

**Devotional from Pastor Ho**  
**November 19, 2020**

**Hebrews 13:9**, *“Do not be led away by diverse and strange teachings, for it is good for the heart to be strengthened by grace, not by foods, which have not benefited those devoted to them.”*

In its context, in this closing chapter of the book of Hebrews, the author is exhorting his original readers not to fall back into the “diverse and strange teachings” derived from the Old Testament (OT) concerning “foods” offered according to the OT law. The primary reason is that the OT law is “but a shadow of the good things to come instead of the true form of these realities” (10:1). Since the law is “but a shadow,” eating foods from the sacrificial animals (Exod 12:8; Lev 19:5-6) benefits only the body, but not the heart (soul).

The teachings were previously observed, but are now considered “diverse and strange,” apparently because “the true form of these realities” has dawned, even as the opening of the book states, “Long ago, at many times and in many ways, God spoke to our fathers by the prophets, but in these last days he has spoken to us by his Son, whom he appointed the heir of all things, through whom also he created the world” (1:1-2). Subsequently throughout the book the author takes pain to address the question, “If God has spoken to us by his Son in these last days, so what?” Answer: we now have One who is superior to all the OT stands for, as he mediates a new and superior covenant, by offering up himself as a sin offering, for which only he is worthy of doing.

Commentator Philip E. Hughes writes, “The grace that strengthens the heart flows from the death which Jesus tasted for everyone (2:9).” The question that confronts us now is, “Do we need to be strengthened bodily, or spiritually?” If the latter, then let’s find grace in the death of Jesus. Vertically, his death has reconciled us with God, so that we might have the peace of God (Rom 5:1, 10). Horizontally and by implication, this peace, “which surpasses all understanding” (Phil 4:7), enables us to live in peace with others even when it is not humanly possible. This grace that strengthens our heart brings calm and quietness into our soul, like a weaned child with his mother (Psalm 131:2). This is indeed a tiny speck among his grace that we should be thankful for!

**Prayer:** Our Lord and our God, indeed we are often led away by strange and diverse teachings. Do strengthen us by your grace, so that we might firmly pursue that which your death has brought to us. Amen.

## 何牧師的靈修

2020年11月19日

希伯來書 13 篇 9 節：“你們不要被那諸般怪異的教訓勾引了去；因為人心靠恩得堅固才是好的，並不是靠飲食。那在飲食上專心的從來沒有得著益處。”

在其背景下，作者在希伯來書的最後一章中勸告他原來的讀者不要退回到舊約中有關“食物”的“諸般怪異的教訓”。主因是舊約律法是“將來美事的影兒，不是本體的真像” (10:1)。由於律法只是“影兒”，吃獻為祭的動物 (出埃及記 12:8, 利未記 19:5-6) 只會使身體受益，而對心 (靈魂) 則無益。

這些教導以前曾被遵守，但現在被認為是“諸般怪異的教訓”，這顯然是因為“本體的真像”已經如破曉顯出，正如這本書的開頭這樣說“神既在古時藉著眾先知多次多方的曉諭列祖，就在這末世藉著他兒子曉諭我們；又早已立他為承受萬有的，也曾藉著他創造諸世界” (1:1-2)。隨後，在整本書中，作者費心於處理這個問題：“如果神在這末世藉著他兒子曉諭我們，所以呢？”答：我們已經有一位勝過所有舊約所代表的，做了一個更美的新約的中保，通過奉獻自己作為贖罪祭，因為只有他才配這樣做。

解經家 Philip E. Hughes 這樣寫，“增強心靈的恩典是從耶穌為每個人所嘗的死中流出 (2:9)。”現在我們面臨的問題是：“我們需要在身體還是靈命上得到加強？”如果是後者，那麼讓我們在耶穌的死得到恩典。從縱向上看，他的死使我們與神和好，以便我們可以有神的平安 (羅馬書 5:1,10)。從橫向上講，這意味著這“出人意外”的平安 (腓立比書 4:7)，使我們能與人和平共處，即使在人看來不可能的情況下。增強我們心靈的恩典帶給我們的心平靜安穩，好像斷過奶的孩子在他母親的懷中 (詩篇 131:2)。這確實只是我們應該感謝的恩典中的一小點！

禱告：我們的主，我們的神，的確，我們經常被那諸般怪異的教訓勾引了去。請用你的恩典來加強我們，以便我們可以堅定地追求藉著你的死所給我們帶來的。阿們。

## 何牧师的灵修

2020年11月19日

希伯来书 13 篇 9 节：“你们不要被那诸般怪异的教训勾引了去；因为人心靠恩得坚固才是好的，并不是靠饮食。那在饮食上专心的从来没有得着益处。”

在其背景下，作者在希伯来书的最后一章中劝告他原来的读者不要退回到旧约中有关“食物”的“诸般怪异的教训”。主因是旧约律法是“将来美事的影儿，不是本体的真像” (10:1)。由于律法只是“影儿”，吃献为祭的动物 (出埃及记 12:8, 利未记 19:5-6) 只会使身体受益，而对心 (灵魂) 则无益。

这些教导以前曾被遵守，但现在被认为是“诸般怪异的教训”，这显然是因为“本体的真像”已经如破晓显出，正如这本书的开头这样说“神既在古时借着众先知多次多方的晓谕列祖，就在这末世借着他儿子晓谕我们；又早已立他为承受万有的，也曾借着他创造诸世界” (1:1-2)。随后，在整本书中，作者费心于处理这个问题：“如果神在这末世借着他儿子晓谕我们，所以呢？”答：我们已经有一位胜过所有旧约所代表的，做了一个更美的新约的中保，通过奉献自己作为赎罪祭，因为只有他才配这样做。

解经家 Philip E. Hughes 这样写，“增强心灵的恩典是从耶稣为每个人所尝的死中流出 (2:9)。”现在我们面临的问题是：“我们需要在身体还是灵命上得到加强？”如果是后者，那么让我们在耶稣的死得到恩典。从纵向上看，他的死使我们与神和好，以便我们可以有神的平安 (罗马书 5:1,10)。从横向上讲，这意味着这“出人意外”的平安 (腓立比书 4:7)，使我们能与人和平共处，即使在人看来不可能的情况下。增强我们心灵的恩典带给我们的心平静安稳，好像断过奶的孩子在他母亲的怀中 (诗篇 131:2)。这确实只是我们应该感谢的恩典中的一小点！

祷告：我们的主，我们的神，的确，我们经常被那诸般怪异的教训勾引了去。请用你的恩典来加强我们，以便我们可以坚定地追求借着你的死所给我们带来的。阿们。