

01.10.2023
2023年10月1日

Lord's Day Meeting
主日聚会

¹⁶ For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. ¹⁷ For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

¹⁶ 神爱世人，甚至将祂的独生子赐给他们，叫一切信祂的不致灭亡，反得永生。¹⁷ 因为神差祂的儿子降世，不是要定世人的罪，乃是要叫世人因祂得救。

John 约翰福音 3:16-17

**God sent His Son, they called Him Jesus,
He came to love, heal and forgive;
He lived and died, to buy my pardon,
An empty grave is there to prove My
Savior lives.**

Chorus:

**Because He lives, I can face tomorrow,
Because He lives, all fear is gone
Because I know (I know) He holds the
future**

**And life is worth the living just because
He lives.**

**神差爱子 祂名叫耶稣
祂赐下爱 医治宽恕
祂舍生命 使我得自由
那空坟墓证明我主永远活着**

和:

**因祂活着 我能面对明天
因祂活着 不再惧怕
我深知道 祂掌管明天
生命充满了希望只因祂活着**

YOUTH HYMN 少年诗歌 28 (1/一)

**He who believes in Me, as the Scripture has said,
out of his heart will flow rivers of living water.**

信我的人就如经上所说，
从他腹中要流出活水的江河来。

John 约翰福音 7:38

**Many weary years I vainly sought a
spring,
One that never would run dry;
Unavailing all that earth to me
could bring,
Nothing seemed to satisfy.**

Chorus:

**Drinking at the Fountain that
never runs dry,
Drinking at the Fountain of life am I;
Finding joy and pleasure
In abounding measure,
I am drinking at the Fountain of life.**

多年疲惫，未能寻到一泉源——
永不干涸的活泉；
地上一切全都未能如我愿——
无何能使我心满。

和：

我今饮于永不干涸的活泉，
我今饮于生命活水泉源；
甜美、喜乐、欢畅，
何其无限、无量，
我今饮于生命活水泉源。

HYMN 诗歌 322 (1/一)

**Thro' the desert land of sin I roam
no more,
For I find a living Spring,
And my cup of gladness now is
running o'er,
Jesus is my Lord and King.**

Chorus:

**Drinking at the Fountain that
never runs dry,
Drinking at the Fountain of life am I;
Finding joy and pleasure
In abounding measure,
I am drinking at the Fountain of life.**

永远不在罪的野地再流荡，
我已寻到活水泉；
我的喜乐之杯满溢而流淌，
基督已使我心满。

和：

我今饮于永不干涸的活泉，
我今饮于生命活水泉源；
甜美、喜乐、欢畅，
何其无限、无量，
我今饮于生命活水泉源。

HYMN 诗歌 322 (2/二)

**Here is sweet contentment as the
days go by,
Here is holy peace and rest;
Here is consolation as the
moments fly,
Here my heart is always blest.**

Chorus:

**Drinking at the Fountain that
never runs dry,
Drinking at the Fountain of life am I;
Finding joy and pleasure
In abounding measure,
I am drinking at the Fountain of life.**

**在此所得满足越过越甜美，
在此有主的安息；
在此所受安慰越过越加倍，
在此蒙主的福气。**

和：

**我今饮于永不干涸的活泉，
我今饮于生命活水泉源；
甜美、喜乐、欢畅，
何其无限、无量，
我今饮于生命活水泉源。**

HYMN 诗歌 322 (3/三)

**Here I find a never ending,
sure supply,
While the endless ages roll;
To this healing Fountain I would
ever fly,
There to bathe my weary soul.
Chorus:
Drinking at the Fountain that
never runs dry,
Drinking at the Fountain of life am I;
Finding joy and pleasure
In abounding measure,
I am drinking at the Fountain of life.**

在此得到永无止境的供应，
在此恩中永沐浴；
向这医治活泉，我心必全倾，
直到永世不稍渝。

和：

我今饮于永不干涸的活泉，
我今饮于生命活水泉源；
甜美、喜乐、欢畅，
何其无限、无量，
我今饮于生命活水泉源。

HYMN 诗歌 322 (4/四)

