

如何靠主常常喜乐

**How to Rejoice  
in the Lord Always**

**腓立比书 4:1-9**

**Philippians 4:1-9**

## 引言 Intro:

我们都想要快乐，对吗？

We all want to be happy, right?

我每一天早上打开手机时，就会收到好多的快乐祝福语。你是不是也是这样？

When I turn on my mobile phone every morning, I receive many happy greetings. Is it the same for you?

在朋友的生日庆祝会中我们会做什么呢？

What do we do on our friend's birthday party?

除了送生日礼物外，我们唱生日歌，祝他生日快乐！

In addition to giving birthday gifts, we sing a birthday song and wish him a *happy* birthday!

新年到了，我们祝贺人们新年快乐！

When it is New Year time, we wish others  
Happy New Year!

如果每一次的祝福快乐都能够使我们所有的烦恼都变成快乐，那有多好啊，对吗？

If every blessing of happiness can turn all our vexations into happy, that would be so great, right?

可惜事实并不是如此。我们都在追求快乐，追得好辛苦，越追好像快乐离得越远！

Unfortunately, this is not the case. We are all pursuing happiness, working hard to grasp it, but only to find happiness slips even farther away!

让我们看看使徒保罗在**如何获得快乐**这课题上的一些建议。

Let's look at some advice from the apostle Paul on the topic of **obtaining happiness**.

## A. 应该诸多烦恼的保罗

### Paul Who Should Be Worrying

如果有人有理由担心，那就是使徒保罗。

If anyone had an excuse for worrying, it was the apostle Paul.

他在腓立比亲爱的同工友阿爹和循都基彼此关系不和。(腓 4:2-3)

His beloved co-workers Euodia and Synthyche at Philippi were disagreeing with one another. (Phil 4:2-3)

除了腓立比教会的潜在分裂，保罗还得面对罗马信徒之间的分裂（腓1：14-17）。

Along with the potential division at Philippi, Paul had to face division among the believers at Rome (Phil 1:14-17).

除了这些重担以外，还有他自己可能面对被处死！

Added to these burdens was the possibility of he himself being executed!

保罗写信给腓立比的信徒时是个囚犯！

Paul was a prisoner when he wrote to the  
Philippians!

保罗有很好的理由应该担心 - 但他没有!

Paul had a good excuse to be worrying – but  
he did not!



相反的，保罗说：“**你们要靠主常常喜乐。我再说，你们要喜乐。**” (腓 4:4)

On the contrary, Paul said: “**Rejoice in the Lord always; I will say it again, rejoice!**”  
(Phil 4:4)

让我们来看保罗给我们什么建议来保持常常有喜乐。

Let us find out what advice Paul has for us to always stay joyful.

## B. 喜乐六件事 Six Things To Joy

### 1. 靠主站立得稳 Stand Firm in the Lord (1)

腓 4:1 我所亲爱、所想念的弟兄们，你们就是我的喜乐，我的冠冕。我亲爱的弟兄，你们应当**靠主站立得稳**。

**Phil 4:1** Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, ***stand firm in the Lord*** in this way, dear friends !

这“**站立得稳**”是指一名士兵无论他周围发生什么事他都忠守他的岗位。

The call to “**stand firm**” refers to a soldier staying faithfully at his post no matter what happens around him.

面对仇敌的攻击和世界的诱惑，我们要“**站立得稳**”，持续遵行他的旨意。

When faced with the attacks of the enemy and the temptations of the world, we want to “**stand firm**” and keep on doing his will.”

就是每天起床，做你必须做的事情 – 如果可以的话，开心的做；不开心的话，还是把事情做好。

It's to get up each day and do what you have to do – cheerfully if you can, grumpily if you must.

上帝赐福那些**每天忠心做应该做的事的人**。

God blesses those who **faithfully do what they have to do each day.**

## 2. 解除纠纷 Settle Your Differences (2-3)

腓 4:2 我劝友阿爹和循都基，  
*要在主里同心。*

Phil 4:2 I plead with Euodia and  
I plead with Syntyche *to be of  
the same mind in the Lord.*

这两位女信徒无法和睦相处。

These two women couldn't get along with each other.

友阿爹 = 馨香

循都基 = 友好

Euodia = **sweet smell**

Synthyche = **friendly**

但是，她们的关系即 **不馨香** 也 **不友好**。

Ironically, their relationship **didn't smell sweet** and **wasn't friendly**.

保罗没有说谁对、谁错。

Paul doesn't say who was right and who was wrong.

他只是劝告这两位女人要解决她们的分歧，  
“**要在主里同心**”。

He simply exhorts these two women to settle their differences, and “**to be of the same mind in the Lord**”.

不和谐的关系 会破坏喜乐。

Disharmonious relationship can **destroy joy**.

