

聖經

# 經動人心

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Courage

*A Touch of Bible*

VI



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◎所有經文根據\*口述版，以廣東話或普通話演繹◎

\*口述版一經文主要按「現代中文譯本」編寫，使用了「新標點和合本」的地方以劃線為標記，而另行增加的字眼，以 [方括號] 表明，目的是讓上文下理更清晰、易明。



# 經動人心

VI

*The Touch of Bible*

傾聽創造主對你生命的旨意……

「我豈沒有吩咐你嗎？你當剛強壯膽！不要懼怕，也不要驚惶，

因為你無論往那裏去，耶和華你的神必與你同在。」

〔約書亞記 1：9〕



# 1 認定上帝 Knowing God

## 新標點和合本

1. 你們不要恐懼，也不要害怕。我豈不是從上古就說明指示你們嗎？並且你們是我的見證！除我以外，豈有真神嗎？誠然沒有磐石，我不知道一個！〈賽44:8〉
2. 我豈沒有吩咐你嗎？你當剛強壯膽！不要懼怕，也不要驚惶；因為你無論往哪裏去，耶和華—你的上帝必與你同在。」〈書1:9〉
3. 敬畏耶和華是知識的開端；愚妄人藐視智慧和訓誨。〈箴1:7〉
4. 我聽見在天上有大聲音說：「我上帝的救恩、能力、國度，並他基督的權柄，現在都來到了！〈啟12:10a〉

## 口述版（根據現代中文譯本修訂）

1. 我的子民哪，不要驚慌害怕！我不是早已把古今的事都預言了嗎？你們就是我的證人。除我以外，還有別的上帝嗎？還有其他大能力的神我沒有聽見過嗎？〈賽44:8〉
2. 要記住我的命令：要堅強，要勇敢！不害怕，不沮喪；因為你無論到哪裏，我、上主—你的上帝一定與你同在。〈書1:9〉
3. 敬畏上主是智慧的開端。愚蠢的人輕視智慧，也不願意學習。〈箴1:7〉
4. 我又聽見天上有大聲音說：「現在就是上帝拯救的時刻！上帝已彰顯了他的權能和統治。他所立的基督也顯示了他的權威。」〈啟12:10a〉

## NIV (New International Version)

1. Do not tremble, do not be afraid. Did I not proclaim this and foretell it long ago? You are my witnesses. Is there any God besides me? No, there is no other Rock; I know not one.” < Isaiah 44:8 >
2. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” < Joshua 1:9 >
3. The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. < Proverbs 1:7 >
4. Then I heard a loud voice in heaven say: “Now have come the salvation and the power and the kingdom of our God, and the authority of his Messiah. < Revelation 12:10a >





5. 我要指示你們當怕的是誰：當怕那殺了以後又有權柄丟在地獄裏的。我實在告訴你們，正要怕他。〈路12:5〉
6. 那殺身體、不能殺靈魂的，不要怕他們；惟有能把身體和靈魂都滅在地獄裏的，正要怕他。〈太10:28〉
7. 我的恐懼不是因為黑暗，也不是因為幽暗蒙蔽我的臉。〈伯23:17〉
8. 他的救恩誠然與敬畏他的人相近，叫榮耀住在我們的地上。〈詩85:9〉
9. 這地的百姓，你們都當剛強做工，因為我與你們同在。這是萬軍之耶和華說的。〈該2:4b〉

5. 我要指示你們該怕的是誰：你們要怕那位奪走人的生命以後，又有權把他投入地獄的上帝。是的，我告訴你們，應該懼怕的就是他！〈路12:5〉
6. 那只能殺害肉體、卻不能殺滅靈魂的，不用害怕；要懼怕的是上帝，只有他能把人的肉體和靈魂都投進地獄。〈太10:28〉
7. 縱使黑暗弄瞎了我的眼睛，那使我懼怕的是上帝，不是黑暗。〈伯23:17〉
8. 他必定拯救敬畏他的人；他的榮耀將充滿我們的土地。〈詩85:9〉
9. 這地的人民哪，我一你們的上主再三地勸你們，你們要剛強，要努力工作，因為我一萬軍的統帥與你們同在。〈該2:4b〉

5. But I will show you whom you should fear: Fear him who, after your body has been killed, has authority to throw you into hell. Yes, I tell you, fear him. < Luke 12:5 >
6. Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. < Matthew 10:28 >
7. Yet I am not silenced by the darkness, by the thick darkness that covers my face. < Job 23:17 >
8. Surely his salvation is near those who fear him, that his glory may dwell in our land. < Psalm 85:9 >
9. Be strong, all you people of the land,' declares the Lord, 'and work. For I am with you,' declares the Lord Almighty. < Haggai 2:4b >



# 1 認定上帝 Knowing God

## 新標點和合本

10. 我必使你向這百姓成為堅固的銅牆；他們必攻擊你，卻不能勝你；因我與你同在，要拯救你，搭救你。這是耶和華說的。〈耶15:20〉
11. 你不要害怕，因為我與你同在；不要驚惶，因為我是你的上帝。〈賽41:10a〉
12. 知道公義、將我訓誨存在心中的民，要聽我言！不要怕人的辱罵，也不要因人的毀謗驚惶。〈賽51:7〉
13. 你不要害怕！因為我救贖了你。我曾提你的名召你，你是屬我的。〈賽43:1b〉

## 口述版（根據現代中文譯本修訂）

10. 我要使你在群眾面前像銅牆一樣堅強。他們攻擊你，卻不能擊敗你。我要與你同在，保護你安全。〈耶15:20〉
11. 不要怕，我與你同在；我是你的上帝，你還怕甚麼呢？〈賽41:10a〉
12. 知道甚麼是公正，心裏銘刻著我教訓的人哪，你們要聽我的話。不要怕別人的侮辱和嘲笑。〈賽51:7〉
13. 不要怕，我要保護你；我指名呼喚你，你屬於我。〈賽43:1b〉

## NIV (New International Version)

10. I will make you a wall to this people, a fortified wall of bronze; they will fight against you but will not overcome you, for I am with you to rescue and save you," declares the Lord. < Jeremiah 15:20 >
11. So do not fear, for I am with you; do not be dismayed, for I am your God. < Isaiah 41:10a>
12. "Hear me, you who know what is right, you people who have taken my instruction to heart: Do not fear the reproach of mere mortals or be terrified by their insults. < Isaiah 51:7 >
13. "Do not fear, for I have redeemed you; I have summoned you by name; you are mine. < Isaiah 43:1b >



14. 你們當剛強壯膽，不要害怕，也不要畏懼他們，因為耶和華—你的上帝和你同去。他必不撇下你，也不丟棄你。」〈申31:6〉
15. 我豈沒有吩咐你嗎？你當剛強壯膽！不要懼怕，也不要驚惶；因為你無論往哪裏去，耶和華—你的上帝必與你同在。〈書1:9〉

