

雙語聖經 Bilingual Group 悅讀會

讚美的重要性 The Importance of Praise

(第一次讀書活動)

書名：讚美手札 31 Days of Praise

日期：101年10月02日 地點：銘傳一周辦公室

出席人：艾麗蓮、賈文玉、邱華英、宋美錦、陳美霞、洪靜嫻

【讀書心得 / 討論內容】

Outline 故事大綱：

為了使我們在讚美的旅程上堅持不懈，讓我們進一步看看讚美的重要性。神的話很清楚的說明，為什麼讚美不只是義務，也不只是與同行時的餘興節目，為什麼它不是可有可無的選擇，而是絕對必須的要素。假使我發現在讚美之途停滯不前，就不妨回到這個部分，讓主重新激勵我們

To assure a stick-to-it-iveness in our praise adventure, we are taking a further look at the importance of praise. God's Word gives still more reasons why praise is more than an obligation, more than a pleasant extra in our walk with God; why it is not optional, but essential. If we find ourselves lagging in our praise journey, these pages are allowing the Lord to re-motivate us.

這本書評論墮落世界中的現實生活，包括令人失望的人際關係、無法實現的願望與殘破的夢，當你身心遭遇痛苦，混亂之際，讚美能幫助你從一個正面的角度來看事情。帶來的結果是面對憂傷的事卻在讚美喜樂中，與神有更深的互相契合。出於真心讚美，本身就成了一個祝福。

This book deals with the realities of living a fallen world with its disappointing relationships, unfulfilled longings, and shattered dreams. It meets use in the midst of pain and turmoil and enables us to see these things from a perspective that is true. As a result, even in the face of heartache, there is praise and the joy of a deeper intimacy

with God. Praise itself becomes a blessing that is real.

Reflections 個人心得：

我們應當靠著耶穌，常常以頌讚為祭，獻給神，這就是那承認主名之人嘴唇的果子。(希伯來書十三章 15 節)

“By Him, Jesus, therefore, let us offer the sacrifice praise to God continually. That is the fruit of our lips giving thanks to His name.” (Hebrews 13:15)

要被聖靈充滿，當用詩章、頌詞、靈歌，彼此對說，口唱心和的讚美主；凡事要奉我主耶穌基督的名，常常感謝父神。(以弗手書五章 18~20 節)

“Be filled with the Spirit, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.” (Ephesians 5:18-20)

雙語聖經 Bilingual Group 悅讀會

培養讚美的生活方式
A Lifestyle of Praise

(第二次讀書活動)

書名：讚美手札 31 Days of Praise

日期：101年12月04日 地點：銘傳一周辦公室

出席人：艾麗蓮、賈文玉、邱華英、宋美錦、陳美霞、
洪靜嫻

【讀書心得 / 討論內容】

Outline 故事大綱：

這本小書中的三十一天讚美，是用來幫助你不論在順境或逆境都讚美感謝神。協助你養成凡事謝恩的習慣並培養出讚美的生活方式。

The thirty-one days of praise in this booklet are designed to help us praise and give thanks both in our times of blessing and in our time of trial. These praise pages expand our praise life and help us develop the practice of “giving thanks always for all things”. They help us cultivate a lifestyle of praise.

讚美是頌讚神之所是與所為。讚美可以在安靜默想中表達，也可以在主的威嚴、榮光、至高的權柄、無限的大能與我們所不配得的豐盛大愛中，歡然慶賀。在讚美中，我們頌揚神的奇妙，高舉祂，並尊榮祂。讚美不僅是向著神說，也是向其他人大大宣揚神的作為。

In praise, we admire God for who He is and what He does. Praise can be quiet and meditative. But it can also include celebrating and exulting in the Lord's majesty and splendor, His sovereignty, His limitless power, and His bountiful love—which we do not in the least deserve. In praise, we extol our wonderful God; we exalt and magnify Him. Praise includes speaking highly of God to other people, as well as directly to Him.

本書將發現讚美神是一個令人興奮的經歷，有許多附帶的效益。讚美的篇章幫助你正視生活中的困難，更重要的是，它們能加深你對神的體驗，認識祂是何等奇妙、慈愛，多麼能滿足你的心，而且滿足你最深的需要。

Praising God is an exciting adventure that yields rich dividends. The praise readings help us make sense out of the hard realities of life. And-- best of all—they deepen your experience of how vastly wonderful God is...how loving...how able to satisfy your heart and meet your deepest needs.

Reflections 個人心得：

讚美就像魔術一般，如果你隨時給你的家人或其他人一些讚美，將帶給他們信心且更有力量去完成他們的任務。所以我們要學會讚美每個人，那會帶給他們快樂，也能讓他們成為一個更有成就的人。

Praise is like magic. If you give your family or other people some praise at any time, you will make them have confidence and more power to finish their job. So we must learn to praise everybody; that can make them happy. Maybe praise can let them become a more successful person, too.

神愛世人，所以祂樂見大家隨時隨地彼此讚美。

God loves everybody. So He will be glad to see everybody praise each other at every time, everywhere.

