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ROLAND PASTOR LEE 李永恩牧师 * * * * *

· 这特别的季节 ·

‘TIS THE
SEASON



• 'TIS THE SEASON.
• TO BE •
THANKFUL

• 这是感恩的季节 •

PASTOR DANIEL KHONG 邝保亮牧师

Being able to give thanks in all circumstances requires:

能够凡事谢恩，需要：

A DIFFERENT PERSPECTIVE
不同的视角

DEDICATED PRACTICE
不断的实践



TIS THE SEASON
TO BE
JOYFUL
这是喜乐的季节

PASTOR CHARMAINE CHEONG 钟欣凌牧师

How can we remain joyful in every season?

我们如何在每个季节中保持喜乐？

LOOK TO GOD

仰望神

LEAN ON GOD

倚靠神

THIS IS THE SEASON
TO BE
JOYFUL
这是喜乐的季节

‘TIS THE SEASON

TO FIND
PEACE

这是得平安的季节

◆ PASTOR POH WEE LONG ◆

傅伟龙牧师

什么是真正的平安?
What is true peace?

不是没有苦难，而是
拥有基督的同在

NOT THE ABSENCE OF TROUBLE, BUT THE
PRESENCE OF CHRIST

什么是真正的平安?
What is true peace?

不是没有忧虑，而是
确信基督的应许

NOT THE ABSENCE OF WORRIES, BUT
**CERTAINTY IN THE
PROMISES OF CHRIST**

TIS THE SEASON

TO KNOW

LOVE

这是认识爱的季节

PASTOR DANIEL KHONG 邝保亮牧师

How does Christmas show God's love for us?
圣诞节如何显明神对我们的爱?

GOD KEPT 神信守
HIS PROMISE 他的应许

GOD GAVE 神赐予
HIS PRESENCE 他的同在

**MATTHEW 2:2
(NLT)**

2 “Where is the newborn king of the Jews? We saw his star as it rose, and we have come to worship him.”

**马太福音 2:2
(CCB)**

2 问道：“那生来做犹太人之王的在哪里呢？我们在东方看见祂的星，特来朝拜祂。”

我们抱有希望的计划未能实现。

Our hopeful resolutions did not become realities.

·TIS THE SEASON.

TO HAVE
HOPE

·这是有盼望的季节·

**LAMENTATIONS
3:19-26 (NIVUK)**

¹⁹ I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and my soul is downcast within me. ²¹ Yet this I call to mind and therefore I have hope: ²² Because of the LORD's great love we are not consumed, for his compassions never fail.

**LAMENTATIONS
3:19-26 (NIVUK)**

23 They are new every morning; great is your faithfulness. **24** I say to myself, 'The LORD is my portion; therefore I will wait for him.' **25** The LORD is good to those whose hope is in him, to the one who seeks him; **26** it is good to wait quietly for the salvation of the LORD.

耶利米哀歌
3:19-26 (CCB)

¹⁹ 想起我的痛苦和漂泊流离，就如苦艾和胆汁一样苦涩。²⁰ 那情景萦绕心头，使我心情沉重。²¹ 然而，我想起这事，便有了盼望，²² 就是耶和华的慈爱永不终止，祂的怜悯永无穷尽。²³ 祂的慈爱和怜悯每天早晨都是新的，祂的信实无比伟大！

耶利米哀歌
3:19-26 (CCB)

²⁴ 我心里知道，耶和华是我的产业，我要仰望祂。²⁵ 耶和华必赐福给那些等候和寻求祂的人，²⁶ 因此，默然等候耶和华的拯救是美好的。

LAMENTATIONS: 哀歌：

The deep expression of grief
or sorrow and weeping.

悲痛或哀伤和
哭泣的深切表达。

在失望之时，无论境况如何，
我们都能从神那里得着极大的盼望。

In times of disappointments,
we can always find great hope in God,
whatever our situations may be.

为什么我们总是能大有盼望？

Why can we always have great hope?

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GOD'S FAITHFUL LOVE

WE CAN RELEASE OUR PAST DISAPPOINTMENTS TO HIM

神信实的慈爱

我们过去的失望可以交给祂

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LAMENTATIONS
3:19-21 (NIVUK)

¹⁹ I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and my soul is downcast within me. ²¹ Yet this I call to mind and therefore I have hope:

耶利米哀歌
3:19–21 (CCB)

¹⁹ 想起我的痛苦和漂泊流离，就如苦艾和胆汁一样苦涩。²⁰ 那情景萦绕心头，使我心情沉重。²¹ 然而，我想起这事，便有了盼望，

当耶利米想起神是谁，祂是何等伟大，
以及祂的品格和属性时，改变便发生了。

The change comes when Jeremiah
remembers who God is and how
great He is, His character and nature.

