



因主再来而改变的人生

A Life Changed by the Hope of Lord's Return

帖撒罗尼迦前书 1 Thessalonians 4:13–5:11



"人生最大的恐惧是什么？"

"What is life's greatest fear?"

- **死亡（自己或亲人）**
Death (one's own or of loved ones)
- **失去意义感** Loss of meaning
- **不确定的未来** An uncertain future
- **被世界抛弃的孤独感**
The loneliness of being abandoned by the world



帖撒罗尼迦教会同样面临着困惑：

The church in Thessalonica also faced similar perplexities:

- **死去的亲人怎么办？**
- **What about our loved ones who have died?**
- **主再来的日子到底何时？**
- **When exactly will the Lord return?**
- **我们在等候中该做什么？**
- **What should we do while we wait?**





**这些问题的答案
不在于我们能做什么，
而在于神已经为我们做了什么。**

**The answers to these questions
lie not in what we can do,
but in what God has already done for us.**



一、面对死亡的恐惧：神给我们复活的盼望（4:13-18）

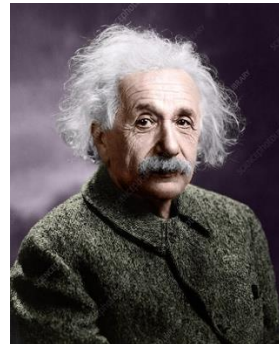
Facing the Fear of Death: God Gives Us the Hope of Resurrection

希伯来书 Hebrews 9:27

- 按着定命，人人都有一死，死后且有审判。
- Just as people are destined to die once, and after that to face judgment.

无论你是谁： No matter who you are:

- 比尔·盖茨的财富买不到永生 Bill Gates' wealth cannot buy eternal life.
- 爱因斯坦的智慧无法战胜死亡
Einstein's intelligence cannot conquer death.
- 拿破仑的权力在坟墓前无效
Napoleon's power is useless before the grave.



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- 论到睡了的人，我们不愿意弟兄们不知道，恐怕你们忧伤，像那些没有指望的人一样。
- Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope.

一、面对死亡的恐惧：神给我们复活的盼望（4:13-18）

Facing the Fear of Death: God Gives Us the Hope of Resurrection

面对死亡，我们的真实状况是：

Facing death, our true condition is:

- **无能为力**：不能阻止死亡来临
- **Powerless**: Cannot stop death from coming
- **一无所知**：不知道死后是什么
- **Ignorant**: Do not know what happens after death
- **毫无把握**：不确定自己的结局
- **Uncertain**: Not sure of our own outcome

一、面对死亡的恐惧：神给我们复活的盼望（4:13-18）

Facing the Fear of Death: God Gives Us the Hope of Resurrection

神的解决方案：耶稣的死与复活

God's Solution: The Death and Resurrection of Jesus

帖撒罗尼迦前书 1 Thessalonians 4:14

- 我们若信耶稣死而复活了，那已经在耶稣里睡了的人，神也必将他与耶稣一同带来。
- We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him.

一、面对死亡的恐惧：神给我们复活的盼望（4:13-18）

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耶稣的死：The death of Jesus:

- **代替我们死**：我们犯罪该死，但祂替我们死了
- **Died in our place**: We sinned and deserve death, but He died for us
- **付清罪价**：满足了神公义的要求
- **Paid the penalty for sin**: Satisfied God's righteous demands
- **打败仇敌**：拆毁了罪和死亡的权势
- **Defeated the enemy**: Broke the power of sin and death

一、面对死亡的恐惧：神给我们复活的盼望（4:13-18）

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耶稣的复活：The resurrection of Jesus:

- **证明身份**：只有神能胜过死亡
- **Proves His identity**: Only God can overcome death
- **确认接纳**：复活是神的"收据"，证明献祭被接纳
- **Confirms acceptance**: The resurrection is God's "receipt," proving the sacrifice was accepted
- **保证复活**：祂复活了，我们也要复活
- **Guarantees our resurrection**: He was raised, so we too will be raised



一、面对死亡的恐惧：神给我们复活的盼望（4:13-18）

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帖撒罗尼迦前书 1 Thessalonians 4:15-17

- 我们这活着还存留到主降临的人，断不能在那已经睡了的人之先，因为**主必亲自从天降临**，有**呼叫的声音**和**天使长的声音**，又有**神的号吹响**；那在基督里死了的人必先复活。以后我们这活着还存留的人必和他们一同被提到云里，在空中与主相遇。这样，我们就要和主永远同在。
- We who are still alive, who are left till the coming of the Lord, will certainly not precede those who have fallen asleep. For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.

