

以領受信息敬拜神

感恩的家人


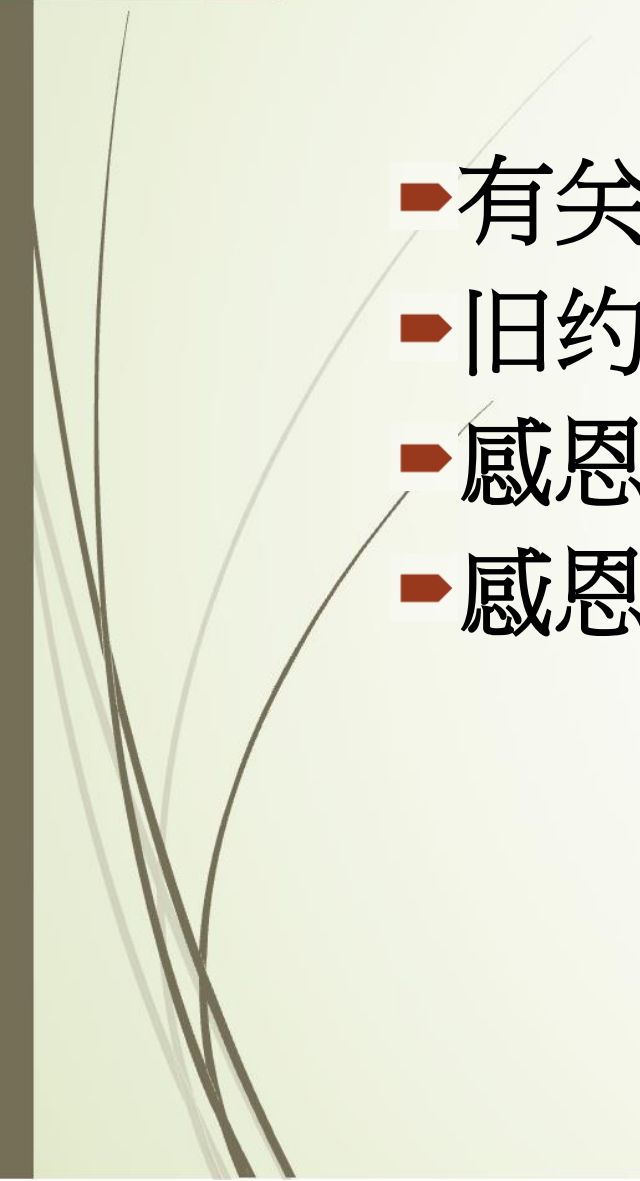
梁斌 弟兄



感恩的家人 Grateful family

帖撒罗尼迦前书 5:12-24

1 Thessalonians 5:12-24

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- ➡ 有关感恩的研究
 - ➡ 旧约新约中的感恩
 - ➡ 感恩的家人
 - ➡ 感恩节的故事

帖撒罗尼迦前书 5:12 - 24（和合本）

12 弟兄们，我们劝你们敬重那在你们中间劳苦的人，就是在主里面治理你们、劝戒你们的。13 又因他们所作的工，用爱心格外尊重他们。你们也要彼此和睦。14 我们又劝弟兄们，要警戒不守规矩的人，勉励灰心的人，扶助软弱的人，也要向众人忍耐。15 你们要谨慎，无论是谁都不可以恶报恶，或是彼此相待，或是待众人，常要追求良善。


16 要常常喜乐，17 不住地祷告，18 凡事谢恩，因为这是神在基督耶稣里向你们所定的旨意。

帖撒罗尼迦前书 5:12 - 24（和合本）

19 不要消灭圣灵的感动；20 不要藐视先知的讲论；

21 但要凡事察验，善美的要持守，22 各样的恶事要禁戒不做。


23 愿赐平安的神亲自使你们全然成圣，又愿你们的灵与魂与身子得蒙保守，在我们主耶稣基督降临的时候，完全无可指摘。24 那召你们的本是信实的，他必成就这事。



有关感恩的研究

- 数算祝福还是数算负担（Emmons & McCullough, 2003）
 - 最早的感恩干预实验
 - “感恩日记”显著提升幸福感
 - 开启感恩心理学研究浪潮
- 感恩与幸福：综述与理论整合（Wood 等, 2010）
 - 综述感恩的个体差异、干预与心理机制
 - 涉及积极情绪与应对策略
 - 奠定感恩研究的理论基础
- 感恩特质：概念与实证地图（McCullough 等, 2001）
 - 提出“感恩人格”概念
 - 解释为何部分人天生更具感恩心
 - 感恩人格研究的里程碑

