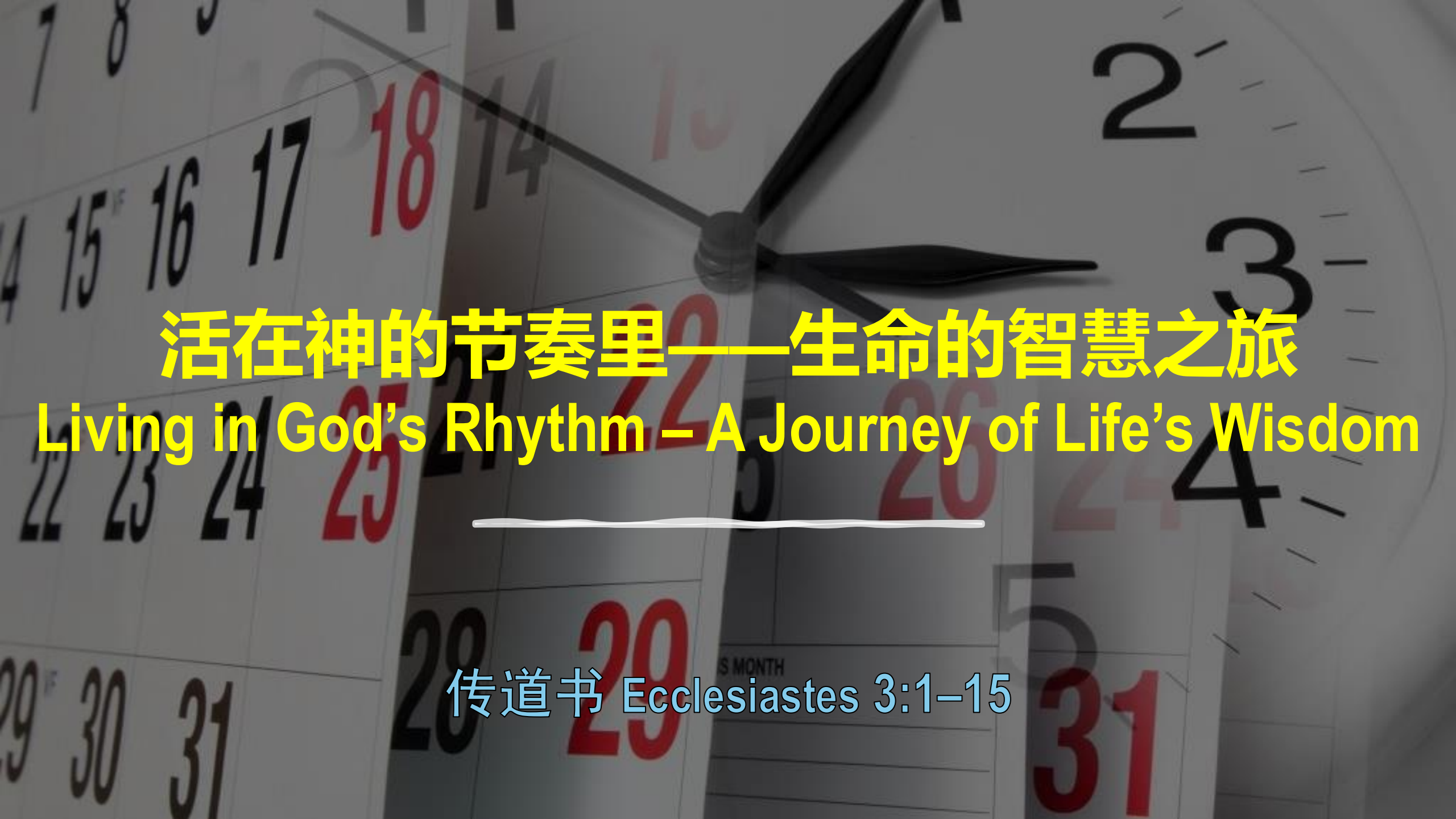




活在神的节奏里——生命的智慧之旅

Living in God's Rhythm – A Journey of Life's Wisdom

传道书 Ecclesiastes 3:1–15



你最近在为什么而焦虑？

What have you been anxious about lately?





- **我们都想做生命的CEO。**
- **We all want to be the CEO of our lives.**
- **我们想掌控一切：时间、结果、他人，甚至有时候想掌控神。**
- **We want to control everything: control time, control outcomes, control others, and sometimes even try to control God.**



**There is a time for everything,
and a season for every activity under heaven.
Ecclesiastes 3:1**

凡事都有定期，天下万务都有定时。
传道书 3:1

你不是掌权者，神才是。
You are not in charge—God is.



