

感恩的生命

A Life of Thanksgiving

引言：

感恩是什麼？

Introduction:

What is thanksgiving?

## 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**”.

# I. 感恩是神對我們的心意

Thanksgiving is God's will for us

# **(I) 感恩是神對我們的心意**

Thanksgiving is God's will for us

## **(A) 感恩是神的命令與恩典**

God's command and grace

當稱謝進入他的門，讚美進入他的院；當感謝他，稱頌他的名。因為耶和華本為善，他的慈愛存到永遠；他的信實直到萬代。

4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. 5 For the Lord is good and his love endures forever; his faithfulness continues through all generations.

詩篇 Psalm 100:4-5

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**(B)** 凡事謝恩  
Give thanks in all circumstances

## (II) 感恩是幸福的秘訣

Thanksgiving is the key for happiness



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(A) 感恩使我們感受到愛

Makes us feel loved

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(B) 感恩使我們改善關係

Improves our relationships

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(C) 感恩使我們蒙恩得福

Opens the door to more grace and blessing

其中一個人，見自己得了醫治，就回來大聲榮耀神，俯伏在耶穌腳前，感謝他；這人是撒瑪利亞人。

<sup>15</sup> One of them, when he saw he was healed, came back, praising God in a loud voice. <sup>16</sup> He threw himself at Jesus' feet and thanked him—and he was a Samaritan.

路加福音 Luke 17:15-16

### **(III) 感恩是選擇與態度**

Thanksgiving is a choice and attitude

首先我要慶幸的是，我以前從未被搶劫過；  
第二，因為他們雖然拿走了我的錢包，卻沒有奪走我的生命；  
第三，雖然他們拿走了我的一切，但不多；  
第四，因為是我被搶，不是我搶別人。

“Let me be thankful first because I was never robbed before; second, because although they took my purse, they did not take my life; third, because although they took my all, it was not much; and fourth, because it was I who was robbed, not I who robbed.”

Rev. Matthew Henry

**(IV) 如何培養我們感恩的生命？**

How do we cultivate our life of thanksgiving?

"<sup>15</sup> 又要叫基督的平安在你們心裡做主，你們也為此蒙召，歸為一體；且要存感謝的心。<sup>16</sup> 當用各樣的智慧，把基督的道理豐富地存在心裡，用詩章、頌詞、靈歌彼此教導，互相勸誡，心被恩感歌頌神。<sup>17</sup> 無論做什麼，或說話或行事，都要奉主耶穌的名，藉著他感謝父神。

<sup>15</sup> Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And **be thankful**. <sup>16</sup> Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. <sup>17</sup> **And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.**



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give thanks to him and praise his name.

詩篇 Psalm 100 : 4

6 應當一無掛慮，只要**凡事**藉著禱告、祈求和**感謝**，將你們所要的告訴神。7 神所賜出人意外的平安，必在基督耶穌裡保守你們的心懷意念。

6 Do not be anxious about anything, but in **every situation**, by prayer and petition, with **thanksgiving**, present your requests to God.  
7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

腓立比書Philippians 4:6-7

我的心哪，你要稱頌耶和華！  
不可忘記祂的一切恩惠！

Praise the Lord, my soul,  
and forget not all his benefits

詩篇 Psalm 103 : 2

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結論：

讓我們作聰明人、選擇感恩、常常自我查驗，天天數算恩典，時時敏銳地感受神的愛與人的愛。好活出感恩的生命來見證神的愛、來彰顯神的恩典與榮耀。

Conclusion:

Let us be wise, choose thanksgiving, examine ourselves frequently, count grace every day, and feel God's love and human love keenly at all times. Live a life of thanksgiving to witness God's love and reveal God's grace and glory.

禱 告

Prayer