

Sunday Sermon | 主日布道

English

Mandarin

Desiring the Kingdom (Week 4)

... Through Scripture

2 Timothy 3:14-17

Northridge Community Church

April 28, 2024

Good morning church, it's great to have you sharing with us this morning as we gather here at Northridge Community Church to worship our Heavenly Father today.

If I haven't had the privilege of meeting with you, or if you're new here, my name is Fred and I serve as Head Pastor here and I today as we take some time to break open the Word of God, I want to invite you to just pause with me, to take a few deep breaths, to calm the chaos of our lives, and to just centre ourselves in this space and to posture our hearts to receive a transformative word from the Holy Spirit today, as we consider his His Words this morning...

渴望天国（第 4 周）

……通过经文

提摩太后书 3:14-17

Northridge 社区教堂

2024 年 4 月 28 日

早上好，教会的朋友们，很高兴今天早上我们可以一起在 Northridge 社区教堂一起聚集敬拜我们的天父。

如果我还没有机会见到你，或者如果你是新来的，我的名字是 Fred，我担任这里的主任牧师，今天，在我们花一些时间来打开神的话语时，我想邀请你们和我一起停下来，深吸几口气，平静我们生活中的纷扰，让自己在这个空间中集中注意力，调整我们的心，接受今天来自圣灵的性话语，我们今天上午来思考他话语……

And as we do, I want to pray a simple prayer over these moments and over us all.

“Lord Jesus, we come. We lay our concerns at your feet. We let go of circumstances beyond our control, and we turn our eyes to you.

We pray that you would meet your people today through your word. That it's wisdom would not only bring head knowledge, but heart transformation, according to your will, God, we pray, Amen.”

Today, I have the wonderful privilege of continuing our Series of teaching that we have called, Desiring the Kingdom.

And over the last few weeks, Jacob has introduced this series and challenged us to go deeper - to be intentional about growing spiritually as we walk with Jesus.

当我们这样做时，我想为这个时刻和我们所有人做一个简单的祈祷。

“主耶稣，我们来到这里。我们将我们的担忧交给你。我们放下我们无法控制的情况，并将目光转向你。

我们祷告你今天会在你的话语里与你的子民相遇。让它的智慧不仅会带来头脑的知识，还会带来内心的转变，按照你的旨意，上帝，我们祷告，阿门。”

今天，我非常荣幸地继续我们称之为“渴望天国”的系列讲道。

在过去的几周里，Jacob 介绍了这个系列，并向我们提出了更深入的挑战——当我们与耶稣同行时，有意识地在灵性上成长。

He reminded us that if we desire to be a follower of Jesus, than we must desire after the things that Jesus did. We seek to follow where he has lead, and to practice the disciplines He practiced, so that we too may experience the deep fellowship, the profound relationship that he shared with God, the Heavenly Father.

Last week then, Carolyn called us to prayer. She urged us to reflect upon our prayer life, to choose to foster space daily, intentionally, and even continually to commune with God in prayer.

And so, I hope that this week, you've taken her call to heart, and began to implement some practices, or behaviours, or routines that help you to pray. And I want to join her, and say, if you heave't yet, think about how you can begin to do so - it's never to late to start - but don't wait.

他提醒我们，如果我们渴望成为耶稣的跟随者，那么我们就必须渴望耶稣所做的事。我们力求追随他的带领，实践他所实践的训练，以便我们也能体验到他与天父上帝之间的深厚的团契和深远的关系。

上周，Carolyn 呼吁我们去祷告。她敦促我们反思我们的祷告生活，选择每天有意识地、甚至持续地创造空间，在祷告中与神交流。

因此，我希望这周你已经牢记她的呼吁，并开始实施一些有助于你祈祷的做法、行为或惯例。我想和她一起说，如果你还没有，想想如何开始这样做——何时开始都不会太晚——但不要等待。

Today we pick up scripture, and we think about the role that scripture has in our lives, as followers of Jesus. This past week, in preparation for today, I listened to the John Mark Comer Teaching podcast - highly recommended listen if you're looking for some solid Biblical teaching to engage with.

