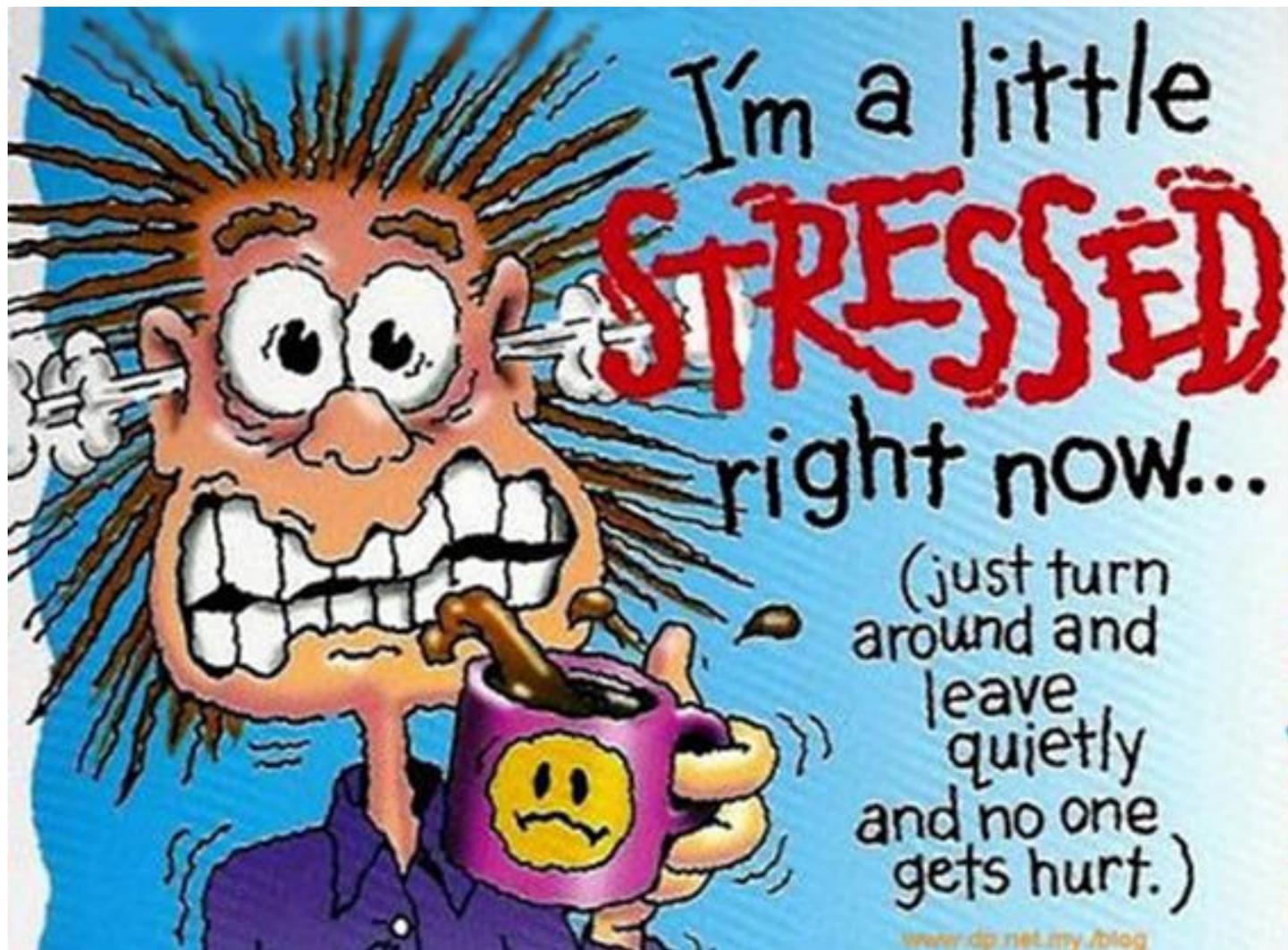


更新的生命系列 TRANSFORMATION (4)
在緊張忙碌中蒙神祝福
FROM STRESSED TO BLESSED

約翰三書 3 John 2; 詩篇 Psalm 23:1-6



約翰三書 3 John 2

親愛的兄弟啊，我願你凡事興盛，身體健壯，正如你的靈魂興盛一樣。 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

詩篇 Psalm 23:1-6

耶和華是我的牧者，我必不致缺乏。²他使我躺臥在青草地上，領我在可安歇的水邊。³他使我的靈魂甦醒，為自己的名引導我走義路。⁴我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在；你的杖，你的竿，都安慰我。⁵在我敵人面前，你為我擺設筵席；你用油膏了我的頭，使我的福杯滿溢。⁶我一生一世必有恩惠慈愛隨著我；我且要住在耶和華的殿中，直到永遠。

The Lord is my shepherd, I shall not be in want. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he restores my soul. He guides me in paths of righteousness for his name's sake. ⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶ Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

七個屬靈操練幫助我們減輕生活壓力
7 spiritual exercises will reduce our stress

1. 神是豐盛的，我要在一切所需的事上仰望祂 God is abundant, I look to God to meet all my needs.

