

Gospel Life and Perseverance 福音生命與堅忍

2 The 帖撒羅尼迦後書 3:1-18

John Lau 劉特正, 05 Oct 2025 年 10 月 5 日

We have come to the last sermon on Gospel Life series that looks into the two letters Paul wrote to the believers in Thessalonica. If you have only joined us in person or online very recently, please go to our webpage or our YouTube channel to catch up on the sermons that you may have missed.

我們來到「福音生命」系列的最後一講，這系列查考了保羅寫給帖撒羅尼迦信徒的兩封書信。若你是最近才親身或在線上參與聚會，請到我們的網站或 YouTube 頻道補聽你可能錯過的講道。

The brothers and sisters in the Thessalonians church are new to their faith in Jesus as their Lord and saviour. Acts 17 recorded that they became follower of Jesus after Paul reasoned with them from the Scripture over three weekends, ***explaining and proving that the Messiah had to suffer and rise from the dead*** and pointing out that the Jesus is the Messiah he is proclaiming.

帖撒羅尼迦教會的弟兄姊妹剛剛信主不久，承認耶穌為他們的主和救主。《使徒行傳》17 章記載，他們是在保羅用聖經與他們辯論了三個安息日之後成為耶穌的門徒。保羅向他們**講解和說明基督必須受害，從死人中復活**，並指明耶穌就是他所傳講的基督。

Paul was forced to leave this new formed church after only being with them for 3 weeks, and the Word of God, the gospel, continue to work among them. Paul tells us of his gratitude towards God at the very beginning of the two letters, for the Lord's message rang out from them and their faith in God has become known everywhere.

保羅只與這間新成立的教會相處三週就被迫離開；然而神的道、福音仍持續在他們中間運行。保羅在兩封書信的開頭都表明他向神滿懷感謝，因為主的道從他們那裏傳播出去，他們對神的信心在各處也都傳開了。

The believers in the area became their witness and reported ***how they turned to God from idols to serve the living and true God***, (1Thes1:9-10) and how they are waiting for Jesus' return from heaven. God raised Jesus from the dead and Jesus will return to rescues us from the coming wrath. 當地信徒成了他們的見證人，述說他們是**怎樣離棄偶像，歸向上帝來服侍那又真又活的上帝**（帖前 1:9-10），並等候耶穌從天降臨。神使耶穌從死裡復活，祂將再來，拯救我們脫離將來的忿怒。

People travel through Thessalonica witness the faith at work in these new believers, even though the person who brought them the gospel, Paul and his companions, was forced to flee the city when their opposition plan to kill them. The Thessalonian continue to live out their faith showing love to people travelled through their area based on their hope in Jesus.

許多經過帖撒羅尼迦的人看見這些新信徒的信心在生活中彰顯出來。即使把福音帶給他們的保羅和同工因仇敵圖謀殺害他們而被迫逃離，帖撒羅尼迦人仍繼續活出他們的信心，因着在基督裡的盼望，向經過他們之地的人顯出愛心。

Paul says in the beginning of his first letter 1:2-3 that ² *We always thank God for all of you and continually mention you in our prayers.* ³ *We remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.*

保羅在第一封信開頭（帖前 1:2-3）說道：「我們為你們眾人常常感謝上帝，禱告的時候提到你們，³ 在我們的父上帝面前，不住地記念你們因信心所做的工作，因愛心所受的勞苦，因盼望我們主耶穌基督所存的堅忍。」

And he reiterated his thanksgiving to God in the beginning of his second letter, 1:3-4, ³ *We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.* ⁴ *Therefore, among God's churches we boast about your perseverance and faith in all the persecutions and trials you are enduring.*

他又在第二封信開頭重申感謝神（帖後 1:3-4）：「³ 弟兄們，我們該常常為你們感謝上帝，這本是合宜的；因為你們的信心格外增長，你們眾人彼此相愛的心也都增加。⁴ 所以，我們在上帝的各教會裏為你們誇耀，因為你們在所受的一切壓迫患難中仍牢守著耐心和信心。」