But this week was about scripture in it's role in the life of the follower of Jesus. And in that podcast, they talk a lot about the relationship that exists between each one of us and the bible. Because whether we acknowledge it or not, the reality is that each one of us has a relationship with Scripture.

今天我们拿起圣经，思考圣经在我们作为耶稣的跟随者的生活中所扮演的角色。过去的一周，为了准备今天的信息，我听了约翰·马克·科默(John Mark Comer)教学播客——如果你正在寻找一些扎实的圣经教学来参与，强烈建议你收听。

但这周的主题是圣经在耶稣追随者生活中的作用。在那个播客中，他们谈论了很多关于我们每个人和圣经之间存在的关系。因为无论我们承认与否，事实是我们每个人都与圣经有关系。

No other book has been so influential throughout history and society - particularly in our western world - than the Bible. It has been used and misused and quoted, and manipulated and used to inform decisions and justify actions - both good and bad - ever since it was first compiled. And we have to acknowledge. We all know what the bible is, right? We have all heard of it. And we all have an opinion of it.

Whether it's brings feelings of suspicion or fascination, or hate or love, or complexity or confusion. Maybe some of have a distant admiration for the bible... we like some of the things in there - we live the verses that give us the warm fuzzies, but we'd rather steer clear of the parts that cause us some discomfort, or that challenge us...

And so, we have to acknowledge that, right? I mean, some may even ask, why does the bible matter? Why do we read these ancient Israelite writings today? Why do they matter?

在历史和社会中，没有哪一本书比《圣经》更具有影响力，尤其是在我们的西方世界。自从它首次编制以来，它一直被使用、误用、引用、操纵和用来为决策提供信息并为行动作辩护——无论是好是坏。我们必须承认这点。我们都知道圣经是什么，对吗？我们都听说过。我们对它都有自己的看法。

无论它令人怀疑或入迷，或恨或爱，或复杂或困惑。也许有些人对圣经有一种遥远的钦佩……我们喜欢其中的一些东西——我们生活在那些给我们带来温暖的模糊感的经文中，但我们宁愿避开那些给我们带来一些不适或挑战我们第部分…

那么，我们必须承认这一点，对吗？我的意思是，有些人甚至可能会问，为什么圣经很重要？为什么我们今天要阅读这些古代以色列著作？为什么它们很重要？

And the answer is simple - as followers of Jesus, we read this book, reflect on this book, teach from it, invite it's words to transform us because Jesus did.

Jesus was raised Jewish, he was taught from a very early age the importance of these writings, he learned it's songs, spent time reading it, hearing it read, meditating on it.

In Luke 24, after the resurrection, Jesus meets travellers on the road and says to them,

(Luke 24:44-47)

“Then he said, “When I was with you before, I told you that everything written about me in the law of Moses and the prophets and in the Psalms must be fulfilled.” Then he opened their minds to understand the Scriptures.

答案很简单——作为耶稣的追随者，我们阅读这本书、思考这本书、从中汲取知识、让书中的话语来改变我们，因为耶稣就是这样做的。

耶稣是犹太人，他从小就被教导这些著作的重要性，他学习歌曲，花时间阅读，听诵读，冥想。

在路加福音 24 章中，耶稣复活后，在路上遇见了行人，并对他们说：

(路加福音 24:44-47)

耶稣对他们说：“这就是我从前与你们同在之时所告诉你们的话说：摩西的律法、先知的书，和诗篇上所记的，凡指着我的话都必须应验。” 于是耶稣开他们的心窍，使他们能明白圣经，

And he said, “Yes, it was written long ago that the Messiah would suffer and die and rise from the dead on the third day. It was also written that this message would be proclaimed in the authority of his name to all the nations, beginning in Jerusalem: ‘There is forgiveness of sins for all who repent.’

See, Jesus himself, shares that the scriptures were written so that they could be fulfilled in him - they were written about Him.

Sometimes I think we miss this: The Bible in it’s entirety is one long story. It’s a collection of instructions, and stories, and prophecy and letters that stand alone, but that are designed and Divinely directed to tell one long story. Sometimes we miss this - we miss the forest for the trees, so to speak.