14. 你們當剛強壯膽，不要害怕，也不要畏懼他們，因為耶和華—你的上帝和你同去。他必不撇下你，也不丟棄你。〈申31:6〉
15. 我豈沒有吩咐你嗎？你當剛強壯膽！不要懼怕，也不要驚惶；因為你無論往哪裏去，耶和華—你的上帝必與你同在。〈書1:9〉

14. Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.” < Deuteronomy 31:6 >
15. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” < Joshua 1:9 >



## 新標點和合本

1. 你們這追求公義、尋求耶和華的，當聽我言！你們要追想被鑿而出的磐石，被挖而出的巖穴。〈賽51:1〉
2. 卻忘記鋪張諸天、立定地基、創造你的耶和華？又因欺壓者圖謀毀滅要發的暴怒，整天害怕，其實那欺壓者的暴怒在哪裏呢？〈賽51:13〉
3. 你是誰，竟怕那必死的人？怕那要變如草的世人？〈賽51:12〉

## 口述版（根據現代中文譯本修訂）

1. 上主說：希望蒙救援、尋求我幫助的人哪，你們都要聽我的話。想一想你們的源頭；想一想你們的背景。〈賽51:1〉
2. 你忘記了造你的上主嗎？是誰張開天幕？是誰立了地的根基？你為甚麼老是懼怕逼迫你的人，懼怕想毀滅你的人的怒氣呢？他們的怒氣並不能傷害你。〈賽51:13〉
3. 你為甚麼害怕必死的人呢？他們不見得比花草長命。〈賽51:12b〉

## NIV (New International Version)

1. “Listen to me, you who pursue righteousness and who seek the Lord: Look to the rock from which you were cut and to the quarry from which you were hewn; < Isaiah 51:1 >
2. that you forget the Lord your Maker, who stretches out the heavens and who lays the foundations of the earth, that you live in constant terror every day because of the wrath of the oppressor, who is bent on destruction? For where is the wrath of the oppressor? < Isaiah 51:13 >
3. Who are you that you fear mere mortals, human beings who are but grass. < Isaiah 51:12 >





4. 被擄去的快得釋放，必不死而下坑；他的食物也不致缺乏。我是耶和華—你的上帝—攪動大海，使海中的波浪匍匐—萬軍之耶和華是我的名。我將我的話傳給你，用我的手影遮蔽你，為要裁定諸天，立定地基，又對錫安說：你是我的百姓。〈賽51:14-16〉
5. 你在患難之日若膽怯，你的力量就微小。〈箴24:10〉
6. 所以，弟兄們，你們要站立得穩，凡所領受的教訓，不拘是我們口傳的，是信上寫的，都要堅守。〈帖後2:15〉

4. 被捆綁的人快要得自由了；他們將享長壽，將得飽足。我是至高上主，是你的上帝；我攪動海洋，使波浪洶湧。我的名是耶和華—萬軍的統帥。我鋪天幕，立下地的根基。我對耶路撒冷說：你是我的子民！我向你傳授教誨；我用手保護你。〈賽51:14-16〉
5. 在患難的日子膽怯，就真是弱者。〈箴24:10〉
6. 所以，弟兄姊妹們，要有堅定的信心，對我們所教導的真理，無論是傳講的或是在書信中所寫的，你們都要堅守。〈帖後2:15〉

4. The cowering prisoners will soon be set free; they will not die in their dungeon, nor will they lack bread. For I am the Lord your God, who stirs up the sea so that its waves roar—the Lord Almighty is his name. I have put my words in your mouth and covered you with the shadow of my hand—I who set the heavens in place, who laid the foundations of the earth, and who say to Zion, ‘You are my people.’ < Isaiah 51:14-16 >
5. If you falter in a time of trouble, how small is your strength! < Proverbs 24:10 >
6. So then, brothers and sisters, stand firm and hold fast to the teachings[a] we passed on to you, whether by word of mouth or by letter. < 2 Thessalonians 2:15 >



## 2 爭戰中的基石 Foundation in Battles

### 新標點和合本

7. 你們務要警醒，在真道上站立得穩，要作大丈夫，要剛強。〈林前16:13〉
8. 你們總要自己省察有信心沒有，也要自己試驗。豈不知你們若不是可棄絕的，就有耶穌基督在你們心裏嗎？〈林後13:5〉
9. 因為那已經立好的根基就是耶穌基督，此外沒有人能立別的根基。〈林前3:11〉
10. 上帝賜給我們永生；這永生也是在他兒子裏面。〈約一5:11b〉
11. 那能保守你們不失腳、叫你們無瑕無疵、歡歡喜喜站在他榮耀之前的我們的救主—獨一的上帝，〈猶1:24〉

### 口述版（根據現代中文譯本修訂）

7. 你們要警醒，要在信仰上站穩，要勇敢，要剛強。〈林前16:13〉
8. 你們要考驗自己，省察自己，看看你們是否過著信心的生活。除非你們完全經不起考驗，你們應該知道耶穌基督在你們的生命裏。〈林後13:5〉
9. 因為上帝已經立耶穌基督作惟一的根基，沒有人能夠立其他的根基。〈林前3:11〉
10. 上帝賜給我們永恆的生命，而這生命的源頭是他的兒子。〈約一5:11b〉
11. 這位獨一無二的上帝，藉著我們的主耶穌基督拯救了我們。〈猶1:25a〉

### NIV (New International Version)

7. Be on your guard; stand firm in the faith; be courageous; be strong. < 1 Corinthians 16:13 >
8. Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test? < 2 Corinthians 13:5 >
9. For no one can lay any foundation other than the one already laid, which is Jesus Christ. < 1 Corinthians 3:11 >
10. God has given us eternal life, and this life is in his Son. < 1 John 5:11b >
11. To the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! < Jude 1:25a >





12. 所以我們可以放膽說：主是幫助我的，我必不懼怕；人能把我怎麼樣呢？〈來13:6〉
13. 人子啊，雖有荊棘和蒺藜在你那裏，你又住在蠍子中間，總不要怕他們，也不要怕他們的話；他們雖是悖逆之家，還不要怕他們的話，也不要因他們的臉色驚惶。〈結2:6〉
14. 「這百姓說同謀背叛，你們不要說同謀背叛。他們所怕的，你們不要怕，也不要畏懼。〈賽8:12〉
15. 又使這眾人知道耶和華使人得勝，不是用刀用槍，因為爭戰的勝敗全在乎耶和華。〈撒上17:47a〉

12. 我們應該大膽地說：主是我的幫助，我不懼怕；人能把我怎麼樣呢？〈來13:6〉
13. 必朽的人哪，你不要怕他們，也不要怕他們說的話。他們會反抗你，瞧不起你；你就像處身在蠍子中間。但是你還是不要因那些叛逆的人而驚惶，也不要怕他們說的話。〈結2:6〉
14. 不要參與他們的陰謀；他們所怕的，你不要怕，不要畏懼。〈賽8:12〉
15. 這裏的每一個人也都知道上主不需要用刀或矛來拯救他的子民。他戰無不勝；〈撒上17:47a〉

