



感恩，放下，更新
Gratitude, Release, Renewal

申命记 Deuteronomy 6:20-25

2024

2025



一、感恩：纪念神的救恩与信实

Gratitude: Remembering God's Salvation and Faithfulness

- 申命记6章，以色列人被告知要教导子孙纪念神的救恩和律法，这是感恩的核心所在。
- In Deuteronomy 6, the Israelites were instructed to teach their children to remember God's salvation and His laws, which lies at the heart of gratitude.
- 感恩不是一种简单的情感，而是一种深深的内心反应，是对神过去作为的回应。
- Gratitude is not merely a simple emotion but a profound inner response, a reaction to God's past deeds.

一、感恩：纪念神的救恩与信实

Gratitude: Remembering God's Salvation and Faithfulness

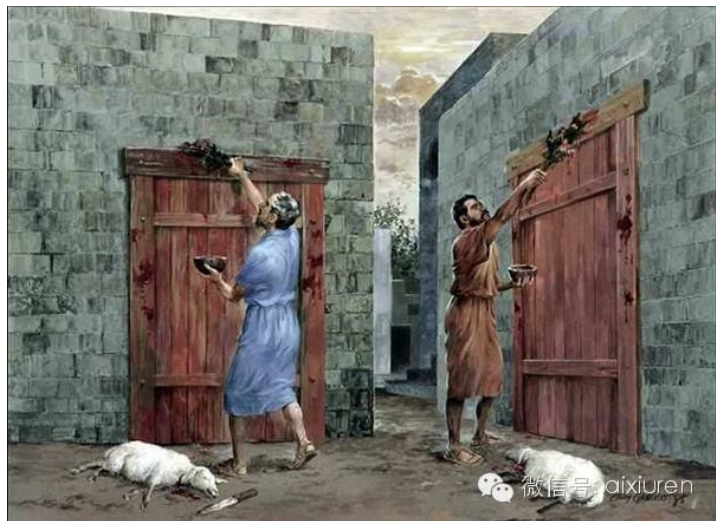
- **6:20** 日后、你的儿子问你说、耶和华我们神吩咐你们的这些法度、律例、典章、是甚么意思呢。
- **6:20** In the future, when your son asks you, "What is the meaning of the stipulations, decrees and laws the LORD our God has commanded you?"
- 感恩是需要传递的，是一种代代相传的精神。
- Gratitude is something that needs to be passed on; it is a spirit handed down from generation to generation.

一、感恩：纪念神的救恩与信实

Gratitude: Remembering God's Salvation and Faithfulness

- **救赎的纪念：以色列人被带出埃及，经历了神的奇妙作为和大能。**
- **Remembering Redemption: The Israelites were brought out of Egypt, experiencing God's miraculous works and mighty power.**
- **每当他们回顾出埃及的经历时，神的恩典和信实就成了他们生活的根基。**
- **Whenever they looked back on the Exodus, God's grace and faithfulness became the foundation of their lives.**





微信号: caixuren

出埃及記的 十災

血災 蛙災 虱災 蠅災 疫災



疹災 虱災 蝗災 黑暗之災 長子之死



逾越节 The Passover



我的心哪，你要称颂耶和华，
不可忘记他的一切恩惠。

——诗篇·103章2节



**"BLESS THE LORD,
O MY SOUL,
& forget not all
His benefits."**

- Psalm 103:2



一、感恩：记念神的救恩与信实

Gratitude: Remembering God's Salvation and Faithfulness

- **感恩是小德，忘恩是大恶，受恩应勿忘，施惠应莫记。感恩，受恩，知恩是人应尽的本份，但可惜人往往是受惠多，感恩少。**
- **Gratitude is a small virtue, while ingratitude is a great evil. Those who receive grace should not forget, and those who show kindness should not remember.
Gratitude, receiving grace, and knowing grace are duties that every person should fulfill. Unfortunately, people often receive much but express little gratitude.**

