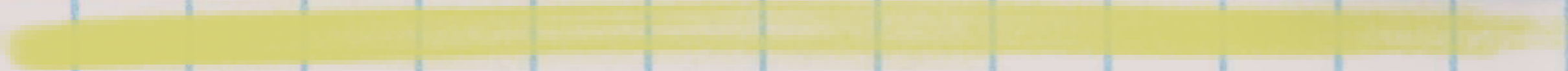
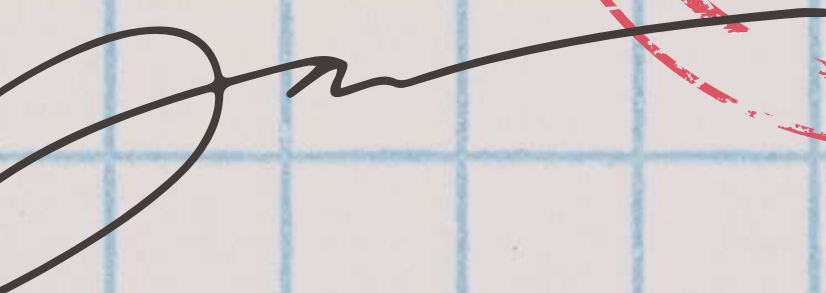
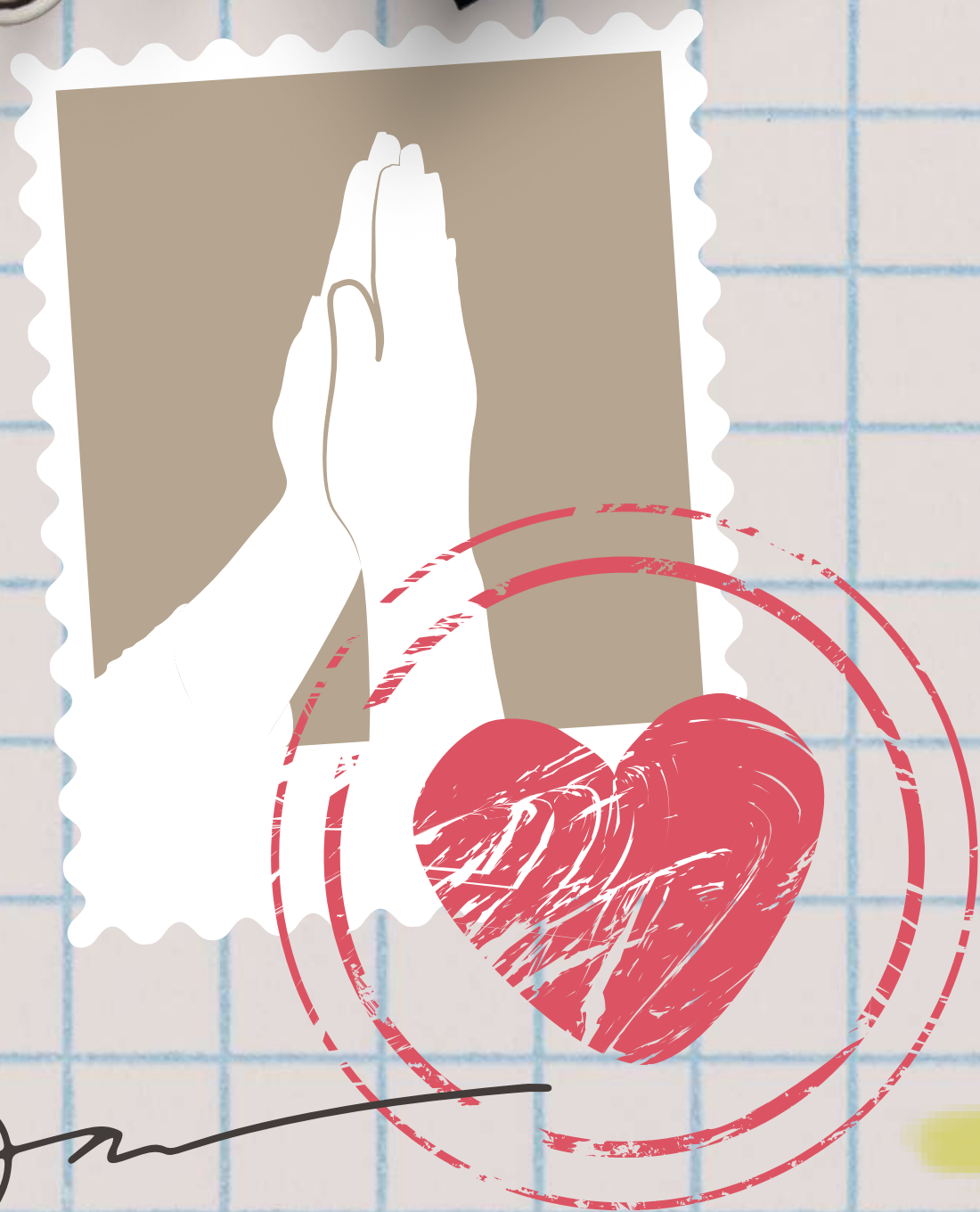


