



陈贵春牧师 · 6月29日

HEBREWS 希伯来书 12:1-3

齐来奔跑 信心的赛程



赛程的重点是信心。
The keyword in this race is FAITH.





**在我们信心的赛程, 我们要多信靠上帝,
相信祂所说的和所行的都是发自
祂对我们的爱。**

**In our race of faith,
we need to trust God for who He is,
and what He will do in our life
journey with Him.**



HEBREWS 希伯来书 12:1-3

**1 所以, 我们既然有这么多的见证人,
像云彩围绕着我们, 就应该脱下各样的拖累,
和容易缠住我们的罪,
以坚忍的心奔跑那摆在我们面前的赛程;**

HEBREWS 希伯来书 12:1-3

**2 专一注视耶稣, 就是那位信心的创造者和完成者。
他因为那摆在面前的喜乐, 就忍受了十字架,
轻看了羞辱, 现在就坐在神宝座的右边。**

HEBREWS 希伯来书 12:1-3

**3 这位忍受罪人那样顶撞的耶稣，
你们要仔细思想，
免得疲倦灰心。**

信息重点 Roadmap

1. 奔跑信心赛程的意义

What is the race of faith?

2. 奔跑信心赛程的同伴

Who runs with you in the race of faith?

- 云彩般的见证人

The cloud of witnesses

- 信心的社群

The community of faith



信息重点 Roadmap

3. 奔跑信心赛程的心态

How to run the race of faith?

- 专一注视耶稣
Looking to Jesus
- 仔细思想耶稣
Consider Him





1. 奔跑信心赛程的意义 What is the race of faith?

这信心的赛程是形容基督徒信主后与主耶稣的旅程。

The race of faith is a metaphor of the believers' journey with Christ.



1. 奔跑信心赛程的意义 What is the race of faith?

赛程代表在这过程中，
我们会面对很多的挑战，要以坚忍的心奔跑。

The word “race” depicts the struggles and perseverance needed to push through.



1. 奔跑信心赛程的意义 What is the race of faith?

**这信心的赛程不是比赛谁跑得最快, 重点是我们要
持守着信心直到我们抵达终点, 与耶稣见面。**

**The emphasis in the race of faith
is not on who can run the fastest
but to keep faith till we cross the
finishing line and meet with
Jesus.**



1. 奔跑信心赛程的意义 What is the race of faith?

生活是充满着艰难和复杂, 我相信我们可以一起向前
行因为这信心的赛程是很特别, 很值得我们来完成。

Life is intricate and difficult,
complex and demanding but I
know we will press on together
because this race of faith is so
worth it.



1. 奔跑信心赛程的意义 What is the race of faith?

**我们信心的赛程的起点就是当我们决定来信耶稣，
和接受祂成为我们的救主和生命的主人。**

**Our race of faith started when we
placed our faith in Jesus Christ
and accepted Him as our Lord
and Saviour.**

HEBREWS 希伯来书 11:6

**6 没有信, 就不能得到神的喜悦;
因为来到神面前的人, 必须信神存在,
并且信他会赏赐那些寻求他的人。**

1. 奔跑信心赛程的意义 What is the race of faith?

**我们活着是要爱神和他人，活得更像耶稣，
来荣耀祂的名。**

**Our life purpose is to love God
and others and grow to be more
like Christ and to glorify His
name.**



1. 奔跑信心赛程的意义 What is the race of faith?

**在这信心的赛程, 恶者用罪和世上的引诱把我们
从耶稣的身边拉开。我们要学习靠着圣灵来胜过。**

**In running our race of faith, the
devil uses sins and distractions to
pull us away from following Jesus.
We learn to overcome them with
the help of the Holy Spirit.**

1. 奔跑信心赛程的意义 What is the race of faith?

**有这么一天, 我们将抵达信心赛程的终点,
越过今生进入永恒, 与耶稣永远永远在一起。**

**There will be a day when we shall
reach the finishing line in our
race of faith and cross over into
eternity, to be with Jesus forever.**

1. 奔跑信心赛程的意义
What is the race of faith?

**有这么一天, 我们将抵达信心
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1. 奔跑信心赛程的意义 What is the race of faith?

...奔跑那摆在我们面前的赛程,

... the race set before us,

1. 奔跑信心赛程的意义 What is the race of faith?

**我们每个人的赛程是上帝特别为我们预备的
因为我们都是很独特。**

**God in His grace, marked out the
path of the race for us uniquely
differentiated for us because we
are each a unique being.**



1. 奔跑信心赛程的意义 What is the race of faith?

- 我们各自有自己独特的信心赛程的故事。

- We each have a personal story about how God leads us in our race of faith.



1. 奔跑信心赛程的意义 What is the race of faith?

- 上帝可以翻转我们生命的黑暗
成为明亮的灯火为祂发光。

- He redeems and transforms the
darkness in our story to be the
light that shines for His glory.

1. 奔跑信心赛程的意义 What is the race of faith?

- **我们不必跟别人做比较。**

**We need not compare ourselves
with others.**



1. 奔跑信心赛程的意义 What is the race of faith?

- 我们不必有完美的赛程，
最主要的是不要放弃。

**We don't have to run perfectly,
just keep running.**

2. 奔跑信心赛程的同伴

Who runs with you in the race of faith?

A. 云彩般的见证人 We have a cloud of witnesses
希伯来书11章叙述旧约忠心见证人的故事
Hebrews 11 outlines the testimonies of the faithful
in the Old Testament.



2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

A. 云彩般的见证人 We have a cloud of witnesses

然后12章第一节接着说“所以”-
因着旧约忠心见证, 我们应该有的行为和反应。

Chpt 12 is a direct outcome and consequence of
preceding one which is testament of what faith is and
how the heroes ran their race
of faith.



2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

A. 云彩般的见证人 We have a cloud of witnesses

他们是我们的见证人 They are our witnesses.

- **他们见证信心的赛程是做得到的因为他们已经完成了。**

They testified that the life of faith was possible as they had done it.

- **他们为我们打气。**
They are cheering us on.



