

知足秘訣
The Secret of
Contentment
腓 Phil. 4:10-23

- 10** 我在主裡大大地喜樂，因為你們現在又再想起我來；其實你們一向都在想念我，只是沒有機會表示。
- 11** 我並不是因為缺乏才這樣說：我已經學會了，無論在甚麼情況之下都可以知足。
- 12** 我知道怎樣處卑賤，也知道怎樣處富裕；我已經得了祕訣，無論在任何情況之下，或是飽足，或是飢餓，或是富裕，或是缺乏，都可以知足。
- 13** 我靠著那加給我能力的，凡事都能作。
- 14** 然而，你們一同分擔了我的患難，實在是好的。

- 15** 腓立比的弟兄們，你們也知道，在我傳福音的初期，離開馬其頓的時候，除了你們以外，我沒有收過任何教會的供給。
- 16** 我在帖撒羅尼迦的時候，你們還是一而再把我所需用的送來。
- 17** 我並不求禮物，只求你們的果子不斷增加，歸在你們的帳上。
- 18** 你們所送的我都全數收到了，而且綽綽有餘；我已經足夠了，因我從以巴弗提收到你們所送的，好像馨香之氣，是神所接納所喜悅的祭物。

- 19** 我的神必照祂在基督耶穌裡榮耀的豐富，滿足你們的一切需要。
- 20** 願榮耀歸給我們的父神，直到永遠。
阿們。
- 21** 問候在基督耶穌裡的各位聖徒。
同我在一起的弟兄們問候你們。
- 22** 眾聖徒，特別是凱撒家裡的人，都問候你們。
- 23** 願主耶穌基督的恩惠與你們的心靈同在。

- 10** I rejoiced in the Lord greatly because once again you renewed your care for me. You were, in fact, concerned about me but lacked the opportunity to show it.
- 11** I don't say this out of need, for I have learned to be content in whatever circumstances I find myself.
- 12** I know both how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need.

- 13 I am able to do all things through him who strengthens me.
- 14 Still, you did well by partnering with me in my hardship.
- 15 And you Philippians know that in the early days of the gospel, when I left Macedonia, no church shared with me in the matter of giving and receiving except you alone.
- 16 For even in Thessalonica you sent gifts for my need several times.
- 17 Not that I seek the gift, but I seek the profit that is increasing to your account.

18 But I have received everything in full, and I have an abundance. I am fully supplied, having received from Epaphroditus what you provided—a fragrant offering, an acceptable sacrifice, pleasing to God.

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

20 Now to our God and Father be glory forever and ever. Amen. **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. **23** The grace of the Lord Jesus Christ be with your spirit. Amen.

People are often unreasonable and self-centered.

Forgive them anyway.

You are kind, people may accuse you of ulterior motives.

Be kind anyway.

You're honest, people may cheat you. **Be honest anyway**

You find happiness, people may be jealous.

Be happy anyway.

The good you do today may be forgotten tomorrow.

Do good anyway.

Give the world the best you have and it may never be enough. **Give anyway.**

For you see, in the end, it is between you and God.

It was never between you and them anyway.

– Mother Teresa

1. God's undying providence

神無可磨滅的供應 (v. 10)

He is there for His glory

2. God's unfailing power

神無可終止的能力 (vv. 11-13)

the power to do 'all things'

3. God's unchanging promises

神無可改變的應許 (vv. 14-23)

Roman emperor worship vs. King of

Kings