Famous English preacher Charles Spurgeon once said, *Conversion is a turning into the right road; the next thing is to walk in it. The daily going on that road is as essential as the first starting if you would reach the desired end. To strike the first blow is not all the battle; to him that overcomes, the crown is promised. To start in the race is nothing, many have done that who have failed; but to hold out till you reach the winning post is the great point of the matter. Perseverance is as necessary to a man's salvation as conversion. ...*

英國著名佈道家司布真曾說：「歸信是轉入正確的道路；下一步就是在其上行走。若要達至終點，每日沿著這條路前行，與最初起步同樣關鍵。打出第一擊並不是整場爭戰；得勝的人才得冠冕。參賽起跑算不得什麼；很多人起跑卻失敗了；關鍵在於堅持到底直到衝線。堅忍對一個人的得救與歸信同樣必要。」

It is with great concern for their salvation and grow in their faith that Paul writes the two letters to the Thessalonians. His prayer for them in the final chapter of the two letters tells a lot of his intention, he prayed in 2Thes 3:5 that ⁵ *May the Lord direct your hearts into God's love and Christ's perseverance.* Let us look at 3 aspects of Perseverance today, The Reason, The Enemies, The Way.

保羅極其關心他們的得救與信心成長，於是寫下這兩封信。他在《帖後》3:5 的禱告顯明他的心意：「願主引導你們的心去愛上帝，並學基督的忍耐！」今天讓我們看看堅忍的三個方面，「理由」、「敵人」、「道路」。

- **The Reason for Perseverance. 堅忍的理由**

Paul has call upon God to help direct the Thessalonians into God's love and Christ's perseverance, and Spurgeon is of the view that *Perseverance is as necessary to a man's salvation as conversion* because they both understand the temptation of the lies of Satan for the believers to give up.

保羅求神引導帖撒羅尼迦人的心去愛上帝，並學基督的忍耐，司布真也認為「堅忍」對得救與「歸信」同樣必要，因他們都明白撒但以謊言誘使信徒放棄的試探。

When writer of Hebrews urges us to persevere in chapter 10, ***to hold unswervingly to the hope we profess and not giving up meeting together***, he points out that the habit of giving up is a real thing. To endure and persevere is not easy, especially when it is unpleasant and painful.

當《希伯來書》作者在第 10 章勸我們要堅守所宣認的指望，毫不動搖，不可停止聚會，他指出「放棄」成為習慣是真實的。堅忍並不容易，特別當事情艱難痛苦的時候。

Paul continues to pray for the Thessalonian that they may be considered worthy of the calling of God in 2 Thes 1:11 and God might fulfill every desire for goodness and work of faith by his power. He says in v12, ***we pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.***

保羅在（帖後 1:11）繼續為帖撒羅尼迦人祈求，使他們配得上神的呼召，又願神用大能成就他們一切良善的美意和因信心所做的工作。他在第 12 節說，他常為他們禱告，要**使我們主耶穌的名，照著我們的上帝和主耶穌基督的恩，在你們身上得榮耀，你們也在他身上得榮耀。**

When we persevere and demonstrate that we are worthy of the calling of our God, our Lord Jesus will be glorified in us, and we are glorified in him. It is important and necessary to persevere because it helps us to fulfill the ultimate reason we are created. Perseverance is the key to understand the meaning of our existence, for the ultimate reason you and I are made is to glorify God and fully enjoy him forever.

當我們堅忍，證明自己配得神的呼召時，主耶穌就在我們身上得榮耀，我們也在祂裡面得榮耀。堅忍重要且必須，因它使我們成就被造的終極目的。堅忍正是理解存在意義的關鍵，因為你我受造最終是為要榮耀神，並永遠以祂為樂。

Our way of life, how we live and conduct ourselves means to win the respect of those who are outside of the relationship with God. We are who God use to bring His lost children back into His love. Your salvation is not exclusively for yourselves to enjoy, you are saved for a reason, we are saved to be on God's mission to help this lost and dark world get back to their loving Father and Lord. And you will fulfill that calling by persevering.

