



钟欣凌牧师
PASTOR CHARMAINE CHEONG

MARATHON

2025

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MARATHON

2026

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Source: alltimeshortstories.com

重要的不是你起步有多好，
而是你有多始终如一，走到终点。

It's not about how well you
start but how consistent you are
to keep walking till the end.

重要的不是你起初与神的同行有多好，
而是你有多始终如一，走到终点。

It's not about how well you start
your walk with God, but how consistent
you are to keep walking till the end.

HEBREWS 12:1
(NIV)

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with **perseverance** the race marked out for us,

希伯来书 12:1
(CUVMPS)

1 我们既有这许多的见证人，如同云彩围着我们，就当放下各样的重担，脱去容易缠累我们的罪，存心忍耐，奔那摆在我们前头的路程，



只管前行

JUST KEEP WALKING



钟欣凌牧师
PASTOR CHARMAINE CHEONG

如何跑贏全程？

How do I finish strong?

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JUST KEEP WALKING

神总是在幕后动工，帮助我们；但最终能否跑赢全程，取决于我们所作出的委身。

God is always working behind the scenes to help us through, but it comes down to the commitments we make to finish strong.

**ISAIAH 41:10
(NIV)**

10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

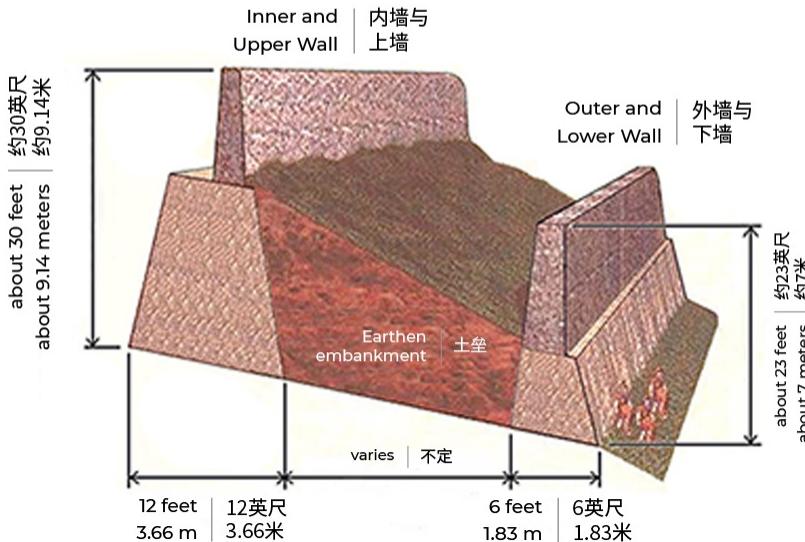
以赛亚书 41:10
(CUVMPS)

10 你不要害怕，因为我与你同在；不要惊惶，因为我是你的神。我必坚固你，我必帮助你，我必用我公义的右手扶持你。

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JUST KEEP WALKING

耶利哥古城的双重坚固城墙

DOUBLE REDOUTABLE WALL FOR THE ANCIENT CITY OF JERICHO



Source: readingthebible2020.wordpress.com

JOSHUA 6:1-7
(NIV)

¹ Now the gates of Jericho were securely barred because of the Israelites. No one went out and no one came in. ² Then the Lord said to Joshua, “See, I have delivered Jericho into your hands, along with its king and its fighting men.

JOSHUA 6:1-7
(NIV)

³ March around the city once with all the armed men. Do this for six days. ⁴ Have seven priests carry trumpets of rams' horns in front of the ark. On the seventh day, march around the city seven times, with the priests blowing the trumpets.

JOSHUA 6:1-7
(NIV)

5 When you hear them sound a long blast on the trumpets, have the whole army give a loud shout; then the wall of the city will collapse and the army will go up, everyone straight in."

JOSHUA 6:1-7
(NIV)

6 So Joshua son of Nun called the priests and said to them, “Take up the ark of the covenant of the Lord and have seven priests carry trumpets in front of it.” **7** And he ordered the army, “Advance! March around the city, with an armed guard going ahead of the ark of the Lord.”

