

THE CHURCH IN SINGAPORE 新加坡教会

**Lord's Day
Meeting**
主日聚会

24 April 2022

2022年4月24日

HYMN 诗歌 91 (1/一)

"Man of Sorrows," what a name
For the Son of God who came
Ruined sinners to reclaim!
Hallelujah! What a Savior!

神的基督从天至，
拯救罪人脱罪、死，
竟然称为“忧患子”！
阿利路亚！何等救主！

HYMN 诗歌 91 (2/二)

Bearing shame and scoffing rude,
In my place condemned He stood;
Sealed my pardon with His blood;
Hallelujah! What a Savior!

被人侮慢、被人讥，
代替我站罪人地，
赐我生命、赐我力，
阿利路亚！何等救主！

HYMN 诗歌 91 (3/三)

Guilty, vile, and helpless, we,
Spotless Lamb of God was He;
Full redemption – can it be?
Hallelujah! What a Savior!

我们又弱又不好，
祂是圣洁的羊羔，
救赎竟然作得到！
阿利路亚！何等救主！

HYMN 诗歌 91 (4/四)

Lifted up was He to die,
"It is finished!" was His cry;
Now in heaven exalted high;
Hallelujah! What a Savior!

祂被举起，我免死；
祂说成了，鬼失势；
祂登宝座，给恩赐。
阿利路亚！何等救主！

HYMN 诗歌 91 (5/五)

When He comes, our glorious King,
All His ransomed home to bring,
Then anew this song we'll sing:
Hallelujah! What a Savior!

当祂复临遣天使，
提接圣徒回家时，
我们还要唱此诗：
阿利路亚！何等救主！

1 Corinthians 哥林多前书 11:23-24

²³ For I received from the Lord that which I also delivered to you: that the Lord Jesus on the *same* night in which He was betrayed took bread; ²⁴ and when He had given thanks, He broke *it* and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me."

²³ 我当日传给你们的，原是从主领受的，就是主耶稣被卖的那一夜，拿起饼来，²⁴ 祝谢了，就擘开，说：“这是我的身体，为你们舍的，你们应当如此行，为的是纪念我。”

1 Corinthians 哥林多前书 11:25-26

²⁵ In the same manner *He* also *took* the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink *it*, in remembrance of Me.”

²⁶ For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.

²⁵ 饭后，也照样拿起杯来，说：“这杯是用我的血所立的新约，你们每逢喝的时候，要如此行，为的是纪念我。”²⁶ 你们每逢吃这饼，喝这杯，是表明主的死，直等到祂来。

HYMN 诗歌 335 (1/一)

Before the throne of God above
I have a strong, a perfect plea;
A great High Priest, whose Name is Love,
Who ever lives and pleads for me.

远在高天神宝座前，
我有一位有力中保；
这大祭司，祂名是爱，
长远活着，为我代祷。

HYMN 诗歌 335 (2/二)

My name is graven on His hands,
My name is written on His heart;
I know that while in heaven He stands
No tongue can bid me thence depart.

祂将我名刻在祂手，
又将我名记在心里；
祂今在天站立神右，
谁也不能将我驱离。

HYMN 诗歌 335 (3/三)

When Satan tempts me to despair,
And tells me of the guilt within,
Upward I look, and see Him there
Who made an end of all my sin.

撒但在我心里控告，
企图使我丧气、绊跌，
但我向祂举目仰望，
祂已除去我的罪孽。

HYMN 诗歌 335 (4/四)

Because the sinless Savior died,
My sinful soul is counted free;
For God, the Just, is satisfied
To look on Him and pardon me.

无罪之主既已受死，
我这罪人就得自由；
公义的神今已满足，
看见救主，祂就赦宥。

HYMN 诗歌 335 (5/五)

Behold Him there, the risen Lamb!
My perfect, spotless Righteousness,
The great unchangeable I AM,
The King of glory and of grace.

看哪，复活羔羊在天，
是我完全、无疵义裳，
是那永不改变“我是，”
是我荣耀、恩典君王。

HYMN 诗歌 335 (6/六)

One with Himself, I cannot die;
My soul is purchased by His blood;
My life is hid with Christ on high,
With Christ, my Savior and my God.

与祂合一，我不再死，
祂的宝血将我赎回；
我的生命与主同藏，
藏在救主、我神之内。

HYMN 诗歌 255 (1/一)

According to Thy gracious word,
In meek humility,
This will I do, my dying Lord,
I will remember Thee.

