能略有不同，現在就讓我介紹我所用的招式及其功效作用。

八段錦其實是一種優秀的中國傳統健身方法，動作舒展優美、柔順，整套打法共為八段，每段一個招式動作，故名為「八段錦」。

開始之前先要做好預備，自然站立，全身放鬆，左腳開步，兩隻腳分開與肩同寬，微微屈膝雙手抱於腹前，好像自己抱著一個氣球於復前，呼吸自然，心神寧靜，所謂意守丹田。

## #1 式 雙手托天理三焦

- 兩手插掌，掌心向上，雙手姆指連接，兩腿緩緩伸直，雙掌從複前慢慢向上托起，同時慢慢吸氣，兩掌在臉前一番向外，繼續上托直至手肘關節完全伸直，抬頭望向指尖，全身也伸直，便閉氣停止，維持此姿勢兩秒。
- 然後回覆自然呼吸，雙手與身體重心緩緩下降，兩臂向兩邊下按，垂頭望腳前，兩腿回覆微屈姿勢。
- 重覆共做八次，此式可達到拉筋，伸開頸椎，調理血脉內臟。

## #2 式 左右開弓似射鵰

- 自然站立，左腳橫向開一步，雙腿屈曲成馬步，身體下沉，盡量使小腿與大腿成直角，須以自身條件，不宜勉強，同時雙手腕交叉搭於胸前，左手在外，虎口張開，食指向上指，右手握拳，拳心向上。

- 雙手用暗勁左右拉開，右手像拉弓向右拉，左手向左伸展，食指仍向上指，直至手臂伸直，同時目視左前方。回收左馬步，自然站立，同時兩手自然鬆開，各向身邊收回至胸前。
- 右腳向右開一步，雙腳屈曲成馬步，兩手腕交叉搭於胸前，右手在外食指向上指，左手握拳，然後同先前一樣，左右手分別拉開，右手向右伸展盡，左手拉後似拉弓，同時目視右前方。回收右馬步，雙手亦回收至胸前搭腕。
- 如此左右做八次，可以增強下盤，胸肌及治療肩周炎。

### #3 式 調理脾胃須單舉

- 自然站立，全身放鬆，兩手放於腹前，手指放開，相向如抱球，從腹前開始，右手掌心向上慢慢托舉，左手掌心向下慢慢下按，右手托到頭一側時掌心自然向外翻轉，向上舉至手伸直，左手也下按至手伸直，兩手要用暗勁，一手向上舉，一手下按，同時眼睛瞧向左腳跟，維持這姿勢兩秒。
- 兩手放鬆，回收到腹前，換過左手上舉，右手下按，眼睛瞧向右腳跟。

- 如此重覆做八次，可使頸項鬆弛，舒展雙肩，調和脾胃。

#### #4 式 五勞七傷往後瞧

- 自然站立，雙手自然下垂，左右手一齊往後拉開，同時吸氣，雙臂可略為提起，盡量伸直，掌心向天，腰伸直而無需扭動遷就，第一次頭向左轉 180 度，眼睛盡量向後望，直至頸轉到盡。然後呼氣，雙手還原站立。
- 重覆這動作，第二次頭向右轉 180 度，直至還原站立。
- 循環此式做八次，可以消除疲勞，防止肩頸酸痛。

#### #5 式 搖頭擺尾去心火

- 全身放鬆，兩腳分開比肩膊略寬成馬步，兩手按腰下，重心於右腳，身體傾右，上半身先向前傾，以腰帶動上半身向左側旋，同時搖頭從右搖向左至復原垂直，將屁股擺正，全身鬆一口氣。
- 仍然站穩馬步，重心移於左腳，身體傾左，以腰帶動上半身向右側旋，與先前

