



如何做到凡事謝恩

*How Can We Give Thanks in All  
Circumstances?*



give  
thanks

in all circumstances; for this is God's will for you in Jesus Christ.

凡事謝恩 In Everything Give Thanks (KJV) *Thessalonians 5:18*  
在NIV的翻譯本是 Give Thanks in All Circumstances

什麼叫凡事呢？原文的意思就是所有的事——臨到神兒女的一切事都要謝恩。弟兄姊妹可能要問：那麼，若是我遭遇到不順利的事情，遭遇到患難、病痛，遭遇到很厲害的打擊，難道我還要謝恩嗎？如何能做到？

# 基督徒要感恩的主要原因

**感恩**把我們帶進 神的同在裡面。

「我們是祂造的，也是屬祂的；我們是祂的民，也是祂草場的羊。當稱謝進入祂的門，當讚美進入祂的院；當感謝祂，稱頌祂的名。」(詩篇100:3-4)

Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

**讚美**把我們帶進 神的得勝裡面。

約伯記卅五章第10節說：「祂使人夜間歌唱」！所謂「夜間歌唱」就是在黑暗、痛苦、患難中，仍然以信心唱出讚美 神的詩歌的意思。

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- 1) 靠主常喜樂 活出謙讓的生命
- 2) 不住的禱告 相信主恩典夠用
- 3) 凡事感謝 神 操練從上帝眼光看事情

**GIVE THANKS  
IN ALL CIRCUMSTANCES  
FOR THIS IS THE  
*Will* OF *God***

帖前 5:16-18保羅說：「**要常常喜樂，不住禱告，凡事謝恩**，這是神在基督耶穌向你們所定的旨意。



聖經上教導我們要**成為凡事感恩**的人要從**喜樂的心**開始，如果我們的心充滿抱怨、委屈，我們是無法謝恩的。

BE  
JOYFUL  
ALWAYS;  
PRAY  
CONTINUALLY;  
GIVE  
THANKS  
IN ALL CIRCUMSTANCES,  
FOR THIS IS  
GOD'S WILL  
FOR YOU  
IN JESUS CHRIST.  
1 Thessalonians 5:16-18



# 當面對衝突時 *Face Conflict*

*Bless those who  
persecute you; bless  
and do not curse.*

- ROMANS 12:14 -

「逼迫你們的，  
要給他們祝福；  
只要祝福，  
不可咒詛。」  
(羅12:14)

「你們要靠主 **常常喜樂**。我再說，你們要喜樂。當叫眾人知道你們謙讓的心。主已經近了。」(腓4:4-5)

*Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. (Philippians 4:4-5) (NASB)*



Even if you feel  
WRONGED  
respond  
RIGHT.

當面對  
委屈時

*When you feel  
Wronged*

當面對委屈時，學習從上帝眼光看事情，以耶穌基督的心為心。耶穌說：「父啊！赦免他們；因為他們所做的，他們不曉得。」(路23:34)

Jesus said, "Father, forgive them, for they do not know what they are doing." (Luke 23:34)

PRAY  
Continually

不住  
禱告

Pray!

「應當一無掛慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。神所賜、出人意外的平安必在基督耶穌裏保守你們的心懷意念。」(腓4:6-7)

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)*



as sorrowful

似乎憂愁

Y

always rejoicing

卻常喜樂

as poor

似乎貧窮

E

making many rich

卻是富足

having nothing

似乎無有

T

possessing everything

卻樣樣都有

2 Corinthians 6:10

林後6:10



凡以感謝獻上為祭的，便是榮耀我。那按正路而行的，我必使他得著我的救恩。（詩 50：23）

He who sacrifices thank offerings honors me, and he prepares the way so that I may show him the salvation of God."

這是感恩的季節，  
讓我們一同看聖經如何教導我們來感恩。

感恩 神的賜予 *Give thanks for what God has given us:*



永不衰殘  
的愛

UNFAILING  
LOVE

詩篇 107:8 但願人因耶和華的慈愛、和他向人所行的奇事、都稱讚他。

Let them give thanks to the LORD **for his unfailing love** and his wonderful deeds for men,

## 感恩 神的作為 *Give thanks for what God has done:*



REMEMBER  
THE WONDERS

「但願人因耶和華的  
慈愛，和他向人所行的  
奇事，都稱讚祂。  
願他們以感謝為祭  
獻給祂，歡呼述說祂  
的作為」

(詩篇 107:21-22)

Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Let them sacrifice thank offerings and tell of his works with songs of joy.



感恩 祂的恩典夠用 祂的慈愛、永遠長存。

GIVE THANKS  
TO THE LORD,  
FOR HE IS GOOD;  
HIS  
LOVE endures  
forever.

PSALM 107 1

詩篇 107:21-22 你們要稱謝耶和華、因祂本為善。祂的慈愛、永遠長存。

Give thanks to the  
LORD, for he is good;  
His love endures  
forever.

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## 聖經如何教導我們來感恩

感恩 神的賜予 *Give thanks for what God has given us:*

感恩 神的作為 *Give thanks for what God has done:*

感恩 祂的恩典夠用 祂的慈愛永遠長存。



*The End*