. PASTOR . G)AMEL CKHONG ノパ保亮牧师





1 THESSALONIANS 5:16-18 (NIVUK)

<sup>16</sup> Rejoice always, <sup>17</sup> pray continually, <sup>18</sup> give thanks in all circumstances; for this is God's will for you in Christ Jesus.

帖撒罗尼迦前书 5:16-18 (CUVMPS) 16 要常常喜乐,17 不住地祷告,18 凡事谢恩,因为这是神在基督耶稣里向你们所定的旨意。



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帖撒罗尼迦前书 5:18 (CUVMPS)

18 凡事谢恩, ……



### 什么能使我们凡事谢恩?

What enables us to give thanks in all circumstances?



# A DIFFERENT PERSPECTIVE 不同的视角



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PHILIPPIANS 4:4 (NIVUK)

<sup>4</sup> Rejoice in the Lord always. I will say it again: rejoice!

腓立比书 4:4 (CUVMPS)

4 你们要靠主常常喜乐,我再说,你们要喜乐!



#### PHILIPPIANS 4:8-9 (NIVUK)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. 9 Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.



腓立比书 4:8-9 (CUVMPS)

8 弟兄们,我还有未尽的话,凡是真实的、可敬的、公义的、清洁的、可爱的、有美名的,若有什么德行,若有什么称赞,这些事你们都要思念。 9 你们在我身上所学习的、所领受的、所听见的、所看见的,这些事你们都要去行,赐平安的神就必与你们同在。



当我们靠主得喜乐,向主祷告,向主谢恩时,我们的视角就会从问题中转移开来。

When we rejoice in the Lord, pray to the Lord, and give thanks to the Lord, our perspective shifts away from our problems.



真正需要改变的,往往不是问题本身, 而是我们的视角。因为当我们拥有正确的视角时, 就不会一直关注我们的问题有多大,而是神有多大。

Quite often, our perspectives are what needs fixing more than our problems. Because when we have the right perspective, our focus won't be on how big our problems are, but how much bigger God is.



# A DIFFERENT PERSPECTIVE 不同的视角



# DEDICATED PRACTICE 不断的实践



#### EPHESIANS 1:15-16 (NIVUK)

<sup>15</sup> For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, <sup>16</sup> I have not stopped giving thanks for you, remembering you in my prayers.

#### 以弗所书 1:15-16 (CUVMPS)

15 因此,我既听见你们信从主耶稣,亲爱众圣徒,16 就为你们不住地感谢神,祷告的时候常提到你们,



#### PHILIPPIANS 1:3-5 (NLT)

The Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard it until now.



腓立比书 1:3-5 (CCB)

- 3 我每逢想起你们,就感谢我的上帝。
- 4 每次为你们众人祷告的时候,我心里都很喜乐。5 因为你们从开始直到现在,一直和我同心合意地传扬福音。



#### COLOSSIANS 1:3-4 (NIVUK)

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, 4 because we have heard of your faith in Christ Jesus and of the love you have for all God's people –



歌罗西书 1:3-4 (CUVMPS) 3 我们感谢神我们主耶稣基督的 父,常常为你们祷告,4 因听见 你们在基督耶稣里的信心并向众 圣徒的爱心——



#### 1 CORINTHIANS 1:4 (NIVUK)

<sup>4</sup> I always thank my God for you because of his grace given you in Christ Jesus.

#### 哥林多前书 1:4 (CUVMPS)

4 我常为你们感谢我的神,因神在基督耶稣里所赐给你们的恩惠,



#### 1 THESSALONIANS 1:2 (NIVUK)

<sup>2</sup> We always thank God for all of you and continually mention you in our prayers.

#### 帖撒罗尼迦前书 1:2 (CUVMPS)

<sup>2</sup> 我们为你们众人常常感谢神,祷告的时候提到你们,



#### 2 THESSALONIANS 1:3 (NIVUK)

We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.



帖撒罗尼迦后书 1:3 (CUVMPS) 3 弟兄们,我们该为你们常常感谢神, 这本是合宜的,因你们的信心格外增 长,并且你们众人彼此相爱的心也都 充足。



## PHILEMON 1:4-5 (NIVUK)

4 I always thank my God as I remember you in my prayers, 5 because I hear about your love for all his holy people and your faith in the Lord Jesus.

