

# 主日敬拜须知 【2021-05-23】

- 请提前10分钟登录zoom，调试好音量，以确保收视正常；并请全程关闭自己的音频与视频，以免影响敬拜进行
- 请将手机关闭或静音，以确保专心敬拜，不受打扰
- 请在主前安静祷告，预备心灵敬拜独一神
- 欢迎会后参与线上交通分享

## 主日敬拜时间

10:30am-1:00pm (墨尔本)    08:30-11:00am (中国)    07:30-10:00am (印尼)

会议号：840 2936 1445      密码：663927

加入 Zoom 会议：

<https://us02web.zoom.us/j/84029361445?pwd=c2FyVjJHRjFOUmF5bjNZNXFCbm5vdz09>

查找本地号码：<https://us02web.zoom.us/j/kerMHBb0bT>



# 序 乐

## 《主在圣殿中》

主在圣殿中主在圣殿中  
普天下的人在主面前  
都应当肃静 肃静 肃静  
应当肃静阿们



# 宣 召

主啊，诸神之中没有可比祢的；祢的作为也无可比。  
主啊，祢所造的万民都要来敬拜祢；他们也要荣耀祢的名。  
因祢为大，且行奇妙的事；惟独祢是神。

【诗篇八十六篇8~10节】

# 信仰告白



# 使徒信经

- ✓ 我信上帝，全能的父，创造天地的主。
- ✓ 我信我主耶稣基督，上帝的独生子，因圣灵感孕，由童贞女马利亚所生，在本丢彼拉多手下受难，被钉于十字架，受死，埋葬，降在阴间，第三天从死人中复活，升天，坐在全能父上帝的右边，将来必从那里降临，审判活人、死人。
- ✓ 我信圣灵。我信圣而公之教会。我信圣徒相通。我信罪得赦免。我信身体复活。我信永生。
- ✓ 阿们！

# 诗歌敬拜

《恩典之路》 《主虽然》 《主的喜乐是我力量》



# 主日信息

恭听主恩言  
乐行主圣道



世界卫生组织

每40秒  
就有一人死亡



- 每年有近80万人**自杀**身亡。
- 每年自杀未遂人数是**自杀**死亡人数的许多倍。在一般人群中，**自杀未遂**是最大的自杀风险因素。
- **自杀**是15-19岁青少年的第三大死因。
- **自杀**是15-29岁青年人的第二大死因，仅次于道路伤害。
- 每年因抑郁症引致**自杀**死亡的人数估计高达100万人。





每40秒  
就有一人死亡



- 在2018年美国精神病学会年会上，一项调查结果震惊世人：
- **医生的自杀率**（28-40人/10万人）是所有职业中最高的，是普通人的两倍多！
- 其中，**心理医生的自杀率**又高于其他医生。



每40秒  
就有一人死亡



## 自杀的原因

- 自杀是因为丧失了处理**生活压力**的能力，而陷入危机时，所发生的冲动行为。

## 引致自杀的一些常见压力/问题

- 财务问题
- 关系/情感/婚姻破裂
- 慢性疼痛和疾病
- 冲突、灾难、暴力、虐待、背叛
- 丧失亲友和疏离感.....
- 精神疾患（特别是抑郁症和酒精使用障碍）

# 传道书九章11节

**11** 我又转念：见日光之下，快跑的未必能赢；力战的未必得胜；智慧的未必得粮食；明哲的未必得资财；灵巧的未必得喜悦。**所临到众人的是在乎当时的机会。**

\*\*\*\*\*

**11** Here's something else I've seen on this earth.  
Races aren't always won by those who run fast.  
Battles aren't always won by those who are strong.  
Wise people don't always have plenty of food.  
Clever people aren't always wealthy.  
Those who have learned a lot aren't always successful.  
God controls the timing of every event.  
He also controls how things turn out.