12. So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" < Hebrews 13:6 >
13. And you, son of man, do not be afraid of them or their words. Do not be afraid, though briars and thorns are all around you and you live among scorpions. Do not be afraid of what they say or be terrified by them, though they are a rebellious people. < Ezekiel 2:6 >
14. "Do not call conspiracy everything this people calls a conspiracy; do not fear what they fear, and do not dread it. < Isaiah 8:12 >
15. All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord's, < 1 Samuel 17:47a >



## 2 爭戰中的基石 Foundation in Battles

### 新標點和合本

16. 但主是信實的，要堅固你們，保護你們脫離那惡者。〈帖後3:3〉
17. 主—耶和華、我救恩的力量啊，在爭戰的日子，你遮蔽了我的頭。〈詩140:7〉
18. 主耶和華必幫助我，所以我不抱愧。我硬着臉面好像堅石；我也知道我必不致蒙羞。〈賽50:7〉
19. 上帝是我的盾牌；他拯救心裏正直的人。〈詩7:10〉

### 口述版（根據現代中文譯本修訂）

16. 主是信實的；他會使你們堅強，使你們不受那邪惡者的侵害。〈帖後3:3〉
17. 至高的上主，我堅強的拯救者啊，你在戰場上保護我。〈詩140:7〉
18. [人]們的侮辱不能傷害我，因為至高的上主幫助我。我勇敢地忍受一切，知道我不至於蒙羞。〈賽50:7〉
19. 上帝是保護我的盾牌；他拯救胸懷正直的人。〈詩7:10〉

### NIV (New International Version)

16. But the Lord is faithful, and he will strengthen you and protect you from the evil one. < 2 Thessalonians 3:3 >
17. Sovereign Lord, my strong deliverer, you shield my head in the day of battle. < Psalm 140:7 >
18. Because the Sovereign Lord helps me, I will not be disgraced. Therefore have I set my face like flint, and I know I will not be put to shame. < Isaiah 50:7 >
19. My shield is God Most High, who saves the upright in heart. < Psalm 7:10 >





20. 有耶和華幫助我，我必不懼怕，人能把我怎麼樣呢？〈詩118:6〉
21. 我的仇敵啊，不要向我誇耀。我雖跌倒，卻要起來；我雖坐在黑暗裏，耶和華卻作我的光。〈彌7:8〉

20. 上主與我同在，我不至於懼怕； 血肉凡人能對我怎樣呢？〈詩118:6〉
21. 我們的敵人不必幸災樂禍。雖然我們跌倒了，我們還要站起來。現在我們在黑暗中，但上主卻要作我[們]的光。〈彌7:8〉

20. The Lord is with me; I will not be afraid. What can mere mortals do to me? < Psalm 118:6 >
21. Do not gloat over me, my enemy! Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light. < Micah 7:8 >



### 3 困難中的靠倚 Anchor In Torrents

#### 新標點和合本

1. 堅心倚賴 你的，你必保守他十分平安，因為他倚靠你。〈賽26:3〉
2. 耶和華—我的上帝啊，求你看顧我，應允我！使我眼目光明，免得我沉睡至死；免得我的仇敵說：我勝了他；免得我的敵人在我搖動的時候喜樂。但我倚靠你的慈愛；我的心因你的救恩快樂。〈詩13:3-5〉
3. 我曾急促地說：人都是說謊的！〈詩116:11〉
4. 求你顯出你奇妙的慈愛來；你是那用右手拯救投靠你的脫離起來攻擊他們的人。〈詩17:7〉
5. 但我是困苦憂傷的；上帝啊，願你的救恩將我安置在高處。〈詩69:29〉

#### 口述版（根據現代中文譯本修訂）

1. 上主啊，你把完全的平安賜給意志堅強的人，賜給信靠你的人。〈賽26:3〉
2. 上主—我的上帝啊，求你看顧我，求你應答我；求你恢復我的氣力，使我免於死亡。別容許我的敵人說：我們把他們打倒了！別讓他們因我的失敗歡樂。然而，我倚靠你不變的愛；我要因你的拯救喜樂。〈詩13:3-5〉
3. 我因驚慌而說：沒有可靠的人；但我仍然保持信心。〈詩116:11〉
4. 求你顯示奇妙的慈愛來拯救我；倚傍著你，我就能躲避仇敵。〈詩17:7〉
5. 然而，我傷痛，我困苦；上帝啊，求你保護我，拯救我。〈詩69:29〉

#### NIV (New International Version)

1. You will keep in perfect peace those whose minds are steadfast, because they trust in you. < Isaiah 26:3 >
2. Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, and my enemy will say, "I have overcome him," and my foes will rejoice when I fall. But I trust in your unfailing love; my heart rejoices in your salvation. < Psalm 13:3-5 >
3. I trusted in the Lord when I said, "I am greatly afflicted"; in my alarm I said, "Everyone is a liar." < Psalm 116:10-11 >
4. Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes. < Psalm 17:7 >
5. But as for me, afflicted and in pain—may your salvation, God, protect me. < Psalm 69:29 >





6. 你把你的救恩給我作盾牌；你的右手扶持我；你的溫和使我為大。〈詩18:35〉
7. 拯救我們的上帝啊，你必以威嚴秉公義應允我們；你本是一切地極和海上遠處的人所倚靠的。〈詩65:5〉
8. 我的心默默無聲，專等候上帝；我的救恩是從他而來。〈詩62:1〉
9. 我的拯救、我的榮耀都在乎上帝；我力量的磐石、我的避難所都在乎上帝。〈詩62:7〉
10. 因為他向我們大施慈愛；耶和華的誠實存到永遠。〈詩117:2a〉
11. 他施展大能的手和伸出來的膀臂，因他的慈愛永遠長存。〈詩136:12〉

6. 上主啊，你是拯救我的盾牌。你用右手扶持我；你的眷佑使我興旺。〈詩18:35〉
7. 你垂聽了我們，給我們勝利；你用奇異的作為拯救我們。世上萬民和天涯海角的人都信靠你。〈詩65:5〉
8. 我安靜等候上帝；他是我的拯救者。〈詩62:1〉
9. 我的拯救和光榮都在上帝；他是我堅固的堡壘，是我的避難所。〈詩62:7〉
10. 他對我們的慈愛多麼堅強！他的信實永遠長存。〈詩117:2a〉
11. 他伸出堅強的手和膀臂；他的慈愛永遠長存。〈詩136:12〉