一、感恩：记念神的救恩与信实

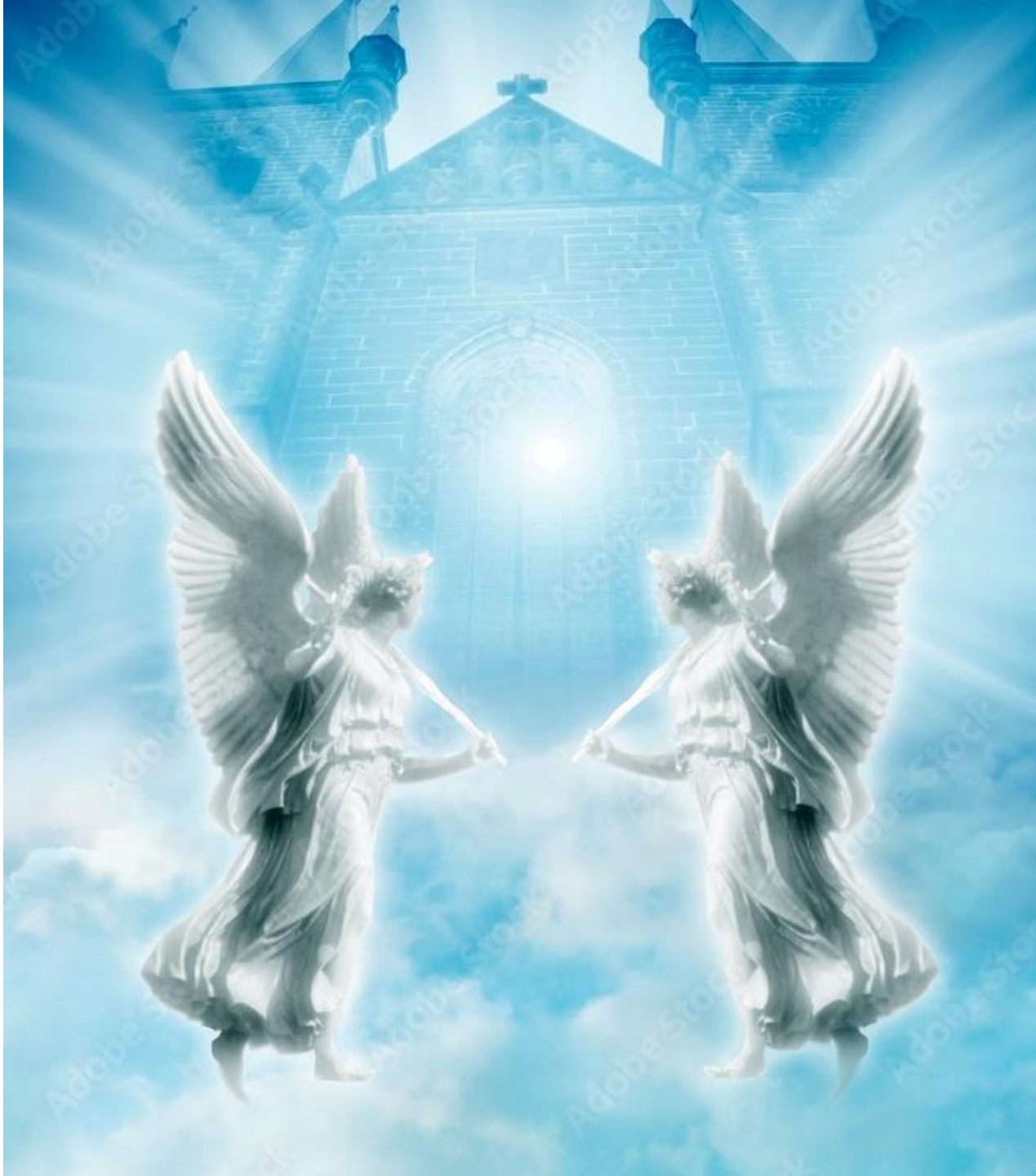
Gratitude: Remembering God's Salvation and Faithfulness

- **言语的表达**：感恩的第一步是要说出来。以色列人被命令要将神的伟大作为告诉他们的儿女（申6:20-22）。这不仅是传递历史，更是建立一种代代相传的信仰。
- **Verbal Expression**: The first step of gratitude is to speak it out. The Israelites were commanded to tell their children about God's great deeds (Deuteronomy 6:20-22). This was not only about passing down history but also about establishing a faith that is handed down from generation to generation.

