

身心灵满足的生命

The Life of Deep Satisfaction



约翰福音 John 4:14, 6:35

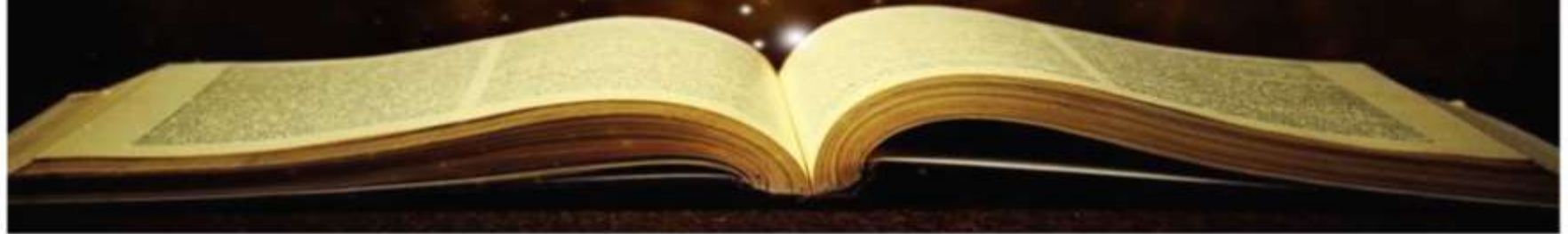
約翰福音

The Gospel of John



20章

30 耶稣在门徒面前另外行了许多神迹，没有记在这书上。31 但记这些事要叫你们信耶稣是基督，是神的儿子，并且叫你们信了他，就可以因他的名得生命。



20:30-31 Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.

恩上加恩的神

The God of Abundant Grace

约翰福音 John 2:1-11



第4章 耶稣与撒马利亚妇人的对话

Chapter 4: The Dialogue between Jesus and the Samaritan Woman

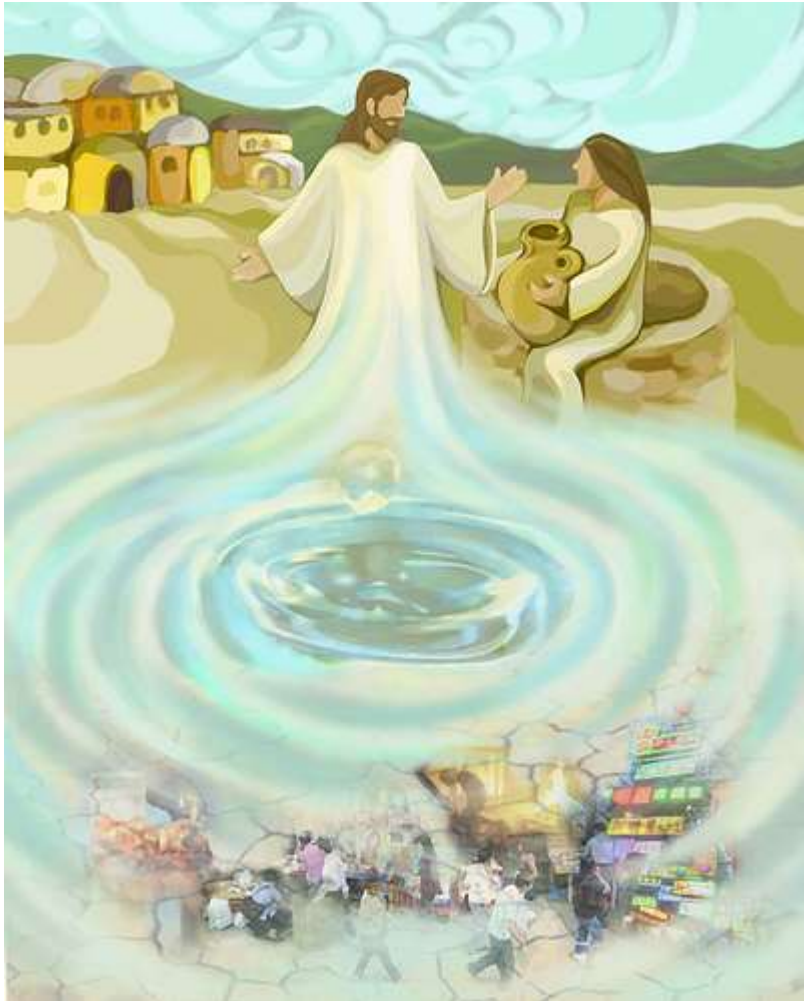


第6章 耶穌是生命的糧

Chapter 6: Jesus is the Bread of Life



约翰福音 John 4:13-14



耶稣说：“凡喝这水的，还要再渴；人若喝我所赐的水，就永远不渴。我所赐的水要在他里头成为泉源，直涌到永生。”

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life."