一、打破“我能掌控”的幻想

Shattering the Illusion of "I Am in Control"

1. 你必须接受：你不是掌权者（3:1-8）

You must accept: You are not in control

- 生有时，死有时；栽种有时，拔出所种的也有时；
- A time to be born and a time to die, a time to plant and a time to uproot,
- 杀戮有时，医治有时；拆毁有时，建造有时；
- A time to kill and a time to heal, a time to tear down and a time to build,
- 哭有时，笑有时；哀恸有时，踊跃有时；
- A time to weep and a time to laugh, a time to mourn and a time to dance,

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- 抛掷石头有时，堆聚石头有时；拥抱有时，避免拥抱有时；
- A time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing,
- 寻找有时，舍弃有时；保存有时，抛弃有时；
- A time to search and a time to give up, a time to keep and a time to throw away,

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- 撕裂有时，缝补有时；静默有时，讲话有时；
- A time to tear and a time to mend, a time to be silent and a time to speak,
- 爱有时，恨有时；战争有时，和平有时。
- A time to love and a time to hate, a time for war and a time for peace.

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2. 你需要明白：这是神的设计，不是意外（3:9-11）

You need to understand: This is God's design, not an accident

3:9

- 这样看来，做事的人在他的劳碌上有什么益处呢？
- What does the worker gain from his toil?

“我这么努力，有什么用？”

"What's the use of all my hard work?"

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3:10

- 我见神叫世人劳苦，使他们在其中受经练。
- I have seen the burden God has laid on men.

不是命运在折磨你，是神在训练你。
It is not fate tormenting you—it is God training you.

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You need to understand: This is God's design, not an accident

3:11

- 神造万物，各按其时成为美好，又将永生安置在世人心里。然而神从始至终的作为，人不能参透。
- He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end.

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- 你以为的失败、延迟、等待，其实是祂在磨出你生命的形状。
- What you perceive as failure, delay, or waiting is actually Him shaping your life.



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3. 你要领悟：在不确定中找到喜乐（3:12-15）

You must realize: Find joy in uncertainty

3:12-13

- 我知道世人，莫强如终身喜乐行善，并且人人**吃喝**，在他一切劳碌中享福，这也是神的恩赐。
- I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in all his toil--this is the gift of God.

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3. 你要领悟：在不确定中找到喜乐（3:12-15）

You must realize: Find joy in uncertainty

3:14-15

- 我知道神一切所做的都必永存，无所增添，无所减少。神这样行，是要人在他面前存敬畏的心。现今的事早先就有了，将来的事早已也有了，并且神使已过的事重新再来。
- I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that men will revere him. Whatever is has already been, and what will be has been before; and God will call the past to account.

二、真正的转向：从“我的计划”到“我的信任”

The True Shift: From "My Plan" to "My Trust"



你的焦虑来自哪里？来自于你以为自己是掌权者。

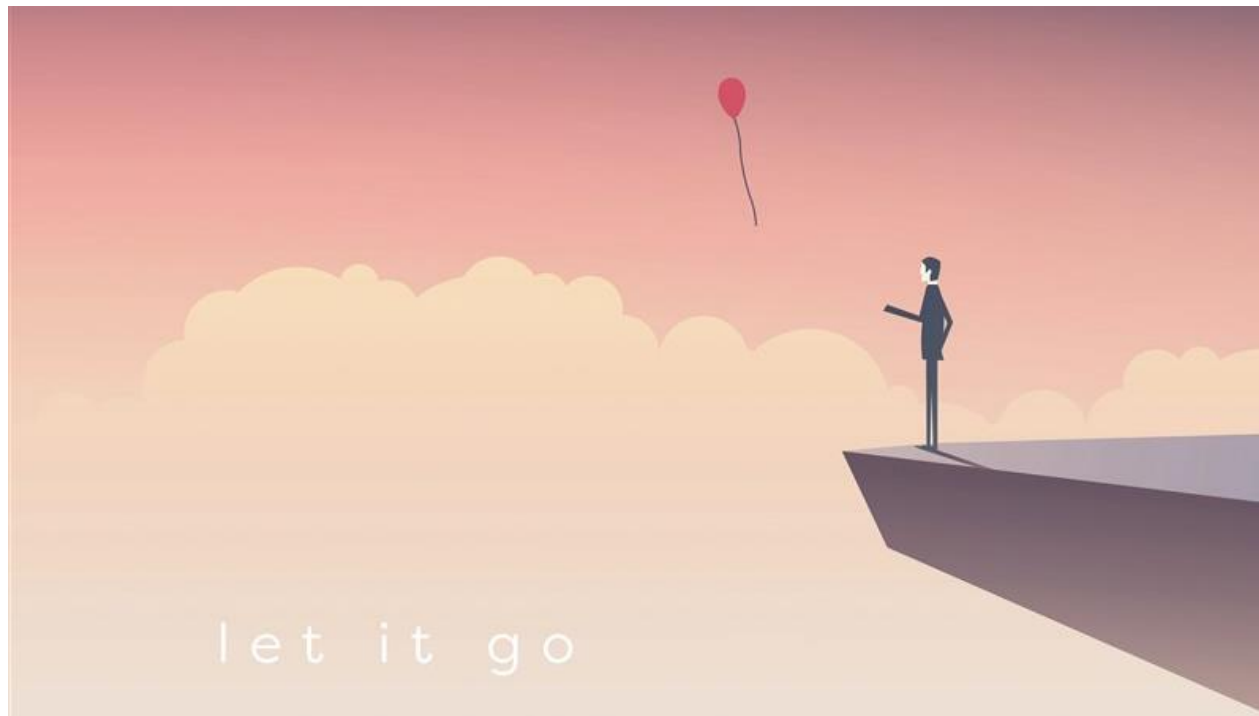
Where does your anxiety come from? From thinking you are in control.