**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 (1/一)

**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 (2/二)

**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 (3/三)

**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 (4/四)

**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 (5/5)

**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 255 (6/六)

**Blessing and honor and glory be Thine,
And glory be Thine, And glory be Thine.
Blessing and honor and glory be Thine,
Both now and evermore.
Praise Him! Praise Him!
All ye saints adore Him.
Praise Him! Praise Him!
Both now and evermore. Hallelujah!
Blessing and honor and glory be Thine,
And glory be Thine, And glory be Thine.
Blessing and honor and glory be Thine,
Both now and evermore.**

颂赞与尊贵与荣耀归祢，
与荣耀归祢，与荣耀归祢。
颂赞与尊贵与荣耀归祢，
从今直到永远。
赞祂！赞祂！圣徒都要拜祂！
赞祂！赞祂！从今直到永远。
阿利路亚！
颂赞与尊贵与荣耀归祢，
与荣耀归祢，与荣耀归祢。
颂赞与尊贵与荣耀归祢，
从今直到永远。

HYMN 诗歌 168

**Father in heaven, how we love You,
We lift Your name in all the earth.
May Your Kingdom be established in our praises
As Your people declare Your mighty works.**

天上的父神，我们爱祢，
在全地上尊崇祢圣名；
愿祢国度，如今降临我们中间，
当我们宣扬祢大能作为。

YOUTH HYMN 少年诗歌 59 (1/一)

**Blessed be the Lord God Almighty,
Who was, and is and is to come.
Blessed be the Lord God Almighty,
Who reigns forevermore.**

颂赞主圣名，全能的神，
昔在今在永在的父神；
颂赞主圣名，全能的神，
祢作王到永远。

YOUTH HYMN 少年诗歌 59 (2/二)

Lord's Day Meeting

主日聚会

Date 日期: 08/10/2023

Time 时间: 10.00 am (早上)

Time 时间: 2.00 pm (下午)

Announcements

报告

Message 信息

1 John 约翰一书

3:16-23

Bible Study Zoom Meeting

线上(Zoom)读经聚会

Date: Saturday except the last Saturday of each month

日期：周六(每月的最后一个周六除外)

Time: 5.15 pm - 6:15 pm

时间：下午5点15分至6点15分

Topic: The book of Esther (from 7/10/2023)

题目：以斯帖记 (从7/10/2013)

Contact person: Brother Low Tong Chia

联络人：刘忠正弟兄

Announcements

报告

No.	Date 日期	Event 活动	Attendees 出席者
11	21/10	Year-End Gathering 年终聚集	P6 & YYP 小六和青少年
12	3 - 6/12	Church Camp in Johor Bahru 教会营 (在新山)	All saints 众圣徒
13	25/12 (AM 上午) (Christmas Day 圣诞节)	Gospel Meeting 福音聚会	Gospel friends/all saints 福音朋友/众圣徒

2023 EVENTS SCHEDULE

2023年活动表

CHURCH CAMP DEC 2023

2023年12月教会营

Date: 3-6 Dec 2023 (Sun-Wed)

日期: 2023年12月3至6日(主日至周三)

Registration: 1-29 Oct 2023

报名: 2023年10月1至29日

NEHEMIAH

尼希米记

**Venue: DoubleTree by Hilton
Johor Bahru**

**地点: 希尔顿逸林酒店
柔佛州新山**

Registration period: 1/10/23-29/10/23

报名期:

Subsidised price: 1/10, 8/10 & 15/10

津贴价:

Non-subsidised price: 22/10 & 29/10

无津贴价:

A Registration Table will be set up

报名服务桌开放日期与时间:

On: 1, 8, 15, 22 & 29 Oct 2023

2023年10月1, 8, 15, 22及29日

At: 11:45 am - 12:15 pm

上午11点45分至下午12点15分

CHURCH CAMP 2023
2023年教会营

CHURCH CAMP 2023
2023年教会营

	Subsidised price 津贴价	Non-subsidised price 无津贴价
Adult 成人	S\$270	S\$355
Senior ≥ 65 y.o. 年长者 (65岁及以上)	S\$250	S\$355
NSF/Student 全职国民服役者/学生	S\$140	S\$355
Child 6-12 y.o. without bed 儿童 (6-12岁), 不加床	S\$90	S\$140
Child below 6 y.o. without bed 儿童 (6岁以下), 不加床	FOC 免费	FOC 免费
Extra bed 加床	S\$50	S\$150

3 payment modes (with registration form):