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Facing the Fear of Death: God Gives Us the Hope of Resurrection

福音的核心：

- 这一切都是白白的恩典！**
- 我们唯一要做的就是：相信耶稣死而复活了。**

The core of the Gospel:

- All this is free grace!**
- The only thing we must do is: believe that Jesus died and rose again.**

二、面对迷茫的人生：神让我们成为光明之子 (5:1-8)

Facing a Confused Life: God Makes Us Children of Light

帖撒罗尼迦前书 1 Thessalonians 5:1-3

- 弟兄们，论到时候、日期，不用写信给你们，因为你们自己明明晓得，**主的日子来到，好像夜间的贼一样**。人正说平安稳妥的时候，灾祸忽然临到他们，如同产难临到怀胎的妇人一样；他们绝不能逃脱。
- Now, brothers, about times and dates we do not need to write to you, for you know very well that the day of the Lord will come like a thief in the night. While people are saying, "Peace and safety," destruction will come on them suddenly, as labor pains on a pregnant woman, and they will not escape.

二、面对迷茫的人生：神让我们成为光明之子（5:1-8）

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现代的例子：Modern examples:

- 2008年金融海啸前，专家说经济很好
- Before the 2008 financial crisis, experts said the economy was good.
- 2020年疫情前，大家觉得世界很安全
- Before the 2020 pandemic, everyone thought the world was safe.
- 2022年战争前，人们以为和平会持续
- Before the 2022 war, people thought peace would continue.

这个世界的本质就是黑暗和欺骗。

The nature of this world is darkness and deceit.

二、面对迷茫的人生：神让我们成为光明之子（5:1-8）

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我们本来也是这样的人：We ourselves were once like this:

- **道德黑暗**：不知道什么是真正的对错
- **Moral darkness**: Did not know what is truly right or wrong
- **理智黑暗**：看不见属灵的真理
- **Intellectual darkness**: Could not see spiritual truth
- **灵性黑暗**：与神隔绝，活在恐惧中
- **Spiritual darkness**: Separated from God, living in fear

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帖撒罗尼迦前书 1 Thessalonians 5:4-5

- 弟兄们，你们却不在黑暗里，叫那日子临到你们像贼一样。你们**都是光明之子**，**都是白昼之子**；我们不是属黑夜的，也不是属幽暗的。
- But you, brothers, are not in darkness so that this day should surprise you like a thief. You are all sons of the light and sons of the day. We do not belong to the night or to the darkness.



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光明之子的新生活 The New Life of Children of Light

以前（黑暗之子） Before (Children of darkness)	现在（光明之子） Now (Children of light)
看不见真相 Could not see the truth	能够分辨真理 Able to discern truth
被罪欺骗 Deceived by sin	有属灵的洞察力 Have spiritual insight
恐惧未来 Feared the future	对未来有盼望 Have hope for the future
灵性沉睡 Spiritually asleep	属灵警醒 Spiritually alert
随波逐流 Went with the flow	有属天的价值观 Have heavenly values

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- 但我们既然属乎白昼，就应当谨守，把**信和爱当作护心镜**遮胸，把得救的盼望当作头盔戴上。
- But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet.

信心：不是我们挤出来的，是神的恩赐

Faith: Not something we conjure up, it is God's gift.

爱心：不是我们勉强的，"我们爱，因为神先爱我们"

Love: Not something we force, "We love because he first loved us."

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- But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet.

不是不确定的希望，而是基于神应许的确据

Not uncertain wishful thinking, but assurance based on God's promise.

保护我们的思想不被绝望攻击

Protects our minds from attacks of despair.

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关键顺序：Key order:

1. 先有身份（光明之子）

First comes identity (Children of light)

2. 然后有行为（警醒谨守）

Then comes behavior (Alertness and self-control)



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身份如何改变生活How Identity Changes Life

- **不再需要证明自己的价值**：因为神已经认可我们，所以可以自由地爱人。
- **No longer need to prove our worth**: Because God has already accepted us, we are free to love others.
- **不再恐惧他人的评价**：在乎神的眼光，得到真正的自由。
- **No longer fear others' opinions**: Care about God's perspective, gaining true freedom.

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身份如何改变生活How Identity Changes Life

- **能够分辨真理和谎言**：世界说追求财富就会快乐，神说敬虔加上知足的心便是大利了。
- **Able to discern truth and lies**: The world says pursuing wealth brings happiness, God says godliness with contentment is great gain.
- **在黑暗中发光**：不是努力发光，而是因为我们本身就是光明之子——就像灯泡，接通电源就自然发光。
- **Shine in the darkness**: Not by trying hard to shine, but because we are children of light—like a lightbulb, it shines naturally when connected to the power.