我们照祢恩惠话语，
带着谦卑心意，
受死的主，我们聚集，
现今来纪念祢。

HYMN 诗歌 255 (2/二)

Thy body, broken for my sake,
My bread from heaven shall be;
Thy testamental cup I take,
And thus remember Thee.

祢的身体为我裂开，
要成我的供给；
我今举起立约杯来，
为的是纪念祢。

HYMN 诗歌 255 (3/三)

Gethsemane can I forget?
Or there Thy conflict see,
Thine agony and bloody sweat,
And not remember Thee?

能否我忘客西马尼，
或看祢的孤寂、
祢的血汗和祢哭泣，
而不来纪念祢？

HYMN 诗歌 255 (4/四)

When to the cross I turn mine eyes
And rest on Calvary,
O Lamb of God, my sacrifice,
I must remember Thee –

当我转眼看十字架，
看祢在髑髅地，
神的羔羊，我的救法，
我必须纪念祢。

HYMN 诗歌 255 (5/五)

Remember Thee and all Thy pains
And all Thy love to me;
Yea, while a breath, a pulse remains,
I will remember Thee.

纪念祢和祢的苦痛，
并祢对我爱意，
一息尚存、一脉尚动，
我必定纪念祢。

HYMN 诗歌 255 (6/六)

And when these failing lips grow dumb
And mind and memory flee,
When Thou shalt in Thy kingdom come,
Jesus, remember me.

当我渐衰，嘴唇无音，
思想、记忆软弱，
当祢在祢国度降临，
主，求祢纪念我。

HYMN 诗歌 33 (1/一)

Joyful, joyful, we adore Thee,
God of glory, Lord of love;
Hearts unfold like flow'rs
before Thee,
Opening to the sun above.
Melt the clouds of sin and
sadness;
Drive the dark of doubt away;
Giver of immortal gladness,
Fill us with the light of day!

快乐，快乐，我们敬拜
荣耀之神、爱之主；
到主面前，心如花开；
主如旭日，光耀目。
愁云罪雾，求主消去；
疑惑黑荫求散开；
永远快乐，求主赐予，
旭日光辉满我怀！

HYMN 诗歌 33 (2/二)

All Thy works with joy
surround Thee,
Earth and heav'n reflect Thy rays,
Stars and angels sing around Thee,
Center of unbroken praise.
Field and forest, vale and
mountain,
Flowery meadow, flashing sea,
Chanting bird and flowing fountain
Call us to rejoice in Thee.

主的造物全都欢乐，
天地反映主光辉，
群星、天使，围绕讴歌，
不断向祂献赞美。
高山、幽谷、森林、平原，
草场青翠、波平静，
清歌小鸟，轻注流泉，
感动我心乐无尽。

HYMN 诗歌 33 (3/三)

Thou art giving and forgiving,
Ever blessing, ever blest,
Wellspring of the joy of living,
Ocean depth of happy rest!
Thou our Father, Christ our
Brother –
All who live in love are Thine;
Teach us how to love each other,
Lift us to the joy divine.

主既施恩，又施赦免，
永远赐福，我敬爱；
生活喜乐，活水泉源，
欢乐、安息似深海！
神是我父，基督我兄，
凡活爱里皆主民；
指教我们爱里交通，
同享神圣的欢欣。

HYMN 诗歌 33 (4/四)

Mortals join the mighty chorus
Which the morning stars began;
Father love is reigning o'er us,
Brother love binds man to man.
Ever singing, march we onward,
Victors in the midst of strife;
Joyful music leads us sunward
In the triumph song of life.

晨星引发颂主歌声，
凡有气息都唱和；
父的慈爱掌管众圣，
爱心把我们联合。
我们前进，歌唱不停，
争战中的得胜者；
喜乐颂领我们前行，
高唱生命的凯歌。

Announcements 报告

Lord's Day Combined Meeting

主日集中聚会

Date 日期: 01/05/2022

Time 时间: 9.45am (早上)

Message 信息

Share the Good News of Salvation

分享救恩的好信息

Announcements 报告

Evergreen (Elderly) Meeting

Saturday, 30 Apr 2022 at 10.00am.

The Zoom link will be given at 9.30am.

常青(长者)聚会

2022年4月30日星期六早上10点。

Zoom 链接将于早上9点30分发出。

Announcements 报告

Please do not come for onsite meetings
if you are unwell or unvaccinated

若你身体不适或未接种疫苗，请勿出
席实地聚会

Fully vaccinated status expires 9
months after 2nd jab. A booster is
required to be considered vaccinated

已完成疫苗接种状态在第二剂后的9
个月失效。须打追加剂才算完成接种

REMINDER

提醒

Announcements 报告

No broadcast of Live Stream from 1 May 2022. The recorded video will be uploaded to our website www.church.org.sg/recording after 12 noon that day.