又对他们说：“照经上所写的，基督必受害，第三日从死里复活，并且人要奉他的名传悔改、赦罪的道，从耶路撒冷起直传到万邦。

看，耶稣本人也分享说，写下圣经是为了让这些经文能够应验在他身上——经文是写他的。

有时我想我们忽略了这一点：整本圣经是一个长篇故事。它汇集了各种指示、故事、预言和书信，这些都是独立存在的，但它们是受神圣指导并被设计来讲述同一个长篇故事。有时我们会错过这一点——可以说是“只见树木不见森林。”

The bible tells this overarching story of God's interaction with a family - particularly the story of a man named Abraham and his children and children's children... And God makes a promise saying to Abraham, if you follow me, keep my commands and seek to please me, I will bless you - your life will be full and eternally blessed. They made a covenant.

And the story goes on to describe how Abraham and his family and the generations that followed failed miserably to keep their end of the promise. Humanity had a bent toward selfishness and pride and greed and violence. So the story tells about all the ways that Humanity fell short of the covenant.

But hope still existed in some that things would change because God loved the people, he loved his creation - and so hope remained and prophets began to foster this hope that all is not lost. They dreamed and told of a day when God would send a deliverer to restore the promise - the covenant.

圣经讲述了神与一个家庭互动的贯穿性的故事，特别是一个名叫亚伯拉罕的人和他的孩子们以及孩子们的孩子们的故事……神向亚伯拉罕许诺说，如果你跟随我，遵守我的命令并寻求取悦我，我就会赐福于你——你的生活将是充实、永远蒙福的。他们立下了盟约。

这个故事接着描述了亚伯拉罕和他的家人以及随后的几代人如何悲惨地未能兑现自己诺言。人类有自私、骄傲、贪婪和暴力的倾向。因此，这个故事讲述了人类未能履行圣约的种种方式。

但有些人仍然希望事情会有所改变，因为上帝爱他的子民，他爱他的造物——因此希望依然存在，先知们开始培养这种希望，希望一切都不会失去。他们梦想并讲述有一天，上帝会派遣一位拯救者来恢复那个应许——圣约。

That person would be called the Messiah - the one who would save the people from this terrible situation - who would restore the connection between Creator and created, and who would work to transform the people into a family fit to live in personal relationship with God.

And then the Hebrew Bible ends. We call it the Old Testament.

But today we know that wasn't the end of the story! Jesus shows up, and claims that He is the one! He is the Messiah everyone has been waiting for - He is the Saviour not just a man, better than that - God Himself - who has come into the world to be God's grace, mercy and love to the poor and mistreated and downtrodden.

AND to stand against the establishment's of power who promote and pursue systemic persecution and marginalization of others.

这个人将被称为弥赛亚——他将把人们从这种可怕的情况中拯救出来——他将恢复造物主和受造物之间的联系，并将致力于将这些人转变为一个适合与上帝建立个人关系的家庭。

然后希伯来圣经就结束了。我们称之为旧约。

但今天我们知道故事还没有结束！耶稣出现了，并宣称他就是救世主！他是每个人都在等待的弥赛亚——他不仅仅是一个人，更是救世主——神自己——他来到世上，是为了给穷人、被虐待和被压迫的人带来神的恩典、怜悯和爱。

并反对那些促进和追求系统性迫害和边缘化他人的当权者。

And so in the New Testament - the New Story, this New promise - the new covenant is revealed through the story of Jesus.

Jesus shares his life and love with his closest followers, the 12 disciples. He blesses them with the Holy Spirit - the part of God that lives within the individual and reveals God's will and direction and reveals who Jesus truly is - the Son of God, Messiah - Saviour and minister of the New Covenant - the renewed promise that Joins God and humanity again in right relationship.

These disciples go around and share the story of Jesus, and these communities of Jesus followers begin to get established all over the place, and so the disciples and others begin to write letters to these groups of Jesus followers (we call them churches now) - and that makes up the New Testament...