2 TIMOTHY 提摩太后书 4:7

**7 那美好的仗我已经打过了，
当跑的路我已经跑尽了，
所持的信仰我已经守住了。**

2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

A. We have a cloud of witnesses 云彩般的见证人

在我们当中有些已经成为云彩般的见证人

List of faithful ones in our midst who had joined the cloud of witnesses

1. 罗长弟
2. 黄秀娟
3. 陈其丰
4. 明亚苏
5. 杨志鸿
6. 陈桂兰
7. 陈在娇
8. 陈金成 (Peter Tan)
9. 陈庆生 (Daniel Tan)



REVELATIONS 启示录19:6-9

**6 我又听见一个声音, 好象一大群人的声音,
像众水的声音, 又像大雷的声音, 说:
“哈利路亚! 因为主、我们全能的神作王了!”**

REVELATIONS 启示录19:6-9

7 我们要欢喜快乐, 把荣耀归给他!
因为羊羔的婚期到了; 他的新娘也自己预备好了。

8 并且有光洁的细麻衣, 赐给她穿上;
这细麻衣就是圣徒的义行。”

REVELATIONS 启示录19:6-9

**9 天使对我说：“你要写下来：
‘被邀请赴羊羔婚宴的人有福了!’”
他又对我说：“这都是神真实的话。**

2 TIMOTHY 提摩太后书 4:7

7 那美好的仗我已经打过了，当跑的路我已经跑尽了，所持的信仰我已经守住了。

2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

B. 信心的社群 We are the community of faith

这信心的赛程不是单项, 有其它的跑者和我们一起跑。

A race is not a solo event, it involves other runners.



2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

B. 信心的社群 We are the community of faith

我们需要兄弟姐妹与我们同行, 在团契里成为彼此的代祷者和守护者。

We need to be in fellowship with others, to be one another's witnesses, to pray and watch over one another.



HEBREWS 希伯来书 10:24-25

24 我们又应该彼此关心, 激发爱心, 勉励行善。

**25 我们不可放弃聚会, 好象有些人的习惯一样;
却要互相劝勉。你们既然知道那日子临近,
就更应该这样。**

2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

B. 信心的社群 We are the community of faith

小组要素-拥抱小组生命

Essential Cell - Embracing Cell Life

身为主的门徒, 我是祂家中的兄弟姐妹。

As a disciple, I am a brother/ sister to other members in His family.

我要在爱心上成长,并在门训旅程小组里对自己的职分负责。

I will grow in love and accept accountability in my DJ cell.



2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

B. 信心的社群 We are the community of faith

希伯来书的作者给我们三个提醒, 相信上帝给我们社群也是帮助我们来彼此提醒。

The Hebrew writer gave us 3 advices on running the race of faith and I believe that God has provided us with the community of faith for that purpose.



2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

B. 信心的社群 We are the community of faith

提醒1:

脱下各样的拖累

***Advice 1: Lay aside every weight**



2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

B. 信心的社群 We are the community of faith

提醒1:

脱下各样的拖累

***Advice 1: Lay aside every weight**

提醒2:

脱下容易缠住我们的罪

***Advice 2: Lay aside sin which
clings so closely**



2. 奔跑信心赛程的同伴 Who runs with you in the race of faith?

B. 信心的社群 We are the community of faith

提醒3:

以坚忍的心奔跑

***Advice 3: Run with endurance**



3. 奔跑信心赛程的心态

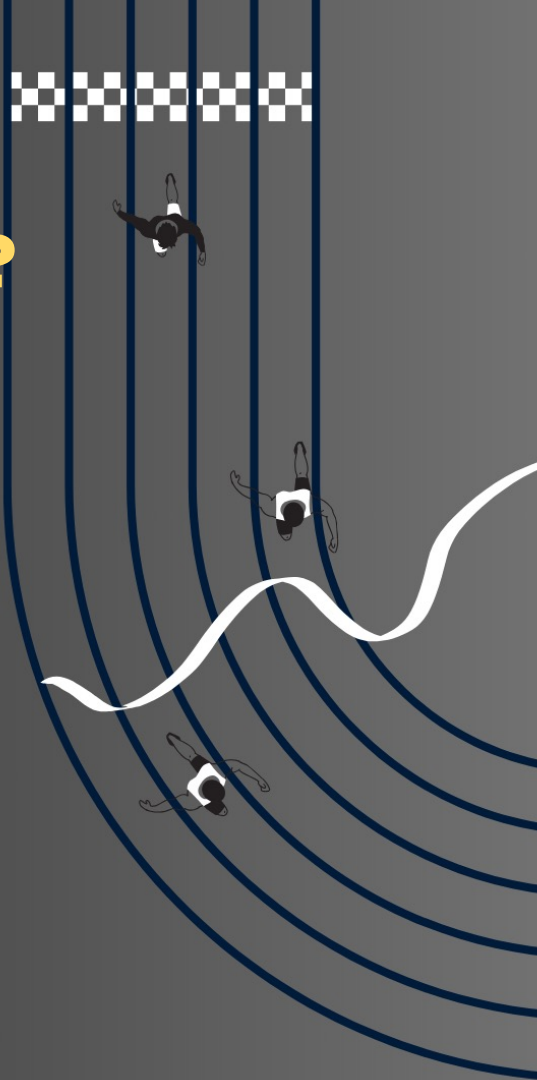
How to run the race of faith?

A. 专一注视耶稣

Looking to Jesus

B. 仔细思想耶稣

Consider Him



HEBREWS 希伯来书 12:2-3

**2 专一注视耶稣, 就是那位信心的创造者和完成者。
他因为那摆在面前的喜乐, 就忍受了十字架,
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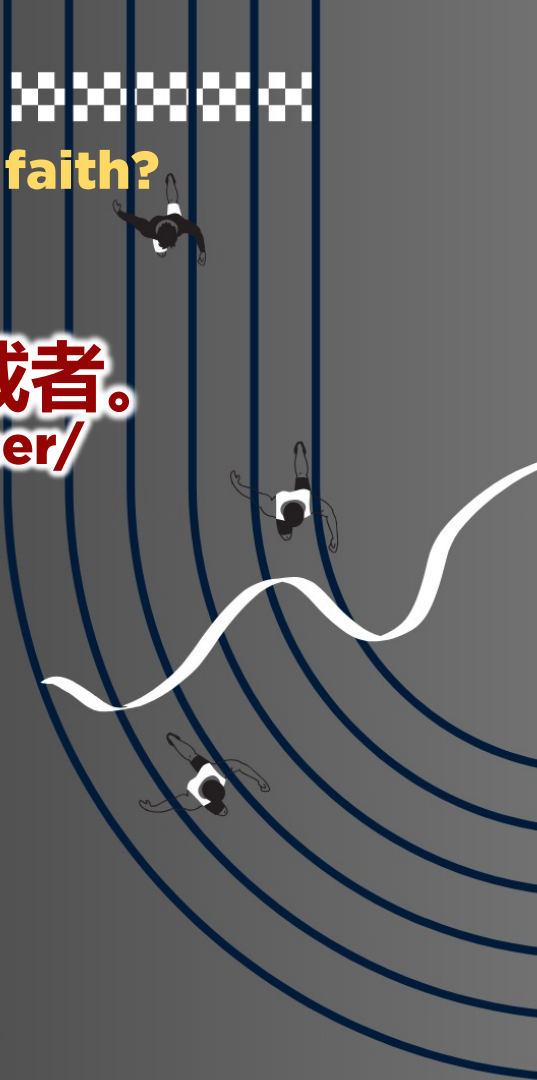
HEBREWS 希伯来书 12:2-3

