



JABEZ'S PRAYER BREAKING FREE FROM PAIN

雅比斯脱离 痛苦的祷告

1 CHRONICLES 4:9-10

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引言 Introduction

雅比斯的生命充满了忧伤和心中的痛苦

Jabez's life was filled with sorrow and heartache

内心健全和自由生命中得胜

Victory in life with inner soundness and freedom

1 CHRONICLES 历代志上 4:9-10

9 雅比斯比他众弟兄更尊贵, 他母亲给他起名叫雅比斯, 意思说: 我生他甚是痛苦。

**10 雅比斯求告以色列的神说:
甚愿你赐福与我, 扩张我的境界,
常与我同在, 保佑我不遭患难,
不受艰苦。 就应允他所求的。**



4 点 FOUR POINTS :

- 1) 成长的痛苦 Pains of growing up
- 2) 心中的堡垒 Fortification of the mind
- 3) 作出突破的决定
Breakthrough starts with
a decision
- 4) 我的故事 My story

1) 成长的痛苦

Pains of growing up

a) 雅比斯的成长 Jabez's growing up

雅比斯母亲的生命 Life of Jabez's mother

**1) 成长的痛苦
Pains of growing up**

b) 雅比斯的母亲 Jabez's mother

雅比斯的名字的意思就是痛苦

The name Jabez means pain

1) 成长的痛苦

Pains of growing up

c) 雅比斯的意思

Meaning of Jabez in Hebrew

- 悲哀 Sorrowful – 内心的痛苦
- 悲伤 Grief – 内心里的痛苦
- 肉体 Pain – 身体的痛苦

1) 成长的痛苦
Pains of growing up

**d) 没有被医治的内伤
带来负面的心态**

**Pains not healed brings
about a negative mindset**

**1) 成长的痛苦
Pains of growing up**

e) 雅比斯成长的痛苦

Jabez's growing up pains

我们嘴里说出来的宣告是有能力的
The declarations that come out
of our mouths are powerful

1) 成长的痛苦
Pains of growing up

e) 雅比斯成长的痛苦 Jabez's growing up pains

雅比斯的故事被记录在圣经里, 是因为神认为是重要的。雅比斯战胜了痛苦。

The story of Jabez is recorded in the Bible because God thought it was important. Jabez overcame pain.

**1) 成长的痛苦
Pains of growing up**

e) 雅比斯成长的痛苦 Jabez's growing up pains

长期的心灵伤害将会导致性格的缺陷

**Long-term psychological damage
will lead to character defects**

**1) 成长的痛苦
Pains of growing up**

e) 雅比斯成长的痛苦 Jabez's growing up pains

长期的心灵伤害将会导致性格的缺陷

Long-term psychological damage will lead to character defects

- 没有安全感, 不容易相信人
Insecure. Not easy to trust people
- 负面观点 Negative view
- 缺乏信心 Lack of confidence

1) 成长的痛苦
Pains of growing up

e) 雅比斯成长的痛苦 Jabez's growing up pains

长期的心灵伤害将会导致性格的缺陷

Long-term psychological damage will lead to character defects

- 惧怕的灵, 不敢尝试新的东西和领域**

A spirit of fear, afraid to try new things and areas.

1) 成长的痛苦

Pains of growing up

e) 雅比斯成长的痛苦 Jabez's growing up pains

长期的心灵伤害将会导致性格的缺陷

Long-term psychological damage will lead to character defects

- 惧怕人和失败 Fear of people and failure

1) 成长的痛苦
Pains of growing up

f) 我们的成长经历塑造我们的性格

Our upbringing shapes our character

1) 成长的痛苦
Pains of growing up

f) 我们的成长经历塑造我们的性格
Our upbringing shapes our character

**为了保护自己不被痛苦伤害，
我们的心将会形成一个自我保护的系统。**
**In order to protect ourselves from pain, our hearts
will form a self-protection system.**

