

**PASTOR**

**王光汉 WANG**

**GUANGHAN**

**牧师**



嗨，坚信大家庭！

Hi FCBC!



我是光汉牧师 😊

Pastor Guanghan here 😊



让我们安静三分钟。

Let us all be quiet for 3 minutes.



向我挥挥手！

Wave at me!



我也向你们挥手 🖐️

I am waving back 🖐️



请听从我在荧幕上的指示。

Please listen to my instructions  
through the slides.



请大家站起来。

Please stand up right now.



接下来的三分钟，我们将专注于神……

We shall focus on God for  
the next 3 minutes...



在诗篇46:10中，神对你说……

God says to you in Psalms 46:10...



要安静，要知道我是神。

‘Be still, and know that I am God.’



现在，让我们闭上眼睛，静下心来……

Now close your eyes and be still...



神就在这里。

God is here.

沉浸在祂的同在里。

Dwell in His Presence.

不要移动。

Do not move.



要安静，要知道我是神。

‘Be still, and know that I am God.’





# A 一颗失焦 DISTRACTED 的心 SOUL

PASTOR WANG GUANGHAN 王光汉牧师



失焦的心会使我们忽略真正重要的事。

Distraction steals our attention  
from what truly matters.



失焦 = 拉开

**Distraction** = to pull apart



我们活在一个时刻充斥着刺激的时代。

We live in an age of constant stimulation.







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# Singapore teenagers spend nearly 8.5 hours a day on screens: CNA-IPS survey

The survey found that teens spent the most time on screens daily – almost 3 hours – for education purposes, followed by entertainment for 2 hours.



Alexandra Anand



Louisa Tang

04 Feb 2025 03:20PM

(Updated: 06 Feb 2025 04:14PM)



Source: [channelnewsasia.com](https://channelnewsasia.com)









Source: Malcolm Willett on [willett-ink.co.uk](http://willett-ink.co.uk)



JAMES 1:8  
(NIVUK)

<sup>8</sup> Such a person is **double-minded** and unstable in all they do.

雅各书 1:8  
(CUVMPS)

<sup>8</sup> **心怀二意**的人在他一切所行的路上都没有定见。



当我们的内心不断被拉向不同的方向时，  
我们就会分不清什么才是真正重要的事。

When our souls are constantly  
pulled in different directions, we start to  
lose clarity about what truly matters.



——  
邝保亮牧师

✧ RIDING THE ✧

pastor  
daniel khong

# FRESH WINDS

—— 乘顺清新之风 —— ✧ OF GOD ✧ ——



How can we experience the fresh winds of God?  
我们如何经历神的清新之风？

DO SOMETHING NEW TO:

做新事来：

**TRUST HIM**

**信靠祂**

**KNOW HIM**

**认识祂**



## 1-2-3 THINGS

- Lead **1** person to the Lord
- Study **2** books of the Bible
- Spend **3** hours in prayer a week (*at least*)

## 1-2-3 行动计划

- 带领**1**人信主
- 研读**2**卷圣经书卷
- 每周**3**小时祷告 (*至少*)



**LUKE 10:38-42**  
**(NIVUK)**

**38** As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. **39** She had a sister called Mary, who sat at the Lord's feet listening to what he said.



LUKE 10:38-42  
(NIVUK)

40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'



LUKE 10:38-42  
(NIVUK)

<sup>41</sup> ‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things, <sup>42</sup> but few things are needed – or indeed only one. Mary has chosen what is better, and it will not be taken away from her.’



路加福音  
10:38-42  
(CUVMPS)

<sup>38</sup> 他们走路的时候，耶稣进了一个村庄。有一个女人名叫马大，接他到自己家里。<sup>39</sup> 她有一个妹子名叫马利亚，在耶稣脚前坐着听他的道。<sup>40</sup> 马大伺候的事多，心里忙乱，就进前来说：“主啊，我的妹子留下我一个人伺候，你不在意吗？请吩咐她来帮助我。”



路加福音  
10:38-42  
(CUVMPS)

<sup>41</sup> 耶稣回答说：“马大，马大，你为许多的事思虑烦扰，<sup>42</sup> 但是不可少的只有一件。马利亚已经选择那上好的福分，是不能夺去的。”



在这喧嚣且充满干扰的世界，  
你会选择将注意力放在哪里？

In a noisy world full of distractions,  
where will you choose to give your attention?



我们如何克服失焦的心？

How do we overcome the distracted soul?