一、感恩：记念神的救恩与信实

Gratitude: Remembering God's Salvation and Faithfulness

- **行动的顺服**：神的恩典不仅是用口说的，更是通过我们顺服祂的命令来表达（申6:24-25）。感恩的生命会带出对神话语的遵行，并在日常生活中体现出对神的爱和敬畏。
- **Obedient Action**: God's grace is not only spoken but also expressed through our obedience to His commands (Deuteronomy 6:24-25). A life of gratitude leads to following God's Word and demonstrates love and reverence for Him in our daily lives.



二、放下：脱去重担与惧怕

Letting Go: Shedding Burdens and Fear

- **31:8** “耶和华必在你前面行，他必与你同在，必不撇下你，也不丢弃你，不要惧怕，也不要惊惶。”
- **31:8** The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.
- **神的应许：祂的同在是我们面对未来一切不确定性的保障。**
- **God's Promise: His presence is the guarantee for us as we face all the uncertainties of the future.**





二、放下：脱去重担与惧怕

Letting Go: Shedding Burdens and Fear

- **大部分人有自我设限的弱点，会将简单的问题复杂化。**
- **Most people have a weakness of self-imposed limitations, often complicating simple problems.**

- **在做任何事之前，潜意识给自己的不是我一定能做好，而是：我不一定能做好或我做不了！**
- **Before doing anything, the subconscious often tells us not "I can do this," but rather "I might not be able to do this" or "I can't do this!"**

二、放下：脱去重担与惧怕

Letting Go: Shedding Burdens and Fear

- **放下惧怕**：以色列人进入应许地的过程中，面临着未知的挑战。摩西向他们保证，神将与他们同在，祂会带领他们走出困境。



- **Letting Go of Fear**: As the Israelites entered the Promised Land, they faced unknown challenges. Moses assured them that God would be with them and lead them through their difficulties.

以赛亚书 41 : 10

你不要害怕, 因为我与你同在;
不要惊惶, 因为我是你的神.
我必坚固你, 我必帮助你;
我必用我公义的右手扶持你

So do not fear,
for I am with you;
do not be dismayed,
for I am your God.
I will *strengthen* you
and *help* you;
I will *uphold* you with
my righteous right hand.

-Isaiah 41:10



二、放下：脱去重担与惧怕

Letting Go: Shedding Burdens and Fear

- **放下自我依靠**：有时，我们的恐惧来源于我们对自己能力的依赖。
- **Letting Go of Self-Reliance**: Sometimes, our fear comes from depending on our own abilities.