- 感恩干预的效果：系统综述与元分析（Diniz 等, 2023）
 - 汇总64项随机对照试验
 - 感恩干预可提升心理健康、降低焦虑抑郁
 - 权威的实证总结
- 表达感恩与幸福感：元分析（Kirca 等, 2023）
 - 25项研究显示“写感恩信”等行为有效提升幸福感
 - 强调“表达”感恩的重要性
- 感恩与生活满意度：意义与自尊的中介作用（2024）
 - 揭示感恩通过生命意义与自尊影响幸福感
 - 展示感恩的心理机制新方向

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- 「在造物與造物主相接的邊界處，科學止步；因為在此開始的是信仰的領域，唯有信仰能詮釋這奧秘。」— 亞伯拉罕·凱柏 《神聖神學百科全書》（1898 年英文版）第 349 頁（第三冊，第四章）
 - At the boundary where the creature touches the Creator, science halts; for here begins the domain of faith, which alone can interpret the mystery. Abraham Kuyper “Encyclopædia of Sacred Theology”



旧约新约中的感恩

- תודה todah - 名词感恩, 源自动词 ,יָדָה yadah, to praise, confess 祝福 “to bless” (,בָּרַךְ barakh)
- εὐχαριστία, eucharistia 感谢 - good + grace
- Thanksgiving: 感谢或表达感谢的行为，通常针对上帝。常与供给、拯救或上帝的性情。在圣经中，通常用餐前和崇拜中。(The Lexham Bible Dictionary)

- 利未记 7:12 - 15 12 他若为感谢献上，就要用调油的无酵饼、抹油的无酵薄饼、与用油调匀细面作的饼，与感谢祭一同献上。13 要用有酵的饼，与为感谢献的平安祭牲一同献上。
- 14 从各样的祭物中，他要把一个饼作为举祭献给耶和华，归给洒平安祭牲血的祭司。15 为感谢献平安祭牲的肉，要在献的日子吃，一点不可留到早晨。
- 利未记 22:29 你们若献感谢祭给耶和华，要献得可蒙悦纳。
- 历代志下 29:31 希西家说：“你们既然以自己分别为圣归与耶和华，就要来把祭物和感谢祭奉到耶和华殿里。”会众就把祭物和感谢祭奉来；凡乐意的心也将燔祭奉来。
- 阿摩司书 4:5 把有酵的饼当作感谢祭焚烧，又任意献甘心祭；你们这样喜爱行，以色列人哪，这是主耶和华说的。

─ 诗篇100


- ─ 1 普天下當向耶和華歡呼！
- ─ 2 你們當樂意事奉耶和華，當來向他歌唱！
- ─ 3 你們當曉得耶和華是神！我們是他造的，也是屬他的；我們是他的民，也是他草場的羊。
- ─ 4 當稱謝進入他的門；當讚美進入他的院。當感謝他，稱頌他的名！
- ─ 5 因為耶和華本為善。他的慈愛存到永遠；他的信實直到萬代。

- 马太福音 15:36 他拿着那七个饼和几条小鱼，祝谢了，擘开，递给门徒，门徒又递给众人。
- 路加福音 17:15-16 内中有一个见自己已经好了，就回来大声归荣耀与神，又俯伏在耶稣脚前感谢他；这人是撒玛利亚人。
- 约翰福音 6:11 耶稣拿起饼来，祝谢了，就分给那坐着的人；分鱼也是这样，都是随着他们所要的。
- 罗马书 1:21 因为他们虽然知道神，却不当作神荣耀他，也不感谢他；他们的思念变为虚妄，无知的心就昏暗了。
- 哥林多前书 15:57 感谢神，使我们借着我们的主耶稣基督得胜。
- 哥林多后书 9:11 叫你们凡事富足，可以多多施舍，就借着我们使感谢归于神。

