

Bible Stories: Praise and Thankfulness



圣经故事：赞美和感恩

Thanking God for His Goodness

David was the greatest king of ancient Israel. He wrote many of the songs of praise that constitute the largest book of the Bible, the book of Psalms.

King David faced obstacles and difficulties. Each time, though, he overcame through praising God and meditating on His goodness. David said,

I will praise the LORD at all times. I will constantly speak his praises. Let everything that breathes sing praises to the LORD!
(Psalm 34:1, 150:6, NLT)

赞美上帝

大卫是古以色列最伟大的国王。他写了很多成为圣经里最大书卷的赞美诗歌：诗篇。

大卫王遇到了艰难险阻。然而每一次，他通过赞美上帝、思想他的美善来得胜。他说：

我要常常称颂耶和华，时刻赞美祂。凡有生命的都要赞美耶和华！你们要赞美耶和华！
(诗篇 34:1, 150:6)



The Power of Praise

Word was rushed to Jehoshaphat, the king of Judah, that a vast army was swiftly approaching. Three neighboring kingdoms had joined forces and were about to attack.



赞美的力量

有人急报犹大王约沙法，说摩押、亚们和米乌尼三国联合组成大军，马上就会来攻击的国家。

Jehoshaphat was terrified by this news and begged the Lord for guidance. He stood before the community of Judah and Jerusalem in front of the new courtyard at the Temple of the Lord and prayed.

Then a young priest named Jahaziel cried out with a loud voice to all the people, "Thus says the Lord to you: You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the Lord."



国王知道自己军队的弱点，与敌人庞大的军队是无可相比的，因此他宣布犹大全地国民，一起祷。不久，人们便开始由各地涌到首都去寻求主的帮助。

然后一个名叫雅哈悉的年轻祭司，突然大声向所有人民高喊道：“上帝对你们如此说：‘不要因这大军恐惧惊惶，因为胜败不在于你们，乃在于上帝。你们不必争战，却要摆阵站立，看上帝拯救你们。不要恐惧，也不要惊惶。明日当出去迎敌，因为上帝与你们同在。’”