从2022年5月1日起，我们不再有聚会直播。聚会视频将于当天中午后上载到教会网页 www.church.org.sg/recording 。

Theme

主题

**Let Us Not Sleep,
But Watch And Be Sober**

**我们不要睡觉，
总要警醒谨守**

1 Thessalonians

帖撒罗尼迦前书

5:1-11

¹ But concerning the times and the seasons, brethren, you have no need that I should write to you. ² For you yourselves know perfectly that **the day of the Lord so comes as a thief in the night.** ³ For **when they say, "Peace and safety!"** then sudden destruction comes upon them, **as labor pains upon a pregnant woman.** And they shall not escape. ⁴ But you, brethren, are **not in darkness,** so that this Day should overtake you as a thief. ⁵ You are all **sons of light and sons of the day.** We are **not of the night nor of darkness.**

1 Thessalonians

帖撒罗尼迦前书
5:1-5

⁶ Therefore let us not sleep, as others do, but let us watch and be sober. ⁷ For those who sleep, sleep at night, and those who get drunk are drunk at night. ⁸ But let us who are of the day be sober, putting on the breastplate of faith and love, and as a helmet the hope of salvation. ⁹ For God did not appoint us to wrath, but to obtain salvation through our Lord Jesus Christ, ¹⁰ who died for us, that whether we wake or sleep, we should live together with Him. ¹¹ Therefore comfort each other and edify one another, just as you also are doing.

1 Thessalonians 帖撒罗尼迦前书 5:6-11

¹ 弟兄们，论到时候、日期，不用写信给你们，² 因为你们自己明明晓得，主的日子来到好像夜间的贼一样。
³ 人正说平安稳妥的时候，灾祸忽然临到他们，如同产难临到怀胎的妇人一样，他们绝不能逃脱。⁴ 弟兄们，你们却不在黑暗里，叫那日子临到你们像贼一样。⁵ 你们都是光明之子，都是白昼之子。我们不是属黑夜的，也不是属幽暗的。

1 Thessalonians 帖撒罗尼迦前书 5:1-5

6 所以，我们不要睡觉，像别人一样，总要警醒谨守。7 因为睡了的人是在夜间睡，醉了的人是在夜间醉。8 但我们既然属乎白昼，就应当谨守，把信和爱当作护心镜遮胸，把得救的盼望当作头盔戴上。9 因为神不是预定我们受刑，乃是预定我们借着我们主耶稣基督得救。10 祂替我们死，叫我们无论醒着、睡着，都与祂同活。11 所以，你们该彼此劝慰，互相建立，正如你们素常所行的。

1 Thessalonians 帖撒罗尼迦前书 5:6-11

- 1. The day of the Lord comes unexpectedly**
主的日子来到是出乎意料的
- 2. We are sons of light and sons of the day**
我们是光明之子，白昼之子

1 Thessalonians
帖撒罗尼迦前书
5:1-5

⁶ Therefore let us not sleep, as others do, but let us watch and be sober. ⁷ For those who sleep, sleep at night, and those who get drunk are drunk at night.

⁶ 所以，我们不要睡觉，像别人一样，总要警醒谨守。⁷ 因为睡了的人是在夜间睡，醉了的人是在夜间醉。

1 Thessalonians
帖撒罗尼迦前书
5:6-7

3. Watch and be sober 要警醒谨守

Therefore, let us not sleep (spiritually)

所以，我们不要睡觉（灵性上）

Watch (be vigilant, take heed, give strict attention to)

警醒（警惕，谨慎，严加注意）

Be sober (calm and collected in spirit, discreet, clear-headed)

谨守（在灵里平静泰然，慎重，头脑清醒）

1 Thessalonians
帖撒罗尼迦前书
5:6-7

4. Put on faith, love and hope 穿上信、爱、望

Put on the **breastplate of faith and love**, and as a **helmet the hope of salvation**

把**信和爱**当作**护心镜**遮胸,把**得救的盼望**当作**头盔**戴上

Faith: Stand firm, believe, trust in God and do His will

信: 站稳,相信,信靠神并遵行祂的旨意

Love: Love God and one another, abide in God's love

爱: 爱神,爱彼此,住在神的爱里

Hope: Endure and wait for the return of Christ

盼望: 忍耐并等候基督回来

1 Thessalonians

帖撒罗尼迦前书

5:8

Jesus said 耶稣说

Take heed that no one deceives you.

