

# 疲倦双眼 仰望耶稣

## Look Up To Jesus In Time of Weariness

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经文 Text: 希伯来书 Hebrews 12: 2 - 3

何汉寅牧师编写

仰望为我们信心创始成终的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

希伯来书 12:2-3

We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think of all the hostility he endured from sinful people; then you won't become weary and give up.

Hebrews 12:2-3 NLT

### 1. 仰望耶稣 勇于相信 Look up to Jesus and dare to believe

仰望为我们信心创始成终的耶稣...

We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith...

### 2. 仰望耶稣 勇于期望 Look up to Jesus and dare to hope

他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难...

Because of the joy awaiting him, he endured the cross, disregarding its shame...

### 3. 仰望耶稣 勇于思想 Look up to Jesus and dare to think

那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

Think of all the hostility he endured from sinful people; then you won't become weary and give up.