**越早看清现实  
越少受苦**

求不得  
舍不得  
爱别离  
怨憎会

## 成功三要素



- 美国职业培训师保罗·斯托茨提出：IQ智商、EQ情商，**AQ逆商**并称为3Q，是人们获得成功的必备条件。
- **逆商(Adversity Quotient)**全称为逆境商数，也被称为挫折商或逆境商，指人在面对逆境时的反应方式，即面对挫折、摆脱困境和超越困难的能力。





## 逆商 培养抗压能力

- 有抗压能力，不代表人不会遇到困难，而是他能成功应对生活上的各种困难和变化。他会越挫越勇，变得更坚强。



# 作个高逆商的基督徒

约伯记1:1~22

约伯记2:1~10

哈巴谷书3:17~19

赛30:18~21



胡亚军传道

墨训

2021年5月23日



# 作个高逆商的JDT



约伯记1:1~22

约伯记2:1~10

哈巴谷书3:17~19

赛30:18~21

胡亚军传道

墨训

2021年5月23日



# 约伯记一章1~22节

<sup>1</sup> 乌斯地有一个人名叫约伯；

那人完全正直，敬畏神，远离恶事。

<sup>2</sup> 他生了七个儿子，三个女儿。

<sup>3</sup> 他的家产有七千羊，三千骆驼，五百对牛，五百母驴，并有许多仆婢。这人在东方人中就为至大。

\*\*\*\*\*

<sup>1</sup> There was a man who lived in the land of Uz. His name was Job. He was honest. He did what was right. He had respect for God and avoided evil. <sup>2</sup> Job had seven sons and three daughters. <sup>3</sup> He owned 7,000 sheep and 3,000 camels. He owned 500 pairs of oxen and 500 donkeys. He also had a large number of servants. He was the most important man among all the people in the east.

## 约伯记一章1~22节

**4** 他的儿子按着日子各在自己家里设摆筵宴，就打发人去，请了他们的三个姊妹来，与他们一同吃喝。

**5** 筵宴的日子过了，约伯打发人去叫他们自洁。他清早起来，按着他们众人的数目献燔祭；因为他说：恐怕我儿子犯了罪，心中弃掉神。约伯常常这样行。

\*\*\*\*\*

**4** His sons used to give feasts in their homes on their birthdays. They would invite their three sisters to eat and drink with them. **5** The time for enjoying good food would end. Then Job would make plans for his children to be made pure and “clean.” He would sacrifice a burnt offering for each of them. He would do it early in the morning. He would think, “Perhaps my children have sinned. Maybe they have spoken evil things against God in their hearts.” That’s what Job always did for his children when he felt they had sinned.

## 约伯记一章1~22节

**6**有一天，神的众子来侍立在耶和华面前，撒但也来在其中。

**7**耶和华问撒但说：你从哪里来？撒但回答说：我从地上走来走去，往返而来。

**8**耶和华问撒但说：你曾用心察看我的仆人约伯没有？地上再没有人像他完全正直，敬畏神，远离恶事。

\*\*\*\*\*

**6** One day angels came to the Lord. Satan also came with them.

**7** The Lord said to Satan, “Where have you come from?” Satan answered, “From traveling all around the earth. I’ve been going from one end of it to the other.” **8** Then the Lord said to Satan, “Have you thought about my

servant Job? There isn’t anyone on earth like him. He is honest. He does what is right. He has respect for God and avoids evil.”

## 约伯记一章1~22节

**9**撒但回答耶和华说：约伯敬畏神，岂是无故呢？

**10**祢岂不是四面圈上篱笆围护他和他的家，并他一切所有的吗？他手所做的都蒙祢赐福；他的家产也在地上增多。

**11**祢且伸手毁他一切所有的；他必当面弃掉祢。

\*\*\*\*\*

**9**“You always give Job everything he needs,” Satan replied. “That’s why he has respect for you. **10**Haven’t you guarded him and his family? Haven’t you taken care of everything he has? You have blessed everything he does. His flocks and herds are spread all through the land. **11**But now reach out your hand and strike down everything he has. Then I’m sure he will speak evil things against you. In fact, he’ll do it right in front of you.”

## 约伯记一章1~22节

**12** 耶和华对撒但说：凡他所有的都在你手中；只是不可伸手加害于他。于是撒但从耶和华面前退去。

\*\*\*\*\*

**12** The Lord said to Satan, "All right. I am handing everything he has over to you. But do not touch the man himself."

