PASTOR GHARIMAINE GHEONG 钟欣凌牧师





1 THESSALONIANS 5:16-18 (NIV)

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

帖撒罗尼迦前书 5:16-18 (CUVMPS) 6 要常常喜乐,17 不住地祷告,18 八事 谢恩,因为这是神在基督耶稣里向你们 所定的旨意。



What enables us to give thanks in all circumstances? 什么能使我们凡事谢恩?

A DIFFERENT PERSPECTIVE 不同的视角



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A DIFFERENT PERSPECTIVE 不同的视角

DEDICATED PRACTICE 不断的实践



Gratitude is a decision of the will, and if a decision of the will, the choice resides squarely with us. Deciding to be thankful is no easy task. It takes work.

CHARLES SWINDOLL



感恩是在意志里所作的决定,既然是 意志里的决定,那么选择权就完全掌握在我们手中。 选择感恩并非容易的事,它需要我们付出努力。

史温道





PASTOR CHARMAINE CHEONG 钟欣凌牧师

'Tis the season to be jolly 这是个欢乐的季节







Source: (L) capitaland.com (R) fareastmalls.com.sg



Source: fareastmalls.com.sg



Source: the smartlocal.com



Source: saltandlight.sq

JOY 喜乐



Jesus Christ came so that we can experience a joy that endures.

耶稣基督降世,是让我们能经历那永恒长存的喜乐。



LUKE 2:10 (NIV)

¹⁰ But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people.

路加福音 2:10 (ERV) 10 天使对他们说:"不要害怕,我给你们带来了好消息。这个消息也将给普天下的人们带来极大的喜悦。



JOHN 3:16 (NIV)

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

约翰福音 3:16 (CUVMPS) 16"神爱世人,甚至将他的独生子赐给他们,叫一切信他的不致灭亡,反得永生。



" ... in Your presence is **fullness** of joy...

诗篇 16:11 (CUVMPS) "……在你面前有满足的喜乐,……



PHILIPPIANS 4:4 (NKJV)

⁴ Rejoice in the Lord always. Again I will say, rejoice!

腓立比书 4:4 (CUVMPS)

4 你们要靠主<mark>常常</mark>喜乐,我再说,你们要喜乐!



When we are in the presence of God, we are able to remain joyful in every season.

当我们在神的同在里,便能在每个季节中保持喜乐。



¹ Preserve me, O God, for in You I put my trust. ² O my soul, you have said to the Lord, "You are my Lord, my goodness is nothing apart from You." ³ As for the saints who are on the earth, "They are the excellent ones, in whom is all my delight."



⁴ Their sorrows shall be multiplied who hasten after another god; their drink offerings of blood I will not offer, nor take up their names on my lips. ⁵ O Lord, You are the portion of my inheritance and my cup; You maintain my lot. 6 The lines have fallen to me in pleasant places; yes, I have a good inheritance.



⁷ I will bless the Lord who has given me counsel; my heart also instructs me in the night seasons. 8 I have set the Lord always before me; because He is at my right hand I shall not be moved. 9 Therefore my heart is glad, and my glory rejoices; my flesh also will rest in hope.



For You will not leave my soul in Sheol, nor will You allow Your Holy One to see corruption. You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.



诗篇 16:1-11 (CUVMPS) ¹ 神啊,求你保佑我,因为我投靠你。 ² 我的心哪,你曾对耶和华说:"你是我的主,我的好处不在你以外。"³ 论到世上的圣民,他们又美又善,是我最喜悦的。⁴ 以别神代替耶和华的,他们的愁苦必加增。他们所浇奠的血我不献上,我嘴唇也不提别神的名号。



诗篇 16:1-11 (CUVMPS) 5 耶和华是我的产业,是我杯中的份,我所得的你为我持守。6 用绳量给我的地界坐落在佳美之处,我的产业实在美好! 7 我必称颂那指教我的耶和华,我的心肠在夜间也警戒我。8 我将耶和华常摆在我面前,因他在我右边,我便不致摇动。



诗篇 16:1-11 (CUVMPS) 9 因此我的心欢喜,我的灵快乐,我的肉身也要安然居住。10 因为你必不将我的灵魂撇在阴间,也不叫你的圣者见朽坏。11 你必将生命的道路指示我,在你面前有满足的喜乐,在你右手中有永远的福乐。



How to remain joyful in every season? 如何在每个季节中保持喜乐?



LOOK TO GOD 仰望神







Source: (L) singaporemarathon.com (R) channelnewsasia.com



Source: ethical-leader.blog



Source: data.espad.org



Source: etsy.com



PSALM 16:1-2 (NKJV)

¹ Preserve me, O God, for in You I put my trust. ² O my soul, you have said to the Lord, "You are my Lord, my goodness is nothing apart from You."