凡事谢恩

In All Things
Give Thanks!



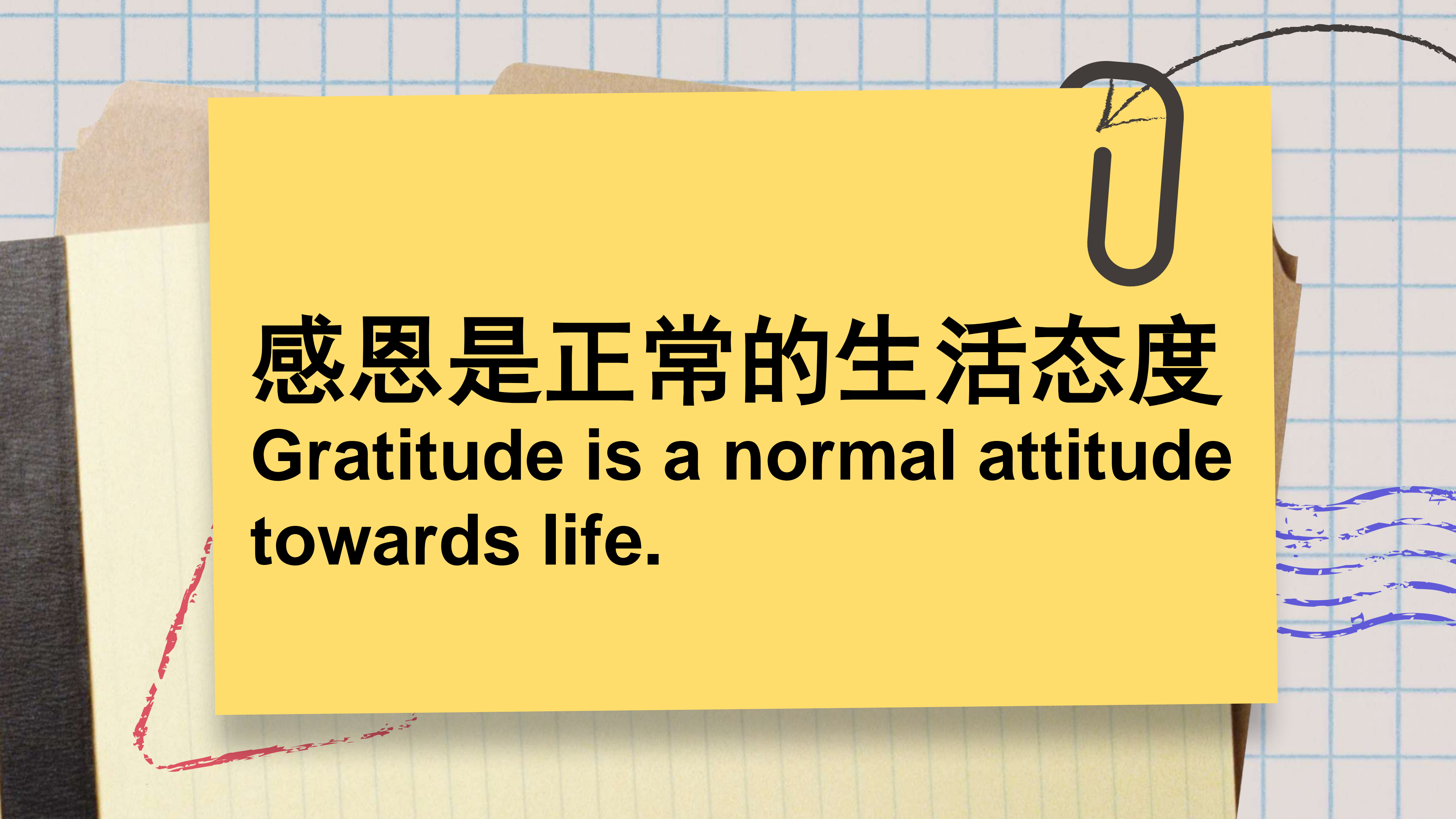


2023年

你会如何总结？

How would you

sum up 2023?



感恩是正常的生活态度
Gratitude is a normal attitude
towards life.

罗马书 Romans 1:21-22

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。22 自称为聪明，反成了
愚拙。

21 For although they knew God, they neither glorified
him as God nor gave thanks to him, but their thinking
became futile and their foolish hearts were darkened.

22 Although they claimed to be wise, they became
fools.



感恩对生命的七个好处

7 benefits of gratitude



**感恩对生命的
七个好处**
**7 benefits of
gratitude**

**当你感谢上帝，
你就得着提醒。**
**Gratitude towards God
acts as a reminder.**



感恩对生命的 七个好处

7 benefits of gratitude

当你感恩时，对事物的观感就截然不同，不再以自我为中心。

When you are grateful, your perception of things becomes completely different; you no longer focus on yourself.

罗马书 Romans 8:28

我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人。

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.





**感恩对生命的
七个好处
7 benefits of
gratitude**

**当你感恩，就
破坏魔鬼的计谋。
When you are grateful,
you destroy the Devil's
plan.**



**感恩对生命的
七个好处**
**7 benefits of
gratitude**

**当你感恩，就能渐渐
地改变，从上帝
的应许看人生。**

**When you are grateful, you
will gradually experience
change and be able to
view life through God's
promises.**



感恩对生命的 七个好处

7 benefits of gratitude

当你感恩，就不再只是看见自己的
的难处。

When you are grateful,
you no longer only see
your own difficulties.

彼得前书前书 1 Peter 1:6-7

6 因此，你们是大有喜乐。但如今在百般的试炼中暂时忧愁，7 叫你们的信心既被试验，就比那被火试验仍然能坏的金子更显宝贵，可以在耶稣基督显现的时候，**得着称赞、荣耀、尊贵。**