Then Satan left the Lord and went on his way.

## 约伯记一章1~22节

**13** 有一天，约伯的儿女正在他们长兄的家里吃饭喝酒，  
**14** 有报信的来见约伯，说：牛正耕地，驴在旁边吃草，  
**15** 示巴人忽然闯来，把牲畜掳去，并用刀杀了仆人；惟有我一人逃脱，来报信给你。

\*\*\*\*\*  
**13** One day Job's sons and daughters were at their oldest brother's house. They were enjoying good food and drinking wine. **14** During that time a messenger came to Job. He said, "The oxen were plowing. The donkeys were eating grass near them. **15** Then the Sabeans attacked us and carried off the animals. They killed some of the servants with their swords. I'm the only one who has escaped to tell you!"

## 约伯记一章1~22节

**16**他还说话的时候，又有人来说：神从天上降下火来，将群羊和仆人都烧灭了；惟有我一人逃脱，来报信给你。

**17**他还说话的时候，又有人来说：迦勒底人分作三队忽然闯来，把骆驼掳去，并用刀杀了仆人；惟有我一人逃脱，来报信给你。

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**16**While he was still speaking, a second messenger came. He said, “God sent lightning from the sky. It struck the sheep and killed them. It burned up some of the servants. I’m the only one who has escaped to tell you!”**17**While he was still speaking, a third messenger came. He said, “The Chaldeans separated themselves into three groups. They attacked your camels and carried them off. They killed the rest of the servants with their swords. I’m the only one who has escaped to tell you!”



## 约伯记一章1~22节

**18**他还说话的时候，又有人来说：你的儿女正在他们长兄的家里吃饭喝酒，

**19**不料，有狂风从旷野刮来，击打房屋的四角，房屋倒塌在少年人身上，他们就都死了；惟有我一人逃脱，来报信给你。

\*\*\*\*\*

**18** While he was still speaking, a fourth messenger came. He said, “Your sons and daughters were at their oldest brother’s house. They were enjoying good food and drinking wine. **19** Suddenly a strong wind blew in from the desert. It struck the four corners of the house. The house fell down on your children. Now all of them are dead. I’m the only one who has escaped to tell you!”



## 约伯记一章1~22节

**21** 约伯便起来，撕裂外袍，剃了头，伏在地上下拜，

**21** 说：我赤身出于母胎，也必赤身归回；赏赐的是耶和华，收取的也是耶和华。耶和华的名是应当称颂的。

**22** 在这一切的事上约伯并不犯罪，也不以神为愚妄（或译：也不妄评神）。

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**20** After Job heard all these reports, he got up and tore his robe. He shaved his head. Then he fell to the ground and worshiped the Lord. **21** He said, “I was born naked. And I’ll leave here naked. The Lord has given, and the Lord has taken away. May the name of the Lord be praised.” **22** In spite of everything, Job didn’t sin by blaming God for doing anything wrong.

## 约伯记二章1~10节

<sup>1</sup>又有一天，神的众子来侍立在耶和华面前，撒但也来在其中。

<sup>2</sup>耶和华问撒但说：你从哪里来？撒但回答说：我从地上走来走去，往返而来。

<sup>3</sup>耶和华问撒但说：你曾用心察看我的仆人约伯没有？地上再没有人像他完全正直，敬畏神，远离恶事。你虽激动我攻击他，**无故地毁灭他**，他仍然持守他的纯正。

\*\*\*\*\*

<sup>1</sup>On another day angels came to the Lord. Satan also came to him along with them. <sup>2</sup>The Lord said to Satan, “Where have you come from?” Satan answered, “From traveling all around the earth. I’ve been going from one end of it to the other.” <sup>3</sup>Then the Lord said to Satan, “**Have you thought about my servant Job? There isn’t anyone on earth like him. He is honest. He does what is right. He has respect for God and avoids evil. You tried to turn me against him. You wanted me to destroy him without any reason. But he still continues to be faithful.**”

