

当我们软弱， 有人托住我们



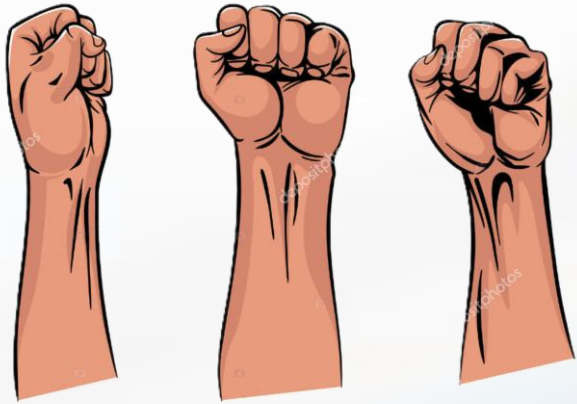
神不叫我们独自撑着，
祂给我们彼此，
一同仰望祂。

出埃及记

Exodus

17:8-16

When We Are Weak, Others Hold Us Up

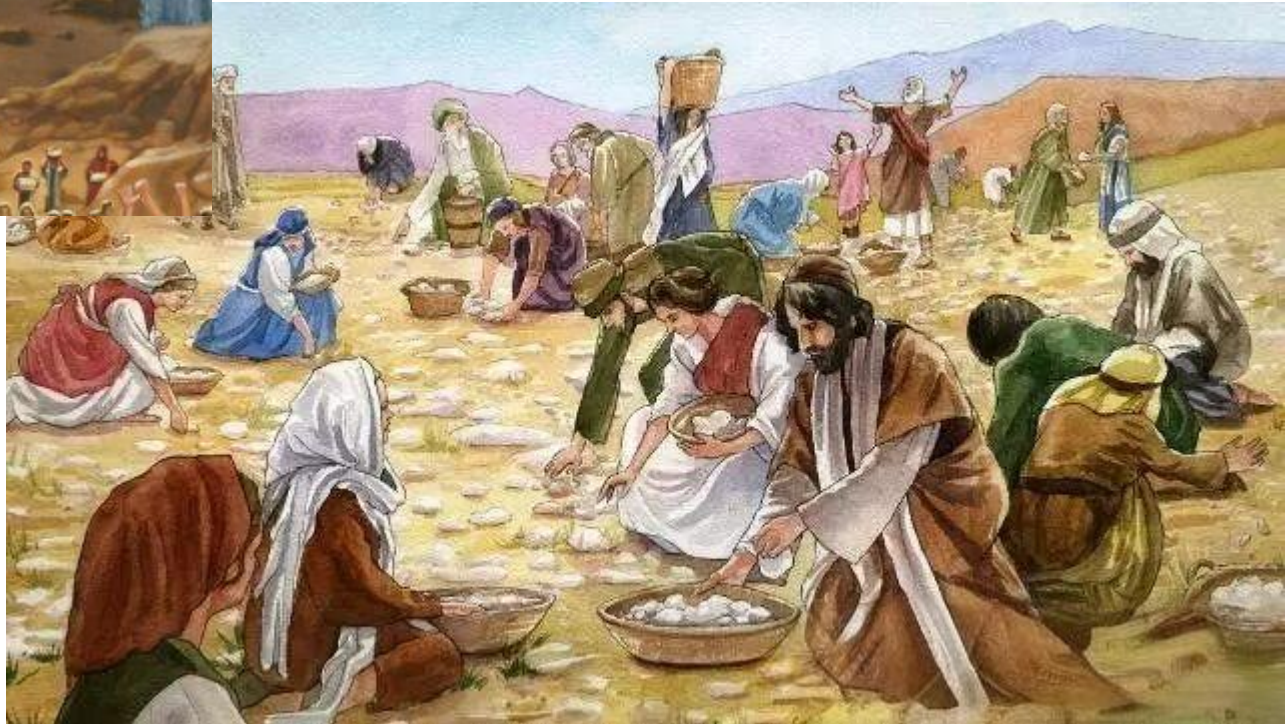


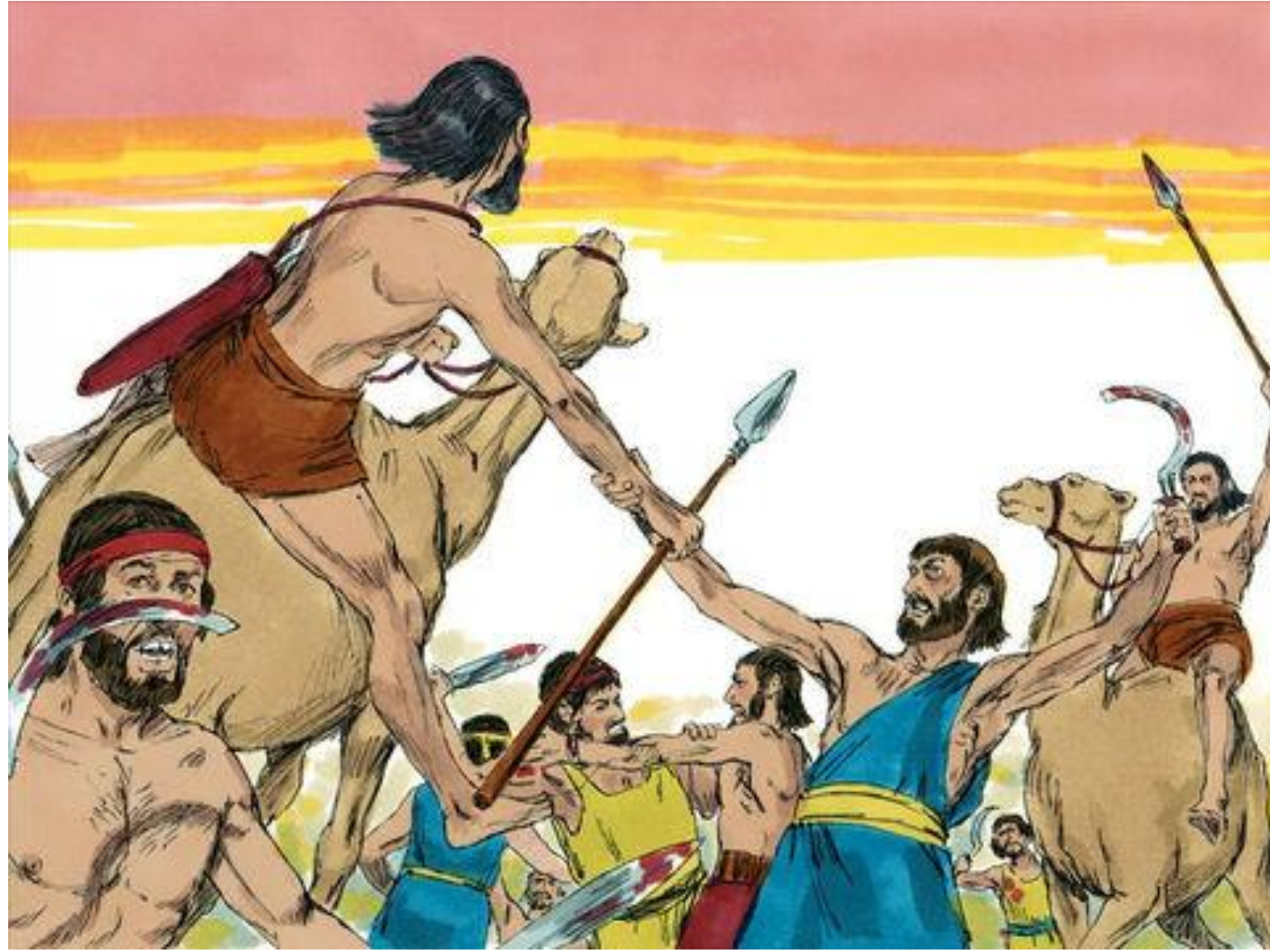
你有没有试过——“举不起手”的时候？

Have you ever experienced a time when you “could not lift your hands”?

不是身体的手，而是心里的手。

Not your physical hands, but the hands of your heart.





神没有阻止这场战争发生。

God did not prevent this war from happening.