**3 这位忍受罪人那样顶撞的耶稣，
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3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

耶稣是我们信心的创造者和完成者。
**Jesus is the Initiator/ Founder/ Pioneer/
Author of our faith.**



EPHESIANS 以弗所书 1:3-8

- 3 我们主耶稣基督的父神是应当称颂的。
他在基督里, 曾经把天上各种属灵的福分赐给我们:**
- 4 就如创立世界以前, 他在基督里拣选了我们,
使我们因着爱, 在他面前成为圣洁, 没有瑕疵。**

EPHESIANS 以弗所书 1:3-8

5 他又按着自己旨意所喜悦的, 预定我们借着耶稣基督得儿子的名分, 6 好使他恩典的荣耀得着颂赞。这恩典是他在爱子里赐给我们的。

EPHESIANS 以弗所书 1:3-8

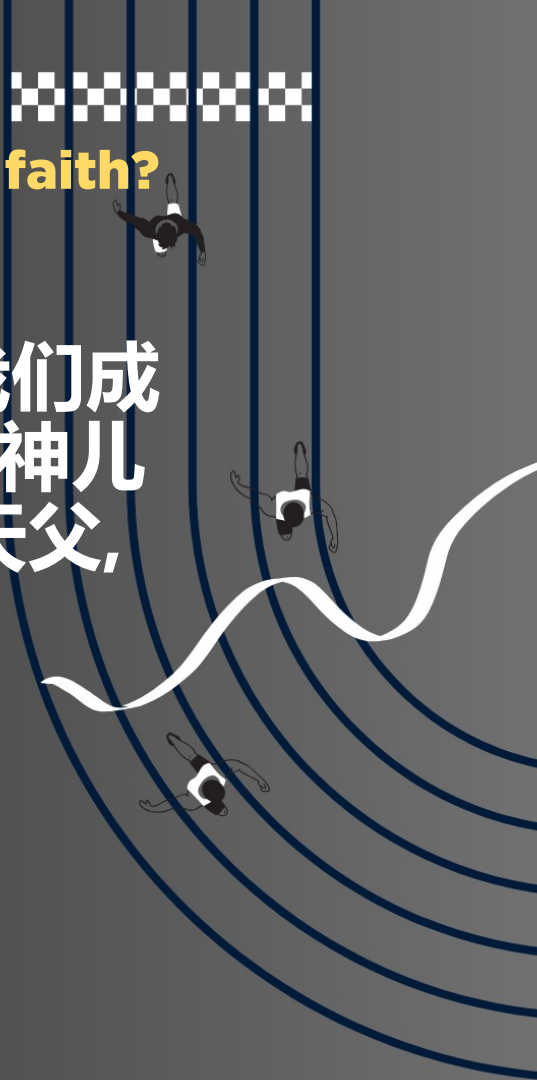
7 我们在他爱子里, 借着他的血蒙了救赎, 过犯得到赦免, 都是按着他丰盛的恩典。 8 这恩典是他用各样的智慧和聪明, 充充足足地赐给我们的;

3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

- 耶稣(和天父)开启这计划让我们成为上帝家庭的一份子, 给我们神儿女的地位和权柄。我们能和天父, 圣子和圣灵有沟通。

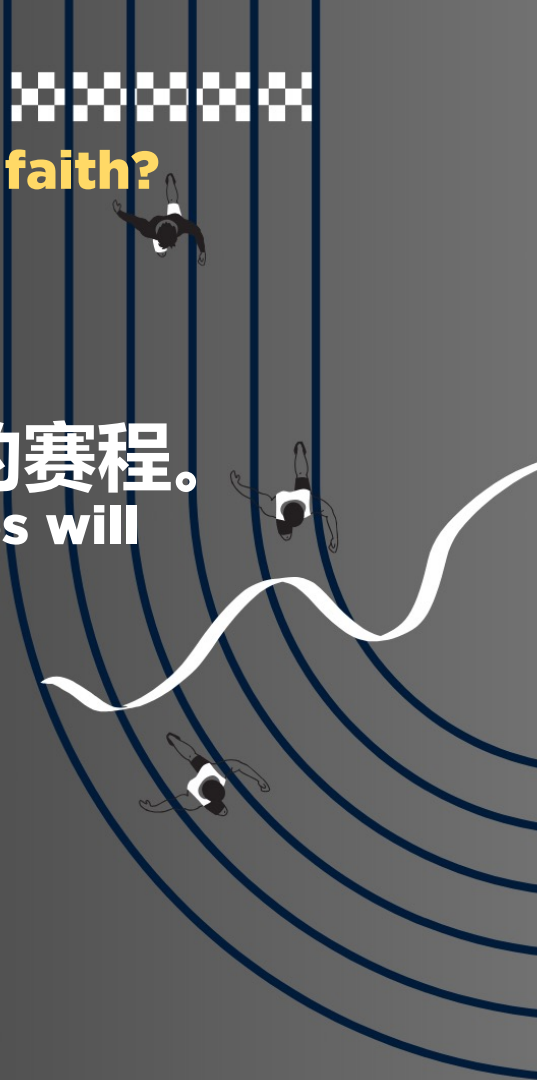
Jesus (along with the Father) initiated the process for us to be received into His family and become children of God.



3. 奔跑信心赛程的心态 How to run the race of faith?

