

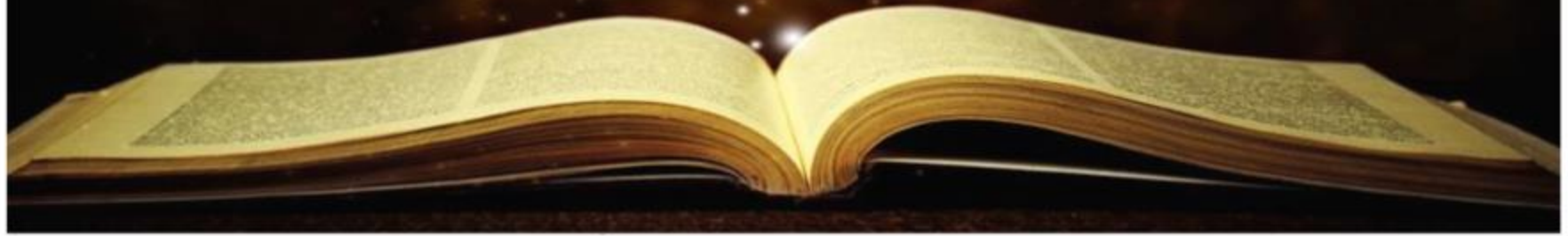
得医治得安息的生命

The life gives you healing and rest

约翰福音 John 5:2-18

20章

30 耶稣在门徒面前另外行了许多神迹，没有记在这书上。31 但记这些事要叫你们信耶稣是基督，是神的儿子，并且叫你们信了他，就可以因他的名得生命。



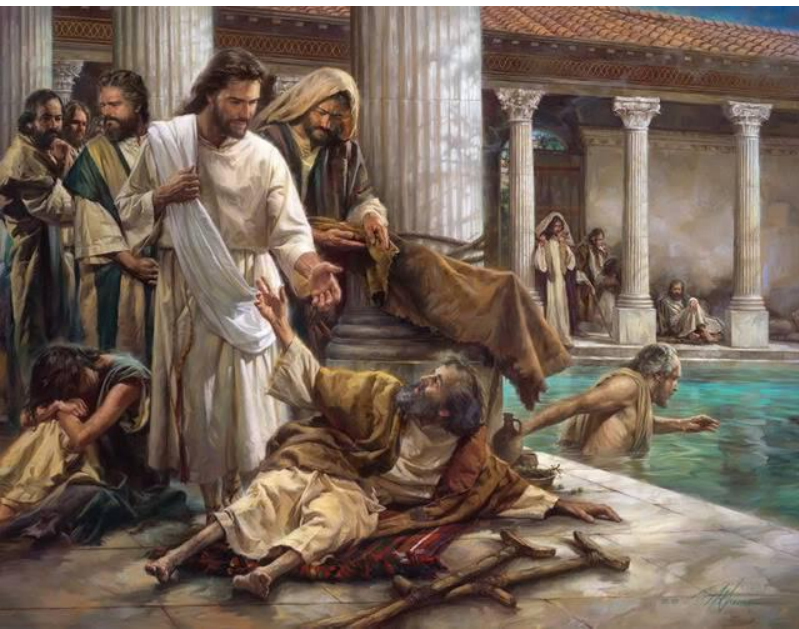
20:30-31 Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.



**耶稣能够解决我们今生身体生病的问题，
更解决我们生命根本的问题。**

Do you desire a life of rest and healing?

你想痊愈吗？ Do you want to be healed?



