

**Topic: Gratitude Sunday**  
**Speaker: Bo Stern-Brady**  
**November 19, 2023**

感恩主日

講道：珀·斯坦-布雷迪

2023年11月19日

詩歌一：奇妙作為 **Great Things**

(A1)來一起敬拜我王，  
來屈膝在祂腳前，  
祂行奇妙作為，

看哪 我救主作為，  
看哪 愛勝過一切，  
祂行奇妙作為，  
祂行奇妙作為，

(A2)在風浪中 祢信實不變，  
祢的信實它永恆不變，  
祢行奇妙作為，

我知道祢會再次成就，  
因祢應許是「是」和「Amen」，  
祢行奇妙作為，  
祢行奇妙作為，

(B)哦天堂的英雄，祢戰勝死亡，  
祢釋放了奴役，將鎖鏈斷開，  
哦神，祢行奇妙作為，  
在自由中歡舞，我們被喚醒，  
哦耶穌 我救主，我高舉祢名，  
哦神，祢行奇妙作為，

(C)哈利路亞，祢超乎一切，  
哈利路亞，祢永不動搖，  
哈利路亞，祢行奇妙作為，

(⊕)祢行奇妙作為，祢行奇妙作為。

## 詩歌二：天國降臨（抬頭望）Kingdom Come (Lift up your heads)

大地在呻吟，我們在渴望  
為你的國度來臨  
所有的創造和天堂之上都  
加入他們的聲音

神啊，願祢的國降臨  
願祢的旨意成就  
神啊，願祢的國降臨  
神啊，願祢的國降臨  
願祢的旨意成就  
神啊，願祢的國降臨

希望在啟動，喜悅在升起  
當我們盼望這一天時  
當所有的不公正都屈服  
每個聲音都會呼喊  
你的名為聖

### Bridge

抬起頭來，所有軟弱和貧窮的人  
主就在眼前，祂的國就是你的  
所有受苦難和哀傷的人，請抬起你們的心  
主就在眼前，祂的國就是你的

抬起你的眼睛，所有渴求的人  
主就在眼前，祂的國就是你的  
高聲吶喊，讓大地聽見你的聲音  
主就在眼前，祂的國就是你的

佈道 -

Enter His gates with thanksgiving... Psalm 100:4 The way in is gratitude. But why? Why do we set aside a whole weekend and cook for 7 hours to commemorate . The problem with a sermon on gratitude is that it can easily become just an inspirational poster that hangs in a dentist office to distract you from your fear and pain. 帶著感恩進入祂的門...詩篇 100:4 進入的方法就是感恩。但為什麼？為什麼我們要留出整個週末，烹飪7個小時來紀念。關於感恩的講道的問題在於，它很容易變成掛在牙醫辦公室裡的一張鼓舞人心的海報，以分散你對恐懼和痛苦的注意力。

I know it's important - so important, but the command to 'be grateful' can easily be used as a quick-fix band aid to slap over someone's pain. In my experience, this happens when our thoughts about gratitude become disconnected from people's pain and turmoil. For me, the helpfulness of someone reminding me to be thankful is entirely dependent on WHO the person is telling me. (Ex. Car parking advice.) 我知道這很重要——非常重要，但是「感恩」的命令可以很容易地用作來消除他人的痛苦的快速修復的創可貼。根據我的經驗，當我們對感恩的想法與人們的痛苦和混亂脫節時，就會發生這種情況。對我來說，有人提醒我要感恩的有用程度完全取決於這個告訴我的人是誰。（例如停車建議。）

Actually, in general, it's just really important who we let teach us. Have they experienced what they're teaching? Do they have credibility? How has this message been working in their lives? I want to know that they're qualified to teach me about it and I want to know that they know God. If we disconnect the concept of gratitude from the theology of gratitude, we'll fail to find the depth of meaning, power and purpose that is embedded within every single decision we make toward gratitude.

實際上，總的來說，讓誰來教我們非常重要。他們體驗過他們所教的內容嗎？他們有信譽嗎？這個訊息在他們的生活中發揮了怎樣的作用？我想知道他們有資格教我這方面的知識，我想知道他們認識神。如果我們將感恩的概念與感恩的神學脫節，我們就無法找到我們為感恩所做的每一個決定中所蘊含的深度、力量和目的。

So, we're going to let Pastor Paul explain this to us - perhaps you've heard of him. Pastored a couple of churches in Asia Minor back in the first century. Got beat up a lot for it. Spent a lot of time in prison before being beheaded by the very people he was desperate to lead to love and hope and Jesus. What does Paul have to say about gratitude?