诗篇 16:1-2 (CUVMPS)

- ¹ 神啊,求你保佑我,因为我投靠你。
- 2 我的心哪,你曾对耶和华说:"你是我的主,我的好处不在你以外。"



PSALM 16:2 (NKJV)

² ... my goodness is nothing apart from You."

诗篇 16:2 (CUVMPS) 2 ……我的好处不在你以外。"



PSALM 16:5 (NKJV) ⁵ O Lord, You are the portion of my inheritance and my cup; You maintain my lot.

诗篇 16:5 (CUVMPS)

⁵ 耶和华是我的产业,是我杯中的份, 我所得的你为我持守。



PSALM 16:8-9 (NKJV)

⁸ I have set the Lord always before me; because He is at my right hand I shall not be moved. ⁹ Therefore my heart is glad, and my glory rejoices...

诗篇 16:8-9 (CUVMPS) 8 我将耶和华常摆在我面前,因他在我右边,我便不致摇动。9 因此我的心欢喜,我的灵快乐……



PSALM 16:11 (**NKJV**)

" ... in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

诗篇 16:11 (CUVMPS) "······在你面前有满足的喜乐,在你 右手中有永远的福乐。



ISAIAH 40:8 (NIV) ⁸ The grass withers and the flowers fall, but the word of our God endures forever."

以赛亚书 40:8 (CUVMPS) ⁸ 草必枯干,花必凋残,唯有我们神的 话必永远立定。"





Source: blog.google/intl/en-au



Source: youtube.com/@howridiculous



Source: guinnessworldrecords.com

When views go lower than expected, I get really down. I feel depressed, which really it's not a fun place to be. When I am in the valley moments, what I'm thinking is like, I really need to put my hope in something better than this. There's got to be something else. There's got to be something more.

BRETT STANFORD



当浏览量不如预期时,我心情会很低落,感到抑郁;那时真的十分难受。每当我身处低谷,我心里会想:我必须将盼望寄托在比眼前更好的事物上。 人生并非仅此而已,一定还有更美好的事。

布雷特・斯坦福



祂成就了世界所不能给的,并且无条件地爱我。

He fulfils what the world cannot and He loves me unconditionally.

BRETT STANDFORD 布雷特・斯坦福



PSALM 16:4 (NKJV) ⁴ Their sorrows shall be multiplied who hasten after another god...

诗篇 16:4 (CUVMPS) 4 以别神代替耶和华的,他们的愁苦必加增。……



Preserve me from the world; let me not be carried away with its excitements; suffer me not to be before its blandishments, nor to fear its frowns. Preserve me, from the devil; let him not tempt me above what I am able to bear.

CHARLES SPURGEON



Preserve me from myself; keep me from growing envious, selfish, high-minded, proud, slothful. Preserve me from those evils into which I see others run, and preserve me, from those evils into which I am myself most apt to run; keep me from evils known and from evils unknown.

CHARLES SPURGEON



保守我脱离世界,不随它的喧嚣漂流; 不让我被它的谄媚所诱惑,也不惧怕它的怒容。 保守我脱离魔鬼,不容它试探我过于所能承受的。 保守我脱离自己,不叫我心生嫉妒、自私、高傲、懒惰。 保守我免于陷入别人所堕入的恶,也保守我远离自己 最易堕入的恶;使我远离已知与未知的一切祸患。

查尔斯・司布真





LOOK TO GOD 仰望神



LEAN ON GOD 倚靠神



喜乐不是没有困难,而是在神的同在中。

Joy is not the absence of troubles but in the presence of God.



PSALM 16:8-10 (NKJV)

8 ... because He is at my right hand I shall not be moved. 9 Therefore my heart is glad, and my glory rejoices; my flesh also will rest in hope. 10 For You will not leave my soul in Sheol, nor will You allow Your Holy One to see corruption.



诗篇 16:8-10 (CUVMPS)

- 8 ……因他在我右边,我便不致摇动。
- 9因此我的心欢喜,我的灵快乐,我的肉身也要安然居住。10因为你必不将我的灵魂撇在阴间,也不叫你的圣者见朽坏。



PSALM 16:10 (NKJV)

¹⁰ For You will not leave my soul in Sheol...

诗篇 16:10 (CUVMPS) 10 因为你必不将我的灵魂撇在阴间……



ROMANS 15:13 (NIV)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

罗马书 15:13 (CUVMPS) 18 但愿使人有<mark>盼望</mark>的神,因信将诸般的<mark>喜乐、平安充满你们的心,使你们借着</mark>圣灵的能力大有盼望!