## 约伯记二章1~10节

<sup>4</sup>撒但回答耶和华说：人以皮代皮，情愿舍去一切所有的，保全性命。

<sup>5</sup>祢且伸手伤他的骨头和他的肉，他必当面弃掉祢。

<sup>6</sup>耶和华对撒但说：他在你手中，只要存留他的性命。

<sup>7</sup>于是撒但从耶和华面前退去，击打约伯，使他**从脚掌到头顶长毒疮。**

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<sup>4</sup>Satan replied, “A man will give everything he has to save himself. So Job is willing to give up the lives of his family to save his own life. <sup>5</sup>But now reach out your hand and strike his flesh and bones. Then I’m sure he will speak evil things against you. In fact, he’ll do it right in front of you.” <sup>6</sup>The Lord said to Satan, **“All right. I am handing him over to you. But you must spare his life.”** <sup>7</sup>Then Satan left the Lord and went on his way. **He sent painful sores on Job. They covered him from the bottom of his feet to the top of his head.**

## 约伯记二章1~10节

<sup>8</sup>约伯就坐在炉灰中，拿瓦片刮身体。

<sup>9</sup>他的妻子对他说：你仍然持守你的纯正吗？你弃掉神，死了吧！

<sup>10</sup>约伯却对她说：你说话像愚顽的妇人一样。噫！难道我们从神手里得福，不也受祸吗？在这一切的事上约伯并不以口犯罪。

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<sup>8</sup>He got part of a broken pot. He used it to scrape his skin. He did it while he was sitting in ashes.<sup>9</sup>His wife said to him, “Are you still continuing to be faithful to the Lord? Speak evil things against him and die!”<sup>10</sup>Job replied, “You are talking like a foolish woman. We accept good things from God. So we should also accept trouble when he sends it.” In spite of everything, Job didn’t say anything that was sinful.

## 哈巴谷书三章17~19节

**17** 虽然无花果树不发旺，葡萄树不结果，橄榄树也不效力，  
田地不出粮食，圈中绝了羊，棚内也没有牛；

**18** 然而，我要因耶和华欢欣，因救我的神喜乐。

\*\*\*\*\*

**17** The fig trees might not bud. The vines might not produce any grapes.  
The olive crop might fail. The fields might not produce any food.  
There might not be any sheep in the pens.  
There might not be any cattle in the barns.

**18** But I will still be glad because of what the Lord has done.  
God my Savior fills me with joy.

## 哈巴谷书三章17~19节

**19** 主耶和华是我的力量；祂使我的脚快如母鹿的蹄，又使我  
稳行在高处。这歌交与伶长，用丝弦的乐器。

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**19** The Lord and King gives me strength.  
He makes my feet like the feet of a deer.  
He helps me walk on the highest places.  
This prayer is for the director of music.  
It should be sung while being accompanied by stringed instruments.



# 受苦的约伯

## 神对约伯的评价

完全正直

敬畏神

远离恶事

## 撒但对约伯的攻击

示巴人掳牲畜杀仆，只留一人

天火烧灭羊群与仆，只留一人

迦勒底人掳骆驼杀仆，只留一人

狂风吹翻房屋压死众子，只留一仆

从脚掌到头顶长满毒疮，体无完肤

# 神为何允许约伯受撒但的攻击

## 神对约伯的评价

完全正直

敬畏神

远离恶事

神对约伯的  
信任与试炼

## 撒但对约伯的攻击

示巴人掳牲畜杀仆，只留一人

天火烧灭羊群与仆，只留一人

迦勒底人掳骆驼杀仆，只留一人

狂风吹翻房屋压死众子，只留一仆

从脚掌到头顶长满毒疮，体无完肤



## 约伯面对苦难的即时回应（面对撒但的四光政策）

**21** 约伯便起来，撕裂外袍，剃了头，伏在地上下拜，

**21** 说：我赤身出于母胎，也必赤身归回；赏赐的是耶和华，收取的也是耶和华。耶和华的名是应当称颂的。

**22** 在这一切的事上约伯并不犯罪，也不以神为愚妄（或译：也不妄评神）。

\*\*\*\*\*

**20** After Job heard all these reports, he got up and tore his robe. He shaved his head. Then he fell to the ground and worshiped the Lord. **21** He said, “I was born naked. And I’ll leave here naked. The Lord has given, and the Lord has taken away. May the name of the Lord be praised.” **22** In spite of everything, Job didn’t sin by blaming God for doing anything wrong.