你们要谨慎，免得有人迷惑你们。

See that you are not troubled; for all these things must come to pass, but the end is not yet.

总不要惊慌；因为这些事是必须有的，只是末期还没有到。

But he who endures to the end shall be saved.

惟有忍耐到底的，必然得救。

Matthew

马太福音

24:4-13

Jesus said 耶稣说

And this **gospel of the kingdom will be preached in all the world** as a witness to all the nations, and then the end will come.

这天国的福音要传遍天下，对万民作见证，然后末期才来到。

Respond to Jesus to **preach the gospel** (share the Good News).

响应耶稣的呼召，**传扬福音**（分享好信息）。

Matthew
马太福音
24:14

5. Comfort and build one another up 彼此劝慰和建立

God has appointed us to obtain salvation through Jesus Christ, not to wrath.

神是预定我们借着耶稣基督得救，不是预定我们受刑。

Christ died for us so that, whether we are dead or alive when He returns, we can live with Him forever. (NLT v 10)

祂替我们死，叫我们无论醒着，睡着，都与祂同活。(10节)

Continue to comfort and build one another up.

继续彼此劝慰和建立。

1 Thessalonians

帖撒罗尼迦前书

5:9-11

Summary 总结

1. The day of the Lord comes unexpectedly
主的日子来到是出乎意料的
2. We are sons of light and sons of the day
我们是光明之子，白昼之子
3. Watch and be sober
要警醒谨守
4. Put on faith, love and hope
穿上信、爱、望
5. Comfort and build one another up
彼此劝慰和建立

1 Thessalonians
帖撒罗尼迦前书
5:9-11

HYMN 诗歌 619 (1/一)

I dare not be defeated
With Calvary in view,
Where Jesus conquered Satan,
Where all His foes He slew;
Come, Lord, and give the vision
To nerve me for the fight,
Make me an overcomer
Clothed with Thy Spirit's might.
A victor, a victor!
Because of Calvary.
Make me an overcomer,
A conqu'ror, a conqu'ror, Lord, in Thee.

我不敢稍微失败，
因有加略在望，
耶稣在彼曾奏凯，
胜过黑暗君王；
求主赐给我异象，
我才临阵奋兴，
使我作个得胜者，
靠着祢的大能。
得胜者，得胜者，
都因着髑髅地。
使我作个得胜者，
因着祢，因着祢能得胜。

HYMN 诗歌 619 (2/二)

I dare not be defeated
Since Christ, my conquering King
Has called me to the battle
Which He did surely win.
Come, Lord, and give me courage,
Thy conquering Spirit give,
Make me an overcomer,
In power within me live.
A victor, a victor!
Because of Calvary.
Make me an overcomer,
A conqu'ror, a conqu'ror, Lord, in Thee.

我不敢稍微失败，
因为基督我主，
召我进到前线来，
与祂一同追逐。
求主赐给我胆量，
使我刚强有力，
使我作个得胜者，
里面充满了祢。
得胜者，得胜者，
都因着髑髅地。
使我作个得胜者，
因着祢，因着祢能得胜。

HYMN 诗歌 619 (3/三)

I dare not be defeated,
When Jesus leads me on
To press through hellish regions
To share with Him His Throne;
Come, Lord, and give Thy soldier
The power to wield the sword,
Make me an overcomer
Through Thine inerrant Word.
A victor, a victor!
Because of Calvary.
Make me an overcomer,
A conqu'ror, a conqu'ror, Lord, in Thee.

我不敢稍微失败，
因为耶稣领我
来冲阴府的境界，
与祂同登宝座。
求主赐给祢战士，
有力能以挥剑，
使我作个得胜者，
借着祢的圣言。
得胜者，得胜者，
都因着髑髅地。
使我作个得胜者，
因着祢，因着祢能得胜。

HYMN 诗歌 619 (4/四)

I dare not be defeated,
Just at the set of sun,
When Jesus waits to whisper,
"Well done, beloved, well done";
Come, Lord, bend from the Glory,
On me Thy Spirit cast,
Make me an overcomer,
A victor to the last.
A victor, a victor!
Because of Calvary.
Make me an overcomer,
A conqu'ror, a conqu'ror, Lord, in Thee.