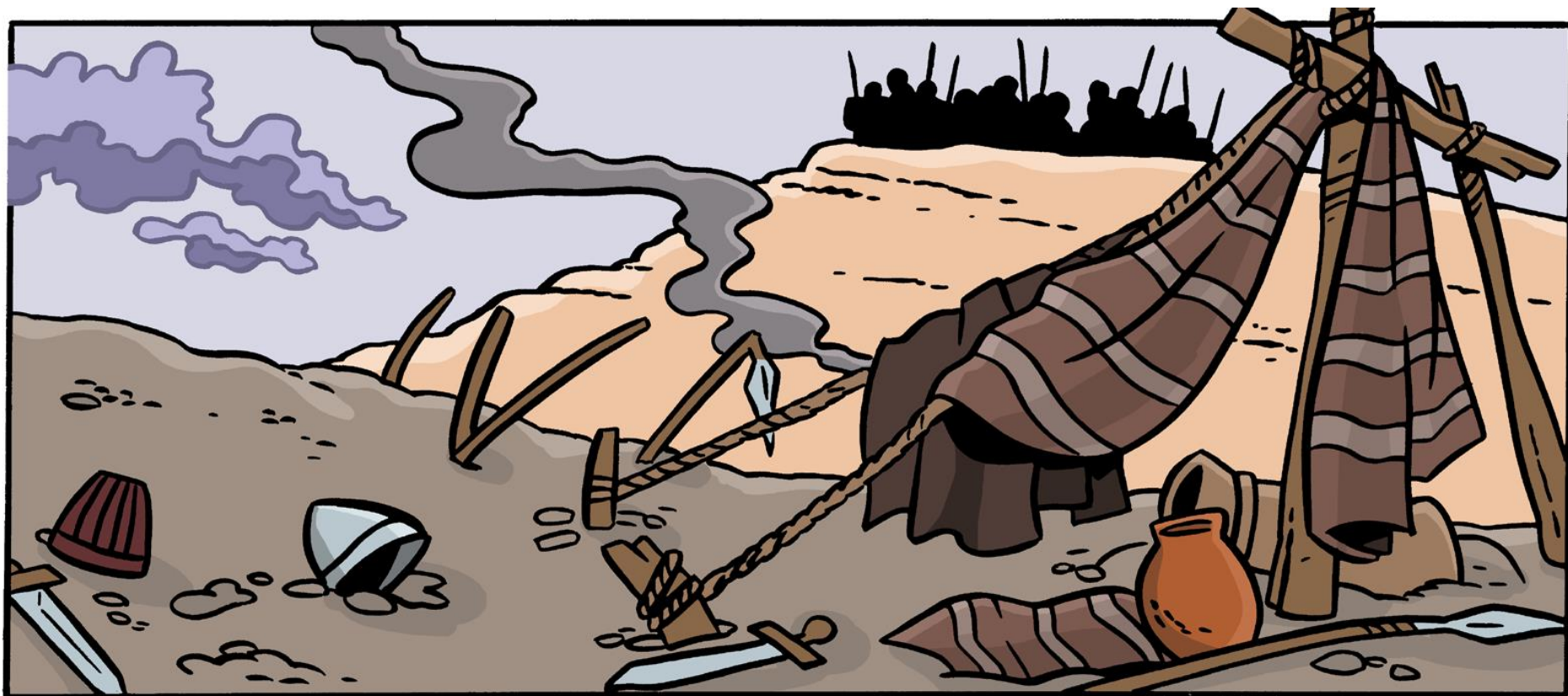
The next morning, as the troops made preparations for battle, the idea came to appoint singers to lead the troops into battle. As they took their position at the front of the ranks they sang, "Praise the Lord, for His mercy endures forever." They were thanking God in advance for the victory He had promised to win.



次日清晨，约沙法王既与人民商议，就悟出主意，让赞美歌手们走在军前，带领他们上阵。约沙法告诉他们“去因上帝的圣洁之美而赞美他”；当他们在军前站好时，他们应唱：“当称谢耶和华，因他的慈爱永远长存。”他们因上帝所许诺的将赢取的胜利而赞美他。

