

A person is seen from behind, balancing on a horizontal row of smooth, rounded stones. On their back, they carry a tall, precarious stack of several rough, dark rocks. The scene is set against a bright blue sky with wispy white clouds. The person is wearing a dark long-sleeved shirt and light-colored pants. The overall image conveys a sense of balance, struggle, and the weight of life's challenges and blessings.

生命中的重担和祝福

The burdens and blessings of life

马可福音 Mark11:1-11

赞美诗237首 《我心灵得安宁》

平安有时如宁静河环绕我，悲伤有时如大风波。

不论何环境，我已被主引领，

我心灵得安宁，得安宁。

When peace like a river attended my way,

When sorrows like sea billows roll,

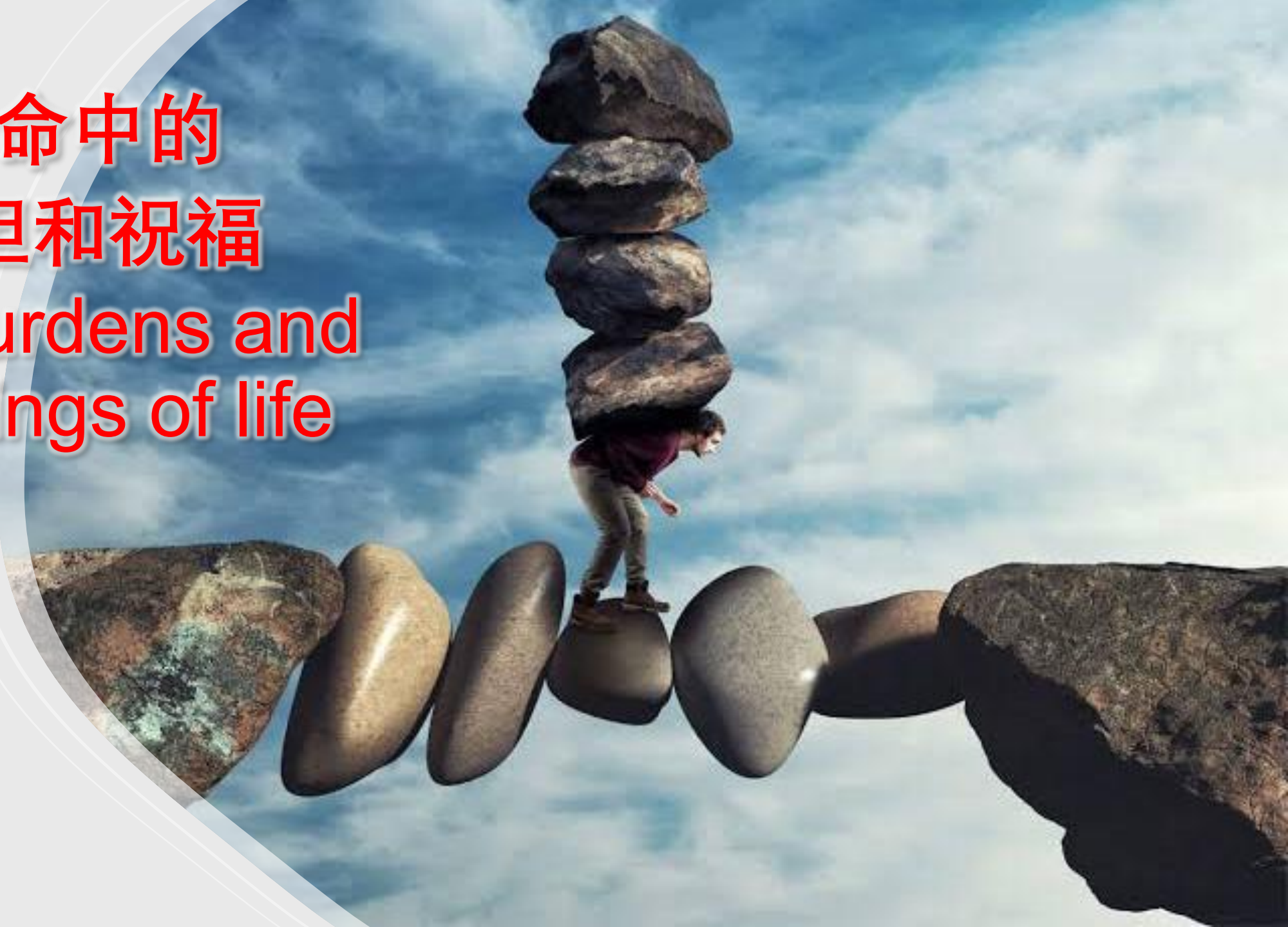
Whatever my lot,

Thou has taught me to say,

It is well, it is well with my soul.

生命中的 重担和祝福

The burdens and
blessings of life





向上的移动
Upward mobility



耶稣的重担 成为罪人的祝福

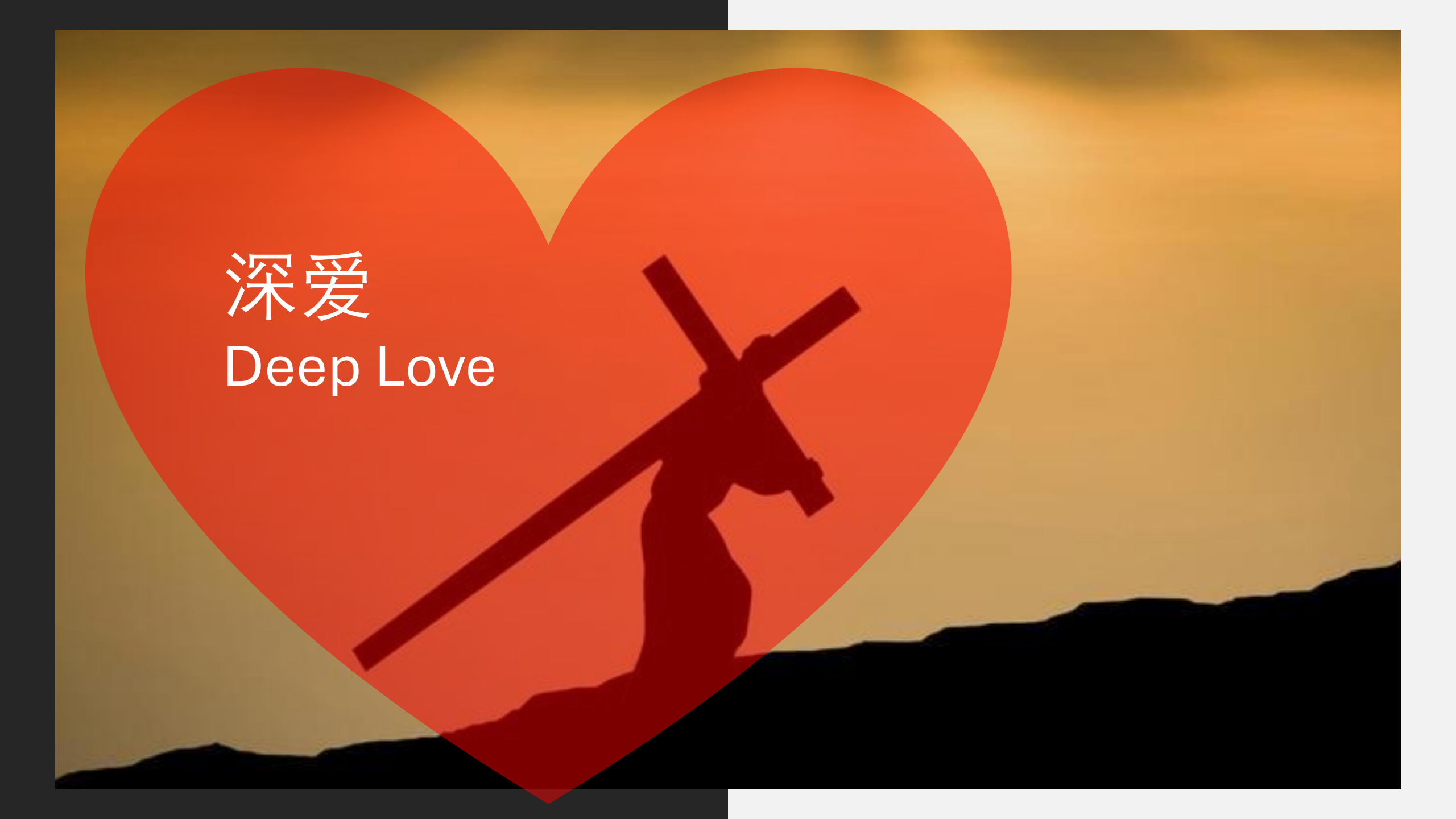
Jesus' Burden become a blessing to sinners