三种付费方式（与报名表格一同提交）：

- 1. Cash 现金**
- 2. Cheque 支票**
- 3. PayNow 转账**

**Other details are on the
registration form**

其它细节载于报名表格上

CHURCH CAMP 2023
2023年教会营

Theme

主题

Keep (Preserve) Our Heart

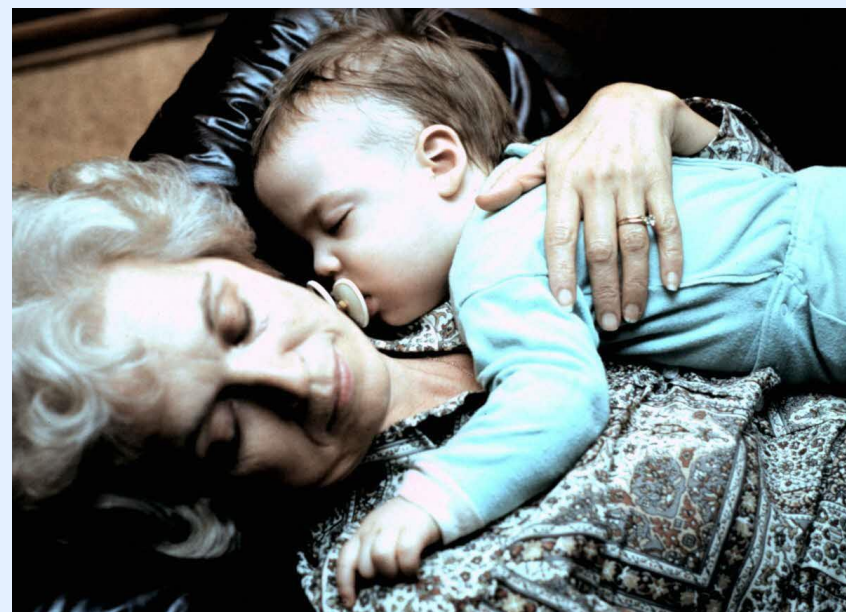
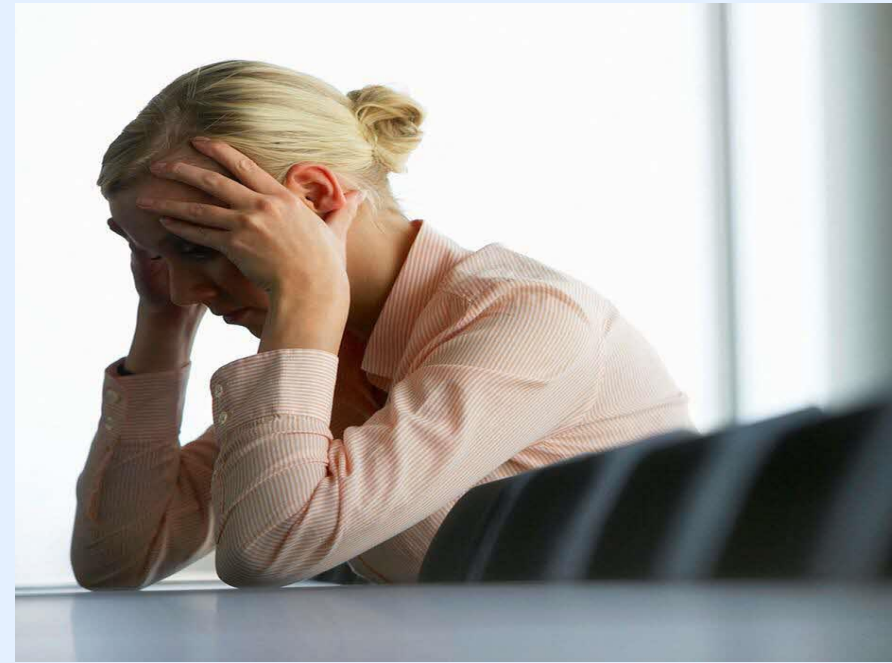
Part 2

保守(保护)我们的心

第二部

Have all of us ever experienced worry, anxiety and/or even despair?

我们是否都曾经经历过担忧、焦虑, 以及/或甚至绝望呢?



