

11.05.2025
2025年5月11日

Time 时间: 10.00am (早上)

Lord's Day Meeting

主日聚会

**As the deer panteth for the water,
So my soul longeth after Thee.
You alone are my heart's desire,
And I long to worship Thee.**

Chorus:

**You alone are my strength, my shield;
To You alone may my spirit yield.
You alone are my heart's desire,
And I long to worship Thee.**

如鹿切慕溪水的心怀，
哦神，我切慕要祢。
惟有祢是我的心所爱，
我渴慕来敬拜祢。

和：

祢是我的力量、盾牌，
我的灵单单降服于祢。
惟有祢是我心所爱，
我渴慕来敬拜祢。

HYMN 诗歌 360 (1/3)

**You're my friend and You are my brother,
Even though You are a King.
I love You more than any other,
So much more than anything.**

Chorus:

**You alone are my strength, my shield;
To You alone may my spirit yield.
You alone are my heart's desire,
And I long to worship Thee.**

主，祢是我友，我的弟兄，
虽然祢也是君王。

我的心爱祢，为祢心倾，
胜过其他的对象。

和：

祢是我的力量、盾牌，
我的灵单单降服于祢。
惟有祢是我心所爱，
我渴慕来敬拜祢。

HYMN 诗歌 360 (2/3)

**I want You more than gold or silver,
Only You can satisfy.**

**You alone are the real joy giver,
And the apple of my eye.**

Chorus:

**You alone are my strength, my shield;
To You alone may my spirit yield.
You alone are my heart's desire,
And I long to worship Thee.**

**宁舍金银, 为将祢得着,
惟有祢满足我心。**

**惟有祢能赐真实喜乐,
是我眼中的瞳人。**

和:

**祢是我的力量、盾牌,
我的灵单单降服于祢。
惟有祢是我心所爱,
我渴慕来敬拜祢。**

HYMN 诗歌 360 (3/3)

**Oh, how glorious is Thy table, Lord,
Thou, the Man, our Host, presiding,
In Thy house, Thy home, abiding;
Oh, how glorious is Thy table, Lord!
Hallelujah! Hallelujah!
Hallelujah for this feast!
Hallelujah, Hallelujah!
Oh, how glorious is Thy table, Lord!**

**哦主，祢筵席何等荣耀！
我们蒙召与祢坐席，
永远与祢住父家里。
哦，主，祢筵席何等荣耀！
阿利路亚！阿利路亚！
阿利路亚！何等筵席！
阿利路亚！阿利路亚！
哦，主，祢筵席何等荣耀！**

HYMN 诗歌 253 (1/6)

**How enjoyable Thy table, Lord!
As we fellowship around it,
Hallelujah, we have found it,
How enjoyable Thy table, Lord!
Hallelujah! Hallelujah!
Hallelujah for this feast!
Hallelujah, Hallelujah!
Oh, how glorious is Thy table, Lord!**

**哦, 主, 祢筵席何等享受!
环绕祢桌交通自由,
阿利路亚! 寻见所求。
哦, 主, 祢筵席何等享受!
阿利路亚! 阿利路亚!
阿利路亚! 何等筵席!
阿利路亚! 阿利路亚!
哦, 主, 祢筵席何等荣耀!**

HYMN 诗歌 253 (2/6)

**Oh, how precious is Thy table, Lord –
Bread and wine Thy death
announcing;
Here our soul-life we're renouncing,
By partaking of Thy table, Lord.
Hallelujah! Hallelujah!
Hallelujah for this feast!
Hallelujah, Hallelujah!
Oh, how glorious is Thy table, Lord!**

**哦, 主, 祢筵席何等宝贝!
饼杯陈明祢的受死,
魂生命今舍弃在此。
主, 乃借着吃喝祢筵席。
阿利路亚! 阿利路亚!
阿利路亚! 何等筵席!
阿利路亚! 阿利路亚!
哦, 主, 祢筵席何等荣耀!**

HYMN 诗歌 253 (3/6)