有一位作者为维持好关系提出六项提议：

A writer lists six suggestions  
for healthy relationships:

- 多附和，少争辩  
agree more, argue less



- 多听，少说话

listen more, talk less

- 多行动，少吹捧

produce more, advertise less

- 多认错，少指控

confess more, accuse less

- 多笑笑，少烦躁  
laugh more, fret less

- 多付出，少接受  
give more, receive less

**培养和珍惜**好关系会增加你的**喜乐**！

***Cultivating and cherishing good relationships will add to your joy!***

### 3. 决心喜乐 Resolve to Rejoice (4)

腓 4<sup>4</sup> 你们要靠主常常喜乐。  
我再说，你们要喜乐。

**Phil 4<sup>4</sup> Rejoice in the Lord  
always. I will say it again: rejoice!**

**“要常常喜乐”**是保罗在这段经文里唯一重复的命令。

**“Rejoice in the Lord always”** is Paul's only repeated command in this passage.

这是因为在日常生活中遭遇烦恼时容易忘记了要喜乐。

This is because it is easy to forget to rejoice when encountering troubles in daily life.

保罗提到的“**喜乐**”不是来自我们的**处境**。

The "**joy**" that Paul talks about doesn't come from the our ***circumstances***.

很多时候，我们的处境是非常令人沮丧的。

Very often, our circumstances are quite depressing.

肯定的，保罗 并不享受 被囚禁。

Surely, Paul ***did not enjoy*** being imprisoned.

他知道他被释放的机会渺茫，而且很大可能会被处决。

He knew his chance of being released was slim, and he would most likely end up being executed.

但即使在那种困难的处境中，保罗也有他 **喜乐的缘由**。

But he found **reasons to rejoice** even in that difficult circumstances.

保罗的喜乐的缘由/源头是“**在主里**”。

The reasons/source of Paul's joy is “**in the Lord**”.

有一个圣诞节，80岁的葛培里博士接受美国有线电视新闻网的Larry King的访谈。

On a Christmas day, the then 80 years old Dr. Billy Graham was interviewed by CNN broadcast Larry King.

近几年来，葛培里博士面对好些严重的健康问题。

The last several years Dr. Graham has had a number of major health problems.

他经历了几次艰难的手术，现在患有帕金森病。

He has had several difficult operations and now suffers from Parkinson's Disease.



葛培里博士如何看待自己死亡的前景？

How does Dr. Graham feel about the prospect of his own death?

*“哦，我并不畏惧死亡。其实，我很期待。我希望那一天能快点来到，让我能够抵达彼岸”。*

*“Oh, I'm not afraid to die. In fact, I'm looking forward to it. I wish that day would hurry up and get there”.*

当他去世时他期待将有什么事情发生呢？

And what does he expect will happen when he dies?

*“当我死的时候，一位天使将牵着我的手引导我进入主耶稣基督的同在”。*

*“When I die, an angel is going to take me by the hand and lead me into the presence of the Lord Jesus Christ”.*

当被问及他对帕金森疾病的感受时，葛培里博士回答说：“我感觉很好。这是一种美妙的体验。我相信主透过这疾病要教导我很多功课”。

When asked how he felt about having Parkinson's Disease, Dr. Graham replied, *“I feel great about it. It's been a wonderful experience. I believe the Lord has many lessons to teach me through this disease”.*

这诚然就是“**在主里常常喜乐**”的意思。

Surely this is what it means to “**Rejoice in the Lord always**”.

下一次当你失去喜乐的时候，试一试花几分钟这样做：

The next time you lose your joy, try taking a few minutes to do this:

拿一张纸，列出所有你可以想到的你应该**在主里常常喜乐**的理由。然后宣告和祷告，感谢主信实的恩典和同在。

Take a sheet of paper and list down ***as many reasons as you can think of to rejoice in the Lord***. Then declare and pray, thanking the Lord for his faithfulness and his presence in your life.

## 4. 向神求谦让的心 (5) Ask God for a Gentle Spirit (5)

腓 4:5 当叫众人知道你们谦让的心。  
主已经近了。

Phil 4:5 Let your **gentleness** be evident  
to all. The Lord is near.

这里“谦让”的反面是**要求个人的权利**的态度。

The opposite of “**gentleness**” here is the spirit of ***demanding one’s right***.

还记得友阿爹(馨香)和循都基(友好)吗？

Do you still remember Euodia (*sweet smell*) and Synthyche (*friendly*)?

她们不能彼此**谦让**，结果她们的关系失去了**馨香**和**友好**，她们心里也不能有**喜乐**。

They weren't able to show **gentleness** to each other, and as a result their relationship loses *sweet smell* and *friendliness*, and they couldn't **rejoice** in their hearts.