6. You make your saving help my shield, and your right hand sustains me; your help has made me great. < Psalm 18:35 >
7. You answer us with awesome and righteous deeds, God our Savior, the hope of all the ends of the earth and of the farthest seas. < Psalm 65:5 >
8. Truly my soul finds rest in God; my salvation comes from him. < Psalm 62:1 >
9. My salvation and my honor depend on God; he is my mighty rock, my refuge. < Psalm 62:7 >
10. For great is his love toward us, and the faithfulness of the Lord endures forever. < Psalm 117:2a >
11. With a mighty hand and outstretched arm; His love endures forever. < Psalm 136:12 >



### 3 困難中的靠倚 Anchor In Torrents

#### 新標點和合本

12. 凡仰望耶和華的人，你們都要壯膽，堅固你們的心！〈詩31:24〉
13. 你們不要心驚膽怯，也不要因境內所聽見的風聲懼怕；因為這年有風聲傳來；那年也有風聲傳來，境內有強暴的事，官長攻擊官長。〈耶51:46〉
14. 凡事不怕敵人的驚嚇，這是證明他們沉淪，你們得救都是出於上帝。〈腓1:28〉
15. 要等候耶和華！當壯膽，堅固你的心！我再說，要等候耶和華！〈詩27:14〉
16. 兩個麻雀不是賣一分銀子嗎？若是你們的父不許，一個也不能掉在地上；就是你們的頭髮也都被數過了。所以，不要懼怕，你們比許多麻雀還貴重！」〈太10:29-31〉

#### 口述版（根據現代中文譯本修訂）

12. 所有仰望上主的人哪，你們都要剛強，要勇敢。〈詩31:24〉
13. 不要因聽到地方上的謠言而膽怯，驚惶。年年有不同的風聲傳來——謠傳境內有亂事，暴君彼此鬥爭。〈耶51:46〉
14. 在任何事上都不受反對你們的人的恐嚇；要勇敢，以此向他們證明，他們一定滅亡，而你們一定得救，因為這是上帝的作為。〈腓1:28〉
15. 要信靠上主！要堅強壯膽！要信靠上主！〈詩27:14〉
16. 兩隻麻雀固然用一個銅錢就買得到，但是你們的天父若不許可，一隻也不會掉在地上。至於你們，連你們的頭髮也都數過了。所以，不要怕，你們比許多麻雀要貴重多了！」〈太10:29-31〉

#### NIV (New International Version)

12. Be strong and take heart, all you who hope in the Lord. < Psalm 31:24 >
13. Do not lose heart or be afraid when rumors are heard in the land; one rumor comes this year, another the next, rumors of violence in the land and of ruler against ruler. < Jeremiah 51:46 >
14. without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved—and that by God. < Philippians 1:28 >
15. Wait for the Lord; be strong and take heart and wait for the Lord. < Psalm 27:14 >
16. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows. < Matthew 10:29-31 >



17. 我兒啊，你要在基督耶穌的恩典上剛強起來。〈提後2:1〉
18. 你們務要警醒，在真道上站立得穩，要作大丈夫，要剛強。〈林前16:13〉
19. 照他榮耀的權能，得以在各樣的力上加力，好叫你們凡事歡歡喜喜地忍耐寬容。〈西1:11〉

17. 你要藉著基督耶穌所賜的恩典剛強起來。〈提後2:1〉
18. 你們要警醒，要在信仰上站穩，要勇敢，要剛強。〈林前16:13〉
19. 願你們從他榮耀的權能中得到堅強的力量，有耐心忍受一切。〈西1:11〉

17. You then, my son, be strong in the grace that is in Christ Jesus. < 2 Timothy 2:1 >
18. Be on your guard; stand firm in the faith; be courageous; be strong. < 1 Corinthians 16:13 >
19. being strengthened with all power according to his glorious might so that you may have great endurance and patience. < Colossians 1:11 >



## 新標點和合本

1. 我的上帝，我的磐石，我所投靠的。他是我的盾牌，是拯救我的角，是我的高臺，是我的避難所。我的救主啊，你是救我脫離強暴的。〈撒下22:3〉
2. 但我是困苦窮乏的；上帝啊，求你速速到我這裏來！你是幫助我的，搭救我的。耶和華啊，求你不要耽延！〈詩70:5〉
3. 困苦的百姓，你必拯救；但你的眼目察看高傲的人，使他降卑。〈撒下22:28〉
4. 你憑慈愛領了你所贖的百姓；你憑能力引他們到了你的聖所。〈出15:13〉
5. 你的言語曾扶助那將要跌倒的人；你又使軟弱的膝穩固。〈伯4:4〉

## 口述版（根據現代中文譯本修訂）

1. 我的上帝是掩護我的避難所，是我的盾牌，拯救我的力量，是保護我的要塞。他是我的救主，救我脫離強暴。〈撒下22:3〉
2. 上帝啊，我軟弱無助；求你快到我這裏來。你是我的幫助，我的拯救者；上主啊，求你快來幫助我！〈詩70:5〉
3. 你拯救卑微的人，敵視並貶低高傲的人。〈撒下22:28〉
4. 你以不變的愛帶領你所拯救的子民；你以大能導引他們到你的聖地。〈出15:13〉
5. 你的話使快要跌倒的人得到鼓勵，使無力的膝蓋堅強。〈伯4:4〉

## NIV (New International Version)

1. My God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my savior—from violent people you save me. < 2 Samuel 22:3 >
2. But as for me, I am poor and needy; come quickly to me, O God. You are my help and my deliverer; Lord, do not delay. < Psalm 70:5 >
3. You save the humble, but your eyes are on the haughty to bring them low. < 2 Samuel 22:28 >
4. In your unfailing love you will lead the people you have redeemed. In your strength you will guide them to your holy dwelling. < Exodus 15:13 >
5. Your words have supported those who stumbled; you have strengthened faltering knees. < Job 4:4 >





6. 求你從上伸手救拔我，救我出離大水，救我脫離外邦人的手。〈詩144:7〉
7. 人使 你降卑，你仍可說： 必得高升；謙卑的人，上帝必然拯救。〈伯22:29〉
8. 耶和華靠近傷心的人，拯救靈性痛悔的人。〈詩34:18〉
9. 上帝拯救窮乏人脫離他們口中的刀和強暴人的手。〈伯5:15〉
10. 他要憐恤貧寒和窮乏的人，拯救窮苦人的性命。〈詩72:13〉
11. 他卻將窮乏人安置在高處，脫離苦難，使他的家屬多如羊群。〈詩107:41〉

6. 求你從高天伸出救援的手， 拯救我，把我從深水中拉出來；救我脫離外來的強敵。〈詩144:7〉
7. 上帝打倒驕傲的人， 拯救謙卑的人。〈伯22:29〉
8. 上主親近灰心喪志的人； 他拯救心靈被壓碎的人！ 〈詩34:18〉
9. 上帝拯救窮人脫離死亡； 他拯救貧乏人脫離欺壓。〈伯5:15〉
10. 他憐憫軟弱貧寒的人； 他拯救窮苦人的生命。〈詩72:13〉
11. 但他拯救窮苦人脫離困境， 使他們的家族如羊群繁盛。〈詩107:41〉