- 以弗所书 5:20 凡事要奉我们主耶稣基督的名，常常感谢父神。
- 腓立比书 4:6 应当一无挂虑，只要凡事借着祷告、祈求，和感谢，将你们所要的告诉神。
- 歌罗西书 3:15-17 又要叫基督的平安在你们心里作主；你们也为此蒙召，归为一体；且要存感谢的心。当用各样的智慧，把基督的道理丰丰富富地存在心里，用诗章、颂词、灵歌，彼此教导，互相劝戒，心被恩感歌颂神。无论做什么，或说话，或行事，都要奉主耶稣的名，借着他感谢父神。



感恩的家人

- 
- 常常喜乐
 - 不住地祷告
 - 凡事谢恩
 - 因为这是神在基督耶稣里向你们所定的旨意
-
- 珍惜儿女的名分
 - 感恩的儿女做顺服的儿女

宋尚节博士日记中这样讲到
一个真正有信心的人
他是感恩的，他是知足的
他是喜乐的，他是谦卑的
他是平安的，
他是一无挂虑的
这样的人，
才是一个真正有信心的人


《失而复得的日记》

宋尚节

完全奉獻

宋尚節



- 
- ➡ 忘记背后
 - ➡ 努力面前
 - ➡ 向着标杆直跑

- ➡ 敬虔的操练，背十字架做门徒
- ➡ 追求属灵生命的长进和成熟
- ➡ 明确的目标和具体的落实
- ➡ “神亲自使你们全然成圣... ..他必成就这事”

