

The Gospel and Worship 福音與敬拜

1 Thess 帖撒羅尼迦前書 5:16-28

Ash Kwok 14Sep2025 年 9 月 14 日

Friends, I am so thankful that I can unpack this passage and hopefully weave all the components as we finish 1 Thessalonians in our Gospel Life series. I think this passage is such a gift to the church and the onlooker, and so I pray that it might be that for you today. For those of you who have our St Paul's App, there is an outline for notes. But if you have joined us online or in person, and you want to take some notes, here are my three points:

朋友們，我非常感恩能夠解讀這段經文，並希望在我們「福音生活系列」講完《帖撒羅尼迦前書》時，能夠將所有的組成部分串聯起來。我認為這段經文對教會和旁觀者來說都是一份禮物，所以我祈求今天它也能成為你們的禮物。對於那些擁有我們聖保羅應用程式的人，我們提供了一個筆記提綱。但如果你是透過線上或親身加入我們的，並且想要做一些筆記，以下是我的三點：

- The Heart of Worship
- The Inputs for Worship
- Steadfast Worship
- 敬拜的心
- 敬拜的投入
- 堅定不移的敬拜

But before we do, let us talk to God.

但在此之前，我們先和上帝談談。

Gracious Father, your kindness in Christ means that we can come before your throne with full confidence that you will deliver on your promises. And today I pray that you show us those promises evidently. The promise that your Spirit is unveiling us the glories of this text to see you clearly and the promise that you are chipping away at our heart so that we can become more like our saviour Jesus Christ. Amen.

仁慈的父啊，你在基督裡的慈愛使我們能滿懷信心地來到你的寶座前，相信你必成就你的應許。今天，我祈求祢清楚地向我們顯明這些應許。你的聖靈應許向我們揭示這段經文的榮耀，使我們能清楚地看見你；你也應許我們，你正在磨練我們的心，使我們更像我們的救主耶穌基督。阿們。

I remember a while ago, a mate and I were on the way to Macca's. We were determined to get a good feed. And as we were chatting, he kind of stopped me, when he got a text about quite a sad occurrence for a friend of his, and just said, 'Let's stop now, and pray for this person.' And I remember thinking 'Wow. Okay. I have never considered like talking to God right now, my heart is fixed on getting some nuggets.'

記得不久前，我和朋友去麥當勞。我們決定去吃頓好飯。聊著聊著，他突然打斷了我，因為他收到一條短信，說他朋友經歷了一件相當悲傷的事。他說：「我們停下來，為這個人祈禱吧。」我記得當時心想：「哇，好吧。我從來沒想過要現在和上帝說話，我的心一心想得到一些雞塊。」

And as we continued hanging, I just noticed him talk about how cool it was to have God as our creator. Every third sentence would be speckled with phrases like 'I thank God that...' or 'in God's kindness...' Like, did he just want to show how 'thou art holy' or somehow, he was more overtly religious than me?

我們繼續閒聊的時候，我注意到他說上帝作為我們的創造者是多麼酷。每隔三句話就會夾雜著這樣的話：「感謝上帝…」或「上帝保佑……」之類的話。他是不是只是想表達「你是神聖的」或…不知為何，他比我更虔誠？

What I had begun to realise was that he had been so confident about the presence and work of the living and true God, as presented in the pages of Scripture that was read for us, that he had to talk about him.

我開始意識到，正如我們所讀到的《聖經》所呈現的，他對活著的、真實的上帝的存在和工作如此有信心，所以他必須談論他。

This is worship.

這就是敬拜。

What is your picture of worship? Is worship connected to singing songs, or when we open the Bible? When do we pray? Perhaps, all the things that seem extremely churchy? Maybe we see that worship is a matter for certain seasons, or certain times of your life.

你對敬拜的理解是怎樣的？敬拜與唱歌、翻開聖經、禱告有關？或許，敬拜與所有那些看起來非常像教會的活動有關？或許我們認為敬拜是特定季節，或人生中特定時刻的專屬。

And what I want to say, is that the Scriptures depict worship on a much grander scale. We might have a small view of what worship is or even what it can be.