**How significant Thy table, Lord –
We Thy Body in the loaf seen,
Object of Thy love bespeaking;
How significant Thy table, Lord!
Hallelujah! Hallelujah!
Hallelujah for this feast!
Hallelujah, Hallelujah!
Oh, how glorious is Thy table, Lord!**

**主，祢筵席何等有意义！
饼指我们是祢身体，
这乃是祢爱的标记。
主，祢筵席何等有意义！
阿利路亚！阿利路亚！
阿利路亚！何等筵席！
阿利路亚！阿利路亚！
哦，主，祢筵席何等荣耀！**

HYMN 诗歌 253 (4/6)

**How refreshing is Thy table, Lord –
So completely satisfying,
Day by day our need supplying;
How refreshing is Thy table, Lord.
Hallelujah! Hallelujah!
Hallelujah for this feast!
Hallelujah, Hallelujah!
Oh, how glorious is Thy table, Lord!**

**主, 祢筵席使我们舒畅!
多么使人心满意足,
每日所需供应充足。
主, 祢筵席使我们舒畅!
阿利路亚! 阿利路亚!
阿利路亚! 何等筵席!
阿利路亚! 阿利路亚!
哦, 主, 祢筵席何等荣耀!**

HYMN 诗歌 253 (5/6)

**How encouraging Thy table, Lord –
"Till He come," its promise giving
Hope, to fill our daily living;
How encouraging Thy table, Lord!
Hallelujah! Hallelujah!
Hallelujah for this feast!
Hallelujah, Hallelujah!
Oh, how glorious is Thy table, Lord!**

**主, 祢筵席真鼓励我们!
照祢应许直等祢来,
日常生活盼望满怀。
主, 祢筵席真鼓励我们!
阿利路亚! 阿利路亚!
阿利路亚! 何等筵席!
阿利路亚! 阿利路亚!
哦, 主, 祢筵席何等荣耀!**

HYMN 诗歌 253 (6/6)

**“Abba, Father,” we approach Thee
In our Savior's precious name.
We, Thy children, here assembling,
Now the promised blessing claim.
From our guilt His blood has
washed us,
'Tis thro' Him our souls draw nigh,
And Thy Spirit too has taught us
“Abba, Father,” thus to cry.**

**阿爸，父啊，我们现在
因主到祢面前来；
祢的儿女到此聚集，
愿得应许的福气。
祂的宝血已洗我们，
我们借祂来得恩；
祢灵也已指教我们
呼喊阿爸，近祢身。**

HYMN 诗歌 27 (1/4)

**Once as prodigals we wandered,
In our folly, far from Thee;
But Thy grace, o'er sin abounding,
Rescued us from misery.
Clothed in garments of salvation
At Thy table is our place;
We rejoice, and Thou rejoicest,
In the riches of Thy grace.**

我们从前好像浪子，
离祢流荡真无知；
但祢的恩比罪更多，
拯救我们脱灾祸。
给我们穿救恩衣裳，
给我们坐祢席上；
我们快乐，祢也欢喜，
因祢恩典深无比。

HYMN 诗歌 27 (2/4)

**Thou the prodigal hast pardoned,
“Kissed us” with a Father's love;
“Killed the fatted calf,” and made us
Fit Thy purpose to approve.
“It is meet,” we hear Thee saying,
“We should merry be and glad;
I have found My once-lost children,
Now they live who once were dead.”**

**祢用为父的爱亲嘴，
表明祢赦浪子罪；
祢宰肥犊，祢使我们
永远与祢不再分。
“我们理当欢喜快乐，”
我们听祢如此说：
“因我儿子死而复活，
曾经失去又得着。”**

HYMN 诗歌 27 (3/4)