GROW IN  
**SOLITUDE**

在独处上成长



LUKE 10:39  
(NIVUK)

39 She had a sister called Mary, who sat at the Lord's feet listening to what he said.

路加福音  
10:39  
(CUVMPS)

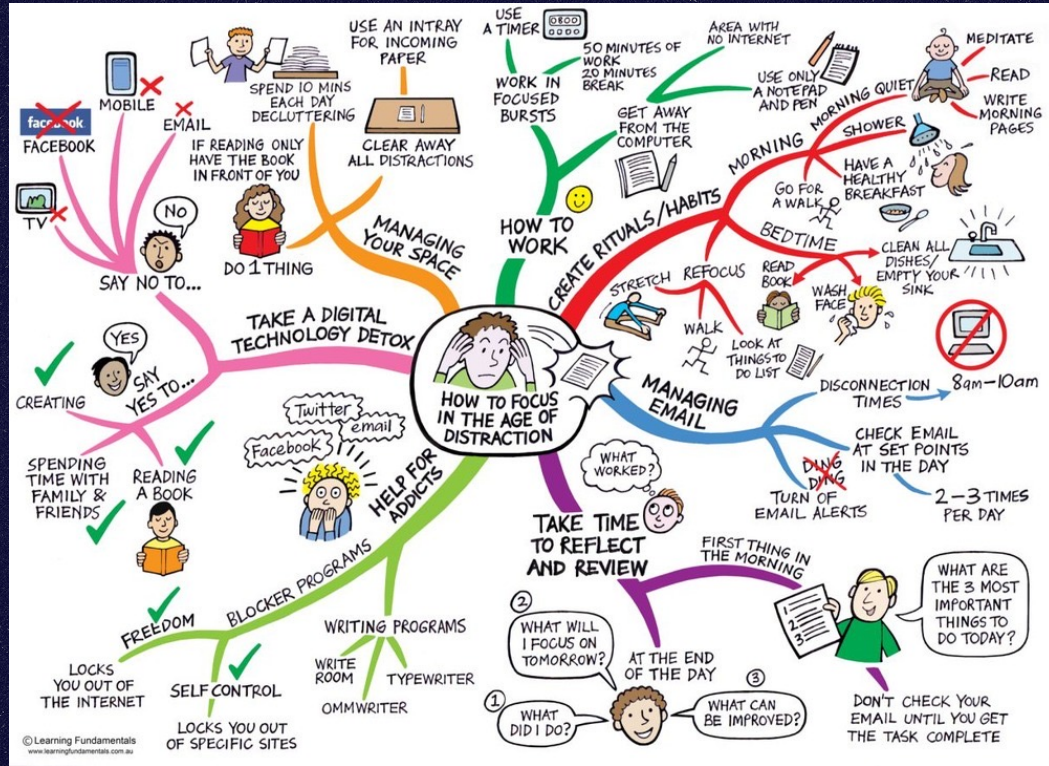
39 她有一个妹子名叫马利亚，在耶稣脚前坐着听他的道。



耶稣是我的第一优先。

Jesus is my first priority.





Source: ritholtz.com



独处便是良药。

Solitude is the remedy.



**MATTHEW 11:28-30**  
**(NIVUK)**

**28** 'Come to me, all you who are weary and burdened, and **I will give you rest.**  
**29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and **you will find rest for your souls.** **30** For my yoke is easy and my burden is light.'



马太福音  
11:28-30  
(CUVMPS)

<sup>28</sup> 凡劳苦担重担的人，可以到我这里来，**我就使你们得安息。**<sup>29</sup> 我心里柔和谦卑，你们当负我的轭，学我的样式，这样**你们心里就必得享安息。**<sup>30</sup> 因为我的轭是容易的，我的担子是轻省的。”



独处

的意思是刻意安排时间独自与神同处。

**Solitude** means intentionally setting aside time to be alone with God.



独处是在喧嚣中寻找神。

Solitude is about finding God  
in the midst of the noise.



When Jesus withdrew to quiet places:

耶稣在什么时候退到安静的地方：



## When Jesus withdrew to quiet places:

- Before selecting His disciples (*Luke 6:12*)

## 耶稣在什么时候退到安静的地方：

- 在拣选祂的门徒之前 (*路加福音 6:12*)



## When Jesus withdrew to quiet places:

- Before selecting His disciples (*Luke 6:12*)
- After days of healing & teaching (*Mark 1:35*)

## 耶稣在什么时候退到安静的地方：

- 在拣选祂的门徒之前 (*路加福音 6:12*)
- 在数日的医治和教导之后 (*马可福音 1:35*)



## When Jesus withdrew to quiet places:

- Before selecting His disciples (*Luke 6:12*)
- After days of healing & teaching (*Mark 1:35*)
- Before major decisions (*Matthew 14:23*)

## 耶稣在什么时候退到安静的地方：

- 在拣选祂的门徒之前 (*路加福音 6:12*)
- 在数日的医治和教导之后 (*马可福音 1:35*)
- 在做出重大决定之前 (*马太福音 14:23*)



## When Jesus withdrew to quiet places:

- In the Garden of Gethsemane  
before His crucifixion (*Luke 22:39-44*)

## 耶稣在什么时候退到安静的地方：

- 在客西马尼园，  
祂被钉十字架之前 (*路加福音 22:39-44*)



我们如何克服失焦的心？

How do we overcome the distracted soul?