一个鲨鱼与小鱼实验

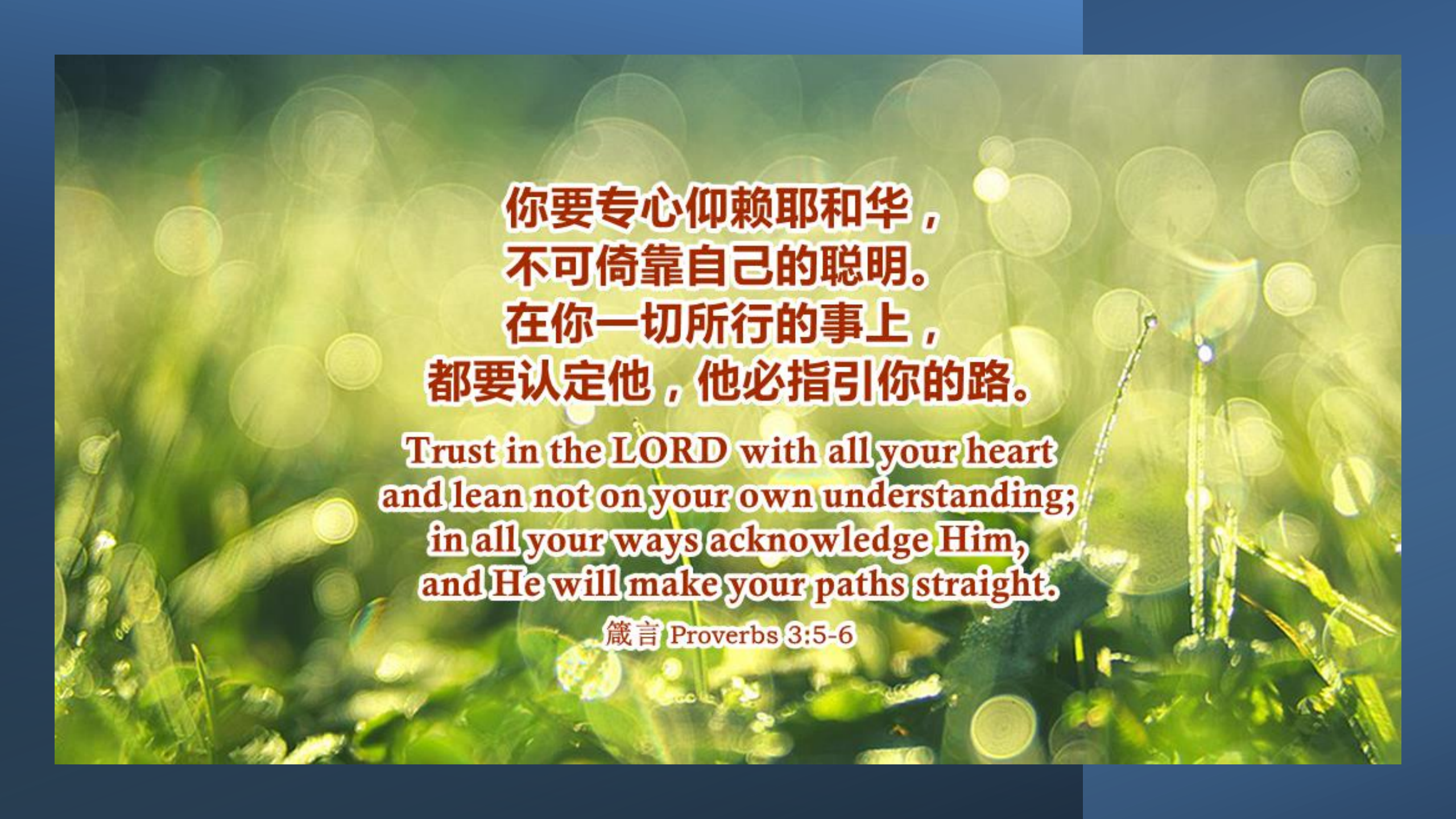
An Experiment with a Shark and a Small Fish



二、放下：脱去重担与惧怕

Letting Go: Shedding Burdens and Fear

- **自我设限就是在自己的心里面默认了一个“高度”，这个“心理高度”常常暗示自己：这么多困难，我不可能做到的，也无法做到，成功机会几乎是零。**
- **Self-imposed limitations are when we subconsciously set a "height" in our minds, a "mental limit" that often tells us: with so many difficulties, it's impossible for me to succeed, and I can't do it. The chances of success are almost zero.**



