



西區浸信會 小組討論

2022年10月2日

- 講員：曾李麗冰牧師
- 經文：出埃及記 15:1-6, 18-21;
詩篇 150

故事：讚美的故事

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讚美上主

上主是我堅強的保護者；他拯救了我。他是我的上帝，我要頌讚他；他是我父親的上帝，我要歌頌他。出埃及記 15:2

破冰問題

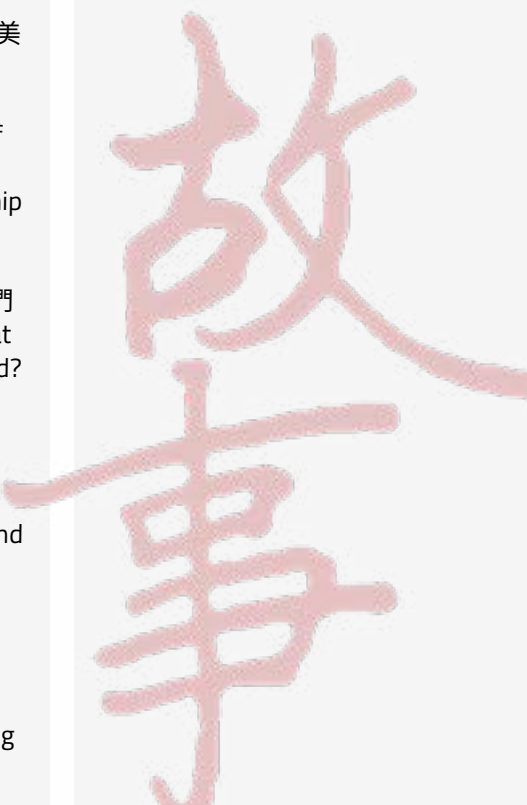
- 你最難忘的讚美敬拜經歷是什麼？為什麼？你平常的教會讚美和敬拜經歷如何？有什麼不同嗎？為什麼？請討論和分享。 What is the most memorable praise and worship experience for you? Why? How is your regular church praise and worship experience? Is it different? Why? Discuss and share.

認知

- 今天兩段經文的背景是什麼？為什麼我們在研究讚美時要看看這些經文？請討論和分享。 What is the background about today's 2 passages? Why should we look at them as we study about praise? Discuss and share.
- 關於讚美的誤解有哪些？我們有嗎？請討論和分享。 What are some of the misunderstandings about praise? Do we have any? Discuss and share.
- 希伯來文中有 7 個讚美詞。他們指的是什麼？什麼是讚美？什麼是敬拜？它們之間有什麼區別嗎？請討論和分享。 There are 7 words for praise in Hebrew. What do they refer to? What is praise? What is worship? Is there any difference between them? Discuss and share.
- 閱讀（詩篇 150:1、6）。它告訴我們關於讚美的什麼？我們應該在何時何地讚美神？如果我們可以隨時隨地讚美神，是不是就可以呆在家裡，獨自聽一些讚美詩歌來敬拜神，或者只是在網上敬拜呢？請討論和分享。 Read (Psalms 150:1, 6). What does it tell us about praise? Where and when should we praise God? If we can praise God anywhere and anytime, does it mean that we can just stay home, worship God alone through listening to some praise songs or just worship online? Discuss and share.
- 閱讀（詩篇 150:2；出埃及記 15:1、4）。以色列人讚美上主的原因有哪些？我們為什麼要讚美上主？請討論和分享。 Read (Psalms 150:2; Exodus 15:1, 4). What are some of reasons that the Israelites praised God? Why should we praise God? Discuss and share.
- 閱讀（出埃及記 15:2-3、18）。我們為什麼要讚美上主？我們可以讚美上主的哪些特質？請討論和分享。 Read (Exodus 15: 2-3, 18). Why should we praise God? What are some of God's attributes that we can praise Him for? Discuss and share.
- 閱讀（出埃及記 15:20-21；詩篇 150:3-5）。我們應該如何向上主表達我們的讚美？我們可以用哪些恩賜來讚美上主？我們在使用它們嗎？請討論和分享。 Read (Exodus 15:20-21; Psalms 150:3-5). How should we express our praises to God? What are some of the gifts that we can use to praise God? Are we using them? Discuss and share.

我的領受

- 神藉著今天的小組討論對你說了甚麼？



- 閱讀（希伯來書 13:15）。我們如何向上主表達我們的讚美？關於讚美，我們可以從這節經文中學到什麼？請討論和分享。 Read (Hebrews 13:15). How can we express our praises to God? What can we learn from this verse about praises? Discuss and share.
- 如果我們要過讚美的生活，我們需要克服哪些障礙？關於讚美，我們可以從詩篇中學到什麼？請討論和分享。 If we were to live a life of praise, what obstacles do we need to overcome? What can we learn from the Psalms about praises? Discuss and share.

感受

- 我們總是想讚美上主嗎？當我們覺得自己的生活平淡無奇，沒有什麼特別的，甚至遇到負面的經歷時，我們還能讚美祂嗎？分享我們敬拜和讚美經歷中的所有感受和掙扎。 Do we always feel like praising God? When we feel that our life is flat, nothing special, or even encountering negative experiences, how can we still praise Him? Share all the feelings and struggles in our worship and praise experiences.

計劃 / 實踐

- 幫助彼此了解什麼是讚美以及我們讚美的原因。還要學會有創意地表達我們的讚美，並鼓勵彼此像聖經教導的那樣過讚美的生活。 Help one another understand what praise is and the reasons for our praises. Also learn to express our praises creatively and encourage one another to live a life of praise as the bible teaches.
- 嘗試鼓勵小組中的人分享他們的敬拜和讚美經驗（個人和團體）。提出一些方法來處理他們目前敬拜和讚美實踐中的一些問題。 Try to encourage people in the group to share about their worship and praise experience (personal and corporate). Suggest some ways in dealing with some of the issues in their present worship and praise practices.
- 在接下來的幾週裡，試在小組中找一兩個人和你一起為你祈禱。為你現在的敬拜和讚美實踐禱告。祈求上主幫助你在個人和團體的讚美和敬拜中更多地體驗祂。 In the coming weeks, try to find one or two people in the group to pray with you and for you. Pray for your worship and praise practices right now. Ask God to help you experience more of Him in your personal and corporate praise and worship.

我的領受

- 神藉著今天的小組討論對你說了甚麼？



我的禱告回應

- 為著今天神對你說的話，你有何回應？請寫下你的禱告。

我的行動回應

- 因著今天神對你說的話，你會在行動和心態上作出甚麼回應或改變？