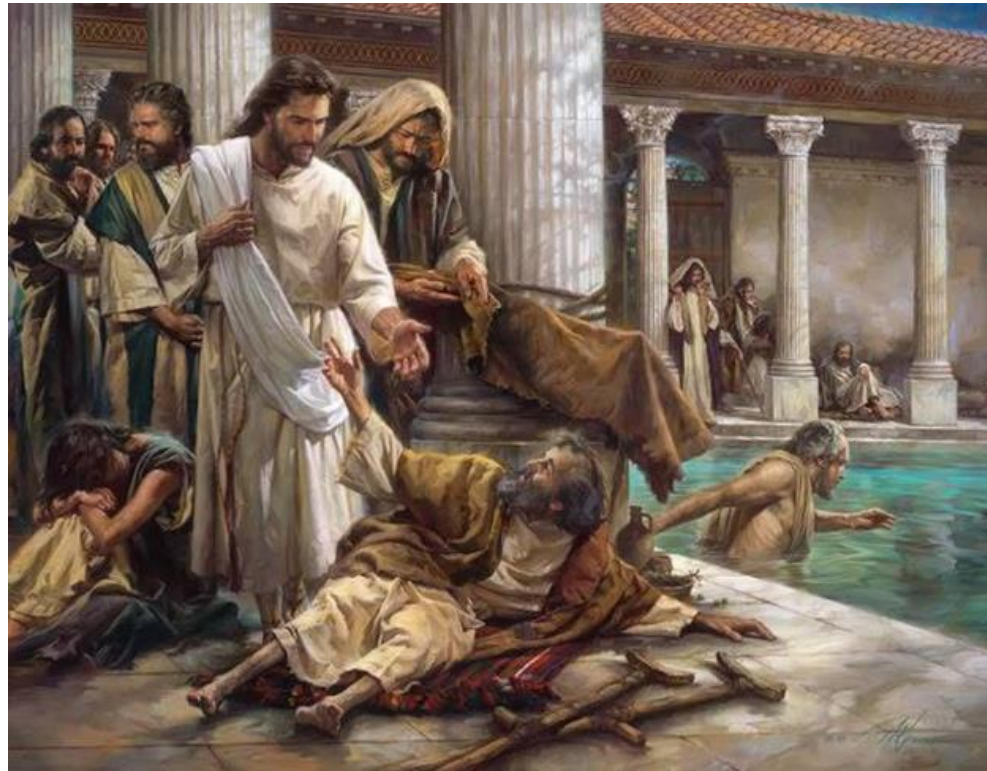
你想痊愈吗？ Do you want to be healed?

**历世历代的人都活在
对盼望的等待中，
但结果都是带着自己的盼望和理想
进入坟墓。**

Throughout the ages, people have lived in anticipation and hope, yet the outcome remains the same: carrying their hopes and dreams into the grave.

你想痊愈吗？ Do you want to be healed?

**你要得着一个得安息得医治的生命吗？
Do you desire a life of rest and healing?**



你想痊愈吗？ Do you want to be healed?

以色列人在旷野里漂流了38年



The Israelites wandered in the wilderness for 40 years

你想痊愈吗？ Do you want to be healed?

**在教会中“例行公事”了38年已让你灵里钝化，
不再对灵命成长有什么渴望**



"Going through the motions" in church for 38 years has dulled your spirit, leaving you with no desire for spiritual growth anymore.

你想痊愈吗？ Do you want to be healed?

在家忍受你配偶38年已经使你对婚姻不抱希望，
(懒得去改善和配偶的关系)



Enduring your spouse at home for 38 years has left you hopeless about marriage, with no desire to improve or mend the relationship

你想痊愈吗？ Do you want to be healed?

如果你38年都带着某种身体上的软弱生活，已经习惯了一种懒散得过且过的生活方式



If you've been living with a certain physical weakness for 38 years, you may have grown accustomed to a lazy and indifferent lifestyle, just coasting through life

你想痊愈吗？ Do you want to be healed?



你想痊愈吗？ Do you want to be healed?



5:6 耶稣看见他躺着，知道他病了许久，
就问他说：“**你要痊愈吗？**”

When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "**Do you want to get well?**"

罪中之苦 The agony of sin

罪是这世界上各种疾病最初的根源

Sin is the original root of all diseases in this world



罪中之苦 The agony of sin



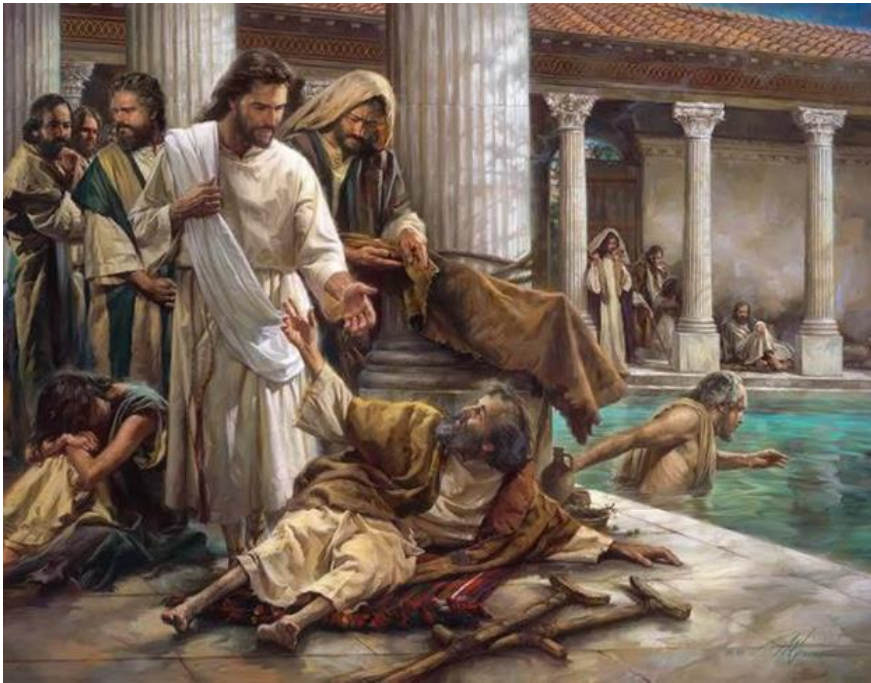
罪中之苦 The agony of sin

愚妄人犯罪、以為戲耍。
正直人互相喜悅。
(箴言 14:9)

**Fools mock at making amends for sin,
but goodwill is found among the upright.
(Proverbs 14:9)**



你想痊愈吗？ Do you want to recover?



