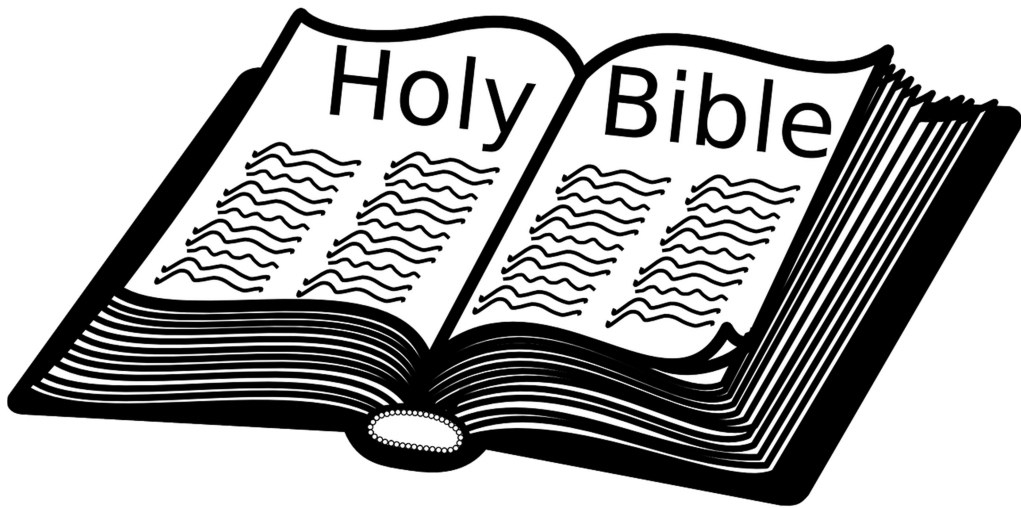


棕榈滩华人基督教会
*Palm Beach Chinese
Christian Chapel*

圣 经



门徒教导
Lessons for Disciples

读经计划指导

Bible Reading Plan

Instructions

1) 因为圣经是神的话，就必须是我们每日与神同行的一部分。下面是读经时的几个建议：

- a) 读经之前，祷告求神通过祂的话语来对你说话。恳求神赐给你明白祂话语的智慧（雅各书 1:5）。
- b) 读的时候，寻找把神的话语运用在你今日生活中的机会。
- c) 读经之后，在一整天里回味神的话语。问自己，“今天神用祂的话语教导了我什么？我应该采取什么行动？应该说什么话？应该心存什么样的态度？”

1) Because the Bible is God's Word, it must be a daily part of our walk with God. Here are a few suggestions for reading:

- a) Before you read, pray that God will speak to you through His Word. Ask God for wisdom to understand His Word (James 1:5).
- b) As you read, look for ways to apply God's Word in your life *today*.
- c) After you read, review God's Word throughout the day. Ask, "What is God teaching me through His Word today? What actions should I take? What words should I say? What attitudes should I have?"

2) 你可以从两种方式中选择一种来进行读经计划。

- a) 阅读所有提到的章节。
- b) 阅读你能够消化的章节。如果这是你第一次通读圣经，提供的章节对你可能太多了。如果是这样，不要强行在一年里读完整本圣经，也许你需要两年完成这个读经计划。如果采用这种方式，每天读经直到神用祂的话语触动你，就停下来默想祂要教导你什么。标出你读到哪里，第二天继续读下去。读一点儿但明白，比读很多却糊涂更好。

2) You may choose one of two ways to follow this Bible reading plan.

- a) Read all chapters as indicated.
- b) Read bite-sized pieces. If this is your first time to read through the Bible, you may find the amount of reading to be overwhelming. In that case, do not press to finish the Bible in one year. You may want to take two years for this project. To follow this approach, read each day until God speaks to you through His Word. Stop and meditate on what He is teaching you. Mark where you are and resume reading the next day. It is better to read a little with understanding than to read a lot with no understanding.

3) 在 2023 年，我们要聚焦经文于实际生活中的运用。很多评论会指向个人生平中或历史上的例子。我们会看到 2023 年里神要教导门徒的话语。

3) In 2023, we will focus on practical life applications from scripture. Many of the comments will point to biographical or historical examples. We will see what God's Word teaches for disciples in 2023.

4) 每周读经之后，你需要对本周学到的功课做个总结。这是反思神通过祂的话语要教导你的重要时刻。我们读神的话语不仅仅是为了得到资讯，更是为了要心意更新而变化。你在思想本周所读的经文时，在圣经里找找自己的**空间（SPACE）**。问自己：

有没有一个**罪（SIN）**是我应该躲避的？

有没有一个**应许（PROMISE）**是我应该支取的？

有没有一个**行动（ACTION）**是我应该采取的？

有没有一个**命令（COMMAND）**是我应该遵守的？

有没有一个**典范（EXAMPLE）**是我应该追随的？

4) At the end of each week's reading, you will be asked to summarize a lesson you have learned from the week's reading. This is an important time to reflect on what God is teaching you through His Word. We do not read God's Word for information alone; we read God's Word to be transformed. As you reflect on the readings, look for your **SPACE** in the Bible. Ask:

Is there a **SIN** I should avoid?

Is there a **PROMISE** I should claim?

Is there an **ACTION** I should take?

Is there a **COMMAND** I should obey?

Is there an **EXAMPLE** I should follow?

