

满足的艺术： 在神的份中喜乐

The Art of Contentment: Finding Joy in God's Portion

传道书 Ecclesiastes 5:10-20





他是历史上最成功的企业家、
投资家、管理者。

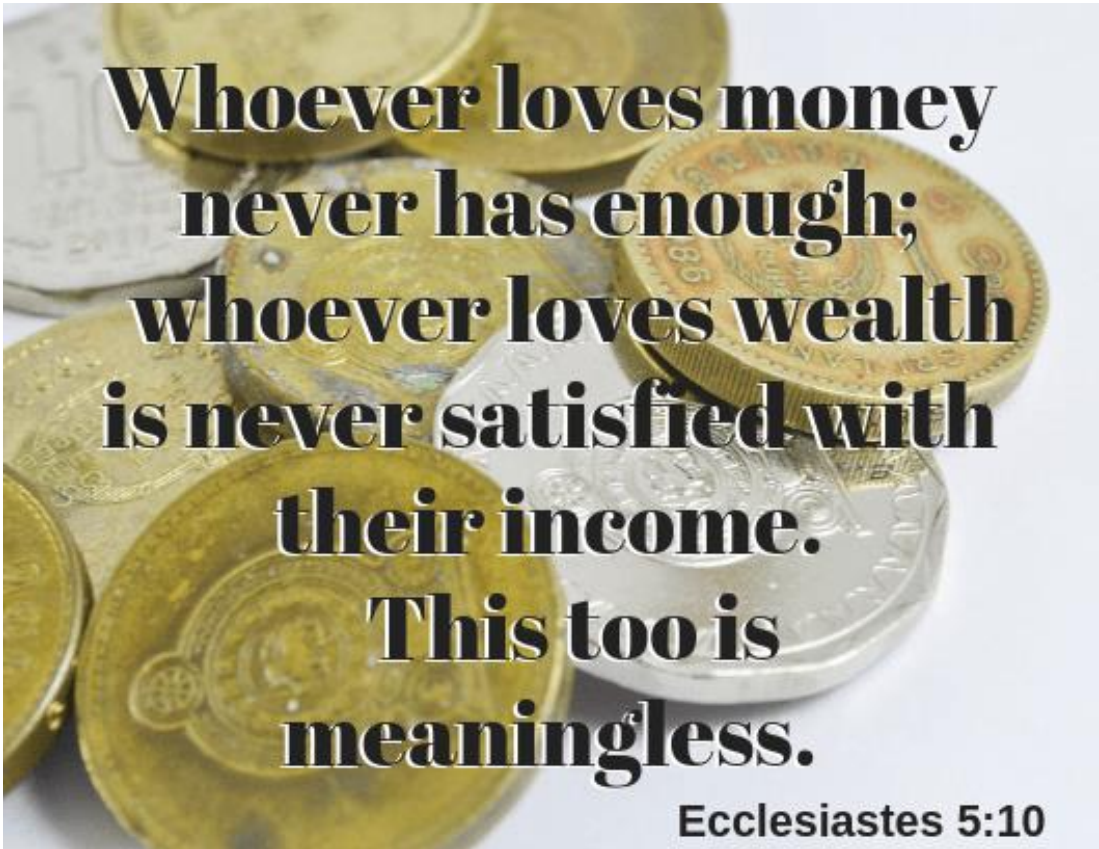
He was history's most successful
entrepreneur, investor, and manager.





贪爱银子的，不因得
银子知足；贪爱丰富
的，也不因得利益知
足。这也是虚空。

传道书 5:10 CUVS



**Whoever loves money
never has enough;
whoever loves wealth
is never satisfied with
their income.
This too is
meaningless.**

Ecclesiastes 5:10

一、财富的承诺是虚假的

The False Promise of Wealth

1) 钱财的欺骗性: "再多一点就够了"

The Deception of Money: "A little more will be enough"



一、财富的承诺是虚假的

The False Promise of Wealth

1) 钱财的欺骗性: "再多一点就够了"

The Deception of Money: "A little more will be enough "

5:11

- 货物增添，吃的人也增添。物主得什么益处呢？不过眼看而已！
- As goods increase, so do those who consume them. And what benefit are they to the owners except to feast their eyes on them?

