

ENCOURAGE
ONE ANOTHER
彼此鼓勵

1 Thessalonians 5 : 11

帖撒羅尼迦前書五11

Encourage 鼓勵

1. to fill with courage or strength of purpose

充滿勇氣或者決心

2. give support, confidence, or hope to (someone)

給予別人支持、信心或希望

- [Judges 20:21-22](#)

The Benjaminites came out of Gibeah and cut down twenty-two thousand Israelites on the battlefield that day. But the Israelites

encouraged one another and again took up their positions where they had stationed themselves the first day.

- [士師記20:21- 22](#)

便雅憫人就從基比亞出來，當日殺死以色列人二萬二千。以色列人**彼此奮勇**，仍在頭一日擺陣的地方又擺陣。

Hebrews 3:12-13

See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God.

But **encourage one another** daily, as long as it is called 'Today', so that none of you may be hardened by sin's deceitfulness.

希伯來書3:12-13

弟兄們，你們要謹慎，免得你們中間或有人存著不信的惡心，把永生神離棄了。總要趁著還有今日，天天**彼此相勸**，免得你們中間有人被罪迷惑，心裡就剛硬了。

The Second Coming 主再來

[1 Thessalonians 4:18](#)

Therefore **encourage one another** with these words.

[帖撒羅尼迦前書4:18](#)

所以，你們當用這些話**彼此勸慰**。

Therefore, **encourage**
one another and **build**
each other up, just as in
fact you are doing

1 Thessalonians 5:11

所以，你們該彼此勸慰，
互相建立，正如你們素
常所行的。（帖撒羅尼
迦前書5:11）

I Thessalonians 5:6-8 帖撒羅尼迦前書5:6-8

So then, let us not be like others, who are asleep, but let us be awake and sober. For those who sleep, sleep at night, and those who get drunk, get drunk at night. But since we **belong to the day**, let us be sober, putting on **faith** and **love** as a breastplate, and the **hope** of salvation as a helmet.

所以，我們不要睡覺，像別人一樣，總要警醒謹守。因為睡了的人是在夜間睡，醉了的人是在夜間醉。但我們既然**屬乎白晝**，就應當謹守，把**信**和**愛**當做護心鏡遮胸，把得救的**盼望**當做頭盔戴上。

I Thessalonians 5:9-11 帖撒羅尼迦前書5:9-11

For God did not appoint us to suffer wrath but to **receive salvation** through our Lord Jesus Christ. He died for us so that, whether we are awake or asleep, we may live together with him. Therefore **encourage one another** and build each other up, just as in fact you are doing.

因為神不是預定我們受刑，乃是**預定**我們藉著我們主耶穌基督**得救**。他替我們死，叫我們無論醒著、睡著，都與他同活。所以，你們該**彼此勸慰**，互相建立，正如你們素常所行的。

Barnabas – Acts 4:36

巴拿巴—使徒行傳4:36

- Joseph - the apostles nicknamed Barnabas (meaning '**son of encouragement**')
- 約瑟，使徒稱他為巴拿巴（意思是「勸慰子」）

Barnabas (巴拿巴) was

1. A **Levite** – Acts 4:36

利未人 (徒4:36)

2. **Supported** the Early Church – Acts 4:37, I Corinthians 9:6

支持初期教會 (徒4:37, 林前9:6)

3. **Recommended** Paul – Acts 9:27

推薦保羅 (徒9:27)

4. A **preacher** – Acts 11:22-24

傳道者 (徒11:22-24)

5. **Brought Paul to Antioch** – Acts 11:25-26

帶保羅到安提阿 (徒11:25-26)

Barnabas (巴拿巴) was

6. A **Model of Christ** – Acts 11:26

基督的模範 (徒11:26)

7. **Trustworthy** – Acts 11:27-30

值得信賴的 (徒11:27-30)

8. Had a **special calling** – Acts 13:2-5

有特別的召命 (徒13:2-5)

9. A **leader** – Acts 15:12

領袖 (徒15:12)

10. A **mentor** – Acts 13:5, 15:37-39, Colossians 4:10, 2 Timothy 4:10

師傅 (徒13:5, 15:37-39; 西4:10; 提後4:10)

11. Influenced **by Peter** – Galatians 2:13

受彼得影響 (加2:13)

Acts 11:24

He was a good man, full of the Holy Spirit and faith, and a great number of people were brought to the Lord.

這巴拿巴原是個好人，被聖靈充滿，大有信心。於是，有許多人歸服了主。
(徒十一24)

ENCOURAGE others

- Like Barnabas, we too can be a source of encouragement to others in their journey through life, by pointing them to Jesus and helping them grow in ministry.

鼓勵他人

- 我們也可以學像巴拿巴一樣，透過將人引向耶穌，並幫助他在生命中成長，來成為他人生命旅程中的鼓勵者。

- **E** xhort 勸勉
- **N** ourish 滋潤
- **C** heer up 使人振作
- **O** ffer 供給
- **U** plift 提昇
- **R** eassure 確認
- **A** ppreciate 欣賞
- **G** oad 激勵
- **E** mbolden 給予信心

'Take away'

1. Prayerfully consider who in Network Church God wants you to **ENCOURAGE**, then do it!
2. How can I actively **ENCOURAGE** a child/young person in our church?
3. Endeavour to **ENCOURAGE** a family member this week.

實踐

1. 以禱告的心思考教會中（Network Church），上帝最想你**鼓勵**的人。想到了，就這樣行吧！
2. 我可以怎樣積極地**鼓勵**教會中的兒童或年青人？
3. 本周竭力地**鼓勵**一位家庭成員。