

**直到如今，
耶和华都帮助我们**
Until now,
the LORD has helped us

撒母耳记上 1 Samuel 7:3-12

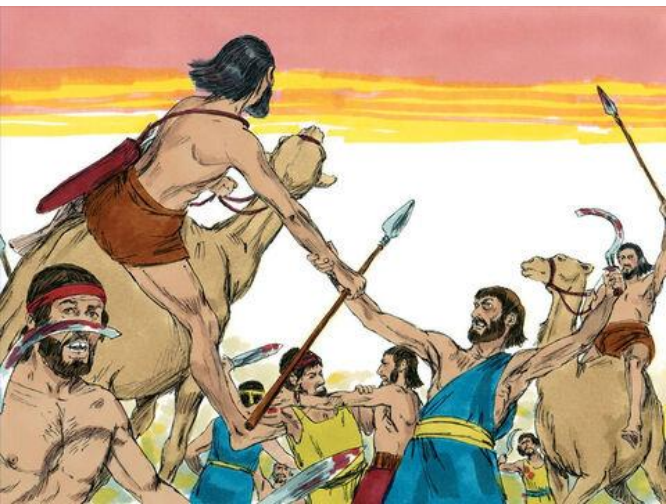




- **也许有人会说：「感恩」——因为经历神很多恩典**
- **Some might say: "Grateful" — because we have experienced much of God's grace.**
- **也许有人会说：「疲惫」——因为今年真的很不容易**
- **Some might say: "Exhausted" — because this year has truly been difficult.**
- **也许有人会说：「困惑」——因为很多事情不如预期**
- **Some might say: "Confused" — because many things did not go as expected.**

一、回头看——我们为什么还能站得住？

Looking Back — Why Are We Still Standing?



- 他们长期被非利士人欺压，活在恐惧和无力中
- They were oppressed by the Philistines for a long time, living in fear and helplessness.
- 他们曾经打过仗，惨败，连约柜都被掳走（撒上4章）

- They had fought a war, suffered a crushing defeat, and even the ark of the covenant was captured (1 Samuel 4).
- 之后整整20年，他们陷入属灵的低潮期——灰心、失望、觉得神不再帮助他们（7:2）
- For twenty full years afterward, they sank into a spiritual low — discouraged, disappointed, feeling that God no longer helped them (7:2).

一、回头看——我们为什么还能站得住？

Looking Back — Why Are We Still Standing?

- 撒母耳呼召以色列人：'你们若一心归顺耶和华，就要除掉你们中间的外邦神'（7:3）**
- Samuel called to the Israelites: "If you are returning to the LORD with all your hearts, then rid yourselves of the foreign gods..." (7:3).**
- 他们真的做了——除掉偶像、专心归向神（7:4）**
- They actually did it — they got rid of their idols and turned wholeheartedly to God (7:4).**
- 他们在米斯巴聚集，禁食、认罪、说'我们得罪了耶和华'（7:6）**
- They assembled at Mizpah, fasted, confessed, and said, "We have sinned against the LORD" (7:6).**

一、回头看——我们为什么还能站得住？

Looking Back — Why Are We Still Standing?

7:10

- 撒母耳正献燔祭的时候，非利士人前来要与以色列人争战。当日，耶和华大发雷声，惊乱非利士人，他们就败在以色列人面前。
- While Samuel was sacrificing the burnt offering, the Philistines drew near to engage Israel in battle. But that day the LORD thundered with loud thunder against the Philistines and threw them into such a panic that they were routed before the Israelites.

一、回头看——我们为什么还能站得住？

Looking Back — Why Are We Still Standing?



- 有人经历健康的软弱——但神保守你没有倒下
- Some have experienced physical weakness — but God preserved you from falling.



- 有人经历关系的破裂——但神仍然给你力量继续爱
- Some have experienced broken relationships — but God still gave you strength to continue loving.

一、回头看——我们为什么还能站得住？

Looking Back — Why Are We Still Standing?



- 有人经历工作的困境——但神让你在困境中没有失去信心
- Some have experienced difficulties at work — but God kept you from losing faith in the midst of hardship.



- 有人经历属灵的低潮——但你今天还愿意来到神面前，这本身就是神的恩典
- Some have experienced spiritual lows — but the fact that you are still willing to come before God today is itself God's grace.

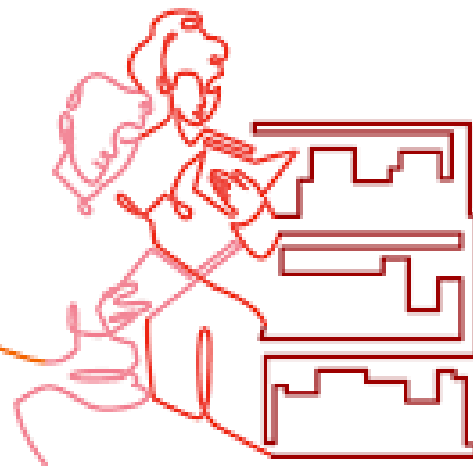
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Looking Back — Why Are We Still Standing?

【回顾神的作为（过去）：
让会众安静回想一个神保守他们的时刻】

回顾过去

The Past



[Recalling God's Deeds (Past):

Invite the congregation to quietly recall a moment when God preserved them.]

二、当下站立

Standing in the Present

7:12

- 撒母耳将一块石头、立在米斯巴和善的中间、给石头起名叫以便以谢、说、到如今耶和华都帮助我们。
- Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, "Thus far the LORD has helped us."