我想說的是，《聖經》對敬拜的描述要宏大得多。我們可能對敬拜是什麼，甚至敬拜可以是什麼，都只有很狹隘的認識。

It is limited because perhaps the way that we give devotion and adoration to God, is confined by the resources that we can give to him think are limited. But maybe that is not the case. Maybe God joyfully says you actually have more to offer than you think.

說它是有限的，或許是因為我們獻給上帝的虔誠和敬拜，受限於我們自認為有限的所能給予祂的資源。但事實或許並非如此。或許上帝會欣喜地說，你所能奉獻的，其實比你想像的還要多。

For this passage captures the essence about worship. If last week's passage that Nick preached on was the horizontal nature of what it looks like as we wait for Jesus' return. This speaks of the vertical nature. Our devotion to God.

這段經文抓住了敬拜的精髓。如果說尼克上週講道的經文是代表我們等候耶穌再來時的橫向性質。這段經文講的是垂直性質。是我們對神的虔誠。

The Heart of Worship 敬拜的心 - verse 16-18 節

Paul's very first point in regard to worship is that worship is an all of life matter. Verse 16:
保羅關於敬拜的第一個觀點是，敬拜是一生全部的事情。第 16 節：

16 Be joyful always; 17 pray continually; 18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.

16 要常常喜樂，17 不住地禱告，18 凡事謝恩，因為這是上帝在基督耶穌裏向你們所定的旨意。

Notice the language that Paul uses to describe the action words. ALWAYS, CONTINUALLY, ALL CIRCUMSTANCES.

注意保羅描述這些動詞時所用的語言：**常常、不住、凡事。**

Worship does not start and stop. It is not a compartmentalised life. All of life.
敬拜沒有開始和停止。不是一種被分割的人生，而是人生的全部。

That might sound overwhelming to you. How am I supposed to juggle in my life being a parent, a child, a student, an employee, a boss, do chores, find time to sleep, a member of a church, let alone be an all of life follower?

這聽起來可能會讓你不知所措。該如何平衡生命中的各種角色：父母、孩子、學生、員工、老闆，還要做家務、找時間睡覺、參加教會活動，更別說成為「一生全部的追隨者」了？

Perhaps the question is not the what or how we do worship, but our first question ought to be the who, the object of our worship:

也許我們的第一個問題不應該是在於我們敬拜什麼或如何敬拜，而是我們敬拜誰：

Whom do you worship?

你敬拜誰？

Friends, who, or even what do you devote your time, affections, and praise to?

朋友們，您將您的時間、感情和讚美奉獻給誰，甚至奉獻給什麼呢？

The matter at hand is not that you need more church, or more Bible (they could in fact be the things you need). But the reason you worship is the object.

當前的問題不是你需要更多教會，或更多聖經（事實上，它們可能就是你需要的東西）。而是你敬拜的原因才是關鍵。

Do you see God for who he is? Do you see him as the creator of the universe?

你看到神的誰了嗎？你看見祂是宇宙的創造者嗎？

Two years ago, I picked up tennis. And I had played as a child for about 10 years. And I was never good. Genuinely. Could not hit a ball for the life of me. And I just noticed as I was hitting my forehands and backhands, my coach would be screaming from the other side of the net, 'Eyes on the Ball.' like a million times. Because I had my eyes on the wrong thing.

兩年前，我開始學習打網球。我小時候打了大概十年網球。但我一直打得不太好。真的，我這輩子都打不好球。我注意到，每當我正手和反手擊球時，我的教練都會在網的另一邊大喊「眼睛盯著球！」，次數不下百萬次。因為我的眼睛總是盯著錯誤的地方。

The three actions that Paul refers to in worship that he calls you to do all times, in all circumstances:

在於敬拜，保羅提出了三種，祂呼籲你要常常，不住，凡事要做的行為：

- Pray
- Give Thanks
- Rejoice
- 禱告
- 謝恩
- 喜樂

For the Christian, this is the heartbeat of what they do. But it only works when they do so in the right thing.

