

**題目 Title : Journey Ahead**

力爭上游

**經文 Passage:**

**腓 Philipians 3:13-14**

**13** 弟兄們，我不是以為自己已經得著了；我只有的一件事，就是忘記背後，努力面前的，

**14** 向著標竿直跑，要得神在基督耶穌裡從上面召我來得的獎賞。

<sup>13</sup> Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,

<sup>14</sup> I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

**20** 我已經與基督同釘十字架，現在活著的不再是我，乃是基督在我裡面活著；並且我如今在肉身活著，是因信神的兒子而活；他是愛我，為我捨己。

1. Forget but Remember 忘與  
記 (13a)

2. Strain Forward 努力向前  
(13b)

3. Goal - driven runs 直奔標竿  
(14a)

4. Win the prize 勇奪獎賞 (14b)