6. Reach down your hand from on high; deliver me and rescue me from the mighty waters, from the hands of foreigners < Psalm 144:7 >
7. When people are brought low and you say, 'Lift them up!' then he will save the downcast. < Job 22:29 >
8. The Lord is close to the brokenhearted and saves those who are crushed in spirit. < Psalm 34:18 >
9. He saves the needy from the sword in their mouth; he saves them from the clutches of the powerful. < Job 5:15 >
10. He will take pity on the weak and the needy and save the needy from death. < Psalm 72:13 >
11. But he lifted the needy out of their affliction and increased their families like flocks. < Psalm 107:41 >



## 4 軟弱時的救贖 Salvation in Weaknesses

### 新標點和合本

12. 因上帝的愚拙總比人智慧，上帝的軟弱總比人強壯。上帝卻揀選了世上愚拙的，叫有智慧的羞愧；又揀選了世上軟弱的，叫那強壯的羞愧。〈林前1:25,27〉
13. 他對我說：「我的恩典夠你用的，因為我的能力是在人的軟弱上顯得完全。」所以，我更喜歡誇自己的軟弱，好叫基督的能力覆庇我。我為基督的緣故，就以軟弱、凌辱、急難、逼迫、困苦為可喜樂的；因我甚麼時候軟弱，甚麼時候就剛強了。〈林後12:9-10〉
14. 我還有末了的話：你們要靠着主，倚賴他的大能大力作剛強的人。〈弗6:10〉
15. 但主是信實的，要堅固你們，保護你們脫離那惡者。〈帖後3:3〉

### 口述版（根據現代中文譯本修訂）

12. 因為所謂「上帝的愚拙」總勝過人的智慧，所謂「上帝的軟弱」也勝過人的堅強。上帝偏要揀選世人所認為愚拙的，來使聰明人羞愧；上帝揀選世人所認為軟弱的，來使堅強的人羞愧。〈林前1:25,27〉
13. [上主]回答我：「你只要有我的恩典就夠了；因為我的能力在你軟弱的时候顯得最剛強。」因此，我特別喜歡誇耀我的軟弱，好使我覺得基督的能力在保護著我。為了基督的緣故，我樂意忍受軟弱、侮慢、困苦、艱難，和迫害；因為我甚麼時候軟弱，甚麼時候就剛強。〈林後12:9-10〉
14. 你們要倚靠主的大能力作堅強的人。〈弗6:10〉
15. 主是信實的；他會使你們堅強，使你們不受那邪惡者的侵害。〈帖後3:3〉

### NIV (New International Version)

12. For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength. (But) God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. < 1 Corinthians 1:25,27 >
13. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. < 2 Corinthians 12:9-10 >
14. Finally, be strong in the Lord and in his mighty power. < Ephesians 6:10 >
15. But the Lord is faithful, and he will strengthen you and protect you from the evil one. < 2 Thessalonians 3:3 >



16. 因為他說：「在悅納的時候，我應允了你；在拯救的日子，我搭救了你。」看哪，現在正是悅納的時候！現在正是拯救的日子；〈林後6:2〉
17. 因為那至高至上、永遠長存名為聖者的如此說：我住在至高至聖的所在，也與心靈痛悔謙卑的人同居；要使謙卑人的靈甦醒，也使痛悔人的心甦醒。〈賽57:15〉
18. 你不要害怕，因為我與你同在；不要驚惶，因為我是你的上帝。我必堅固你，我必幫助你；我必用我公義的右手扶持你。〈賽41:10〉
19. 在世上，你們有苦難；但你們可以放心，我已經勝了世界。」〈約16:33b〉

16. 上帝說：在接納的時刻，我垂聽你；在拯救的日子，我幫助你。聽啊，現在就是接納上帝恩惠的時刻！今天就是上帝拯救的日子！〈林後6:2〉
17. 我是至上神聖的上帝；我永遠存在。我住在至高神聖的地方，但也住在痛悔和謙卑的人當中。我使謙卑的人恢復信心，使痛悔的人獲得希望。〈賽57:15〉
18. 不要怕，我與你同在；我是你的上帝，你還怕甚麼呢？我要使你堅強，要幫助你；我要保護你，要拯救你。〈賽41:10〉
19. [耶穌說：] 在世上，你們有苦難；但是你們要勇敢，我已經勝過了世界！」〈約16:33b〉

16. For he says, "In the time of my favor I heard you, and in the day of salvation I helped you." I tell you, now is the time of God's favor, now is the day of salvation. < 2 Corinthians 6:2 >
17. For this is what the high and exalted One says— he who lives forever, whose name is holy: "I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite. < Isaiah 57:15 >
18. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. < Isaiah 41:10 >
19. (Jesus said,) "In this world you will have trouble. But take heart! I have overcome the world." < John 16:33b >



## 新標點和合本

1. 因為上帝賜給我們，不是膽怯的心，乃是剛強、仁愛、謹守的心。〈提後1:7〉
2. 我若不信在活人之地得見耶和華的恩惠，就早已喪膽了。〈詩27:13〉
3. 他既向我側耳，我一生要求告他。死亡的繩索纏繞我；陰間的痛苦抓住我；我遭遇患難愁苦。那時，我便求告耶和華的名，說：耶和華啊，求你救我的靈魂！耶和華有恩惠，有公義；我們的上帝以憐憫為懷。耶和華保護愚人；我落到卑微的地步，他救了我。我的心哪！你要仍歸安樂，因為耶和華用厚恩待你。〈詩116:2-7〉
4. 惡人雖無人追趕也逃跑；義人卻膽壯像獅子。〈箴28:1〉

## 口述版（根據現代中文譯本修訂）

1. 上帝所賜給我們的靈不使我們膽怯；相反地，他的靈會使我們充滿力量、愛心，和自制。〈提後1:7〉
2. 我相信，在有生之日，我會見到上主的美善。〈詩27:13〉
3. 我每次求告他，他都垂聽我。死亡的絞繩環繞著我；陰間的恐怖籠罩著我；我被恐懼焦慮圍困著。我就求告上主說：上主啊，我懇求你，求你救我！上主仁慈至善；我們的上帝滿有憐憫。上主保護單純的人；我在危難時，他救了我。我的心哪，要恢復安寧，因為上主一向恩待我。〈詩116:2-7〉
4. 邪惡人沒有人追趕也逃跑；正直人卻像獅子一樣勇敢。〈箴28:1〉