**“Abba, Father,” we adore Thee,
While the hosts in heaven above
E'en in us now learn the wonders
Of Thy wisdom, grace, and love.
Soon before Thy throne assembled,
All Thy children shall proclaim
Abba's love as shown in Jesus,
And how full is Abba's name!**

阿爸，父啊，我称颂祢，
因祢慈爱真希奇！
天上天军因着我们，
也要希奇祢大恩。
不久我们都要聚集，
在祢座前来温习：
阿爸的爱何等丰富！
阿爸的名何宽恕！

HYMN 诗歌 27 (4/4)

Lord's Day Meeting 主日聚会

Date 日期: 18/05/2025

Time 时间: 10.00am (早上)

Time 时间: 2.00pm (下午)

Message 信息

**Matthew 马太福音
6:19-34**

**Seek God First
先寻求神**

Announcements 报告

¹ Take heed that you do not do your charitable deeds before men, to be seen by them. Otherwise you have no reward from your Father in heaven. ² Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Assuredly, I say to you, they have their reward. ³ But when you do a charitable deed, do not let your left hand know what your right hand is doing, ⁴ that your charitable deed may be in secret; and your Father who sees in secret will Himself reward you openly.

Matthew 马太福音 6:1-4

Matthew 马太福音 6:1-7, 16-18

⁵ And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. ⁶ But you, when you pray, go into your room, and when you have shut your door, pray to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly. ⁷ And when you pray, do not use vain repetitions as the heathen *do*. For they think that they will be heard for their many words.

Matthew 马太福音 6:5-7

Matthew 马太福音 6:1-7, 16-18

¹⁶ Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

Matthew 马太福音 6:16-18

¹你们要小心,不可将善事行在人的面前,故意叫他们看见。若是这样,就不能得你们天父的赏赐了。²所以,你施舍的时候,不可在你面前吹号,像那假冒为善的人在会堂里和街道上所行的,故意要得人的荣耀。我实在告诉你们:他们已经得了他们的赏赐。³你施舍的时候,不要叫左手知道右手所做的,⁴要叫你施舍的事行在暗中,你父在暗中察看,必然报答你。⁵你们祷告的时候,不可像那假冒为善的人,爱站在会堂里和十字路口上祷告,故意叫人看见。我实在告诉你们:他们已经得了他们的赏赐。⁶你祷告的时候,要进你的内屋,关上门,祷告你在暗中的父,你父在暗中察看,必然报答你。⁷你们祷告,不可像外邦人用许多重复话,他们以为话多了必蒙垂听。

Matthew 马太福音 6:1-7

Matthew 马太福音 6:1-7, 16-18

¹⁶ 你们禁食的时候，不可像那假冒为善的人，脸上带着愁容，因为他们把脸弄得难看，故意叫人看出他们是禁食。我实在告诉你们：他们已经得了他们的赏赐。¹⁷ 你禁食的时候，要梳头洗脸，¹⁸ 不叫人看出你禁食来，只叫你暗中的父看见，你父在暗中察看，必然报答你。

Matthew 马太福音 6:16-18

Matthew 马太福音 6:1-7, 16-18

Honor Our Heavenly Father

尊荣我们的天父

Theme 主题

Recap 回顾

Jesus came to fulfill the Law and the Prophets (Matt 5:17)

耶稣来是要成全律法和先知(太5:17)

Jesus taught that our righteousness must surpass that of the Pharisees and the teachers of the law (Matt 5:20)

耶稣教导我们的义必须胜于法利赛人和律法教师的义(太5:20)

Jesus deals with different aspects of morality (Matt 5:21-48)

耶稣论到道德的不同方面(太5:21-48)

Questions 问题

Why was Jesus teaching about giving, praying, and fasting?

耶稣为何教导关乎施舍、祷告和禁食？

Why did Jesus teach that we should do these in secret so that we are rewarded by the Father?

耶稣为何教导我们应在暗中行这些事，以得父的赏赐？

What do all these have to do with me?