所以，我們將讓保羅牧師向我們解釋這一點——也許你聽說過他。早一世紀就曾在小亞細亞牧養過幾座教堂。為此受到了許多打擊。在被斬首之前，他在監獄裡待了很長一段時間，而這些人正是他渴望帶領他們走向愛、希望和耶穌的人。關於感恩，保羅有什麼話要說？

**Rejoice at all times. Pray without ceasing. Give thanks in every circumstance, for this is God's will for you in Christ Jesus. 1 Thess 5:16-18**

時刻保持喜樂。不住地禱告。在任何情況下都要感謝，因為這是神在基督耶穌裡對你的旨意。帖前 5:16-18

We struggle so much to answer the question "What is the will of God for my life?" And with one stroke of the pen, Paul answers the question: Give thanks. That's the will of God for you in every single circumstance. Why do we give thanks for every circumstance? Because it refocuses our attention on a bigger picture, understanding that God is at work in us.

我們非常努力地回答「神對我一生的旨意是什麼？」這個問題。保羅大筆一揮，回答了這個

問題：感謝。這就是神在任何情況下對你的旨意。為什麼我們要對每一種情況表示感謝？因為它使我們的注意力重新集中在更大的畫面上，了解神在我們裡面工作。

*Big screen note: I might not use this verse, but keep the slide just in case:*

*And three times in this short passage in Colossians: 大屏幕提示：我可能不會使用這段經文，但請保留這一張圖片備用。顯示三次哥羅西書這段經文。*

Let the peace of Christ rule in your hearts, for to this you were called as members of one body. And be thankful. Let the word of Christ richly dwell within you as you teach and admonish one another with all wisdom, and as you sing psalms, hymns, and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. Colossians 3:12-17

歌羅西書 3:12-17

所以，你們既是神的選民、聖潔蒙愛的人，就要存憐憫、恩慈、謙虛、溫柔、忍耐的心。倘若這人與那人有嫌隙，總要彼此包容，彼此饒恕；主怎樣饒恕了你們，你們也要怎樣饒恕人。在这一切之外，要存著愛心，愛心就是聯絡全德的。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。當用各樣的智慧，把基督的道理豐豐富富地存在心裡，用詩章、頌詞、靈歌彼此教導，互相勸誡，心被恩感歌頌神。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。

Here we see that gratitude is linked to peace. 在這裡我們看到感恩與平安息息相關。(Statistics on gratitude and mental health/happiness.)(關於感恩和心理健康/幸福的統計數據。)

We can also see that gratitude is meant to be embedded within the language of those who know God. I've been asking myself that this week. Is gratitude my native tongue? Do I have a system that defaults to thankfulness, even when there's so much for which I am Unthankful? Because gratitude is NOT a spiritual way of invalidating OTHER emotions. Even if people sometimes want to use it like that, it's not meant to cancel out sorrow. (My ALS friend. "I'm trying to be thankful." She WAS being thankful, she just had other emotions tied up in her heart as well.) Here's the point: Sorrow is not sin and gratitude does not cancel out grief.

我們也可以看到，感恩應該嵌入那些認識神的人的語言中。這週我一直在問自己。感恩是我的母語嗎？我是否有一個默認感恩的系統，即使我有這麼多不感恩的事情？因為感恩並不是一種使其他情感無效的精神方式。即使人們有時想這樣使用它，但這並不意味著可以消除悲傷。(我的肌萎縮側索硬化症朋友。「我正在努力表達感激之情。」她很感激，但她心裡也有其他情緒。)重點是：悲傷不是罪，感恩並不能消除悲傷。

Isaiah 61 promises the oil of joy for our sorrow and I'd really rather have the acid of joy that dissolves sorrow on contact. An oil doesn't do that. Oils soften and soothe...they heal. They don't obliterate. In these verses and so many others in the Bible, we see that gratitude and grief are not mutually exclusive emotions. They can live together and dance together quite beautifully. 以賽亞書第 61 章應許用喜樂油來消除我們的悲傷，我真的更願意能在碰觸到油的酸性時消除我的悲傷，但是油不能做到這一點。油可以軟化並舒緩.....它們可以治愈，但不會除去。在這些經文和聖經中的許多其他經文中，我們看到感恩和悲傷並不是相互排斥的情感。他們可以一起生活，一起跳舞，非常美麗。