一般搖頭擺尾坐正，鬆一口氣。擺動其間要量力而為，注意站穩。

- 循環此式做六次，可治療心火盛，增強腰力、腿力。

## #6 式 兩手攀足固腎腰

- 自然站立，腰直，兩腳微分開，兩手齊伸直向上提起，舉至最高，兩手指尖對向，以掌心齊向下按至胸前，手臂左右分開慢慢向後劃弧，兩手用指尖沿背脊中游下，同時上半身連腰慢慢彎下，兩腿始終要直，兩手一直游至小腿，足前，或可攀到腳趾。
- 恢復原來站立，放鬆，然後提手，重覆此式做六次。可以治療網球肘，增強腰力，保持腦血管通暢。

## #7 式 攢拳怒目增氣力

- 兩腳分開站立成馬步，含胸拔背，兩手用勁握拳，緊貼腰間，拳心向上，雙目怒視前方，用暗勁將右拳慢慢衝出，拳心自然翻轉向下，出拳至手臂伸直。

- 張開手掌，先翻掌向下，後翻掌向上，將手指逐一收回成握拳，拳心向上，然後收拳至腰間。
- 仍然馬步站立，換左手衝拳，翻掌，收拳。
- 如此右左各做八次。可以防頭重腳輕，增強臂力、腰力，〔怒目〕可提起精神，保視力。

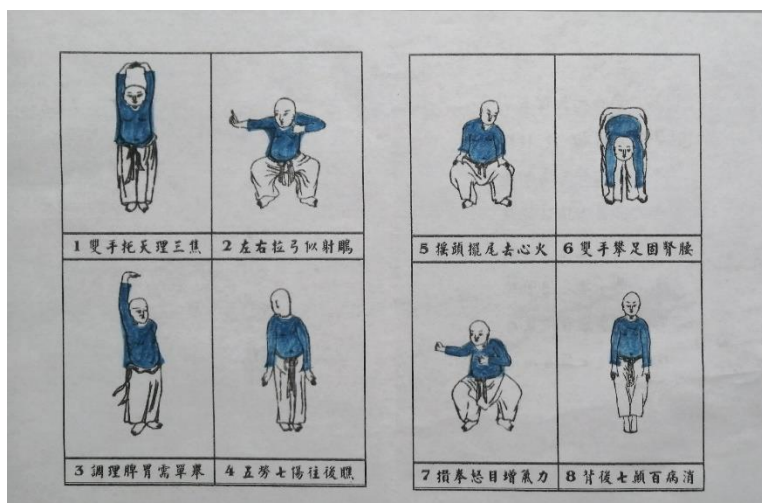
## #8 式 背後七顛百病消

- 全身放鬆站立，兩腳自然分開，吸氣，將身體緩緩上引，腳跟離地，上引到不能升時用兩腳尖支撐全身站立，直到不能支持時，用腳跟頓地，隨即鬆一口氣。
- 如此重覆做八次。利用顛足可使脊柱輕微的抖動，貫通氣血，提起精神。

下面亦附上簡單畫像，讓大家容易了解多些，倘若經常做這運動，對身體狀況，多少必有幫助。



盼望在這疫情當中，大家靠著主耶穌的保守，常做運動，身體健康！



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三月初的時候收到黎惠基長老的「八福拳」一文(可參閱「十項默想健身操」的前半部)，便知道主透過黎醫生，引導我落實今期的主題：「健康無價」。除此之外，何兆滿也不約而同的分享「八段錦」，進一步讓我們明白運動與健康的重要。謝謝主感動教會中、英文堂的弟兄姊妹分享真摯的扎記，鼓勵我們勇敢地走過疾病或疫情的幽谷。我願意將生命比喻成一棵樹，用主的愛扎根，用聖經的話語澆灌，縱有狂風暴雨，也是生命之樹結果累累的養料。生命是寶貴的，我們有幸活在基督的國度裏，就更應該珍惜生命，廣傳福音。



### 編輯部

李梅筱敏(主編)

潘展強

陳培元

陳李鳳招

梁廖靜恩

梁漢繁

Wing K. Lam (English)

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