因此，在新约中——新故事、新应许——新约是通过耶稣的故事被启示的。

耶稣与他最亲近的追随者——十二个门徒——分享他的生活和爱。他用圣灵祝福他们 - 迦得的一部分，住在个人里面，揭示神的旨意和方向，并揭示耶稣到底是谁 - 神的儿子，弥赛亚 - 救主和新约的传道人 - 新约是更新的应许，它使上帝和人类再次建立正确的关系。

这些门徒四处传播耶稣的故事，这些耶稣追随者的社区开始在各地建立起来，因此门徒和其他人开始写信给这些耶稣追随者团体（我们现在称之为教会） - 这就是新约圣经……

And so the bible is a collection - a mega, epic collection of smaller books that join together to tell this whole story...they all fit together into this wonderful tapestry, forming one unified story that leads to Jesus.

See, the violence of the Old Testament, that so many struggle with, is included on a grand scale so today, we can see just how messed up and cruel and evil the world had become - and how badly we needed God's saving from it. And we can miss this if we simply stop after reading 10 verses, and forget that it exists in context of a whole collection of writings that join to form one united narrative that points to Jesus.

And when we read the bible in that light, it truly has the power to transform us through the Power of God's Holy Spirit.

因此，《圣经》是一本合集——一本巨大的、史诗般的小书合集，它们共同讲述了这个完整的故事……它们全部组合成这幅奇妙的挂毯，形成了一个指向耶稣的统一故事。

看，旧约中的暴力，让许多人为之挣扎，成为圣经很大一部分，而今天，我们可以看到世界已经变得多么混乱、残酷和邪恶——以及我们多么需要上帝的拯救。如果我们只是在读完10节经文后停下来，忘记它存在于一整套著作的背景下，这些著作结合起来形成一个指向耶稣的统一叙述，我们就可能会错过这一点。

当我们从这个角度阅读圣经时，它确实有能力通过上帝圣灵的力量来改变我们。

Some people think of the Bible as a reference book. Know what I mean? We look for verses, cherry pick a passage to either prove us right in an argument, or to make us feel good or to genuinely try to learn something specific.

And there is an aspect of that which is helpful. I do it regularly as I prepare for sermons... but that kind of use is hardly transformative, right? If I treat the bible as a book of facts, or rules to learn, then that speaks to my head, but not really my heart. And we miss the intention of Scripture - to make us wise for salvation through faith in Christ Jesus - and that's transformative.

Think of it like this - and I credit Tim Mackie for this analogy, but I relate to it because I do this all the time.

有些人认为圣经是一本参考书。明白我的意思吗？我们寻找经文，挑选一段话来证明我们在争论中是正确的，或者让我们感觉良好，或者真正尝试学习特定的东西。

这也有其有用的一面。我在准备布道时经常这样做……但这种用法很难带来转变，对吧？如果我将圣经视为一本记载事实的书，或者要学习的规则，那么这只是对我的头脑说话，而不是对我的内心说话。我们错过了圣经的意图——使我们因信基督耶稣而有得救的智慧——而这是变革性的。

可以这样想——我把这个比喻归功于蒂姆·麦基 (Tim Mackie)，但我也有同感，因为我也一直这样做。

One of my favourite shows is the Office. Remember it? I love the Office. And one of my favourite things when I need a good laugh, is to pull up one of those compilation videos on Youtube of just funny things that have happened on the show.

And I'll be in hysterics laughing at this stuff - and say Carolyn, come look at this - and she will just sit there.

See, she is just getting pieces of the show - and has no context to understand or connection to pull from to get why this is so funny.

For fans of the office here - the show where Kevin spills the chilli over, kills me - every time. But Carolyn would look and say - he just spilled a big pot of chilli...

Look it's happening now - some of you are smiling and remembering the scene, and others are like... what a waste of chilli.