三、面对虚无的人生：神给我们永恒的意义 (5:9-11)

Facing a Meaningless Life: God Gives Us Eternal Purpose



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Facing a Meaningless Life: God Gives Us Eternal Purpose

帖撒罗尼迦前书 1 Thessalonians 5:9

- 因为神不是预定我们受刑，乃是预定我们藉着我们主耶稣基督得救。
- For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ.

三、面对虚无的人生：神给我们永恒的意义 (5:9-11)

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帖撒罗尼迦前书 1 Thessalonians 5:10

- 他替我们死，叫我们无论醒着、睡着，都与他同活。
- He died for us so that, whether we are awake or asleep, we may live together with him.

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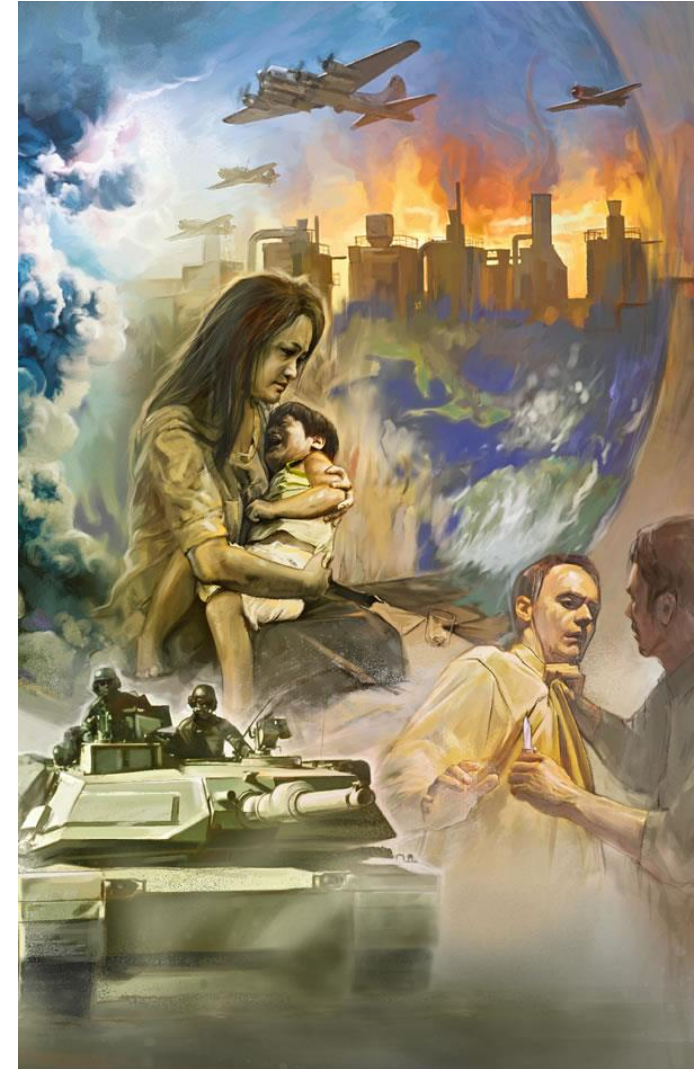
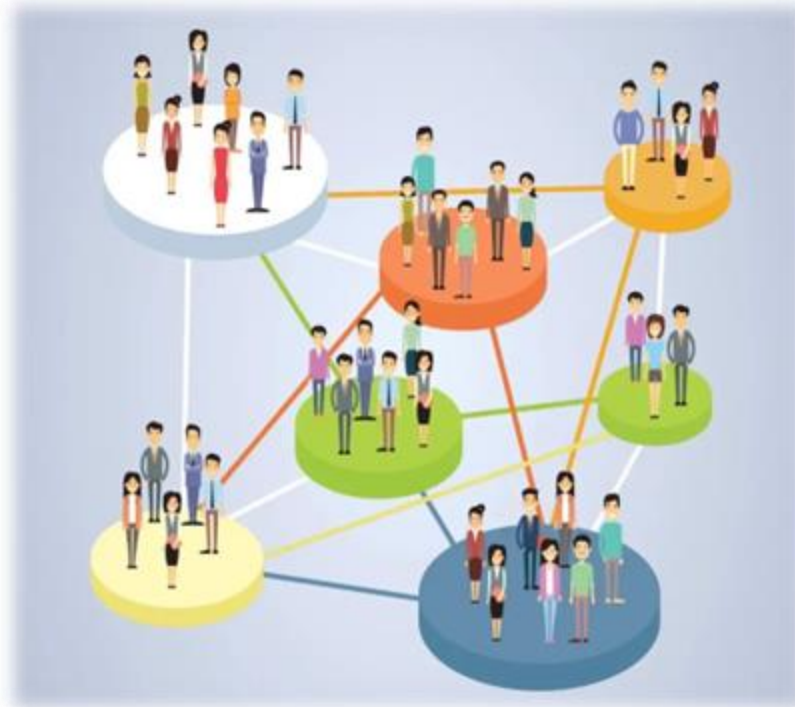
- 所以，你们该彼此劝慰，互相建立，正如你们素常所行的。
- Therefore encourage one another and build each other up, just as in fact you are doing.

