A person is walking a tightrope across a deep chasm. The scene is set at sunset or sunrise, with a bright sun low on the horizon, casting a golden glow over the landscape. The sky is filled with soft, colorful clouds. The person is a small figure in the distance, balancing on the thin rope. The foreground shows the dark, rocky edges of the chasm.

因你得力

You Are My Strength

腓立比书 Philippians 4:12-13

你赞成哪一句话

Which statement do you agree with?

1. 当我们越事奉越得力
2. 当我们越事奉越枯干
3. 当我们不事奉越自在
4. 当我们不事奉越满足

为什么？ ？ ？

1. When we serve in ministry, we are strengthened
2. When we serve, we are exhausted
3. We are most comfortable while not serving
4. We are content with not serving

Why?





【神是丰富的源头】

God is the source of abundance

【出Exod34:6】

耶和华在他面前宣告说：“耶和华，耶和华，是有怜悯、有恩典的神，不轻易发怒，并有丰盛的慈爱和诚实。

And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness,

【神是丰富的源头】

God is the source of abundance

【约John10:10】

盗贼来，无非要偷窃、杀害、毁坏；我来了，是要叫羊得生命，并且得的更丰盛。

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

【神是丰富的源头】

God is the source of abundance

**神是生命丰盛的源头，我们原本也可得
着比现在更丰盛的生命，
但为什么我们却软弱无力呢？**

**God is the source of abundant life. Our lives should be
so much more fulfilling than they are right now. Why is
it that we feel so powerless?**

【神是丰富的源头】

God is the source of abundance

因为我们：

- 没有复活生命
- 没有耐心等候
- 没有平静安稳

Because we:

- Don't lead a resurrected life
- Don't wait patiently for God
- Don't practice quietness and trust

一、得着复活生命的能力

1. Gain the power and strength of the resurrected life

【腓Philippians4:12-13】

我知道怎样处卑贱，也知道怎样处丰富，或饱足、或饥饿、或有余、或缺乏，随事随在，我都得了秘诀。我靠着那加给我力量的，凡事都能做。

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.

一、得着复活生命的能力

1. Gain the power and strength of the resurrected life

**基督加给了我们力量，
以前我们力量做不到的事，
不能胜任的事，怕难的事，
难受难忍的事，现在都能做到了。**

Christ has given us strength. The things not possible with our own strength, the unachievable things, the daunting things, and the unbearable things, can now be done.

一、得着复活生命的能力

1. Gain the power and strength of the resurrected life

- **我们不怕处境困难，就怕没有能力；不怕没有能力，就怕不接近能力的渊源。**
- **活着就有希望；活着就有能力。**
- **It is not difficulty we fear, but powerlessness; but even powerlessness we do not fear unless we are far from God, the source of our strength.**
- **If you have life, you have hope and strength.**

一、得着复活生命的能力

1. Gain the power and strength of the resurrected life

**生命在我们里面不是静止的，
生命在我们里面是活的，生命在里面就是能力，没有别的能力比生命的能力更大。**



**Life is not static in us,
it is alive and powerful.
There is no other power greater than the
power of life.**

一、得着复活生命的能力

1. Gain the power and strength of the resurrected life

- **神可以把我放在任何环境里面，我凡事都能作。靠着那加给我力量的，凡事都能作。**
- **No matter what circumstances God puts us in, we know that we can handle all of it. We can do all things through Him who strengthens us. (Phil4:13)**

一、得着复活生命的能力

1. Gain the power and strength of the resurrected life

- **我们有一个宝贝放在瓦器里，要显明这莫大的能力是出于神，不是出于我们，四面受敌却不被困住，打到了却不至于死亡。**
- **We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; struck down, but not destroyed. (2Cor4:7)**

二、耐心等候神得着能力

2. Put your hope and trust in the Lord to
renew your strength

【赛Isaiah40:31】

**但那等候耶和华的，必从新得力，
他们必如鹰展翅上腾，他们奔跑却不困
倦，行走却不疲乏。**

but those who hope in the LORD will renew their
strength. They will soar on wings like eagles; they
will run and not grow weary, they will walk and not
be faint.

二、耐心等候神得着能力

2. Put your hope and trust in the Lord to
renew your strength

保罗说的：

“基督的能力覆庇我。”

“我什么时候软弱，什么时候就刚强了。”

Paul said:

“...so that Christ's power may rest on me...
For when I am weak, then I am strong.”