**以色列人才刚离开埃及，还是一群没有作战经验的奴隶，
神却允许争战临到他们。**

The Israelites had just left Egypt, still a group of slaves with no combat experience, yet God allowed the battle to come to them.

信主，不代表没有争战。

Believing in the Lord does not mean there will be no battle.

恩典之后，还有旷野。

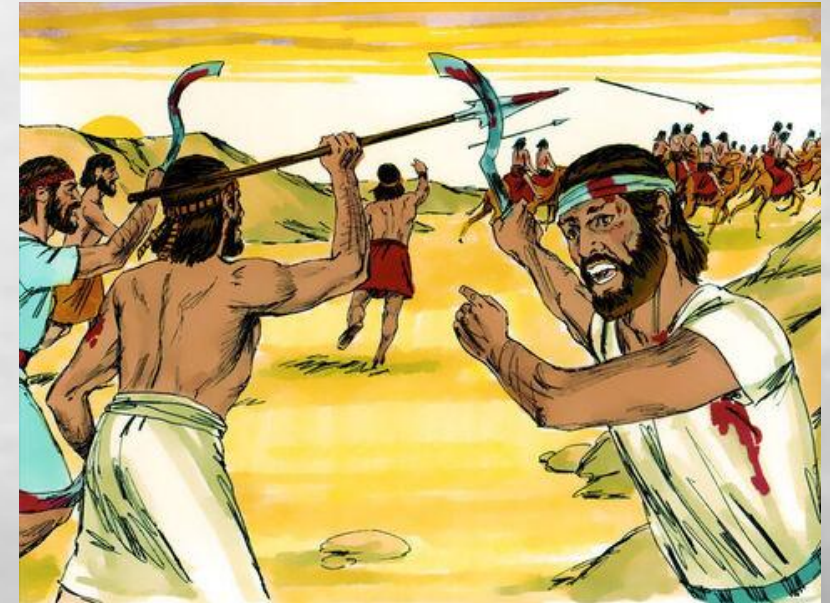
After grace, there is still the wilderness.

一、手重了——依靠神，是需要操练的

The Hands Grow Heavy — Relying on God Requires Practice

17:11

- 摩西何时举手，以色列人就得胜；何时垂手，亚玛力人就得胜。
- As long as Moses held up his hands, the Israelites were winning; whenever he lowered his hands, the Amalekites were winning.



一、手重了——依靠神，是需要操练的

The Hands Grow Heavy — Relying on God Requires Practice

- 属灵真理：人的争战，最终决定权在神手里。
- Spiritual truth: In the battle of humanity, the final decision rests in God's hands.
- “神啊，我的力量在乎你。这场仗，我打不赢，只有你能。”
- “God, my strength is in You. I cannot win this battle; only You can.”

一、手重了——依靠神，是需要操练的

The Hands Grow Heavy — Relying on God Requires Practice

17:12上

- 摩西的手发沉。
- When Moses' hands grew tired,



一、手重了——依靠神，是需要操练的

The Hands Grow Heavy — Relying on God Requires Practice

- 属灵成熟，不是你越来越不需要帮助，而是一直越来越知道自己需要神，也需要别人。
- Spiritual maturity is not that you need less and less help, but that you know more and more that you need God — and others.

一、手重了——依靠神，是需要操练的

The Hands Grow Heavy — Relying on God Requires Practice

- 也许你在工作中一直扛压力；
- Perhaps you are constantly under pressure at work;
- 也许你在家庭中是那个不能倒的人；
- Perhaps you are the one in your family who cannot fall;
- 也许你在异乡生活，没有太多人可以依靠；
- Perhaps you live in a foreign land, with not many people to rely on;
- 也许你在服事中已经疲惫，但仍然在坚持。
- Perhaps you are weary in your service, yet still pressing on.