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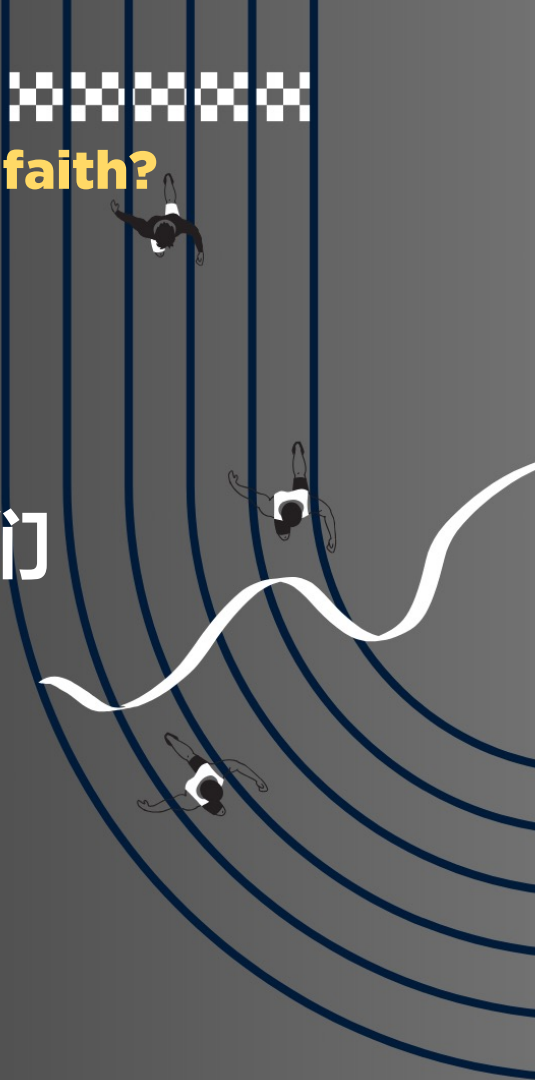
- 既然祂是我们信心的开启点，
祂也必带领我们完成这信心的赛程。
By faith we believe He who initiates will
bring our faith to its completion.



3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

- 耶稣是我们信心故事的作者。
Jesus is the author of our faith.
- 耶稣编写我们的故事, 祂给我们美好的完结编。
He writes our story and has a good outcome for us.



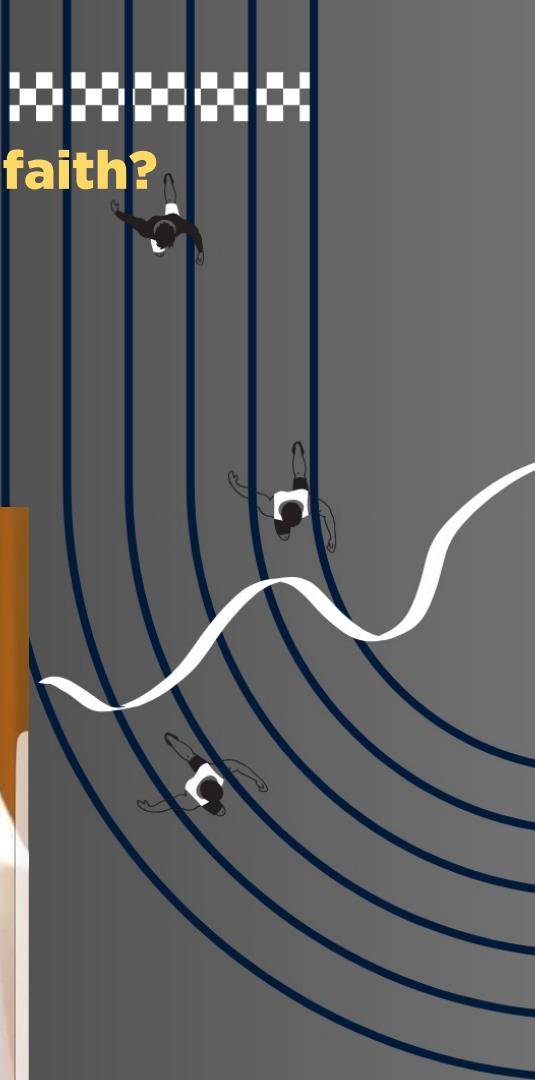
EPHESIANS 以弗所书 2:10

**10 我们原是神所作成的, 是在基督耶稣里创造的,
为的是要我们行各样的善事, 就是神预先所安排的。**

3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

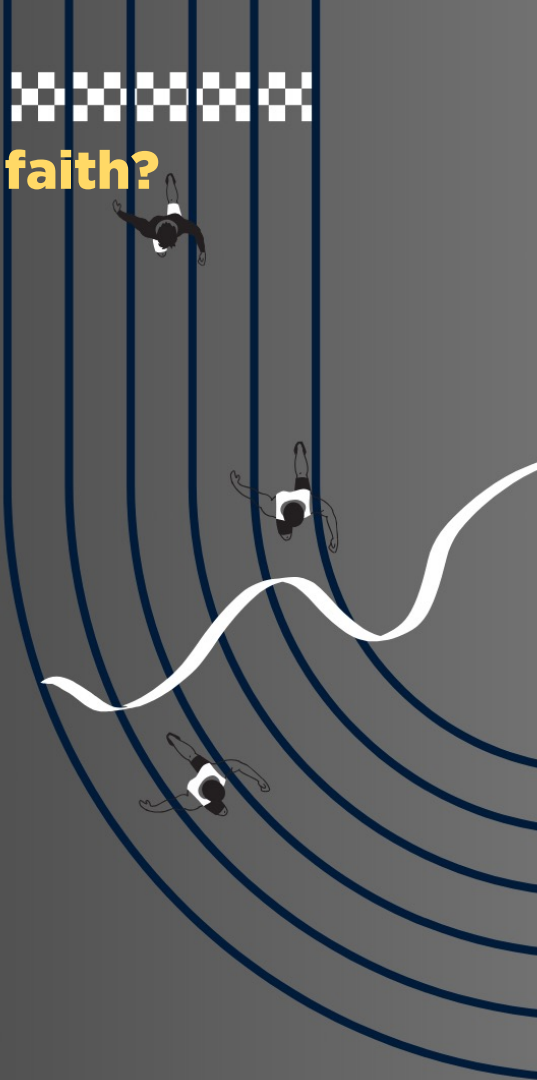
- 耶稣是我信心故事的作者。
Jesus is the author of my faith.



3. 奔跑信心赛程的心态 How to run the race of faith?

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3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

耶稣是我们信心的完结者。

Jesus is the Perfecter/Finisher of our faith.

- 在约翰19:30, 祂说, “成了!”
“It is Finished” in
John 19:30



3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

耶稣是我们信心的完结者。

Jesus is the Perfecter/Finisher of our faith.

- 耶稣完成祂自己的赛程, 也开路让我们能与上帝建立信心的关系。

Jesus completed the race and His completion ushers us into a faith relationship with God.