约翰福音 John 6:27



**不要为那必坏的食物劳力，
要为那存到永生的食物劳
力，就是人子要赐给你们
的，因为人子是父 神所
印证的。**

**Do not work for food that spoils, but
for food that endures to eternal life,
which the Son of Man will give you.
On him God the Father has placed his
seal of approval.**

一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love

约翰福音 John 4:9

撒马利亚的妇人对他说：
“你既是犹太人，怎么向我
一个撒马利亚妇人要水喝
呢？”

The Samaritan woman said to him,
"You are a Jew and I am a Samaritan
woman. How can you ask me for a
drink?"



一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love

约翰福音 John 4:10



10 耶稣回答说：“你若知道神的恩赐和对你说‘给我水喝’的是谁，你必早求他，他也必早给了你活水。”

10 Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love



约翰福音 John 4:13-14

耶稣说：“凡喝这水的，还要再渴；人若喝我所赐的水，就永远不渴。我所赐的水要在他里头成为泉源，直涌到永生。”

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life."

一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love



约翰福音 John 4:15

妇人说：“先生，请把这水赐给我，叫我不渴，也不用来这么远打水。”

The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love



约翰福音 John 4:16

耶稣说：“你去叫你丈夫也到这里来。”

He told her, "Go, call your husband and come back."

一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love



约翰福音 John 4:17-18

妇人说：“我没有丈夫。”
耶稣说：“你说没有丈夫，
是不错的。你已经有五个丈夫，
你现在有的，并不是你的丈夫，
你这话是真的。”

"I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love



约翰福音 John 4:16

耶稣说：“你去叫你丈夫也到这里来。”

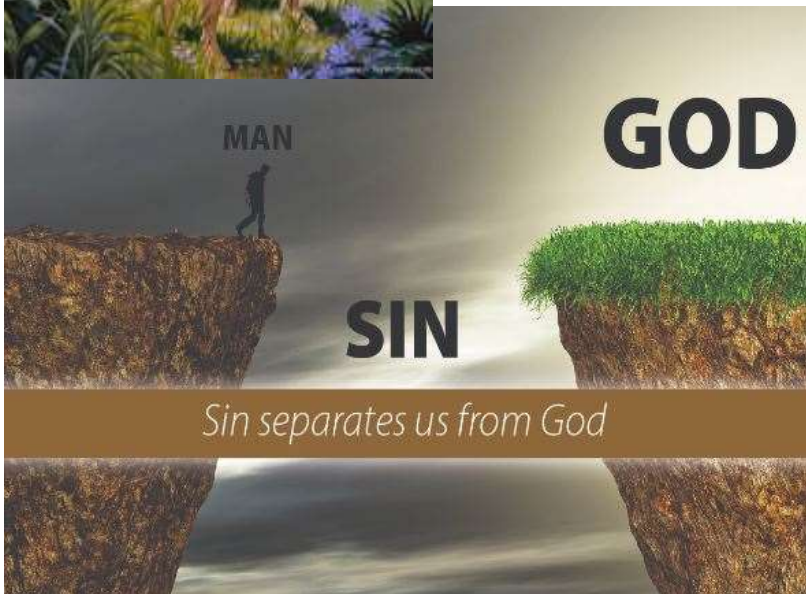
He told her, "Go, call your husband and come back."

一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love

无论男性或女性，生命深处都有被弃绝的恐惧与痛苦，这是人类犯罪堕落之后的结果。

Regardless of gender, deep within every life lies the fear and pain of abandonment, a consequence of humanity's fallen state due to sin.