LAMENTATIONS
3:22–23 (NIVUK)

²² Because of the LORD's great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness.

耶利米哀歌
3:22-23 (CCB)

²² 就是耶和华的慈爱永不终止，祂的怜悯永无穷尽。²³ 祂的慈爱和怜悯每天早晨都是新的，祂的信实无比伟大！

PSALM 34:18
(NLT)

18 The LORD is close to the broken-hearted; he rescues those whose spirits are crushed.

诗篇 34:18
(CUVMPS)

18 耶和华靠近伤心的人，拯救灵性痛悔的人。

ISAIAH 43:18-19
(NLT)

18 “But forget all that - it is nothing compared to what I am going to do. ¹⁹ For I am about to do something new...

以赛亚书
43:18-19 (CCB)

18 耶和华说：“不要想念过去，不要留恋往事。¹⁹ 看啊，我要行一件新事……

当我们不再沉浸于我们人的失望，
而开始记念神信实的慈爱时，盼望便由此而生。

Hope begins when we stop
rehearsing our human disappointments and
start remembering God's faithful love.

1 JOHN 1:9 (NLT)

⁹ But if we confess our sins to him, **he is faithful and just** to forgive us our sins and to cleanse us from all wickedness.

约翰一书 1:9 (CCB)

⁹ 如果我们承认自己的罪，上帝是信实公义的，必赦免我们的罪，洗净我们一切的不义。

2 TIMOTHY 2:13
(NLT)

13 If we are unfaithful, he remains faithful, for he cannot deny who he is.

提摩太后书
2:13 (CCB)

13 我们纵然会失信，祂仍然信实可靠，
因为祂不能违背自己。”



Source: [shopify.com](https://www.shopify.com)

为什么我们总是能大有盼望？

Why can we always have great hope?

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GOD'S UNCHANGING GOODNESS

WE CAN RELY ON HIM FOR WHAT IS AHEAD

神不变的良善

我们未来的前景可以倚靠祂

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LAMENTATIONS
3:24-25 (NIVUK)

²⁴ I say to myself, ‘The LORD is my portion; therefore I will wait for him.’
²⁵ The LORD is good to those whose hope is in him...

耶利米哀歌
3:24-25 (CCB)

²⁴ 我心里知道，耶和华是我的产业，我要仰望祂。²⁵ 耶和华必赐福给那些等候和寻求祂的人，

JAMES 1:17
(NIVUK)

¹⁷ Every good and perfect gift is from above, coming down from the Father of the heavenly lights, **who does not change** like shifting shadows.

雅各书 1:17
(CUVMPS)

¹⁷ 各样美善的恩赐和各样全备的赏赐都是从上头来的，从众光之父那里降下来的，在他并没有改变，也没有转动的影儿。

LAMENTATIONS
3:26 (NIVUK)

26 it is good to wait quietly for the
salvation of the LORD.

耶利米哀歌
3:26 (CCB)

26 因此，默然等候耶和华的拯救是美
好的。

WAIT:

Actively binding oneself, entwining, or holding on with hope and eager expectation, like strands of a rope weaving tightly together.

等候：

积极地将自己与热切的期盼紧紧相连，
如同绳索紧紧地交织在一起。

Core Memory 核心记忆



Source: substackcdn.com

一个人更容易记得负面的经历，
而非正面的经历；这会加剧焦虑、抑郁的情绪，
并降低人们对美好事物发生的期盼。

A person is more likely to remember
negative over positive experiences, which
can fuel anxiety, depression and a diminished
sense of hope for good things to happen.

GOD IS GOOD ALL THE TIME!

神是良善直到永远！

TIS THE SEASON
HOPE *TO HAVE*
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我们过去的失望得以释放，未来的不确定得以交托。

Our past disappointments are released and
our future uncertainties can be surrendered.

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**PSALM 27:13-14
(NIVUK)**

¹³ I remain confident of this: I will see the goodness of the LORD in the land of the living. ¹⁴ Wait for the LORD; be strong and take heart and wait for the LORD.

