

你是蒙神所爱的

你是有价值的

今天必有美好的事发生

神的祝福追着你跑

YOU ARE LOVED BY GOD

YOU ARE VALUABLE SOMETHING GOOD IS

GOING TO HAPPEN TODAY

GOD'S BLESSINGS CHASE YOU

主 日 信 息

MESSAGE THEME

信息主题：顺境的谦卑

MESSAGE THEME: HUMILITY IN
FAVORABLE
CIRCUMSTANCES

信息主题：顺境的谦卑

MESSAGE THEME: HUMILITY IN FAVORABLE CIRCUMSTANCES

主题经文：THEME SCRIPTURE:

(箴言 18:12)

敗壞之先，人心驕傲；尊榮以前，必有謙卑。

(PROVERBS 18:12) BEFORE DESTRUCTION THE HEART OF MAN IS
HAUGHTY, AND BEFORE HONOUR IS HUMILITY. MESSAGE THEME:
HUMILITY IN FAVORABLE CIRCUMSTANCES



¹¹But he that is greatest among you shall be your servant.
¹²And whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted.

1、谦卑HUMILITY

“自卑”“Inferiority complex”

(馬太福音 23:11-12) 你們中間誰為大，誰就要作你們的用人。
凡自高的，必降為卑；自卑的，必升為高。

(Matthew 23:11-12) But he that is greatest among you shall be your servant. And whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted.

† “自卑”是人与神建立关系的第一步。在神面前谦卑自己，对于生命转折至关重要。自卑的意思就是要谦卑自己。人作为受造物，本应在神面前谦卑自己，完全伏在至高者的权下，谦卑是受造物在造物主面前唯一正确的姿态。是在神面前承认自己完全无助、看见自己和自己所有、所行的一切都毫无价值，只有完全仰赖神。

"Humble self-esteem" is the first step for man to establish a relationship with God. Humbling yourself before God is crucial to life transformation. To humble oneself means to humble oneself. As a created being, man should humble himself before God and submit completely to the authority of the Most High. Humility is the only correct attitude for a created being before the Creator.

✚ 基督徒是世上的天路客。人走路的动作非常简单：交替迈出两只脚。走天路也简单易学：自卑、祷告、寻求主的面——自卑和祷告都朝向主，都在寻求主的面。人首先在主面前自卑，才会向神祷告、寻求主的面、转离恶行，才会蒙垂听、得赦免、得医治和拯救。

The movement of walking is very simple: taking steps with one foot alternately. Walking the heavenly path is also simple and easy to learn: humble yourself, pray, and seek the Lord's face—humility and prayer are both directed toward the Lord and are seeking the Lord's face. Only when people humble themselves before the Lord first, will they pray to God, seek the Lord's face, and turn away from evil deeds, and only then will they be heard, forgiven, healed, and saved.

✚ 人交替迈出两只脚，就走完地上的路；人不断地“自卑、祷告、寻求主”，就走完生命的路。神并没有让我们以高难度的复杂动作来走天路，神让我们以简单的动作持之以恒。

If a person takes two steps alternately, he can complete the journey on earth; if a person constantly "humbles himself, prays, and seeks the Lord," he can complete the journey of life. God does not ask us to walk the heavenly path with difficult and complex movements; God asks us to persevere with simple movements.

+ 这样简单的动作不断重复、持续一生。谦卑是这套动作的第一个姿势，属灵生命的每一进步都是从谦卑开始，我们需要在现实生活中常常学习谦卑。

THIS SIMPLE ACTION IS REPEATED OVER AND OVER AGAIN
THROUGHOUT YOUR LIFE. HUMILITY IS THE FIRST POSTURE IN
THIS SET OF MOVEMENTS. EVERY PROGRESS IN SPIRITUAL
LIFE STARTS WITH HUMILITY. WE NEED TO LEARN HUMILITY
OFTEN IN REAL LIFE.

2 虛心 BEHUMBLE

(馬太福音 5:3)

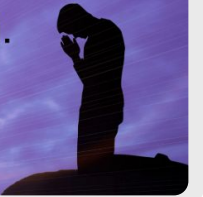
虛心的人有福了！因為天國是他們的。

(Matthew 5:3)

Blessed are the poor in spirit:
for theirs is the kingdom of
heaven

Blessed are
the poor in spirit,
for theirs is the
kingdom of heaven.