## 约伯面对苦难的即时回应（面对满身毒疮与妻子的攻击）

<sup>8</sup>约伯就坐在炉灰中，拿瓦片刮身体。

<sup>9</sup>他的妻子对他说：你仍然持守你的纯正吗？你弃掉神，死了吧！

<sup>10</sup>约伯却对她说：你说话像愚顽的妇人一样。噫！难道我们从神手里得福，不也受祸吗？在这一切的事上约伯并不以口犯罪。

\*\*\*\*\*

<sup>8</sup>He got part of a broken pot. He used it to scrape his skin. He did it while he was sitting in ashes.<sup>9</sup>His wife said to him, “Are you still continuing to be faithful to the Lord? Speak evil things against him and die!”<sup>10</sup>Job replied, “You are talking like a foolish woman. We accept good things from God. So we should also accept trouble when he sends it.” In spite of everything, Job didn’t say anything that was sinful.

## 约伯最后的结局 伯42:12~13

**12** 这样，耶和华后来赐福给约伯比先前更多。他有一万四千羊，六千骆驼，一千对牛，一千母驴。

**13** 他也有七个儿子，三个女儿。

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**12** The Lord blessed the last part of Job's life even more than the first part. He gave Job 14,000 sheep and 6,000 camels. He gave him 1,000 pairs of oxen and 1,000 donkeys.

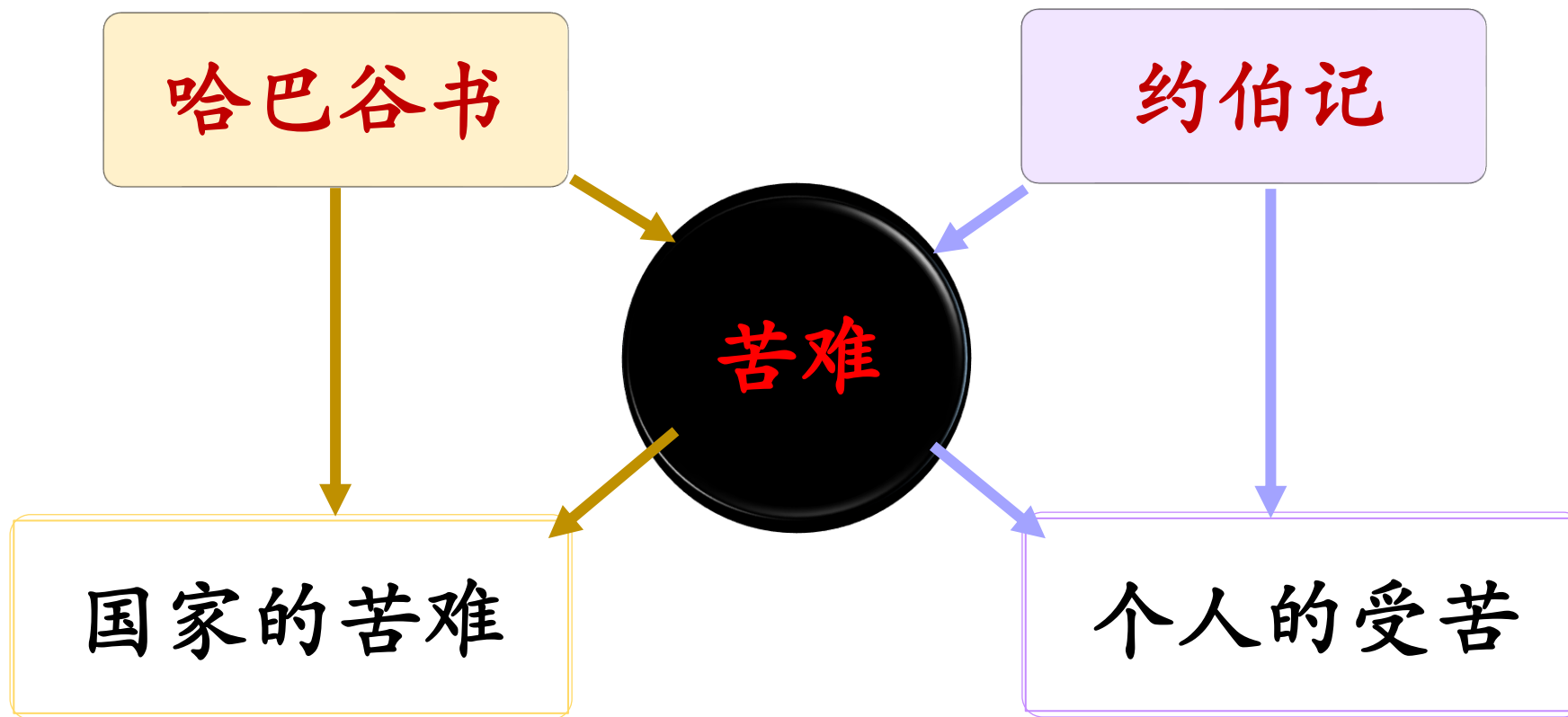
**13** Job also had seven sons and three daughters.