One of my favorite things is laughter through tears...because it reminds me that there is a whole emotional ecosystem and all of it matters. God is at work inside of me - in my sorrow and in my triumph and in my hope and in my heartache. He is AT work, using all these things to help orient my heart around His love. But both science and scripture show us that gratitude is an emotion that can be cultivated to bring healing and hope and increased measures of happiness to our lives and to our world. 我最喜歡的事情之一就是笑中帶淚.....因為它提醒我，存在一個完整的情感生態系統，所有這些都很重要。神在我內心做工——在我的悲傷、我的勝利、我的希望和我的心痛中。他正在工作，利用所有這些事情來幫助我的心圍繞他的愛。但科學和聖經都告訴我們，感恩是一種可以培養的情感，可以為我們的生活和世界帶來治愈和希望，並增加幸福感。

This brings me to our psalm for this week. It's one of my favorites because it is ALL good. IT doesn't take any turns. It just SINGS gratitude and it will reach all the way David's heart in ancient Israel to our hearts in this day and this place. Psalm 65. 這讓我想到了本周的詩篇。這是我的最愛之一，因為它所有詞句都很美好，沒有任何轉折。它只是唱出感恩之情，它從古代以色列王大衛的心中觸發出來，一直到今天在這個地方的我們的心。詩篇 65。

**You quieted the raging oceans  
with their pounding waves  
and silenced the shouting of the nations.  
Those who live at the ends of the earth  
stand in awe of your wonders.**

**From where the sun rises to where it sets,  
you inspire shouts of joy. Psalm 65:7-8**

**7 使諸海的響聲和其中波浪的響聲，並萬民的喧嘩，都平靜了。**

**8 住在地極的人因你的神跡懼怕，你使日出日落之地都歡呼**

**詩篇 65:7-8**

David talks about the power of God at work here to “quiet the raging oceans and silence the shouting of the nations.” This part of God's nature that loves, commands and creates PEACE out of chaos is at the very top of my gratitude list this year. We are

seeing raging oceans in our world. Israel and Gaza. Ukraine and Russia. Armenia ? And ? Here in the United States, we feel the tension of warring parties and factions. We feel the sorrow of mass shootings and economic unrest. We are people well acquainted with the roar of raging waters. 大衛談到神在這裡發揮的大能,「使諸海的響聲和其中波浪的響聲,並萬民的喧嘩,都平靜了」。神的本性中愛、命令並從混亂中創造和平的這一層面是我今年最感激的事。我們在世界上看到汹涌的海洋。以色列和加薩。烏克蘭和俄羅斯,亞美尼亞?還有什麼?在美國,我們感受到交戰各方和派系的緊張局勢。我們對大規模槍擊事件和經濟動盪感到悲傷。我們是對汹涌的洪水的咆哮非常熟悉的人。

But, David reminds us, the earth is still the Lord's. He reminds us the power of God exists over every creature - from where the sun sets to where it rises. He paints the picture of an expansive God that rules over the whole earth - from end to end, land to sea, coast to coast. He is putting the love of God on the globe and spinning it to show that there is no where to escape His attention or His love. This is where our gratitude is rooted...not in the fact that everything looks good or calm on the surface, but in the fact that God rules above it all. Here we see God as **protector** and companion in danger. 但是,大衛提醒我們,地球仍然是主的。祂提醒我們神的力量存在於每個生物之上——從日出到日落之地。他描繪了一幅廣闊的神的圖畫,他統治著整個地球——從一端到另一端,從土地到海洋,從海岸到海岸。神將祂的愛放在地球上並旋轉它,以表明沒有任何地方可以逃脫祂的註意或祂的愛。這就是我們感恩的根源.....不是因為一切表面上看起來都很好或平靜,而是因為神統治一切。在這裡,我們看到神是危險中的保護者和同伴。

**Stop for a moment of intention: In what ways stepped into storms you have faced or are facing?** 停下來思考:你曾經或正在以什麼方式踏入風暴?