Bible Reading Calendar

<p>Week 1: Genesis 1-25 Week 2: Genesis 26-50 Week 3: Mark 1-16 Week 4: Exodus 1-25 Week 5: Exodus 26-40 Psalm 1-11 Week 6: Leviticus 1-15 Psalm 12-21 Week 7: Leviticus 16-27 Psalm 22-33 Week 8: John 1-11 Psalm 34-41 Week 9: John 12-21 Numbers 1-7 Week 10: Numbers 8-30 Week 11: Numbers 31-36 Deuteronomy 1-14 Week 12: Deuteronomy 15-34 Job 1-3 Week 13: Job 4-31 Week 14: Job 32-42 Matthew 1-7 Psalm 42-43 Week 15: Matthew 8-21 Psalm 44-50 Week 16: Matthew 22-28 Psalm 51-61 Joshua 1-8 Week 17: Joshua 9-24 Psalm 62-72 Week 18: Judges 1-21 Ruth 1-4 Week 19: Luke 1-14 Week 20: Luke 15-24 Acts 1-5 Week 21: Acts 6-14 James 1-5 Acts 15-16 Galatians 1-6 Week 22: 1 Samuel 1-25 Week 23: 1 Samuel 26-31 2 Samuel 1-21 Week 24: 2 Samuel 22-24 1 Chronicles 1-14 Week 25: 1 Chronicles 15-29 1 Kings 1-2 Proverbs 1-6</p>	<p>Week 26: 1 Kings 3-11 2 Chronicles 1-9 Proverbs 7-11 Week 27: Catchup & Reflection Week 28: Song of Solomon 1-8 Ecclesiastes 1-12 1 Kings 12-19 Proverbs 12-14 Week 29: 1 Kings 20-22 2 Chronicles 10-20 2 Kings 1-5 Proverbs 15-19 Week 30: 2 Kings 6-13 2 Chronicles 21-24 Obadiah 2 Kings 14 2 Chronicles 25 Jonah 1-4 Amos 1-5 Proverbs 20-24 Week 31: Amos 6-9 2 Chronicles 26 Hosea 1-14 2 Kings 15-16 2 Chronicles 27-28 Proverbs 25-31 Week 32: Isaiah 1-14 2 Kings 17-20 Psalm 73-80 Week 33: Micah 1-7 2 Chronicles 29-32 Isaiah 15-33 Psalm 81-85 Week 34: Isaiah 34-48 2 Kings 21-25 2 Chronicles 33-36 Psalm 86-88 Week 35: Isaiah 49-55 Nahum 1-3 Isaiah 56-66 Zephaniah 1-3 Acts 17 1&2 Thessalonians Acts 18 Week 36: Acts 19 1 Corinthians 1-16 2 Corinthians 1-7</p>	<p>Week 37: 2 Corinthians 8-13 Romans 1-16 Acts 20-22 Week 38: Acts 23-28 Colossians 1-4 Philemon Ephesians 1-6 Philippians 1-4 1 Timothy 1-4 Week 39: 1 Timothy 5-6 Titus 1-3 2 Timothy 1-4 Jeremiah 1-19 Week 40: Jeremiah 20-46 Week 41: Jeremiah 47-52 Lamentations 1-5 Psalm 89-94 Joel 1-3 Habakkuk 1-3 Week 42: Ezekiel 1-22 Psalm 95-103 Week 43: Ezekiel 23-37 Psalm 104-109 Week 44: Ezekiel 38-48 Psalm 110-118 Daniel 1-6 Week 45: Daniel 7-12 Ezra 1-6 Haggai 1-2 Zechariah 1-6 Psalm 119-121 Week 46: Zechariah 7-14 Esther 1-10 Ezra 7-10 Nehemiah 1-6 Psalm 122-134 Week 47: Nehemiah 7-13 Malachi 1-4 Hebrews 1-10 Psalm 135-139 Week 48: Hebrews 11-13 1&2 Peter 1, 2&3 John Jude Psalm 140-150 Week 49: Revelation 1-22</p>
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第一周 Week 1 (1/2-1/8)

<p style="text-align: center;">周一 Monday</p> <p><input type="checkbox"/> 创世记 1 <input type="checkbox"/> Genesis 1</p> <p><input type="checkbox"/> 创世记 2 <input type="checkbox"/> Genesis 2</p> <p><input type="checkbox"/> 创世记 3 <input type="checkbox"/> Genesis 3</p> <p><input type="checkbox"/> 创世记 4 <input type="checkbox"/> Genesis 4</p>	<p>神是创世记 1-2 章中的主角。这些章节对祂的主权有何教导？如果神创造了世界，那将如何影响你在日常生活中甘心乐意地顺服祂？</p> <p>请注意亚当和夏娃的罪怎样影响了他们彼此的关系、他们的儿子们，并且最终影响了整个世界。撒旦爱说，“你的罪不会影响别人。在拉斯维加斯所发生的一切烂事，永远停留在拉斯维加斯。”要认清牠的谎言。且记住这个对门徒的教导：<i>你的罪不仅会伤害你，还会伤害你所爱的人。</i></p> <p>God is the central character in Genesis 1-2. What do these chapters teach about His sovereignty? If God created the world, how should that impact your willingness to obey Him in daily life?</p> <p>Notice how Adam and Eve’s sin impacts their relationship with each other, their sons, and eventually the entire world. Satan loves to say, “Your sin will not affect others. What happens in Vegas stays in Vegas.” Recognize his lies. Remember this <i>lesson for disciples: your sin will harm not just you but the people you love.</i></p>
<p style="text-align: center;">周二 Tuesday</p> <p><input type="checkbox"/> 创世记 5 <input type="checkbox"/> Genesis 5</p> <p><input type="checkbox"/> 创世记 6 <input type="checkbox"/> Genesis 6</p> <p><input type="checkbox"/> 创世记 7 <input type="checkbox"/> Genesis 7</p> <p><input type="checkbox"/> 创世记 8 <input type="checkbox"/> Genesis 8</p>	<p>这几章的主角是挪亚。在一个堕落的世界里，他的生命怎样教导了我们忠心顺服？</p> <p>划出创世记 6:8。即使在一个罪恶的世界中，你也可以忠心地与神同行。在一个罪恶大行其道的世界里，什么样的属灵操练能够帮助你对神持守忠心？</p> <p>The central character in these chapters is Noah. What does his life teach about faithful obedience in a fallen world?</p> <p>Highlight Genesis 6:8. <i>Even in a sinful world, you can walk faithfully with God.</i> What spiritual practices will help you remain faithful to God in a world where sin is prevalent?</p>
<p style="text-align: center;">周三 Wednesday</p> <p><input type="checkbox"/> 创世记 9 <input type="checkbox"/> Genesis 9</p> <p><input type="checkbox"/> 创世记 10 <input type="checkbox"/> Genesis 10</p> <p><input type="checkbox"/> 创世记 11 <input type="checkbox"/> Genesis 11</p> <p><input type="checkbox"/> 创世记 12 <input type="checkbox"/> Genesis 12</p>	<p>这几章里有两件大事：人在巴别塔的叛逆，以及神呼召亚伯拉罕。在巴别，人对神的回应是不信和叛逆。在哈兰，亚伯拉罕以信心和顺服来回应神。</p> <p><i>我们每个人必须选择不信或是信。</i>如果我们真正相信神和祂的应许，就会顺服祂。记住亚伯拉罕没有圣经、没有牧师，也没有教会。他唯一拥有的就是对神的信心。这样的信心在你今天的生活中会是什么样子？</p> <p>There are two great events in these chapters: man’s rebellion at the Tower of Babel and God’s call to Abraham. At Babel, man responded to God with unbelief and rebellion. At Haran, Abraham responded with faith and obedience.</p> <p><i>Each of us must choose either unbelief or faith.</i> If we truly believe God and His promises, we will obey Him. Remember that Abraham had no Bible, no pastor, and no church. The only thing he had was faith in God. What would this kind of faith look like in your life today?</p>