我們的生活方式與行事為人，應當贏得不認識神與神沒有關係之人的尊重。神要使用我們，把失喪的兒女帶回祂的愛中。你的得救不只是為自身享受，而是有目的的，我們得救是為了參與神的使命，幫助這個迷失黑暗的世界回到慈愛的父與主那裡。你將藉著堅忍完成這呼召。

Perseverance is necessary and importance, but it is also not easy. Paul was a lot of military terms and language in his two letters because as believer of Jesus, living out a Christian life among wicked and evil people by staying faithful to God can be a daily battle. We are pull from all sides. There are two main enemies of perseverance we face, from **outside** and from **within**.

堅忍雖必要卻不容易。保羅在書信裡常用軍事語言，因為作為耶穌的信徒，在邪惡敗壞的世代持守對神的忠誠，彷彿每日在打仗；我們四面受拉扯。堅忍的敵人主要有二：**外在的**與**內在的**。

• The Enemies of Perseverance. 堅忍的敵人

Last Sunday, Steve introduced us to the concept of the Man of Lawlessness from chapter 2. The most important point is to understand the secret power of lawlessness that is already at work, and not to miss the Forrest for the tree to focus on finding out who is the man of lawlessness.

上主日，Steve 帶領我們認識第二章所說的「不法的人」。最重要的是看見那不法的隱密勢力已經運行，而不要捨本逐末，只顧查問這不法人到底是誰。

Let me encourage you to look at or listen to that sermon again to shore up your defence against the **first enemy of perseverance**, one that come from outside trying to get into our mind, the deceive and delusion of the works of Satan that is in this world. Here are some of the deception and delusion.

我也鼓勵你再看或重聽那篇講道，好加固你對**第一個敵人**的防線——從外而來、欲進入我們心思的世界迷惑與撒但的詭計。以下是幾種常見的迷思：

Christianity, having faith and hope in Jesus, has been presented as the cruel underdog that deny freedom to abort life, whether it is an unwanted pregnant or euthanasia. Believing in Jesus is the runner-up to the champion of life that restrict people from expressing their sexual orientation and desire.

信基督、對耶穌有信心與盼望，常被描繪成殘酷的失敗者，剝奪人「選擇生命與死亡」自由的，無論是墮胎還是安樂死。信耶穌也被說成是次級的限制人表達性傾向與慾望的生命的冠軍的亞軍。

Becoming a Christian is taking on the minority, troublesome, unpopular choice of life that will derail your career. Everything the Bible teaches goes against the pursue to be the centre of your universe, it is silly to hand over the control of your life.

成為基督徒被視為選擇了少數的、麻煩的、不討好的道路，會讓你的職涯脫軌。聖經的教導與「以自我為宇宙中心」的追求背道而馳；把生命主權交出去，被認為是愚蠢。

When everyone is living for themselves, it seems ridiculous to live for others and live in obedience of some writing that is archaic and irrelevant to contemporary life. It is so lame and primitive to need some religious crutches to get by in your life. Only the unintelligent people need religion. These attitudes sum up the first enemy of perseverance, the noise from the world worked out by Satan.

