

奔那擺在前頭的路程

536 在於新耶路撒冷

讀經：希 12:1-3；希 11:3；創 12:7-8；腓 3:13-14

來 12:1 我們既有這許多的見證人，如同雲彩圍着我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，奔那擺在我們前頭的路程，

來 12:2 仰望為我們信心創始成終的耶穌〔或譯：仰望那將真道創始成終的耶穌〕。他因那擺在前面的喜樂，就輕看羞辱，忍受了十字架的苦難，便坐在神寶座的右邊。

來 12:3 那忍受罪人這樣頂撞的，你們要思想，免得疲倦灰心。

來 11:13 這些人都是存着信心死的，並沒有得着所應許的；卻從遠處望見，且歡喜迎接，又承認自己在世上是客旅，是寄居的。

創 12:7 耶和華向亞伯蘭顯現，說：「我要把這地賜給你的後裔。」亞伯蘭就在那裏為向他顯現的耶和華築了一座壇。

創 12:8 從那裏他又遷到伯特利東邊的山，支搭帳棚；西邊是伯特利，東邊是艾。他在那裏又為耶和華築了一座壇，求告耶和華的名。

腓 3:13 弟兄們，我不是以為自己已經得着了；我只有一件事，就是忘記背後，努力面前的，

腓 3:14 向着標竿直跑，要得 神在基督耶穌裏從上面召我來得的獎賞。

一、放下各樣的重擔

1. 在世上作客旅與寄居的
2. 過帳棚與祭壇的生活

二、仰望為我們信心創始成終的耶穌

1. 因那擺在前面的喜樂
2. 輕看羞辱忍受十架

三、向着標竿直跑

1. 忘記背後
2. 努力面前

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來 12:3 那忍受罪人這樣頂撞的，你們要思想，免得疲倦灰心。

來 12:1 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, and let us run with perseverance the race marked out for us.

來 12:2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

來 12:3 Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

來 11:13 這些人都是存着信心死的，並沒有得着所應許的；卻從遠處望見，且歡喜迎接，又承認自己在世上是客旅，是寄居的。

來 11:13 All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance. And they admitted that they were aliens and strangers on earth.

創 12:7 耶和華向亞伯蘭顯現，說：「我要把這地賜給你的後裔。」亞伯蘭就在那裏為向他顯現的耶和華築了一座壇。

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創 12:7 The LORD appeared to Abram and said, "To your offspring I will give this land." So he built an altar there to the LORD, who had appeared to him.

創 12:8 From there he went on toward the hills east of Bethel and pitched his tent, with Bethel on the west and Ai on the east. There he built an altar to the LORD and called on the name of the LORD.

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腓 3:14 向着標竿直跑，要得神在基督耶穌裏從上面召我來得的獎賞。

腓 3:13 Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,

腓 3:14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