这一切与我有何相干？

Why was Jesus teaching about giving, praying, and fasting?

耶稣为何教导关乎施舍、祷告和禁食？

Be careful not to **practice your righteousness** in front of **others** to be seen by them. If you do, you will have no reward from your **Father** in heaven. (NIV)

你们小心，不要在**众人**面前**行你们的义**，让他们看见；如果这样，就得不到你们天**父**的赏赐。（新译本）

Matthew 马太福音 6:1

Giving to others 施舍与人

Both the Old Testament (Lev 25:35) and New Testament (James 2:15-16; 1 John 3:17) teach us to give to those in need. But how did the Pharisees and scribes twist God's command?
旧约(利25:35)和新约(雅2:15-16; 约壹3:17)都教导我们要帮助缺乏者。但法利赛人和文士如何曲解神的命令?

Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, (Matt 6:2a)

所以,你施舍的时候,不可在你面前吹号,像那假冒为善的人在会堂里和街道上所行的,(太6:2上)

Praying to God 向神祷告

Likewise, how did the Pharisees and scribes change the way prayers were made?

同样，法利赛人和文士如何改变祷告方式？

... For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men.

.....假冒为善的人，爱站在会堂里和十字路口上祷告，故意叫人看见。

Matthew 马太福音 6:5a上

Praying to God 向神祷告

And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

你们祷告,不可像外邦人用许多重复话,他们以为话多了必蒙垂听。

Matthew 马太福音 6:7

Fasting 禁食

On the Day of Atonement, the Israelites were commanded to afflict their souls and fast (Lev 16:29; Num 29:7).

以色列人奉命在赎罪日刻苦己心和禁食(利16:29; 民29:7)。

In the New Testament, the early church practiced fasting with prayer (Acts 13:2; 14:23). So did the apostle Paul (2 Cor 6:5).

在新约, 早期教会实行禁食祷告(徒13:2; 14:23)。

使徒保罗也是如此(林后6:5)。

Fasting 禁食

But the Pharisees and scribes made a show of their fasting – going around with a sad countenance and disfigured faces.

但法利赛人和文士的禁食则是作秀——脸上带着愁容，把脸弄得难看到处走动。

Why was Jesus teaching about giving, praying, and fasting?

耶稣为何教导关乎施舍、祷告和禁食？

Jesus exposed the Pharisees' and teachers of the law's hypocrisy in their practice of religion.

耶稣揭露了法利赛人和律法教师在宗教实践中的虚伪。

Jesus called them “hupokritēs” – it is classical Greek for an actor on a stage who masks his real identity and assumes a role.

耶稣称他们为“hupokritēs”——这是一个古希腊词，意指一个在舞台上伪装真实身份、扮演角色的演员。

Why was Jesus teaching about giving, praying, and fasting?

耶稣为何教导关乎施舍、祷告和禁食？

Each of these religious acts outwardly seemed to be towards God but in reality, they were all a pretense.

这些宗教行为表面上看似似乎都是向着神，但实际上它们都是伪装。

They had the wrong motivations in giving, praying, and fasting because their goal was to gain the esteem of men.

他们施舍、祷告和禁食的动机错误，因他们的目标是得到人们的尊敬。

**Why did Jesus teach that we should do these
in secret so that we are rewarded by the Father?**
耶稣为何教导我们应在暗中行这些事，以得父的赏赐？

Was Jesus contradicting Himself?
耶稣是否自相矛盾？

**Let your light so shine before men, that they may see your
good works and glorify your Father in heaven.**
**你们的光也当这样照在人前，叫他们看见你们的好行为，
便将荣耀归给你们在天上的父。**

Matthew 马太福音 5:16

**Why did Jesus teach that we should do these
in secret so that we are rewarded by the Father?**
耶稣为何教导我们应在暗中行这些事, 以得父的赏赐?