Subject	Continual Assessment	Semestral Assessment
ENGLISH LANGUAGE	47.8	46.8
CHINESE	52.6	50.0
CME (KNOW & SKILLS)		
COMBINED HUMANITIES	52.0	46.0
MATHEMATICS	60.4	44.3
ADDITIONAL MATHEMATICS	40.3	21.9
	63.1	25.0
PHYSICS	64.0	72.5
CHEMISTRY BIOLOGY	56.9	53.3
PIOTOGI		

JEREMIAH 29:11 (NIV)

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

耶利米书 29:11 (CUVMPS)

耶和华说:我知道我向你们所怀的意 念是赐平安的意念,不是降灾祸的意念, 要叫你们末后有指望。



PSALM 16:7 (NKJV)

⁷ I will bless the Lord who has given me counsel; my heart also instructs me in the night seasons.

诗篇 16:7 (CUVMPS) 7 我必称颂那指教我的耶和华,我的心肠在夜间也警戒我。



ISAIAH 41:13 (NIV) ¹³ For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.

以赛亚书 41:13 (CUVMPS) 13 因为我耶和华你的神必搀扶你的右手, 对你说:'不要害怕,我必帮助你。'





Source: posterazzi.com

PSALM 30:5 (NLT) 5 ... Weeping may last through the night, but joy comes with the morning.

诗篇 30:5 (CCB) 5 ·····我们虽然整夜哭泣,早晨必定 欢呼。





LOOK TO GOD 仰望神



LOOK TO GOD 仰望神

LEAN ON GOD 倚靠神



When we are in the presence of God, we are able to remain joyful in all seasons.

当我们在神的同在里,便能在每个季节中保持喜乐。





Source: saltandlight.sg



Source: saltandlight.sg



Source: saltandlight.sg

God, I have made a decision. I choose to obey you and I choose to accept my portion. Help me and heal me. I just want to live. I just want to be able to breathe again.



神啊,我已做出决定: 我选择顺服祢,也接受祢给我杯中的份。 求祢帮助我,医治我。我只想活下去, 只想再一次呼吸。



This unspeakable joy is completely unexplainable. When I looked at my circumstances, they had not changed. But something changed in my heart. From then on, the joy of the Lord became my strength.



这说不出的喜乐完全无法解释。 当我环顾处境,一切并未改变; 但我心中却有了转变。从那时起, 耶和华的喜乐成了我的力量。



JOHN 7:38 (NIV) Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

约翰福音 7:38 (CUVMPS) 38 信我的人就如经上所说,从他腹中要流出活水的江河来。"



HEBREWS 12:2 (NIV)

² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.



希伯来书 12:2 (CUVMPS) ² 仰望为我们信心创始成终的耶稣。 他因那摆在前面的喜乐,就轻看羞辱, 忍受了十字架的苦难,便坐在神宝座 的右边。



There are still many things I don't understand. But what is faith? Faith is loving, obeying, trusting and believing in God, even when you don't see, even when you don't understand.



仍有许多事我不明白。但信心是什么? 信心就是,即使看不见、不明白; 依然爱神、顺服神、信靠神与相信神。



But God remembered the passion I had when I was young... the passion I didn't get to achieve. And now He reminded me that I could be a Christian counsellor and heal others by using the Word of God.



但神记念我年轻时的热忱……那份未曾实现的热忱。如今祂提醒我,我可以成为一名基督教辅导员, 用神的话语去医治他人。



If God is willing, yes. For I have decided to journey this life in obedience to God and to follow His way, not mine.



主若肯,那当然。因我已决定,这一生要走顺服神的道路,跟随祂的引领, 而非我自己的意愿。



This unspeakable joy is completely unexplainable. When I looked at my circumstances, they had not changed. But something changed in my heart. From then on, the joy of the Lord became my strength.



这说不出的喜乐完全无法解释。 当我环顾处境,一切并未改变; 但我心中却有了转变。从那时起, 耶和华的喜乐成了我的力量。



PSALM 16:11 (**NKJV**)

"You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

诗篇 16:11 (CUVMPS)

"你必将生命的道路指示我,在你面前有满足的喜乐,在你右手中有永远的福乐。



When we are in the presence of God, we are able to remain joyful in all seasons.

当我们在神的同在里,便能在每个季节中保持喜乐。



ROMANS 6:23 (NIV)

For the wages of sin is death...

罗马书 6:23 (CUVMPS)

23 因为罪的工价乃是死, ……



JOHN 3:16-17 (NIV)

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ¹⁷ For God did not send his Son into the world to condemn the world, but to save the world through him.



约翰福音 3:16-17 (CUVMPS) 16"神爱世人,甚至将他的独生子赐给他们,叫一切信他的不致灭亡,反得永生。17因为神差他的儿子降世,不是要定世人的罪,乃是要叫世人因他得救。



PSALM 16:11 (**NKJV**)

"You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

诗篇 16:11 (CUVMPS)

"你必将生命的道路指示我,在你面前有满足的喜乐,在你右手中有永远的福乐。





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