對基督徒來說，這是他們所做之事的核心。但只有以正確的方式去做，才能奏效。

- Pray to God **in** Christ Jesus
- Give Thanks **to God for** Christ Jesus
- Rejoice **in the Lord**
- 在基督耶穌裡向上帝禱告
- 因耶穌基督向上帝謝恩
- 靠主喜樂

It is because Christ is worthy of your praise. He is the only living true God who created all things to give thanks to. Worship is made right and perfect when our eyes are on Jesus.

因為基督配得你的讚美。祂是唯一活著永生的真神，創造萬物來讓我們感謝祂。當我們的眼光注視耶穌時，敬拜就變得正確而完美。

The rejoicing here that Paul talks about as well is not this matter of being happy. John Piper puts joy as being:

保羅在這裡所說的喜樂，並非指快樂本身。約翰派博將喜樂定義為：

Christian joy is a good feeling in the soul, produced by the Holy Spirit, as he causes us to see the beauty of Christ in the word and in the world.

基督徒的喜樂是聖靈在靈魂中產生的美好感覺，因為祂讓我們在聖經和世界看到基督的美麗。

Happiness hangs on what happens. Joy does not.

快樂取決於發生的事情。喜樂則不然。

I won my soccer game. I got a promotion. If that is not happening, then I am not happy.

我贏了足球比賽。我升職了。如果這些沒有發生，我就會不快樂。

Joy can be a matter of when life is frustrating. Joy can be experienced and felt in amidst of grief. Joy can be felt when you do not know what the Lord is doing in your life. Think about when Paul talks about his joy in other times:

喜樂可以在人生挫折時感受到。喜樂可以在悲傷中體驗和感受。當你不確定主在你生命中在做什麼時，也能感受到喜樂。想想保羅其他時候談到的喜樂：

2 Cor 12:9 - *'Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.'*

《哥林多後書》12:9 - 「所以，我更喜歡誇耀自己的軟弱，好使基督的能力覆庇我。」

Rom 5:2-3 - *We rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings.*

《羅馬書》5:2-3 我們歡歡喜喜盼望上帝的榮耀。不但如此，就是在患難中也是

Notice that Paul often talks about joy in times when it is hard. If you are wanting this steadfast and ongoing joy that does not buckle when you are crushed and afflicted. Look to Jesus. Your gaze firmly fixed on him.

請注意，保羅經常在困境中談論喜樂。如果你渴望擁有這種堅定不移、持續不斷，即使身處困境和患難，也不會動搖的喜樂。仰望耶穌，將你的目光牢牢地註視在他身上。

Because what we see earlier in this chapter is that Paul gets them to look forward to the day of the Lord. For those of you who are playing at home, that is the day that Jesus will come back and bring an end to all things and renew them and restore them to how everything will be.

因為我們在本章前面看到，保羅引導他們盼望主的日子。對那些在家玩的人來說，那一天就是耶穌再來的日子，祂要終結一切，更新萬物，使萬物恢復原狀。

Joy for the Christian is trusting that there is a light at the end of the tunnel. Even if you cannot see it right now. Joy is confidence that he will make you all that you were meant to be in every fashion (physically, mentally, spiritually, existentially) on the day that Jesus returns.

對基督徒來說，喜樂在於相信隧道盡頭有光明，即使你現在看不到。喜樂在於相信，在耶穌再來的那一天，祂會在各方面（身體上、精神上、靈性上、存在上）將你塑造成你原本該成為的樣子。

Because do you see it? God created you as an awe maker. You were created to have awe at things. And when our awe of Jesus is diminished, what we cannot do in renewing our awe. Jesus does it for us and will complete it when we are with him forever. Revelation 19:1:

因為你看到了嗎？上帝創造你去成為製造敬畏的人。你受造就是為了敬畏萬物。當我們對耶穌的敬畏減弱時，我們無法再重新建立的敬畏之心。耶穌為我們重新建立起來，並將在我們永遠與祂同在時完成這一切。《啟示錄》19:1:

After this I heard what sounded like the roar of a great multitude in heaven shouting: "Hallelujah! Salvation and glory and power belong to our God,

此後，我聽見好像有一大群人在天上大聲說：「哈利路亞！救恩、榮耀、權能都屬於我們的上帝。」

The end for the Christian. What our life, this world is hurling to is adoration of the one who made us and the only one who is worthy of our praise.