**你要专心仰赖耶和华，
不可倚靠自己的聪明。
在你一切所行的事上，
都要认定他，他必指引你的路。**


**Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways acknowledge Him,
and He will make your paths straight.**

箴言 Proverbs 3:5-6

二、放下：脱去重担与惧怕

Letting Go: Shedding Burdens and Fear

- **31:8** “耶和华必在你前面行，他必与你同在，**必不撇下你，也不丢弃你**，不要惧怕，也不要惊惶。”
- **31:8** The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

A silhouette of a person with long hair, wearing a dark top and pants, standing on a wooden pier or boardwalk. Their arms are outstretched horizontally to the sides. The background is a sunset over the ocean, with a warm orange and yellow glow. The sky transitions from a bright yellow near the horizon to a soft purple at the top. The ocean surface is dark with some white foam from waves. The pier has a wooden railing in the foreground.

你们要把一切忧虑都卸给神，因为他顾念你们。彼得前书 5:7

Cast all your anxiety on him because he cares for you. 1 Peter 5:7 [NIV]

三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward

- **32:10-12** “耶和华遇见他在旷野荒凉野兽吼叫之地，就环绕他，看顾他，保护他，如同保护眼中的瞳仁。又如鹰搅动巢窝，在雏鹰以上两翅搦展，接取雏鹰，背在两翼之上。这样，耶和华独自引导他，并无外邦神与他同在。”。
- **32:10-12** In a desert land he found him, in a barren and howling waste. He shielded him and cared for him; he guarded him as the apple of his eye, like an eagle that stirs up its nest and hovers over its young, that spreads its wings to catch them and carries them on its pinions. The LORD alone led him; no foreign god was with him.

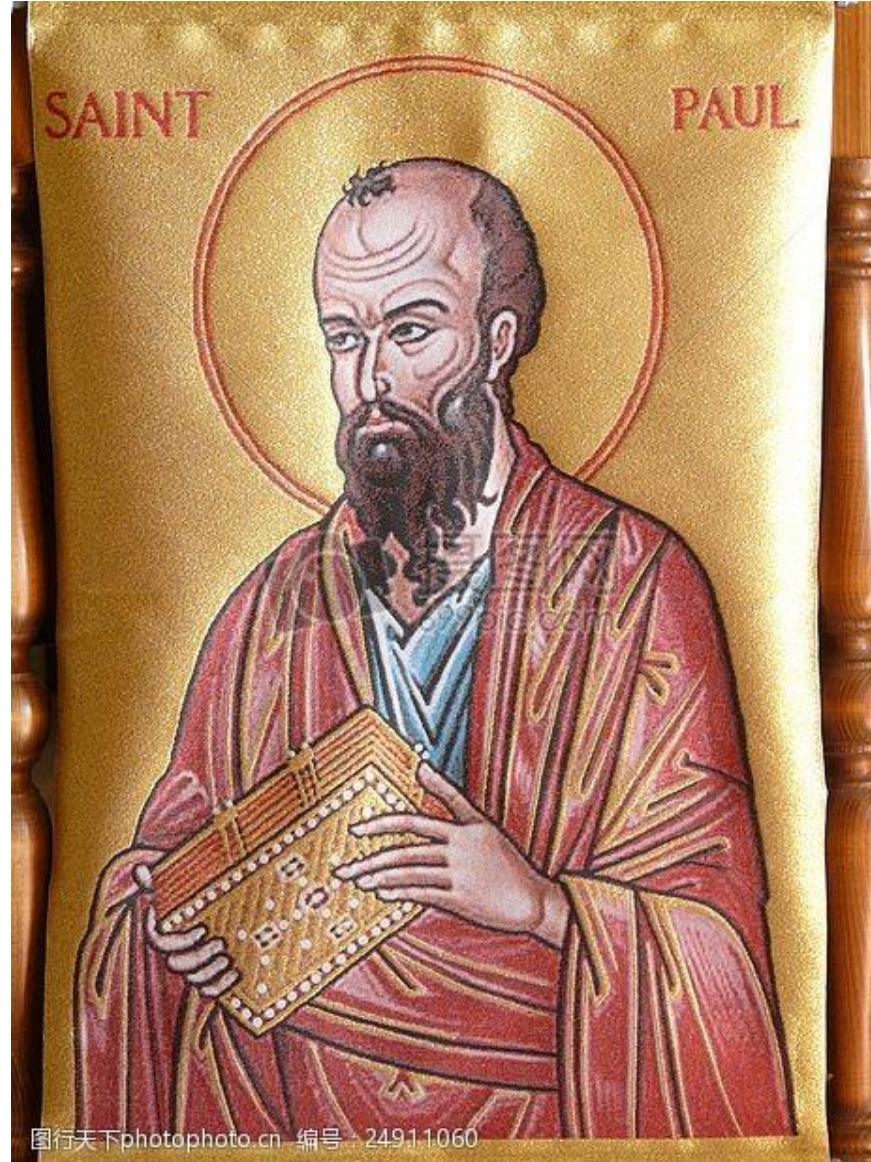
三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward



