

牧養關顧：持續學習和把握時機

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在疫情嚴重的影響下，我們可以如何過生活？我們可以怎樣牧養關顧？經過 2020 年，進入 2021 年，上帝藉著不同機會提醒我要留心在牧養關顧上持續學習，把握時機過生活。還記得去年 3 月，我與其他牧者溝通和參加網上一些講座，我發現牧養關顧遇上極大的挑戰。在這過程中，有很多反省、掙扎、檢討和不安，我知道需要重新學習牧養關顧。

首先，上帝幫助我再學會接受祂的看顧，在生活中讓大牧者引導我、潔淨我、改變我和建立我。上帝又藉著其他的人用實際行動關顧我，叫我知道我是屬於上帝的群體，並謙卑接受關顧。此外，我在安全的情況下做運動，在跑步中鍛鍊身體，舒緩壓力，學習放鬆，在這過程裏禱告親近上帝。原來，上帝正在更新塑造我，我相信祂亦會更新塑造我們。上帝要塑造一群合祂意思，有牧者心和有實際牧養行動的人。

在過去一年經歷中，我再次肯定牧養關顧仍然是適切的，而上帝在我們周圍已預備了人。祂在各堂會中安排了祂的兒女，由牧者帶領眾人彼此牧養，而上帝又在我們身邊已經預備了不少人是我們可以接觸的。我們可以在其中發揮創意，尋找適切的途徑牧養關顧眾人，就是牧養主的羊。在上帝的國度裡，按照我們的地步和處境，把握時機，配合上帝的時間和心意。這樣，我們過福音的生活，在牧養關顧中傳揚福音。

無論處境如何，在牧養關顧上，除了計劃、應變、改動以外，我們可以保持繼續學習和把握時機的態度。的確，上帝是我們的牧者，願祂的話鼓勵我們：「但願使人有盼望的上帝，因信將諸般的喜樂、平安充滿你們的心，使你們藉著聖靈的能力大有盼望！」(羅馬書 15:13)

Pastoral Care: Learning and Making Use of Opportunities

Rev. Kevin Hon

In the pandemic, how shall we live? How shall we practice pastoral care? As we went through 2020 and entered 2021, God has been reminding me to pay attention to the continual learning in pastoral care and in making use of opportunities. Last March, as I communicated with other pastors and attended online seminars, I discovered the deep challenges in pastoral care. In this process, I have gone through a journey of reflection, struggles, evaluation and restlessness, I know the need to learn again in pastoral care.

First, God helps me to learn to accept His care, to let the Great Shepherd to guide me, cleanse me, transform me, and build me. God also uses other's practical actions to care for me, this reminds me that I belong to God's community and I need to receive other's care with humility. Besides, I have been doing exercises under safe conditions. In running, I relax during stressful times and I spend time with God. In fact, God has been renewing me and nurturing me, and I

believe He is renewing and nurturing all of us. God is nurturing those who will become people pleasing to Him, with pastoral hearts and actions.

In the past year, I have re-confirmed the relevancy of pastoral care, for He has prepared people for us. He has put His children in local congregations to care for one another under the pastors' leadership, and He has prepared people around us so we can reach them. With creativity, we seek for relevant ways to care for people – the sheep of the Lord. In God's kingdom, we make use of opportunities, following God's timing and will, right in our current situations. In our daily living, we live according to the gospel and we care pastorally to share the gospel.

No matter what situation we are in, apart from planning, adjusting, and changing, we keep on learning and making use of opportunities in pastoral care. Yes, God is our Shepherd. Let us be encouraged by His Word: "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13)

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