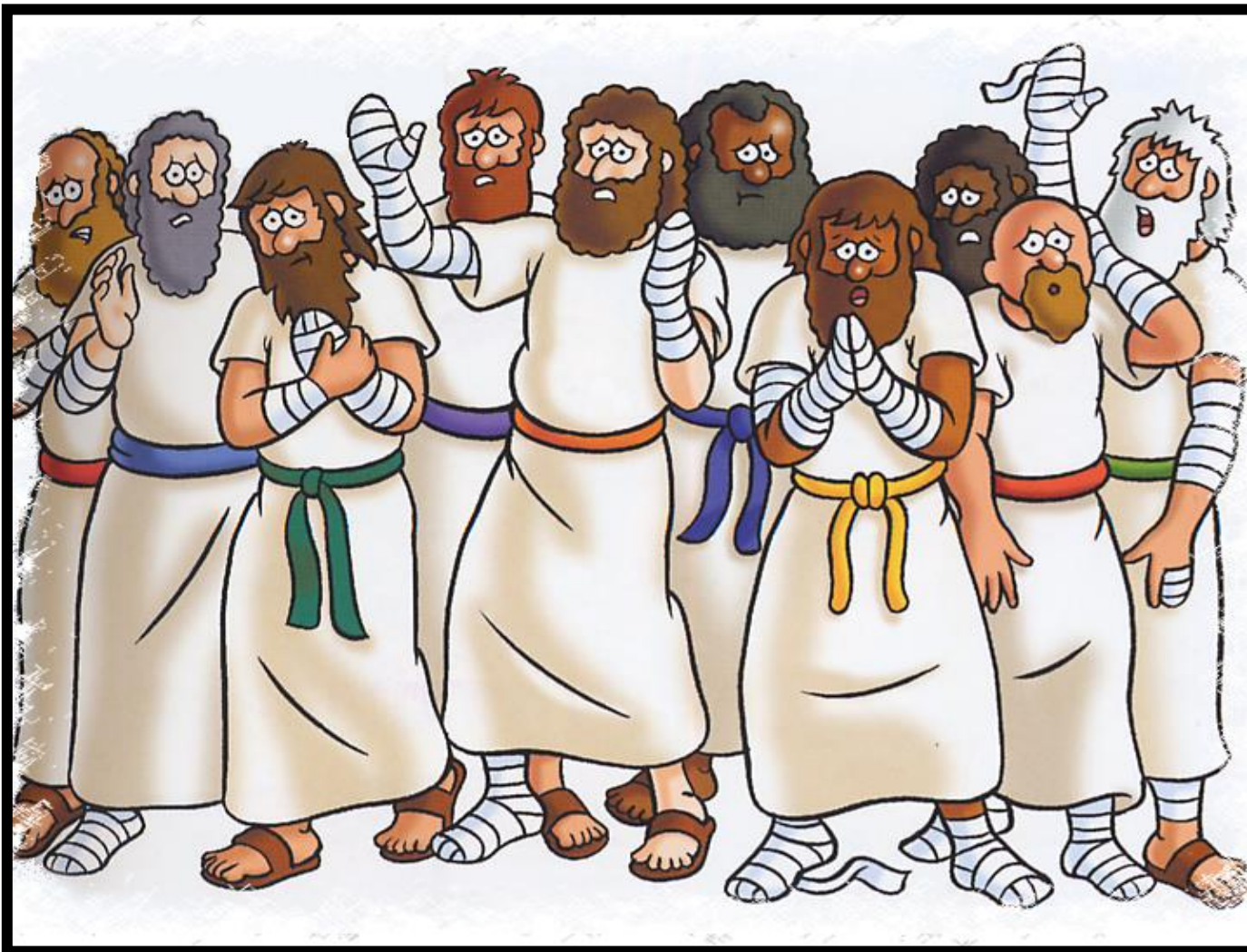
No sooner had they begun to sing and praise, than the Lord set ambushes against the invaders and they were defeated. None of their enemies escaped.

当他们开始唱歌赞美时，《圣经》说“主就派伏兵击杀那来攻击犹太人的亚们人、摩押人和西珥山人，他们就被打败了。”所有敌军就被完全屠杀了。



Jesus Heals Ten Lepers

As Jesus entered a village one day, ten men with leprosy approached him. These men stood at a distance and called out to Jesus. “Jesus, have mercy on us and heal us!”