一、手重了——依靠神，是需要操练的

The Hands Grow Heavy — Relying on God Requires Practice

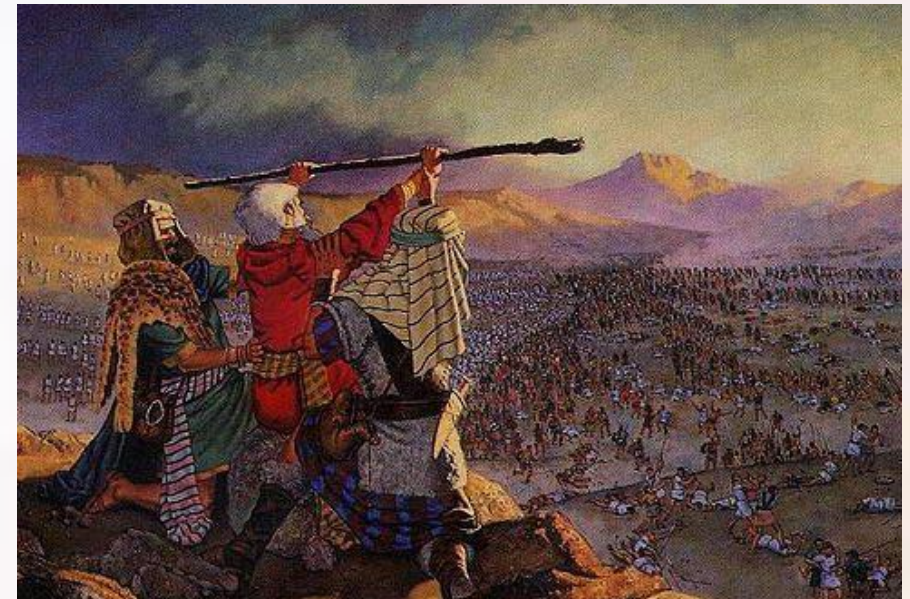
- 外面看起来你还站着，但里面其实已经很重了。
- Outwardly you still appear to be standing, but inwardly you are already very heavy.
- 你从来没有倒下，但你也从来没有真正得到休息。
- You have never collapsed, but you have also never truly rested.

二、有人托住——神的设计，从来都是群体

Someone Holds You Up — God's Design Has Always Been Community

17:12

- 亚伦与户珥扶着他的手，一个在这边，一个在那边，他的手就稳住，直到日落的时候。
- So Aaron and Hur held his hands up — one on one side, one on the other — so that his hands remained steady till sunset.

