

感恩與行善

Thanksgiving and Doing Good Deeds

引言：感恩節

Introduction: Thanksgiving Holiday

I. 感恩的真義

The True Meaning of Thanksgiving

“心存感激而不表達，
就像包好了禮物而沒把它送給人。”

“Feeling gratitude and not expressing
it is like wrapping a present and not giving it.”

— William Arthur Ward

感恩的定義

感恩是對施恩者在**感激**和**愛**中通過
“**思想**” “**言語**” 和 “**行動**” 的回應。

Definition

Thanksgiving is one's response in **appreciation**
and **love** to the giver of a blessing through
“**thoughts**”, “**words**” and “**actions**”.

<二> 三種感恩的行動

Three acts of thanksgiving

- 1 我愛耶和華、因為他聽了我的聲音、和我的懇求。
- 2 他既向我側耳、我一生要求告他。
- 3 死亡的繩索纏繞我、陰間的痛苦抓住我。
我遭遇患難愁苦。
- 4 那時、我便求告耶和華的名、說、耶和華阿、
求你救我的靈魂。

I love the LORD, for he heard my voice;
he heard my cry for mercy.
Because he turned his ear to me,
I will call on him as long as I live.
The cords of death entangled me,
the anguish of the grave came upon me;
I was overcome by trouble and sorrow.
Then I called on the name of the LORD :
“O LORD, save me!”

5 The LORD is gracious and righteous;
our God is full of compassion.
6 The LORD protects the simplehearted;
when I was in great need, he saved me.
7 Be at rest once more, O my soul,
for the LORD has been good to you.
8 For you, O LORD, have delivered my soul from death,
my eyes from tears, my feet from stumbling,
9 that I may walk before the LORD in the land of the living.

5 耶和華有恩惠、有公義。我們的神以憐憫為懷。
6 耶和華保護愚人。我落到卑微的地步、他救了我。
7 我的心哪、你要仍歸安樂、因為耶和華用厚恩待你。
8 主阿、你救我的命、免了死亡、救我的眼、免了流淚、
救我的腳、免了跌倒。
9 我要在耶和華面前、行活人之路。

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(A) 反思 Reflection

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Three acts of thanksgiving

(A) 反思 Reflection

(B) 表揚 Recognition

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11 我曾急促地說、人都是說謊的。

12 我拿甚麼報答耶和華向我所賜的一切厚恩。

13 我要舉起救恩的杯、稱揚耶和華的名。

14 我要在他眾民面前向耶和華還我的願。

10 I believed; therefore I said, "I am greatly afflicted."

11 And in my dismay I said, "All men are liars."

12 How can I repay the LORD for all his goodness to me?

13 I will lift up the cup of salvation and call on the name of the LORD.

14 I will fulfill my vows to the LORD in the presence of all his people.

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(A) 反思 Reflection

(B) 表揚 Recognition

(C) 回報 Repayment

15 Precious in the sight of the LORD is the death of his saints.

16 O LORD, truly I am your servant;

I am your servant, the son of your maidservant;
you have freed me from my chains.

17 I will sacrifice a thank offering to you and call on the name of the LORD.

18 I will fulfill my vows to the LORD in the presence of all his people,

19 in the courts of the house of the LORD—

in your midst, O Jerusalem. Praise the LORD.

在耶和華眼中看聖民之死、極為寶貴。

耶和華阿、我真是你的僕人。我是你的僕人、是你婢女的兒子。你已經解開我的綁索。

我要以感謝為祭獻給你、又要求告耶和華的名。

我要在他眾民面前、在耶和華殿的院內、在耶路撒冷當中、向耶和華還我的願。你們要讚美耶和華。

<三> 當如何行？

What shall we do ?

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(A) 愛神愛人

Love God, love people

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(A) 愛神愛人

Love God, love people

(B) 見證主恩

Testify God's grace

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- (A) 愛神愛人
Love God, love people
- (B) 見證主恩
Testify God's grace
- (C) 行善 Do good deeds

結論：

讓我們行善來活出我們感恩的生命。

Conclusion:

**Let's do good works
to live out the life of thanksgiving.**

一個蒙福與祝福的人生:

1. 神是愛、祂是好，神愛我、祂對我好。
2. 在基督裡，我具備足夠的好、
且能活出自己的美好與燦爛。
3. 在愛裡，藉著彰顯神的恩典與榮耀，
我能歡歡喜喜地成為別人的祝福。

A blessed life that blesses others:

1. God is love, He is good, God loves me, He is good to me.
2. In Christ, I have enough good in my life
and can live out my beauty and brilliance.
3. In love, I can joyfully be a blessing to others
through revealing the grace and glory of God.