<p>周四 Thursday</p> <p><input type="checkbox"/>创世记 13 <input type="checkbox"/>Genesis 13</p> <p><input type="checkbox"/>创世记 14 <input type="checkbox"/>Genesis 14</p> <p><input type="checkbox"/>创世记 15 <input type="checkbox"/>Genesis 15</p> <p><input type="checkbox"/>创世记 16 <input type="checkbox"/>Genesis 16</p> <p><input type="checkbox"/>创世记 17 <input type="checkbox"/>Genesis 17</p>	<p>亚伯拉罕展示了一个重要的 <i>门徒教导</i>： <i>我们与神同行</i>包括了神对我们的信实和我们对神的信心。两个方面都很重要：</p> <p>神的信实很重要，因为若是我们的生活中没有祂的恩典和能力，我们无法持守信心。亚伯拉罕曾在怀疑中挣扎，但神从未放弃他。知道神也不会放弃我们，很鼓励我们。</p> <p>亚伯拉罕的信心也很重要，因为“人非有信，就不能得神的喜悦。”（希伯来书 11:6）</p> <p>Abraham demonstrates an important <i>lesson for disciples</i>: <i>our walk with God includes both God's faithfulness to us and our faith in God</i>. Both aspects are important:</p> <p>God's faithfulness is important because without His grace and power in our lives, it is impossible for us to remain faithful. Abraham struggled with doubt, but God never gave up on him. This encourages us to know that God will not give up on us.</p> <p>Abraham's faith is important because "without faith, it is impossible to please God" (Hebrews 11:6).</p>
<p>周五 Friday</p> <p><input type="checkbox"/>创世记 18 <input type="checkbox"/>Genesis 18</p> <p><input type="checkbox"/>创世记 19 <input type="checkbox"/>Genesis 19</p> <p><input type="checkbox"/>创世记 20 <input type="checkbox"/>Genesis 20</p> <p><input type="checkbox"/>创世记 21 <input type="checkbox"/>Genesis 21</p>	<p>关于祷告的力量，亚伯拉罕为所多玛祷告的故事教导了我们什么？想象一下亚伯拉罕祷告的勇气，他可是提出了一个巨大的要求：不要毁灭一整个城市！</p> <p><i>给门徒的教导</i>： <i>求大事</i>！（马太福音 7:8）你在生命中应当向神祈求什么“大事”？</p> <p>What does the story of Abraham's prayer for Sodom teach about the power of prayer? Imagine the courage of Abraham's prayer. He made a huge request: to spare an entire city!</p> <p><i>Lesson for disciples</i>: <i>Ask big!</i> (Matthew 7:8) What "big things" should you ask God to do in your life?</p>
<p>周六 Saturday</p> <p><input type="checkbox"/>创世记 22 <input type="checkbox"/>Genesis 22</p> <p><input type="checkbox"/>创世记 23 <input type="checkbox"/>Genesis 23</p> <p><input type="checkbox"/>创世记 24 <input type="checkbox"/>Genesis 24</p> <p><input type="checkbox"/>创世记 25 <input type="checkbox"/>Genesis 25</p>	<p>在读创世记 22 章之前，先读希伯来书 11:17-19。亚伯拉罕相信神能让以撒从死里复活。当你读这个故事时，不要问，“我有像亚伯拉罕一样的信心吗？”而是问，“我愿意让神按照祂的选择来建立我的信心吗？”</p> <p>在亚伯拉罕生平故事的末尾，你从他的榜样中学到了什么 <i>给门徒的教导</i>？</p> <p>Before you read Genesis 22, read Hebrews 11:17-19. Abraham trusted that God could raise Isaac from the dead. As you read this story, do not ask, "Do I have as much faith as Abraham?" Instead, ask, "Am I willing to allow God to build my faith as He chooses?"</p> <p>At the end of the story of Abraham's life, what <i>lesson for disciples</i> have you learned from his example?</p>
<p>每周总结 Weekly Summary</p>	<p>这一周圣灵从神的话语里教导了你什么？</p> <p>What did the Holy Spirit teach you from God's Word this week?</p> <p>有没有一个罪是你应该躲避的？ Is there a SIN you should avoid?</p> <p>有没有一个应许是你应该支取的？ Is there a PROMISE you should claim?</p> <p>有没有一个行动是你应该采取的？ Is there an ACTION you should take?</p> <p>有没有一个命令是你应该遵守的？ Is there a COMMAND you should obey?</p> <p>有没有一个典范是你应该追随的？ Is there an EXAMPLE you should follow?</p>

第二周 Week 2 (1/9-1/15)