當人人為自己而活，為他人而活、順從某些看似陳舊過時又與現代無關的書信，顯得荒誕。需要宗教作生命的拐杖被認為是軟弱、原始，彷彿只有愚笨不聰明的人才需要宗教。這些態度總合起來，就是堅忍的第一個敵人——撒但操縱的世界噪音。

The second enemy of perseverance is from within us, it is our tendency to become idle and disruptive, ended up being a busybody. It appears that some Thessalonians may have quit their job in anticipation for Jesus' return. 4:10 implies that they are able to work but unwilling to do so. **堅忍的第二個敵人**是來自我們內心：我們容易變得懶散、擾亂，最終成為好管閒事的人。似乎有些帖撒羅尼迦人因期待主再來而辭掉了工作。《帖前》4:10 暗示他們能工作，卻不願去做。

These people ended up going around eating others food without paying, exploiting and taking advantage of others. Paul has alluded to this ungodly behaviour in his first letter, 4:11, to call upon the believers ***to make it your ambition to lead a quiet life: You should mind your own business and work with your hands, just as we told you.***

這些人結果四處白吃別人的飯不付錢，剝削、佔便宜。保羅在第一封信（4:11）已經提到這種不敬虔的行為，呼籲信徒：「**弟兄們要更加努力。¹¹ 要立志過安靜的生活，管自己的事，親手做工，正如我們從前吩咐你們的。**」

However, the situation seems to have worsen to a point that Paul has to highlight and instruct them again as his parting note in 2 Thes 3:10-11, ¹⁰ ***For even when we were with you, we used to command this to you: that if anyone does not want to work, neither should he eat.*** ¹¹ ***We hear that some among you are idle and disruptive. They are not busy; they are busybodies.***

然而情況似乎更加惡化，以至保羅在臨別囑咐時再次在《帖後》3:10-11 強調：「**我們在你們那裏的時候曾吩咐你們，說若有人不肯做工，就不可吃飯。¹¹ 因為我們聽說，在你們中間有人懶散，甚麼工都不做，反倒專管閒事。**」

The term "busybody" describes someone who meddles in the affairs of others, pries into things that are not their concern, and involves themselves where they are not needed or wanted. It goes beyond being merely inquisitive and enters the realm of disruptive and sinful behaviour.

所謂「專管閒事」，是指干涉他人事務、查探與己無關之事、插手於不需要或不被歡迎的地方的人；這已超越單純好奇，落入擾亂與犯罪的行為。

Paul alludes to many sinful behaviours that can come from within us, some are blatant others are not so obvious especially in 1 The 2. Having error or impure motives, using trickery, people pleasing, using flattery or putting on mask to cover up greed, seeking praise from people, dislike God, keeping others from being saved, hostile towards others.

保羅也提到許多源自內心內心的罪，有些是明顯，有些是隱晦的，特別是在《帖前》第2章中。列舉包括：：錯誤或不純正的動機、用詭詐、討人喜歡、諂媚、以假面遮掩貪婪、尋求人讚美、厭惡神、攔阻人得救、敵視他人等。

Revengeful and pays back wrong for wrong. Quenches the Spirit, treat prophecies with contempt and disobedience, rebellious, lawless, deceive, refuse to love the truth and delights in wickedness. 以惡報惡；熄滅聖靈；藐視先知的話；不順服、悖逆、不法、欺騙；不愛真理，反而喜愛不義。

Again in 1 The 4:3-4, he explicitly layout, *It is God's will that you should be sanctified: that you should avoid sexual immorality; 4that each of you should learn to control your own body in a way that is holy and honorable, 5not in passionate lust like the pagans, who do not know God; 6and that in this matter no one should wrong or take advantage of a brother or sister.*

他又在《帖前》4:3-4 清楚指出：「上帝的旨意就是要你們成為聖潔，遠避淫行；⁴ 要你們各人知道怎樣用聖潔、尊貴控制自己的身體，⁵ 不放縱私慾的邪情，像不認識上帝的外邦人。⁶ 不准有人在這事上越軌，佔他弟兄的便宜」

The temptation to sin is real and it is a daily battle that all Christian encounters, no one is immune or have the ability to not sin. Ourselves can become our worst enemy when it comes to living a disciplined godly life as disciples of Christ. Especially when we are not taking ownership of the wrongs we have done.