BinLiang_CIM2020_AM60_plan										
STAGE	WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	Week
Mesocycle 1 Endurance	17	LT 8mi w/4mi @ 15k to half marathon race pace	Rest	GA 9mi	GA 4mi	Recovery 4mi	Medium long 15mi	Rest	41mi	3-Aug
	16	GA + speed 8mi w/10x100m strides	Rest	GA 10mi	GA 5mi	Recovery 5mi	Medium long 13mi w/8mi @ MP	Rest	41mi	10-Aug
	15	GA 10mi	Recovery 4mi	LT 8mi w/4mi @ 15k to half marathon race pace	Rest	Recovery 5mi	Medium long 16mi	Rest	43mi	17-Aug
	14	GA + speed 10mi w/10x100m strides	Recovery 5mi	GA 10mi	Rest	Recovery 5mi	Medium long 17mi	Rest	47mi	24-Aug
	13	LT 9mi w/5mi @ 15k to half marathon race pace	Recovery 5mi	GA 10mi	Rest	Recovery 5mi	Marathon pace run 16mi w/10mi @ MP	Rest	45mi	31-Aug
	12	GA + speed 8mi w/10x100m strides	Recovery 5mi	GA 8mi	Rest	Recovery 4mi	Medium long 13mi	Rest	37mi	7-Sep
Mesocycle 2 Lactate Threshold + Endurance	11	LT 10mi w/5mi @ 15k to half marathon race pace	Recovery 4mi	Medium long 11mi	Rest	GA + speed 7mi w/8x100m strides	Long 18mi	Rest	50mi	14-Sep
	10	Recovery + speed 7mi w/6x100m strides	Medium long 12mi	Rest	LT 10mi w/6mi @ 15k to half marathon race pace	Recovery 7mi	Long 20mi	Rest	56mi	21-Sep
	9	Recovery 7mi	Medium long 14mi	Recovery 7mi	Rest	Recovery + speed 6mi w/6x100m strides	Marathon pace run 16mi w/12mi @ MP	Rest	50mi	28-Sep
	8	GA 8mi	VO2Max 8mi w/5x800 @5K race pace	Recovery 6mi	Rest	GA + speed 8mi w/8x100m strides	Medium long 15mi	Rest	45mi	5-Oct
	7	Recovery + speed 9mi w/6x100m strides	LT 12mi w/7mi @ 15k to half marathon race pace	Rest	Medium long 13mi	Recovery 6mi	Long 20mi	Rest	60mi	12-Oct
Mesocycle 3 Race Preparation	6	VO2Max 8mi w/5x600 @5K race pace	Medium long 12mi	Rest	Recovery + speed 6mi w/6x100m strides	8k-15k tune-up race (total 9-13mi)	Long 18mi	Rest	53-57mi	19-Oct
	5	GA 9mi	VO2Max 9mi w/5x1000 @5K race pace	Rest	Medium long 12mi	Recovery 6mi	Marathon pace run 18mi w/14mi @ MP	Rest	54mi	26-Oct
	4	VO2Max 9mi w/5x600 @5K race pace	Medium long 12mi	Rest	Recovery + speed 5mi w/6x100m strides	8k-15k tune-up race (total 9-13mi)	Long 18mi	Rest	53-57mi	2-Nov
	3	Recovery + speed 8mi w/6x100m strides	VO2Max 10mi w/4x1200 @5K race pace	Rest	Medium long 11mi	Recovery 5mi	Long 20mi	Rest	54mi	9-Nov
Mesocycle 4 Taper and Race	2	VO2Max 9mi w/5x600 @5K race pace	Recovery 7mi	Rest	Recovery + speed 4mi w/6x100m strides	8k-10k tune-up race (total 9-11mi)	Long 17mi	Rest	46-48mi	16-Nov
	1	GA + speed 8mi w/8x100m strides	VO2Max 8mi w/3x1600 @5K race pace	Rest	Recovery + speed 5mi w/6x100m strides	Rest	Medium long 13mi	Rest	34mi	23-Nov
	Race Week	Recovery 6mi	Dress rehearsal 7mi w/2mi @ MP	Rest	Recovery + speed 5mi w/6x100m strides	Recovery 4mi	Rest	RACE DAY	22mi	30-Nov
Mesocycle 5 Recovery	1	Rest	Recovery 4mi	Rest	Recovery 4mi	Rest	Recovery 5mi	Rest	13mi	7-Dec
	2	Recovery 5mi	Recovery 5mi	Rest	Recovery 6mi	Rest	Recovery 7mi	Rest	23mi	14-Dec
	3	Recovery 5mi	Recovery 5mi	Rest	GA + speed 7mi	Rest	GA 9mi	Rest	26mi	21-Dec
	4	GA 7mi	Recovery 5mi	Rest	GA + speed 7mi	Rest	GA 10mi	Rest	30mi	28-Dec
	5	GA 7mi	Recovery 5mi	Rest	GA + speed 7mi	Recovery 4mi	Medium long 11mi	Rest	35mi	4-Jan



