

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 Shall find Rest (2)*

馬太福音 Matthew 11:28-30



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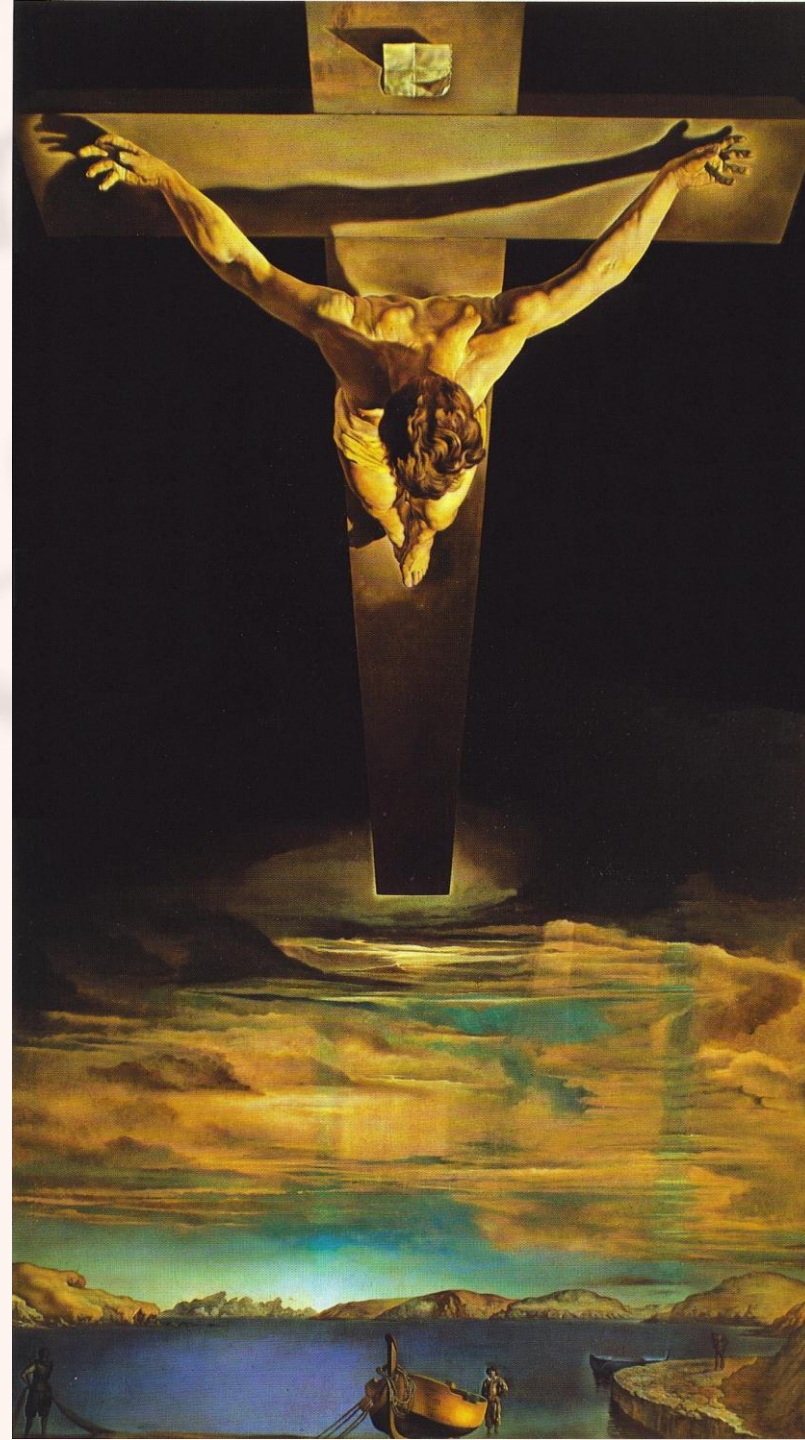
馬太福音 Matthew 11:28

“Come to me, all you  
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give you rest.

