

感恩的心，

转变的力量！

The Transformative Power
of a Thankful Heart!

- **探讨培养 拥有感恩的心的重要性。**

Explore the profound significance of cultivating a thankful heart

- **认识 感恩之福 和 不感恩之危。**

Understand both the blessings of gratitude and the peril of unthankfulness

- **发现 感恩的心 转变的力量。**

Discover the transformative power of a thankful heart

GRATITUDE AS
A COMMAND

1. 感恩的命令

1Th 帖前 5:18

凡事谢恩；

因为这是神在基督耶稣里 **向你们所定的旨意。**

Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1. 感恩的命令

GRATITUDE AS
A COMMAND

使徒保罗鼓励我们拥抱感恩的生活方式，不仅在事事顺利时，而且在一切时候。**感恩成为顺服的表达，使我们的心与上帝的旨意相一致。**

The Apostle Paul encourages us to embrace a lifestyle of thanksgiving, not just when things are going well, but in all circumstances. Gratitude becomes an expression of obedience, aligning our hearts with the divine will of God.

2. 感恩作为一种 对抗焦虑的武器

THANKSGIVING
AS A WEAPON
AGAINST ANXIETY

Phi 腓 4:6-7

应当一无挂虑，只要**凡事借着**祷告、祈求和**感谢**，
将你们所要的告诉神。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**。

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

2. 感恩作为一种对抗焦虑的武器

THANKSGIVING
AS A WEAPON
AGAINST ANXIETY

感恩是对抗焦虑的有力药物。当我们带着感恩来到神面前时，这打开了通往祂超乎人类**理解**的**平安之门**。感恩的心成为**防止忧虑淹没我们的堡垒**。

Gratitude serves as a powerful antidote to anxiety. When we approach God with thanksgiving, it opens the door to His peace that surpasses human understanding. A thankful heart becomes a fortress against the worries that seek to overwhelm us.

THE OVERFLOW
OF A GRATEFUL
HEART

3. 感恩 从心的溢出

Col 西 3:15

又要叫 **基督的平安** 在你们心里做主；

你们也为此蒙召，归为一体。且要 **存感谢的心**。

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

3. 感恩 从心的溢出

THE OVERFLOW OF A GRATEFUL HEART

感恩不仅仅是个人的实践，也是共同体的实践。

作为基督的身体的一员，我们被呼召 **与彼此和睦相处**，并存感谢之心。感恩的心**在信徒中培养团结和和谐。**

Gratitude is not only an individual practice but also a communal one. As members of Christ's body, we are called to live in peace with one another and to be thankful. A grateful heart fosters unity and harmony within the body of believers.

4. 不感恩 的危險

THE PERIL OF
UNTHANKFULNESS
IN CREATION

Rom 罗 1:20

自从造天地的时候，**神的永能和神性是明明可知的，**
虽是眼不能见，但**借着所造之物就可以晓得，**
叫人无可推诿。

For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.

4. 不感恩 的危險

THE PERIL OF UNTHANKFULNESS IN CREATION

使徒保罗在罗马书1:20中警告我们不感恩的危險，提醒我们神的属性在我们周围的创造中是

显而易见的。不感恩可能 **导致** 我们在 **属**

灵上的衰退，使我们 **远离神真**

理的光芒。

The apostle Paul warns of the peril of unthankfulness in Romans 1:20, reminding us that God's attributes are evident in the created world around us. Ungratefulness can lead to a spiritual decline, distancing us from the light of God's truth.

5. 不感恩 导致徒然

UNTHANKFULNESS
LEADING TO
FUTILITY

Rom 罗 1:21

因为他们虽然知道神，却不当作神荣耀他，
也**不感谢他**，他们的**思念变为虚妄**，
无知的心就昏暗了。

For although they knew God, they neither glorified him
as God nor gave thanks to him,
but their thinking became futile and their foolish hearts were darkened.

5. 不感恩 导致徒然

UNTHANKFULNESS
LEADING TO
FUTILITY

不感恩的危险在保罗描述的一个下行螺旋中显露出来。

当人们不承认并感谢神时，

他们的思维变得徒然，

他们愚昧的心被昏暗所笼罩。

The peril of unthankfulness is exposed as Paul describes a downward spiral. When people fail to acknowledge and give thanks to God, their thinking becomes futile, and their hearts are darkened.

6. 交换荣耀 的后果

THE CONSEQUENCE
OF EXCHANGING
GLORY

ROM 罗 1:23

将不能朽坏之神的荣耀变为仿佛必朽坏之人
和飞禽走兽昆虫的样式。

and exchanged the glory of the immortal God for images
resembling mortal man and birds and animals and creeping things.

6. 交换荣耀 的后果

THE CONSEQUENCE OF EXCHANGING GLORY

不感恩常常 **导致错位的重心。**

不感恩的心可能会 **将神的荣耀与偶像交换，把被造之物置于创造者之上。**

Unthankfulness often leads to misplaced priorities. Instead of acknowledging God's glory, ungrateful hearts may exchange it for idols, putting created things above the Creator.

1. **感恩 的命令** GRATITUDE AS A COMMAND

2. **感恩 作为一种 对抗焦虑的武器** THANKSGIVING
AS A WEAPON
AGAINST ANXIETY

3. **感恩从心的 溢出** THE OVERFLOW OF A GRATEFUL HEART

4. **不感恩 的 危险** THE PERIL OF UNTHANKFULNESS
IN CREATION

5. **不感恩 导致徒然** UNTHANKFULNESS LEADING TO FUTILITY

6. **交换荣耀 的后果** THE CONSEQUENCE OF
EXCHANGING GLORY

总而言之，在我们考虑感恩的心的价值时，

让我们接受 **感恩作为一种命令**，

对抗焦虑的武器，以及 **感恩从心的溢出**。

与此同时，让罗马书 1:20 提醒我们 **不感恩的危险**，

敦促我们在创造中认识神的荣耀，

并 **避免不感恩带来的徒然和黑暗**。

愿我们的心充满感恩，

防范不感恩的危险，

并在基督的身体中促进团结。