- ➡ 献上身体（全然，不是部分）

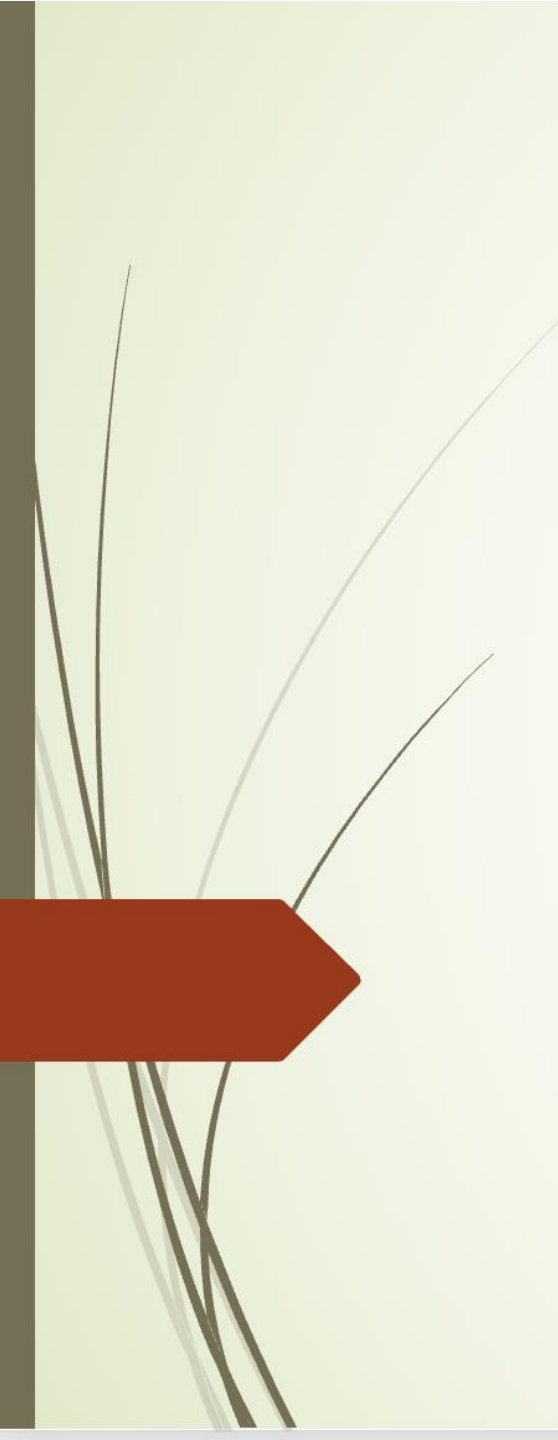
- ➡ 当作圣洁活祭

- ➡ 蒙神所喜悦

- ➡ “你们无论哪一个，若不撇下一切所有的，就不能作我的门徒。” 路 14:33

- ➡ 感恩的家人：尽心、尽性、尽力爱父神

- ➡ “这家是我的” – prayyamanote since 2013



Family

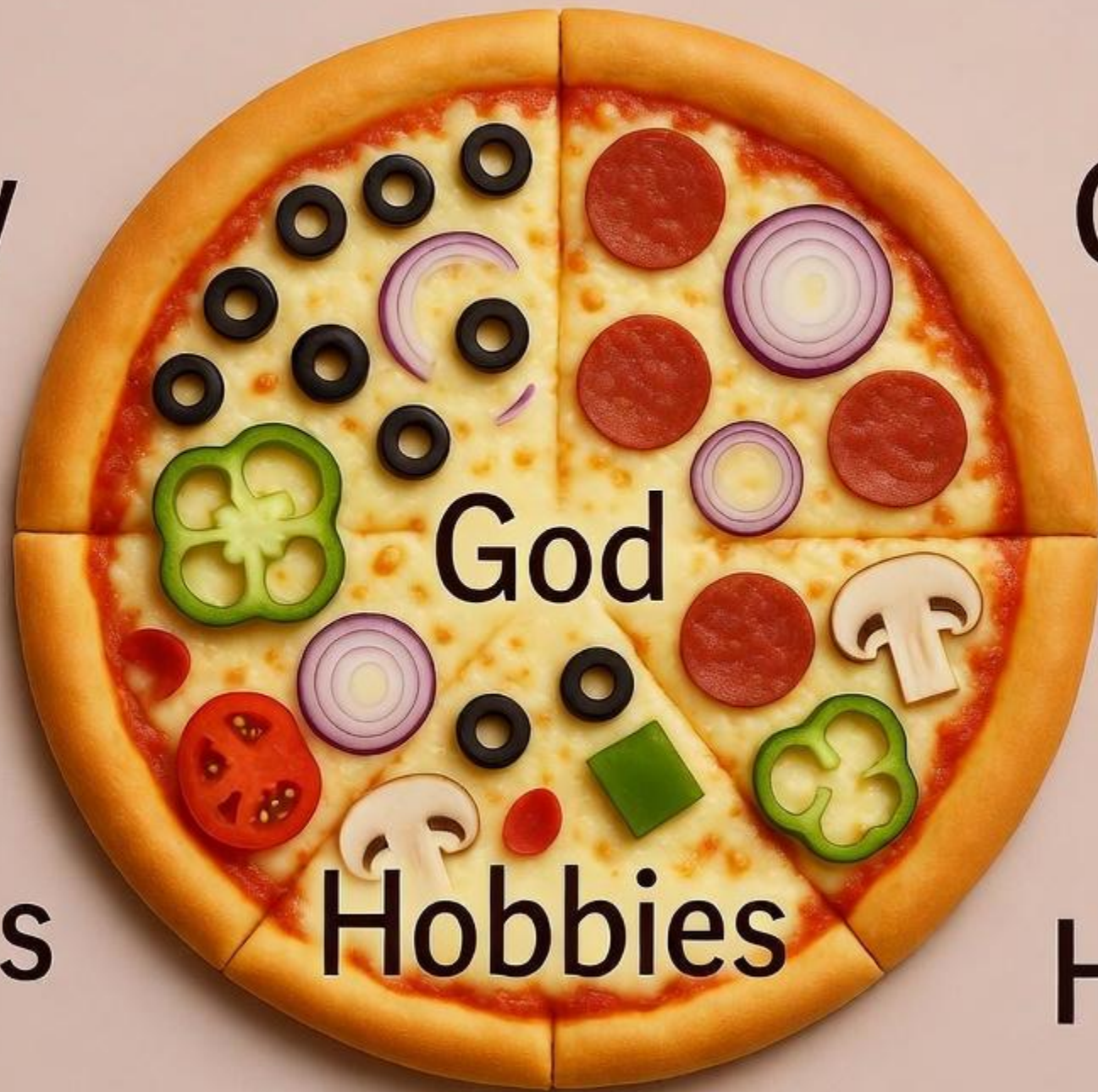
Career

God

Friends

Hobbies

Health



- 所以，你们或吃或喝，无论做什么，都要为荣耀神而行。（哥林多前书 10:31）
- 无论做什么，都要从心里做，像是给主做的，不是给人做的。（歌罗西书 3:23）
- 你既如温水，也不冷也不热，所以我必从我口中把你吐出去。（启示录3:16）
- 圣灵向众教会所说的话，凡有耳的，就应当听。（启示录3:16）

- Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important. - C. S. Lewis, Mere Christianity (1952)
- 如果基督教是假的，那它毫无重要性；但如果它是真的，那它具有无限的重要性。唯一不可能的情况，就是它只是中等重要。 - C. S. 路易斯，《返璞归真》（Mere Christianity, 1952）



感恩节的故事