基督徒的終局。我們的生命，這個世界，都在向那位創造我們的人，那位唯一值得我們讚美的人致敬。

And, so to answer that question at the beginning. How am I meant to do all of life worship? 那麼，回到開頭的那個問題：我該如何一生所有地敬拜？

Worship is when your life becomes more about Jesus than this world. 崇拜就是當你的生命更專注於耶穌而不是這個世界。

Worship is also when you willingly vacuum after Sunday Kids when there is glitter all over the floor. When you sit under your boss talking about your work performance and listen humbly like Christ. When you pray for the Lord's patience to not scream at your child. You keep coming to church in the hard seasons, or even when church is hard, because it is about Jesus.

敬拜也是當你心甘情願地在「主日學」結束後，當地板上到處都是亮晶晶的東西時，用吸塵器吸塵。當你坐在老闆面前，在談論你的工作表現時，像基督一樣謙卑地傾聽。當你祈求主賜予耐心，讓你不要對你的孩子大喊大叫時。即使在艱難的季節，甚至教會是艱難的時候，你仍然堅持去教會，因為這是關於耶穌的。

For is that not what Jesus does when he is in agony on the Cross when he says, "***Father, forgive them, for they do not know what they are doing.***" (Luke 23:34)?

這不正是耶穌在十字架上痛苦不堪時所說的嗎？他說：「父啊，赦免他們！因為他們所做的，他們不曉得。」（路加福音 23:34）

The true living God perseveres on the Cross for his Father's will. He does not scorn at you. He does not sit in silence. He prays. He prays that your soul might know the depths of your sin. Your inability to worship him. And that your gaze may be re-affixed to his heart for you. 永生真神為了父神的旨意，在十字架上堅忍。他不會輕蔑你，也不會靜靜地坐著。他禱告。祂祈求你的靈魂能體認到你罪的深重，以及你無法敬拜祂。使你的目光能重新固定在祂為你服務而立的心上。

Because of Christ, you are free to worship. You are free to worship anytime, any place. You get to do that for which you were made. Isn't that so good? Is not it a joy that in Jesus, you get to worship who you were made to worship.

因為基督，你可以自由地敬拜。你可以隨時隨地敬拜。你可以做你被造要做的事。這不美好嗎？在耶穌裡，你可以敬拜你被造要敬拜的那一位，這不是一件喜樂的事嗎？

The Inputs for Worship 敬拜的輸入 - verses 19-22 節

I have had this question a lot from youth over the years and it is this:

這些年來，年輕人經常向我提出這樣的問題：

'Ash, I understand God is the creator of the heavens and earth. Jesus died for me. He is everything! But I just do not feel like learning about Jesus today.'

「Ash，我知道上帝是天地的創造者。耶穌為我而死。他就是一切！但我今天就是不想學習關於耶穌的事。」

Have you ever just sometimes felt weary about worship? Has this kid hit what your heart is feeling?

你有沒有偶爾對敬拜感到厭倦？這孩子是否觸動了你的心弦？

I wonder if Paul continues on reminding us that our devotion to God does not just start with what you put out, but what you put in. The inputs in your heart, matter as much as the outputs. Have a look at Verse 19:

我不知道保羅是否繼續提醒我們，我們對上帝的忠誠不僅在於你輸出什麼，也在於你輸入什麼。你輸入內心的與輸出的同樣重要。請看第 19 節：

19 Do not quench the Spirit. 20 Do not despise prophecies, 21 but test everything; hold fast what is good. 22 Abstain from every form of evil.

19 不要熄滅聖靈；20 不要藐視先知的講論。21 但凡事要察驗：美善的事要持守，22 各樣惡事要禁戒。

Why does Paul say this?

保羅為什麼這麼說呢？

The Thessalonian church might have been constantly hearing prophecy. Maybe there was a bad instance of prophecy, And so, Paul says to not despise prophecy. What we need to say about prophecy is that often Biblical prophecy, particularly in the Old Testament, was not just a future prediction, but a message from God.

帖撒羅尼迦教會或許常聽到先知的講論。或許曾經有一些先知的講論的後果不好，所以保羅說不要藐視先知的講論。關於先知的講論，我們需要強調的是，《聖經》中的先知的講論，尤其是《舊約》中的，通常不只是對未來的預言，更是來自上帝的信息。

And perhaps Paul is calling for some discernment with what they hear.