这种新生活的特征：不是重担，是喜乐；不是完美，是成长。

The characteristic of this new life: Not a burden, but joy; not perfection, but growth.

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Facing a Meaningless Life: God Gives Us Eternal Purpose

- 福音的核心：
- 我们人生的意义不是我们为神做了什么，而是神为我们做了什么。
- The core of the Gospel:
- The meaning of our lives is not what we do for God, but what God has done for us.

结语：活出"主来了"的生活

Conclusion: Living a "The Lord is Coming" Life

- 主再来的真理不是让我们逃避现实，而是让我们更积极地面对现实！**
- The truth of the Lord's return is not meant for us to escape reality, but to face reality more actively!**
- 不是"你应该盼望、警醒、殷勤"，而是："因为神在基督里为你做的一切，你能够盼望、警醒、殷勤"**
- Not "You should hope, be alert, and diligent," but: "Because of what God has done for you in Christ, you are able to hope, be alert, and diligent."**

结语：活出"主来了"的生活

Conclusion: Living a "The Lord is Coming" Life

- **宗教的逻辑**：做好事 → 神喜欢你 → 得到祝福
- **Religious logic**: Do good → God likes you → Receive blessing
- **福音的逻辑**：神爱你 → 基督为你死 → 你被改变 → 自然做好事
- **Gospel logic**: God loves you → Christ died for you → You are changed → Naturally do good

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三大改变 Three Great Changes

从恐惧到盼望 From Fear to Hope

- **以前**：害怕死亡，害怕未来
- Before: Feared death, feared the future.
- **现在**：因为基督复活，我们有复活的盼望
- Now: Because Christ rose, we have the hope of resurrection.
- **原因**：不是我们勇敢，而是神已经胜过死亡
- Reason: Not because we are brave, but because God has already overcome death.

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三大改变 Three Great Changes

从黑暗到光明 From Darkness to Light

- 以前：在黑暗中摸索，不知道人生方向
- Before: Groped in darkness, did not know life's direction.
- 现在：是光明之子，能够分辨真理
- Now: Are children of light, able to discern truth.
- 原因：不是我们聪明，而是神开了我们的眼睛
- Reason: Not because we are smart, but because God opened our eyes.

结语：活出"主来了"的生活

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三大改变 Three Great Changes

从虚无到意义 From Emptiness to Purpose

- 以前：不知道为什么活着
- Before: Did not know why we lived.
- 现在：知道我们是神所爱的，有永恒的价值
- Now: Know we are loved by God, have eternal value.
- 原因：不是我们配得，而是神预定拣选了我们
- Reason: Not because we deserve it, but because God predestined and chose us.

结语：活出"主来了"的生活

Conclusion: Living a "The Lord is Coming" Life

不要忘记福音的基础： Do not forget the foundation of the gospel:

- 我们的盼望在基督，不在自己的表现
- Our hope is in Christ, not in our own performance.
- 我们的身份靠恩典，不靠努力
- Our identity is by grace, not by effort.
- 我们的动力是感恩，不是恐惧或压力
- Our motivation is gratitude, not fear or pressure.

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当你感到： When you feel:

- 软弱时：记住神的能力 Weak: Remember God's power.
- 失败时：记住神的恩典 Like a failure: Remember God's grace.
- 孤单时：记住神的同在 Lonely: Remember God's presence.
- 疲倦时：记住神的应许 Weary: Remember God's promises.

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因主再来而改变的人生

A Life Transformed by the Lord's Return

自我反思 Self-reflection

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1. 分享一次你在困难中经历神安慰的见证。
 2. 你认为现代基督徒在保持属灵警醒方面最大的挑战是什么？
 3. 如何在日常工作和生活中活出"主来了"的见证？
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1. Share a testimony of a time you experienced God's comfort in difficulty.
 2. What do you think is the biggest challenge for modern Christians in maintaining spiritual alertness?
 3. How can we live out the testimony that "the Lord is coming" in our daily work and life?