我最喜欢的节目之一是《办公室风云》(Office)。还记得它吗？我喜欢《办公室风云》。当我需要开怀大笑时，我最喜欢的事情之一就是在 Youtube 上找到那些在剧中发生过的有趣事情的汇编视频。

我会被这些东西逗得歇斯底里地大笑——然后说 Carolyn，过来看看这个——她就只会坐在那里。

瞧，她只看到了节目的一些片段，根本不了解背景，也不知道为什么这会这么有趣。

对于《办公室风云》的粉丝来说——凯文把墨西哥肉酱洒了一地那场戏，每次都让我开怀大笑。但卡罗琳会看着说——他只是洒了一大锅肉酱……

看看现在——你们中间有些人微笑着回忆起当时的场景，而其他人则觉得……真是浪费肉酱。

It's the same with reading scripture. If all we ever do is read a verse or two here or there, we miss the development, the context, the overarching narrative - we miss the greater story that affords us the opportunity to engage with for transformation.

Stories have the power to transform. It's why our testimonies are so impactful! During Lent, we had someone each week come and share their story of coming to faith - and it had transformative impact!

Last week at Alpha, Mona shared her story of coming to faith. And I have permission to share this from her. She talked about how growing up in Iran, how she never felt good about being a Muslim, how even as a child she would talk to something, someone unseen and she would feel better. She shared how she felt drawn to church when she would travel outside of Iran.

阅读经文也是一样。如果我们只是在这里或那里读一两节经文，我们就会错过发展、背景、总体叙述——我们错过了让我们有机会参与变革的更大的故事。

故事具有改变的力量。这就是为什么我们的见证如此有影响力！四旬期期间，我们每周都会有人来分享他们信仰的故事 - 这产生了变革性的影响！

上周，Mona 在 Alpha 课程上分享了她信仰的故事。我得到了她的许可分享这个。她谈到了在伊朗长大的经历，她对自己身为穆斯林的感觉一直不怎么好，甚至在孩提时代，她就会和一些看不见的东西和人说话，这样她就会感觉好一些。她分享了当她离开伊朗旅行时，她感受到了教堂对她的吸引。

And her experience of finally coming to Canada, picking up a bible - beginning in Matthew - and reading all about Jesus - and feeling really good about Him. She shared how she come here to Northridge and met Carolyn, and prayed... and how she finally experienced peace in her heart in the knowledge that Jesus was with her, and now, she was with Him.

And I'm listening to this, and I catch myself starting to tear up - because there is power in story to transform. Hearing her story has changed me - it's changed how I pray for those who I encounter in our community from other countries who need to experience the peace that is found in Jesus.

So, if we want to be transformed in our Spiritual lives through the gift of Scripture, then we need to engage in the story of scripture.

她终于来到加拿大，拿起一本圣经——从马太福音开始——阅读所有关于耶稣的经历——并对他感觉非常好。她分享了她如何来到 Northridge，遇见 Carolyn，并祈祷……以及她如何最终体验到内心的平安，因为她知道耶稣与她同在，而现在，她与他同在。

当我听着这个故事时，我发现自己开始流泪——因为故事里有改变的力量。听到她的故事改变了我——它改变了我为我们社区中遇到的来自其他国家、需要体验在耶稣里找到的平安的人祈祷的方式。

因此，如果我们想通过圣经的恩赐来改变我们的属灵生活，那么我们就需要参与圣经的故事。

That means committing to reading God's word consistently, over a long period of time. Reading the bible from time to time, sporadically, yes is good and if that's where you're at - then that's great.

But there comes a time where if we want to read the bible and allow it to truly transform us, we need consistency, commitment and intention.

If you want your body to be transformed you go to the gym, right? Going one or two times a week is good - but going four or five days a week for years will bring real impact right? And then when you combine working out with diet - it's truly transformational.

If you want your spiritual life to be transformed, read the Word. Daily. Consistently. With commitment. And spend time praying - and you will see spiritual gains like never before!

这意味着要致力于长期持续地阅读神的话语。时不时地、偶尔地读一下圣经，是的，这很好，如果你就是这样的话——那就太好了。

但当我们想要阅读圣经并让它真正改变我们时，我们就需要坚持、承诺和用心。

如果你想要改变你的身体，你就会去健身房，对吧？每周去一到两次固然不错，但连续几年每周去四到五天会带来真正的影响，对吧？然后，当你将锻炼与饮食结合起来时，这将是真正的变革。

如果你希望你的属灵生命得到改变，就阅读神的话语。每天。坚持不懈。专心致志。花时间祈祷——你会看到前所未有的属灵收获！

If you want true spiritual growth, listening to a Sunday sermon once a week, is not sufficient. It's helpful - but your soul needs more.