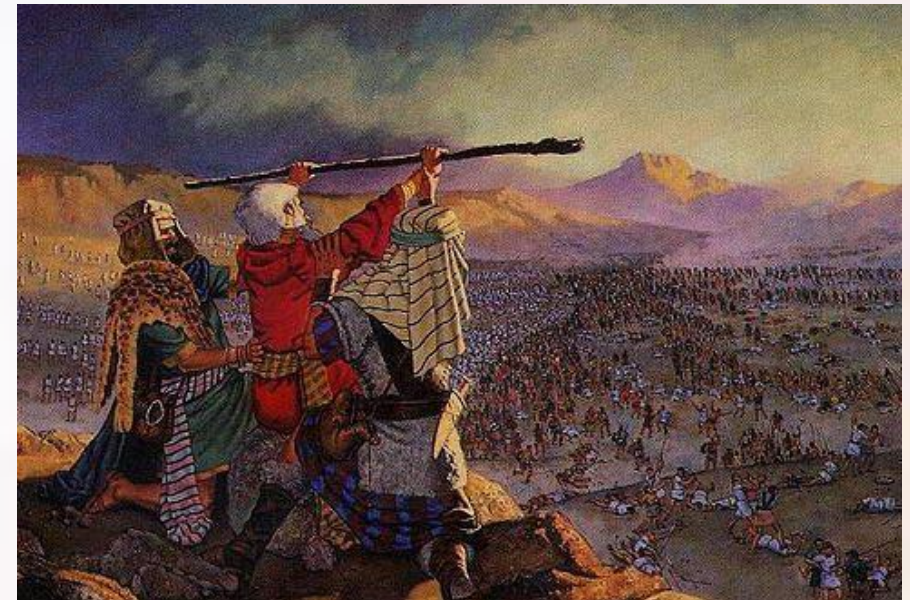


二、有人托住——神的设计，从来都是群体

Someone Holds You Up — God's Design Has Always Been Community

神为什么不直接让摩西的手变轻？

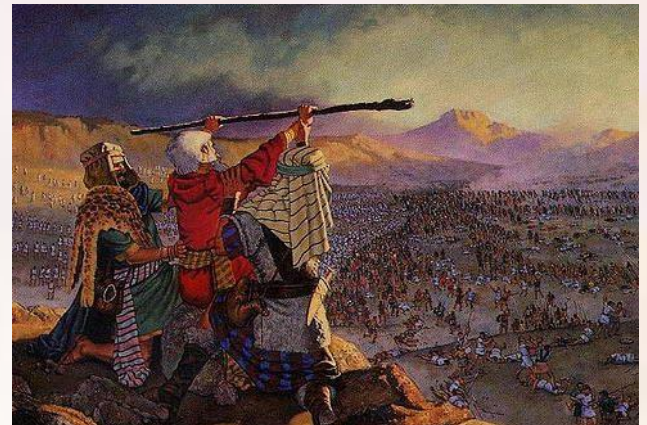
Why didn't God just make Moses' hands lighter?



二、有人托住——神的设计，从来都是群体

Someone Holds You Up — God's Design Has Always Been Community

- 有时候，属灵生命不是被“教导”的，而是被“托住”的。
- Sometimes, the spiritual life is not taught — it is held up.
- 这是神对群体的设计——我们不是孤立的个体，我们是彼此的支撑。
- This is God's design for community — we are not isolated individuals; we are each other's support.



二、有人托住——神的设计，从来都是群体

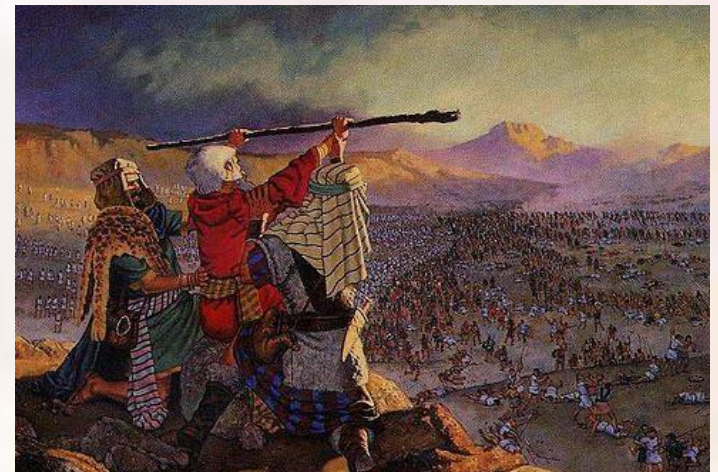
Someone Holds You Up — God's Design Has Always Been Community

谁是你的亚伦？谁是你的户珥？

Who is your Aaron? Who is your Hur?

有没有人，知道你现在手有多重？

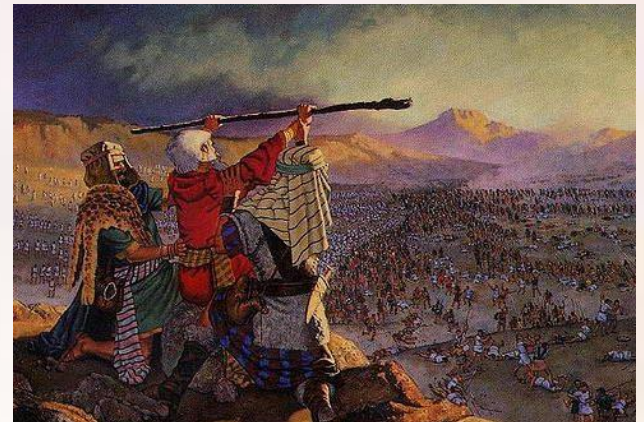
Is there anyone who knows how heavy your hands are right now?



二、有人托住——神的设计，从来都是群体

Someone Holds You Up — God's Design Has Always Been Community

- 属灵生命不是一个人撑到底，而是一群人一起仰望神。
- The spiritual life is not one person holding on to the end, but a group of people looking up to God together.
- 属灵争战里，最危险的不是软弱，而是孤单。
- In spiritual warfare, the most dangerous thing is not weakness, but loneliness.