<p>周一 Monday</p> <p><input type="checkbox"/>创世记 26 <input type="checkbox"/>Genesis 26</p> <p><input type="checkbox"/>创世记 27 <input type="checkbox"/>Genesis 27</p> <p><input type="checkbox"/>创世记 28 <input type="checkbox"/>Genesis 28</p> <p><input type="checkbox"/>创世记 29 <input type="checkbox"/>Genesis 29</p>	<p>以撒是创世记 26-27 章的主角。然而，他的角色远不如他的父亲亚伯拉罕或是他的儿子雅各令人印象深刻。他的故事很多是由别人的行为决定的：被亚伯拉罕献为祭品，被雅各欺骗。但是以撒是神计划的弥赛亚家谱的一部分。</p> <p><i>给门徒的教导：我也许不是“主角”，但神对我的生命有个计划。这为每个神的儿女都是真实的。神有个计划；在你出生之前，神已经预备叫你行善了。（以弗所书 2:10）</i></p> <p>Isaac is the central character of Genesis 26-27. However, his role was much less impressive than either his father Abraham or his son Jacob. Much of his story is determined by the actions of others: being offered as a sacrifice by Abraham and being cheated by Jacob. But Isaac is part of God's plan for the messianic line.</p> <p><i>Lesson for disciples: I may not have a "leading role," but God has a plan for my life. This is true for every child of God. God has a plan; before you were born, He prepared a good work for you to do (Ephesians 2:10).</i></p>
<p>周二 Tuesday</p> <p><input type="checkbox"/>创世记 30 <input type="checkbox"/>Genesis 30</p> <p><input type="checkbox"/>创世记 31 <input type="checkbox"/>Genesis 31</p> <p><input type="checkbox"/>创世记 32 <input type="checkbox"/>Genesis 32</p> <p><input type="checkbox"/>创世记 33 <input type="checkbox"/>Genesis 33</p>	<p>雅各也许是创世记中最有问题的角色了，他几乎没有什么可取之处！从童年起，他就有不诚实的名声。读了雅各的生平后，你可能会说，“我们从雅各身上那能学到什么？”雅各的故事带给我们的好消息是：<i>没有人是神转化的恩典所不能及的。</i></p> <p>尽管雅各的品格有问题，神在创世纪 28 章向他显现，之后在 32 章神给他改了名字（雅各意为抓脚跟的，骗子），神叫他以色列（王子），这是神的选民当有的名字。要认识神的大能，可以把你从老我改变成祂要你成为的样子，这就是恩典的大能。</p> <p>Jacob might be the most problematic character in Genesis. He has few redeeming qualities! From childhood, he is known for his dishonesty. You might read his life and say, "What can we learn from Jacob?" Here is the good news from the story of Jacob: <i>No one is beyond the reach of God's transforming grace.</i></p> <p>Despite Jacob's questionable character, God revealed Himself to Jacob in Genesis 28. Then in Genesis 32, God renames Jacob (heel-grasper; cheater). God calls him Israel (prince), the name by which God's chosen people would be called. Recognize the power of God to change you from who you were to who He wants to make you. That is the power of grace.</p>
<p>周三 Wednesday</p> <p><input type="checkbox"/>创世记 34 <input type="checkbox"/>Genesis 34</p> <p><input type="checkbox"/>创世记 35 <input type="checkbox"/>Genesis 35</p> <p><input type="checkbox"/>创世记 36 <input type="checkbox"/>Genesis 36</p>	<p>在创世记 35 章，神再度向雅各显现，又一次，神说，“你不再是雅各了，要叫以色列。”雅各仍在一步步地学习跟随他先祖亚伯拉罕的耶和華神。但是神很有耐心地向雅各重申祂的应许。</p> <p><i>给门徒的教导：神是位有耐心的神，在我们学习跟从祂时会持续教导我们。</i></p> <p>In Genesis 35, God reappears to Jacob. Again, God says, "You are no longer Jacob, but Israel." Jacob is still learning what it means to be a follower of Yahweh, the God of his father Abraham. But God patiently renews His promise to Jacob. <i>Lesson for disciples: God is a patient God who will continue to teach us as we learn to follow Him.</i></p>
<p>周四 Thursday</p> <p><input type="checkbox"/>创世记 37 <input type="checkbox"/>Genesis 37</p> <p><input type="checkbox"/>创世记 38 <input type="checkbox"/>Genesis 38</p> <p><input type="checkbox"/>创世记 39</p>	<p>记得神对亚伯拉罕的应许，“我要叫你成为大国，你的后裔会成为地上万族的祝福。”两百年后，不诚实的雅各成了家族族长；西缅和利未谋杀了示剑城里的男丁；犹大和他寡居的儿媳行了可耻的事，有了一对双胞胎儿子，看来神的应许落空了。但是神总是信守祂的应许，在创世记最后一章，我们会看到通过约瑟，一个被卖去埃及为奴的年轻人，神守住了祂的应许。</p> <p>请注意 39 章中重复出现的经句，“耶和華与约瑟同在。”约瑟是个奴隶，但主与他同在；他被诬告强暴，但主与他同在；他被冤枉下狱，但主与他同在。约瑟也许很难感受到神的同在，但神与他同在。请记住：<i>在你生命中最黑暗的时刻，神与你同在。</i></p>

<input type="checkbox"/> Genesis 39 <input type="checkbox"/> 创世记 40 <input type="checkbox"/> Genesis 40	<p>Remember God’s promise to Abraham. “I will make you a great nation, and your descendants will be a blessing to all families of the earth.” Two hundred years later, a dishonest Jacob is the family patriarch. Simeon and Levi have murdered the men of Shechem. Judah has twin sons through a shameful act with his widowed daughter-in-law. It might appear that God’s promises have failed. But God always keeps His promises. In the last section of Genesis, we will see God keep his promise through Joseph, a young man sold into slavery in Egypt.</p> <p>Notice the repeated phrase in Genesis 39, “The Lord was with Joseph.” Joseph is a slave, but the Lord was with him. He is falsely accused of rape, but the Lord was with him. He is sent to prison unjustly, but the Lord was with him. It may have been hard for Joseph to sense God’s presence, but God was with him. Please remember: <i>in the darkest hours of your life, God is with you.</i></p>
<p>周五 Friday</p> <input type="checkbox"/> 创世记 41 <input type="checkbox"/> Genesis 41 <input type="checkbox"/> 创世记 42 <input type="checkbox"/> Genesis 42 <input type="checkbox"/> 创世记 43 <input type="checkbox"/> Genesis 43 <input type="checkbox"/> 创世记 44 <input type="checkbox"/> Genesis 44 <input type="checkbox"/> 创世记 45 <input type="checkbox"/> Genesis 45	<p>把你自己放在约瑟的处境里，将他卖为奴隶的哥哥们，现在落入了他的权势下。你会怎么反应？你会饶恕吗？这可不容易！<i>给门徒的教导：因为神已经饶恕了我们，我们也必须饶恕他人，即使是饶恕很困难。</i></p> <p>Put yourself in Joseph’s situation. His brothers who sold him into slavery are now in his power. How would you react? Would you forgive? It would not be easy! <i>Lesson for disciples: because God has forgiven us, we must forgive others – even when forgiveness is difficult.</i></p>
<p>周六 Saturday</p> <input type="checkbox"/> 创世记 46 <input type="checkbox"/> Genesis 46 <input type="checkbox"/> 创世记 47 <input type="checkbox"/> Genesis 47 <input type="checkbox"/> 创世记 48 <input type="checkbox"/> Genesis 48 <input type="checkbox"/> 创世记 49 <input type="checkbox"/> Genesis 49 <input type="checkbox"/> 创世记 50 <input type="checkbox"/> Genesis 50	<p>花些时间思想创世记 50:20。记住约瑟所受的一切苦难，但随后要看到神用约瑟来完成祂在创世记 12:2 中对亚伯拉罕的应许。通过约瑟，亚伯拉罕的后裔和埃及都逃过了饥荒（“我必赐福给你，叫你的名为大；<u>你也要叫别人得福。</u>”）</p> <p><i>给门徒的教导：即使是发生在我们生命中的坏事上，神也成就祂的美意。我们可以信靠我们美善的神的供应。</i></p> <p>Spend some time thinking about Genesis 50:20. Remember all the suffering Joseph endured. But then recognize that God used Joseph to accomplish His promise to Abraham in Genesis 12:2. Through Joseph, both Abraham’s descendants and Egypt were spared from the famine (“I will bless you and make your name great <u>so that you will be a blessing.</u>”)</p> <p><i>Lesson for disciples: God is working His good purpose even in the bad things that come into our lives. We can trust the providence of our good God.</i></p>
<p>每周总结 Weekly Summary</p>	<p>这一周圣灵从神的话语里教导了你什么？</p> <p>What did the Holy Spirit teach you from God’s Word this week?</p> <p>有没有一个罪是你应该躲避的？ Is there a SIN you should avoid?</p> <p>有没有一个应许是你应该支取的？ Is there a PROMISE you should claim?</p> <p>有没有一个行动是你应该采取的？ Is there an ACTION you should take?</p> <p>有没有一个命令是你应该遵守的？ Is there a COMMAND you should obey?</p> <p>有没有一个典范是你应该追随的？ Is there an EXAMPLE you should follow?</p>