Biblical Prescription for Mental Wellness 心理健康的圣经处方

Bible stories depicting people undergoing mental challenges

描绘人们遭受心理挑战的圣经故事

1. Elijah 以利亚 (1 Ki 王上 19:1-18)

A great prophet who had too much to bear, suffered discouragement, weariness, fear and loneliness

不胜负荷、遭受挫折、疲累、恐惧和孤独的伟大先知

Bible stories depicting people undergoing mental challenges

描绘人们遭受心理挑战的圣经故事

2. Martha 马大 (Luke 路 10:38-42)

A caring and hardworking person who was distracted and overwhelmed by serving others

关心人和勤奋的人，却因服事他人而分心和不堪重负

Bible stories depicting people undergoing mental challenges

描绘人们遭受心理挑战的圣经故事

3. Sarai 撒莱 (Gen 创 16:1-11)

A faithful wife who was impatient and dissatisfied with the current situation, who made a poor judgment which caused more suffering

一位忠心的妻子，但因缺乏耐心和不满现状而判断失误，造成了更多痛苦

Bible stories depicting people undergoing mental challenges

描绘人们遭受心理挑战的圣经故事

4. Jeremiah 耶利米 (Lam 哀 2:11-13)

**A prophet whose heart was troubled by Israel's sins;
his inability to help caused him to despair and become
hopeless**

因以色列的罪恶忧心忡忡的先知；他因无能为力而丧气和绝望

Bible stories depicting people undergoing mental challenges

描绘人们遭受心理挑战的圣经故事

5. Job 约伯 (The book of Job 伯)

A godly man who experienced great losses and health issues which escalated to dejection, helplessness, indignation and hopelessness

一个敬畏神的人，遭受巨大损失和健康问题后，变得沮丧、无助、愤慨和绝望

Bible stories depicting people undergoing mental challenges

描绘人们遭受心理挑战的圣经故事

6. Jonah 约拿 (The book of Jonah 拿)

A prophet who experienced anger, illogical judgement and discouragement upon seeing God's compassion on Israel's enemies

看到神怜悯以色列的仇敌时，经历了愤怒、不合逻辑的判断和灰心丧志的先知

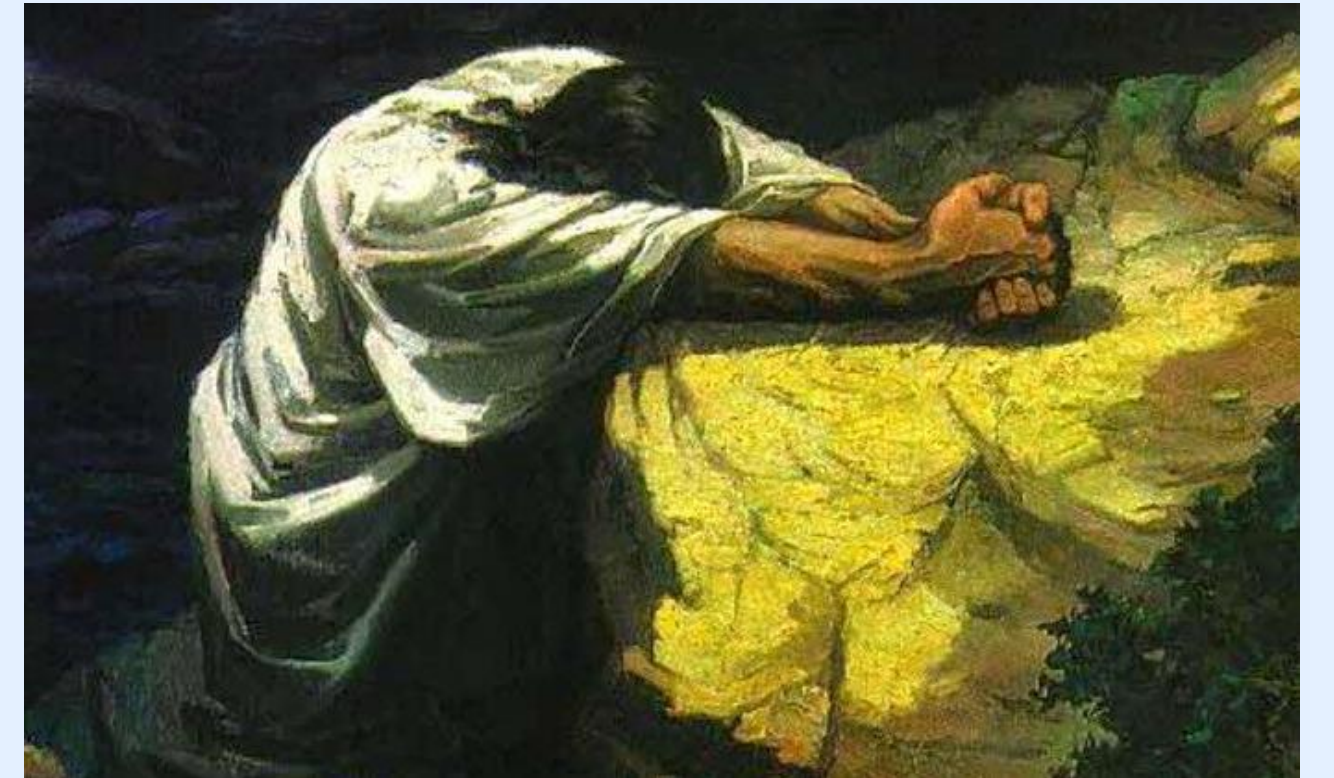
Bible stories depicting people undergoing mental challenges

