

凡勞苦擔重擔
的人，可以到
我這裡來，我
就使你們得安
息。

馬太福音 Matthew 11:28

**“Come to me, all
you who are weary
and burdened, and
I will give you rest.**

我心裡柔和謙卑，你們當負我的軛，學我的樣式，這樣你們心裡就必得享安息。

馬太福音 Matthew 11:29

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

因為我的軛是容易的，我的擔子是輕省的。」

馬太福音 Matthew 11:30

For my yoke is easy and my burden is light.”

你們必得享安息

*You will find Rest for
Your Souls*

馬太福音 Matthew 11:28-30

主的雙重呼召
The Lord's Two-Fold Calling

得安息

I will give you rest

享安息

*You will find Rest for
Your Souls*

侍安息

I will give you rest

劳苦担重担的人 Weary and Burdened



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又對亞當說：你既聽從妻子的話，吃了我所吩咐你不可吃的那樹上的果子，地必為你的緣故受咒詛；你必終身勞苦才能從地裡得吃的。

創世記 Genesis 3:17

To Adam he said,
“Because you listened to your wife and ate fruit from the tree about which I commanded you, ‘You must not eat from it,’ “Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life.

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全方位的安息 Sacred Rest

Dr. Sandra Dalton-Smith

七種安息

身體

頭腦

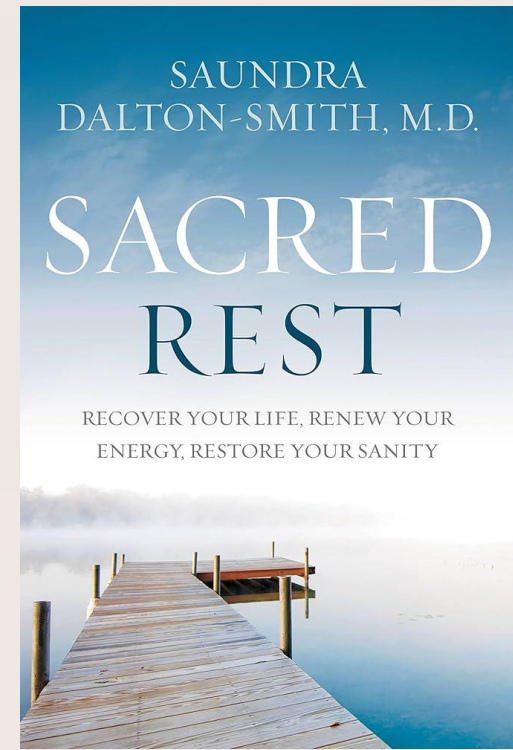
感官

創造性

情感

關係上

靈性



我聽見從天上有聲音說：「你要寫下：從今以後，在主裡面而死的人有福了！聖靈說：「是的，他們**息了自己的勞苦**，作工的果效也隨著他們。」。

啟示錄 Revelation 14:13

Then I heard a voice from heaven say, "Write: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will **rest from their labor, for their deeds will follow them."**