第三周 Week 3 (1/16-1/22)

<p>周一 Monday</p> <p><input type="checkbox"/> 马可福音 1 <input type="checkbox"/> Mark 1</p> <p><input type="checkbox"/> 马可福音 2 <input type="checkbox"/> Mark 2</p> <p><input type="checkbox"/> 马可福音 <input type="checkbox"/> Mark 3</p>	<p>这一周我们要读马可福音，这本福音书是根据使徒彼得的教导所写的。马可福音的很多故事所教导的都是西门彼得作为耶稣门徒时学到的。这些是门徒培训中很有实际意义的教导。</p> <p>在马可福音 1:16-20 和 2:13-14，我们读到耶稣呼召几个门徒。每次，他们都是立刻放下所做的去跟从耶稣。<i>门徒会很快顺服神在他们生命中的呼召。神正在呼召你为祂做什么？你会顺服吗？</i></p> <p>马可福音 3:14 教了关于基督徒服事很重要的一课。耶稣设立门徒“要他们常和自己同在，也要差他们去传道……”。顺序很重要：在耶稣差他们去传道之前，他们要先花时间与耶稣在一起。<i>给门徒的教导：为耶稣做工之前必须先花时间与耶稣在一起。</i></p> <p>This week, we will read the Gospel of Mark. This gospel is based on the teaching of the Apostle Peter. Many of the stories in Mark teach lessons that Simon Peter learned as a disciple of Jesus. They are practical lessons about discipleship.</p> <p>In Mark 1:16-20 and 2:13-14, we read about Jesus' call to several disciples. Each time, they immediately leave what they are doing and follow him. <i>Disciples are quick to obey God's call in their life. What is God calling you to do for him? Will you obey?</i></p> <p>Mark 3:14 teaches an important lesson about Christian service. Jesus appointed the apostles "so that they might be with him and he might send them out to preach..." The order is important: they will spend time with Jesus before he sends them out to minister. <i>Lesson for disciples: Spending time with Jesus must precede our work for Jesus.</i></p>
<p>周二 Tuesday</p> <p><input type="checkbox"/> 马可福音 4 <input type="checkbox"/> Mark 4</p> <p><input type="checkbox"/> 马可福音 5 <input type="checkbox"/> Mark 5</p> <p><input type="checkbox"/> 马可福音 6 <input type="checkbox"/> Mark 6</p>	<p>当你读到撒种的比喻时，听听马可福音 4:15-20 的教导：<i>我们对道的反应决定了这道在我们生命中所结的果子。</i>这种子（神的道，神的话）在每种情况下都是一样的。唯一的区别是土壤不同。对神在你心里种下的种子你会怎样反应呢？</p> <p>对于马可福音 5:14-17 中的那些人，猪比人还重要。比起被鬼附的人，他们更关心自己的财产。看看你的生命。<i>什么对你更重要：人还是财产？</i></p> <p>As you read the Parable of the Sower, hear the lesson of Mark 4:15-20: <i>our response to the Word determines its fruit in our life.</i> The seed (the Word of God) was the same in every case. The only difference was the soil. How are you responding to the seed that God plants in your heart?</p> <p>For the people in Mark 5:14-17, pigs mattered more than people. They cared more for their possessions than for the demon-possessed man. Look at your life. <i>Which matters more to you: people or possessions.</i></p>
<p>周三 Wednesday</p> <p><input type="checkbox"/> 马可福音 7 <input type="checkbox"/> Mark 7</p> <p><input type="checkbox"/> 马可福音 8 <input type="checkbox"/> Mark 8</p> <p><input type="checkbox"/> 马可福音 9 <input type="checkbox"/> Mark 9</p>	<p>马可福音 8:36-37 问了个很重要的问题。我们常常谈论作门徒的代价，但这些经节问，“<u>拒绝作门徒的代价是什么？</u>”在付出门徒训练的成本和赢得你永生灵魂的天价之间，比较一下吧！</p> <p>马可福音 9:24 对我是个奇妙的鼓励。当我没有足够的信心时，我可以祷告，“主，我信；但我信不足，求主帮助！”换句话说，“神，我信，但我的信心微弱，求祂补足我的信心！”当我们在信心上挣扎的时候，这是个美好的祷告。</p> <p>Mark 8:36-37 asks an important question. We often talk about the cost of being a disciple. But these verses ask, "<u>What is the cost of refusing to be a disciple?</u>" Compare the cost of discipleship to the incredible value of your eternal soul.</p> <p>Mark 9:24 is a wonderful encouragement to me. When I do not have enough faith, I can pray, "Lord, I believe; help my unbelief!" In other words, "God, I believe, but my faith is weak. Please make up the difference!" That is a wonderful prayer when we struggle to have faith."</p>

