

Contentment

知足

Philippians | 腓立比书 4:4-23

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.

腓立比书 4:6-7

- 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。
- 7 神所赐出人意外的平安，必在基督耶稣里，保守你们的心怀意念。

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.

腓立比书 4:8

- 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。

Philippians 4:10-11

- 10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.
- 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

腓立比书 4:10-11

- 10 我靠主大大地喜乐，因为你们思念我的心如今又发生；你们向来就思念我，只是没得机会。
- 11 我并不是因缺乏说这话，我无论在甚么景况都可以知足，这是我已经学会了。

Philippians 4:12-13

- 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.
- 13 I can do all this through him who gives me strength.

腓立比书 4:12-13

- 12 我知道怎样处卑贱，也知道怎样处丰富，或饱足、或饥饿、或有余、或缺乏，随事随在，我都得了秘诀。
- 13 我靠着那加给我力量的，凡事都能做。

Philippians 4:14-15

- 14 Yet it was good of you to share in my troubles.
- 15 Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only;

腓立比书 4:14-15

- 14 然而你们和我同受患难，原是美事。
- 15 腓立比人哪，你们也知道我初传福音，离了马其顿的时候，论到授受的事，除了你们以外，并没有别的教会供给我。

Philippians 4:16-17

- 16 for even when I was in Thessalonica, you sent me aid more than once when I was in need.
- 17 Not that I desire your gifts; what I desire is that more be credited to your account.

腓立比书 4:16-17

- 16 就是我在帖撒罗尼迦，你们也一次两次地打发人供给我的需用。
- 17 我并不求甚么馈送，所求的就是你们的果子渐渐增多，归在你们的账上。

Philippians 4:18

- 18 I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God.

腓立比书 4:18

- 18 但我样样都有，并且有余；我已经充足，因我从以巴弗提受了你们的馈送，当作极美的香气，为神所收纳、所喜悦的祭物。

Philippians 4:19-20

- 19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.
- 20 To our God and Father be glory for ever and ever. Amen.

腓立比书 4:19-20

- 19 我的神必照他荣耀的丰富，在基督耶稣里使你们一切所需用的都充足。
- 20 愿荣耀归给我们的父神，直到永永远远。阿们！

Philippians 4:21-22

- 21 Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings.
- 22 All God's people here send you greetings, especially those who belong to Caesar's household.

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- 21 请问在基督耶稣里的各位圣徒安。在我这的众弟兄都问你们安。
- 22 众圣徒都问你们安。在凯撒家里的人特地问你们安。

Philippians 4:23

➤ 23 The grace of the Lord Jesus Christ be with your spirit. Amen.

腓立比书 4:23

➤ 23 愿主耶稣基督的恩典常在你们心里。

Discussion

➤ Share about something that you really wanted as a kid, or as an adult, and you got it (received it as a gift or acquired it on your own). How did your life change?

讨论问题

➤ 分享一下你小时候要最的。分享长大后，它是已活的。或的终（还你了）。无是怎样。一大西到论自生样。你非以的别获因变化。小常及经人得此化。时想你历送的发的。

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.

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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 4:10

- 10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.

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- 10 我靠主大大地喜乐，因为你们思念我的心如今又发生；你们向来就思念我，只是没得机会。

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- 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances.
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Philippians 4:13

- 13 I can do all this through him who gives me strength.

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Proverbs 19:17

➤ **17 Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done.**

箴言 19:17

➤ **17 怜悯贫穷的，就是借给耶和华，他的善行，耶和华必偿还。**

Philippians 4:18

➤ 18 I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God.

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Romans 12:1

➤ 1 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is* your spiritual service of worship. (NASB)

罗马书 12:1

➤ 1 所以弟兄们，我以神的慈悲劝你们，将身体献上，当作活祭，是圣洁的，是神所喜悦的；你们如此事奉，乃是理所当然的。

Ephesians 5:1-2

- 1 Follow God's example, therefore, as dearly loved children
- 2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

以弗所书5:1-2

- 1 所以你们该效法神，好象蒙慈爱的儿女一样。
- 2 也要凭爱心行事，正如基督爱我们，为我们舍了自己，当作馨香的供物和祭物献与神。

Philippians 4:19

➤ 19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.

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Philippians 1:6

➤ 6 he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:9-10

➤ 9 And this is my prayer: that your love may abound more and more in knowledge and depth of insight,

➤ 10 so that you may be able to discern what is best and may be pure and blameless for the day of Christ,

腓立比书 1:6

➤ 6 我深信那在你们心里动了善工的，必成全这工，直到耶稣基督的日子。

腓立比书 1:9-10

➤ 9 我所祷告的，就是要你们的爱心，在知识和各样见识上多而又多，

➤ 10 使你们能分别是非，作诚实无过的人，直到基督的日子；

Philippians 1:27

- 27 conduct yourselves in a manner worthy of the gospel of Christ.

Philippians 2:13

- 13 for it is God who works in you to will and to act in order to fulfill his good purpose.

腓立比书 1:27

- 27 只要你们行事为人
与基督的福音相称。

腓立比书 2:13

- 13 因为你们立志行事，
都是神在你们心里运
行，为要成就他的美
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