

## Look Upon the Hills

*“I lift up my eyes to the hills – where does my help come from?  
My help comes from the Lord, the Maker of heaven and earth.”  
(Psalm 121: 1-2)*

Hills and Mountains are inspirational. When I look upon the hills, I will remember these verses. My heart will be filled with melody of praises as if the hills are alive with the presence of the Lord.

I like to climb every mountain. There are eight famous mountains in China known as the three hills and five mounts. The three hills are Emai San, Lu San, and Huang San. The five mounts are Hen San North, Hen San South, Song San, Hua San, and Tai San. I have climbed only three of them. Can't wait for my next vacation.

In Hong Kong, people don't look up on the Tai Ping San for inspiration but look down from it to lament the fools below, busy chasing money and neglecting the purpose of life. On the other hand, Tao Fung San is unique with Chinese Christian architectures. This hill consists of a religious study center and a seminary. Every morning students climb 121 steps from the dormitory to reach the cross. Following a stream, they walk through a Chinese gate to their classrooms. What a nice way to remind them that they always need help, which comes from the Lord!

It is comforting to be assured from the Bible that our Lord never sleeps and will keep us from all harms. No matter what is happening in our life, we can come to the Lord in prayer.

Let us pray: **Lord, your love is higher than the tallest mountain. Heal our sickness and lighten our burdens. Watch over our coming and going. May your goodness and love follow us both now and forever. Amen**

## 向山舉目

「我要向山舉目。我的幫助從何而來。我的幫助從造天地的耶和華而來。」(詩 121)

崇山峻嶺，可啟發我們的靈性。每當我向山舉目，我的心泉便會湧出美妙的音樂。眼前的高山，彷彿有了生命，叫我體驗到上帝的同在。

我喜愛登高，中國名山很多，其中最著名的有三山五嶽。三山是峨嵋山、廬山、黃山。五嶽是恆山、嵩山、衡山、華山及泰山。我只踏足了其中的三座名山，希望有朝一日能暢遊其他山嶽以感受神的大能。

在香港，人們不會仰觀太平山，反而會從山上俯視山下的人。笑看他們勞勞碌碌地追求富貴，卻全無人生目標，真是可悲。但位於沙田的道風山也許是受了靈風吹煦之故，該山倒也充滿了屬靈的氣質。山上設有宗教研究中心及神學院，用中國傳統式的建築表達基督的訊息。神學院的學生每日早晨要踏 121 級石階上山，看到十字架後再循一小溪，經過一中國古式的大門，才進入課室。意思是提醒學生，他們可以從神得到所需要的幫助。

神不會在我們危難時睡覺，祂必會保護我們，免受一切災害。這是何等美好的應許啊！讓我們把一切憂愁重担，都放在主的寶座前，求主助我們脫離兇惡吧！

請禱告：主啊！祢的愛比高山還高。求主蔭庇保守我們，醫治我們的疾病，分担我們的憂傷，保護我們的出入。願祢的恩惠與慈愛，常與我們同在，從今時直到永遠。阿們。