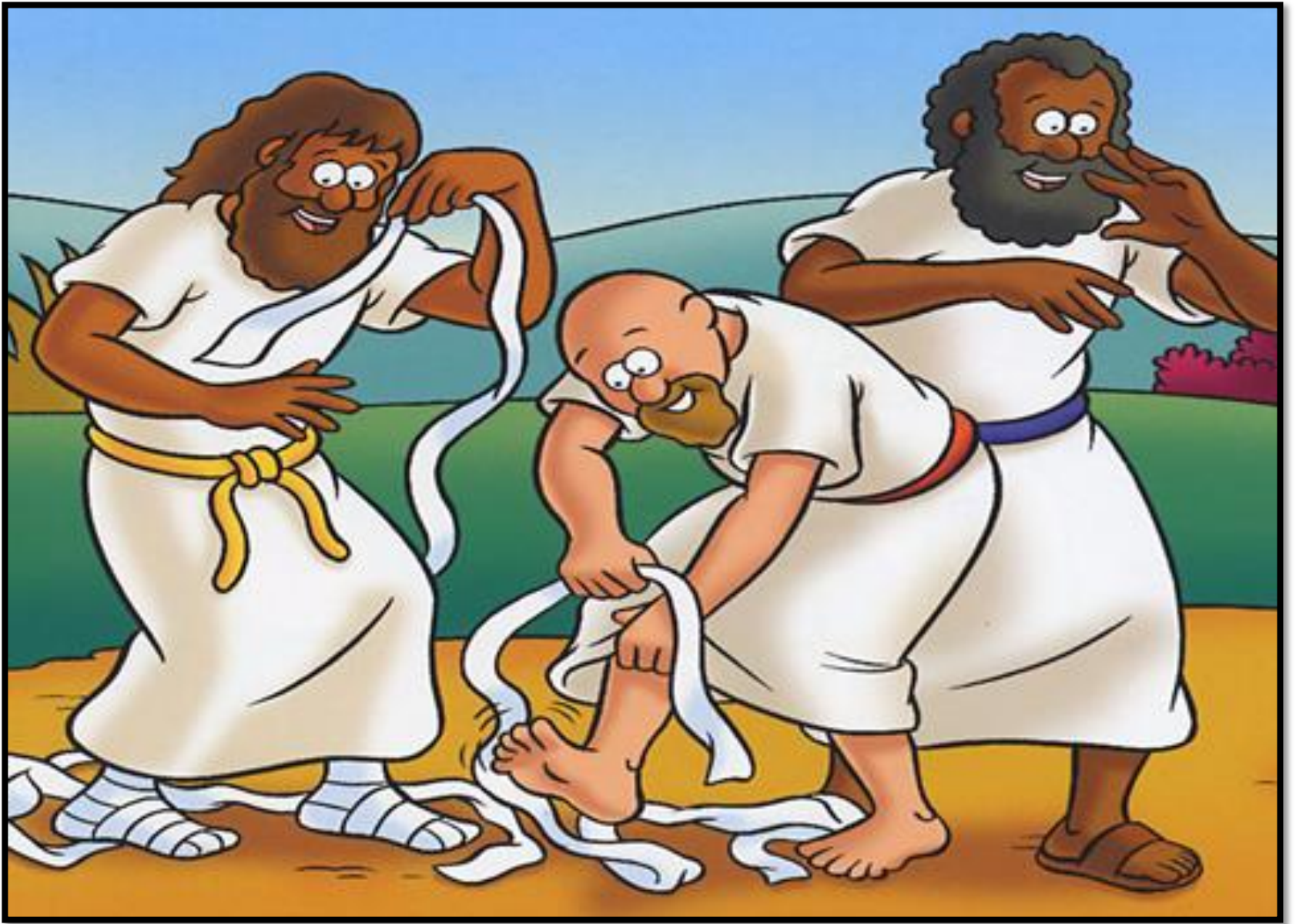
治好十个麻风病人

当耶稣走进一个村庄时，十个患有大麻风病的人站在远处，大声喊着：“耶稣，可怜可怜我们吧！”



Jesus saw them and told them, “Go, show yourselves to the priest.” (According to the custom of the Jews, after a leper had been healed, he was to present himself to the priest to verify his healing.)

耶稣看见他们便立刻说道：“你们到祭司那里，去让他查验你们。”（因为根据犹太人的风俗，在麻风病人痊愈之后，应该到祭司那里去检验是否真的痊愈了。）



The men obeyed and as they went, they were healed!

他们便照着他的吩咐去做了；在他们去见祭司的路上，他们的病就被治好了。

One man, when he saw he was healed, turned back. He knelt at Jesus' feet and thanked him.

Jesus then asked “Weren't ten healed? Where are the others? Has no one else returned to thank God except this man?”



但是，其中一个人发现自己被治好后便返了回来。他俯伏在耶稣的脚下向他感恩。

耶稣回答道：“不是有十个人得到治疗了吗？那九个人在那里呢？他们就没有一个人回来感谢上帝的吗？”

Every day is filled with happy moments that we could thank God for, if we paused to acknowledge them. Take time to count your blessings, to think about all the good things the Lord has given you and done for you.

