

05.11.2023
2023年11月5日

Lord's Day Meeting

主日聚会

¹ Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, ² looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

HEBREWS 希伯来书 12:1-2

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，² 仰望为我们信心创始成终的耶稣。祂因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。

HEBREWS 希伯来书 12:1-2

**There's a race for us to run –
Hallelujah,
And a way for us the race to win.
To all those who have begun –
Hallelujah,
God has spoken, "Look away to Him!"**

**Look away! O look away!
Look to Jesus now today!
Look away from everything unto
Jesus,
Look away from everything to Him!**

**我们有当跑的路, 阿利路亚!
应当一路跑尽, 莫停下!
对所有在跑的人, 阿利路亚!
神说, “当望断以及于祂!”**

**当望断以及于祂!
一路跑尽, 莫停下!
望断一切身外物, 注视耶稣,
当望断一切以及于祂!**

HYMN 诗歌 615 (1/5)

**Look away from all around –
Hallelujah,
Look away from all the strife and din;
Look away where peace is found –
Hallelujah,
Look away from everything to Him.**

**望断周遭的事务, 阿利路亚!
应当望断扰嚷和挣扎;
专一注视安息主, 阿利路亚!
当望断一切以及于祂!**

**Look away! O look away!
Look to Jesus now today!
Look away from everything unto
Jesus,
Look away from everything to Him!**

**当望断以及于祂!
一路跑尽, 莫停下!
望断一切身外物, 注视耶稣,
当望断一切以及于祂!**

HYMN 诗歌 615 (2/5)

**Look away from fickle soul –
Hallelujah,
Look away from failing self within;
Look away toward the goal –
Hallelujah,
Look away from everything to Him.**

**Look away! O look away!
Look to Jesus now today!
Look away from everything unto
Jesus,
Look away from everything to Him!**

望断起伏的心绪, 阿利路亚!
别管你自己的好或差;
专一注视那标杆, 阿利路亚!
当望断一切以及于祂!

当望断以及于祂!
一路跑尽, 莫停下!
望断一切身外物, 注视耶稣,
当望断一切以及于祂!

HYMN 诗歌 615 (3/5)

**Look away from all the past –
Hallelujah,
Look away from both the good and
sin;
To the living One hold fast – Hallelujah,
Look away from everything to Him.**

望断背后的一切, 阿利路亚!
或好、或坏, 完全不管它;
持守那位活的主, 阿利路亚!
当望断一切以及于祂!

**Look away! O look away!
Look to Jesus now today!
Look away from everything unto
Jesus,
Look away from everything to Him!**

当望断以及于祂!
一路跑尽, 莫停下!
望断一切身外物, 注视耶稣,
当望断一切以及于祂!

HYMN 诗歌 615 (4/5)

**Look away into His face –
Hallelujah,
He who'll finish what He did begin.
O what grace to run the race –
Hallelujah –
We obtain by looking off to Him!**

**Look away! O look away!
Look to Jesus now today!
Look away from everything unto
Jesus,
Look away from everything to Him!**

**专一注视祂荣脸, 阿利路亚!
祂乃是阿拉法、俄梅夏;
领受恩典向前跑, 阿利路亚!
当望断一切以及于祂!**

**当望断以及于祂!
一路跑尽, 莫停下!
望断一切身外物, 注视耶稣,
当望断一切以及于祂!**

HYMN 诗歌 615 (5/5)

**On that same night, Lord Jesus,
When all around Thee joined
To cast its darkest shadow
Across Thy holy mind,
We hear Thy voice, blest Savior,
"This do, remember Me",
With grateful hearts responding,
We do remember Thee.**

主耶稣，当那晚间，
世人在祢旁边，
用尽黑暗的工夫，
叫祢圣心受苦；
那时，祢对我们说：
“如此行，纪念我；”
我们听话今聚集，
为的来纪念祢。

HYMN 诗歌 258 (1/5)

**The depth of all Thy suffering
No heart could e'er conceive,
The cup of wrath overflowing
For us Thou didst receive;
And, oh, of God forsaken
On the accursed tree;
With grateful hearts, Lord Jesus,
We now remember Thee.**