一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love

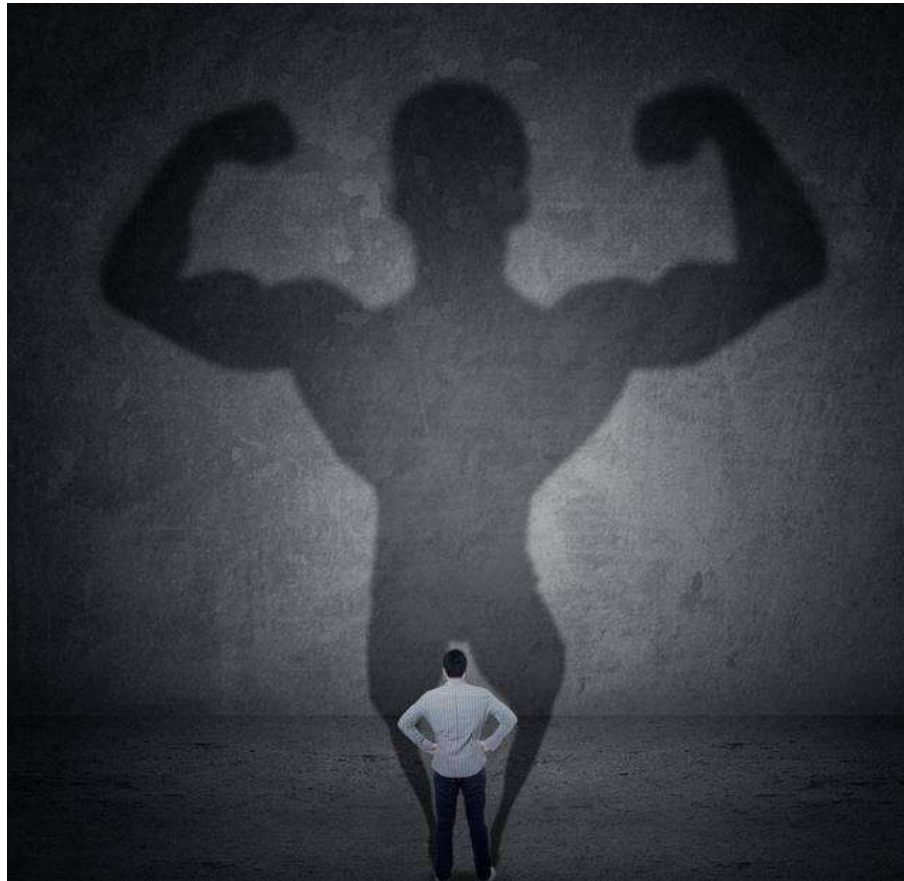
我们每一个人都是按着上帝的形像造的



Each one of us is created in the image of God.

一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love



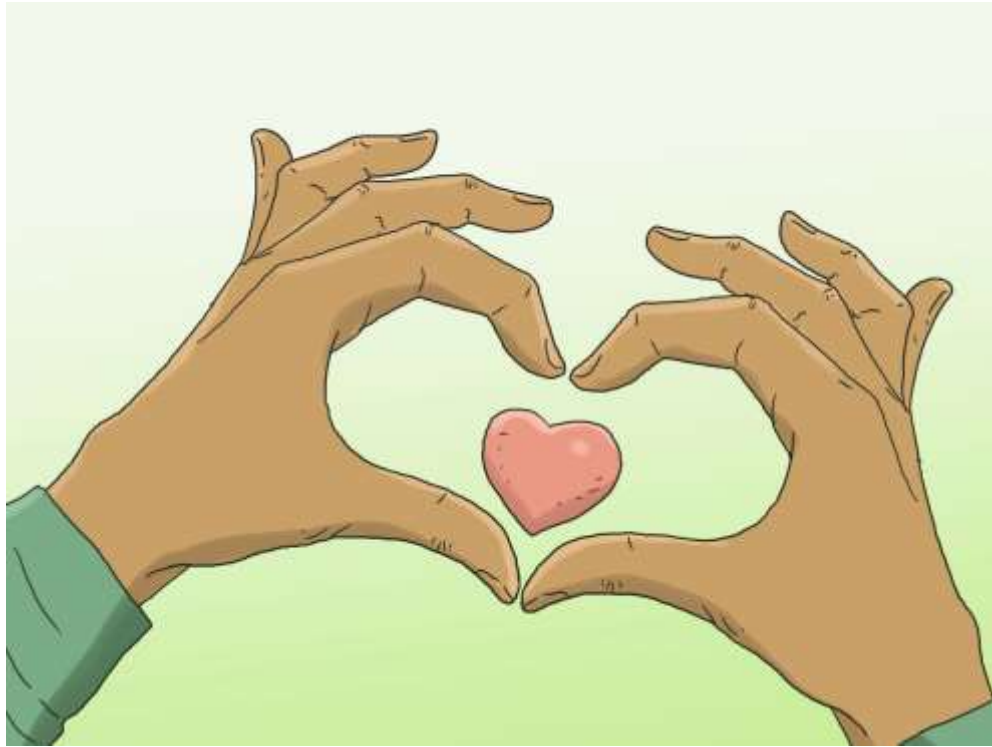
一、身心灵满足的生命：神的爱

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一、身心灵满足的生命：神的爱

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一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love