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The False Promise of Wealth

1) 钱财的欺骗性: "再多一点就够了"

The Deception of Money: "A little more will be enough "

- 钱越多，负担越多。
- The more money, the greater the burdens.
- 钱越多，人缘越复杂。
- The more money, the more complicated relationships become.
- 钱越多，睡眠越少。
- The more money, the less sleep.

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The False Promise of Wealth

1) 钱财的欺骗性: "再多一点就够了"

The Deception of Money: "A little more will be enough "

5:12

- 劳碌的人不拘吃多吃少，睡得香甜；富足人的丰满却不容他睡觉。
- The sleep of a laborer is sweet, whether they eat little or much, but as for the rich, their abundance permits them no sleep.

一、财富的承诺是虚假的

The False Promise of Wealth

2) 钱财是一个主人，而不是仆人

Money is a Master, Not a Servant



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二、财富无法保护你

Wealth Cannot Protect You

1) 一夜成空的恐惧

The Fear of Losing Everything Overnight

5:13

- 我见日光之下有一宗大祸患，就是财主积存资财，反害自己。
- I have seen a grievous evil under the sun: wealth hoarded to the harm of its owner.

你积累的东西越多，失去的恐惧就越大。

The more you accumulate, the greater the fear of loss.

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5:15

- 他怎样从母胎赤身而来，也必照样赤身而去；他所劳碌得来的，手中分毫不能带去。
- Everyone comes naked from their mother's womb, and as everyone comes, so they depart. They take nothing from their toil that they can carry in their hands.

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1) 一夜成空的恐惧

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二、财富无法保护你

Wealth Cannot Protect You

2) 财富创造的真正"祸患"

The Real "Harm" Caused by Wealth

5:17

- 他终身在黑暗中吃喝，多有烦恼，又有病患呕气。
- All their days they eat in darkness, with great frustration, affliction and anger.

二、财富无法保护你

Wealth Cannot Protect You

2) 财富创造的真正"祸患"

The Real "Harm" Caused by Wealth

- 金钱可以买食物，但买不到食欲。
- Money can buy food, but it cannot buy an appetite.
- 金钱可以买床铺，但买不到睡眠。
- Money can buy a bed, but it cannot buy sleep.
- 金钱可以买房子，但买不到家的感觉。
- Money can buy a house, but it cannot buy a home.

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2) 财富创造的真正"祸患"

The Real "Harm" Caused by Wealth

- 金钱可以买陪伴，但买不到真爱。
- Money can buy companionship, but it cannot buy true love.
- 金钱可以买医药，但买不到健康。
- Money can buy medicine, but it cannot buy health.

二、财富无法保护你

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2) 财富创造的真正"祸患"

The Real "Harm" Caused by Wealth

- 有多少富豪在精神上是破产的？
- How many wealthy people are spiritually bankrupt?
- 有多少成功人士在心灵上是空虚的？
- How many successful people are empty inside?
- 有多少富有的人因为孤独、抑郁、焦虑而痛苦不堪？
- How many rich people suffer from loneliness, depression, and anxiety?

三、满足的秘密

The Secret of Contentment

1) 改变视角：从"我拥有了什么"到"我被赐予了什么"

Change Your Perspective: From "What I Have" to "What I Have Been Given"

5:18

- 我所见为善为美的，就是人在神赐他一生的日子吃喝，享受日光之下劳碌得来的好处，因为这是他的分。
- This is what I have observed to be good: that it is appropriate for a person to eat, to drink and to find satisfaction in their toilsome labor under the sun during the few days of life God has given them—for this is their lot.

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三、满足的秘密

The Secret of Contentment

2) 满足的2个条件

The Two Conditions for Contentment

5:19

- 神赐人资财丰富，使他能吃用，能取自己的分，在他劳碌中喜乐，这乃是神的恩赐。
- Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God.

第一个条件：有福可享。 The first condition: There is blessing to enjoy.