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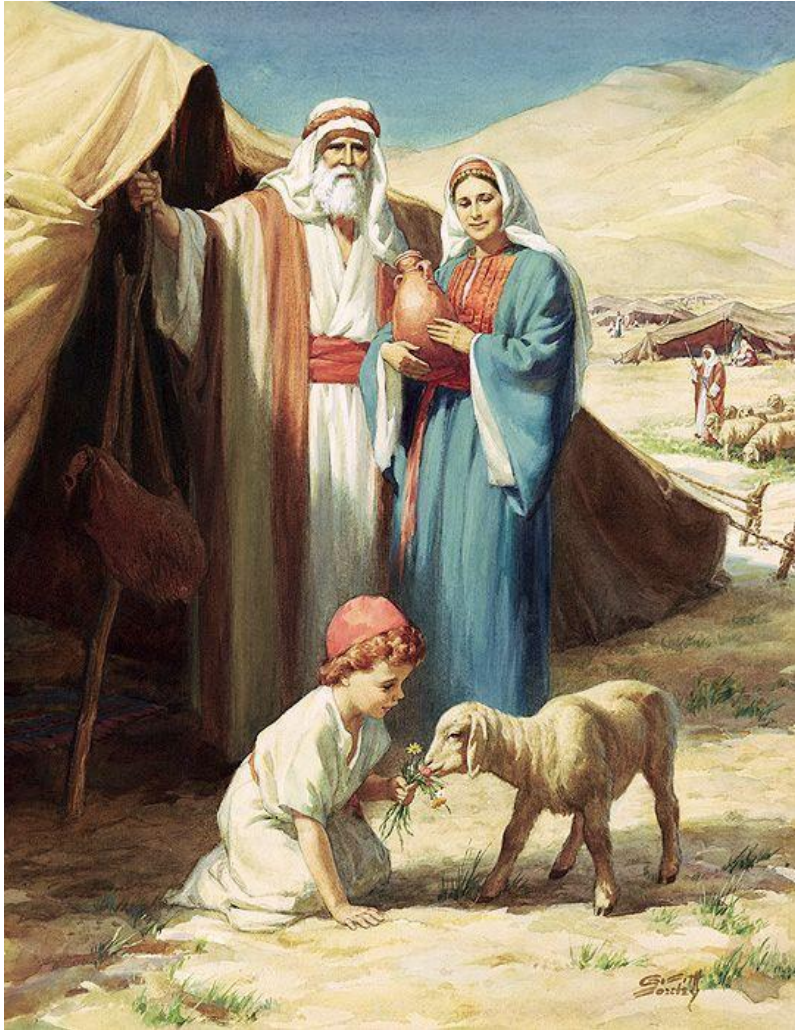
你的焦虑，归根结底是对“不确定”的恐惧。

Your anxiety, at its root, is fear of the "uncertain."



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他们都活在神的节奏里，而不是自己的节奏里。

They all lived in God's rhythm, not their own.

二、真正的转向：从"我的计划"到"我的信任"

The True Shift: From "My Plan" to "My Trust"

- **你不需要把一切都搞清楚。**
- **你只需要做一件事：在你能做的地方尽力，在你不能做的地方信靠。**
- **You don't need to figure everything out.**
- **You only need to do one thing: Do your best where you can, and trust where you cannot.**

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- 这不是你的错，也不是你信心不够，也不代表神不爱你。
- It's not your fault, nor is it a lack of faith, nor does it mean God doesn't love you.
- 信靠神，不是因为一切顺利，而是因为祂在一切不顺利中仍然掌权。
- We trust God not because everything is going well, but because He remains sovereign even when nothing is going well.