犯罪的試探確實存在，而且是每位基督徒每日要打的仗；沒有人免疫，也沒有人能完全不犯罪。要過有紀律敬虔有節制的門徒生活，我們往往成了自己最大的敵人，特別是當我們不肯為自己的錯誤罪過負責時。

Our desire to be loved by people often jeopardise our obedience towards God. We are often easily distracted and have this fear of missing out which drive us to continue scrolling of social media to keep up to day with the latest gossip. Instead of avoiding and fleeing from sin, we often test the boundary thinking that we are good enough to overcome temptations.

我們渴望被人喜愛，往往危及我們對神的順服。我們也容易分心、害怕錯過，於是不停刷社群媒體以追逐最新八卦。與其逃避罪，我們常試探邊界，自以為能勝過誘惑。

Jesus teaches in *Mark 7* and *Metthew 15* that sin is what come from within us, coming from our heart that corrupt and defile a person. It is not the environment that causes a person to sin but our desire from within to be equal or greater than God, our rebellion to not wanting God to be the ruler of our life that causes us to sin against God and others.

耶穌在《馬可福音》7章與《馬太福音》15章教導：污穢人的不是外在的，而是從裡面出來的罪。不是環境使人犯罪，而是我們內心想與神同等或超越祂的慾望——我們悖逆，不願神作我們生命之主，於是得罪神也得罪人。

Trying to do good is such a battle, trying to stay faithful to the call we receive from God drains us daily. We are so prone to grow tired of doing what is good and so Paul encourages us in verse 13, *And as for you, brothers and sisters, never tire of doing what is good.* So how are we to fight these enemies from the outside and from within? How are we to persevere?

行善是一場爭戰，持守神的呼召每日都會在消耗我們；我們很容易對行善感到厭倦。因此保羅在第 13 節勸勉：「弟兄們，你們行善不可喪志。」。那麼，我們要如何對抗內外的敵人？我們如何堅忍到底？

● The Way of Perseverance. 堅忍的道路

The simple answer is we can't. There is no way we can persevere till the end to bring glory to God without the interference of our Lord Jesus Christ. Relying on our own strengths and might, we will get nowhere.

簡單說：我們自己做不到。若沒有主耶穌基督的介入，我們無法堅忍到底以榮耀神；單靠自己的力量與能力，我們寸步難行。

Paul prays to Jesus continuously throughout his two letters. Paul refers to Jesus in various form and by his full title up to 20 times within his two letters. As Jesus is the only way to the Father, he is also the only way of perseverance.

保羅在兩封信中以不同形式和完整的稱號多次提到耶穌。保羅在信中不斷向主禱告。正如耶穌是到父那裡的唯一道路，祂也是堅忍的唯一道路。

The centrality of Jesus in our life is the only way to persevere. Only when we remain in Christ, are we able to stay faithful till the end as Paul prays in 1 The 5:23-24, ²³ *May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.* ²⁴ *The one who calls you is faithful, and he will do it.*

唯有耶穌在我們生命中居首位處中心地位，我們才可能堅忍。只有常在基督裡，我們才能忠心到底；如保羅在帖前 5:23-24 所禱告的：「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。」

God is the one who will keep us faithful till the return of our Lord Jesus Christ. John 15 tells us these words of Jesus, ³ *You are already clean because of the word I have spoken to you.* ⁴ *Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ... apart from me you can do nothing.*

使我們持守到底直到主耶穌基督再來的是神自己。《約翰福音》15 章記載耶穌說：「現在你們因我講給你們的道已經潔淨了。」⁴ 你們要常在我裏面，我也常在你們裏面。枝子若不常在葡萄樹上，自己就不能結果子；你們若不常在我裏面，也是這樣…因為離了我，你們就不能做甚麼。」(約 15:3-5)。

Jesus' word is what makes us clean. As we accept Jesus' teaching, we become acceptable to God and grafted back into God, become a branch of the vine. Keeping ourselves in God's word is how we remain in Him. It is by remaining in Jesus that we will get anywhere in life.