I remember singing a song in Sunday School when I was a kid - "Read your bible, pray every day, and you'll grow, grow, grow!" There's truth in that.

So - maybe the question still remains - how - do we read the bible to experience the transformative power of the Holy Spirit in our lives.

And there are a couple things I'd offer...

First, is to get used to reading the bible in larger chunks, rather than in verses to really gain an understanding of the broader story. We have a you version bible plan that has been helpful for reading through the entirety of the bible... And if you're behind on the plan - don't stress - jump back in.

如果你想要真正的灵命成长，每周听一次主日布道是不够的。这很有帮助——但你的灵魂需要更多。

我记得小时候在主日学校唱过一首歌——“读圣经，每天祈祷，你就会成长，成长，成长！”这是事实。

所以——也许问题仍然存在——我们如何阅读圣经来体验圣灵在我们生活中变革的力量。

我有几条建议.....

首先，要习惯大段地阅读圣经，而不是逐节的阅读，这样才能真正理解故事的大意。我们有一个 YouVersion 的圣经计划，有助于阅读整本圣经……如果你的计划落后了 - 不要紧张 - 重新加入我们。

Just read the Word! Learn about God's character, recognize the story that is going on, reflect on how the passage you're reading fits into the bigger narrative that is overarching.

Once you've established a pattern of reading, then go deeper... read passages that are hard, or uncomfortable. Reflect on them, and ask God in prayer to reveal his truth, character and love through the words.

Talk about them with someone... maybe your life group can spend a season just reading a book of the bible. Gather and read aloud through the book of Romans, or Hebrews or another and talk about it. Reflect on the tough questions that the passage may cause us to wrestle with, or think through, or meditate on. Don't be afraid of Scripture!

The bible is meditation literature - meant to be read, and reread personally as well as read together, reflected upon and engaged with as part of a community.

读神的话语！了解上帝的品格，明白在发生的故事，反思你在阅读的段落如何融入更大的总体叙述中。

一旦你建立了一种阅读模式，就可以深入阅读……阅读那些难以理解或不舒服的段落。反思它们，并在祷告中求神通过话语揭示他的真理、品格和爱。

与某人谈论它们……也许你的生命小组可以花一个季节来阅读圣经中的一本书。聚集并大声朗读罗马书、希伯来书或其他书，并进行讨论。反思这段经文可能会让我们苦苦思索、思考或沉思的棘手问题。不要害怕圣经！

圣经是冥想文学——意在供个人阅读、重读以及一起阅读、反思和作为社区的一部分参与其中。

Memorizing Scripture is another way to have it transform us from the inside out...

The kids last week demonstrated that we can do it! It was a masterclass in Memorizing Scripture! If you missed it, visit our Youtube page and watch it - it will bless your heart! And we learn from them, that if our kids can memorize 26 bible verses in a few weeks - than surely we can. Seeking to internalize scripture in this way provides space for God's Spirit to rise up and work in our hearts.

You can pray scripture. The Book of Psalms is a collection of poetry that reflect a host of emotions across a diverse set of experiences. As part of your prayer time, read - pray - a psalm.

And too, know you aren't in this alone. Ask God to help you. In John 14, Jesus shares that the role of the Holy Spirit:

背诵经文是让我们由内而外改变的另一种方式……

上周的孩子们证明了我们可以做到！这是背诵经文的大师班！如果您错过了，请访问我们的 Youtube 页面并观看 - 它会让你的心灵得到祝福！我们从他们那里得知，如果我们的孩子能够在几周内记住 26 节圣经经文，那么我们肯定也能做到。寻求以这种方式内化圣经，为神的灵在我们心中兴起并工作提供了空间。

你可以祈祷经文。《诗篇》是一本诗歌集，反映了不同经历中的大量情感。作为祈祷时间的一部分，阅读 - 祈祷 - 一首诗篇。

而且，要知道你并不孤单。求神帮助你。在约翰福音 14 章中，耶稣分享了圣灵的角色：

John 14:26 NLT

But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.