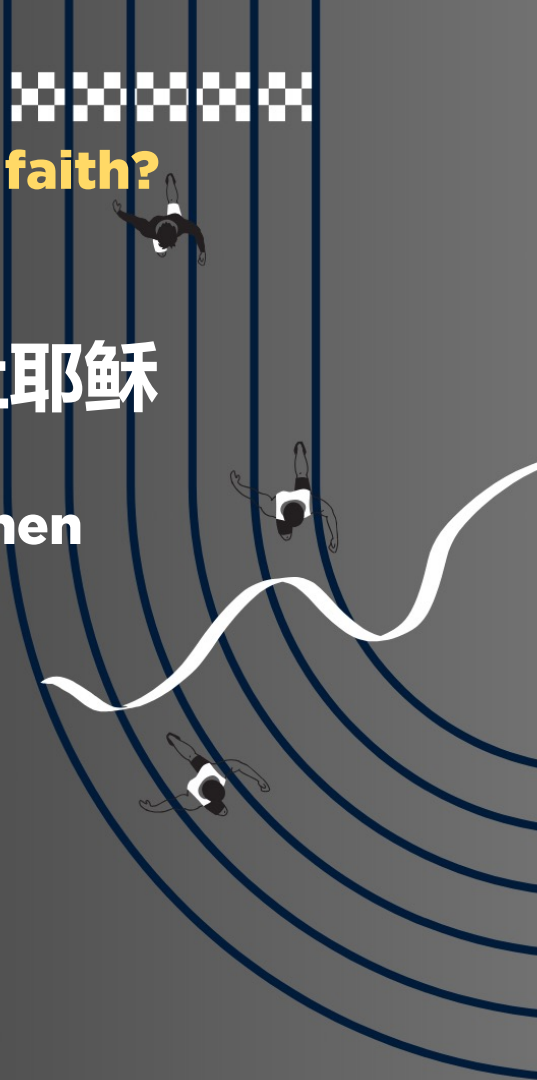


3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

**“那摆在面前的喜乐”- 是什么让耶稣
忍受十字架和轻看羞辱？**

**What was the joy set before Jesus when
he endured the cross and
disregarded its shame?**

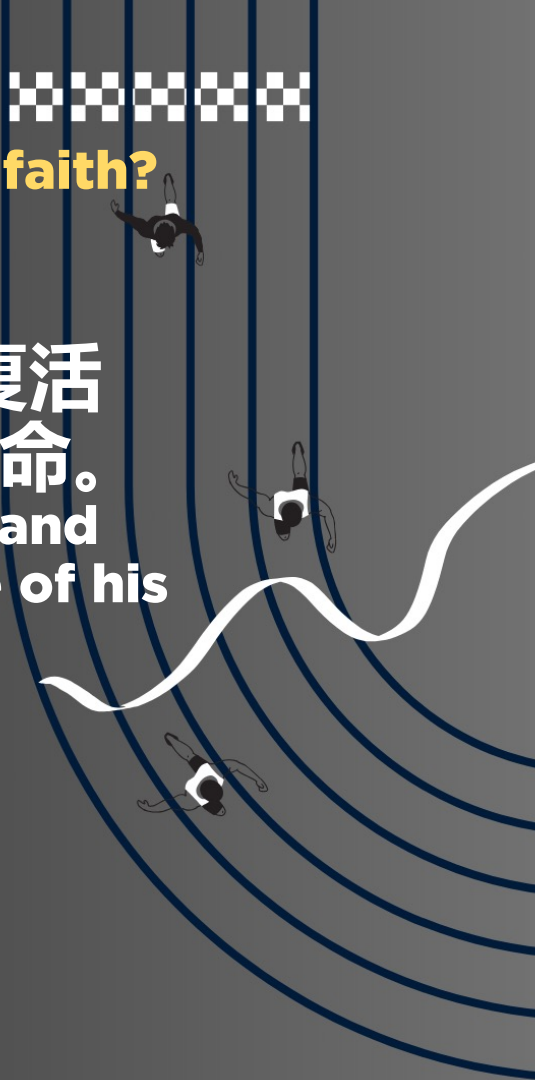


3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

**那喜乐是我们可以因祂的死和复活
成为上帝的儿女, 活出得胜的生命。**

**The joy is that we can belong to Him and
the victory that we can have because of his
death and resurrection.**

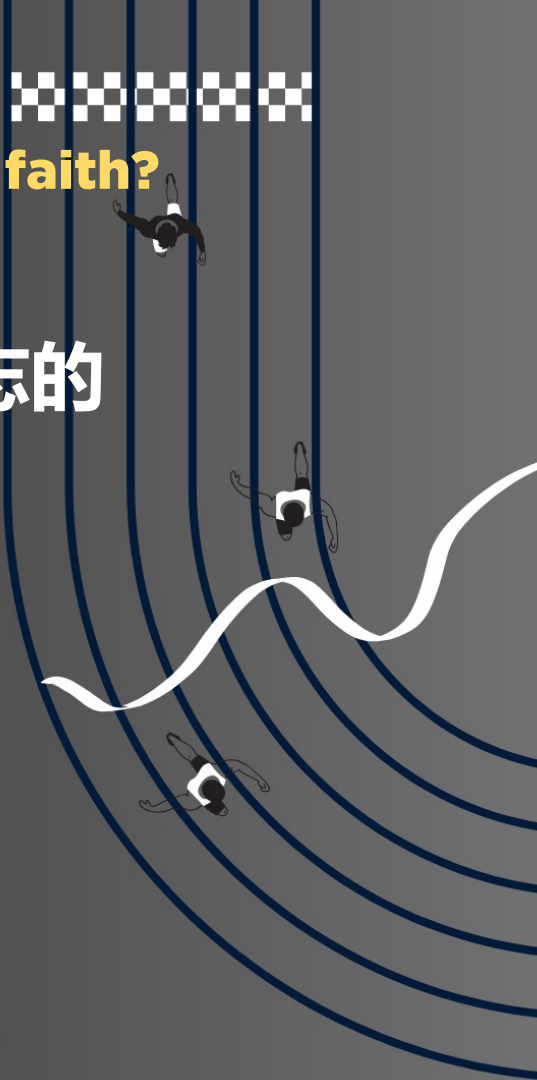


3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

如果你时常觉得自己是被人遗忘的人物, 记得你是耶稣的喜乐。
祂为了你忍受十字架和羞辱。

If you always think that you are forgotten, remember that Jesus endured the cross and disregarded its shame so that you can be His child.



3. 奔跑信心赛程的心态 How to run the race of faith?

A. 专一注视耶稣 Looking to Jesus

祂会帮助我们完成我们信心的赛程。
He will help us to complete our race of faith.