描绘人们遭受心理挑战的圣经故事

7. The Lord Jesus 主耶稣 (Matt 太26:36-46)

Being human, Jesus experienced emotional turmoil too before His crucifixion; He was deeply distressed and troubled

身为人，耶稣在被钉十字架前也经历情感波动；祂极其难过，甚是忧伤



Elijah, who had too much to bear, suffered discouragement, weariness, fear and loneliness

以利亚不胜负荷、遭受挫折、疲累、恐惧和孤独

But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I am no better than my fathers!"

自己在旷野走了一日的路程, 来到一棵罗腾树下, 就坐在那里求死, 说: “耶和华啊, 罢了! 求祢取我的性命, 因为我不胜于我的列祖。”

**1 Kings
列王纪上
19:4**

**Elijah rested, ate and drank enough
to gain strength physically**

以利亚休息并吃饱喝足，以增强体力

⁵ Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat." ⁶ Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again.

**1 Kings
列王纪上
19:5-6**

**Elijah rested, ate and drank enough
to gain strength physically**

以利亚休息并吃饱喝足，以增强体力

⁷ And the angel of the LORD came back the second time, and touched him, and said, "Arise and eat, because the journey is too great for you." ⁸ So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

**1 Kings
列王纪上
19:7-8**

Elijah rested, ate and drank enough to gain strength physically

以利亚休息并吃饱喝足，以增强体力

⁵他就躺在罗腾树下，睡着了。有一个天使拍他，说：“起来吃吧！”⁶他观看，见头旁有一瓶水与炭火烧的饼，他就吃了喝了，仍然躺下。⁷耶和华的使者第二次来拍他，说：“起来吃吧！因为你当走的路甚远。”⁸他就起来吃了喝了，仗着这饮食的力，走了四十昼夜，到了神的山，就是何烈山。

1 Kings
列王纪上
19:5-8

God wanted Elijah to know his mental challenges

神要以利亚知道他的心理挑战

9 And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, **"What are you doing here, Elijah?"** **10** So he said, "I have been **very zealous** for the LORD God of hosts; **for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life."**

1 Kings
列王纪上
19:9-10

God wanted Elijah to know his mental challenges

神要以利亚知道他的心理挑战

⁹他在那里进了一个洞，就住在洞中。
耶和華的話臨到他說：“以利亞啊，
你在这里做什么？”¹⁰他說：“我為
耶和華萬軍之神大發熱心。因為以
色列人背棄了祢的約，毀壞了祢的
壇，用刀殺了祢的先知，只剩下我一
個人，他們還要尋索我的命。”

1 Kings
列王紀上
19:9-10

God wanted Elijah to know his mental challenges

神要以利亚知道他的心理挑战

11 Then He said, "Go out, and stand on the mountain before the LORD." And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; ¹² and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice.