Matthew 5:3 (NIV)





虚心是指心灵贫乏，承认自己在属灵的事上什么都不懂，觉得自己十分不足够，很渴望更多地认识关乎属灵的事。

BEING HUMBLE MEANS BEING POOR IN
SPIRIT, ADMITTING THAT YOU KNOW
NOTHING ABOUT SPIRITUAL MATTERS,
FEELING THAT YOU ARE VERY
INADEQUATE, AND LONGING TO KNOW
MORE ABOUT SPIRITUAL MATTERS

这个心灵贫乏很重要，当我们有这个属灵贫乏时，才会追求天国及属灵的事，就不会追求和看重地上的事。因此，虚心是我们拥抱天国态度的起步点。我们渴慕属灵的事时，我们就能进入属灵的国度。

This spiritual poverty is very important. When we have this spiritual poverty, we will pursue the kingdom of heaven and spiritual things, and will not pursue or value earthly things. Therefore, humility of spirit is the starting point for us to embrace the attitude of the Kingdom of Heaven. When we desire spiritual things, we can enter the spiritual kingdom.

谦卑的一些特征

Some Characteristics of Humility

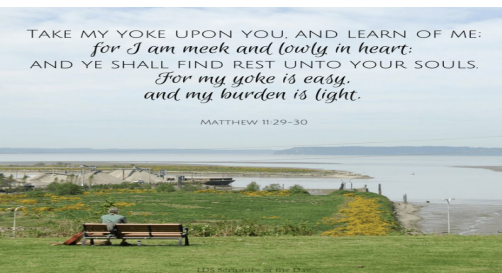
3 特征 FEATURES

A. 柔和谦卑，谦卑会表现出一种从里面来的柔和。Gentleness and humility. Humility will show a gentleness from within.“

我心里柔和谦卑，你们当负我的轭，学我的样式，这样，你们心里就必得享安息。”

(马太福音11:29)

(Matthew 11:29) Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.





IF THERE IS SOMETHING HARD
INSIDE A PERSON, IT MEANS
THAT THERE IS SOMETHING IN
THIS PERSON THAT HAS NOT
BEEN DEALT WITH BY GOD.

✦只有主的柔和谦卑是无限的，人可能一贯很谦卑，但有时环境超出了他承受的限度，一时可能失去了谦卑：

ONLY THE LORD'S MEEKNESS AND HUMILITY
ARE INFINITE. A PERSON MAY ALWAYS BE
VERY HUMBLE, BUT SOMETIMES THE
ENVIRONMENT EXCEEDS HIS ENDURANCE
AND HE MAY TEMPORARILY LOSE HIS
HUMILITY:

✦ 比如摩西“为人极其谦和”，但在米利巴却被以色列人激怒。所以我们要完全委身在主里面，时刻靠主，才能有真正的柔和谦卑。

FOR EXAMPLE, MOSES WAS “VERY HUMBLE”, BUT HE WAS ANGERED BY THE ISRAELITES AT MERIBAH. THEREFORE, WE MUST COMMIT OURSELVES COMPLETELY TO THE LORD AND RELY ON HIM AT ALL TIMES IN ORDER TO HAVE TRUE GENTLENESS AND HUMILITY.

B.慈怜谦卑，对人表现出恩慈和怜恤的心肠。

BE MERCIFUL AND HUMBLE, SHOWING KINDNESS AND COMPASSION TO OTHERS.

“总而言之，你们都要同心，彼此体恤，相爱如弟兄，存慈怜谦卑的心。”（彼得前书3:8）

(1 PETER 3:8) FINALLY, BE YE ALL OF ONE MIND, HAVING COMPASSION ONE OF ANOTHER, LOVE AS BRETHREN, BE PITIFUL, BE COURTEOUS:



HUMILITY IN THE LORD CAN
ENABLE MEMBERS TO
SYMPATHIZE WITH EACH
OTHER, ACCEPT EACH
OTHER, TOLERATE EACH
OTHER, AND BE OF ONE
MIND IN THE LORD.

C.谦卑顺服。 HUMBLE AND OBEDIENT

你们年幼的，也要顺服年长的。就是你们众人也都要以谦卑束腰，彼此顺服。”

(彼得前书 5:5)

(1 PETER 5:5) LIKEWISE, YE YOUNGER, SUBMIT YOURSELVES UNTO THE ELDER. YEA, ALL OF YOU BE SUBJECT ONE TO ANOTHER, AND BE CLOTHED WITH HUMILITY: FOR GOD RESISTETH THE PROUD, AND GIVETH GRACE TO THE HUMBLE.

✦ 肢体间彼此顺服，因为共同服在主的权下。没有谦卑，就不能彼此顺服。

MEMBERS SUBMIT TO ONE ANOTHER BECAUSE THEY
ARE ALL UNDER THE AUTHORITY OF THE LORD.
WITHOUT HUMILITY, THERE CAN BE NO MUTUAL
SUBMISSION.