诗篇 27:13-14
(CCB)

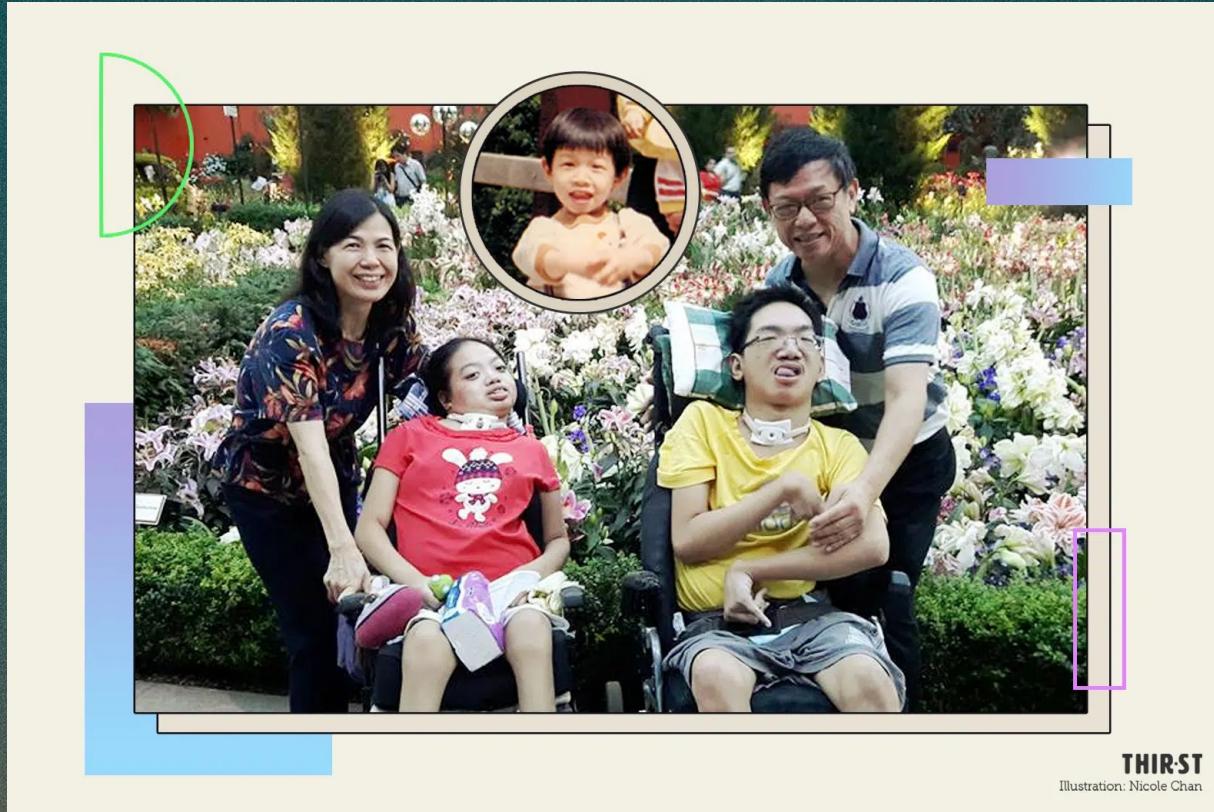
13 我深信今世必能看见耶和华的美善。
14 要等候耶和华，要坚定不移地等候耶和华。

**PROVERBS 3:5-6
(NLT)**

5 Trust in the LORD with all your heart;
do not depend on your own
understanding. 6 Seek his will in all
you do, and he will show you which
path to take.

箴言 3:5-6
(CCB)

5 你要全心信靠耶和华，不可倚靠自己的悟性。6 凡事都要寻求祂，祂必指引你走正路。



THIRST

Illustration: Nicole Chan

Source: storiesofhope.sg

HOLDS ONTO THE HOPE OF ETERNITY

抓住永恒的盼望

TIS THE SEASON
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即使在痛苦之中，照顾孩子成为一种“荣幸”。
在照顾他们的过程中，他更深切地体会到
神的恩典、怜悯和信实。

Even in suffering, caring for his children
became “a privilege,” and in caring for them -
he discovered fresh depths of God’s grace,
mercy and faithfulness.

我们必须接受有限的失望，
但永远不要失去无限的盼望。

We must accept finite disappointment,
but never lose infinite hope.

REV. DR. MARTIN LUTHER KING, JR. 马丁·路德·金



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TRUE HOPE IS FOUND IN JESUS

真正的盼望在于耶稣

TIS THE SEASON
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**1 PETER 1:3
(NIVUK)**

3 Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,

彼得前书 1:3
(CUVMPS)

3 愿颂赞归于我们主耶稣基督的父神！
他曾照自己的大怜悯，借着耶稣基督
从死里复活，重生了我们，叫我们有
活泼的盼望，

PSALM 23:4
(NASB)

4 Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

诗篇 23:4
(CUVMPS)

4 我虽然行过死荫的幽谷，也不怕遭害，
因为你与我同在，你的杖、你的竿都
安慰我。

JOHN 3:16
(NIVUK)

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。

**REVELATION 3:20
(NLT)**

20 “Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.

**启示录 3:20
(CCB)**

20 看啊！我站在门外敲门，若有谁闻声开门，我必进去，我与他，他与我，一同坐席吃饭。

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