- ➡ 1620年9月6日，102名朝圣者乘五月花号（Mayflower）出发，寻求宗教自由。
- ➡ 偏航220+英里，11月11日抵达马萨诸塞州的科德角。12月建立普利茅斯殖民地。41人签订五月花公约（Mayflower Compact）
- ➡ 严冬无庇护、疾病肆虐：首年近半数（49人）死亡，仅剩53幸存者（包括4名成年女性）。
- ➡ 坚持每日祷告，圣经研读和集体敬拜，信靠上帝主权计划，建立“山上之城”。

- 1621年3月：(Samoset)问候 “Welcome, Englishmen!” ；引荐(Squanto)，教种植玉米、捕鱼、缔结与(Massasoit)和平条约。
- (Squanto)经历：被绑架、习英语、部落灭绝 — 上帝预备的 “unlikely 援助”。
- 秋季丰收后，三天庆典：53朝圣者 + 90帕诺亚格；共享鹿肉、野禽、玉米；向神感恩。



- ➡ 1623：(Bradford)于干旱后及时降雨，宣告感恩日，强化对上帝干预依赖
- ➡ 1777：大陆会议萨拉托加大捷后，发布首个全国感恩宣言
- ➡ 1789：(George Washington)11月26日宣布官方全国感恩日
- ➡ 1863：(Abraham Lincoln) 定节日于11月最后一周四
- ➡ 1939 – 1941：(Franklin D. Roosevelt)提前至第三周四
- ➡ 1941年12月26日 国会固定第四周四

Of the UNITED STATES of *America.*

A Proclamation.