<p>周四 Thursday</p> <p><input type="checkbox"/>马可福音 10 <input type="checkbox"/>Mark 10</p> <p><input type="checkbox"/>马可福音 11 <input type="checkbox"/>Mark 11</p> <p><input type="checkbox"/>马可福音 12 <input type="checkbox"/>Mark 12</p>	<p>马可福音 10:35-45 提醒我们，真正的门徒训练是关于服事，而不是地位。门徒不问，“我能担任什么职位？”而是“我能够提供什么服事？”</p> <p>作门徒意味着什么？马可福音 12:28-34 给了很好的总结。作耶稣的门徒意味着全心全意爱神，并且爱邻舍如同自己。</p> <p>Mark 10:35-45 reminds us that <i>true discipleship is about service, not status</i>. Disciples do not ask, “What position can I hold?” but “What service can I give?”</p> <p>What does it mean to be a disciple? Mark 12:28-34 gives a great summary. To be a disciple of Jesus means <i>to love God with an undivided heart and to love your neighbor as yourself</i>.</p>
<p>周五 Friday</p> <p><input type="checkbox"/>马可福音 13 <input type="checkbox"/>Mark 13</p> <p><input type="checkbox"/>马可福音 14 <input type="checkbox"/>Mark 14</p>	<p>在整本马可福音中，我们看到作耶稣门徒要付出多少代价。在马可福音 14 章，我们看到耶稣为救恩付出了多少代价。作为门徒，我们必须背起我们的十字架；作为救主，耶稣背起了真正的十字架。</p> <p>耶稣在客西马尼园的祷告给了门徒宝贵的教导：门徒与耶稣一起祷告，“阿爸！父啊……，不要从我的意思，只要从你的意思。”（马可福音 14:36）</p> <p>Throughout Mark, we see how much it costs to be a disciple of Jesus. In Mark 14, we see how much it cost Jesus to provide salvation. As disciples, we must take up our cross; as our Savior, Jesus took up a literal cross.</p> <p>Jesus’s prayer in the Garden of Gethsemane gives a valuable lesson for disciples: <i>Disciples pray with Jesus: “Abba, Father..., not what I will, but what you will”</i> (Mark 14:36).</p>
<p>周六 Saturday</p> <p><input type="checkbox"/>马可福音 15 <input type="checkbox"/>Mark 15</p> <p><input type="checkbox"/>马可福音 16 <input type="checkbox"/>Mark 16</p>	<p>有成千上万的人跟随耶稣去看神迹、吃饼和鱼；有数百人听了祂的教导；有十二人和祂一起旅行了三年。然而，在十字架下，我们只看到一小撮人一直作门徒到最后：约翰、耶稣的母亲、抹大拉的馬利亚，和其他几个女人。这些人愿意跟从耶稣，甚至来到十字架。你会“作门徒到最后”吗？</p> <p>There were thousands of people who followed Jesus to see the miracles and eat the bread and fishes. There were hundreds who listened to his teaching. There were twelve who traveled with him for three years. But at the cross we see a handful of people who were <i>disciples to the end</i>: John, Jesus’ mother, Mary Magdalene, and a few other women. These were willing to follow Jesus even to the cross. Will you be a “disciple to the end?”</p>
<p>每周总结 Weekly Summary</p>	<p>这一周圣灵从神的话语里教导了你什么？</p> <p>What did the Holy Spirit teach you from God’s Word this week?</p> <p>有没有一个罪是你应该躲避的？ Is there a SIN you should avoid?</p> <p>有没有一个应许是你应该支取的？ Is there a PROMISE you should claim?</p> <p>有没有一个行动是你应该采取的？ Is there an ACTION you should take?</p> <p>有没有一个命令是你应该遵守的？ Is there a COMMAND you should obey?</p> <p>有没有一个典范是你应该追随的？ Is there an EXAMPLE you should follow?</p>

第四周 Week 4 (1/23-1/29)

<p>周一 Monday</p> <p><input type="checkbox"/> 出埃及记 1 <input type="checkbox"/> Exodus 1</p> <p><input type="checkbox"/> 出埃及记 2 <input type="checkbox"/> Exodus 2</p> <p><input type="checkbox"/> 出埃及记 3 <input type="checkbox"/> Exodus 3</p> <p><input type="checkbox"/> 出埃及记 4 <input type="checkbox"/> Exodus 4</p> <p><input type="checkbox"/> 出埃及记 5 <input type="checkbox"/> Exodus 5</p>	<p>在出埃及记 2 章中，神似乎忘记了祂的百姓。他们正在受苦，但好像没人在意。但出埃及记 2:23-25 给了一个奇妙的门徒教导：<i>即使我们看不到祂的时候，神也会垂听我们。</i>祂是自有永有的（出埃及记 3:14）。所以即使我们找不到祂，祂也与我们同在。</p> <p>出埃及记 5 章教导说，神的答案并不总是瞬间到来。祂的答案常常比我们想要的来得慢。实际上，在神回应我们的祷告时，<i>情况常常在转好之前变得更糟！</i>在那些时候，我们必须对神有耐心，让神按照自己的时间行事。</p> <p>In Exodus 2, it appeared that God had forgotten His people. They were suffering and no one seemed to care. But Exodus 2:23-25 gives a wonderful lesson for disciples: <i>God hears us even when we cannot see Him.</i> He is the eternal I AM (Exodus 3:14). So even when we cannot find Him, He is present with us.</p> <p>Exodus 5 teaches that God's answer does not always come in an instant. He often answers more slowly than we like. In fact, as God is answering our prayers, <i>things sometimes get worse before they get better!</i> In those times, we must be patient as God works in His time.</p>
<p>周二 Tuesday</p> <p><input type="checkbox"/> 出埃及记 6 <input type="checkbox"/> Exodus 6</p> <p><input type="checkbox"/> 出埃及记 7 <input type="checkbox"/> Exodus 7</p> <p><input type="checkbox"/> 出埃及记 8 <input type="checkbox"/> Exodus 8</p> <p><input type="checkbox"/> 出埃及记 9 <input type="checkbox"/> Exodus 9</p> <p><input type="checkbox"/> 出埃及记 10 <input type="checkbox"/> Exodus 10</p>	<p>数数出埃及记 6:2-11 中出现的“我”字。十节里面出现了十六次。神重复地说，“我是；我要。”作为门徒，<i>你可以满怀信心地向这位“行动的神”祷告，求祂拯救祂的百姓。</i></p> <p>出埃及记 7-10 章中的瘟疫是神在竞争对手前不示弱的一个记号。这些瘟疫让埃及人看到，耶和華比他们的假神更强大。这些瘟疫向以色列人表明，他们可以信靠神的应许。</p> <p>Count the word “I” in Exodus 6:2-11. Sixteen times in ten verses. Repeatedly, God says, “I am; I will.” <i>As a disciple, you can pray with confidence to the “God who acts” to rescue His people.</i></p> <p>The plagues in Exodus 7-10 are a sign that God accepts no rivals. These plagues showed the Egyptians that Jehovah was stronger than their false gods. The plagues showed the people of Israel that they could trust the promises of God.</p>
<p>周三 Wednesday</p> <p><input type="checkbox"/> 出埃及记 11 <input type="checkbox"/> Exodus 11</p> <p><input type="checkbox"/> 出埃及记 12 <input type="checkbox"/> Exodus 12</p> <p><input type="checkbox"/> 出埃及记 13 <input type="checkbox"/> Exodus 13</p> <p><input type="checkbox"/> 出埃及记 14 <input type="checkbox"/> Exodus 14</p>	<p>逾越节对以色列人的信心是个很重要的见证。那些相信神应许要拯救他们的以色列人，遵守神的命令，在房子的门楣上洒了祭物的血。后来，逾越节提醒百姓神应许要差遣一位弥赛亚来。读这个故事时，欢呼吧！作为基督徒，我们的逾越节羔羊为了从罪中拯救我们，已经一次为我们成了永远的祭物。</p> <p>在出埃及记 14:13-14，摩西给了一个神会为百姓争战的奇妙应许。在 2023 年，这个应许仍旧是真实的。当你面对生活中的难处时，<i>“不要惧怕，只管站住，看神向你所要施行的救恩。”</i></p> <p>Passover was an important testimony to the faith of the Israelites. The Israelites who believed God's promise to deliver them obeyed His command to sprinkle sacrificial blood on the doorposts of their houses. Later the Passover festival reminded the people of God's promise to send a Messiah. As you read this story, rejoice that as Christians, our Passover Lamb died once-for-all to deliver us from our sins.</p> <p>In Exodus 14:13-14, Moses gave a wonderful promise that God would fight for His people. This promise is still true in 2023. When you face life's difficulties, <i>“Fear not, stand firm, and see the salvation of the Lord.”</i></p>

