

得安息的秘訣

施博文 傳道

馬太 11:28-30

馬太 11章

28 凡勞苦擔重擔的人可以到我這裏來，我就使你們得安息。

29 我心裏柔和謙卑，你們當負我的軛，學我的樣式；這樣，你們心裏就必得享安息。

30 因為我的軛是容易的，我的擔子是輕省的。」

【Mat11:28】 Come unto me, all ye that labor and are heavy laden, and I will give you rest.

【Mat11:29】 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

【Mat11:30】 For my yoke is easy, and my burden is light.



到我這裡來

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【Mat11:28】 Come unto me, all ye that labor and are heavy laden, and I will give you rest.

【詩90:10】我們一生的年日是七十歲，若是強壯可到八十歲；但其中所矜誇的不過是勞苦愁煩，轉眼成空，我們便如飛而去。

【Psm90:10】 The days of our years are threescore years and ten, Or even by reason of strength fourscore years; Yet is their pride but labor and sorrow; For it is soon gone, and we fly away.

【約14:1】「你們心裏不要憂愁；你們
信 神，也當信我。」

【Jhn14:1】 Let not your heart be troubled:
believe in God, believe also in me.

當負我的軛

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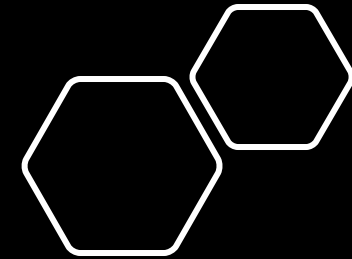
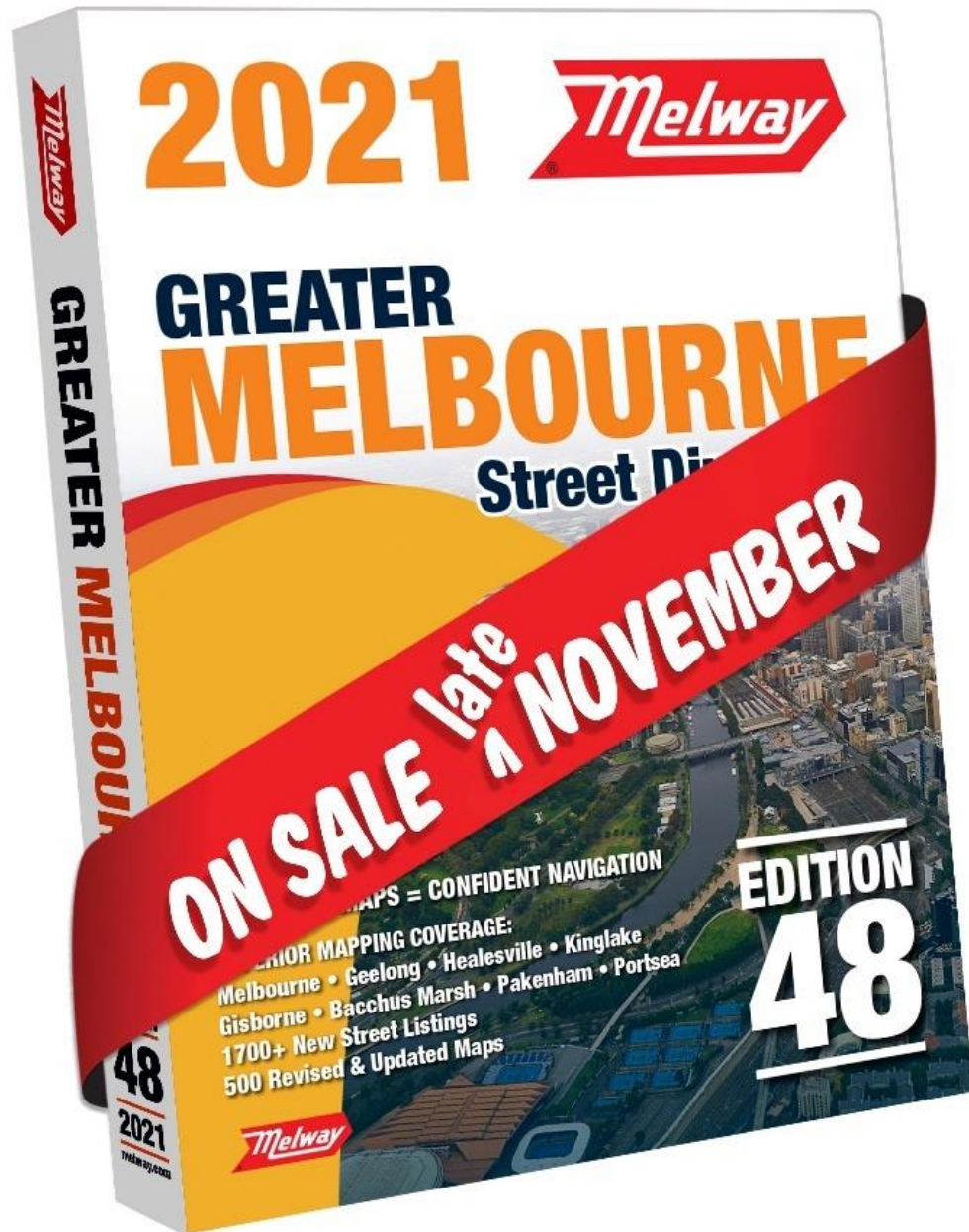
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軛



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【約6:28】眾人問他說：「我們當行甚麼才算做 神的工呢？」

【約6:29】耶穌回答說：「信 神所差來的，這就是做 神的工。」

【Jhn6:28】 They said therefore unto him, What must we do, that we may work the works of God?