承担世人的罪

恶念、苟合、偷盗、凶杀、奸淫、贪婪、邪恶、诡诈、淫荡、嫉妒、谤讟、骄傲、狂妄、一切的恶。

To bear the sins of the world

evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance folly, all evils.

The image features a romantic sunset scene with a large, semi-transparent red heart overlay. Inside the heart, the Chinese characters '深爱' (Deep Love) are written in white, followed by the English text 'Deep Love'. In the background, a silhouette of a couple holding hands is visible against the warm, golden light of the setting sun. The overall mood is intimate and affectionate.

深爱

Deep Love



向下的移动 Downward mobility

耶稣谦卑舍己的生命担当了
我们罪的重担。
Through His humble and self-
sacrificing life, Jesus bore the
burden of our sins.



驴驹的重担 colt' burden

- 未曾的经历
- 重复的担子
- 终身的承受
- Unfamiliar experiences
- A recurring burden
- A lifelong burden

重担可化为一份祝福
burden can be turned into a blessing



每个人都有贫乏之处，
而那就是上帝要停留的
地方。

Everyone has their
shortcomings,
and that is where God
chooses to dwell.



- 我的床榻不是监狱，而是受训的学校；
圣灵是我的导师，访客是我的功课。
- 不要问神【为什么】，而要这样问：
【神啊，祢要我做什么？】



- My bed is not a prison, but a school for training;
the Holy Spirit is my teacher, and visitors are my lessons.
- Do not ask God "why," but ask: "God, what do you want me to do?"

我在这个病床上这四十年哪，我是赞美感谢神。这四十年当中呢，我从来，never, never, never ask God why, 我从来没问过主为什么。祢是昨日、今日、直到永远的神，祢叫拉撒路从死中复活，叫瞎子睁眼，今日也能叫我好起来啊。

Throughout these forty years I have spent in this bed, I praised and thanked God. In these forty years, I have never—never, never, never—asked God why; I have never asked the Lord why.

You are the God of yesterday, today and forever;

You raised Lazarus from the dead and opened the eyes of the blind; You can heal me today as well.

一定有一个缘故，一定有一个purpose，所以我从来不问why，
never ask why, but ask what。主啊，祢要我做什么。
既然主让我身在这个床上，那主祢要我做什么呢？
那么，我心里就是平安，就是喜乐，就是主的恩典。

There must be a reason, there must be a purpose;
that is why I never ask 'why'—never ask 'why'—but ask 'what'.
Lord, what do You want me to do? Since the Lord has placed
me in this bed, what does the Lord want me to do?
And so, in my heart there is peace, there is joy, there is the
Lord's grace.

A person is seen from the side, balancing a tall, precarious stack of several large, dark, irregularly shaped stones on their head. They are standing on a narrow path made of smooth, rounded, light-colored stones. The background is a bright blue sky with wispy white clouds. The overall scene conveys a sense of balance, stability, and the ability to carry a heavy load.

愿我们以谦卑顺服的心
承载生命中的重担和祝福

May we bear the burdens and blessings
of life with a humble and submissive heart