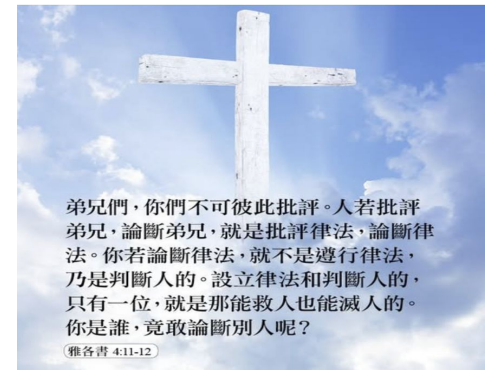
D.不以论断的态度待人

DO NOT TREAT OTHERS WITH A JUDGMENTAL
ATTITUDE

设立律法和判断人的，只有一位，就是那能救人也能灭人的。你是谁，竟敢论断别人呢？”

(雅4:12)

(JAMES 4:12) THERE IS ONE LAWGIVER, WHO IS
ABLE TO SAVE AND TO DESTROY: WHO ART THOU
THAT JUDGEST ANOTHER?



弟兄們，你們不可彼此批評。人若批評弟兄，論斷弟兄，就是批評律法，論斷律法。你若論斷律法，就不是遵行律法，乃是判斷人的。設立律法和判斷人的，只有一位，就是那能救人也能滅人的。你是誰，竟敢論斷別人呢？

雅各書 4:11-12

★这节经文说：判断的权柄在于神。当有论断人的表现，就说明他里面没有有神面前谦卑自己。我自己曾经有论断人的态度，可能很多人都有过这样的毛病，求主帮助我们！

E.不发怨言。DO NOT COMPLAIN

“你们也不要发怨言，像他们有发怨言的，就被灭命的所灭。”(林前10:10)

(1 CORINTHIANS 10:10) NEITHER MURMUR YE,
AS SOME OF THEM ALSO MURMURED, AND
WERE DESTROYED OF THE DESTROYER.

哥林多前书 10 章



向人向神发怨言，都是出于骄傲的心，缺少谦卑的态度，自以为应该如何。以色列人在旷野以为理当有水，没有水就发怨言。没有水当向神求水，一切都是神的恩典，都不是人应得的。发怨言不能解决问题，还会招来祸患。

Complaining against people and God comes from a proud heart, a lack of humility, and a self-righteous opinion of what one should do. The Israelites thought they should have water in the wilderness, so they complained when they had no water. If you don't have water, you should ask God for water. Everything is God's grace and no one deserves it. Complaining will not solve problems, but will bring disaster.

凡以感谢献祭的就是荣耀
我；那按正路而行的，我
必使他得着上帝的救恩。”

诗篇 50:23

F.以感恩的心面对生活中的一切。
FACE EVERYTHING IN LIFE WITH A GRATEFUL
HEART

凡以感谢献上为祭的便是荣耀我。
那按正路而行的，我必使他得着我的
救恩。”(诗50:23)

(PSALMS 50:23) WHOSO OFFERETH
PRAISE GLORIFIETH ME: AND TO
HIM THAT ORDERETH HIS
CONVERSATION ARIGHT WILL I
SHEW THE SALVATION OF GOD.

以感谢为祭，就是按正路而行。真正谦卑承认神至高的主权，才会凡事向神感恩。

TO OFFER A SACRIFICE OF THANKSGIVING IS TO
WALK IN THE RIGHT WAY. ONLY WHEN WE TRULY
HUMBLY ACKNOWLEDGE GOD'S SUPREME
SOVEREIGNTY CAN WE BE GRATEFUL TO GOD FOR
EVERYTHING.

一粒麥子

UNLESS A SEED

詞、曲、主領：林婉容
English Lyrics: Steven Ngai

出於小羊詩歌《一粒麥子》專輯

背诵经文 MEMORY VERSES:

(箴言 18:12) 敗壞之先，人心驕傲；尊榮以前，必有謙卑。

(PROVERBS 18:12) BEFORE DESTRUCTION THE HEART OF MAN IS HAUGHTY, AND BEFORE HONOUR IS HUMILITY.

问题讨论: QUESTION DISCUSSION:

1. 如何以感恩的心面对生活？

2. 如何不论断和不发怨言？

3. 如何怜悯谦卑顺服？

1. HOW TO FACE LIFE WITH A GRATEFUL HEART ?

2. HOW TO AVOID JUDGMENT AND COMPLAINTS ?

3. HOW TO BE MERCIFUL, HUMBLE AND OBEDIENT ?