约书亚记 6:1-7
(CUVMPS)

¹ 耶利哥的城门因以色列人就关得严紧，无人出入。² 耶和华晓谕约书亚说：“看哪，我已经把耶利哥和耶利哥的王，并大能的勇士，都交在你手中。³ 你们的一切兵丁要围绕这城，一日围绕一次，六日都要这样行。⁴ 七个祭司要拿七个羊角走在约柜前。到第七日，你们要绕城七次，祭司也要吹角。

约书亚记 6:1-7
(CUVMPS)

⁵ 他们吹的角声拖长，你们听见角声，众百姓要大声呼喊，城墙就必塌陷，各人都要往前直上。”⁶ 嫩的儿子约书亚召了祭司来，吩咐他们说：“你们抬起约柜来，要有七个祭司拿七个羊角走在耶和华的约柜前。”⁷ 又对百姓说：“你们前去绕城，带兵器的要走在耶和华的约柜前。”

3 commitments to help you finish strong:

三个助你跑赢全程的委身：

只管前行
JUST KEEP WALKING

STAY ROOTED IN
GOD'S PROMISES
扎根于神的应许

只管前行
JUST KEEP WALKING



Source: magnoliabox.com

JOSHUA 6:1
(NIV)

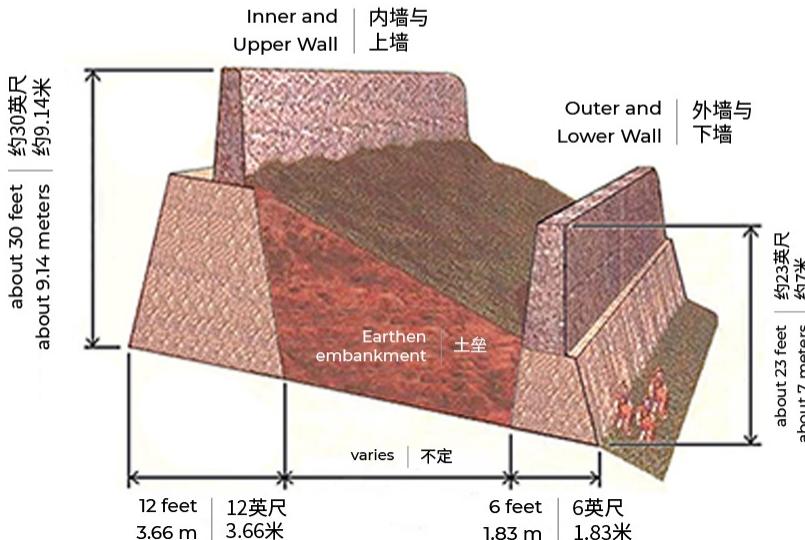
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DOUBLE REDOUTABLE WALL FOR THE ANCIENT CITY OF JERICHO



Source: readingthebible2020.wordpress.com

JOSHUA 6:2
(NIV)

2 Then the Lord said to Joshua, “See, I have **delivered** Jericho into your hands, along with its king and its fighting men.

约书亚记 6:2
(CUVMPS)

2 耶和华晓谕约书亚说：“看哪，我已经把耶利哥和耶利哥的王，并大能的勇士，都**交**在你手中。

**JOSHUA 6:7
(NIV)**

7 And he ordered the army, “Advance! March around the city, with an armed guard going ahead of the ark of the Lord.”

**约书亚记 6:7
(CUVMPS)**

7 又对百姓说：“你们前去绕城，带兵器的要走在耶和华的约柜前。”

学业/工作
STUDIES/WORK

只管前行
JUST KEEP WALKING

**JEREMIAH
29:11-12
(NIV)**

11 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. **12** Then you will call on me and come and pray to me, and I will listen to you.

