

Philippians 4

- 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!
- ² I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord.
- 我所親愛、所想念的弟兄們，你們就是我的喜樂，我的冠冕。我親愛的，你們應當靠主站立得穩。
- **保羅的勸導**
- ² 我勸友阿蝶和循都基要在主裏同心

- 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.
- ⁴ Rejoice in the Lord always. I will say it again: Rejoice!
- ³ 我也求你這真實同負一軛的，要幫助這兩個女人，因為她們在福音上曾與我、革利免和我其餘的同工一同勞苦，他們的名字都在生命冊上。 ⁴ 你們要靠主常常喜樂。我再說，你們要喜樂。

⁵ Let your gentleness be evident to all. The Lord is near. 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.

⁵ 要讓眾人知道你們謙讓的心。主已經近了。 ⁶ 應當一無掛慮，只要凡事藉着禱告、祈求和感謝，將你們所要的告訴 神。 ⁷ 神所賜那超越人所能了解的平安^[a]，必在基督耶穌裏，保守你們的心懷意念。

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. 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.

8 末了，弟兄們，凡是真實的、凡是可敬的、凡是公義的、凡是清潔的、凡是可愛的、凡是有美名的，若有甚麼德行，若有甚麼稱讚，你們都要留意。9 你們從我所學習的，所領受的，所聽見的，所看見的事，你們都要繼續去做，賜平安的神就必與你們同在。

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.

¹⁰ 我靠主大大喜樂，因為你們關懷我的心如今又表現了出來；其實你們一直都關懷我，只是沒有機會罷了。¹¹ 我並不是因缺乏而說這話，因為我已經學會無論在甚麼景況都可以知足。

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. ¹² 我知道怎樣處卑賤，也知道怎樣處豐富；或飽足或飢餓，或有餘或缺乏，任何事情，任何景況，我都得了祕訣。 ¹³ 我靠着那加給我力量的，凡事都能做。

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; ¹⁶ for even when I was in Thessalonica, you sent me aid more than once when I was in need.

¹⁴ 然而，你們能和我分擔憂患是一件好事。

¹⁵ 腓立比人哪，你們也知道我開始傳福音、離開馬其頓的時候，在收支的事上，除了你們以外，並沒有別的教會和我分擔。¹⁶ 就是我在帖撒羅尼迦，你們也一再差人來供給我的需用。

17 Not that I desire your gifts; what I desire is that more be credited to your account. 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

17 我並不求甚麼饋贈，只求你們的果子不斷增多，歸在你們的賬上。 18 但我已經如數收到，並且有餘；我已經充足，因我從以巴弗提受了你們的饋贈，當作極美的香氣，為神所接納、所喜悅的祭物。

⁹ 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.

¹⁹ 我的 神必照他榮耀的豐富，在基督耶穌裏，使你們一切所需用的都充足。 ²⁰ 願榮耀歸給我們的父 神，直到永永遠遠。阿們！



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!

我所親愛、所想念的弟兄們，你們就是我的喜樂，我的冠冕。我親愛的，你們應當靠主站立得穩。

STAND FIRM

- ² I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord.

- 我勸友阿蝶和循都基要在主裏同心

- BE UNIFIED

4 Rejoice in the Lord always. I will say it again: Rejoice!

REJOICE ALWAYS

Psalm 16: 8 keep my eyes always on the LORD. With him at my right hand, I will not be shaken.

9 Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

- 5 Let your gentleness be evident to all. The Lord is near.

- 5 要讓眾人知道你們謙讓的心。主已經近了。

- Be Gentle

- 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
- 6 應當一無掛慮，只要凡事藉着禱告、祈求和感謝，將你們所要的告訴 神。

ANXIOUS : μεριμνάω

- **merimnaó: to be anxious, to care for to be pulled in different directions/apart**

- Jesus example in John chapter 6 fed 5000 , had NOT enough but gave thanks and prayed

1 Corinthians 11 Jesus was about to be betrayed BUT gave thanks and prayed

- Daniels example 6; 7 was told he would be killed if he prayed

- BUT he gave thanks and prayed

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus

7 神所賜那超越人所能了解的平安[\[a\]](#)，必在基督耶穌裏，保守你們的心懷意念。

- 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. 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.

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- FOCUS ON GOD

- “. 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.”

- Contentment : a state of peaceful happiness

- BE CONTENT

- Jehovah Jireh: The Lord our provider

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REWARDS FOR GIVING

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

19 我的 神必照他榮耀的豐富，在基督耶穌裏，使你們一切所需用的都充足。

Key learnings from Philippians 4

- Stand firm in Jesus
- Be in unity
- Rejoice in the lord always

- Be gentle
- Do not be anxious
- Pray with thanksgiving
- Focus on God
- Be content
- Give your gift: it's a sacrifice pleasing to God