

**对焦耶稣，
走出多角人生**
Focus on Jesus, and
leave behind a scattered
life

**希伯来书 Hebrews
12:1-2**





一、问题的根源：我们把焦点放错了地方

The Root Problem – We've Set Our Focus on the Wrong Things

希伯来书 Hebrews 12:1-2

- 我们既有这许多的见证人，如同云彩围着我们，就当放下各样的重担，脱去容易缠累我们的罪，存心忍耐，奔那摆在我们前头的路程，仰望为我们信心创始成终的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。
- Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.



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错误的焦点一：定睛在角色表现

Wrong Focus 1: Fixated on Role Performance

我们把焦点对准了什么？ So what do we usually focus on?

我们对准了角色本身！ We focus on our roles!

- 我要做一个100分的好爸爸 I must be a 100% perfect father**
- 我要做一个100分的好员工 I must be a 100% excellent employee**
- 我要做一个100分的好基督徒 I must be a 100% faithful Christian**
- 我要做一个100分的好儿女 I must be a 100% dutiful child**



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错误的焦点二：追求完美主义的陷阱

Wrong Focus 2: Trapped by Perfectionism



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以弗所书 Ephesians 5:15

- 你们要谨慎行事，不要像愚昧人，当像智慧人。
- Be very careful, then, how you live--not as unwise but as wise,



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焦点错误的后果 Consequences of the Wrong Focus

- 我们被角色捆绑了 We become bound by our roles
- 我们失去了方向感 We lose our sense of direction
- 我们精疲力竭 We become exhausted



二、解决的关键：对焦耶稣，透过祷告寻求引导

The Key Solution – Focus on Jesus and Seek His Guidance Through Prayer

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箴言 Proverbs 3:5-6

- 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.



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以弗所书 Ephesians 5:17

- 不要作糊涂人，要明白主的旨意如何。。
- Therefore do not be foolish, but understand what the Lord's will is.



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三、成长的环境：在基督身体里走出多角人生

The Environment for Growth: Living a Multi-Faceted Life in the Body of Christ



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传道书 Ecclesiastes 7:16-17

- 不要行义过分，也不要过于自逞智慧，何必自取败亡呢？
不要行恶过分，也不要为人愚昧，何必不到期而死呢？
- Do not be overrighteous, neither be overwise--why destroy yourself?
Do not be overwicked, and do not be a fool--why die before your time?

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- **我们如何在基督身体中走出多角人生呢？**
- **How can we live a multi-faceted life within the Body of Christ?**
- **第一，要有团队心态。 First, have a team mindset.**
- **第二，要有成长心态。 Second, have a growth mindset.**
- **第三，要有使命心态。 Third, have a mission mindset.**

结论 Conclusion

- 今天我们一起探讨了一个每个现代基督徒都面临的挑战：如何在多重角色中活出平衡的人生。
- Today we have explored a challenge every modern Christian faces: how to live a balanced life while juggling multiple roles.
- 基督徒的人生不应该是疲惫的转盘子表演，而应该是美妙的交响乐演出。
- Christian life should not be a tiring act of spinning plates, but a beautiful symphony.

结论 Conclusion

- 当我们对焦耶稣，祂就成为我们的指挥；
- 当我们在祷告中寻求祂的引导，祂就给我们正确的节拍；
- 当我们在基督身体中成长，我们就找到了自己的声部和位置。
- When we fix our eyes on Jesus, He becomes our conductor;
- when we seek His guidance in prayer, He gives us the right rhythm;
- when we grow in the body of Christ, we find our own part and place.

结论 Conclusion

- 这样的人生不是没有挑战，但充满了意义；
- 不是没有忙碌，但充满了喜乐；
- 不是没有压力，但充满了平安。
- Such a life is not without challenges, but it is full of purpose;
- not without busyness, but filled with joy;
- not without pressure, but rich in peace.

结论 Conclusion

- **第一，今天就开始建立"对焦耶稣"的生活习惯。**
• Start cultivating the habit of focusing on Jesus today.
- **第二，建立"凡事求问主"的祷告生活。**
• Build a prayer life that seeks God in everything.
- **第三，积极参与基督身体的生活。**
• Actively participate in the life of the body of Christ.

结论 Conclusion

- 忙碌中有安息 Rest in the midst of busyness
- 压力中有平安 Peace in the midst of pressure
- 挑战中有喜乐 Joy in the midst of challenges
- 多样中有和谐 Harmony in the midst of diversity

结论 Conclusion

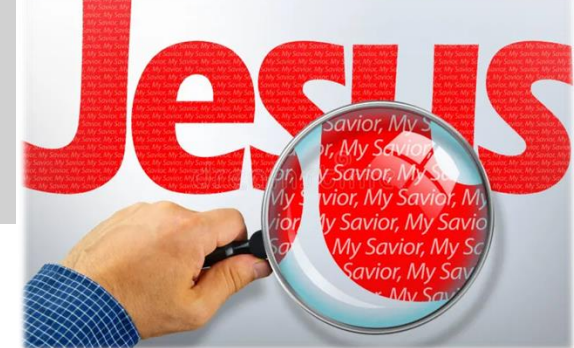
- 这就是神为我们预备的丰盛人生——不是完美无缺的人生，而是以基督为中心的人生；不是没有挑战的人生，而是在挑战中经历神恩典的人生。
- This is the abundant life God has prepared for us—not a flawless life, but a Christ-centered one; not a life without challenges, but a life where we experience God's grace through them.

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Fix Your Eyes on Jesus and Step Out of a Fragmented Life

自我反思 Self-reflection

希伯来书 Hebrews 12:1-2



1. 在你的多重角色中，有哪些是你试图"独自转盘子"的？有哪些重担你可以在基督身体中寻求帮助和配搭？
2. 回顾你的祷告生活：你是习惯"凡事求问主"，还是"碰壁了才求问神"？在哪些生活领域你比较容易忘记先求问神？
3. 选择你最感压力的一个角色，每天早晨为这个角色祷告，求神帮助你在其中对焦耶稣而不是对焦表现。

1. In your many roles, which ones have you been trying to "spin the plates alone"? What burdens could you share with the Body of Christ for help and support?
2. Look back at your prayer life: do you tend to "inquire of the Lord in all things," or only turn to Him when you hit a wall? In what areas of life are you more likely to forget to seek God first?
3. Choose the role that gives you the most stress. Each morning, pray specifically about this role, asking God to help you focus on Jesus, not just performance.