He then talks about water in a completely different way: 然後他以完全不同的方式談論水:

**You take care of the earth and water it,  
making it rich and fertile.**

**The river of God has plenty of water;  
it provides a bountiful harvest of grain,  
for you have ordered it so.**

**10 You drench the plowed ground with rain,  
melting the clods and leveling the ridges.**

**You soften the earth with showers  
and bless its abundant crops. Psalm 65:9-10**

**9** 妳眷顧地,降下透雨,使地大得肥美;神的河滿了水。妳這樣澆灌了地,好為人預備五谷。

**10** 妳澆透地的犁溝,潤平犁脊,降甘霖使地軟和,其中發長的蒙妳賜福。

詩篇 **65:9-10**

Water. Throughout the Bible, water symbolizes life. We are wired to require it. Our crops need it. Our world needs it. Even on the cross, Jesus cries out about thirst. The water David just described as tumultuous and chaotic, he here describes as life-giving. He unwinds his thoughts from the tumult in his world and sees how God is blessing the earth with the water it needs to thrive and survive. Here we see God as **provider** and I have seen it too (story here.). [\(Maybe the poem here\)](#)

水。在整本聖經中，水象徵著生命。我們迫切需要它，我們的農作物需要它，我們的世界需要它。即使在十字架上，耶穌也因口渴而呼喊。大衛剛才描述的水是汹涌而混亂的，他在這裡描述的是賦予生命的水。他從世界的喧囂中解脫出來，看到神如何祝福大地，為大地提供繁榮和生存所需的水。在這裡，我們看到神作為提供者，我也看到了這一點（這裡的故事。）。（也許這首詩在這裡）

**Stop for a moment and think about the ways God has provided this year.** 停下來想一想今年神都用什麼方式為妳提供所需。

**You crown the year with a bountiful harvest;  
even the hard pathways overflow with abundance. Psalm 65:11**  
你以恩典為年歲的冠冕，你的路徑都滴下脂油。詩篇 65:11

For the past five or six years, I have been praying this little verse every day in November and December as my year closes out and I begin to take stock of what God has done and is doing in my life. He crowns the year. He seals it with His goodness and blessing. He gives a bountiful harvest - we tend to look at this in terms of material and physical, but we experience seasons of planting and and season of harvest in so many different ways. 在過去的五、六年裡，我每天在十一月和十二月祈禱這經節，當我的這一年即將結束時，我開始盤點神在我生命中所做的和正在做的事情。他為這一年加冕。祂用祂的良善和祝福來封印它。祂賜予豐收——我們傾向於從物質和物質的角度來看待這一點，但我們以多種不同的方式經歷播種的季節和收穫的季節。

Emotional, relational, spiritual. Perhaps you see a difference in your life in some incremental, but significant way. Maybe you are hearing His voice more clearly about an issue, maybe a relationship that was impossible last year is possible this year. Maybe something you've prayed for has started to become a reality in your life, even in some small way. He crowns the year with a bountiful harvest. Some years might not feel bountiful on the surface, but when we begin to gather all the evidence of His presence in our lives and look at it in a big pile of goodness, we have a much clearer pathway to true gratitude. 情感的、關係的、精神的。也許你會看到生活中以某種漸進但顯著的方式改變。也許你能更清楚地聽到他關於某個問題的聲音，也許去年不可能的關係今年可能成為可能。也許你所祈禱的事情已經開始在你的生活中成為現實，即使是以某種很小的方式。他以豐收來慶祝這一年。有些歲月表面上可能感覺並不豐富，但當我們開始

收集他在我們生命中存在的所有證據，並在一大堆良善中看待它時，我們就有了一條更清晰的通往真正感恩的道路。

**Take a moment and think about the harvest of this year for you. You probably lost some things in the year, but that's not our focus. What did you gain?** 花點時間想想今年你的收穫。這一年你可能失去了一些東西，但這不是我們的重點。你得到了什麼？

That verse also says, “Even the hard pathways drip with abundance.” Some translations say “the wagon tracks”. The hard pathways = the places we go over and over again. The well-traveled road. Sometimes these are the paths that lead to places we never wanted to go. 這節經文還說：“即使是艱難的道路，也會充滿豐盛。”有些翻譯說“馬車的軌道”。艱難的道路=我們一次又一次走過的地方，常走的路。有時，這些路徑通往我們從未想去的地方。