也許保羅是在呼籲大家對所聽到的內容進行辨別。

It is worth noting briefly that prophecy is quite a divided matter between Christians. And I do not think Scripture is quite definitive of what prophecy for us today is. Particularly in this passage, Paul does not tell us what the prophecies are or why he brings the matter of prophecy in verse 19-22.

值得一提的，基督徒對先知的講論的看法頗有分歧。我認為聖經並沒有明確規定今天我們該如何理解先知的講論。尤其是在這段經文中，保羅並沒有告訴我們先知的講論是指什麼，也沒有說明他為什麼在 19-22 節提到。

Some people say that prophecy today is an unprompted thought that God has suddenly brought to mind. Some people say that the preaching of the Word powerfully is prophecy. But I want to park the debate, we can chat about it over Morning Tea. But I want us to listen carefully to Paul's principle here:

有人說，現今的先知的講論是上帝突然的無緣無故的讓人想到什麼。有人說，有力地傳講神的話就是先知的講論。但我想先擱置這場爭論，我們可以在早茶時間再聊。但我希望我們仔細聆聽保羅的原則：

If prophecy is always rooted that it is from the word of God, it must all be tested by the Scriptures.

如果先知的講論總是根植於上帝的話語，那麼它就必須經過聖經的察驗。

I think what is clear in this passage, and others that Paul writes, is that these prophecies are about holding what is good, and what in light of what is affirmed by Scripture. In other words, the principle is that whatever you hear does it ring out the glories, majesties and beauties of our great God.

我認為這段經文以及保羅所寫的其他經文都清楚地表明，這些先知的講論是關於持守良善，並根據《聖經》的肯定來判斷。換句話說，其原則是，無論你聽到什麼要察驗它會否彰顯我們偉大上帝的榮耀、威嚴和榮美。

In other words, we can apply this principle to the way that we encounter our social media. Because sometimes we take matters that we hear in our phones and podcasts as gospel. You have heard it. The gospel of self-care. The gospel of health and fitness.

換句話說，我們可以將這項原則運用到我們與社群媒體互動的方式上。因為有時我們會把手機和播客裡聽到的內容當作福音。你也聽過。自我關愛的福音。健康和健身的福音。

I am not saying those are not good things. I am just asking have we considered whether you have placed them under the microscope and placed a gospel lens. Do we let the Spirit work as we let him witness to the truth that aligns to His Word. If Jesus is the most ultimate matter that I am to gaze my mind on, if he is coming back, shouldn't everything that I do, read and hear fall under my understanding and worship of him?

我並非說這些不是好事。我只是想問，我們是否考慮過，曾否用福音的眼光仔細審視它們。我們是否讓聖靈動工，讓祂見證與祂的話語相符的真理？如果耶穌是我心中最重要的事，如果祂要再來，那麼我所做的、讀到的、聽到的一切，難道不應該都屬於我對祂的理解和敬拜嗎？

I wonder if for many people who live in our modern era, like me. Our despising of prophecy is not the issue. The thing that our brain and mind is subsumed by is the world, the internet and the media. So, friends, let us train our eyes to look at Jesus and His Word, because he is worthy.

我想知道，對於像我一樣生活在現代的許多人來說，我們是否藐視先知的講論並非問題所在。我們的大腦和思想被世界、網路和媒體所吞噬。所以，朋友們，讓我們訓練自己的眼睛去注視耶穌和祂的話語，因為祂配得。

The heart of worship is to let all that you take in and all that you put out be shaped around Jesus.

敬拜的核心是讓你所輸入的一切和你所輸出的一切都圍繞著耶穌來塑造。

God wants your heart. It is his will for you in Christ Jesus. The object of our affections in worship. The heart of worship is Christ Jesus.

神想要你的心。這是祂在基督耶穌裡對你的旨意。是我們敬拜中情感的對象。敬拜的核心是基督耶穌。

Steadfast Worship 堅定不移的敬拜 - Verse 23-24 節

It is all good and well for me to pat you on the back and say 'Go on, brother. Go on, sister.' But how do I keep going on in worship until Jesus comes back? How do I keep going? How can I be steadfast, perseverant for the next 5, 10, 20, 50 years?