<p>周四 Thursday</p> <p><input type="checkbox"/> 出埃及记 15 <input type="checkbox"/> Exodus 15</p> <p><input type="checkbox"/> 出埃及记 16 <input type="checkbox"/> Exodus 16</p> <p><input type="checkbox"/> 出埃及记 17 <input type="checkbox"/> Exodus 17</p>	<p>划出出埃及记 15:26 中神给的名字！“我是耶和華，你的醫治者。”這不僅僅是身體上的醫治。祂差遣耶穌來醫治我們情感上、關係上，和屬靈上的傷害。（以賽亞書 53:5）</p> <p>今天的門徒教導可能有點痛苦：<i>抱怨是得罪神的罪。</i>（出埃及記 16:8）我們傾向於認為抱怨是個小問題，但是神卻嚴肅看待它。為什麼？因為抱怨顯出對神的供應缺乏信任。如果我們相信神在做工，使萬事效力讓我們得益處，我們就不需要抱怨。</p> <p>Highlight the name God gives in Exodus 15:26, “I am the <u>Lord, your healer.</u>” This is more than just physical healing. He sent Jesus to heal our emotional, relational, and spiritual hurts (Isaiah 53:5).</p> <p>Today’s lesson for disciples may be painful: <i>Grumbling is a sin against God</i> (Exodus 16:8). We tend to consider grumbling to be a minor problem, but God takes it very seriously. Why? Because grumbling shows a lack of trust in God’s provision. If we trust that He is working all things for our good, we do not need to grumble.</p>
<p>周五 Friday</p> <p><input type="checkbox"/> 出埃及记 18 <input type="checkbox"/> Exodus 18</p> <p><input type="checkbox"/> 出埃及记 19 <input type="checkbox"/> Exodus 19</p> <p><input type="checkbox"/> 出埃及记 20 <input type="checkbox"/> Exodus 20</p> <p><input type="checkbox"/> 出埃及记 21 <input type="checkbox"/> Exodus 21</p>	<p>叶忒罗和摩西的故事给领袖们上了重要一课：<i>你需要帮助！</i>你是小组长或是别的某项事工的领导吗？别试图自己一个人做，分出负担。这是神完成各样事工而制定的伟大计划，让每个成员都可以参与并发挥作用。</p> <p>划出出埃及记 19:5-6。这些话最初是对以色列人说的，但在彼得前书 2:9 中，神对耶稣的每个门徒都说了。如果你觉得灰心，觉得被忽视，请坚定信心、鼓起勇气：<i>你是神宝贵的产业。祂看重你，超过你所能想象的。</i></p> <p>The story of Jethro and Moses has an important lesson for leaders: <i>You need help!</i> Are you a cell group leader or leader of some other ministry? Don’t try to do it alone. Share the load. That is God’s great plan for accomplishing the work of ministry. Every member has a part to play.</p> <p>Highlight Exodus 19:5-6. These words were first spoke to Israel, but in 1 Peter 2:9, God says it to every disciple of Jesus. If you feel discouraged and overlooked, take heart: <i>You are God’s treasured possession. He values you more than you can imagine.</i></p>
<p>周六 Saturday</p> <p><input type="checkbox"/> 出埃及记 22 <input type="checkbox"/> Exodus 22</p> <p><input type="checkbox"/> 出埃及记 23 <input type="checkbox"/> Exodus 23</p> <p><input type="checkbox"/> 出埃及记 24 <input type="checkbox"/> Exodus 24</p> <p><input type="checkbox"/> 出埃及记 25 <input type="checkbox"/> Exodus 25</p>	<p>当你读出埃及记 20-23 章中的诫命时，请记住这些诫命不是作为沉重的负担，却是作为神慈爱的记号而颁布的。神的律法是祂慈爱的礼物。永远不要忘记这个真理：<i>神对你生命的计划比你的更好。</i></p> <p>当你为神的事工奉献时，你是高兴地给，还是带着牢骚？神所悦纳的礼物是出于甘心乐意的心。（出埃及记 25:2）</p> <p>As you read the commands in Exodus 20-23, remember that these commands were given not as a heavy burden but as a sign of God’s love. God’s law is a gift of His love. Never forget this truth: <i>God has a better plan for your life than you do.</i></p> <p>When you give to God’s work, do you give gladly or grudgingly? The gifts that God welcomes come from a willing heart (Exodus 25:2).</p>
<p>每周总结 Weekly Summary</p>	<p>这一周圣灵从神的话语里教导了你什么？</p> <p>What did the Holy Spirit teach you from God’s Word this week?</p> <p>有没有一个罪是你应该躲避的？ Is there a SIN you should avoid?</p> <p>有没有一个应许是你应该支取的？ Is there a PROMISE you should claim?</p> <p>有没有一个行动是你应该采取的？ Is there an ACTION you should take?</p> <p>有没有一个命令是你应该遵守的？ Is there a COMMAND you should obey?</p> <p>有没有一个典范是你应该追随的？ Is there an EXAMPLE you should follow?</p>

第五周 Week 5 (1/30-2/5)