**忿怒的杯何等苦！
但祢为我们茹；
死亡的浸何等深！
但祢为我们沉；
可怜祢在髑髅地，
竟被父神离弃；
主，我们满心感激，
不能不纪念祢。**

HYMN 诗歌 258 (2/5)

**We think of all the darkness
Which round Thy spirit pressed,
Of all those waves and billows,
Which rolled across Thy breast.
Oh, there Thy grace unbounded
And perfect love we see;
With joy and sorrow mingling,
We would remember Thee.**

我想当日的幽冥，
怎样攻逼祢灵；
又想洪涛和波澜，
怎样将祢冲漫；
但在那里，我看见
祢的恩爱无限；
主，我们忧喜交集，
现在来纪念祢。

HYMN 诗歌 258 (3/5)

**We know Thee now as risen,
The Firstborn from the dead;
We see Thee now ascended,
The Church's glorious Head.
In Thee by grace accepted,
The heart and mind set free
To think of all Thy sorrow,
And thus remember Thee.**

我们知祢已复活，
作死人初熟果；
我们见祢坐父右，
作教会荣耀头。
我们因祢蒙悦纳，
身、心都得救拔；
不然怎会想慕祢，
这样来纪念祢？

HYMN 诗歌 258 (4/5)

**Till Thou shalt come in glory,
And call us hence away,
To rest in all the brightness
Of that unclouded day,
We show Thy death, Lord Jesus,
And here would seek to be
More to Thy death conformed,
While we remember Thee.**

祢若尚未得荣来，
接我免去大灾，
叫我与祢永同在，
安息直到万代；
我还要效法祢死，
还要表明祢死，
还要竭力敬爱祢，
还要来纪念祢。

HYMN 诗歌 258 (5/5)

**The steadfast love of the Lord
never ceases,
His mercies never come to an end.
They are new ev'ry morning,
new ev'ry morning,
Great is Thy faithfulness, O Lord,
Great is Thy faithfulness, O Lord,
Great is Thy faithfulness.**

主那坚定的爱永远不止息，
祂的怜悯也绝无终极。
每早晨都是新鲜，
每早晨新鲜，
祢的信实不变， 哦主，
祢的信实不变， 哦主，
祢的信实不变！

HYMN 诗歌 21

**Gracious God, we worship Thee,
Rev'rently we bow the knee;
Jesus Christ, our only plea:
Father, we adore Thee.**

父神，我今敬拜祢，
恭敬向祢来顶礼；
借着基督作我祭：
父啊，我敬拜祢。

HYMN 诗歌 25 (1/5)

**Vast Thy love, how deep, how wide,
In the gift of Him who died;
Righteous claims all satisfied:
Father, we adore Thee.**

祢爱浩大，何深阔，
借着祂死临及我；
公义要求已通过：
父啊，我敬拜祢。

HYMN 诗歌 25 (2/5)

**Low we bow before Thy face,
Sons of God, O wondrous place;
Great the riches of Thy grace:
Father, we adore Thee.**

原是罪人何污秽，
今成神子何尊贵！
何等丰厚的恩惠：
父啊，我敬拜祢。

HYMN 诗歌 25 (3/5)

**By Thy Spirit grant that we
Worshipers in truth may be;
Praise, as incense sweet to Thee:
Father, we adore Thee.**

今在灵中敬拜祢，
并以基督为实际；
对祢，祂是馨香祭：
父啊，我敬拜祢。

HYMN 诗歌 25 (4/5)

**Yet again our song we raise,
Note of deep adoring praise;
Now, and soon through endless days:
Father, we adore Thee.**

我愿向祢再献上
深处感戴的颂扬；
颂扬祢爱永无疆：
父啊，我敬拜祢。

HYMN 诗歌 25 (5/5)

Lord's Day Meeting

主日聚会

Date 日期: 12/11/2023

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

4:20-5:5

2023 EVENTS SCHEDULE

2023年活动表

No.	Date 日期	Event 活动	Attendees 出席者
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