二、真正的转向：从"我的计划"到"我的信任"

The True Shift: From "My Plan" to "My Trust"

我们可以选择： We can choose:

- 因为看不到意义就陷入绝望
- To fall into despair because we see no meaning

- 或者，因为相信有一个高于我们理解的神，而持守盼望
- Or, to hold on to hope because we believe in a God beyond our understanding

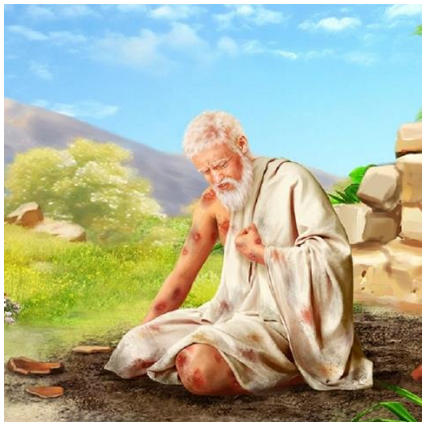
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- 大卫有时候问：“神啊，你在哪里？你为什么还不救我？”



- 约伯用最狠的言辞责问神。
- 但他们都没有放弃信靠。他们在黑暗中仍然说：“我相信。我不知道为什么，但我相信。”



- David sometimes asked, "God, where are You? Why aren't You saving me?"
- Job questioned God with the harshest words.
- But neither gave up trusting. In the darkness, they still said, "I believe. I don't know why, but I believe."

总结

Conclusion

- 停止做一个焦虑的策划者，开始做一个快乐的参与者。
- Stop being an anxious planner and start being a joyful participant.

总结

Conclusion

- 在工作中投入你的卓越，但不要投入你的焦虑。
- Invest your excellence in work, but not your anxiety.



总结

Conclusion

- 在家庭中投入你的爱，但不要投入你的控制。
- Invest your love in family, but not your control.



总结

Conclusion

- 在教会侍奉中投入你的忠心，但不要投入你的期待。
- Invest your faithfulness in church service, but not your expectations.



总结

Conclusion

- 在祷告中投入你的信心，而不是你的时间表。
- Invest your faith in prayer, not your timetable.



总结

Conclusion



总结

Conclusion



- 你的今天不是你人生故事中无关紧要的一页。它是神正在创作的一个章节。
- Your today is not an insignificant page in your life's story. It is a chapter God is writing.
- 你不需要理解这个故事的全貌，你只需要相信这个作者知道祂在做什么。
- You don't need to understand the whole story—you only need to trust that the Author knows what He is doing.

总结

Conclusion

祈祷词 Prayer:

"主啊，求祢赐我宁静，去接纳我无法改变的事；

"Lord, grant me the serenity to accept the things I cannot change,

求祢赐我勇气，去改变我能改变的事；

The courage to change the things I can,

求祢赐我智慧，分辨两者的区别；

And the wisdom to know the difference;

求祢赐我永恒的盼望，因为知道所有的时间都在祢手中。"

Grant me eternal hope, knowing all time is in Your hands."

总结

Conclusion

- **你不能改变时间和季节，但你可以改变你面对它的态度。而你的态度，决定你的人生，是虚空，还是充满意义。**
- **You cannot change time and seasons, but you can change your attitude toward them. And your attitude determines whether your life is meaningless or full of meaning.**

总结

Conclusion

- **你不能掌控时间，但你能选择信靠。**
- **You cannot control time, but you can choose to trust.**
- **当你选择信靠，你就活在神的节奏里——那是最平安、最有智慧的地方。**
- **When you choose to trust, you live in God's rhythm—the place of greatest peace and wisdom.**

从"日光之下"到"神的手中"

From "Under the Sun" to "In God's Hand"



自我反思 Self-reflection

传道书 Ecclesiastes 3:1-15

- 1) 如果神的时间表与你不同，你愿意暂时放手、让神带领吗？
- 2) 你能否在忙碌、等待或失望的季节中，仍然发现神的恩典？
- 3) 是否有一个经历，让你意识到神的计划比你的计划更好？

- 1) If God's timeline differs from yours, are you willing to let go and let God lead, even temporarily?
- 2) Can you still discover God's grace during seasons of busyness, waiting, or disappointment?
- 3) Is there an experience that made you realize God's plan was better than your own?