【Jhn6:29】 Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent.

【約13:13】你們稱呼我夫子，稱呼我主，你們說的不錯，我本來是。

【約13:14】我是你們的主，你們的夫子，尚且洗你們的腳，你們也當彼此洗腳。

【約13:15】我給你們作了榜樣，叫你們照著我向你們所做的去做。

【Jhn13:13】 Ye call me, Teacher, and, Lord: and ye say well; for so I am.

【Jhn13:14】 If I then, the Lord and the Teacher, have washed your feet, ye also ought to wash one another's feet.

【Jhn13:15】 For I have given you an example, that ye also should do as I have done to you.

學我的樣式

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耶穌的樣式：柔和

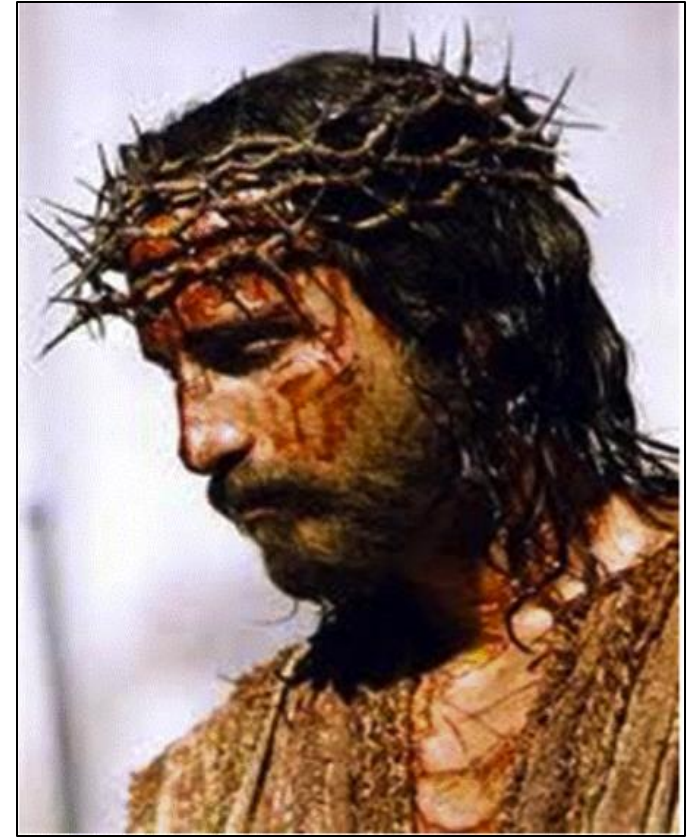
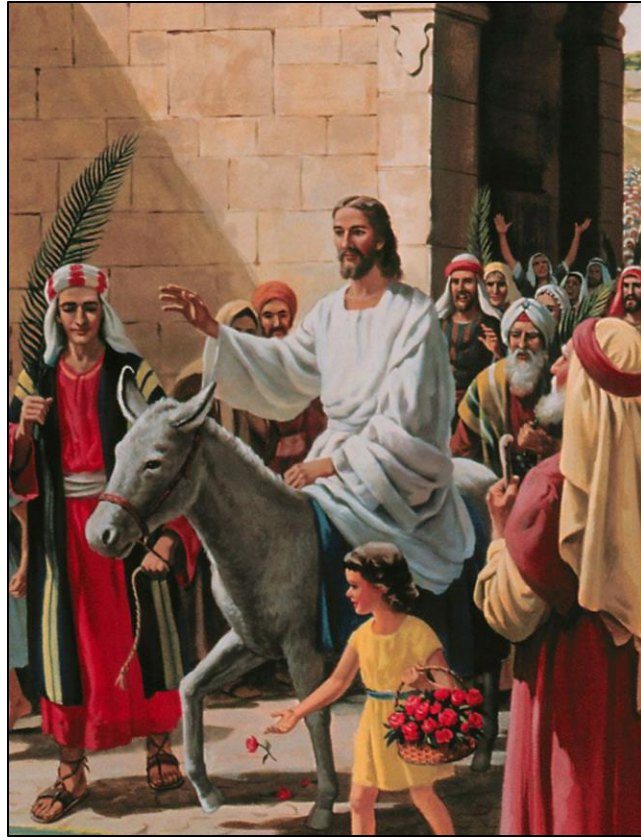
【腓2:6-8】他本有 神的形像，不以自己與 神同等為強奪的；反倒虛己，取了奴僕的形像，成為人的樣式；既有人的樣子，就自己卑微，存心順服，以至於死，且死在十字架上。

【Phl2:6】 who, existing in the form of God, counted not the being on an equality with God a thing to be grasped,

【Phl2:7】 but emptied himself, taking the form of a servant, being made in the likeness of men;

【Phl2:8】 and being found in fashion as a man, he humbled himself, becoming obedient even unto death, yea, the death of the cross.

耶穌的樣式：謙卑



BEFORE

【羅7:24】我真是苦啊！誰能救我脫離這取死的身體呢？

【Rom7:24】 Wretched man that I am! who shall deliver me out of the body of this death?

【Phl4:12】 I know how to be abased, and I know also how to abound: in everything and in all things have I learned the secret both to be filled and to be hungry, both to abound and to be in want.

【Phl4:13】 I can do all things in him that strengtheneth me.

AFTER

【腓4:12】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，隨事隨在，我都得了秘訣。

【腓4:13】我靠著那加給我力量的，凡事都能做。

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