# 得安息

## Given Rest

- 关键是  
憑信心來到主耶穌這裡  
Come to Jesus by faith



我心裡柔和謙卑，  
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學我的樣式，這樣  
你們心裡就**必得享**  
**安息**。

馬太福音 Matthew 11:29

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主的雙重呼召

The Lord's Two-Fold Calling

侍安息

I will give you rest

享安息

You will find rest

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# 享安息

# find Rest



关键是

■ 負主的轡

Take the yoke of Jesus





# 什麼是負主的轡？ What is to take Jesus' yoke?

關係

Relationship



合作

Cooperation

順從

Submission

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。」

馬太福音 Matthew 16:24

**Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.**

因為，凡要救自己生命（生命：譯靈魂；下同）的，必喪掉生命；凡為我喪掉生命的，必得著生命。

馬太福音 Matthew 16:25

**For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.**

# 享安息

# find Rest



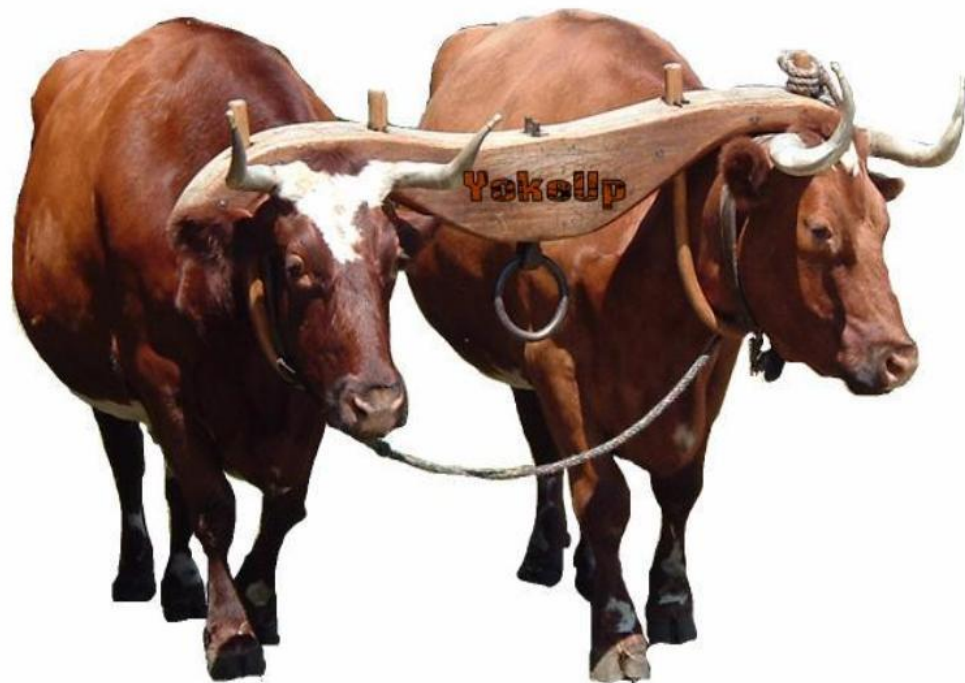
关键是

- 負主的軛

Take the yoke of Jesus

- 學主的樣式

Follow His example



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你們當負我的軛，  
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馬太福音 Matthew 11:29

Take my yoke upon  
you and learn from  
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you will find rest for  
your souls.