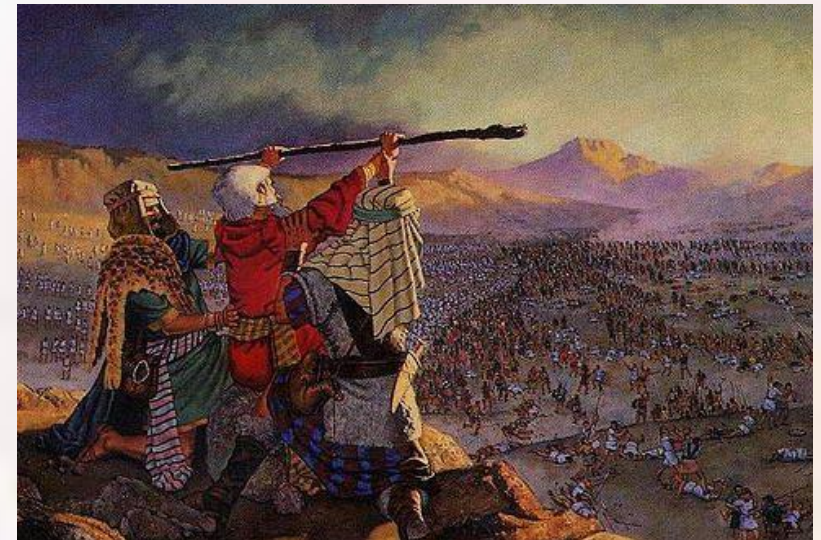


二、有人托住——神的设计，从来都是群体

Someone Holds You Up — God's Design Has Always Been Community

第一个问题：我有没有人知道我“手很重”？

First question: Is there anyone who knows that my “hands are heavy”?

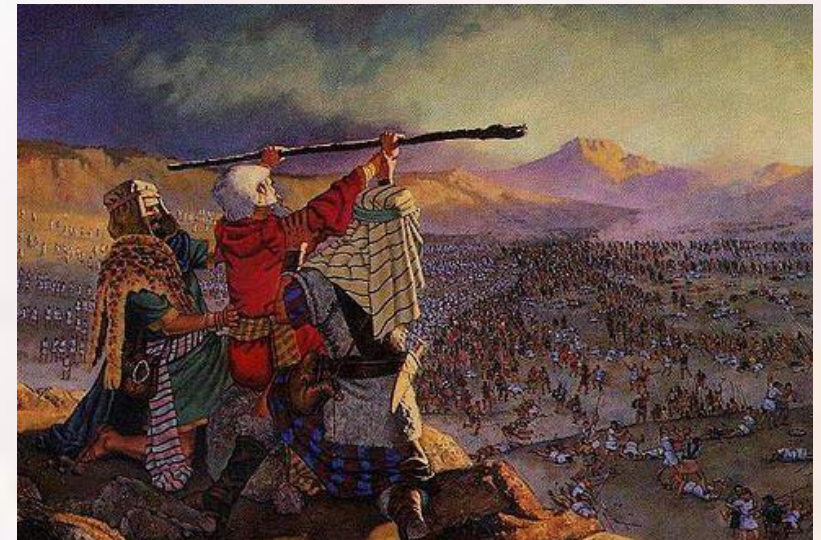


二、有人托住——神的设计，从来都是群体

Someone Holds You Up — God's Design Has Always Been Community

第二个问题：我有没有成为别人的亚伦或户珥？

Second question: Have I become someone else's Aaron or Hur?



二、有人托住——神的设计，从来都是群体

Someone Holds You Up — God's Design Has Always Been Community

- 托住别人，本身就是属灵的服务。
- Holding up others is itself a spiritual service.
- 群体可以托住我们，但群体不能代替神。
- Community can hold us up, but community cannot replace God.
- 朋友可以陪伴我们，但朋友不能成为我们的根基。
- Friends can accompany us, but friends cannot become our foundation.



二、有人托住——神的设计，从来都是群体

Someone Holds You Up — God's Design Has Always Been Community

- 真正托住摩西的，不是人的力气，而是那一位——让他举手的神。
- What truly held up Moses was not human strength, but the One — the God who enabled him to lift his hands.