<p>周一 Monday</p> <p><input type="checkbox"/> 出埃及记 26 <input type="checkbox"/> Exodus 26</p> <p><input type="checkbox"/> 出埃及记 27 <input type="checkbox"/> Exodus 27</p> <p><input type="checkbox"/> 诗篇 1 <input type="checkbox"/> Psalm 1</p> <p><input type="checkbox"/> 诗篇 2 <input type="checkbox"/> Psalm 2</p>	<p>读到对会幕的详细描述，你也许觉得这些细节很无趣。然而，请记住这里是神的居所，祂关心每个细节。今天，神住在信徒们的心中，祂关心我们生命的细节，正如祂关心会幕细节一样。我们是祂的“家”，祂关心我们。</p> <p>诗篇 1 篇给了我们一个多结果子的门徒的画面。这位行在神道路上的人会经历神的祝福，并结出属灵的果子。</p> <p>As you read the detailed descriptions of the Tabernacle, you might find the details boring. However, remember that this was God's dwelling place, and He cared about every detail. Today, God lives in the hearts of believers. He cares about the details of our lives just as He cared about the details of the Tabernacle. We are His "home," and He cares about us.</p> <p>Psalm 1 gives a picture of a <i>fruitful disciple</i>. The person who walks in God's way experiences God's blessing and produces spiritual fruit.</p>
<p>周二 Tuesday</p> <p><input type="checkbox"/> 出埃及记 28 <input type="checkbox"/> Exodus 28</p> <p><input type="checkbox"/> 出埃及记 29 <input type="checkbox"/> Exodus 29</p> <p><input type="checkbox"/> 诗篇 3 <input type="checkbox"/> Psalm 3</p> <p><input type="checkbox"/> 诗篇 4 <input type="checkbox"/> Psalm 4</p>	<p>你认为只有牧师和传道人才有服事神的地方吗？读出埃及记 28:3，神给“擅长”缝纫的人一项特殊的任务。他们被指派为亚伦和祭司们做美丽的袍子。<i>给门徒的教导：每种技能都可以用来荣耀神。</i></p> <p>这些诗篇是在患难时祈求神解救的祷告，划出里面关于信靠的词：神是<u>盾牌</u>，是我的<u>荣耀</u>，是叫我<u>抬起头来的</u>；祂<u>保佑我</u>，<u>释放我</u>，祂<u>听到</u>我的呼求。这是给门徒的应许：当你求告的时候，神会听到你的声音。</p> <p>Do you think that only pastors and missionaries have a place to serve God? Read Exodus 28:3. God had a special task for people who were "skillful" in sewing clothes. They were assigned to make the beautiful garments for Aaron and the priests. <i>Lesson for disciples: every skill can be used for God's glory.</i></p> <p>These psalms are prayers for deliverance during times of trouble. Highlight the words of trust in these Psalms: God is a <u>shield</u>, my <u>glory</u>, and the <u>lifter of my head</u>; He <u>sustains</u> me; He gives <u>relief</u>; He <u>hears</u> when I call. This is a promise to disciples: God hears you when you call.。</p>
<p>周三 Wednesday</p> <p><input type="checkbox"/> 出埃及记 30 <input type="checkbox"/> Exodus 30</p> <p><input type="checkbox"/> 出埃及记 31 <input type="checkbox"/> Exodus 31</p> <p><input type="checkbox"/> 出埃及记 32 <input type="checkbox"/> Exodus 32</p> <p><input type="checkbox"/> 诗篇 5 <input type="checkbox"/> Psalm 5</p> <p><input type="checkbox"/> 诗篇 6 <input type="checkbox"/> Psalm 6</p>	<p>你每周想要一个神爱祂子民的提醒吗？我们每周敬拜神就是一个提醒：我们有一位爱我们，并呼召我们把每一天都交给祂来掌管的神。</p> <p>看看诗篇 5:11-12 中作门徒的喜乐。作耶稣的门徒并不是沉重的负担，而是会带来喜乐和欢欣。</p> <p>Do you want a weekly reminder of God's love for His people? Our weekly day of worship is a reminder of a God who loves us and calls us to put every day under His control.</p> <p>See the <i>joy of discipleship</i> in Psalm 5:11-12. Being a disciple of Jesus is not a heavy burden; it brings joy and delight.</p>

<p>周四 Thursday</p> <p><input type="checkbox"/> 出埃及记 33 <input type="checkbox"/> Exodus 33</p> <p><input type="checkbox"/> 出埃及记 34 <input type="checkbox"/> Exodus 34</p> <p><input type="checkbox"/> 出埃及记 35 <input type="checkbox"/> Exodus 35</p> <p><input type="checkbox"/> 诗篇 7 <input type="checkbox"/> Psalm 7</p> <p><input type="checkbox"/> 诗篇 8 <input type="checkbox"/> Psalm 8</p>	<p>人们怎么知道我们是门徒? 读出埃及记 33:16。神与我们同在, 这让我们“跟别的民有分别”。神与祂子民同住, 标示出我们是祂的门徒。</p> <p>当你读出埃及记 35:30-36:1 时, 请再一次注意: 我们交出并让神掌管的才干和恩赐能为神所使用。</p> <p><i>How will people know that we are disciples? Read Exodus 33:16. What makes us “distinct from every other people” is the presence of God with us. God lives with His people and that marks us as His disciples.</i></p> <p>As you read Exodus 35:30-36:1 notice again that God uses the talents and gifts that we surrender to His control.</p>
<p>周五 Friday</p> <p><input type="checkbox"/> 出埃及记 36 <input type="checkbox"/> Exodus 36</p> <p><input type="checkbox"/> 出埃及记 37 <input type="checkbox"/> Exodus 37</p> <p><input type="checkbox"/> 出埃及记 38 <input type="checkbox"/> Exodus 38</p> <p><input type="checkbox"/> 诗篇 9 <input type="checkbox"/> Psalm 9</p>	<p>这几章给了建造会幕的细节。为什么? 因为敬拜对神很重要。祂关心子民们怎样敬拜和在那里敬拜祂的细节。</p> <p>注意出埃及记 36:2-7。工人们来工作, 是因为他们的心“受感前来做这工”。人们如此甘心乐意地奉献, 摩西还得拦住百姓不再多献。<i>门徒服事或是奉献不是出于义务, 他们服事或奉献是甘心乐意的。</i></p> <p>These chapters give details for building the Tabernacle. Why? Because worship matters to God. He cared for the details of how and where His people would worship Him.</p> <p>Notice Exodus 36:2-7. The craftsmen worked because their hearts were “stirred to do the work.” The people gave so willingly that Moses had to restrain the people from giving more. <i>Disciples do not serve or give from obligation; they serve and give with a willing heart.</i></p>
<p>周六 Saturday</p> <p><input type="checkbox"/> 出埃及记 39 <input type="checkbox"/> Exodus 39</p> <p><input type="checkbox"/> 出埃及记 40 <input type="checkbox"/> Exodus 40</p> <p><input type="checkbox"/> 诗篇 10 <input type="checkbox"/> Psalm 10</p> <p><input type="checkbox"/> 诗篇 11 <input type="checkbox"/> Psalm 11</p>	<p>每当神给一个指示, 出埃及记说, 百姓都“照着耶和華所吩咐的”去做。<i>门徒想要讨神喜悦, 所以他们在每个细节上都很仔细地遵守神的指示。</i></p> <p>Each time God gave an instruction, Exodus says that the people did it “as the Lord had commanded.” <i>Disciples want to please God, so they are careful to follow His instructions in every detail.</i></p>
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