

Present Your Requests to God

把你的祷告带到神的面前

Philippians | 腓立比书 3:19-4:9

Philippians 3:15-16

- 15 All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you.
- 16 Only let us live up to what we have already attained.

腓立比书 3:15-16

- 15 所以我们中间凡是完全人，总要存这样的心；若在甚么事上存别样的心，神也必以此指示你们。
- 16 然而我们到了甚么地步，就当照着甚么地步行。

Philippians 3:17-18

- 17 Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.
- 18 For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ

腓立比书 3:17-18

- 17 弟兄们，你们要一同效法我，也当留意看那些照我们榜样行的人。
- 18 因为有许多人行事是基督十字架的仇敌。我屡次告诉你们，现在又流泪地告诉你们：

Philippians 3:19-20

- 19 Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.
- 20 But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,

腓立比书 3:19-20

- 19 他们的结局就是沉沦，他们的神就是自己的肚腹，他们以自己的羞辱为荣耀，专以地上的事为念。
- 20 我们却是天上的国民，并且等候救主，就是主耶稣基督从天上降临。

Philippians 3:21-4:1

- 21 who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.
- 1 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

腓立比书 3:21-4:1

- 21 他要按着那能叫万有归服自己的大能，将我们这卑贱的身体改变形状，和他自己荣耀的身体相似。
- 1 我所亲爱、所想念的弟兄们，你们就是我的喜乐，我的冠冕！我亲爱的弟兄，你们应当靠主站立得稳。

Philippians 4:2-3

- 2 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord.
- 3 Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

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- 2 我劝友阿爹和循都基要在主里同心。
- 3 我也求你这真实同负一轭的，帮助这两个女人，因为她们在福音上曾与我一同劳苦；还有革利免，并其余和我一同做工的，他们的名字都在生命册上。

Philippians 4:4-5

- **4 Rejoice in the Lord always. I will say it again: Rejoice!**
- **5 Let your gentleness be evident to all. The Lord is near.**

腓立比书 4:4-5

- **4 你们要靠主常常喜乐！我再说，你们要喜乐！**
- **5 当叫众人知道你们谦让的心。主已经近了。**

Philippians 4:6-7

- 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
- 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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- 6 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。
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Philippians 4:8

➤ 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

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➤ 8 弟兄们，我还有未尽的话：凡是真实的、可敬的、公义的、清洁的、可爱的、有美名的，若有甚么德行，若有甚么称赞，这些事你们都要思念。

Philippians 4:9

➤ 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

腓立比书 4:9

➤ 9 你们在我身上所学习的，所领受的，所听见的，所看见的，这些事你们都要去行，赐平安的神就必与你们同在。

Discussion

➤ Share about a time when you were “stressed out”.

讨论问题

➤ 分享一次你感到“压力很大”的经历。

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Sunday, November 16, 2025

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Philippians 1:27

- 27 Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you **stand firm** in the one Spirit, striving together as one for the faith of the gospel.

腓立比书 1:27

- 27 只要你们行事为人
与基督的福音相称，
叫我或来见你们，或
不在你们那里，可以
听见你们的景况，知
道你们同有一个心志，
站立得稳，为所信的
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➤ **5 当叫众人知道你们谦让的心。主已经近了。**

Philippians 4:5

- 5 Let your gentleness be evident to all. The Lord is near.
- 5 *Let everyone see that you are considerate in all you do. (New Living Translation)*

腓立比书 4:5

- 5 当叫众人知道你们谦让的心。主已经近了。
- 5 要使大家看出你们谦和的心。主已经近了。(中文新译本)

Philippians 4:6-7

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- **Rejoice**
- **Let your gentleness be evident**
- **Do not be anxious**
- **Present your requests to God**

- **要喜乐**
- **要显出你们的温柔**
- **不要忧虑**
- **要将你们的请求告诉神**

Philippians 4:8

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Romans 12:2

➤ Do not conform to the pattern of this world, but **be transformed by the renewing of your mind.**

罗马书 12:2

➤ 2 不要效法这个世界，只要**心意更新而变化**。

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