## NIV (New International Version)

1. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. < 2 Timothy 1:7 >
2. I remain confident of this: I will see the goodness of the Lord in the land of the living. < Psalm 27:13 >
3. Because he turned his ear to me, I will call on him as long as I live. The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow. Then I called on the name of the Lord: "Lord, save me!" The Lord is gracious and righteous; our God is full of compassion. The Lord protects the unwary; when I was brought low, he saved me. Return to your rest, my soul, for the Lord has been good to you. < Psalm 116:2-7 >
4. The wicked flee though no one pursues, but the righteous are as bold as a lion. < Proverbs 28:1 >





5. 主啊，你救我的命免了死亡，救我的眼免了流淚，救我的腳免了跌倒。我要在耶和華面前行活人之路。我因信，所以如此說話；我受了極大的困苦。〈詩116:8-10〉
6. 上帝說：因為他專心愛我，我就要搭救他；因為他知道我的名，我要把他安置在高處。〈詩91:14〉
7. 直到你們年老，我仍這樣；直到你們髮白，我仍懷摯。我已造作，也必保抱；我必懷抱，也必拯救。〈賽46:4〉
8. 那時，我必罰辦一切苦待你的人，又拯救你瘸腿的，聚集你被趕出的。那些在全地受羞辱的，我必使他們得稱讚，有名聲。〈番3:19〉

5. 上主救我脫離死亡；他使我不再流淚，使我不至於絆倒。所以我要在上主面前，在活人的世界行走。我說過：我非常沮喪；但我仍然相信。〈詩116:8-10〉
6. 上帝說：我要拯救愛我的人；我要保護敬拜我的人。〈詩91:14〉
7. 我是你們的上帝，我要看顧你們，直到你們頭髮斑白的時候。我造了你們，也要養活你們；我要幫助你們，拯救你們。〈賽46:4〉
8. 時候快到了，我要懲罰欺壓你的人；我要拯救一切軟弱失散的人，使流亡的人返回家園。我要使他們的羞恥變為榮耀；全世界都要頌揚他們。〈番3:19〉

5. For you, Lord, have delivered me from death, my eyes from tears, my feet from stumbling, that I may walk before the Lord in the land of the living. I trusted in the Lord when I said, "I am greatly afflicted". < Psalm 116:8-10 >
6. "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. < Psalm 91:14 >
7. Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. < Isaiah 46:4 >
8. At that time I will deal with all who oppressed you. I will rescue the lame; I will gather the exiles. I will give them praise and honor in every land where they have suffered shame. < Zephaniah 3:19 >



## 新標點和合本

9. 但向你們敬畏我名的人必有公義的日頭出現，其光線（一原文是翅膀）有醫治之能。你們必出來跳躍如圈裏的肥犢。〈瑪4:2〉
10. 因為十字架的道理，在那滅亡的人為愚拙；在我們得救的人，卻為上帝的大能。〈林前1:18〉
11. 就如 經上所記：我要滅絕智慧人的智慧，廢棄聰明人的聰明。〈林前1:19〉

## 口述版（根據現代中文譯本修訂）

9. 對你們這些敬畏我的人，將有拯救的太陽照耀你們，醫治你們。你們將像從牛欄裏放出來的小牛一樣蹦跳，快樂。〈瑪4:2〉
10. 基督死在十字架上的信息，在那些走向滅亡的人看來是愚拙的；對我們這些得救的人來說，卻是上帝的大能。〈林前1:18〉
11. 因為聖經說：我要摧毀聰明人的智慧；我要廢除博學者的學問。〈林前1:19〉

## NIV (New International Version)

9. But for you who revere my name, the sun of righteousness will rise with healing in its rays. And you will go out and frolic like well-fed calves. < Malachi 4:2 >
10. For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. < 1 Corinthians 1:18 >
11. For it is written: "I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate." < 1 Corinthians 1:19 >





12. 但到了上帝－我們救主的恩慈和他向人所施的慈愛顯明的時候，他便救了我們；並不是因我們自己所行的義，乃是照他的憐憫，藉著重生的洗和聖靈的更新。〈多3:4-5〉
13. 世人憑自己的智慧，既不認識上帝，上帝就樂意用 人所當作愚拙的道理拯救 那些信的人；這就是上帝的智慧了。〈林前1:21〉

12. 我們的救主上帝已經顯出他的慈悲和仁愛，藉著聖靈所施重生和更新的洗，拯救了我們；這並不是因為我們自己有甚麼好行為，而是因為他憐憫我們。〈多3:4〉
13. 上帝運用他的智慧，使世人不能夠藉著自己的智慧去認識他；相反地，上帝決定藉著我們所傳那「愚拙」的信息來拯救信他的人。〈林前1:21〉

12. But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit. < Titus 3:4-5 >
13. For since in the wisdom of God the world through its wisdom did not know him, God was pleased through the foolishness of what was preached to save those who believe. < 1 Corinthians 1:21 >



## 新標點和合本

1. 惡人臉無羞恥；正直人行事堅定。〈箴21:29〉
2. 所以，主耶和華如此說：看哪，我在錫安放一塊石頭作為根基，是試驗過的石頭，是穩固根基，寶貴的房角石；信靠的人必不着急。〈賽28:16〉
3. 你們若是不信，定然不得立穩。〈賽7:9b〉
4. 因我們行事為人是憑着信心，不是憑着眼見。〈林後5:7〉
5. 耶穌對他說：「你若能信，在信的人，凡事都能。」〈可9:23〉

## 口述版（根據現代中文譯本修訂）

1. 義人作事有自信；惡人卻假裝勇敢。〈箴21:29〉
2. 現在至高的上主要對你們說：「我要在錫安建立堅強穩固的基礎，在那裏安放貴重的基石，上面刻著字，說：『有信心的人必然堅定不移』。」〈賽28:16〉
3. 「如果你的信心不穩固，你一定站不穩。」〈賽7:9b〉
4. 因為我們活著是憑信心，而不是憑眼見。〈林後5:7〉
5. 耶穌說：「是的，你若能！有信心的人，甚麼事都能。」〈可9:23〉

## NIV (New International Version)

1. The wicked put up a bold front, but the upright give thought to their ways. < Proverbs 21:29 >
2. So this is what the Sovereign Lord says: "See, I lay a stone in Zion, a tested stone, a precious cornerstone for a sure foundation; the one who relies on it will never be stricken with panic. < Isaiah 28:16 >
3. If you do not stand firm in your faith, you will not stand at all. < Isaiah 7:9b >
4. For we live by faith, not by sight. < 2 Corinthians 5:7 >
5. "'If you can?'" said Jesus. "Everything is possible for one who believes." < Mark 9:23 >