真正托住我们的，不是人的力气，
而是那一位我们一同举手仰望的神。

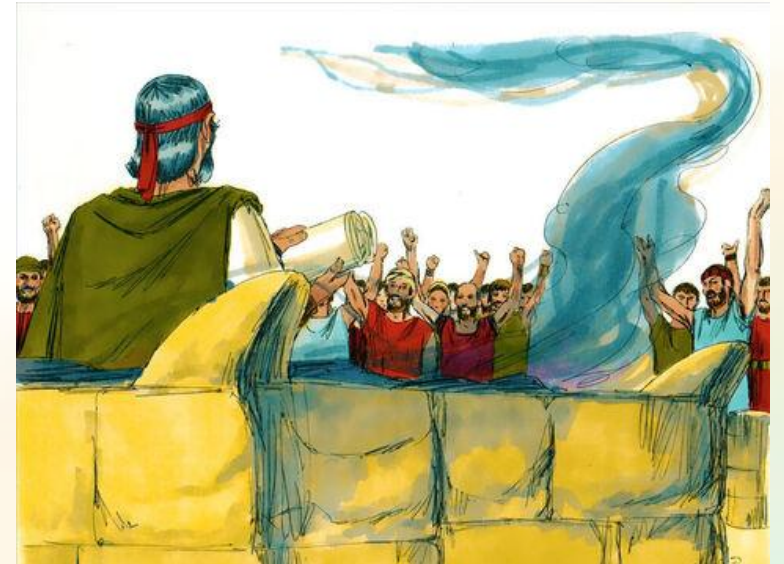
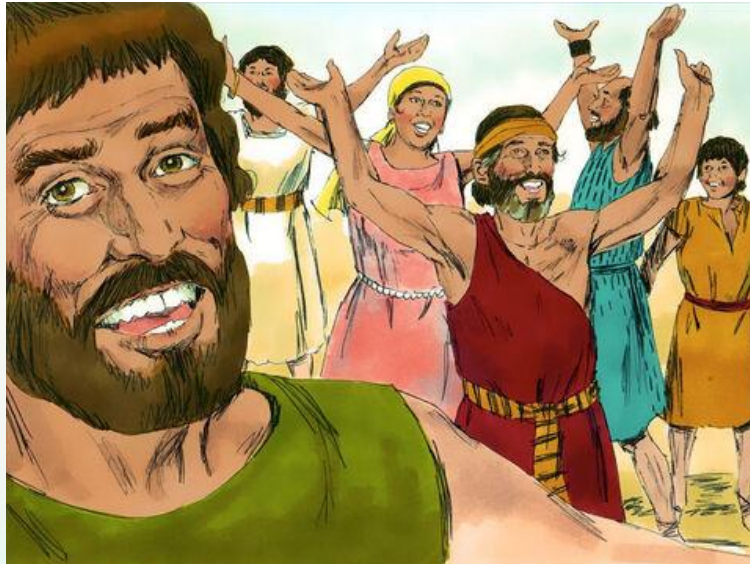
What truly holds us up is not human strength,
but the One we together lift our hands to look upon.

三、耶和华尼西——真正的得胜来自神

Yahweh Nissi — True Victory Comes from God

17:15

- 摩西在那里筑了一座坛，起名叫**耶和华尼西**。
- Moses built an altar and called it The Lord is my Banner.



三、耶和华尼西——真正的得胜来自神

Yahweh Nissi — True Victory Comes from God

- 耶和华尼西——耶和华是我的旌旗。
- Yahweh Nissi — The Lord is my banner.
- 我们不是靠自己赢的，是神在我们中间争战。
- We did not win by ourselves; it was God who fought among us.

三、耶和华尼西——真正的得胜来自神

Yahweh Nissi — True Victory Comes from God

- 不是说“我很勇敢”，不是说“我们团队配合得很好”——而是说：我们之所以得胜，是因为神在我们中间。
- It is not saying “I am very brave,” nor “our team worked together so well” — but rather: We won because God was among us.

得胜不是靠人的力量，
甚至不是靠群体的扶持——得胜，是因为神。

Victory does not come by human strength,
nor even by the support of the community — victory comes because of God.