三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward



三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward



三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward



【王子选妻】

The Prince's Search for a Bride



三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward



三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward



三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward

- **神的引导：**神在我们生命中的引导是我们更新的根源。正如鹰搅动巢窝，让小鹰学会飞翔，神的引导有时也会通过挑战和考验，塑造我们的品格，带领我们进入新的属灵高度。
- **God's Guidance:** God's guidance in our lives is the source of our renewal. Just as an eagle stirs up its nest to teach its young to fly, God's guidance sometimes comes through challenges and trials, shaping our character and leading us to new spiritual heights.

三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward

- **从依赖到飞翔：神的更新是带领我们从依赖变成独立、从软弱变成刚强。** 这种更新让我们不再惧怕变化，而是迎接每一个神所安排的新挑战。
- **From Dependence to Soaring: God's renewal transforms us from dependence to independence, from weakness to strength.** This renewal enables us to no longer fear change but to embrace each new challenge arranged by God.

三、更新：在神里面得力向前

Renewal: Gaining Strength in God and Moving Forward



结论 Conclusion

- **我们这一生所走的路，所遭遇的事，我们人生不同的境遇，都不是偶然的。**
- **The paths we walk in life, the events we encounter, and the various circumstances we face are never coincidental.**



结论 Conclusion



Dmitry Berkut / Thinkstock

结论 Conclusion

**纪念神的恩典，
放下忧虑与惧怕，
迎接神的更新，
靠着祂得着新的力量与生命。**

**Remember God's Grace,
Let Go of Worries and Fears,
Embrace God's Renewal,
And Receive New Strength and Life Through Him.**

感恩，放下，更新

Gratitude, Release, Renewal



自我反思 Self-reflection

申命记 Deuteronomy 6:20-25

1. 回顾过去一年，神在你生命中有哪些特别的恩典？你认为感恩如何影响我们与神和他人的关系？
2. 你生命中是否有难以放下的惧怕、忧虑或重担？这些对你的生活和属灵成长造成了哪些影响？你如何更好地交托这些重担给神？
3. 在新的一年里，你希望在哪些方面看到生命的更新（例如信心、关系、服事等）？有哪些实际的步骤可以帮助你迈向这些更新？
4. 在你的生命中，是否有经历神引导和更新的特别见证？这些经历如何激励你更加信靠神，并愿意迎接生命中的挑战与变化？

1. As you reflect on the past year, what special blessings from God can you identify in your life? How do you think gratitude impacts your relationship with God and with others?
2. Are there fears, worries, or burdens in your life that are difficult to let go of? How have they affected your daily life and spiritual growth? How can you better surrender these burdens to God?
3. In the coming year, in what areas of your life would you like to see renewal (e.g., faith, relationships, ministry)? What practical steps can help you move toward these areas of renewal?
4. Have you experienced God's guidance and renewal in a significant way in your life? How have these experiences inspired you to trust God more and embrace the challenges and changes in life?