耶利米书
29:11-12
(CUVMPS)

¹¹ 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。¹² 你们
要呼求我，祷告我，我就应允你们。

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财务

FINANCES

只管前行
JUST KEEP WALKING

PHILIPPIANS 4:19
(ESV)

19 And my God will supply every need of yours according to his riches in glory in Christ Jesus.

腓立比书 4:19
(CUVMPS)

19 我的神必照他荣耀的丰富，在基督耶稣里使你们一切所需用的都充足。

期望
EXPECTATIONS

只管前行
JUST KEEP WALKING

**MATTHEW 11:28
(NIV)**

28 “Come to me, all you who are weary and burdened, and I will give you rest.

**马太福音 11:28
(CUVMPS)**

28 凡劳苦担重担的人，可以到我这里来，我就使你们得安息。

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JUST KEEP WALKING

救恩

SALVATIONS

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JUST KEEP WALKING

GALATIANS 6:9
(NIV)

⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

加拉太书 6:9
(CUVMPS)

⁹ 我们行善不可丧志，若不灰心，到了时候就要收成。

人际关系

RELATIONSHIPS

只管前行
JUST KEEP WALKING

PSALM 34:18
(NIV)

¹⁸ The Lord is close to the brokenhearted and saves those who are crushed in spirit.

诗篇 34:18
(CUVMPS)

18 耶和华靠近伤心的人，拯救灵性痛悔的人。

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JUST KEEP WALKING

罪

SIN

只管前行
JUST KEEP WALKING

**ISAIAH 43:2
(NIV)**

2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

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以赛亚书 43:2
(CUVMPS)

2 你从水中经过，我必与你同在；你
趟过江河，水必不漫过你；你从火中
行过，必不被烧，火焰也不着在你身
上。

只管前行
JUST KEEP WALKING

**JOSHUA 2:10-11
(NIV)**

10 We have heard how the Lord dried up the water of the Red Sea for you when you came out of Egypt, and what you did to Sihon and Og, the two kings of the Amorites east of the Jordan, whom you completely destroyed.

只管前行
JUST KEEP WALKING

**JOSHUA 2:10-11
(NIV)**

11 When we heard of it, our hearts melted in fear and everyone's courage failed because of you, for the Lord your God is God in heaven above and on the earth below.

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约书亚记 2:10-11
(CCB)

¹⁰ 因为你们离开埃及过红海的时候，耶和华怎样使红海在你们面前成为干地，你们怎样对付约旦河东的两个亚摩利王西宏和噩，怎样把他们彻底消灭，我们都听说了。¹¹ 我们听了这些事，感到心惊胆战、勇气尽失。你们的上帝耶和华是天地万物的上帝。

**DEUTERONOMY
20:4
(NIV)**

4 For the Lord your God is the one who goes with you to fight for you against your enemies to give you victory.”

**申命记 20:4
(CUVMPS)**

4 因为耶和华你们的神与你们同去，要为你们与仇敌争战，拯救你们。’

ACTS 16:31
(NIV)

31 They replied, “Believe in the Lord Jesus, and you will be saved—you and your household.”

使徒行传 16:31
(CUVMPS)

31 他们说：“当信主耶稣，你和你一家都必得救。”

只管前行
JUST KEEP WALKING

1 THESSALONIANS
5:17-18
(NIV)

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
5:17-18
(CUVMPS)

¹⁷ 不住地祷告, ¹⁸ 凡事谢恩, 因为这是神在基督耶稣里向你们所定的旨意。

3 commitments to help you finish strong:

三个助你跑赢全程的委身：

只管前行
JUST KEEP WALKING

STAY ROOTED IN
GOD'S PROMISES
扎根于神的应许

只管前行
JUST KEEP WALKING

SUBMIT TO
GOD'S WAYS
顺服于神的道路

只管前行
JUST KEEP WALKING

**JOSHUA 6:3-5
(NIV)**

³ March around the city once with all the armed men. Do this for six days.⁴ Have seven priests carry trumpets of rams' horns in front of the ark. On the seventh day, march around the city seven times, with the priests blowing the trumpets.