1) 成长的痛苦
Pains of growing up

f) 我们的成长经历塑造我们的性格
Our upbringing shapes our character

**因为我们不要受到伤害，
圣经称这自我保护的系统为堡垒。**

**Because we don't want to get hurt.
The Bible calls this system of self-protection a fortress**

1) 成长的痛苦
Pains of growing up

2) 心中的堡垒

Fortification of the mind

2 CORINTHIANS 哥林多后书 10:3-5

3 因为我们虽然在血气中行事, 却不凭着血气争战。

4 我们争战的兵器本不是属血气的, 乃是在神面前有能力, 可以攻破坚固的营垒,



2 CORINTHIANS 哥林多后书 10:3-5

5 将各样的计谋, 各样拦阻人认识神的那些自高之事, 一概攻破了, 又将人所有的心意夺回, 使他都顺服基督。



**这些堡垒是魔鬼在我们生命的谎言，
影响我们人与人的关系，也影响我们与神的关系。**

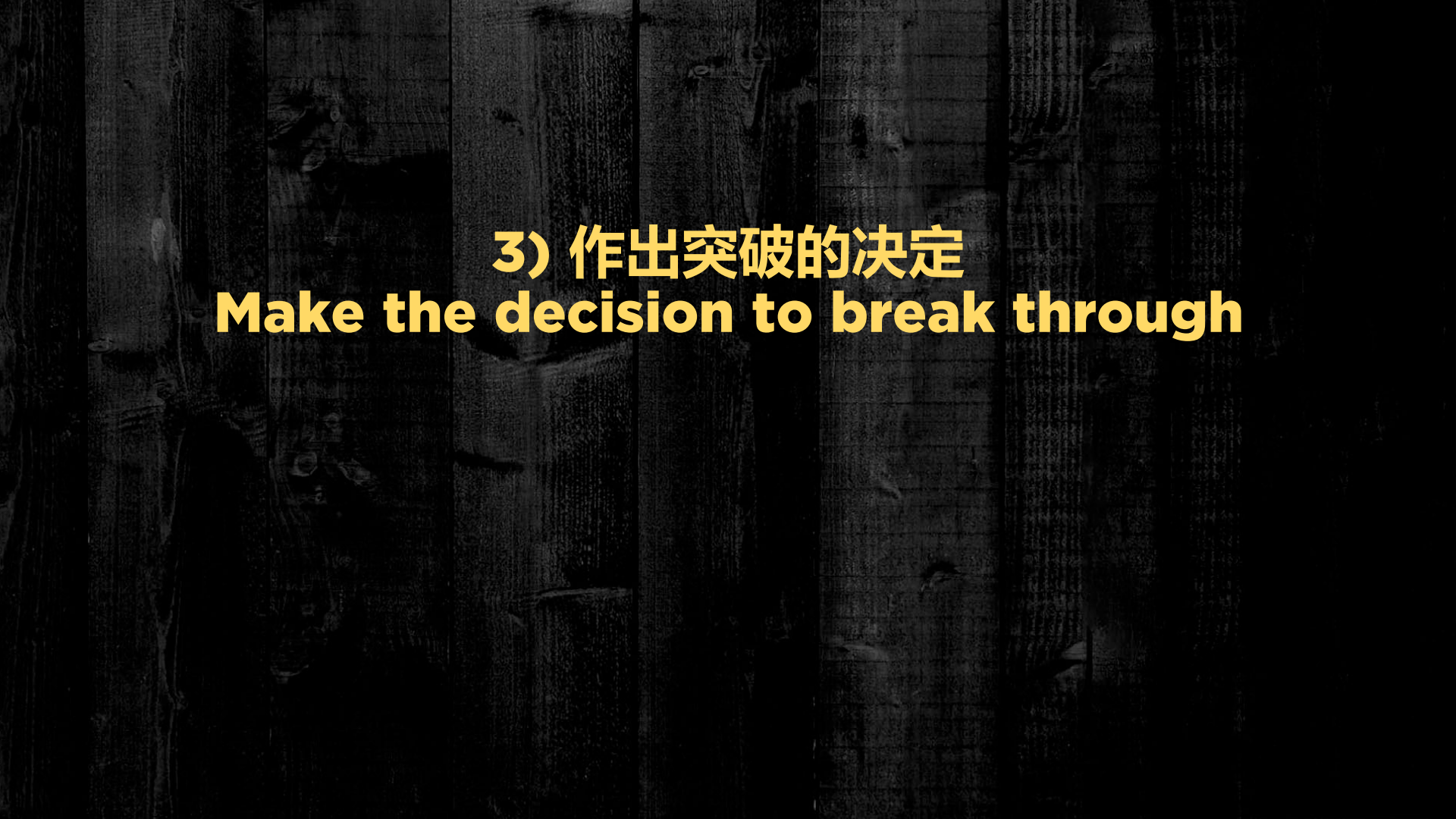
**These fortifications are lies of the devil that will
negatively affect our life and in our relationship with
people and God**

**2) 心中的堡垒
Fortification of the mind**

**我们必须愿意从我们心中的舒服区, 走出来,
才能进入神要给我们的呼召和地方。**

**We must be willing to step out of our comfort zone in
order to enter the calling and place God has for us.**

2) 心中的堡垒
Fortification of the mind

The background of the slide is a dark, textured surface resembling wood or stone, with vertical lines and some lighter patches. The text is centered and written in a bold, yellow font.