5:14

后来耶稣在殿里遇见他，对他说：
“你**已经痊愈了**，
不要再犯罪，恐怕你
遭遇的更加利害。”

Later Jesus found him at the temple and said to him, "See, **you are well again. Stop sinning** or something worse may happen to you."

罪中之苦 The agony of sin

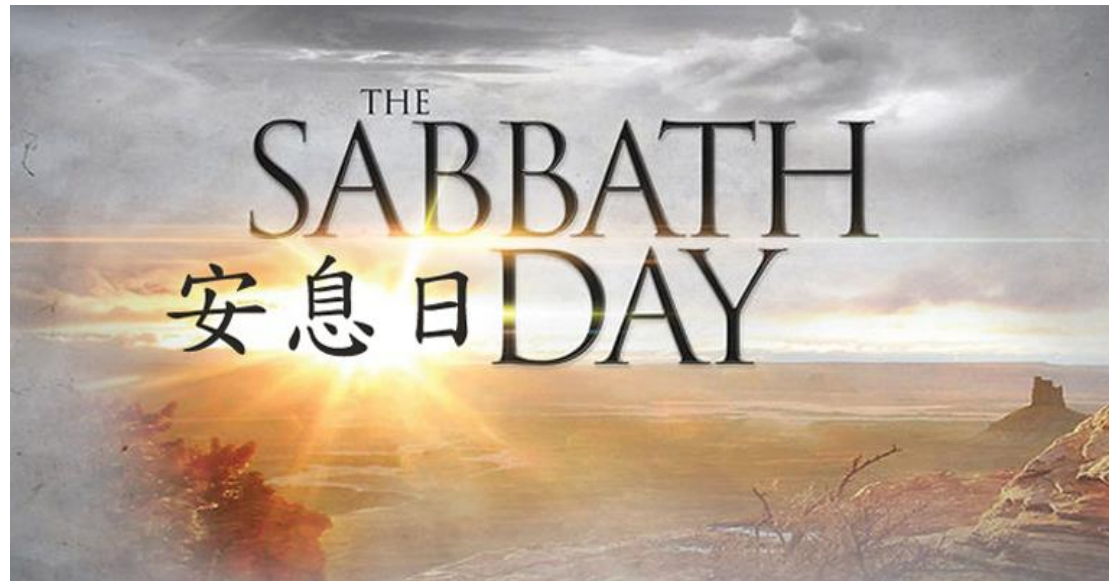
罪的本质：不要上帝、离开上帝，
就是离开上帝原本在伊甸园里
要给我们的一切祝福



The essence of sin: rejecting God, departing from God, which means departing from all the blessings God originally intended for us in the Garden of Eden.

罪中之苦 The agony of sin

神设立安息日的用意：
使我们这些活在堕落世界、
罪恶系统里的人，重新回到神的同在



The purpose of God establishing the Sabbath is to bring us, who live in a fallen world and sinful systems, back into the presence of God

罪中之苦 The agony of sin



箴言 Proverbs 21:2

人所行的，在自己眼中都看为正，惟有耶和华
衡量人心。

All a man's ways seem right to him, but the LORD weighs the heart.

罪中之苦 The agony of sin

离开神：活在惧怕里，问题没有办法解决，
被生活的重担压垮，没办法有安息



Departing from God leads to living in fear, having unsolvable problems, being overwhelmed by the burdens of life, and lacking rest

罪中之苦 The agony of sin



活在神的同在里

Living in the presence of God



活在神的同在里

Living in the presence of God

约翰一书 1 John 5:12

He who has the Son has life; he who does not have the Son of God does not have life.



活在神的同在里

Living in the presence of God



活在神的同在里

Living in the presence of God

雅各书 James 5:16-18

「你们要彼此认罪，互相代求，使你们可以得医治。义人祈祷所发的力量是大有功效的。以利亚与我们是一样性情的人，他恳切祷告，求不要下雨，雨就三年零六个月不下在地上。他又祷告，天就降下雨来，地也生出土产。」

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops.