雙語聖經 Bilingual Group 悅讀會

耶穌邀請我們親近祂
Jesus invites us to be
close to Him

(第三次讀書活動)

書名：永不離棄的愛人 Relentless Lover

日期：101年12月31日 地點：銘傳一周辦公室

出席人：艾麗蓮、賈文玉、邱華英、宋美錦、陳美霞、
洪靜嫻

【讀書心得 / 討論內容】

Outline 大綱：

聖經，這部神所默示，於教訓、督責、使人歸正、教導人學義，都是有益的。也是在全世界上被譯成最多種文字，流傳最廣的書。上帝用聖經的文字向世人啓示祂自己，清清楚楚明明白白地告訴我們，因信耶穌基督就有得救的智慧和永遠的生命。

The Bible, this God-given inspired word, is useful for teaching, rebuking, correcting and training in righteousness, and is beneficial to us. Around the world, it has been translated into the most languages of any publication, the most widely circulated book. The text of the Bible is God revealing Himself clearly to the world, telling us plainly the wisdom for salvation through faith in Jesus Christ and eternal life.

在約翰福音第六章 25-59 節，耶穌懇切地說他自己是誰？從哪裡來？要到哪裡去？他要與我們建立最親密的關係；他要成為我們最親密的朋友；他能賜給我們最寶貴的禮物。

In verses 25-59 in the sixth chapter of John, Jesus earnestly asks who do you say I am? Where do I come from? Where am I going? He wants us to build the most intimate relationship with Him; to become closest friends with Him; He can give us the most precious gift.

不要為那必壞的食物勞力，要為那存到永遠的食物勞力，就是人子要賜給你們的，因為人子是父神所印證的。(27 節) “Let your work not be for the food which comes to an end, but for the food which goes on for eternal life, which the Son of man will give to you, for on him has God the Father put his mark.” (verse 27)

耶穌說，我實實在在地告訴你們，那從天上來的糧，不是摩西賜給你們的，乃是我父將天上來的真糧賜給你們。(32 節) “Jesus then said to them, Truly I say to you, What Moses gave you was not the bread from heaven; it is my Father who gives you the true bread from heaven.” (verse 32)

因為神的糧，就是那從天上降下來賜生命給世界的。(33 節) “The bread of God is the bread which comes down out of heaven and gives life to the world.” (verse 33)

耶穌說，我就是生命的糧，到我這裡來的、必定不餓，信我的、永遠不渴。(35 節) “And this was the answer of Jesus: I am the bread of life. He who comes to me will never be in need of food, and he who has faith in me will never be in need of drink.” (verse 35)

凡父所賜給我的人，必到我這裡來，到我這裡來的、我總不丟棄他。(37 節)

“Whatever the Father gives to me will come to me; and I will not send away anyone who comes to me.” (verse 37)

因為我父的意思，是叫一切見子而信的人得永生，並且在末日我要叫它復活。(40 節) “This, I say, is my Father's pleasure, that everyone who sees the Son and has faith in him may have eternal life: and

I will take him up on the last day.” (verse 40)

我是從天上降下來生命的糧，人若吃這糧，就必永遠活著，我所要賜的糧，就是我的肉，為世人之生命所賜的。(51 節) “I am the living bread which has come from heaven: if any man takes this bread for food he will have life for ever: and more than this, the bread which I will give is my flesh which I will give for the life of the world.” (verse 51)

耶穌說，我實實在在地告訴你們，你們若不吃人子的肉，不喝人子的血，就沒有生命在你們裡面。(53 節) “Then Jesus said to them, Truly I say to you, If you do not take the flesh of the Son of man for food, and if you do not take his blood for drink, you have no life in you.” (verse 53)

吃我肉，喝我血的人就有永生，在末日我要叫他復活。(54 節) “He who takes my flesh for food and my blood for drink has eternal life: and I will take him up from the dead at the last day.” (verse 54)

我的肉真是可吃的，我的血真是可喝的。(55 節) “My flesh is true food and my blood is true drink.” (verse 55)

吃我肉喝我血的人，常在我裡面，我也常在他裡面。(56 節) “He who takes my flesh for food and my blood for drink is in me and I in him.” (verse 56)

Report 心得：

從這章節中我們清楚地看到，上帝的獨身愛子耶穌基督降世為人的時候，就明白地告訴人們，他是父神差派他來的，為要拯救世人，為他們的罪釘死在十字架上，又為信入他的人預備了天堂，並賜給他們永生，末日要叫他們復活。

“From these verses, we clearly see that God sent His only Son Jesus Christ to the world and clearly told mankind that He was sent by His Father to save all people of the world. He was nailed to the cross for our sins and ‘for everyone who believes in Him, He has prepared a place for him in heaven and eternal life, and is going to raise us up with Him at the last day.’”

耶穌這等肯定確實的表白，實在是古今中外歷史上從所未見的，我們還有什麼道理懷疑、不信呢？認識耶穌，是我一生最美的祝福！

Jesus so certainly tells us about His salvation, in a way not seen in ancient or modern history. Would we have any reason to doubt, to disbelieve it? Know Jesus is the most beautiful blessing of my life!

為義人死，是少有的，為仁人死，或者有敢做的，唯獨基督在我們還做罪人的時候餵我們死，神的愛就在此向我們顯明了。(羅馬書 5：7-8 節)

“Now it is hard for anyone to give his life even for an upright man, though it might be that for a good man someone would give his life. But God has made clear his love to us, in that, when we were still sinners, Christ gave his life for us.” (Romans 5:7-8)