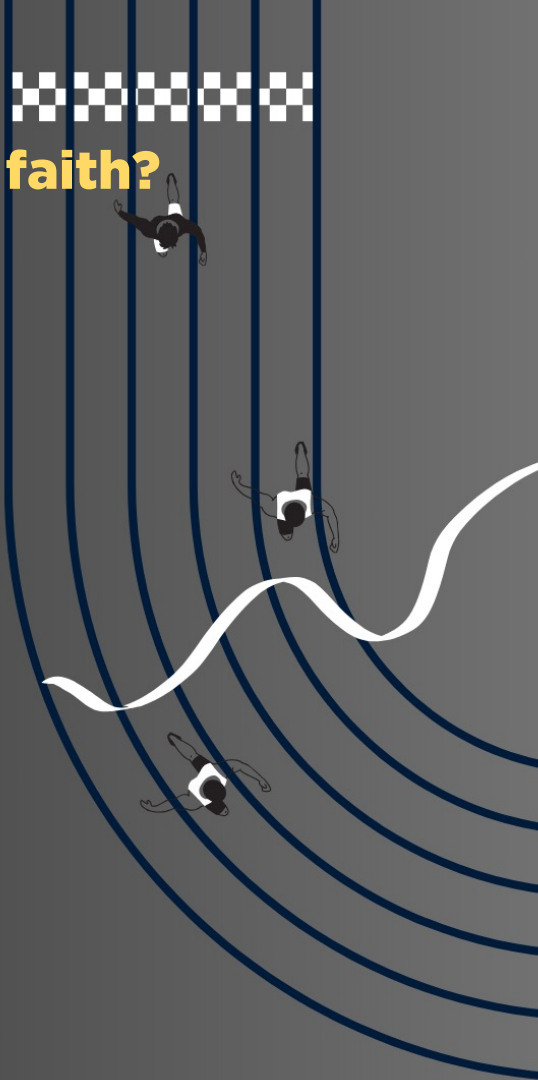


PHILIPPIANS 腓立比书 1:6

**6 我深信那在你们中间开始了美好工作的，
到了基督耶稣的日子，必成全这工作。**

3. 奔跑信心赛程的心态 How to run the race of faith?

B. 仔细思想耶稣 Consider Him



HEBREWS 希伯来书 12:3

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3. 奔跑信心赛程的心态 How to run the race of faith?

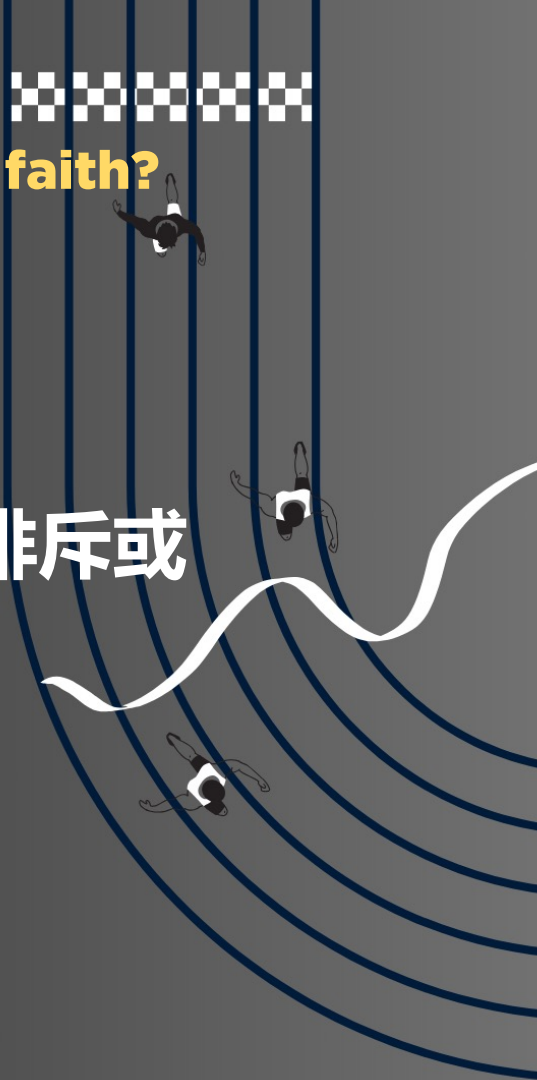
B. 仔细思想耶稣 Consider Him

仔细思想耶稣是什么意思？

Consider Him - what does it mean?

当我们得到不公平的对待, 被人排斥或被误解, 人家叫你靠边站时, 仔细思想耶稣。

**Think about Him when we are unjustly treated/
insulted/ misunderstood/
side-lined.**



3. 奔跑信心赛程的心态 How to run the race of faith?