**JOSHUA 6:3-5
(NIV)**

5 When you hear them sound a long blast on the trumpets, have the whole army give a loud shout; then the wall of the city will collapse and the army will go up, everyone straight in."

只管前行
JUST KEEP WALKING

约书亚记 6:3-5
(CUVMPS)

³ 你们的一切兵丁要围绕这城，一日围绕一次，六日都要这样行。⁴ 七个祭司要拿七个羊角走在约柜前。到第七日，你们要绕城七次，祭司也要吹角。⁵ 他们吹的角声拖长，你们听见角声，众百姓要大声呼喊，城墙就必塌陷，各人都要往前直上。”

**JOSHUA 6:10
(NIV)**

¹⁰ But Joshua had commanded the army, “Do not give a war cry, do not raise your voices, do not say a word until the day I tell you to shout. Then shout!”

约书亚记 6:10
(CUVMPS)

10 约书亚吩咐百姓说：“你们不可呼喊，不可出声，连一句话也不可出你们的口，等到我吩咐你们呼喊的日子，那时才可以呼喊。”

只管前行
JUST KEEP WALKING

**ISAIAH 55:8-9
(NIV)**

8 “For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. 9 “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

以赛亚书 55:8-9
(CUVMPS)

⁸ 耶和华说：“我的意念非同你们的意念，我的道路非同你们的道路。⁹ 天怎样高过地，照样，我的道路高过你们的道路，我的意念高过你们的意念。

只管前行
JUST KEEP WALKING

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

⁵ Trust in the Lord with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight.

**箴言 3:5-6
(CUVMPS)**

⁵ 你要专心仰赖耶和华，不可倚靠自己的聪明，⁶ 在你一切所行的事上都要认定他，他必指引你的路。

PSALM 46:10
(NIV)

¹⁰ He says, “Be still, and know that I am God...

诗篇 46:10
(CUVMPS)

¹⁰ 你们要休息，要知道我是神……

只管前行
JUST KEEP WALKING

**JOSHUA 6:6-7
(NIV)**

⁶ So Joshua son of Nun called the priests and said to them, “Take up the ark of the covenant of the Lord and have seven priests carry trumpets in front of it.” ⁷ And he ordered the army, “Advance! March around the city, with an armed guard going ahead of the ark of the Lord.”

约书亚记 6:6-7
(CUVMPS)

⁶ 嫫的儿子约书亚召了祭司来，吩咐他们说：“你们抬起约柜来，要有七个祭司拿七个羊角走在耶和华的约柜前。”⁷ 又对百姓说：“你们前去绕城，带兵器的要走在耶和华的约柜前。”

神至善至美，不会不仁慈；充满智慧，不会犯错；
当你看不清神的作为时，仍可信靠祂的心。

God is too good to be unkind, too wise
to be mistaken; and when you cannot trace
His hand, you can trust His heart.

CHARLES H. SPURGEON 查尔斯·司布真

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SURROUND YOURSELF WITH A
GODLY COMMUNITY
置身于属神的群体

只管前行
JUST KEEP WALKING

JOSHUA 6:14-17
(NIV)

¹⁴ So on the second day they marched around the city once and returned to the camp. They did this for six days. ¹⁵ On the seventh day, they got up at daybreak and marched around the city seven times in the same manner, except that on that day they circled the city seven times.

只管前行
JUST KEEP WALKING

JOSHUA 6:14-17
(NIV)

16 The seventh time around, when the priests sounded the trumpet blast, Joshua commanded the army, “Shout! For the Lord has given you the city! **17** The city and all that is in it are to be devoted to the Lord...