你会被别人认为是一个**谦让**的人吗？

Would you be considered a **gentle** person by others?



## 5. 凡事祷告 (6-7)

### Pray about Everything (6-7)

腓 4<sup>6</sup> 应当一无挂虑，只要凡事藉著祷告、祈求，和感谢，将你们所要的告诉神。

Phil 4<sup>6</sup> Do not be anxious about anything, but **in every situation, by prayer and petition, with thanksgiving, present your requests to God.**

腓 4<sup>7</sup> 神所赐、出人意外的平安必在基督耶稣里保守你们的心怀意念。

Phil 4<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

一位美国的教授的一份关于人们忧虑的事情的研究报告显示：

A research report done by an American professor on things people worry about shows that:

- 40% 的忧虑不曾发生。  
40% never happen.
- 30% 的忧虑是已经过去的事情。  
30% concern the past.
- 12% 是对健康方面不必要的忧虑。  
12% are needless worries about health.
- 只有 10% 是合理的担忧。  
Barely 10% are legitimate concerns.

这意味着你**92%的“忧虑时间”**是浪费了能量。

That means that **92% of your “worry time”** is wasted energy.

**忧虑**和**祈祷**是互相对立的—水火不相容。

**Worry** and **prayer** are opposites — like water and fire.

你可以选择**忧虑**，或选择**祷告**。

You can **worry** or you can **pray**.

保罗给容易忧虑的人3项建议：

Paul has 3 pieces of advice for worriers:

- 凡事祷告 – “**只要凡事藉著祷告、祈求**”

Pray about everything – “**in every situation, by prayer and petition**”

- 感恩祷告 – “**和感谢**”

Pray with thanksgiving – “**with thanksgiving**”

- 带着期盼祈求 – “**将你们所要的告诉神**”

Pray with expectation – “**present your requests to God**”

当你把你的负担交托给主时，他以更大的东西来取代你的忧虑：

When you take your burdens to the Lord, he replaces your worries with something much greater:

腓 4<sup>7</sup> 神所赐、出人意外的平安必在基督耶稣里保守你们的心怀意念。

Phil 4<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

## 6. 意念分别为圣 (8-9) Think Holy Thoughts (8-9)

腓 4<sup>8</sup> 弟兄们，我还有未尽的话：凡是**真实的、可敬的、公义的、清洁的、可爱的、有美名的**，若有什麼**德行**，若有什麼**称赞**，这些事你们都要思念。

Phil 4<sup>8</sup> Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable** – if anything is **excellent** or **praiseworthy** – think about such things.



保罗要我们思念圣洁的事情。

Paul wants us to think holy thoughts.

有人估计我们一般人平均每天会想 **一万**  
**个**意念。

Someone estimated that most of us think  
about **10,000** thoughts a day.

这等于是每年 **350万** 个意念。

That is **3.5 million** thoughts a year.

如果你活到75岁，你将想过超过 **2600万** 个意念。

If you live to be 75, you will have over 26 million thoughts.

从今天早上起床到现在，我们大多数人已经想过 **2000** 个意念了。

Already most of us have had **2,000** thoughts since we got out of bed this morning.

从现在到今晚睡觉前你可能还会想 **8,000** 个意念。

You'll probably have another **8,000** before you go to sleep tonight.

然后，明天你会重新开始这个循环。

Then you'll start all over again tomorrow.

保罗的话背后的原则很简单：**罪总是始于心灵，圣洁也是如此。**

The principle behind Paul's words is simple:  
**Sin always begins in the mind and so does holiness.**

当保罗说“这些事情你们都要思念”时，他的命令是**现今时态**的。

When Paul says “think about such things”, the command is in the *present tense*.

意思就是“持续的思念这些事情”。

It means “Keep on thinking about these things”.

这样去做，第9节说“**赐平安的神就必与你们同在**”。

Do it and **verse 9** says “**the God of peace will be with you**”.

## 结语 Conclusion:

- 我们的生活处境带给我们的往往不是喜乐，而是忧虑愁烦。

What our life circumstances bring us is often ***not joy, but worries and troubles.***

- 做这六项来维持在主里常常喜乐:

Do these to rejoice in the Lord always:

**1. 靠主站立得稳 Stand Firm in the Lord**

**2. 解除纠纷 Settle Your Differences**

**3. 决心喜乐 Resolve to Rejoice**

**4. 向神求谦让的心**

**Ask God for a Gentle Spirit**

5. 凡事祷告 Pray about Everything

6. 思念圣洁的事 Think Holy Thoughts

在生活中这样去行，  
你就可以有主里的平安和喜乐！

***Practice these in your daily life  
and you will find  
peace and joy in the Lord!***