B. 仔细思想耶稣 Consider Him

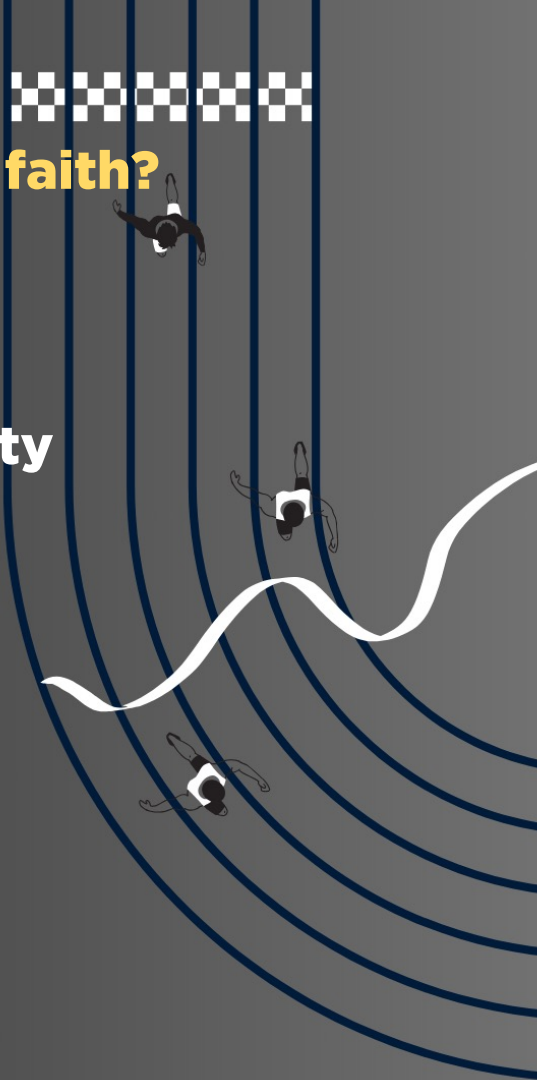
思考耶稣如何处理敌意的状况

Think about how Jesus handled hostility

- **向耶稣学习-祂忍受**

Learn from Jesus -

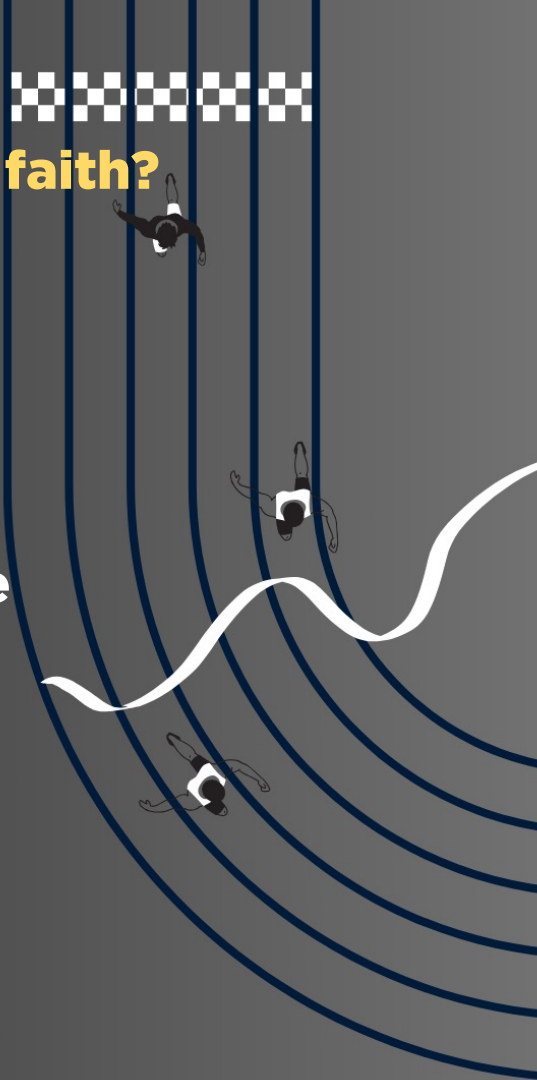
He endured



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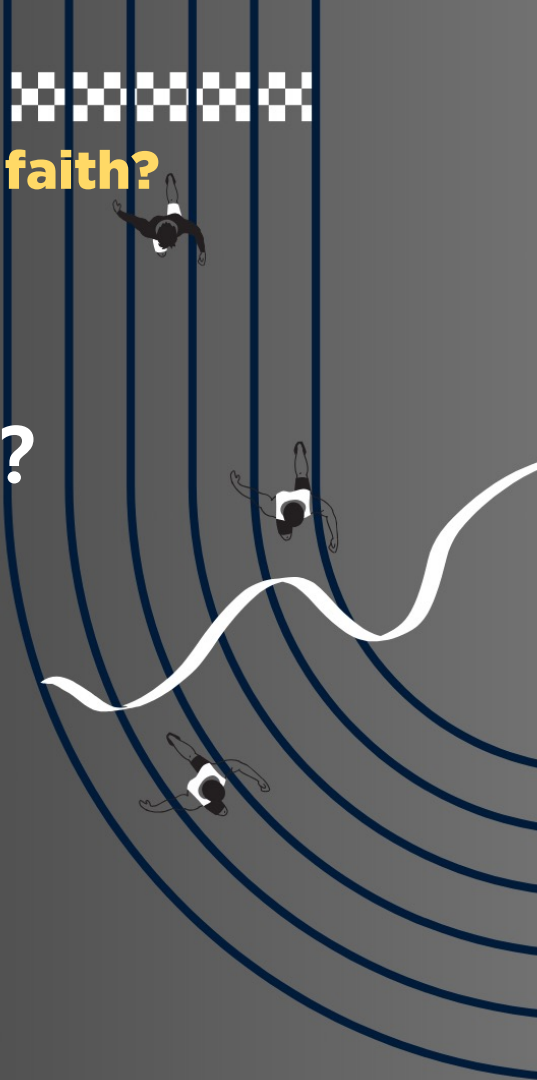
- 举头看耶稣-
祂现在就坐在神宝座的右边
Look up to Him -
He is seated at the right hand of the
throne of God



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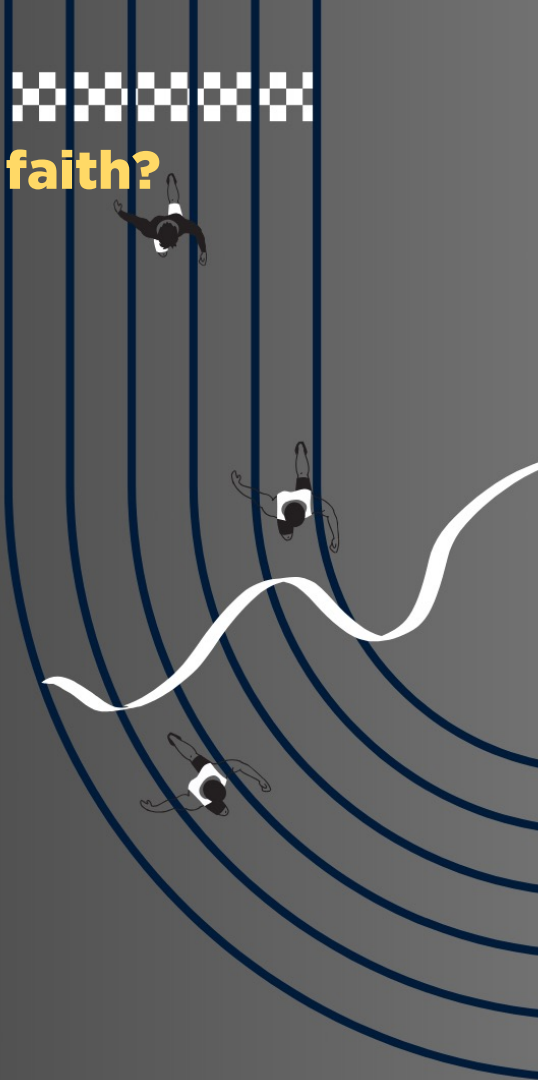
- 寻求祂的面 –
祂要你在这情况学习什么功课?
Seek His face –
What is He saying to you
in this situation?



3. 奔跑信心赛程的心态 How to run the race of faith?