(林后 2 Corinthians 12:9-10)

二、耐心等候神得着能力

2. Put your hope and trust in the Lord to renew your strength

- 得着“重新得力”的应许，就必须专心等候耶和华。
- 借着恳切的祷告在主面前等候，领受从上头来的能力，使我们满得力量奔走前面的天路。
- To receive the promise of “renewal of strength”, one must wait intently on the Lord.
- Only through waiting before the Lord in earnest prayer, are we empowered from above to run the heavenly path ahead with full strength.

二、耐心等候神得着能力

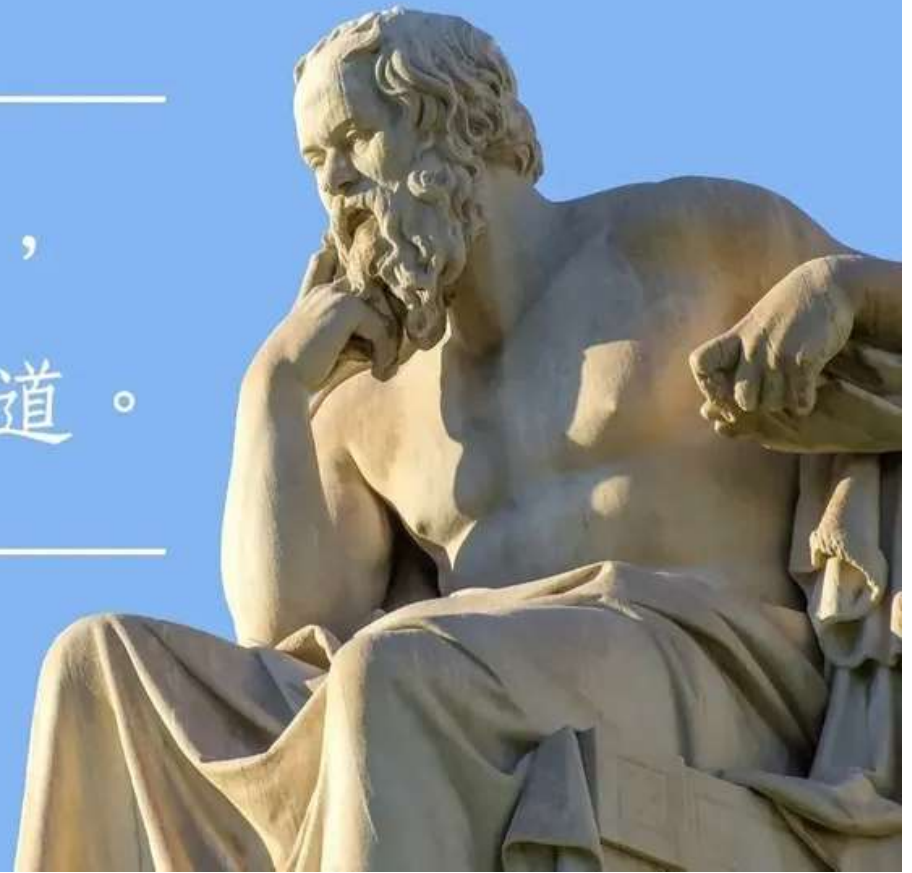
2. Put your hope and trust in the Lord to renew your strength

- **【赛Isaiah 40:28】** 你岂不曾知道吗？你岂不曾听见吗？永在的神耶和华，创造地极的主，并不疲乏，也不困倦，他的智慧无法测度。 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.
- **【赛Isaiah 40:29】** 疲乏的，他赐能力；软弱的，他加力量。 He gives strength to the weary and increases the power of the weak.

I only know one thing, and that is that I don't know anything.

Socrates

我只知道一件事，
就是我什麼都不知道。



苏格拉底是古希腊著名的哲学家

- Socrates, a famous philosopher of Ancient Greece

二、耐心等候神得着能力

2. Put your hope and trust in the Lord to renew your strength

- 谁是疲乏的和软弱的，就是那些自己知道需要神的人。
- 只有承认自己是疲乏的，软弱的，神才赐能力，赐力量；自以为有能力的，就不会依靠神。
- The weary and the weak are those who know they need God.
- God gives us ability and strength when we acknowledge that we are weary and weak; those who imagine themselves capable will not rely on God.