6. 你們當信服上帝。我實在告訴你們，無論何人對這座山說：『你挪開此地，投在海裏！』他若心裏不疑惑，只信他所說的必成，就必給他成了。所以我告訴你們，凡你們禱告祈求的，無論是甚麼，只要信是得着的，就必得着。〈可11:22b-24〉
7. 主說：「你們若有信心像一粒芥菜種，就是對這棵桑樹說：『你要拔起根來，栽在海裏』，它也必聽從你們。〈路17:6〉
8. 耶穌上了船，門徒跟着他。海裏忽然起了暴風，甚至船被波浪掩蓋；耶穌卻睡着了。門徒來叫醒了祂，說：「主啊，救我們，我們喪命啦！」耶穌說：「你們這小信的人哪，為甚麼膽怯呢？」於是起來，斥責風和海，風和海就大大地平靜了。〈太8:23-26〉

6. 「對上帝要有信心！我鄭重地告訴你們，你們若對這座山說：『起來，投到海裏去！』只要心裏不疑惑，確信所說的一定實現，這事就會為你們實現。所以，我告訴你們，你們禱告，無論求甚麼，相信是得著了，就會得到你們所求的。」〈可11:22b-24〉
7. 「你們若有像一粒芥菜種子大小的信心，就是對這棵桑樹說：『連根拔起來，去栽在海裏！』它也會聽從你們。」〈路17:6〉
8. 耶穌上了船，他的門徒跟著他去。忽然，一陣暴風襲擊湖面，浪濤掩蓋了船，耶穌卻睡著了。門徒到他跟前，喊醒他，說：「主啊，救救我們，我們快沒命啦！」耶穌回答：「為甚麼這樣害怕？你們的信心太小了！」於是他起來，斥責風和浪，風浪就平靜了。〈太8:23-26〉

6. "Have faith in God," Jesus answered. "Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. < Mark 11:22b-24 >
7. He replied, "If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you. < Luke 17:6 >
8. Then he got into the boat and his disciples followed him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, "Lord, save us! We're going to drown!" He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. <Matthew 8:23-26>



## 新標點和合本

9. 耶穌隨即催門徒上船，先渡到那邊去，等他叫眾人散開。散了眾人以後，他就獨自上山去禱告。到了晚上，只有他一人在那裏。那時船在海中，因風不順，被浪搖撼。夜裏四更天，耶穌在海面上走，往門徒那裏去。門徒看見他在海面上走，就驚慌了，說：「是個鬼怪！」便害怕，喊叫起來。耶穌連忙對他們說：「你們放心，是我，不要怕！」彼得說：「主，如果你是你，請叫我從水面上走到你那裏去。」耶穌說：「你來吧。」彼得就從船上下去，在水面上走，要到耶穌那裏去；只因見風甚大，就害怕，將要沉下去，便喊着說：「主啊，救我！」耶穌趕緊伸手拉住他，說：「你這小信的人哪，為甚麼疑惑呢？」他們上了船，風就住了。〈太14:22-32〉

## 口述版（根據現代中文譯本修訂）

9. 耶穌立刻催門徒上船，先渡過對岸，等他遣散群眾。群眾散了以後，他獨自上山禱告；到晚上還留在那裏。這時候，船離岸已經很遠，遇著逆風，在波浪中顛簸。天快亮的時候，耶穌在湖上朝著門徒走來。門徒看見他在湖面上走，非常驚駭，說：「是鬼魂！」他們都害怕得叫起來。耶穌立刻對他們說：「放心，是我，不要怕！」彼得說：「主啊，如果你是你，叫我在水上走，到你那裏去！」耶穌說：「來！」彼得就從船上下去，在水上朝著耶穌走過去。但是他一看到風勢猛烈，心裏害怕，開始往下沉，就喊叫：「主啊，救我！」耶穌立刻伸手拉住他，說：「你的信心太小了，為甚麼疑惑呢？」他們上了船，風就停了。〈太14:22-32〉

## NIV (New International Version)

9. Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. < Matthew 14:22-32 >





10. 所以我告訴你們，凡你們禱告祈求的，無論是甚麼，只要信是得着的，就必得着。〈可11:24〉
11. 此外，又拿着信德當作盾牌，可以滅盡那惡者一切的火箭。〈弗6:16〉
12. 使基督因你們的信，住在你們心裏，叫你們的愛心有根有基。〈弗3:17〉

10. 所以，我告訴你們，你們禱告，無論求甚麼，相信是得著了，就會得到你們所求的。〈可11:24〉
11. 要常常拿著信心的盾牌，好使你們能夠抵禦那邪惡者所射出的一切火箭。〈弗6:16〉
12. 我又祈求基督，藉著你們的信心，住在你們心裏，使你們在他的愛中有根有基。〈弗3:17〉

10. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. < Mark 11:24 >
11. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. < Ephesians 6:16 >
12. So that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love. < Ephesians 3:17 >



## 新標點和合本

1. 信就是所望之事的實底，是未見之事的確據。古人在這信上得了美好的證據。〈來11:1-2〉
2. 亞伯拉罕因着信，蒙召的時候就遵命出去，往將來要得為業的地方去；出去的時候，還不知往哪裏去。〈來11:8〉
3. 他在無可指望的時候，因信仍有指望，就得以作多國的父，正如先前所說：「你的後裔將要如此。」且滿心相信上帝所應許的必能做成。〈羅4:18,21〉
4. 亞伯拉罕因着信，被試驗的時候，就把以撒獻上；他以為上帝還能叫人從死裏復活。〈來11:17a,19a〉

## 口述版（根據現代中文譯本修訂）

1. 信心是甚麼呢？信心是對所盼望的事有把握，對不能看見的事能肯定。古人能夠贏得上帝的贊許就是由於他們相信上帝。〈來11:1-2〉
2. 由於信心，亞伯拉罕順服上帝的召喚，去到上帝應許要賜給他的地方。他離開本國的時候，並不知道要到哪裏去。〈來11:8〉
3. 在沒有盼望的時候，亞伯拉罕仍然盼望，仍然信，因此成為「許多民族之父」。正如聖經所說：「你必定會有許多子孫。」他堅決信上帝一定成就他所應許的。〈羅4:18,21〉
4. 由於信心，亞伯拉罕在上帝考驗他的時候，把兒子以撒獻上，當作祭物。他認為上帝能夠使以撒從死裏復活。〈來11:17a,19a〉

## NIV (New International Version)

1. Now faith is confidence in what we hope for and assurance about what we do not see. This is what the ancients were commended for. < Hebrews 11:1-2 >
2. By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going. < Hebrews 11:8 >
3. Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, "So shall your offspring be." being fully persuaded that God had power to do what he had promised. < Romans 4:18,21 >
4. By faith Abraham, when God tested him, offered Isaac as a sacrifice. Abraham reasoned that God could even raise the dead. < Hebrews 11:17a,19a >