B. 仔细思想耶稣 Consider Him

**耶稣体恤我们的软弱。
HE UNDERSTANDS.**



HEBREWS 希伯来书 4:14-16

**14 我们既然有一位已经升上高天的尊贵大祭司
——上帝的儿子耶稣, 就应当持守我们
所认定的信仰。**

HEBREWS 希伯来书 4:14-16

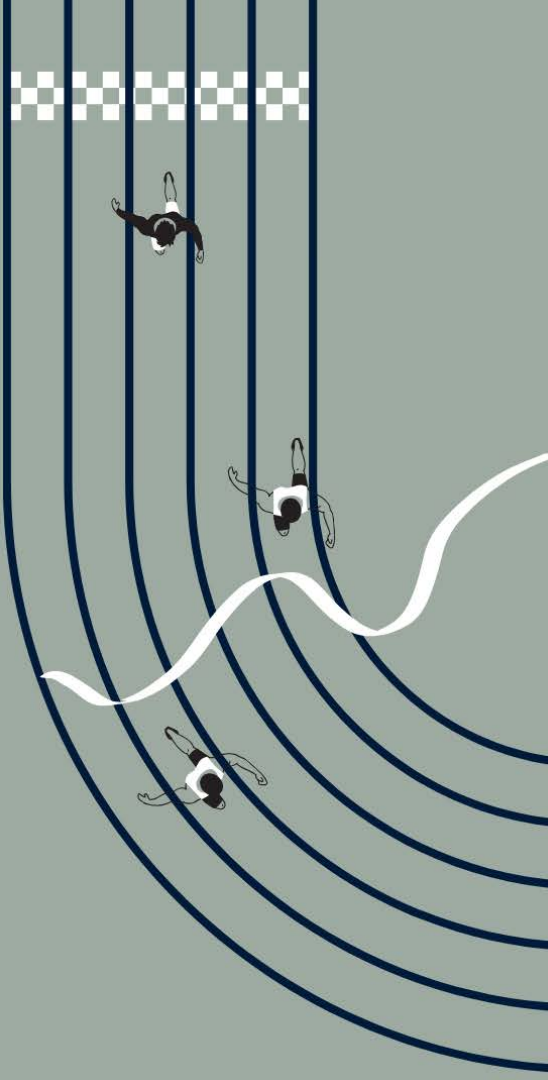
**15 因为我们这位大祭司并非不能体恤
我们的软弱, 祂与我们一样曾经面对各样
的试探, 却从来没有犯罪。**

HEBREWS 希伯来书 4:14-16

**16 所以, 让我们坦然无惧地到祂赐恩的宝座前,
好领受怜悯和恩典, 作随时的帮助。**

总结 CONCLUSION

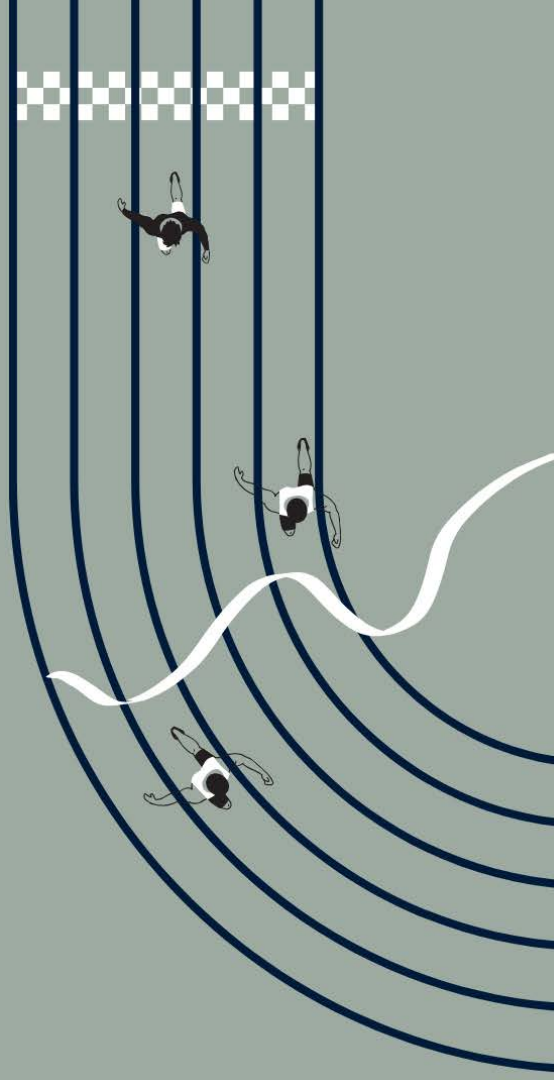
- **人生有很多不同的赛程。**
In life, there are different kinds of races.
- **这些跑者都在奋力拼斗，
要跑在竞争对手的前面。**
**The runners mainly run to compete with
one another.**



总结 CONCLUSION

**基督徒的赛程是和兄弟姐妹并肩同行-
没有竞争。共同的目标是帮助彼此
坚守信心, 越过终点与耶稣见面。**

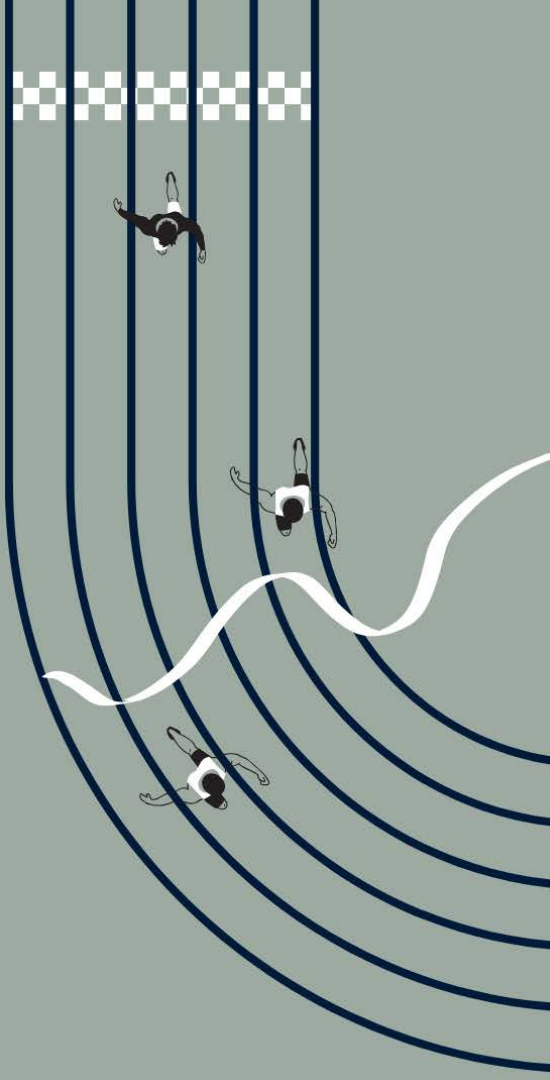
**Christians are called to run the race of
faith together with fellow brothers and
sisters. There is no competition,
the goal is to keep faith and to
cross the finishing line to meet
with Jesus.**



总结 CONCLUSION

**我们要听到耶稣对我们每个人说
“你作得好，你是良善忠心的仆人。”**

**We want to hear Jesus say to each of us,
“Well done, good and faithful servant.”**



同心祷告 Pray in unison:

主耶稣, 我委身自己要与你一起完成这信心的赛程。

奉耶稣的名祷告-阿门

**Lord Jesus, I commit myself to
run the race of faith to its
finishing line with you.**

In Jesus' name I pray. Amen.

