

希伯來書 Hebrews 12:1-4

同奔天路

Run the Race Together







博尔特, 100米  
Usain Bolt, 100 meter

基普乔盖, 马拉松  
Eliud Kipchoge, marathon





希伯來書 Hebrews 12 : 1

我們既有這許多的見證人，如同雲彩圍著我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，奔那擺在我們前頭的路程，

**Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.**



希伯來書 Hebrews 12 : 2

仰望為我們信心創始成終的耶穌。  
他因那擺在前面的喜樂，就輕看羞  
辱，忍受了十字架的苦難，便坐在  
神寶座的右邊。

**Let us fix our eyes on Jesus, the author  
and perfecter of our faith, who for the joy  
set before him endured the cross,  
scorning its shame, and sat down at the  
right hand of the throne of God.**





希伯來書 Hebrews 12 : 3-4

那忍受罪人這樣頂撞的，你們要思想，免得疲倦灰心。你們與罪惡相爭，還沒有抵擋到流血的地步。

**Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. In your struggle against sin, you have not yet resisted to the point of shedding your blood.**



希伯來書 Hebrews 12 : 1-2a

我們既有這許多的見證人，如同雲彩圍著我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，奔那擺在我們前頭的路程，仰望為我們信心創始成終的耶穌。

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus,





# 基督徒的路程： 十架窄路

**The Race for Christians:  
The Narrow Way of the Cross**



馬太福音 Matthew 16 : 24

於是耶穌對門徒說：若有人要跟從我，就當捨己，背起他的十字架來跟從我。

**Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me.**





馬太福音 Matthew 7 : 13-14

你們要進窄門。因為引到滅亡，那門是寬的，路是大的，進去的人也多；引到永生，那門是窄的，路是小的，找著的人也少。

**Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.**

# 1. 與見證人同跑

## Run with the witnesses

雲彩般的見證人

A great cloud of witnesses



接力跑

A relay race





希伯來書 Hebrews 12 : 1

我們既有這許多的見證人，如同雲彩圍著我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，奔那擺在我們前頭的路程，

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.



# 1. 與見證人同跑

Run with the witnesses

# 2. 與同伴同跑

Run with the fellows





希伯來書 Hebrews 12 : 1

我們既有這許多的見證人，如同雲彩圍著我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，奔那擺在我們前頭的路程，

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.



# 1. 與見證人同跑

Run with the witnesses

# 2. 與同伴同跑

Run with the fellows

# 3. 與後來的人同跑

Run with those who are behind





# 1. 與見證人同跑

Run with the witnesses

# 2. 與同伴同跑

Run with the fellows

# 3. 與後來的人同跑

Run with those who are behind

# 4. 仰望主耶穌基督

Look upon our Lord Jesus Christ



希伯來書 Hebrews 12 : 2

仰望為我們信心創始成終的耶穌。  
他因那擺在前面的喜樂，就輕看羞  
辱，忍受了十字架的苦難，便坐在  
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希伯來書 Hebrews 6 : 20

作先鋒的耶穌，既照著麥基洗德的等次成了永遠的大祭司，就為我們進入幔內。

where Jesus, who went before us, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.



# “幸福小組”見證

## Testimony of the Happiness Group

❖ 鄧芳艷姊妹 **Fangyan Deng**

❖ 關潤明弟兄 **Eddie Kuan**

❖ 葛珍莉姊妹 **Jennifer Kao**





God is not calling  
us to fight, but  
calling us enter  
the victory!



呼召就是有事要做。

上帝不是呼召我們去打仗，  
而是呼召我們打勝仗！

# 結論 **Conclusions**

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- 讓我們一起去為主打勝仗！

**Let us go together to win the  
fight for the Lord!**