我拍拍你的肩膀說「加油，弟兄！加油，姊妹！」當然很好。但我該如何繼續敬拜，直到耶穌再來？我該如何堅持下去？我如何在接下來的 5 年、10 年、20 年、50 年裡保持堅定不移、堅持不懈？

Take a look at verse 23:

請看第 23 節：

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 He who calls you is faithful; he will surely do it.

願賜平安的上帝親自使你們完全成聖！願你們的靈、魂、體得蒙保守，在我們的主耶穌基督來臨的時候，完全無可指責。24 那召你們的本是信實的，他必成就這事。

Paul starts ending this chapter with what he begun. The hope of the day that Jesus is coming back. Because this is what will keep them steadfast.

保羅以他開始的話語結束本章。耶穌再來的那一天的盼望。因為這將使他們堅定不移。

I was speaking to a parent recently who was considering how they parent their children, and how they always have their eyes on equipping them as individuals beyond them living in the household. Not just doing everything for them, or fixing all their problems, or making them happy, but equipping them for the future.

最近我和一位家長聊天，他正在思考如何養育孩子，以及他們如何始終關注著如何讓孩子在家庭以外成為獨立的個體。不要只是為他們包辦一切，解決所有問題，讓他們快樂，而是為他們的未來做好準備。

They've always thinking about the future, as they love, parent nourish their children. They have got their eyes on the future.

他們總是在思考未來，在他們像父母愛和滋養孩子的同時，他們著眼於未來。

For the Christian, you are always thinking about the future. If you want something steadfast, do not take your eye off the target.

對基督徒來說，你總是在思考未來。如果你想要堅定不移的事情，就不要偏離目標。

And there is this word sanctify. What does it mean? It is the process of being set apart for God. Set apart for worship. What is God sanctifying? '*Your whole spirit and soul and body.*' 還有「成聖」這個字。它是什麼意思呢？是指分別為聖歸給神的過程，分別為聖敬拜神。神使你的什麼完全成聖呢？「**你們的靈、魂、體。**」

Paul yearns for the church to not be those who are idle people - we saw that in verse 14. But he wants mature, sanctified, transformed Christians. Lovers of Christ who are being transformed horizontally and vertically! He wants you to be all in, full-throttle, selfless abandon.

保羅渴望教會不要成為遊手好閒懶散不守規矩的人——我們在第 14 節看到這一點。他渴望的是成熟、成聖、更新的基督徒。愛基督的人，無論在橫向或垂直上都在經歷改變！他希望你們全心投入，全力以赴，無私奉獻。

The question now is: How does God sanctify us?
現在的問題是：上帝如何使我們成聖？

Paul tells us that the how is in the who will sanctify.
保羅告訴我們，如何使人成聖取決於誰將使人成聖。

Jesus is not just the object of worship, but the agent of change. Verse 24, .
耶穌不只是敬拜的對象，更是改變的推動者。第 24 節，

He who calls you is faithful; he will surely do it.
那召你們的本是信實的，他必成就這事。

Jesus will; by his Holy Spirit. Doesn't that give anymore reason to rejoice, and to pray unceasingly?
耶穌，藉著祂的聖靈，必會成就。這不更值得我們喜樂，並且不斷禱告嗎？

I wonder if you have come weary today thinking, 'I can't do it.' Maybe you have heard sermon after sermon this series. About the need to be at peace in community. You have not fully grasped hold of the gospel in your heart. The call to worship God with your bodies and your work. And you just sense that you are not strong enough to do more, be more.
我想知道你今天是否疲憊不堪，心想「我做不到」。或許你聽過這一系列講道，一篇接著一篇，都在強調群體中需要和睦相處。你還沒有完全領悟福音的真諦，還沒有完全領悟要用身體和工作敬拜上帝的呼召。你只是覺得自己不夠強大，無法做得更多，成為更好的人。

The story of the gospel is that there is a stronger man. There is a stronger one than one who can defeat the giant apathy in your heart. There is a more patient one when you are impatient at life and people around you. There is a more faithful God when you feel so faithless.

