

刚强起来
Be Strong



提摩太后书 2 Timothy 2:1-6

- 1 我儿啊，你要在基督耶稣的恩典上刚强起来。
- 2 你在许多见证人面前听见我所教训的，也要交托那忠心能教导别人的人。

1 You then, my son, be strong in the grace that is in Christ Jesus.

2 And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.

提摩太后书 2 Timothy 2:1-6

3 你要和我同受苦难，好像基督耶稣的精兵。

4 凡在军中当兵的，不将世务缠身，好叫那招他当兵的人喜悦。

3 Join with me in suffering, like a good soldier of Christ Jesus.

4 No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer.

提摩太后书 2 Timothy 2:1-6

5 人若在场比武，非按规矩，就不能得冠冕。

6 劳力的农夫理当先得粮食。

5 Similarly, anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules.

6 The hardworking farmer should be the first to receive a share of the crops.

靠恩典刚强

Strong by Grace



提摩太后书 2 Timothy 2:1

我儿啊，你要在基督耶稣的恩典上刚强起来。

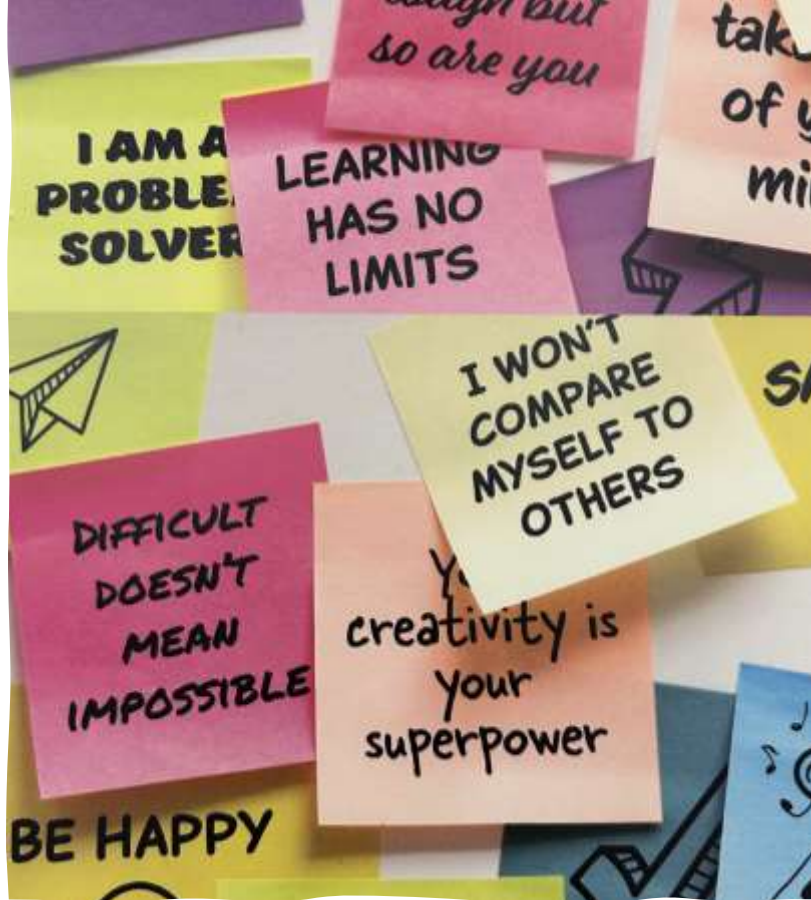
You then, my son, be strong in the grace that is in Christ Jesus.

靠恩典刚强 **Strong by Grace**

- (1) 拒绝受害者心态** **Refuse victim mentality**
- (2) 拒绝自艾自怜** **Refuse self-pity**
- (3) 拒绝消极思想** **Refuse negative thoughts**



- * 坚持比完美更重要
- * 注目于美好的



- * 不与别人比较
- * 困难并不代表不可能



- * 感恩
- * 谦卑
- * 得体
- * 良善

忠于所托

Be Faithful



提摩太后书 2 Timothy 2:2

你在许多见证人面前听见我所教训的，也要交托那忠心能教导别人的人。

And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.

不怕困难

**Not Afraid of
Difficulties**



不怕困难

Not Afraid of Difficulties

(1) 坚忍如精兵 As strong as a warrior

提摩太后书 2 Timothy 2:3-4

3 你要和我同受苦难，好像基督耶稣的精兵。

4 凡在军中当兵的，不将世务缠身，好叫那招他当兵的人喜悦。

3 Join with me in suffering, like a good soldier of Christ Jesus.

4 No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer.

不怕困难

Not Afraid of Difficulties

(1) 坚忍如精兵 As strong as a warrior

(2) 纪律如运动员 As discipline as an athlete

提摩太后书 2 Timothy 2:5

人若在地上比武，非按规矩，就不能得冠冕。

Similarly, anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules.

不怕困难

Not Afraid of Difficulties

- (1) 坚忍如精兵 As strong as a warrior
- (2) 纪律如运动员 As discipline as an athlete
- (3) 辛勤如农夫 As hardworking as a farmer

提摩太后书 2 Timothy 2:6

劳力的农夫理当先得粮食。

The hardworking farmer should be the first to receive a share of the crops.