5. 他因着信，就離開埃及，不怕王怒；因為他恆心忍耐，如同看見那不能看見的主。他們因着信，過紅海如行乾地；埃及人試着要過去，就被吞滅了。我又何必再說呢？若要一一細說，基甸、巴拉、參孫、耶弗他、大衛、撒母耳，和眾先知的事，時候就不夠了。他們因着信，制伏了敵國，行了公義，得了應許，堵了獅子的口，滅了烈火的猛勢，脫了刀劍的鋒刃；軟弱變為剛強，爭戰顯出勇敢，打退外邦的全軍。有婦人得自己的死人復活。又有人忍受嚴刑，不肯苟且得釋放（一原文是贖），為要得着更美的復活。這些人都是因信得了美好的證據。〈來11:27, 29, 32-35, 39a〉

5. 由於信心，摩西離開了埃及，不怕王的震怒；因為他似乎看見了眼睛所看不見的上帝，堅忍到底，不肯回去。由於信心，以色列人得以渡過紅海，好像走在乾地上；埃及人一試，水就把他們淹沒了。我還得說下去嗎？我沒有足夠的時間去提基甸、巴拉、參孫、耶弗他、大衛、撒母耳，和先知們的事蹟呢。他們藉著信心，戰勝了周圍的國家。他們施行正義，領受上帝的應許。他們堵住獅子的口，撲滅了烈火，逃脫了刀劍的殺戮。他們變軟弱為剛強，在戰陣上發揮威力，擊敗了外國的軍隊。藉著信心，有些婦女接納那些從死裏復活的親人。另有些人拒絕被釋放，寧願死在酷刑下，為要得到更美好的新生命。這些人的信心都有著很不平凡的記錄。〈來11:27, 29, 32-35, 39a〉

5. By faith he left Egypt, not fearing the king's anger; he persevered because he saw him who is invisible. By faith the people passed through the Red Sea as on dry land; but when the Egyptians tried to do so, they were drowned. And what more shall I say? I do not have time to tell about Gideon, Barak, Samson and Jephthah, about David and Samuel and the prophets, who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. Women received back their dead, raised to life again. There were others who were tortured, refusing to be released so that they might gain an even better resurrection. These were all commended for their faith. < Hebrews 11:27,29,32-35,39a >



## 新標點和合本

6. 我們既有這許多的見證人，如同雲彩圍著我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，奔那擺在我們前頭的路程，仰望為我們信心創始成終的耶穌。〈來12:1-2a〉
7. 人非有信，就不能得上帝的喜悅；因為到上帝面前來的人必須信有上帝，且信他賞賜那尋求他的人。〈來11:6〉
8. 因為知道你們的信心經過試驗，就生忍耐。〈雅1:3〉

## 口述版（根據現代中文譯本修訂）

6. 既然我們有這麼多見證人，像雲彩一樣圍繞著我們，就應該排除一切的障礙和跟我們糾纏不休的罪，堅忍地奔跑我們前面的路程。我們要看耶穌，因為他是我們信心的創始者和完成者。〈來12:1-2a〉
7. 人沒有信心就不能得到上帝的歡心。凡是到上帝面前來的人都必須信上帝的存在，而且信他要報賞尋求他的人。〈來11:6〉
8. 因為知道你們的信心經過了考驗就會產生忍耐。〈雅1:3〉

## NIV (New International Version)

6. Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. < Hebrews 12:1-2a >
7. And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. < Hebrews 11:6 >
8. Because you know that the testing of your faith produces perseverance. < James 1:3 >





9. 並且你們若不是徒然相信，能以持守我所傳給你們的，就必因這福音得救。〈林前15:2〉
10. 但願使人有盼望的上帝，因信將諸般的喜樂、平安充滿你們的心，使你們藉著聖靈的能力大有盼望！〈羅15:13〉

9. 如果你們持守這福音，不是空空洞洞地相信，一定會因著它而得救。〈林前15:2〉
10. 願上帝，就是那希望的泉源，因著你們對他的信心，讓你們充滿各樣喜樂、平安，使你們的希望，藉著聖靈的能力，不斷增加。〈羅15:13〉

9. By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise, you have believed in vain. < 1 Corinthians 15:2 >
10. May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. < Romans 15:13 >



附錄

Appendix

主題 Themes	背景音樂來源 Music Source	歌曲名稱 Song Title	曲長 Duration
① 認定上帝 Knowing God	Audio network	We Remember [Debbie Wisemen] + Days of Yore [Oliver Ledbury]	6' 41"
② 爭戰中的基石 Foundation in Battles	Audio network	Cloud Dance [Paul Mottram] + Piano D'Amour [Ian Hughes]	7' 29"
③ 困難中的靠倚 Anchor In Torrents	Audio network	Fading Colours [Paul Mottram] + Careless Whisperer [Jason Rebello]	5' 10"
④ 軟弱時的救贖 Salvation in Weaknesses	Audio network	Forever Poignant [Paul Mottram]	6' 42"
⑤ 上帝的智慧 The Wisdom of God	Audio network	Hovering [Robert Northcott] + Wetlands [Robert Northcott]	6' 16"
⑥ 堅定的信念 Faith Enduring	Audio network	Reminiscence [Debbie Wiseman] + Essence [Paul Mottram]	6' 48"
⑦ 相信上帝 Trusting God	Audio network	Crystal Clear [Paul Mottram]	6' 08"

全長約45分鐘 • Duration : Approx. 45mins.  
Administered by Audio network, Flr 19, 21-23 Luard Road, The Phoenix Building, Wanchai, Hong Kong

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剛  
強  
壯  
膽

*A Touch of Bible*

VI

Courage

# 聖經 感動人心

「耶和華是我的牧者，我必不致缺乏。他使我躺臥在青草地上，領我在可安歇的水邊。他使我的靈魂甦醒，為自己的名引導我走義路。我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在；你的杖、你的竿，都安慰我。在我敵人面前，你為我擺設筵席；你用油膏了我的頭，使我的福杯滿溢。我一生一世必有恩惠慈愛隨著我；我且要住在耶和華的殿中，直到永遠。」

詩篇 23



剛  
強  
壯  
膽

# 聖經 經動人心

A Touch of Bible

VI

Courage

社會、自身、工作、家庭等種種壓力，  
面對困境時失去意志、抑鬱沮喪，  
並缺乏冷靜、處變不驚的能耐。  
聖經有如力量寶庫，  
只要我們願意虛心尋找，  
就會發現當中有無盡的智慧與安慰，  
成為我們直接的給予人心安穩、化解迷霧，  
讓我們懷著信心與勇氣面對逆境。

## 內容

主題經文輯錄 | 全長約45分鐘

- 1 認定上帝
- 2 爭戰中的基石
- 3 困難中的靠倚
- 4 軟弱時的救贖
- 5 上帝的智慧
- 6 堅定的信念
- 7 相信上帝

經文演繹〈廣東話〉：★ 鄭子誠、徐玉蓮  
經文演繹〈普通話〉：★ 湯偉之、王淑蕙

柔和背景音樂——給予你舒緩的默想空間

• 廣東話版 聲道1-7、普通話版 聲道8-14

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