耶穌的話使我們得潔淨；當我們領受祂的教導，就蒙神悅納，被重新接枝回到神裡，成為葡萄樹上的枝子。持守在神話語中，就是常在祂裡面的方式；唯有常在耶穌裡，我們的生命才真正有出路。

John continues to record Jesus, saying, ⁷ *If you remain in me, and my words remain in you, ask whatever you wish, and it will be done for you.* ⁸ *This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.*

約翰接著記錄耶穌的話：「⁷ 你們若常在我裏面，我的話也常在你們裏面，凡你們想要的，祈求，就給你們成全。⁸ 你們多結果子，我父就因此得榮耀，你們也就是我的門徒了。」（約 15:7-8）

Paul has full confidence that the Thessalonians are doing and will continue to do the things God commanded because the word of the gospel is working among them. Lord Jesus is at work in their life through his word. Looking back to his prayer on 2 The 3:4-5. ⁴ *We have confidence in the Lord that you are doing and will continue to do the things we command.* ⁵ *May the Lord direct your hearts into God's love and Christ's perseverance.*

保羅完全有信心帖撒羅尼迦人正在遵行、以後也必繼續遵行神所吩咐的，因為福音的道正在他們中間運行。主耶穌藉著祂的話在他們生命中工作。回看他在帖後 3:4-5 的禱告：「⁴ 我們靠主對你們有信心，你們現在遵行，以後也必遵行我們所吩咐的。⁵ 願主引導你們的心去愛上帝，並學基督的忍耐！」

His prayer for the brothers and sisters in Thessalonian reveals the way we are to persevere. He continues to pray in 2 Thes 2:16-17. ¹⁶ *May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope,* ¹⁷ *encourage your hearts and strengthen you in every good deed and word.*

他為帖撒羅尼迦弟兄姊妹的禱告揭示了我們堅忍的途徑。他在帖後 2:16-17 繼續禱告：「¹⁶ 願我們主耶穌基督自己，和那愛我們、開恩將永遠的安慰及美好的盼望賜給我們的父上帝，¹⁷ 安慰你們的心，並且在一切善行善言上堅固你們！」

Our encouragement and strength to persevere come from the word of God, other writers to the New Testament, such as James, echo Paul's teaching in the beginning of his letter. James 1:2-5, ² *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,* ³ *because you know that the testing of your faith produces perseverance.*

我們得著堅忍的安慰與力量，皆出於神的話語。新約其他作者，如雅各，也在書信開頭呼應保羅的教導（雅 1:2-5）：「² 我的弟兄們，你們遭受各種試煉時，都要認為是大喜樂，³ 因為知道你們的信心經過考驗，就生忍耐。」

James acknowledges that there will be times in our Christian life that we find testing, we will feel the pull to give up, but he encourages us to ⁴ *Let perseverance finish its work so that you may be mature and complete, not lacking anything.* ⁵ *If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.*

雅各承認，在我們的基督徒生命中會遇到試煉、會感覺被拉扯、會想放棄，但他勸勉我們：「⁴但要讓忍耐發揮完全的功用，使你們能又完全又完整，一無所缺。⁵你們中間若有缺少智慧的，該求那厚賜與眾人又不斥責人的上帝，上帝必賜給他。」（雅 1:4-5）

How are we to persevere, especially when we find ourselves lacking in all kinds of way, we ask God to help us. You can ask boldly, and it will be done for you because when you hold to Jesus' teaching, putting them into practice, showing yourself to be Jesus' disciple, God will overcome your enemies gets the glory. And that is the ultimate reason he created us and put us into this world. It is the will of God to give you life and give it to the full.

我們如何堅忍，特別是當我們發現自己各方面都不足時？我們向神求幫助。你可以坦然大膽祈求，並且必得著；因為當你持守耶穌的教導、切實遵行，顯明自己是祂的門徒時，神就必勝過你的仇敵，並得榮耀。這也是祂創造我們、把我們放在世上的最終目的：要賜給你生命，且得的更豐盛。

Again, the writer of Hebrews says in 12:1-3, *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.* Sin will try to entangle us, and it is easy to stumble, there are so many things in life that will hinder our growth as disciple.