WHEREAS it is the Duty of all Nations to acknowledge the Providence of Almighty GOD, to obey his Will, to be grateful for his Benefits, and humbly to implore his Protection and Favor: And whereas both Houses of Congress have, by their joint Committee, requested me


“ To recommend to the People of the United States, a Day of public Thanksgiving and Prayer, to be

“ observed by acknowledging with grateful Hearts the many and signal Favors of Almighty GOD, especially by affording them an Opportunity peaceably to establish a Form of Government for their Safety

“ and Happiness.”

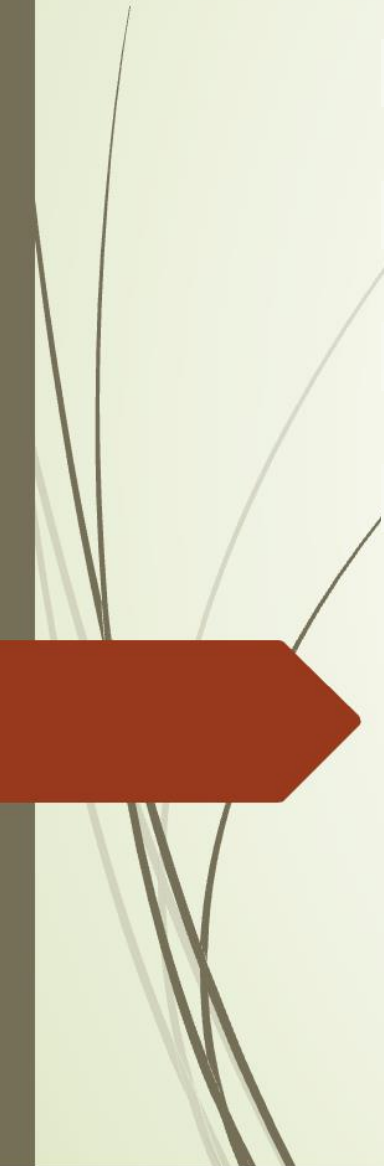
NOW THEREFORE, I do recommend and assign THURSDAY the Twenty-sixth Day of NOVEMBER next, to be devoted by the People of these States, to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be: That we may then all unite in rendering unto him our sincere and humble Thanks for his kind Care and Protection of the People of this Country *since their becoming a Nation*;—for the signal and manifold Mercies, and the favorable Interpositions of his Providence in the Course and Conclusion of the late War;—for the great Degree of Tranquility, Union and Plenty, which we have since enjoyed;—for the peaceable and rational Manner in which we have been enabled to establish Constitutions of Government for our Safety and Happiness, and particularly the national one now lately instituted;—for the civil and religious Liberty with which we are blessed, and the Means we have of acquiring and diffusing useful Knowledge;—and in general, for all the great and various Favors which he hath been pleased to confer upon us.

AND ALSO, That we may then unite in most humbly offering our Prayers and Supplications to the great Lord and Ruler of Nations, and beseech him to pardon our national and other Transgressions;—to enable us all, whether in public or private Stations, to perform our several and relative Duties as Men, and



➡ Whereas it is the duty of all Nations to acknowledge the providence of Almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor— and whereas both Houses of Congress have by their joint Committee requested me to recommend to the People of the United States a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many signal favors of Almighty God especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness.

➡ 鉴于各国都有责任承认全能上帝的眷顾，遵行祂的旨意，感念祂的恩惠，并以谦卑的心祈求祂的保护与恩典；又鉴于国会两院已通过联合委员会，请我向美利坚合众国的人民推荐设立一个全国性的感恩与祈祷之日，以虔诚感恩的心纪念全能上帝所赐下的无数奇妙恩典，尤其是赐给我们得以和平建立一套保障人民安全与幸福的政府制度的机会。

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- 总结：
 - 常常喜乐，不住地祷告，凡事谢恩
 - 追求属灵生命的长进和成熟
 - 在神的大家庭中和主为我们建立的属灵的家中，
做感恩的儿女和家人