GROW IN  
**SOLITUDE**

在独处上成长



GROW IN  
**SACRIFICE**

在牺牲上成长



LUKE 10:40-41  
(NIVUK)

<sup>40</sup> But Martha was **distracted** by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!' <sup>41</sup> 'Martha, Martha,' the Lord answered, 'you are worried and upset about **many things**,



路加福音  
10:40-41  
(CUVMPS)

<sup>40</sup> 马大伺候的事多，心里忙乱，就进前来说：“主啊，我的妹子留下我一个人伺候，你不在意吗？请吩咐她来帮助我。”<sup>41</sup> 耶稣回答说：“马大，马大，你为许多的事思虑烦扰，



LUKE 10:38  
(NIVUK)

38 As Jesus and his disciples were on their way, he came to a village where a woman named **Martha opened her home** to him.

路加福音 10:38  
(CUVMPS)

38 他们走路的时候，耶稣进了一个村庄。有一个女人名叫**马大**，**接他到自己家里**。



LUKE 10:41  
(NIVUK)

41 'Martha, Martha,' the Lord answered,  
'you are worried and upset about many  
things,

路加福音 10:41  
(CUVMPS)

41 耶稣回答说：“马大，马大，你为许多  
的事思虑烦扰，



合理的责任堆积成了焦虑。

Valid responsibilities multiplied into anxiety.



牺牲意味着放下那些占据你心的事物，  
让耶稣再次成为你生命的中心。

Sacrifice is about letting go of what  
is crowding your heart, so that  
Jesus can be in the centre once again.



HEBREWS 12:1  
(NIVUK)

<sup>1</sup> 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，



生活中最大的搅扰是  
那些被过分放大的好事。

The biggest distractions in our lives:  
Good things that have become too big.



是什么“许多的事”占据了你的心？

What are the “many things”  
that have captured your soul?



你在焦虑什么？

What are you anxious about?



你在试图控制什么？

What are you trying to control?



你在和谁比较？

Who are you comparing yourself with?



你渴望得到什么认可？

What do you need recognition for?



主啊，祢想要我放下什么，  
好叫我能更全心地跟随祢？

Lord, what do You want me to lay down,  
so that I can fully follow You?



我们如何克服失焦的心？

How do we overcome the distracted soul?



GROW IN  
**SOLITUDE**

在独处上成长



GROW IN  
**SACRIFICE**

在牺牲上成长



GROW IN  
**SERVICE**  
在服事上成长

一颗失焦  
**DISTRACTED**  
的心 **SOUL**



服事能使你的焦点从自己  
转移到神和他人身上。

Serving shifts your focus from self  
to God and others.



马利亚和马大的故事教导我们  
如何以正确的心态去服事。

The story of Mary and Martha is teaching  
us how to **serve with the right heart.**



LUKE 10:41-42  
(NIVUK)

<sup>41</sup> 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, <sup>42</sup> but few things are needed – or indeed only one. Mary has **chosen what is better**, and it will not be taken away from her.'



路加福音  
10:41-42  
(CUVMPS)

<sup>41</sup> 耶稣回答说：“马大，马大，你为许多的事思虑烦扰，<sup>42</sup> 但是不可少的只有一件。马利亚已经选择那上好的福分，是不能夺去的。”



马大服事到忽略耶稣的地步。

Martha served until she lost sight of Jesus.



LUKE 10:40  
(NIVUK)

40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'



路加福音 10:40  
(CUVMPS)

40 马大伺候的事多，心里忙乱，就进前来说：“主啊，我的妹子留下我一个人伺候，你不在意吗？请吩咐她来帮助我。”



我的服事是在使我亲近神，还是远离神？

Is my serving pointing me to God,  
or away from Him?



我的服事是出于爱，还是出于义务？

Am I serving out of love or obligation?



我的服事是无条件的，还是渴望被看见？

Am I serving with no strings attached,  
or am I hoping to be seen?



无条件地服事。

Serve with no strings attached.



How do we overcome the distracted soul?  
我们如何克服失焦的心？



How do we overcome the distracted soul?  
我们如何克服失焦的心？

GROW IN  
**SOLITUDE** 在独处上  
成长

一颗失焦  
**DISTRACTED**  
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How do we overcome the distracted soul?  
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GROW IN  
**SOLITUDE**

**在独处上**  
成长

GROW IN  
**SACRIFICE**

**在牺牲上**  
成长



How do we overcome the distracted soul?

我们如何克服失焦的心？

GROW IN  
**SOLITUDE**

**在独处上**  
成长

GROW IN  
**SACRIFICE**

**在牺牲上**  
成长

GROW IN  
**SERVICE**

**在服事上**  
成长



ROMANS 3:23  
(NIVUK)

23 for all have sinned and fall short of  
the glory of God,

罗马书 3:23  
(CUVMPS)

23 因为世人都犯了罪，亏缺了神的荣耀，



ROMANS 5:8  
(NIVUK)

8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

罗马书 5:8  
(CUVMPS)

8 唯有基督在我们还做罪人的时候为我们死，神的爱就在此向我们显明了。





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