福音的故事告訴我們，有一位更強大的人。有一位比能夠戰勝你心中巨大的冷漠的更強大的人。當你對生命和周圍的人感到不耐煩時，有一位更有耐心的人。當你感到如此缺乏信心時，有一位更信實的上帝。

He will do it — not just ‘might do it someday,’ but certainly. But Paul says, ‘surely do it’, because he wants the Thessalonians to have certainty. Friend, you can have certainty that Jesus will change you.

祂必成就——不只是「將來有一天可能會成就」，而是必定的。保羅所以說「**必成就這事**」，因為他希望帖撒羅尼迦人有確據。朋友，你可以確信耶穌會改變你。

You do not have to be blooming to be growing. You do not have to be always happy, or in a good season to be growing. Perhaps you are growing in Jesus because you have held onto him in the hard times this week. Where have you seen yourself slowly, but surely grow into closer the image of Christ, rather than our own? Who in this room have you seen grow slowly, but surely into the image of Christ? Who will you encourage?

你不必像花朵一樣綻放才能成長。你不必總是快樂，也不必處在美好的時節才能成長。或許，你在耶穌裡成長，是因為你在這週的艱難時刻緊緊抓住了他。你在哪裡看到自己緩慢但堅定地成長，越來越接近基督的形象，而不是我們自己的形象？你看見在座的各位，誰緩慢但堅定地成長為基督的形象？你會鼓勵誰？

I can imagine as we talk about big concepts, it is helpful to ground this into our daily reality: 我可以想像，當我們談論大概概念時，將其融入我們的日常現實中是有幫助的：

Take this bucket of flowers. Imagine that each flower is made up of the things you do in one day.

拿著這桶花，想像一下，每一朵花都是由你一天所做的事情組成的。

- Packing your kids’ school lunchbox
- Driving to work through traffic
- Doing a load of laundry
- Going for a walk
- Reading your Bible
- Turning up to Community Group
- 為孩子準備學校午餐盒
- 塞車的路上開車上班
- 洗大量的衣服
- 散步
- 閱讀聖經
- 參與社群小組

It is done in worship for my Lord when:
在以下的情況做，就是在敬拜我的主：

- You pray that your kid will shine Jesus’ light at school as you pack
- It is when you are patient like our Lord when someone cuts you off

- It is when you thank God that you have clothes to wear
- It is when you are in awe of your grand creator
- It is when you see that God has been so, so, so good to humanity generation after generation in his Word.
- It is when you turn up each week to Community Group to be an encouraging friend that speaks the gospel.
- 一邊準備，一邊祈求你的孩子在學校閃耀耶穌的光芒
- 當有人強行超前時，你像我們的主一樣耐心等待
- 你感謝上帝讓你有衣服穿
- 你敬畏你的偉大創造者
- 你看到上帝在祂的《聖經》中一代又一代地對人類如此如此的美好
- 當你每週出現在社群小組時，你會成為一個鼓舞人心、傳福音的朋友。

It is taking this vase up, and giving it back to God, saying, 'Thanks God. Thank you that you have made me to live life to the full. I give all this, the experiences, the thoughts, all back to you, because I was made to live for worship.'

就是拿起這個花瓶，把它交還給上帝，說：「感謝上帝。謝謝你讓我活出了豐盛的人生。我把這一切，所有的經歷、所有的想法，都歸還給你，因為我生來就是為了敬拜而活。」

Friends, what is in your vase?

朋友們，你們的花瓶裡裝了什麼？

Let us pray:

讓我們禱告：

Lord Jesus, You are the founder and perfecter of our faith. We plead with you knowing that you are good, and that you are a promise-keeper. That you might help us redeem every moment, take every thought captive, so that we can lay it down at the foot of the Cross and say thank you. And just say you are worthy. You are worthy. You are worthy of all praise.

主耶穌，你是我們信心的創始成終者。我們懇求你，因為知道你是美善的，你是信守承諾的。願祢幫助我們救贖每一刻，擄獲每一個思念，使我們能將一切放在十字架下向祢感恩。只說你配得。你是配得。你配得一切讚美。