如果我们暂停片刻来感恩，每天都充满了可以感谢上帝的快乐时刻。数算一下你的祝福，想一想上主已经赐给你、为你成就的那些美好事物。

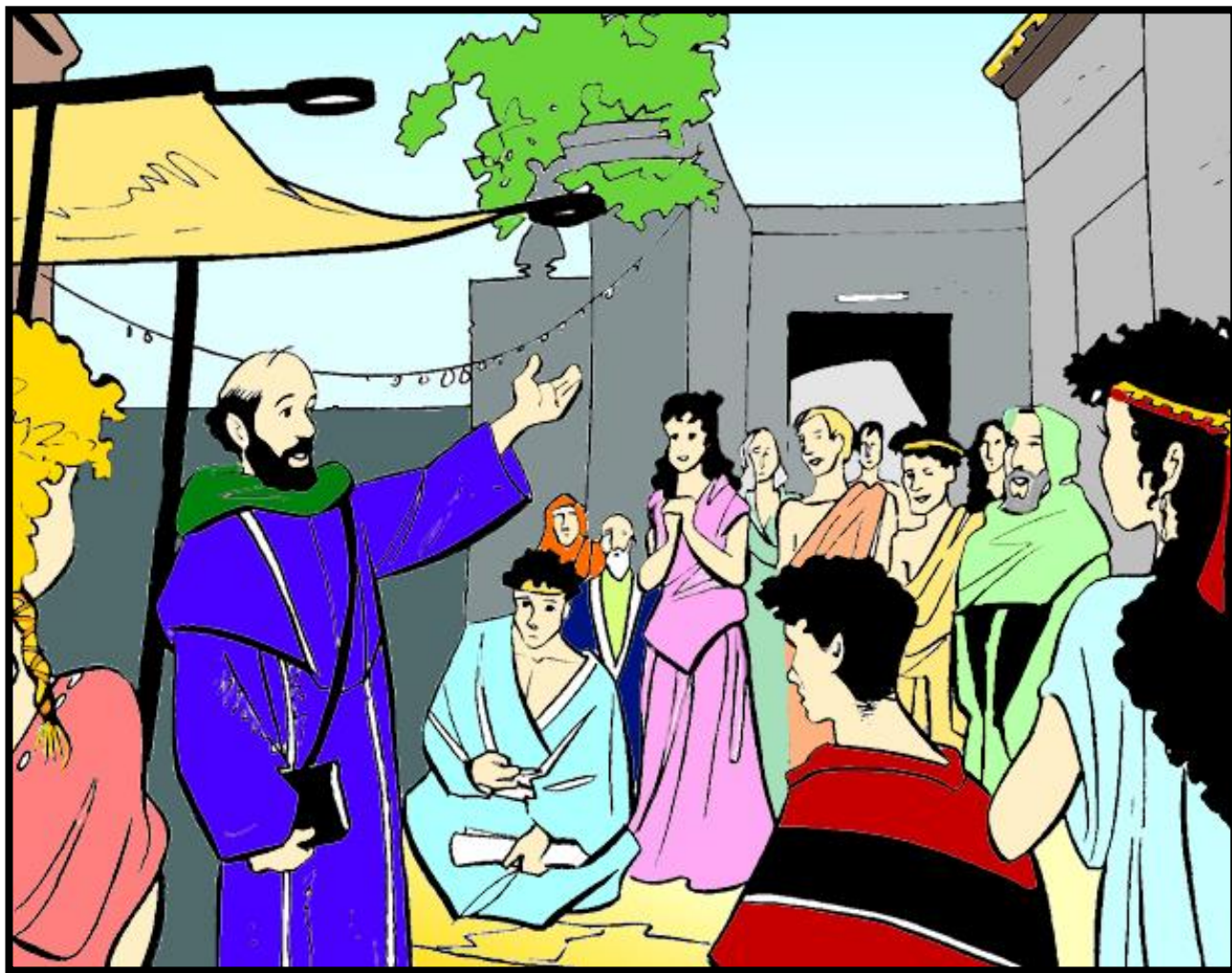


How to Survive Anything

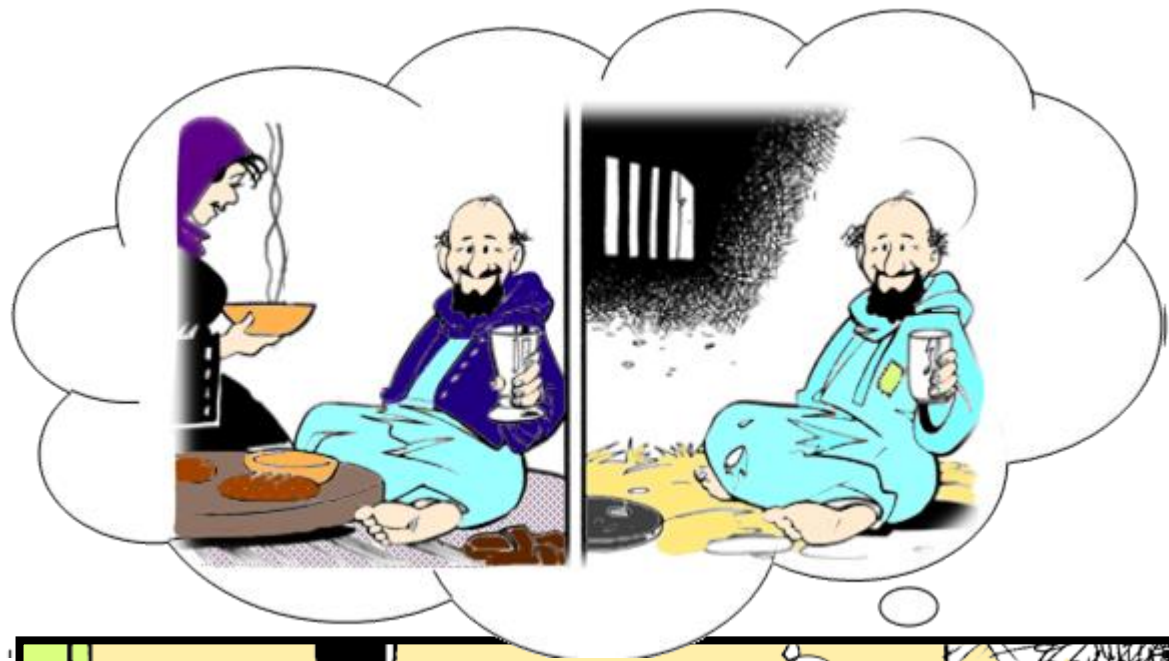
Paul, in his zeal to share the good news about Jesus, met opposition on countless occasions. He was beaten, imprisoned, stoned, shipwrecked, persecuted, and destitute. Where did he get the strength to carry on?

如何经受一切困境

就是保罗在热情地传扬有关耶稣的好消息时，曾无数次遭遇敌对。他曾受毒打，遭监禁，被石头打，遭遇船坏，受困苦和迫害。他从哪里获得力量能继续坚持下去？



Paul said, "I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. For I can do everything through Christ, who gives me strength."
(Philippians 4:11-13)



保罗写道：我已经学会了，无论在甚么情况之下都可以知足。12 我知道怎样处卑贱，也知道怎样处富裕；我已经得了秘诀，无论在任何情况之下，或是饱足，或是饥饿，或是富裕，或是缺乏，都可以知足。通过赐给我力量的基督，我能面对一切处境。（腓立比书 4:11-13）



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Text adapted from the Bible and Bible-based sources.