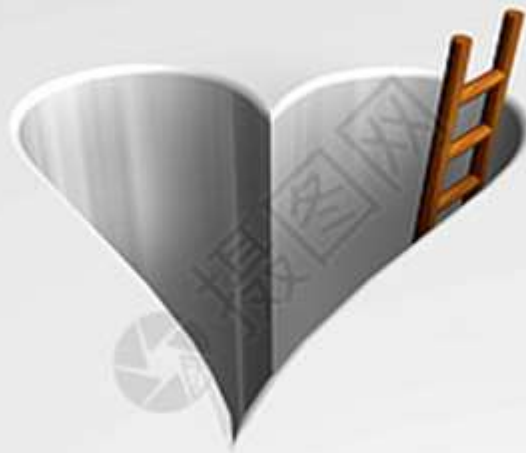
O LORD, the hope of Israel, all who forsake you will be put to shame. Those who turn away from you will be written in the dust because they have forsaken the LORD, the spring of living water. (Jeremiah 17:13)

耶利米书 17:13 CUVS

耶和华—以色列的盼望啊，凡离弃你的必致蒙羞。
耶和华说：离开我的，他们的名字必写在土里，因为他们离弃我这活水的泉源。

一、身心灵满足的生命：神的爱

The Life of Deep Satisfaction: God's Love



一、身心灵满足的生命：神的爱


The Life of Deep Satisfaction: God's Love



二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus

约翰福音 John 6:26-27

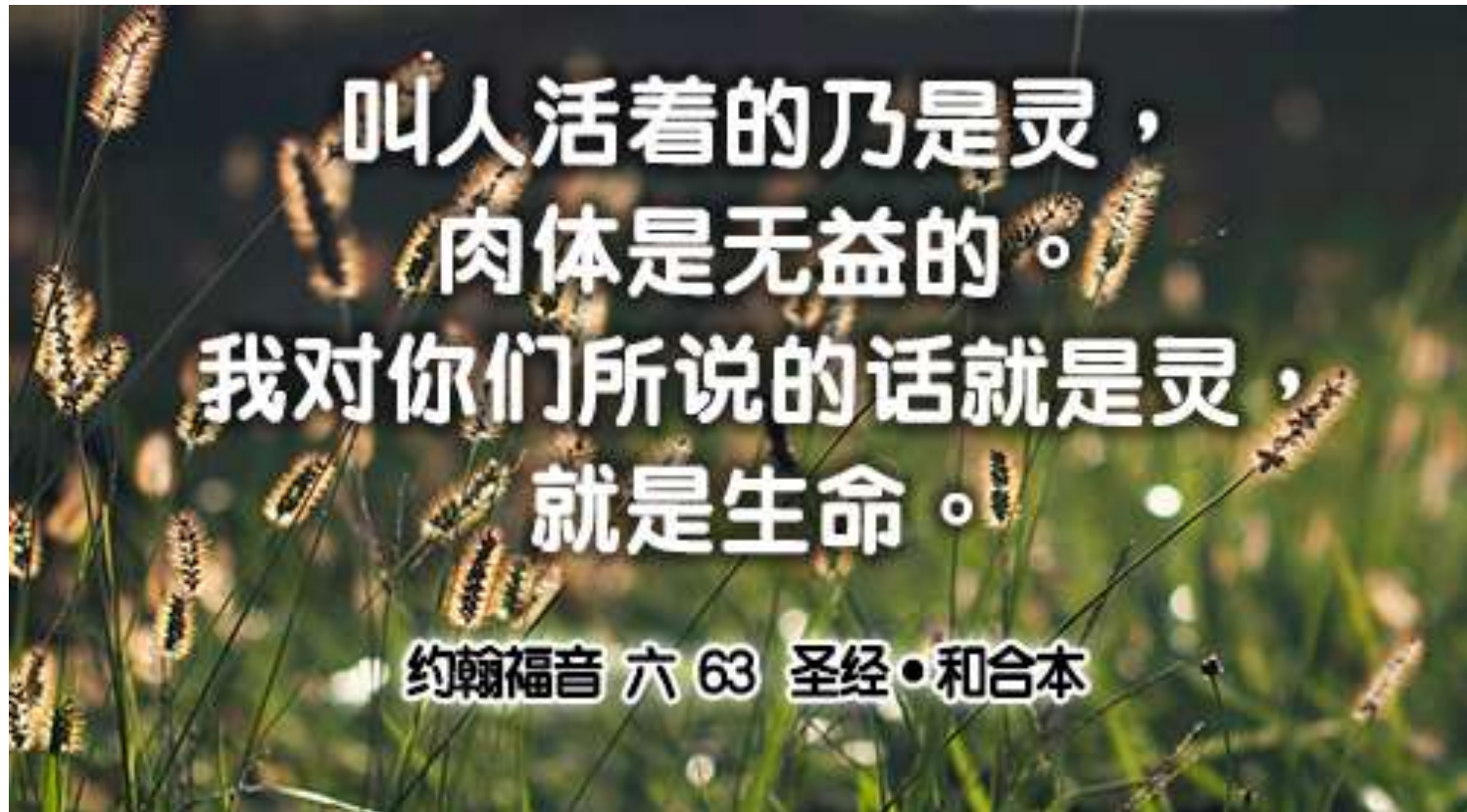


耶稣说：“我实实在在地告诉你们：你们找我，并不是因见了神迹，乃是因吃饼得饱。不要为那必坏的食物劳力，要为那存到永生的食物劳力，就是人子要赐给你们的，因为人子是父 神所印证的。”

Jesus answered, "I tell you the truth, you are looking for me, not because you saw miraculous signs but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval."

二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus



The Spirit gives life; the flesh counts for nothing. The words I have spoken to you are spirit and they are life.
(John 6:63)

二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus

虛空的人生



二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus



耶稣要赐给我们灵魂的食物，生命的粮

Jesus wants to give us the food for our souls, the bread of life.

二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus

创世记 Genesis 3:19

你必汗流满面才得糊口，直到你归了土，因为你是从土而出的。



By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken

二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus



约翰福音 John 6:29

耶稣说：“**信**神所差来的，
这就是做神的工。”

Jesus answered, "The work of God is
this: to believe in the one he has
sent."

二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus

凡接待祂的，就是信
祂名的人，祂就赐
他们权柄做神的儿女。
约翰福音 1:12

But to all who believed Him and accepted
Him, He gave the right to become children
of God. John 1:12 [NLT]



二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus

倪柝声弟兄曾经说：

**「做上帝的工作，要先学会不做自己的工作，
而让上帝做工。」**

Brother Watchman Nee once said,

**"To do the work of God, one must first learn not to do one's
own work but to let God work."**

二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus



The light shines in the darkness, but the darkness has not understood it. (John 1:5)

二、身心灵满足的生命：信服耶稣

The Life of Deep Satisfaction: Believe in Jesus

耶穌說、我的食物
就是遵行差我來者的旨意、
作成祂的工。

My food, said Jesus,
"is to do the will of him who sent me
and to finish his work."