#### 腓利门书 1:4-5 (CUVMPS)

4 我祷告的时候提到你,常为你感谢我的神,5 因听说你的爱心并你向主耶稣和众圣徒的信心。



#### 2 CORINTHIANS 11:23-28 (NLT)

<sup>23</sup> Are they servants of Christ? I know I sound like a madman, but I have served him far more! I have worked harder, been put in prison more often, been whipped times without number, and faced death again and again. 24 Five different times the Jewish leaders gave me thirty-nine lashes. 25 Three times I was beaten with rods. Once I was stoned. Three times shipwrecked. Once I spent a whole night and a day adrift at sea.

#### 2 CORINTHIANS 11:23-28 (NLT)

26 I have travelled on many long journeys. I have faced danger from rivers and from robbers. I have faced danger from my own people, the Jews, as well as from the Gentiles. I have faced danger in the cities, in the deserts, and on the seas. And I have faced danger from men who claim to be believers but are not.



#### 2 CORINTHIANS 11:23-28 (NLT)

27 I have worked hard and long, enduring many sleepless nights. I have been hungry and thirsty and have often gone without food. I have shivered in the cold, without enough clothing to keep me warm. 28 Then, besides all this, I have the daily burden of my concern for all the churches.



哥林多后书 11:23-28 (CCB) 23 他们自称是基督的仆人,我说句狂话,我更是!我比他们更辛苦,坐牢更多,身受更重的鞭打,经常出生人死。24 我被犹太同胞鞭打了五次,每次三十九鞭,25 被罗马人用棍打了三次,被人用石头打了一次,遇到船难三次,曾在大海上漂浮了一天一夜。



哥林多后书 11:23-28 (CCB) 26 我常常四处奔波,遭遇江河的危险、盗贼的威胁、同胞的威胁、外族的威胁,城中的危险,旷野的危险,海上的危险和假信徒的威胁。27 我劳碌困苦,不得安眠,又饥又渴,挨饿受冻,赤身露体。28 此外,我还挂虑众教会的事,天天承受着压力。



## PHILIPPIANS 1:3-5 (NLT)

The Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard it until now.



腓立比书 1:3-5 (CCB)

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- 4 每次为你们众人祷告的时候,我心里都很喜乐。5 因为你们从开始直到现在,一直和我同心合意地传扬福音。



PHILIPPIANS 1:13-14 (NLT)

For everyone here, including the whole palace guard, knows that I am in chains because of Christ. <sup>14</sup> And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear.



腓立比书 1:13-14 (CCB)

18 连所有的皇家卫兵和其他众人都知道我是为了基督的缘故而受囚禁。14 大多数主内的弟兄姊妹看见我为主被囚,信心受到鼓舞,更加放胆无惧地传扬上帝的道。



"感恩是在意志里所作的决定,既然是意志里的决定,那么选择权就完全掌握在我们手中。 选择感恩并非容易的事,它需要我们付出努力。"

"Gratitude is a decision of the will, and if a decision of the will, the choice resides squarely with us. Deciding to be thankful is no easy task. It takes work."

CHARLES SWINDOLL 史温道



Being able to give thanks in all circumstances requires: 能够凡事谢恩,需要:



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## A DIFFERENT PERSPECTIVE 不同的视角

DEDICATED PRACTICE 不断的实践



"在神的眼中,感恩是一份宝贵的祭。即使是我们当中最贫穷的人,也能做到; 并且不会因此变得更穷,而是更富足。"

"Gratitude is an offering precious in the sight of God, and it is one that the poorest of us can make and be not poorer but richer for having made it."

A. W. TOZER 陶恕



### **COUNT YOUR BLESSINGS**

By Johnson Oatman Jr, 1897

Count your blessings, name them one by one; Count your blessings, see what God hath done;



### **COUNT YOUR BLESSINGS**

By Johnson Oatman Jr, 1897

Count your blessings,
name them one by one;
Count your many blessings,
see what God hath done.

(And it will surprise you what the Lord hath done.)



## 数算主恩

主的恩典 样样都要数主的恩典 都要记清楚主的恩典 样样都要数必能叫你惊讶立时乐欢呼



JOHN 3:16-17 (NIVUK)

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him.



约翰福音 3:16-17 (CUVMPS) 6"神爱世人,甚至将他的独生子赐给他们,叫一切信他的不致灭亡,反给永生。"因为神差他的儿子降世,不是要定世人的罪,乃是要叫世人因他得救。