约书亚记 6:14-17
(CUVMPS)

¹⁴ 第二日，众人把城绕了一次，就回营里去。六日都是这样行。¹⁵ 第七日清早，黎明的时候，他们起来，照样绕城七次。唯独这日把城绕了七次。

¹⁶ 到了第七次，祭司吹角的时候，约书亚吩咐百姓说：“呼喊吧！因为耶和华已经把城交给你们了。¹⁷ 这城和其中所有的都要在耶和华面前毁灭……

JOSHUA 6:9
(NKJV)

9 The armed men went before the priests who blew the trumpets, and the rear guard came after the ark, while the priests continued blowing the trumpets.

约书亚记 6:9
(CUVMPS)

9 带兵器的走在吹角的祭司前面，后队随着约柜行。祭司一面走一面吹。



Source: inspiredscripture.com



Source: thenextweb.com

**HEBREWS
10:24-25
(NIV)**

²⁴ And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

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JUST KEEP WALKING

希伯来书 10:24-25
(CUVMPS)

24 又要彼此相顾，激发爱心，勉励行善。²⁵ 你们不可停止聚会，好像那些停止惯了的人，倒要彼此劝勉；既知道那日子临近，就更当如此。

一个属神的群体，在我们信心软弱时，
提醒我们神的真理；没有力量时扶持我们；
保护我们不致受害；使我们能奋力跑赢全程。

A godly community reminds us of God's
truth when faith is weak, carries us when our
strength runs out, and protects us from
harm so that we can finish strong.

3 commitments to help you finish strong:
三个助你跑赢全程的委身：

只管前行
JUST KEEP WALKING

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STAY ROOTED IN 扎根于

GOD'S PROMISES 神的应许

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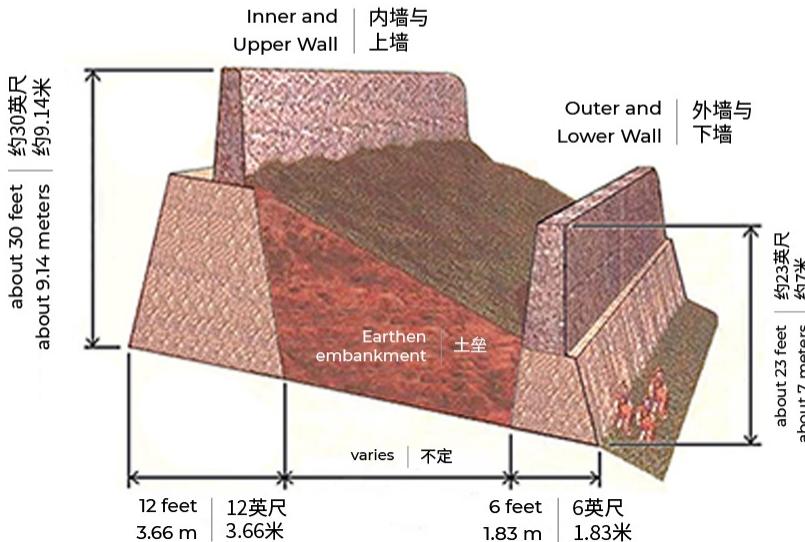
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God is always working behind the scenes to help us through, but it comes down to the commitments we make to finish strong.

EXODUS 14:14
(NIV)

14 The Lord will fight for you; you need only to be still.”

出埃及记 14:14
(CUVMPS)

14 耶和华必为你们争战，你们只管静默，不要作声。”

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ROMANS 6:23
(NIV)

23 For the wages of sin is death...

罗马书 6:23
(CUVMPS)

23 因为罪的工价乃是死……

只管前行
JUST KEEP WALKING

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.

只管前行
JUST KEEP WALKING

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。

EXODUS 33:11
(NLT)

11 Inside the Tent of Meeting, the Lord would speak to Moses face to face, as one speaks to a friend. Afterward Moses would return to the camp, but the young man who assisted him, Joshua son of Nun, would remain behind in the Tent of Meeting.

出埃及记
33:11
(CCB)

11 在会幕内，耶和华跟摩西面对面说话，好像两个朋友谈话一样。然后，摩西返回营中，但他的年轻助手、嫩的儿子约书亚仍然留在会幕。

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PASTOR CHARMAINE CHEONG