我不敢稍微失败，
当此日西时辰，
因为我主正等待，
要说：“好！我仆人。”
求主今日从天上，
从新赐我能力，
使我作个得胜者，
得胜一直到底。
得胜者，得胜者，
都因着髑髅地。
使我作个得胜者，
因着祢，因着祢能得胜。

Memory Verses 背诵经节 (24-04-2022)

1 Thessalonians 帖撒罗尼迦前书 5:6-11

⁶ Therefore let us not sleep, as others do, but let us watch and be sober. ⁷ For those who sleep, sleep at night, and those who get drunk are drunk at night. ⁸ But let us who are of the day be sober, putting on the breastplate of faith and love, and as a helmet the hope of salvation. ⁹ For God did not appoint us to wrath, but to obtain salvation through our Lord Jesus Christ, ¹⁰ who died for us, that whether we wake or sleep, we should live together with Him. ¹¹ Therefore comfort each other and edify one another, just as you also are doing.

Memory Verses 背诵经节 (24-04-2022)

1 Thessalonians 帖撒罗尼迦前书 5:6-11

6 所以，我们不要睡觉，像别人一样，总要警醒谨守。
7 因为睡了的人是在夜间睡，醉了的人是在夜间醉。
8 但我们既然属乎白昼，就应当谨守，把信和爱当作护心镜遮胸，把得救的盼望当作头盔戴上。⁹ 因为神不是预定我们受刑，乃是预定我们借着我们主耶稣基督得救。¹⁰ 祂替我们死，叫我们无论醒着、睡着，都与祂同活。¹¹ 所以，你们该彼此劝慰，互相建立，正如你们素常所行的。

Bible References 参阅经节

Love God and keep His commandments

爱神并遵守祂的命令

³⁶ ‘Teacher, which *is* the great commandment in the law?’ ³⁷ Jesus said to him, ‘You shall love the LORD your God with all your heart, with all your soul, and with all your mind. ³⁸ This is *the* first and great commandment. ³⁹ And *the* second *is* like it: You shall love your neighbor as yourself. ⁴⁰ On these two commandments hang all the Law and the Prophets.’

Matthew
马太福音
22:36-40

Love God and keep His commandments

爱神并遵守祂的命令

36 “夫子，律法上的诫命哪一条是最大的呢？” 37 耶稣对他说：“你要尽心、尽性、尽意爱主你的神。38 这是诫命中的第一，且是最大的。39 其次也相仿，就是要爱人如己。40 这两条诫命是律法和先知一切道理的总纲。”

Matthew
马太福音
22:36-40

What will cause us to be sober spiritually?

什么会使我们在灵性上谨守呢？

Not loving the world 不爱世界

¹⁵ Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him.¹⁶ For all that *is* in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. ¹⁷ And the world is passing away, and the lust of it; but he who does the will of God abides forever.

1 John

约翰一书

2:15-17

What will cause us to be sober spiritually?

什么会使我们在灵性上谨守呢？

Not loving the world 不爱世界

¹⁵ 不要爱世界和世界上的事。人若爱世界，爱父的心就不在他里面了。¹⁶ 因为凡世界上的事，就像肉体的情欲、眼目的情欲并今生的骄傲，都不是从父来的，乃是从世界来的。¹⁷ 这世界和其上的情欲都要过去，惟独遵行神旨意的，是永远常存。

1 John

约翰一书

2:15-17

What will cause us to be sober spiritually?

什么会使我们在灵性上谨守呢？

Not letting the Lord's word in us be choked

不让主的话在我们里面被挤住

And the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.

后来有世上的思虑、钱财的迷惑，和别样的私欲进来，把道挤住了，就不能结实。

Mark

马可福音

4:19

What will cause us to be sober spiritually?

什么会使我们在灵性上谨守呢？

Taking heed, watching and praying always

谨慎，时时警醒，常常祈求

³⁴ But **take heed to yourselves**, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly.

³⁵ For it will come as a snare on all those who dwell on the face of the whole earth. ³⁶ **Watch therefore, and pray always** that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man.

Luke

路加福音

21:34-36

What will cause us to be sober spiritually?

什么会使我们在灵性上谨守呢？

Taking heed, watching and praying always

谨慎，时时警醒，常常祈求

³⁴ 你们要**谨慎**，恐怕因贪食、醉酒并今生的思虑累住你们的心，那日子就如同网罗忽然临到你们，³⁵ 因为那日子要这样临到全地上一切居住的人。³⁶ 你们要**时时警醒，常常祈求**，使你们能逃避这一切要来的事，得以站立在人子面前。

Luke

路加福音

21:34-36

Beware of and resist the devil 谨防并抵挡魔鬼

⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.
⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

⁸ 务要谨守、警醒，因为你们的仇敌魔鬼如同吼叫的狮子，遍地游行，寻找可吞吃的人。⁹ 你们要用坚固的信心抵挡它，因为知道你们在世上的众弟兄也是经历这样的苦难。

1 Peter
彼得前书
5:8-9