三、耶和華尼西——真正的得勝來自神

Yahweh Nissi — True Victory Comes from God

- 但如果我們只是彼此依靠，沒有一同仰望神——那不是教會，那只是一個互助小組。
- But if we only rely on each other, without looking up to God together — that is not the church; that is just a support group.
- 真正讓那雙手穩住的，不是亞倫的力氣，不是戶珥的肩膀。
- What truly steadied those hands was not Aaron's strength, nor Hur's shoulders.
- 而是那一位，我們一同舉手仰望的神。
- It was the One — the God we together lift our hands to look upon.

三、耶和华尼西——真正的得胜来自神

Yahweh Nissi — True Victory Comes from God

**每当我们又开始以为靠自己可以撑下去的时候，
回来看这里——耶和华才是旌旗。**

**Whenever we begin to think we can hold on by ourselves again,
come back here — the Lord is the banner.**

总结

Conclusion

- 也许你今天正在争战：家庭压力、经济重担、情绪低谷、服事疲惫、信仰枯干。
- Perhaps you are in a battle today: family pressure, financial burdens, emotional lows, weariness in service, spiritual dryness.
- 神今天不是对你说：“你再坚强一点。”
- God is not saying to you today: “Be a little stronger.”
- 神是说：“把手举向我。让旁边的人托住你。我是你们的旌旗。”
- God says: “Lift your hands to Me. Let those beside you hold you up. I am your banner.”

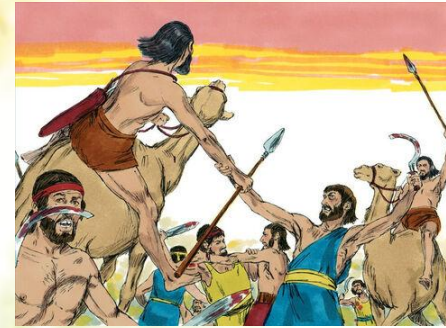
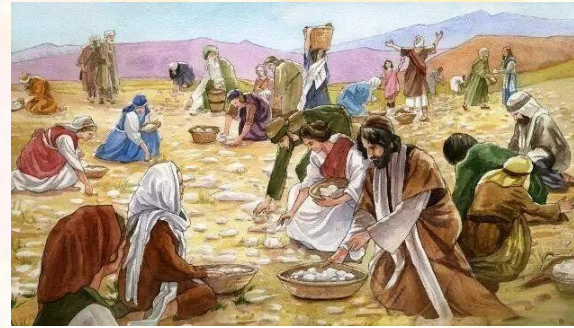
总结

Conclusion

- 红海让以色列人经历神的大能。
- The Red Sea let the Israelites experience God's power.



- 吗哪，让我们学习神的供应。
- Manna taught us about God's provision.



- 旷野的争战，让他们学会——我们需要神，我们也需要彼此。
- The wilderness battle taught them — we need God, and we need one another.

总结

Conclusion

**我们不是独自信主的人，
我们是一起仰望神的群体。**

**We are not people who believe in the Lord alone;
we are a community who looks up to God together.**

当我们软弱，有人托住我们

When We Are Weak, Others Hold Us Up

自我反思 Self-reflection

出埃及记 Exodus 17:8-16



1. 你现在生命中，哪一个范围让你感觉"手最重"？你有没有试过告诉神，或者告诉身边的人？
2. 回想你生命中，有没有一个人曾经在你最累的时候"托住"过你？他当时做了什么？那对你有什么意义？
3. 亚伦和户珥托住摩西的手，但摩西的手是举向神的。在你的生活中，你怎样在接受别人扶持的同时，仍然保持仰望神？这两件事对你来说，哪一件更难？

1. In which area of your life right now do you feel your "hands are the heaviest"? Have you tried telling God, or telling someone close to you?
2. Think back to your life. Has there ever been someone who "held you up" when you were at your most exhausted? What did they do at that time? What did that mean to you?
3. Aaron and Hur held up Moses' hands, but Moses' hands were lifted toward God. In your life, how do you receive support from others while still keeping your eyes on God? Between these two things, which one is harder for you?