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- 神赐人资财丰富，使他能吃用，能取自己的分，在他劳碌中喜乐，这乃是神的恩赐。
- Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God.

第二个条件：有福能享。 The second condition: The ability to enjoy the blessing.

三、满足的秘密

The Secret of Contentment

2) 满足的2个条件

The Two Conditions for Contentment

5:20

- 他不多思念自己一生的年日，因为神应他的心使他喜乐。
- He seldom reflects on the days of his life, because God keeps him occupied with gladness of heart.

三、满足的秘密

The Secret of Contentment

2) 满足的2个条件

The Two Conditions for Contentment

- 满足的人不会陷入虚无的思考——“我的人生是否足够？我还有多少时间？”
- A content person does not dwell on futile thoughts—“Is my life enough? How much time do I have left?”

他享受当下。 He enjoys the present.

他活在喜乐中。 He lives in joy.

四、从知道到改变

From Knowing to Changing

- **问题一：你在追求谁的"足够"？**
- **Question 1: Whose "enough" are you pursuing?**
- **问题二：你在逃离什么？**
- **Question 2: What are you running from?**
- **问题三：你的钱在为谁工作？**
- **Question 3: Who is your money working for?**

四、从知道到改变

From Knowing to Changing

- **第一步：定义你的"够用"。**
- **Step 1: Define your "enough."**
- **第二步：学会分享你的"分"。**
- **Step 2: Learn to share your "lot."**
- **第三步：用一个简单的祷告**
- **Step 3: Use a simple prayer**

总结：真正的财富在哪里

Conclusion: Where True Wealth Lies

- **所罗门用了一生来验证这个真理：金钱不能带来满足。**
- **Solomon spent a lifetime verifying this truth: Money cannot bring contentment.**
- **满足来自于：Contentment comes from:**
 - **承认界限 Acknowledging limits**
 - **改变身份 Changing identity**
 - **转向源头 Turning to the source**
 - **享受当下 Enjoying the present**

总结：真正的财富在哪里

Conclusion: Where True Wealth Lies

- **你的账户永远不够满。但你的心可以。**
- **Your account will never be full enough. But your heart can be.**

- **你的心是否已经满足了？**
- **Is your heart already content?**

- **不是满足于钱，而是满足于生命。**
- **Not content with money, but content with life.**

总结：真正的财富在哪里

Conclusion: Where True Wealth Lies

- **满足于你被爱，被照顾，被看见。**
- **Content that you are loved, cared for, seen.**

- **满足于你的人生有意义。**
- **Content that your life has meaning.**

- **满足于你为某个比自己更大的事物而活。**
- **Content that you are living for something greater than yourself.**

总结：真正的财富在哪里

Conclusion: Where True Wealth Lies

- 拥有少一点，但喜乐多很多。
- Having a little less, but joy much more.
- 不是靠努力，而是靠信心。
- Not by striving, but by faith.

满足的艺术：在神的份中喜乐

The Art of Contentment: Finding Joy in God's Portion



自我反思 Self-reflection

传道书 Ecclesiastes 5:10-20

- 1) 是什么让我们的满足感总是落空？是期望值太高，还是我们从一开始就追错了东西？
 - 2) 你生活中的哪个时刻，突然意识到"我其实已经够了"？反过来，又是什么时刻让你又陷入了"不够"的恐慌？
 - 3) 如果你真的相信你的所有金钱都是神赐予的"份"（不是你赚来的，而是被分配给你管理的），你的生活将会如何改变？
 - 4) 真正的自由，是拥有很多东西，还是不再被东西所有？如果我不再是金钱的奴隶，而是它的管家，我会变成怎样的人？
- 1) What causes our sense of contentment to always fall short? Are our expectations too high, or are we chasing the wrong things from the start?
 - 2) When in your life did you suddenly realize, "I actually have enough"? Conversely, what moment made you fall back into the panic of "not enough"?
 - 3) If you truly believed that all your money is a "lot" given by God (not earned by you, but assigned to you to manage), how would your life change?
 - 4) Is true freedom about possessing many things, or about no longer being possessed by things? If I were no longer a slave to money, but its steward, what kind of person would I become?