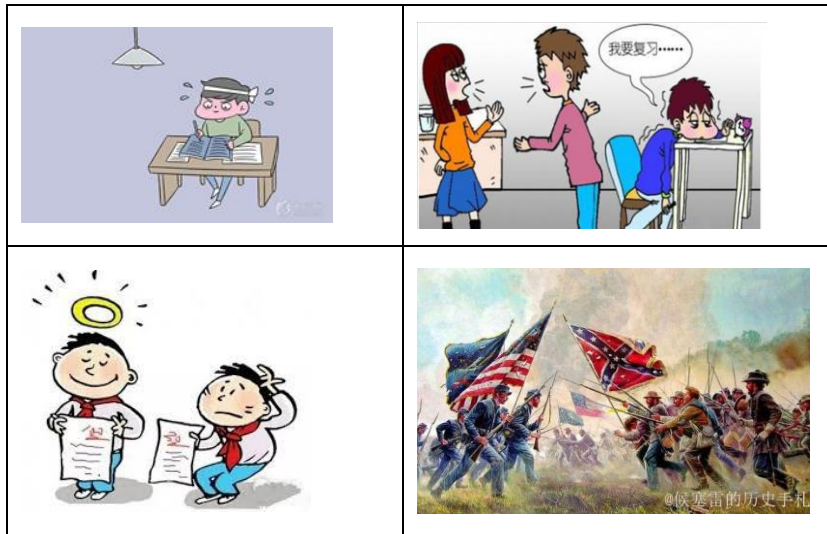


主題：感恩與抱怨 (Thanksgiving & groan)



默想：

1. 試想想，你會為了什麼而抱怨呢(個人、學業、朋友、家庭、社會、世界)?

經文默想：

在日常生活中，我們很容易因小事而抱怨或挑剔別人的不是，然而，聖經告訴我們，無論順境或逆境，都應心存感恩。

give thanks in all circumstances; for this is God's will for you in Christ Jesus.

(Thessalonians 5:18)

凡事謝恩；因為這是神在基督耶穌裡向你們所定的旨意。(帖撒羅尼迦前書 5:18)

五件我們應該感恩的事：

1. 新的一天

Because of the Lord's great love we are not consumed, for his compassions never fail. (Lamentations 3:22)

我們不致消滅，是出於耶和華諸般的慈愛；是因他的憐憫不致斷絕。(耶利米哀歌 3:22)

2. 改變與不確定性

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

應當一無罣慮，只要凡事藉著禱告、祈求和感謝，將你們所要的告訴神。神所賜出人意外的平安，必在基督耶穌裡保守你們的心懷意念。(腓立比書

4:6-7)

### 3. 試煉與障礙

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. (Peter 1:6-7)

因此，你們要喜樂。然而，你們現今在各種試煉中或許暫時會難過，是要叫你們的信心經過試驗，就比那被火煉過，仍會朽壞的金子更寶貴，可以在耶穌基督顯現的時候，得著稱讚、榮耀和尊貴。(彼得前書 1:6-7)

### 4. 基本需要與供給

And my God will meet all your needs according to the riches of his glory in Christ Jesus. (Philippians 4:19)

我的神必照他榮耀的豐富，在基督耶穌裡，使你們一切所需用的都充足。(腓立比書 4:19)

### 5. 軟弱與缺陷

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. (Corinthians 12:9-10)

他卻對我說：“我的恩典是夠你用的，因為我的能力在人的軟弱上顯得完全。”所以，我更喜歡誇自己的軟弱，好讓基督的能力臨到我的身上。因此，我為基督的緣故，就以軟弱、凌辱、艱難、迫害、困苦為喜樂，因為我甚麼時候軟弱，甚麼時候就剛強了。(哥林多後書 12:9-10)

以上的經文對你有什麼啟發？你認為還有什麼事情值得感恩呢？

觀看影片：

不要抱怨，每個逆境都有它的正面價值

[https://www.youtube.com/watch?v=AYD1D\\_2trB4](https://www.youtube.com/watch?v=AYD1D_2trB4)

回應詩歌：

You Raise Me Up <https://www.youtube.com/watch?v=uEiAGgNeu6U>

祈禱：

天父啊，感謝祢無論何時何地仍與我們同在，並賜給我們一切所需。縱使我們經歷軟弱、試煉，我們知道祢的恩典足夠我們的需要，讓我們常存感恩、謙卑

的心，跟隨祢的旨意而行，作榮神益人的事。



生氣不如**爭氣**，  
抱怨不如**改變**



參考資料：

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2. <https://www.biblegateway.com/>
3. 圖片取自：  
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