So, as you read Scripture and seek the transformation that comes from it - ask God's Holy Spirit to teach you, to reveal it's purposes, and to work in your heart to receive the transformative message from God's Word.

There's also a practice that is called *Lectio Davina*. Now don't be scared, or creeped out by that - that's simply a latin phrase meaning, "Divine Reading."

And it's a way of reading Scripture that provides space for reflection and meditation - where we let go of any agendas, and simply open ourselves to what God is saying to us through his word.

约翰福音 14:26 NLT

但保惠师，就是父因我的名所要差来的圣灵，他要将一切的事指教你们，并且要叫你们想起我对你们所说的一切话。

因此，当你阅读圣经并寻求从中产生的转变时，祈求上帝的圣灵来教导你，揭示其目的，并在你的心中工作，以接收来自上帝话语的变革性信息。

还有一种叫做 *Lectio Davina* 的练习。不要害怕，或者被它吓到——这只是一个拉丁短语，意思是“神圣的阅读”。

这是一种阅读圣经的方式，为反思和冥想提供了空间——我们可以放下任何议程，简单地敞开心扉，接受神通过他的话语对我们所说的话。

So, as we conclude this morning, I'd like to share this practice with you. You can close your eyes, if that's helpful... take a breath and settle your heart and mind. Maybe you'd like to assume an open posture, palms raised ready to receive from God.

As I read this passage, listen for a particular word or phrase that speaks to you in these moments and just sit with it.

Philippians 1:3-6; 9-11

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. And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

Pause

因此，在外面今天早上总结的时候，我想与大家分享这个实践。你可以闭上眼睛，如果这对你有帮助的话……深吸一口气，让你的心平静下来。也许你想采取开放的姿势，举起手掌准备接受来自上帝的礼物。

当我阅读这篇文章时，请倾听在这些时刻对你说话的特定单词或短语，然后静静地聆听。

腓立比书 1:3-6; 9-11

我每逢想念你们，就感谢我的神；每逢为你们众人祈求的时候，常是欢欢喜喜地祈求。因为从头一天直到如今，你们是同心合意地兴旺福音。我深信那在你们心里动了善工的，必成全这工，直到耶稣基督的日子。

暂停

Now, As I read the same passage a second time, hold the word or phrase that stood out, and reflect on what is God saying to you in these words? What is stirring in your heart God is calling you to lean in on? How is God asking you to respond? Pray about those things in the silence that follows.

Philippians 1:3-6; 9-11

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. And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

Pause

现在，当我第二次读同一段经文时，请抓住突出的单词或短语，并思考神在这些话中对你说了什么？神通过什么在搅动你的心，呼召你依靠什么？神要求你如何回应？在接下来的安静中为这些事情祈祷。

腓立比书 1:3-6; 9-11

我每逢想念你们，就感谢我的神；每逢为你们众人祈求的时候，常是欢欢喜喜地祈求。因为从头一天直到如今，你们是同心合意地兴旺福音。我深信那在你们心里动了善工的，必成全这工，直到耶稣基督的日子。

暂停

Now, as I read the text a final time, I'd invite you to release the word or phrase you have been praying with.

What gift has God given you to take away from this prayer? To what action might God be inviting you? Thank God for this gift and invitation as we conclude this time.

Philippians 1:3-6; 9-11

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. And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

Pause

Sing - "What A Beautiful Name it Is"

现在，当我最后一次阅读这段文字时，我邀请你说出你一直在祈祷的单词或短语。

这次祷告中，神给了你什么礼物？上帝可能会邀请你采取什么行动？在我们结束这段时间时，为这份礼物和邀请感谢神。

腓立比书 1:3-6; 9-11

我每逢想念你们，就感谢我的神；每逢为你们众人祈求的时候，常是欢欢喜喜地祈求。因为从头一天直到如今，你们是同心合意地兴旺福音。我深信那在你们心里动了善工的，必成全这工，直到耶稣基督的日子。

暂停

唱——“多么美丽的名字啊”