**Take heed that you do not do your charitable deeds
before men, to be seen by them. Otherwise you have
no reward from your Father in heaven.**

**你们要小心, 不可将善事行在人的面前, 故意叫他们看
见。若是这样, 就不能得你们天父的赏赐了。**

Matthew 马太福音 6:1

**Why did Jesus teach that we should do these
in secret so that we are rewarded by the Father?**
耶稣为何教导我们应在暗中进行这些事，以得父的赏赐？

**Jesus is not asking us to hide but to examine
our motives and whom we are doing it for.**

**耶稣并非要我们隐藏，而是要省察自我动机，
以及我们所行是为了谁。**

**Why did Jesus teach that we should do these
in secret so that we are rewarded by the Father?**
耶稣为何教导我们应在暗中行这些事, 以得父的赏赐?

**Jesus instructs us that we are to give
(v. 3), to pray (v. 6), and to fast (v. 17) in
an **INTENSELY GODWARD** manner.**

耶稣教导我们要以非常敬虔的方式**去
施舍(3节)、祷告(6节)并禁食(17节)。**

What do all these have to do with me?

这一切与我有何相干？

Are we like the Pharisees and teachers of the law?

我们是否像法利赛人和律法教师一样？

Are we carrying out religious routines to appear pious and holy?

我们是否为了显得虔诚和圣洁而进行例常宗教活动？

Are we just playing the role of a Christian?

我们是否只是在扮演基督徒的角色？

What do all these have to do with me?

这一切与我有何相干？

God hates hypocrisy.

神恨恶假冒为善。

Outward, superficial religious actions block us from God and His true righteousness and godliness.

外在、肤浅的宗教行为使我们与神并祂的真正公义、敬虔隔绝。

What do all these have to do with me?

这一切与我有何相干？

God hates hypocrisy.

神恨恶假冒为善

**These people draw near to Me with their mouth,
And honor Me with their lips,
But their heart is far from Me.**

这百姓用嘴唇尊敬我，
心却远离我。

Matthew 马太福音 15:8

What do all these have to do with me?

这一切与我有何相干？

We should practice these acts with a right attitude.

我们应该以正确的态度实践这些行为。

Fasting, praying, and giving are important Christian practices of righteousness – they enable us to have a proper spiritual life that honors our Father.

禁食、祷告和施舍是重要的基督徒义行——它们使我们能有尊荣父的正确属灵生活。

What do all these have to do with me?

这一切与我有何相干？

Fasting is towards our self – to deny our flesh and self

禁食是向着我们的己——以否认我们的肉体 and 己

Fasting often drives us to pray

禁食常常驱使我们祷告

What do all these have to do with me?

这一切与我有何相干？

Andrew Murray wrote:

“Prayer is one hand with which we grasp the invisible; fasting the other, with which we let loose and cast away the visible.”

慕安德烈写道：

“祷告是我们抓住看不见之事物的一只手；而禁食则是我们松开和抛弃看得见之事物的另一只手。”

What does it have to do with me?

它与我有何相干？

**And there is no creature hidden from His sight,
but all things are naked and open to the eyes of
Him to whom we must give account.**

并且被造的没有一样在祂面前不显然的，原来万物在那与我们有关系的主眼前，都是赤露敞开的。

Hebrews 希伯来书 4:13

What does it have to do with me?

它与我有何相干？

So likewise you, when you have done all those things which you are commanded, say, ‘We are unprofitable servants. We have done what was our duty to do.’

这样，你们做完了一切所吩咐的，只当说：‘我们是无用的仆人，所做的本是我们应分做的。’

Luke 路加福音 17:10

Memory Verse 背诵经节 (11-05-2025)

Matthew 马太福音 6:1

Take heed that you do not do your charitable deeds before men, to be seen by them. Otherwise you have no reward from your Father in heaven.

你们要小心，不可将善事行在人的面前，故意叫他们看见。若是这样，就不能得你们天父的赏赐了。