6 In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. 7 These have come so that your faith--of greater worth than gold, which perishes even though refined by fire--may be proved genuine and may result in **praise, glory and honor** when Jesus Christ is revealed.



雅各书 James 1:3-4

3 因为知道你们的信心经过试验，就生忍耐。

4 但忍耐也当成功，使你们成全、完备，毫无缺欠。

3 because you know that the testing of your faith develops perseverance. 4 Perseverance must finish its work so that you may be mature and complete, not lacking anything.





**感恩对生命的
七个好处**
**7 benefits of
gratitude**

**当你感恩，你的信心
和人际关系将变得健康。**

**When you are grateful,
your faith and
relationships become
healthy.**



**感恩对生命的
七个好处
7 benefits of
gratitude**

**感恩能预防很多
灵性疾病和罪恶**
Gratitude prevents many
spiritual illnesses and
sins

感恩不等于压制自己的感觉和否认现实，而是诚实面对，并将所有的事情带到上帝面前。

Gratitude does not mean suppressing your feelings and denying reality, but it means facing it honestly and bringing everything before God.

腓立比书 Philippians 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。

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.



帖撒罗尼迦前书 1 Thessalonians 5:16-18

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。

16 Be joyful always; 17 pray continually; 18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.



马太福音 Matthew 11:28-29

28 凡劳苦担重担的人，可以到我这里来，我就使你们得安息。29 我心里柔和谦卑，你们当负我的轭，学我的样式，这样，你们心里就必得享安息。

28 Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