神允许撒但夺去的

神以双倍来补偿

约伯的信心经过试验更加纯净成熟，稳行高处

# 哈巴谷——先知中的约伯



# 哈巴谷——先知中的约伯

## 哈巴谷的质疑

神为何准许罪恶与强暴存于犹大，为何让恶人得势？

神为何用恶人（迦勒底人）惩罚比他公义的人？

## 哈巴谷的情怀

深切关怀爱护本国的百姓

热心维护神的圣洁和公正

因神的伟大、掌权和公义而产生更深的敬畏与信赖

质疑变为歌颂；哀求变为欢呼

# 约伯的高逆商

1

- 经历撒但全方位攻击：极度心碎体残

2

- 断不以口犯罪：不抱怨、不妄评、不以神为愚妄

3

- 承认自己所有的一切本源于神，神有绝对主权收取

4

- 承认神是福与祸的源头，以感恩知足的心面对福与祸

# 哈巴谷的高逆商

1

- 眼见犹大国民道德沦丧，罪恶横行
- 更有迦勒底人兴起欺凌神的百姓
- 先知忧国、忧民、忧神的名，内心极度痛苦

2

- 向神倾诉心中不解，与神探讨公义的话题

3

- 知晓神的计划，理解神的作为，降服神的主权

4

- 向神发出“虽然……然而”的信心之歌



# 诗篇——九篇32节

**32** 祢开广我心的时候，  
我就往祢命令的道上直奔。

\*\*\*\*\*

**32** I am quick to follow your commands,  
because you have added to my understanding.

- 开广：扩大，拓宽
- 我们的心境只有在神的里面才能真正被扩大拓宽
- 享“行到水穷处，坐看云起时”的宁静
- 人生总难免遗憾与未竟之抱负，但换条路未必不美
- 奔向神所预备的路，更美！



# 做个高逆商的JDT

1

• 当苦难不期而至，万不可以口犯罪！万不可受人干扰！

2

• 要客观分析（问题真的那么严重吗？），要接受现实

3

• 要祷告交托，与神讨论心中不解，也可向适合的人倾诉

## 诗篇五十五篇22节

**22** 你要把你的重担卸给耶和华，  
祂必抚养你；祂永不叫义人动摇。

\*\*\*\*\*

**22** Turn your worries over to the Lord.  
He will keep you going.  
He will never let godly people be shaken.

在苦难中的祷告  
不是心灵的寄托

而是与关心自己的圣父圣子圣灵沟通  
为要蒙恩惠、得怜悯，作随时帮助

# 高逆商的表现



- 萨拉希：我们不完美，而且天天都会犯错，这是不可改变的事实。所以最好的办法是从错误中学习，帮助我们培养抗压能力。这样我们以后再遇到同样的难题，可以想想：‘这一次，我怎样做会更好呢？’”



- 伊莎贝尔：我最喜欢的一个经文是太6:27，耶稣说：“**你们哪一个能用思虑使寿数多加一刻呢**”有时候我会想太多，把自己弄得很紧张。所以我会先专心解决眼前的问题。为了无法控制的事情过度忧虑，对我一点好处都没有。