耶和華是我的牧者，我必不至缺乏。The Lord is my shepherd, I shall not be in want. (詩 Ps 23:1)

因為他日日憂慮，他的勞苦成為愁煩，連夜間心也不安。這也是虛空。All their days their work is grief and pain; even at night their minds do not rest. This too is meaningless. (傳 Ecc 2:23)

你們哪一個能用思慮使壽數多加一刻呢？Can any one of you by worrying add a single hour to your life? (太 Mt 6:27)

1. 神是豐盛的，我要在一切所需的事上仰望祂 God is abundant, I look to God to meet all my needs.

你們要將一切的憂慮卸給神，因為他顧念你們。Cast all your anxiety on him because he cares for you. (彼前 1Pe 5:7)

我的神必照他榮耀的豐富，在基督耶穌裡使你們一切所需用的都充足。And my God will meet all your needs according to the riches of his glory in Christ Jesus. (腓 Php 4:19)

耶和華是我的牧者，那就夠了!
The Lord is my shepherd, that's all I need.

2. 神是賜平安的，我要在祂裡面享受安息 God is peaceful, I need to rest in God.

凡勞苦擔重擔的人，可以到我這裡來，我就使你們得安息。
Come to me, all you who are weary and burdened, and I will give you rest. (太 Mt 11:28)

你六日要作工，第七日要安息。 Six days you shall labor, but on the seventh day you shall rest. (出 Ex 34:21)

安息日是為人設立的。 The Sabbath was made for man. (可 Mk 2:27)

3. 神是全然美善的，我的心因祂重新得力 God is good,
I recharge my soul with His beauty.

他使我躺臥在青草地上，領我在可安歇的水邊。他使我的靈魂
蘇醒。 He makes me lie down in green pastures, he leads me
beside quiet waters, he restores my soul. (詩 Ps 23:2-3)

因為耶和華本為善，他的慈愛存到永遠，他的信實直到萬代。
For the LORD is good and his love endures forever; his faithfulness
continues through all generations. (詩 Ps 100:5)

4. 神是全知的，我要順從祂的引導 God is all-knowing, I go to God for guidance.

為自己的名引導我走義路。 He guides me in paths of righteousness for his name's sake. (詩 Ps 23:3)

耶和華啊，你已經鑒察我，認識我。我坐下，我起來，你都曉得；你從遠處知道我的意念。 You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. (詩 Ps 139:1-2)

你們中間若有缺少智慧的，應當求那厚賜與眾人、也不斥責人的神，主就必賜給他。 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. (雅 Jas 1:5)

5. 神是慈愛的，我要單單的信靠祂 God is gracious, I trust God in the dark valleys.

我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在，你的杖、你的竿都安慰我。 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (詩 Ps 23:4)

6. 神是全能的，祂是我隨時的幫助 God is almighty, He is my defender.

在我敵人面前，你為我擺設筵席；你用油膏了我的頭，使我的福杯滿溢。
You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. (詩 Ps 23:5)

耶和華，我的力量啊，我愛你！耶和華是我的巖石，我的山寨，我的救主，我的神，我的磐石，我所投靠的。他是我的盾牌，是拯救我的角，是我的高臺。I love you, LORD, my strength. The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. (詩 Ps 18:1-2)

所以，你們要自卑，服在神大能的手下，到了時候，他必叫你們升高。你們要將一切的憂慮卸給神，因為他顧念你們。Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. (彼前 1Pe 5:6-7)

7. 神是信實的，祂要在我身上成就大事 God is faithful,
He will finish what he starts in me.

我一生一世必有恩惠慈愛隨著我，我且要住在耶和華的殿中，直到永遠。 Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. (詩 Ps 23:6)

神是信實的，你們原是被他所召，好與他兒子—我們的主耶穌基督一同得分。 God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord. (林前 1 Cor 1:9)



耶和華是我的牧者，那就夠了！
The Lord is my shepherd, that's all I need.