聖經·約翰福音

JOHN 4:34

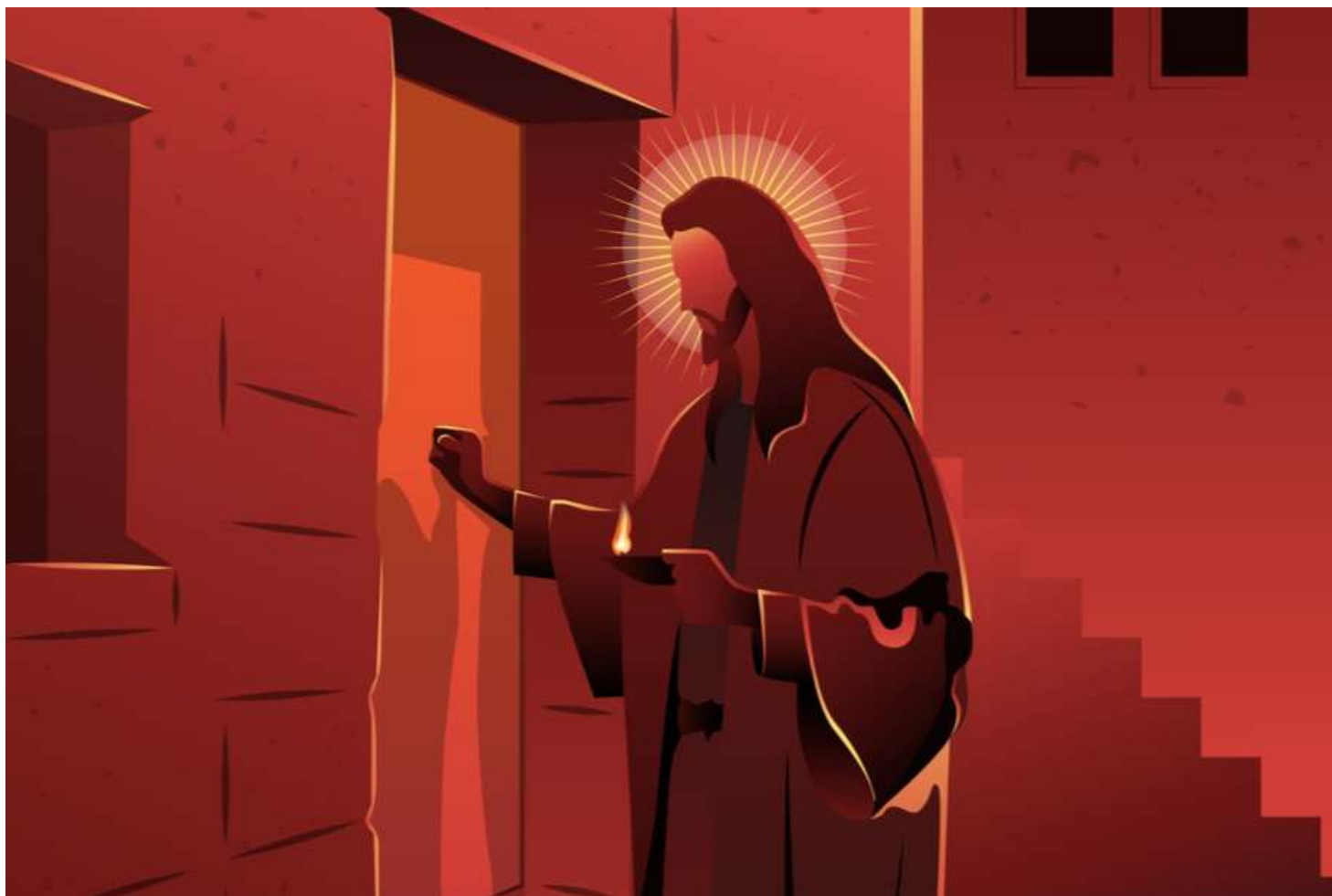
结论 Conclusion



*God's
Unconditional
Love*

上帝的无条件
的爱

结论 Conclusion



结论 Conclusion



自我反思：

1. 分享目前你的生活满意指数为何？0-10分，你会给几分，为什么？
2. 在圣灵中省察：每天使你最饱足、最喜乐的是什么？耶稣曾经如何使你的灵魂得饱足？这和遵行上帝的旨意的关联是什么？你身边有哪些人正在用外面的东西想使内心得饱足？按照上帝的心意，你可以为他们做什么？
3. 过去一个月，你在属灵争战中成功的比率高，还是失败的比例高？想一想，这和你吃喝耶稣的情况有什么关系？
4. 你有哪些被耶稣接纳的经验？你比较不容易接纳人的哪一种行为？哪一类型的人你比较不容易接纳？你如何突破？

Reflection questions

1. How would you rate your current life satisfaction index out of 10? Why would you give it that score?
2. Reflect in the Holy Spirit: What brings you the most satisfaction and joy each day? How has Jesus fulfilled your soul? What is the connection between this and following God's will? Who around you seeks satisfaction from external things? According to God's will, what can you do for them?
3. Over the past month, has your success rate in spiritual warfare been high, or has your failure rate been high? Think about how this relates to your consumption of Jesus.
4. What are your experiences of being accepted by Jesus? Which actions do you find hard to accept in others? Which type of people do you find hard to accept? How can you break through this?