《希伯來書》作者又在 12:1-3 說：「¹所以，既然我們有這許多見證人如同雲彩圍繞著我們，就該卸下各樣重擔和緊緊纏累的罪，」罪會試圖纏累我們，使我們容易跌倒；生活中有許多事會阻礙我們作為門徒的成長。

Do not ignore our enemy from within, *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, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

不要忽視內在的敵人；讓我們放下各樣重擔，脫去容易纏累人的罪。「該卸下各樣重擔和緊緊纏累的罪，以堅忍的心奔那擺在我們前頭的路程，²仰望我們信心的創始成終者耶穌，他因那擺在前面的喜樂，輕看羞辱，忍受了十字架的苦難，如今已坐在上帝寶座的右邊。」（希 12:1b-3）

How are we to run with perseverance the race marked out for us? We are to consider Jesus. ³ *Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.* Consider Jesus, fix your eyes on him, who is the pioneer and perfecter of faith. He is the person that makes it possible for us to persevere till he returns. By giving of his life for our life, he marks us worthy of God's calling of us.

我們要如何存心忍耐、奔那擺在我們前頭的路程？就是仔細想想耶穌，要仔細想想這位忍受了罪人如此頂撞的耶穌，你們就不致心灰意懶了。定睛在祂身上，因祂是信心的創始成終者。祂使我們能堅忍到底直到祂再來。祂以生命代替我們的生命，使我們配得神的呼召。

Keep marveling and meditate on how he endures the opposition from us sinners. He created us for his glory and the glory of the Father but instead of acknowledging his lordship over our life, we disowned him and left him to face our cross. We put Jesus on the Cross to face the punishment we deserve for our rebellions against our creator.

要常常驚歎並思想祂如何忍受我們罪人的頂撞。祂為了著祂與父的榮耀創造我們；然而我們不承認祂在生命中的主權，反而棄絕祂，讓祂替我們背負十字架。我們把耶穌釘上十字架，使祂承受我們因悖逆造物主而該受的刑罰。

Paul prays at the end of 2 Thes 3:16, ***Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.*** Jesus is the only one can and he will give you peace when you submit yourself under him, when you repent and believe his good news of your salvation.

保羅在《帖後》3:16結尾這樣禱告：「¹⁶願賜平安的主隨時隨事親自賜給你們平安！願主與你們眾人同在！」耶穌是唯一能，而且會賜下平安的主，當你降服於祂、悔改並相信祂救恩的福音時，祂必將平安賜給你。

He can give you peace because he went through and endured the suffering of the Cross and purchased peace for us by his blood, and God has raised him from the dead as the proof that we too will be risen with him into eternal glory. ***For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. He died for us so that, whether we are awake or asleep, we may live together with him.*** (1 The 5:9-10).

祂能賜下平安，因祂親自承受十字架的苦難，用自己的血為我們買來和平。神已使祂從死裡復活，作為確據，叫我們也要與祂一同復活進入永恆的榮耀。因為上帝不是預定我們受懲罰，而是預定我們藉著我們的主耶穌基督得救。祂替我們死，讓我們無論醒著、睡著，都與祂同活。（帖前 5:9-10）

The Gospel Life is a life worth persevering because it is as valuable as the life of the Son of God. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ***May the Lord direct your hearts into God's love and Christ's perseverance. The grace of our Lord Jesus Christ be with you all.***

「福音生命」值得你我竭力持守，因它的價值等同於神兒子的生命。上帝愛世人，甚至將祂獨一的兒子賜給他們，叫一切信祂的人不致滅亡，反得永生。願主引導你們的心去愛上帝，並學基督的忍耐！願我們的主耶穌基督的恩惠與你們同在！