安息 是……

所有的债务被免除了

All debts are forgiven



安息 是……

长途跋涉中可以
休息的一把长椅

**A bench where you
can rest during a
long journey**



安息 是……

捆绑人的锁链
得以脱落

The chains are broken



安息 是……

一扇打开的门

An open door



安息 是……

心靈的港灣

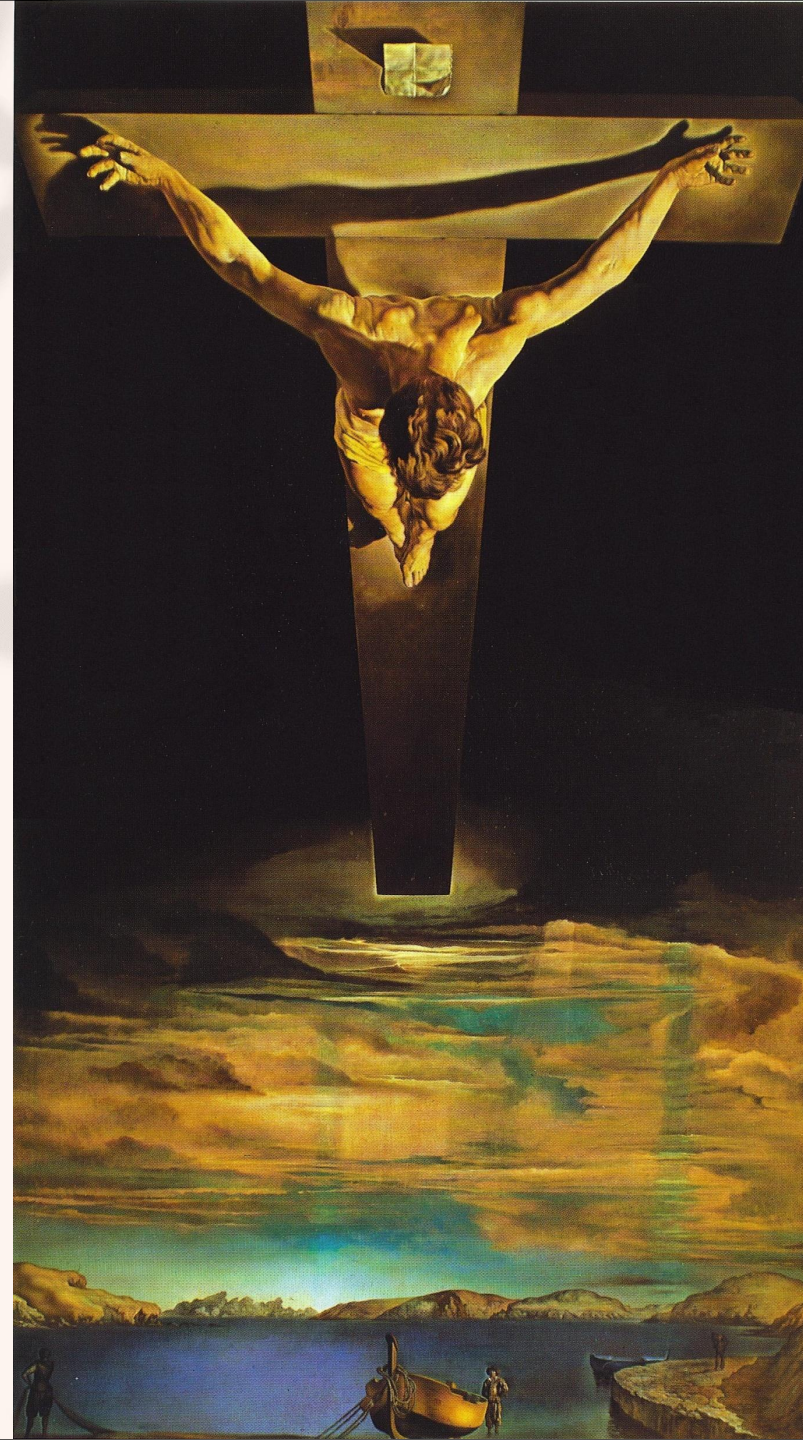
A haven for the soul



安息是……

成了！

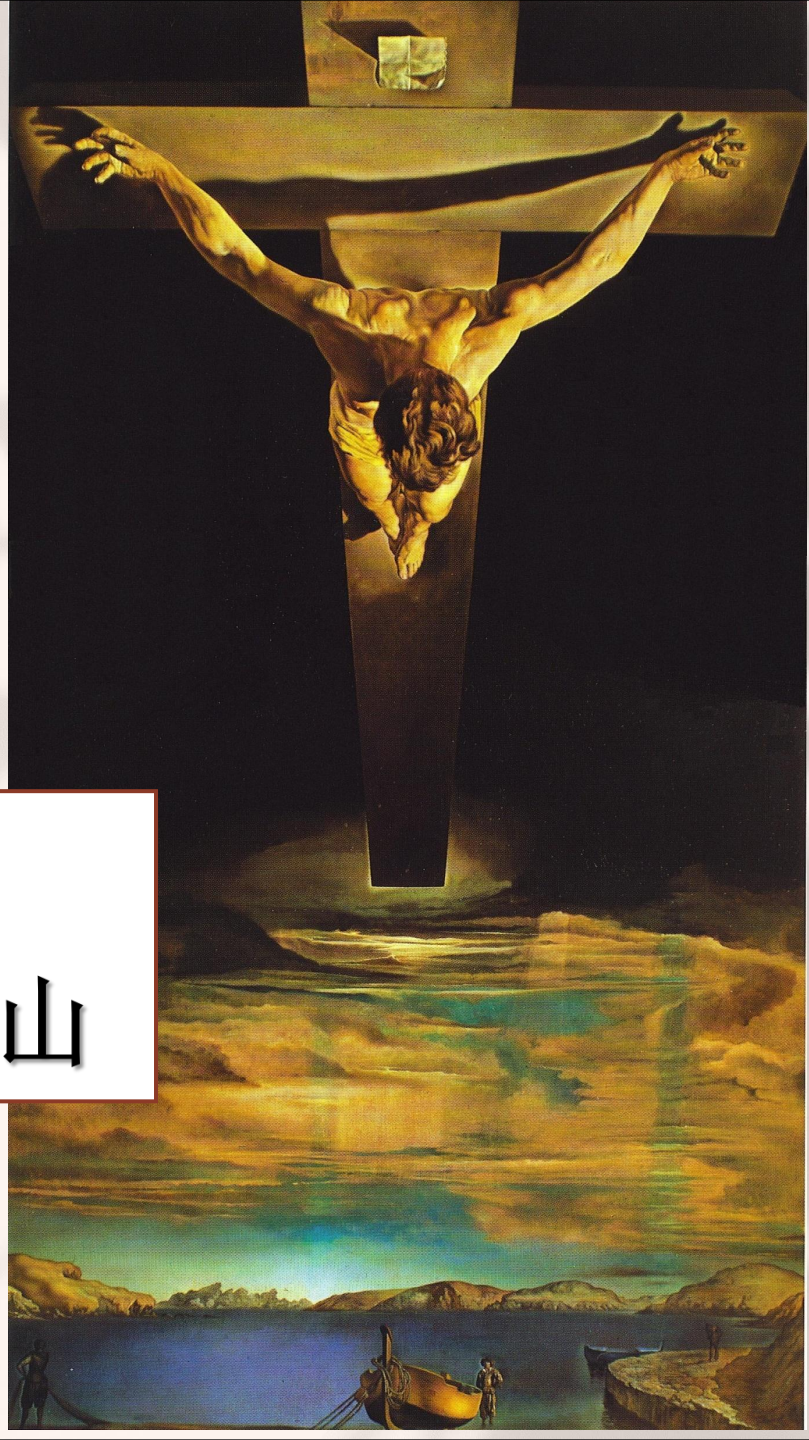
It is finished.