3) 作出突破的决定

Make the decision to break through

a) 雅比斯做出了决定 Jabez made a decision

**3) 作出突破的决定
Make the decision to break through**

1 CHRONICLES 历代志上 4:10

**10 雅比斯求告以色列的神说：
甚愿你赐福与我，扩张我的境界，
常与我同在，保佑我不遭患难，
不受艰苦。 就应允他所求的。**



a) 雅比斯做出了决定 Jabez made a decision

**除非我们要知道自己的状况, 并且要改变,
我们将会原地不动。**

**Unless we understand our situation and change it,
we will stay where we are**

3) 作出突破的决定

Make the decision to break through

a) 雅比斯做出了决定 Jabez made a decision

雅比斯的祷告不是一个祷告就能改变我们性格的缺陷。多重性格的改变需要时间, 甚至是用一生的时间。

The prayer of Jabez is not a prayer that can change the flaws in our character. Changes in multiple personalities take time, even a lifetime.

3) 作出突破的决定

Make the decision to break through

a) 雅比斯做出了决定 Jabez made a decision

扩张在他心里的境界

Expanding the realm in his heart

3) 作出突破的决定

Make the decision to break through

a) 雅比斯做出了决定 Jabez made a decision

**他要神保守他不受心中的痛苦，
因为当他服侍神时，可能会面对人的批评和伤害。
He wanted God to protect him from the pain in his heart
because when he served God, he might face criticism and
hurt from others.**

3) 作出突破的决定

Make the decision to break through

a) 雅比斯做出了决定 Jabez made a decision

当雅比斯服侍神, 生命的堡垒也破除。

When Jabez served God, the strongholds of life were broken down.

3) 作出突破的决定

Make the decision to break through

4) 我的故事

My Story

a) 小时的成长 – 惩罚和责任

When I was small – Punishment and responsibilities

4) 我的故事
My Story

a) 小时的成长 – 惩罚和责任

When I was small – Punishment and responsibilities

- **负面 – 人生充满困难和责罚**
Negative view of life - Always feel that life is difficult and filled with punishment.
- **没有自信-我做什么都不好。别人比我还好**
Lack of confidence – Not good at anything and others are better than me.

4) 我的故事
My Story

a) 小时的成长 – 惩罚和责任

When I was small – Punishment and responsibilities

- **人生只有责任和重担** Only responsibility and burden
- **软弱和惧怕** Fearful and weak
- **孤单, 不被爱** Lonely, rejected and felt unloved.

4) 我的故事 My Story

b) 第一个突破 – 接受耶稣

My first breakthrough - Conversion

4) 我的故事
My Story

c) 第二个突破 – 神的恩典

My second breakthrough – Grace of God

4) 我的故事
My Story

c) 第二个突破 – 神的恩典

My second breakthrough – Grace of God

- **因着我无限的恩典。并不是靠人的作为。
没有任何东西可以隔绝神的爱, 包括罪。**
**Because of My infinite grace. It does not depend on
human actions. Nothing can separate God's love, not
even sin.**

4) 我的故事 My Story

d) 第三个突破 – 保护网和信心

My third breakthrough – Safety net and faith

4) 我的故事
My Story

HEBREWS 希伯来书 12:26-29

26 当时他的声音震动了地, 但如今他应许说: 再一次我不单要震动地, 还要震动天。

27 这再一次的话, 是指明被震动的, 就是受造之物都要挪去, 使那不被震动的常存。



HEBREWS 希伯来书 12:26-29

28 所以我们既得了不能震动的国，就当感恩，照神所喜悦的，用虔诚、敬畏的心事奉神。

29 因为我们的神乃是烈火。



总结 CONCLUSION

- **认识我们的生命缺陷**
Recognise our failing and character flaw
- **把内心的痛苦交给神**
Surrender our hurts and failures to God

总结 CONCLUSION

- **我们求神把心中的障碍和堡垒除掉**
Ask God to help us break through the fortifications of our mind
- **求神帮助我们认识神的爱和恩典和同在**
Rely on God's presence as we take a step out into new area to serve Him