这不是胜利纪念碑，而是信仰告白。

This is not a victory monument, but a confession of faith.

二、当下站立

Standing in the Present

这个告白包含2件事： This confession includes two things:

(1) 这是谦卑的宣告 It is a humble declaration

(2) 这是集体的见证 It is a collective testimony

二、当下站立

Standing in the Present

- 神没有要求你完美，祂只是一路帮助你。
- God does not demand perfection from you; He simply helps you all the way.



二、当下站立

Standing in the Present

- **我们能站立，不只是因为环境改变，而是因为我们的身份在基督里已经被更新。**
- **We can stand not just because circumstances have changed, but because our identity has been renewed in Christ.**

二、当下站立

Standing in the Present

【承认神的帮助（现在）】

[Acknowledging God's Help (Present)]

1. 这一年，我最倚靠的是什么？

This year, what have I relied on most?

2. 当事情过关的时候，我心里最先感谢的是谁？

When things worked out, who did I thank first in my heart?

3. 有没有一些时候，我嘴上感谢神，心里却觉得「其实是我自己撑过来的」？

Were there times when I thanked God with my lips but felt in my heart, "Actually, I made it through on my own"?

三、向前看

Looking Ahead

1) 明年不会比较容易，但神不会比较远

Next year will not necessarily be easier, but God will not be farther away.

- 希伯来书13:5「我总不撇下你，也不丢弃你。」
- Hebrews 13:5 "Never will I leave you; never will I forsake you."
- 神的帮助，不是让我们免于困难，而是在困难中与我们同在。
- God's help is not to keep us from difficulties, but to be with us in difficulties.
- 有时候，神的帮助看起来像是「等待」，但祂从未缺席。
- Sometimes, God's help looks like "waiting," but He is never absent.

三、向前看

Looking Ahead

2) 我们不知道前面会发生什么，但知道是谁带我们走

We do not know what lies ahead, but we know who leads us

- 信心不是掌控未来，而是信靠那位掌管未来的神。
- Faith is not about controlling the future but trusting the God who controls the future.
- 腓立比书1:6「那在你们心里动了善工的，必成全这工，直到耶稣基督的日子。」
- Philippians 1:6 "He who began a good work in you will carry it on to completion until the day of Christ Jesus."

三、向前看

Looking Ahead

3) 神的帮助，不只是今生，更是永恒

God's help is not only for this life but for eternity

- 专心归向神（除掉心中的偶像——那些我们依靠过于依靠神的东西）
- Return wholeheartedly to God (ridding our hearts of idols — those things we rely on more than God).
- 诚实来到神面前（承认我们的软弱和需要）
- Come honestly before God (acknowledging our weaknesses and needs).

三、向前看

Looking Ahead

3) 神的帮助，不只是今生，更是永恒

God's help is not only for this life but for eternity

- 相信神会继续帮助我们（就像祂过去帮助我们一样）
- Believe that God will continue to help us (just as He has helped us in the past).

三、向前看

Looking Ahead

【把“未知的明天”交给神】

[Entrusting the "Unknown Tomorrow" to God]

请你在心里，诚实地想一想： Please honestly consider in your heart:

- 明年，有哪一件事是你最担心的？
- Next year, what is one thing you are most worried about?
- 有哪一个未知，让你心里不安？
- What unknown makes you uneasy?
- 有没有一个你不敢面对、却必须面对的挑战？
- Is there a challenge you dare not face but must face?

总结与回应

Conclusion and Response

- **第一，它提醒我们：回头看——我们能走到今天，不是因为我们够强，而是神一路为我们争战。**
- **First, it reminds us: Looking back — the reason we have come this far is not because we are strong enough, but because God has fought for us all the way.**

总结与回应

Conclusion and Response

- **第二，它呼召我们：当下站立——谦卑地承认「是神帮助我们」，这不只是个人经历，而是整个信仰群体的见证，也连接在神整个救赎历史中。**
- **Second, it calls us: Standing in the present — humbly acknowledging "it is God who helped us." This is not just a personal experience but the testimony of the entire faith community, also connected to God's whole redemptive history.**

总结与回应

Conclusion and Response

- **第三，它给我们盼望：向前看——神既然帮助我们到如今，祂也必帮助我们走向未来。明年不会比较容易，但神不会比较远。**
- **Third, it gives us hope: Looking ahead — since God has helped us until now, He will surely help us into the future. Next year will not necessarily be easier, but God will not be farther away.**

总结与回应

Conclusion and Response

- 「以便以谢」不是一个句号，而是一个分号——它不是说「终于结束了」，而是说「神的帮助还在继续」。
- "Ebenezer" is not a period but a semicolon — it does not say, "It's finally over," but rather, "God's help is still continuing."

直到如今，耶和华都帮助我们

Until now, the LORD has helped us

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自我反思 Self-reflection

- 1) 这一年中，有哪一个时刻你觉得"快要撑不下去了"，但现在回头看，你发现神其实在那个时刻托住了你？
 - 2) 你比较容易对神说"谢谢你帮助我"，还是比较容易觉得"是我自己熬过来的"？为什么？
 - 3) 如果明年你会遇到一个你现在最担心的困难，"以便以谢"这块石头会对你说什么？
1. This year, was there a moment when you felt "about to give up," but now looking back, you realize God actually upheld you in that moment?
 2. Is it easier for you to say to God, "Thank you for helping me," or to feel, "I made it through on my own"? Why?
 3. If next year you encounter the difficulty you currently worry about most, what would the stone "Ebenezer" say to you?