哪知他为我们的过
犯受害，为我们的
罪孽压伤。因他受
的刑罚，我们得平
安；因他受的鞭伤，
我们得医治。

以赛亚书 Isaiah 53:5

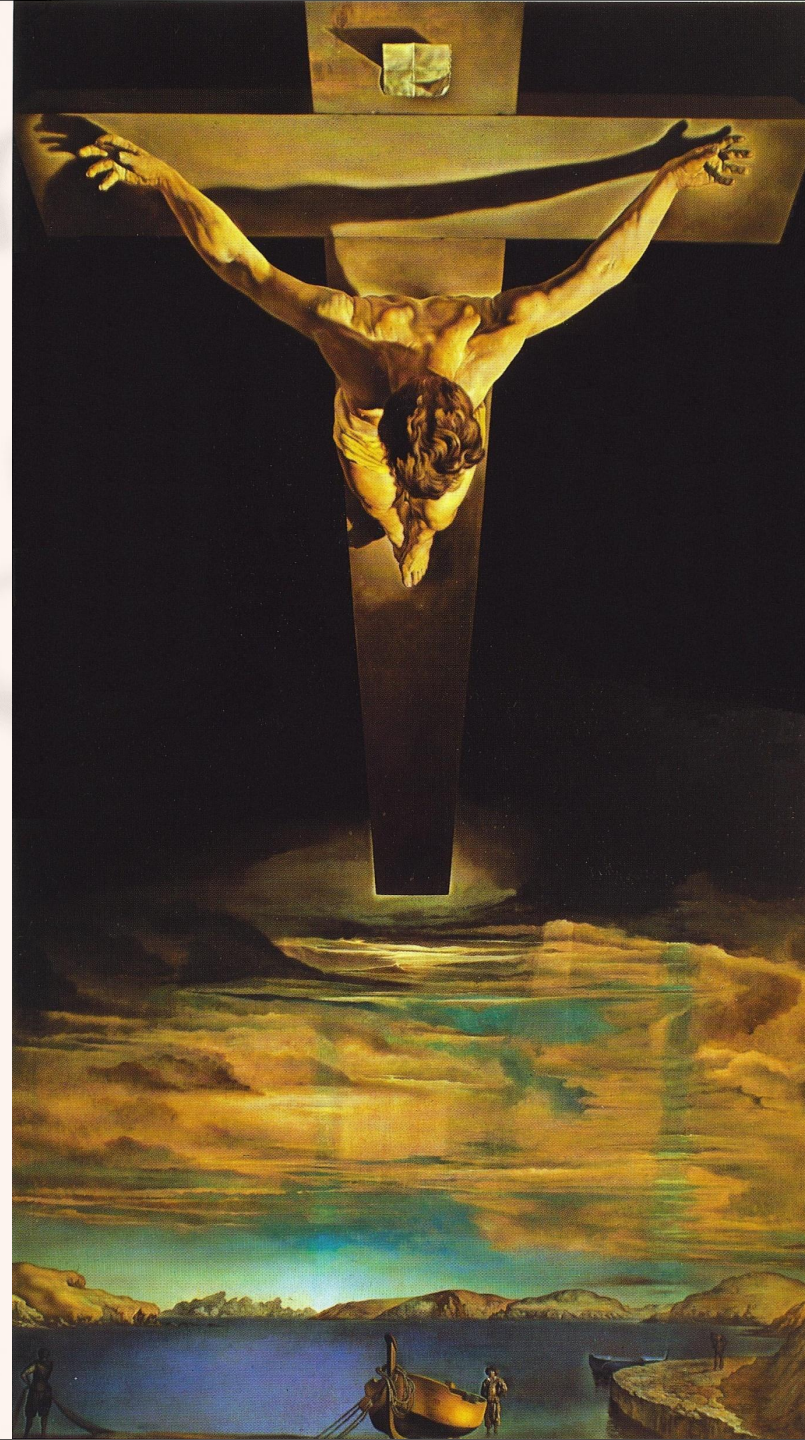
**But he was pierced for
our transgressions, he
was crushed for our
iniquities; the
punishment that brought
us peace was on him,
and by his wounds we
are healed.**



天路歷程
重擔都解脫在加略山

得安息

- 关键是
憑信心來到主耶穌這裡



血漏婦人



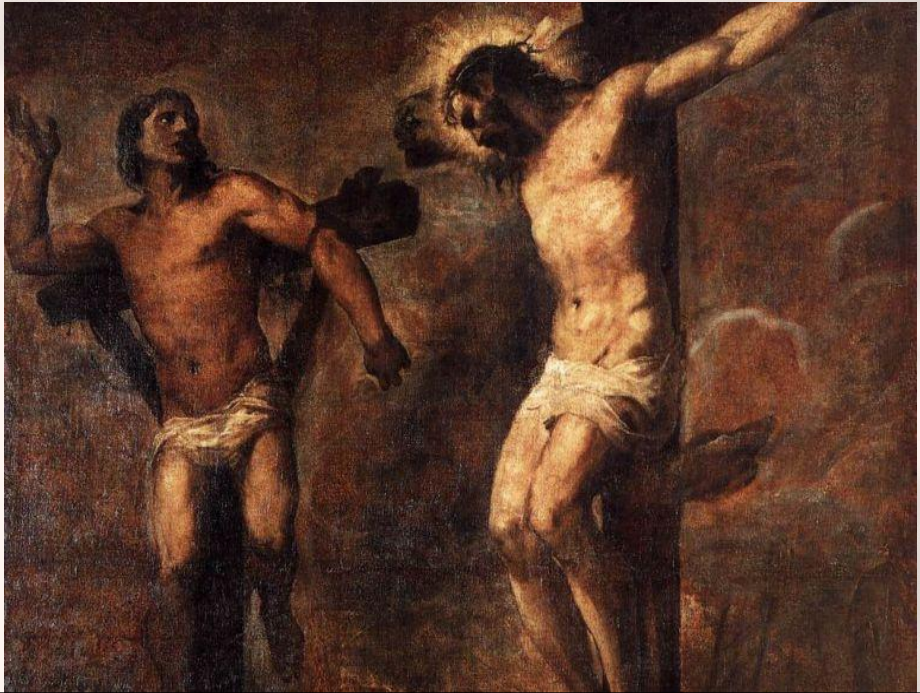
迦南婦人



瞎子巴底買



十字架上的強盜



結論 Conclusions

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