1 Kings

列王纪上

19:11-12

God wanted Elijah to know his mental challenges

神要以利亚知道他的心理挑战

11 耶和華說：“你出來站在山上，在我面前。”那時耶和華從那里經過，在祂面前有烈風大作，崩山碎石，耶和華却不在風中；風後地震，耶和華却不在其中；¹²地震後有火，耶和華也不在火中；火後有微小的聲音。

1 Kings
列王紀上
19:11-12

God wanted Elijah to know his mental challenges

神要以利亚知道他的心理挑战

13 So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, **"What are you doing here, Elijah?"** **14** And he said, "I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. **I alone am left; and they seek to take my life."**

1 Kings
列王纪上
19:13-14

God wanted Elijah to know his mental challenges

神要以利亚知道他的心理挑战

¹³以利亚听见，就用外衣蒙上脸，出来站在洞口。有声音向他说：“以利亚啊，你在这里做什么？”¹⁴他说：

“我为耶和华万军之神大发热心。因为以色列人背弃了祢的约，毁坏了祢的坛，用刀杀了祢的先知，只剩下我一个人，他们还要寻索我的命。”

1 Kings

列王纪上

19:13-14

God answered Elijah by showing him what He will do

神回应以利亚，向他显示祂将做的事

¹⁵ Then the LORD said to him: "Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. ¹⁶ Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place.

1 Kings
列王纪上
19:15-16

God answered Elijah by showing him what He will do

神回应以利亚，向他显示祂将做的事

17 It shall be that whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. 18 Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him."

**1 Kings
列王纪上
19:17-18**

God answered Elijah by showing him what He will do

神回应以利亚，向他显示祂将做的事

¹⁵耶和華對他說：“你回去，從曠野往大馬士革去。到了那里，就要膏哈薛作亞蘭王，¹⁶又膏寧示的孫子耶戶作以色列王，並膏亞伯米何拉人沙法的兒子以利沙作先知接續你。¹⁷將來躲避哈薛之刀的，必被耶戶所殺；躲避耶戶之刀的，必被以利沙所殺。¹⁸但我在以色列人中為自己留下七千人，是未曾向巴力屈膝的，未曾與巴力親嘴的。”

1 Kings
列王紀上
19:15-18

How to maintain mental wellness?

如何保持心理健康？

Personal lifestyle:

个人生活方式:

Rest – physically, emotionally and spiritually

休息—身体、情感以及灵性

1. Give yourself enough rest which includes sleep, food and outdoor activities

给自己足够的休息，包括睡眠、饮食和户外活动

How to maintain mental wellness?

如何保持心理健康？

**¹ The heavens declare the glory of God;
And the firmament shows His handiwork.**

**² Day unto day utters speech,
And night unto night reveals knowledge.**

**³ There is no speech nor language
Where their voice is not heard.**

**⁴ Their line has gone out through all the
earth,
And their words to the end of the world.**

Psalms

诗篇

19:1-4a上

How to maintain mental wellness?

如何保持心理健康？

- 1 诸天述说神的荣耀，
穹苍传扬祂的手段。
- 2 这日到那日发出言语，
这夜到那夜传出知识。
- 3 无言无语，
也无声音可听。
- 4 它的量带通遍天下，
它的言语传到地极。

Psalms

诗篇

19:1-4a上

How to maintain mental wellness?

如何保持心理健康？

Personal lifestyle:

个人生活方式：

Cast your burden on God

把你的重担卸给神

2. Prayers, supplications and thanksgiving

祷告、祈求和感谢

How to maintain mental wellness?

如何保持心理健康？

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

应当一无挂虑，只要凡事借着祷告、祈求和感谢，将你们所要的告诉神。

Philippians

腓立比书

4:6

How to maintain mental wellness?

如何保持心理健康？

28 Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.

Matthew

马太福音

11:28-30

How to maintain mental wellness?

如何保持心理健康？

28 凡劳苦担重担的人，可以到我这里来，我就使你们得安息。
29 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。³⁰ 因为我的轭是容易的，我的担子是轻省的。

Matthew
马太福音
11:28-30

How to maintain mental wellness?

如何保持心理健康？

Personal lifestyle:

个人生活方式:

Deep fellowship with God

与神有深入的交通

3. Let the Spirit minister to you, let the peace of God comfort you, and rejoice in God's works

让圣灵服事你，让神的平安安慰你，因神的作为而喜乐

How to maintain mental wellness?

如何保持心理健康？

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

因为神赐给我们不是胆怯的心，
乃是刚强、仁爱、谨守的心。

2 Timothy

提摩太后书

1:7

How to maintain mental wellness?

如何保持心理健康？

And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

神所赐出人意外的平安，必在基督耶稣里保守你们的心怀意念。

Philippians

腓立比书

4:7

How to maintain mental wellness?