二、耐心等候神得着能力

2. Put your hope and trust in the Lord to
renew your strength

有一位牧师说：「少年的基督徒应该用飞的像鹰；成人的基督徒应该用跑的；只有成熟的基督徒应该用走的。」

为什么？

One pastor said, "Young Christians should fly like eagles; adult Christians should run; only mature Christians should walk."

Why?

二、耐心等候神得着能力

2. Put your hope and trust in the Lord to renew your strength

- **诗篇147:10-11** 「他不喜悦马的力大，不喜爱人的腿快，耶和华喜爱敬畏他和盼望他慈爱的人。」
- **Psalms 147:10-11** "His pleasure is not in the strength of the horse, nor his delight in the legs of a man; the LORD delights in those who fear him, who put their hope in his unfailing love."

美国南方一间教会的黑人牧师

Pastor of a church in the American South

- 「各位兄弟，这间教会需要**开始走**。」
- 「各位兄弟，这间教会需要**用跑的**。」
- 「各位兄弟，这间教会需要**用飞的**。」
- "Brothers and sisters, this church needs to start walking."
- "Brothers and sisters, this church needs to run."
- "Brothers and sisters, this church needs to fly."

「教会若要用飞的，就要付代价，花一些钱。」

"If this Church wants to fly, it'll have to pay the price."

二、耐心等候神得着能力

2. Put your hope and trust in the Lord to renew your strength

**如果你需要能力去行，神会赏赐力量给你；
如果你需要能力去跑，神也会赏赐力量给你；
如果你需要能力去飞，神也会赏赐力量给你，
只要你等候依靠他。**

If you need the strength to walk, God will give it to you;
If you need the strength to run, God will give it to you;
If you need the strength to fly, God will give it to you.
All you need to do is to wait and rely on Him.

三、平静安稳带来能力

3. Quietness and trust give you strength

【赛Isaiah 30:15】

主耶和华以色列的圣者曾如此说：“你们得救在乎归回安息，你们得力在乎平静安稳，你们竟自不肯。”

This is what the Sovereign LORD, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it."

三、平静安稳带来能力

3. Quietness and trust give you strength

- 我们缺乏「平静安稳」的原因就是「你们不愿意」。
- 世俗的引诱、烦扰，使我们逐渐忘记及不肯去到神面前平静安稳地支取力量。以致灵性生命跌到谷底，火热的心志渐渐熄灭。
- The reason we lack “quietness and trust” is because “we would have none of it”.
- The temptations and troubles of the world make us gradually forget and refuse to go to God for our strength. As a result, our spiritual life suffers, and our fiery passion is extinguished.



三、平静安稳带来能力

3. Quietness and trust give you strength

- **因为离了我，你们就不能作甚么。**

Apart from me you can do nothing. (**约John15:5**)

- **圣经常常强调「耶和华是我们的力量」。**

The Bible often emphasizes this point: "The Lord is our strength."

三、平静安稳带来能力

3. Quietness and trust give you strength

- 当我们面对挑战，又或是突然而来的冲击、试探时，我们的自我会立时「武装」起来，响应当前的冲击。
- When we face challenges, sudden shocks, or temptations, our ego instinctively "arms" itself to respond to the current shock.

三、平静安稳带来能力

3. Quietness and trust give you strength

- **得力在乎平静安稳：放弃倚靠自己，在平静与信靠中呼求圣灵工作，成为我的力量去面对挑战。**
-
- Strength depends on quietness and trust: Giving up on our own ability, and instead calling on the Holy Spirit to work and be our power to overcome challenges.

三、平静安稳带来能力

3. Quietness and trust give you strength

- 旧约的犹太君王，面对敌军，不知去求问神，立刻派人往埃及求援，主说：「法老的力量，必作你们的羞辱。」
(赛Isaiah 30:3)

But Pharaoh's protection will be to your shame,
Egypt's shade will bring you disgrace.

- 这也是我们生活的写照。

This is also reflected in our lives.

结论

Conclusion

- **得着复活生命**
- Receive resurrected life
- **学习平静安稳**
- Learn quiet trust
- **学习耐心等待**
- Learn to wait patiently



结论

Conclusion

**当我们在生活中得力，事奉神得力
不是要得着别人的赞许，乃是要荣耀神**

**We have strength to live and to serve God.
Not for the approval of men, but for the glory of God.**