活在神的同在里

Living in the presence of God

当我们同心合一、彼此认罪、互相代求，主就会在我们当中；我们是基督的身体，跟基督连在一起就会健康。

When we unite in heart, confess our sins to one another, and intercede for each other, the Lord will be among us. We are the body of Christ, and being connected to Christ, we will be healthy.

活在神的同在里

Living in the presence of God

马丁路德 Martin Luther



守安息日的意义：把这一天分别为圣，单单用来纪念主的道，遵行主的道，活在神的同在里。当一个人活在爱里面，活在接纳、活在饶恕中，持续不断地脱离自我中心，就会健康。

The significance of observing the Sabbath is to set this day apart as holy, solely for remembering the Word of the Lord, obeying the Word of the Lord, and living in the presence of God. When a person lives in love, acceptance, and forgiveness, continually breaking away from self-centeredness, they will be healthy.

活在神的同在里

Living in the presence of God



活在神的同在里

Living in the presence of God

我们来到主面前，最重要是**脱掉我们的罪、脱掉我们的重担**，**领受神的话**，并且**心意更新而变化**，看到神有多好，要**放下自己的聪明通达**，来**选择神的路**，这样就会有安息。

守安息（shabbat）就会有平安（shalom），平安是跟神、跟人、跟自己有好的关系。

When we come before the Lord, the most important thing is to strip away our sin, shed our burdens, receive the Word of the Lord, and allow our hearts and minds to be renewed and transformed. We must see how good God is and let go of our own understanding to choose God's path. This is how we find rest.

Observing the Sabbath (shabbat) leads to peace (shalom). Peace involves having good relationships with God, others, and oneself.

结论 Conclusion

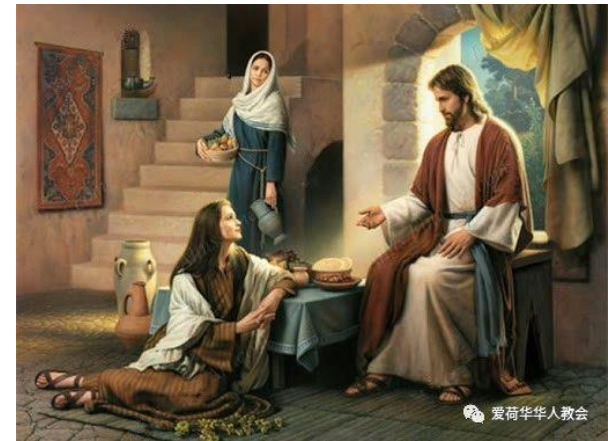
- **耶稣在安息日医治人，打破法利赛人的既有观念：「只有耶稣才能够带给我们真正的安息、健康，救我们脱离疾病。离了耶稣，我们没有办法。」**
- **Jesus healed on the Sabbath, challenging the existing beliefs of the Pharisees. "Only Jesus can bring us true rest, health, and deliver us from sickness. Without Jesus, we have no way."**

结论 Conclusion

- 我们要有耶稣的眼光，把我们既有的思想系统、想法、作法、原则等等，都交在十字架上面，让祂来管理。
- We need to have the perspective of Jesus, surrendering our existing systems of thought, ideas, actions, principles, etc., to the cross and allowing Him to govern them.

结论 Conclusion

- **先守安息日，懂得亲近主，时时亲近主，天天亲近主，把亲近主这基本功变成习惯，以致面对任何情况都不动摇。**
- **First, observe the Sabbath, understand how to draw near to the Lord, draw near to the Lord at all times, every day, turning the act of drawing near to the Lord into a habit, so that we remain steadfast in any situation.**



结论 Conclusion

诗篇 Psalms 16:8-9



- 我将耶和华常摆在我面前，因他在我右边，我便不至摇动。因此，我的心欢喜，我的灵快乐，我的肉身也要安然居住。

- I have set the LORD always before me. Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

得医治得安息的生命

The life gives you healing and rest

自我反思
Self-reflection



约翰福音 John 5:2-18

- ① 你过去生命中曾经非常坚持哪些事情，之后按神心意放手，得到自由与平安？
- ② 想一想，面对你的工作、家庭、事奉，你除了倚靠神之外，还会倚靠什么？在祷告中放弃对这些人、事、物的倚靠。
- ③ 我们是否期望任何限制自己心灵健康和生命满足的障碍能得到克服？当主耶稣叫我们起来用他同在的能力前行时，我们是否仍然停留在功能失调、不结果子的生命里？

1. "What things did you once strongly adhere to in your life, but later released according to God's will, and found freedom and peace?"
2. Think about it: In facing your work, family, and ministry, what besides relying on God do you tend to rely on? In prayer, let go of dependence on these people, things, or situations.
3. Do we expect obstacles that limit our spiritual health and life satisfaction to be overcome? When the Lord Jesus calls us to move forward with His presence, do we still remain in a dysfunctional, unfruitful life?