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4

• 要认定神是一切福祸之源，祂有随时收取的主权

5

• 要有感恩与知足的心：无论情况多糟，仍有可感恩之处

6

• 要相信神是公义的，善恶终必有报，耐心等候神的时间

7

• 高唱信心与盼望之歌，驱散心中的阴霾与轻生的意念

## 以赛亚书三十三章18~21节

**18** 耶和华必然等候，要施恩给你们；必然兴起，好怜悯你们。  
因为耶和华是公平的神；凡等候祂的都是有福的！

**19** 百姓必在锡安、在耶路撒冷居住；你不要哭泣。主必因你哀求的声音施恩给你；祂听见的时候就必应允你。

\*\*\*\*\*

**18** But the Lord wants to have mercy on you.

So he will rise up to give you his tender love.

The Lord is a God who is always fair.

Blessed are all those who wait for him to act!

**19** People of Zion, who live in Jerusalem, you won't weep anymore.

When you cry out to the Lord for help, he will have mercy on you.

As soon as he hears you, he'll answer you.

## 以赛亚书三十三章18~21节

**20** 主虽以艰难给你当饼，以困苦给你当水，你的教师却不再隐藏；你眼必看见你的教师。

**21** 你或向左或向右，你必听见后边有声音说：这是正路，要行在其间。

\*\*\*\*\*

**20** He might treat you like prisoners. You might eat the bread of trouble. You might drink the water of suffering. But he will be your Teacher. He won't hide himself anymore. You will see him with your own eyes.

**21** You will hear your Teacher's voice behind you. You will hear it whether you turn to the right or the left. It will say, "Here is the path I want you to take. So walk on it."

# 作个高逆商的JDT





# 回应诗歌

《主的喜乐是我力量》





# 感恩奉献

## 《奉献诗》



人民币奉献  
请使用真光微信公众号内  
打赏功能

金钱奉献是蒙恩者向赐恩的神致谢

感恩的心胜过金额 奉献的人胜过金钱

奉献是基督徒以信、以望、以爱回应神，请新朋友不必作难！

林后9:7 各人要随本心所酌定的，不要作难，不要勉强，因为捐得乐意的人是神所喜爱的。

Account Name: Melbourne Christian Training Institute Inc.

BSB: 063-182

Account No. : 1157 8531



# 感恩奉献

《奉献诗》· 会众站立

主啊万物从祢来  
祢是万物大主宰  
今从所得献给祢  
表我感恩心爱戴  
阿们



# 主祷文

会众站立

## 主祷文 (太6:9~13)

我们在天上的父：

愿人都尊祢的名为圣。

愿祢的国降临；

愿祢的旨意行在地上，如同行在天上。

我们日用的饮食，今日赐给我们。

免我们的债，如同我们免了人的债。

不叫我们遇见试探；救我们脱离凶恶。

因为国度、权柄、荣耀，全是祢的，直到永远。阿们！



# 祝 祷

会众站立 · 《阿们颂》

3 — 2 0 | 1 — 7 0 | 6 — 2 — | 1 — 7 — | 1 — — — ||

阿 们 阿 们 阿 们

The musical score is written for a choir or congregation. It consists of two staves, a treble staff and a bass staff, both in 4/4 time. The key signature has two flats (B-flat and E-flat). The melody is simple and hymn-like, with a final cadence. The lyrics '阿 们 阿 们 阿 们' are written below the notes. The first staff has a treble clef and the second staff has a bass clef. The notes are mostly half notes and whole notes, with some rests. The final measure of the first staff has a double bar line and repeat dots.



# 殿乐·默祷

《主虽然》



# 家事报告

# 散会诗歌

《赐福与你》



# 线上弟兄姐妹见面

- 彼此问安
- 主日信息回馈
- 践行真理探讨
- 相关信仰答疑
- 个别需求代祷



欢迎新朋友  
请留下联系方式，以便探访  
请散会后留步分享福音



弟兄姐妹散会后留步，同享受宴并分享本主日信息



# 会后交通分享



# 会后交通分享

- 彼此问安
- 主日信息回馈
- 践行真理探讨
- 相关信仰答疑
- 个别需求代祷