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，²仰望为我们信心创始成终的耶稣。祂因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。³那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

希伯来书
Hebrews
12:1-3

¹ Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, ² looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

希伯来书
Hebrews
12:1-3

3 For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.

希伯来书
Hebrews
12:1-3

主题
Theme

奔那摆在
我们前头的路程
Run the Race
that is Set before Us

1. 赛跑的结果：一人得冠冕，其他人得不到冠冕

The outcome of a race: one obtains the crown, others do not

24 岂不知在场上赛跑的都跑，但得奖赏的只有一人？你们也当这样跑，好叫你们得着奖赏。25 凡较力争胜的，诸事都有节制。他们不过是要得能坏的冠冕，我们却是要得不能坏的冠冕。

哥林多前书

1 Corinthians

9:24-25

1. 赛跑的结果：一人得冠冕，其他人得不到冠冕

The outcome of a race: one obtains the crown, others do not

24 Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. ²⁵ And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.

哥林多前书

1 Corinthians

9:24-25

2. 有许多的见证人 There are many witnesses

³⁹ 这些人都是因信得了美好的证据, 却仍未得着所应许的。⁴⁰ 因为神给我们预备了更美的事, 叫他们若不与我们同得, 就不能完全。

³⁹ And all these, having obtained a good testimony through faith, did not receive the promise, ⁴⁰ God having provided something better for us, that they should not be made perfect apart from us.

希伯来书
Hebrews
11:39-40

3. 放下各样的重担 **Laying aside every weight**

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。

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.

马可福音

Mark

4:19

4. 脱去容易缠累我们的罪

Laying aside the sin which so easily ensnares us

摩西的榜样 The example of Moses

他宁可和神的百姓同受苦害，也不愿暂时享受罪中之乐。

Choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin,

希伯来书
Hebrews
11:25

5. 存心忍耐 Having endurance

保罗的榜样 The example of Paul

¹² 这不是说我已经得着了，已经完全了，我乃是竭力追求，或者可以得着基督耶稣所以得着我的。¹³ 弟兄们，我不是以为自己已经得着了，我只有一件事，就是忘记背后，努力面前的，¹⁴ 向着标竿直跑，要得神在基督耶稣里从上面召我来得的奖赏。

腓立比书
Philippians
3:12-14

5. 存心忍耐 Having endurance

保罗的榜样 The example of Paul

¹² Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. ¹³ Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus.

腓立比书
Philippians
3:12-14

6. 奔那摆在我们前头的路程
Run the race that is set before us

人若在地上比武，非按规矩，就不能得冠冕。

And also if anyone competes in athletics, he is not crowned unless he competes according to the rules.

提摩太后书
2 Timothy
2:5

7. 仰望为我们信心创始成终的耶稣

Looking unto Jesus, the author and finisher of our faith

8. 祂因那摆在前面的喜乐

For the joy that was set before Him

主耶稣的榜样

The example of the Lord Jesus

主人说：‘好，你这又良善又忠心的仆人，你在不多的事上有忠心，我要把许多事派你管理。可以进来享受你主人的快乐！’

His lord said to him, ‘Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’

马太福音
Matthew
25:21

9. 就轻看羞辱，忍受十字架的苦难

He endured the cross, despising the shame

10. 便坐在神宝座的右边

He has sat down at the right hand of the throne of God

11. 那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心

Consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls

**Just a few more miles, beloved!
And our feet shall ache no more;
No more sin, and no more sorrow,
Hush thee, Jesus went before;
And I hear Him sweetly whispering,
"Faint not, fear not, still press on,
For it may be ere tomorrow,
The long journey will be done."**

**不过，再过几里，朋友！
腿要不酸、身不累，
不再有罪、不再有忧，
主要擦干你眼泪；
听祂正用柔声说道：
“勿恐，勿馁，仍力前，
因为也许明朝未到，
旅程就已到终点。”**

HYMN 诗歌 551 (8/8)

Memory Verses 背诵经节 (05-11-2023)

希伯来书 Hebrews 12:1-3

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