The paths that feel winding and scary and hidden from daylight...even *those* pathways drip with abundance. (Illus - the good that comes from the difficult places) B4 has traveled some hard pathways this year...but I see the abundance of Jesus lining our trail and overflowing into this room every weekend. 這些小路讓人感覺蜿蜒、可怕，而且隱藏在日光之外.....即使是那些小路也充滿了豐富的東西。(插圖 - 來自困難地方的美好) B4 教會今年走過了一些艱難的道路.....但我看到耶穌的豐盛在我們的道路上，每個週末都湧入這個房間。

**Take a moment and think about the hard things from 2023 ... where do you see God producing abundance?** 花點時間想想 2023 年以來的艱難事情...你在哪裡看到神創造了豐富？

**The grasslands of the wilderness become a lush pasture,  
and the hillsides blossom with joy.**

**The meadows are clothed with flocks of sheep,  
and the valleys are carpeted with grain.**

**They all shout and sing for joy! Psalm 65:12-13**

滴在曠野的草場上；小山以歡樂束腰；

草場以羊群為衣；谷中也長滿了五穀。這一切都歡呼歌唱！詩篇 65:12-13

Here David shows us the life that is possible as we see Him, worship Him, follow Him. The wilderness is transformed into a place that feeds many. His language becomes so BIG here: He speaks of shouting and singing and blossoming. This is the good life on full display and the good life is easy to be thankful for - but the road that got us to verse

13 traveled through raging seas and hard pathways. And even that road, the whole road from storm to success, is seeded with Thanksgiving. 在這裡，大衛向我們展示了當我們看見祂、敬拜祂、跟隨祂時可能的生活。荒野變成了養活許多人的地方。他的語言在這裡變得如此宏大：他談到喊叫、唱歌和綻放。這就是美好生活的充分展現，而美好生活很容易讓人心存感激——但讓我們到達第13節的道路卻經歷了洶湧的大海和艱難的道路。甚至那條路，從暴風雨到成功的整條路，都播下了感恩節的種子。

Gratitude does not cancel out anxiety, but it does soften and soothe ...it does help move our perspective toward hope. It gives us strength to take the next step. 感恩並不能消除焦慮，但它確實可以軟化和舒緩.....它確實有助於讓我們的眼光轉向希望。它給了我們邁出下一步的力量。

How to be more grateful: 如何更加感恩：

1. Pay attention. (“Each one will give an account for the beauty they beheld and failed to enjoy.”). Ask for a new awareness. Let that new awareness be part of the bounty with which God crowns your year. 注意（“每個人都會對他們所看到的美麗和未能享受到的美麗做出解釋。”）要有新的認識，讓這種新的意識成為神為你的一年加冕的恩惠的一部分。
2. Guard the beauty in your life from the pilfering reach of the enemy. We experience a moment of delight and our minds immediately worry about what could go wrong or flash back to pain of the past. Live here and now. Live in this moment to which you are called...on this timeline, in this place...see the goodness there without worrying about what may or may not be around the next corner. (Ex. Airplane ride). 保護你生活中的美麗免於敵人的竊取。我們經歷了片刻的喜悅，但我們的大腦立即擔心會出現什麼問題或閃回過去的痛苦。活在此時此地，活在你被召喚的這一刻.....在這個時間線上，在這個地方.....看到那裡的美好，而不用擔心下一個拐角可能會或不會發生什麼（例如，搭乘飛機）。
3. Give. This has been the surest anecdote for me to discouragement or fear. Give. Generously. Of time or approval or money or encouragement or skill. Give something to someone. Put some money in the offering...put some money in the bell-ringer’s bucket. Give. 給予。這是最讓我沮喪或恐懼的軼事。慷慨地給時間或認可或金錢或鼓勵或技能。給予某人一些東西。把一些錢放在奉獻中...把一些錢放在敲鐘人的桶子裡。給予。
4. Recognize: Gratitude IS God’s will for my life. It’s the way into His presence and the will of God for my life. 體認：感恩是神對我一生的旨意。這是進入祂面前的道路，也是神對我生命的旨意。

Lead into baptism - an expression of BELIEF and FAITH, but also of gratitude. As we watch and cheer and worship, we also express gratitude for the life of Jesus, for the redemption of His cross, for the beauty that is coming because of his life, death and

**resurrection.** 領受洗禮—這是信仰和信心的表達,也是感恩的表達。當我們觀看、歡呼和敬拜時,我們也對耶穌的生命、祂十字架的救贖、因祂的生命、死亡和復活而到來的美麗表示感激。