如何保持心理健康？

¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you.

**¹⁶ 要常常喜乐，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。**

1 Thessalonians

帖撒罗尼迦前书

5:16-18

How to maintain mental wellness?

如何保持心理健康？

Corporate lifestyle:

团体生活方式：

1. Corporate worship

团体敬拜

How to maintain mental wellness?

如何保持心理健康？

¹ I was glad when they said to me,
"Let us go into the house of the LORD."

² Our feet have been standing
Within your gates, O Jerusalem!

¹ 人对我说：“我们往耶和华的殿去”，
我就欢喜。

² 耶路撒冷啊，我们的脚站在你的门内。

Psalms

诗篇

122:1-2

How to maintain mental wellness?

如何保持心理健康？

Corporate lifestyle:

团体生活方式：

2. Have fellowship with the saints and participate in church activities

与圣徒们有交通并参与教会活动

Church activities with fellowship bring us joy, comfort and hope in the Lord, which strengthen us mentally
教会活动和交通带来主里的喜乐、安慰和盼望，使我们心理刚强

How to maintain mental wellness?

如何保持心理健康？

44 Now all who believed were together, and had all things in common, **45** and sold their possessions and goods, and divided them among all, **as anyone had need.** **46** So **continuing daily with one accord** in the temple, and breaking bread from house to house, they ate their food **with gladness and simplicity of heart,** **47** praising God and **having favor with all the people.** And the Lord added to the church daily those who were being saved.

Acts
使徒行传
2:44-47

How to maintain mental wellness?

如何保持心理健康？

44 信的人都在一处，凡物公用，⁴⁵ 并且卖了田产、家业，照各人所需用的分给各人。⁴⁶ 他们天天同心合意恒切地在殿里，且在家中擘饼，存着欢喜、诚实的心用饭，⁴⁷ 赞美神，得众民的喜爱。主将得救的人天天加给他们。

Acts
使徒行传
2:44-47

How to maintain mental wellness?

如何保持心理健康？

Corporate lifestyle:

团体生活方式：

3. Corporate prayer in times of need

有需要时的团体祷告

How to maintain mental wellness?

如何保持心理健康？

³⁰ Now I beg you, brethren, through the Lord Jesus Christ, and through the love of the Spirit, that you strive together with me in prayers to God for me, ³¹ that I may be delivered from those in Judea who do not believe, and that my service for Jerusalem may be acceptable to the saints, ³² that I may come to you with joy by the will of God, and may be refreshed together with you.

Romans

罗马书

15:30-32

How to maintain mental wellness?

如何保持心理健康？

³⁰弟兄们，我借着我们主耶稣基督，又借着圣灵的爱，劝你们与我一同竭力，为我祈求神，³¹叫我脱离在犹太不顺从的人，也叫我为耶路撒冷所办的捐项可蒙圣徒悦纳，³²并叫我顺着神的旨意，欢欢喜喜地到你们那里，与你们同得安息。

Romans

罗马书

15:30-32

Strategy to maintain mental health:

保持心理健康的策略:

1. Do not lose heart and hope

不要灰心失望

2. Fix your eyes upon Jesus

定睛仰望耶稣

3. Humble yourself and cast all
your care upon Him

谦卑自己, 将一切的忧虑卸给祂

Summary

总结

Strategy to maintain mental health: 保持心理健康的策略:

- 4. Praise, thank and worship God**
赞美、感谢、敬拜神
- 5. Seek fellowship, join corporate prayer and worship**
寻求交通, 参与团体祷告和敬拜
- 6. Look to God, only He can heal your soul**
仰望神, 只有祂能治愈你的魂

Summary
总结

Memory Verses 背诵经节 (01-10-2023)

2 Corinthians 哥林多后书 4:16-18

¹⁶ Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. ¹⁷ For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, ¹⁸ while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

Memory Verses 背诵经节 (01-10-2023)

2 Corinthians 哥林多后书 4:16-18

¹⁶ 所以我们不丧胆，外体虽然毁坏，内心却一天新似一天。¹⁷ 我们这至暂至轻的苦楚，要为我们成就极重无比、永远的荣耀。¹⁸ 原来我们不是顾念所见的，乃是顾念所不见的，因为所见的是暂时的，所不见的是永远的。