那時，耶穌說：

「父啊，天地的主，  
我感謝你！因為你  
將這些事向聰明通  
達人就藏起來，向  
嬰孩就顯出來。」

馬太福音 Matthew 11:25

**At that time Jesus  
said, “I praise you,  
Father, Lord of heaven  
and earth, because  
you have hidden these  
things from the wise  
and learned, and  
revealed them to little  
children.**

父啊，是的，因為你的美意本是如此。一切所有的，都是我父交付我的；除了父，沒有人知道子；除了子和子所願意指示的，沒有人知道父。

馬太福音 Matthew 11:26-27

**Yes, Father, for this is what you were pleased to do. “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.**



**我心裡柔和謙卑，**  
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# 主耶穌的榜樣

## The Example of Jesus



他休息  
Rest



耶穌上了船，門徒  
跟著他。海裡忽然  
起了暴風，甚至船  
被波浪掩蓋；耶穌  
卻睡著了。

馬太福音 Matthew 8:23-24

**Then he got into the  
boat and his disciples  
followed him.**

**Suddenly a furious  
storm came up on the  
lake, so that the waves  
swept over the boat.**

**But Jesus was  
sleeping.**

# 主耶穌的榜樣

## The Example of Jesus



他休息  
Rest



他禱告  
Pray



次日早晨，天未亮的時候，耶穌起來，到曠野地方去，在那裡禱告。

馬可福音 Mark 1:35

**Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.**



那時，耶穌出去，  
上山禱告，整夜禱  
告神；

路加福音 Luke 6:12

**One of those days  
Jesus went out to a  
mountainside to pray,  
and spent the night  
praying to God.**

# 主耶穌的榜樣

## The Example of Jesus



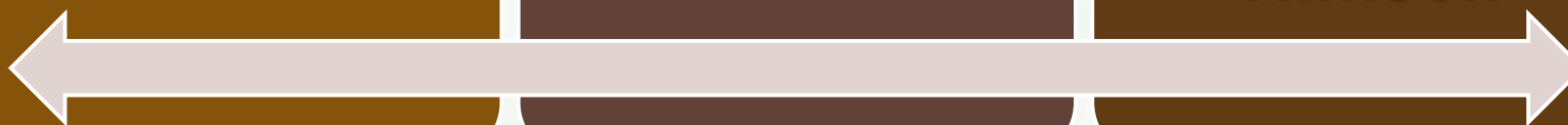
他休息  
Rest



他禱告  
Pray



他獨處  
Withdrew by  
Himself





耶穌既知道眾人要來強逼他作王，就獨自又退到山上去。

約翰福音 John 6:15

**Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.**

耶穌隨即催門徒上船，先渡到那邊去，等他叫眾人散開。散了眾人以後，他就獨自上山去禱告。到了晚上，只有他一人在那裡。

馬太福音 Matthew 14:22-23

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone,

# 結論 Conclusions

1. 來到主前，除掉  
罪擔，**得安息**

2. 負主的軛，學主  
樣式，**享安息**

1. Come to the Lord  
and remove the  
burden of sin  
– **Given rest**

2. Take the yoke of the  
Lord and follow His  
example  
– **Find rest**



# 倪柝聲弟兄

## Watchman Nee

聖靈的管治  
Governed by the  
Holy Spirit



# 聖靈藉著發生在我們身上的事情管治我們

## The Holy Spirit governs us through what happens to us

當神的兒女尋求神的時候，  
無論他們身上發生什麼事情，  
無論源頭是什麼，  
無論對付的性質是什麼，  
無論是如何發生的，  
一切都是神的手所安排的。  
目的是為了對付我們天然的人。



倪柝聲弟兄  
Watchman Nee



我們曉得  
萬事都互相效力

叫愛神的人得益處  
就是按他旨意被召的人

羅馬書8:28



WE KNOW THAT IN  
**ALL THINGS**  
*God works*  
FOR THE  
**GOOD**  
*of those who love Him*  
WHO HAVE BEEN  
CALLED ACCORDING TO  
**HIS PURPOSE**  
— ROMANS 8:28 —



因我所遭遇的是出於  
你，我就默然不語。  
詩篇 39:9

I HAVE BECOME MUTE; I  
DO NOT OPEN MY MOUTH  
BECAUSE OF WHAT YOU  
HAVE DONE.

- PSALM 39:9



享安息

**You will find rest**