



西區浸信會 小組討論

2023年8月27日

- 講員：曾李麗冰牧師
- 經文：詩篇 103:1-22

茁長+滿溢：頌讚滿溢

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我的靈啊，要頌讚上主

我的靈啊，要頌讚上主！要用整個身心頌讚祂的聖名！詩篇 103:1

破冰問題 Ice-breakers

- 你喜歡和自己說話嗎？你說得最多的是什麼？你有沒有試過與你的心靈對話？與心靈對話就像詩篇 42:11：我的靈啊，我為什麼這樣悲傷？我為什麼這樣沮喪？我們是否意識到內心深處的存在，我們的心靈？當我們頌讚時，我們只是用嘴唇唱出歌詞還是從內心深處發出頌讚？這有什麼不同？請討論和分享。
Do you like talking to yourselves? What do you say most? Do you ever talk to your soul? Soul talk like Psalms 42:11 Why so downcast O my soul? Are we aware of our inmost being, our soul? When we sing and praise, are we just singing the words with the lips or from the soul/our inmost being? What's the difference? Discuss and share.

認知 To know

- 閱讀(詩篇 103:2-5) 神賜給我們哪些恩惠？我們經歷過它們嗎？為什麼我們容易忘記神的恩惠？如果可以的話，請分享一些個人經歷及舉一些實際例子。
Read (Psalms 103:2-5). What are some of the benefits that God gives us? Have we experienced them? Why are we prone to forget God's benefits? Share some of your personal experiences and give some practical examples if possible. Discuss and share.
- 我們怎樣才能緊記神在我們生命中及在全地的作為？請討論和分享。
How can we always remember what God has done in our lives and His work in this world? Discuss and share.
- 閱讀(詩篇 103:8)。這首詩篇中有什麼關鍵詞提醒神的愛和祂與祂的子民所立的約？請分享一些能提醒你關於神的愛的關鍵詞語或事物。如果可以的話，請分享一些實際的例子。
Read (Psalms 103:8). What are the key words in this psalm that remind us of God's love and His covenant with His people? Share some of key words/things in your life that remind you of God's love. Share and give some practical examples if possible.
- 閱讀(詩篇 103:9-13)。神的愛是怎樣的愛？我們是怎樣經歷過祂的愛呢？請討論和分享。
Read (Psalms 103:9-13). What kind of love is God's love? In what ways have we experienced His love? Discuss and share.
- 閱讀(詩篇 103:14-16；雅各書 4:14b)。我們知道自己是誰嗎？你認同聖經對我們的描述嗎？請討論和分享。
Read (Psalms 103:14-16; James 4:14b). Do we know who we are? Can we identify with what the bible describes about us? Discuss and share.

我的領受

- 神藉著今天的小組討論對你說了甚麼？



- 如果我們想要頌讚滿溢，如何透過3Rs去實踐？哪一項對我們最具挑戰性？請討論和分享。

If we want to overflow with praises, what are the 3Rs that we should practice? Which one is the most challenging for us? Discuss and share.

- 緊記神的作為 Remember what God has done
- 認識神是誰 Realize who God is
- 提醒自己我們是誰 Remind ourselves who we are

感受 To feel

- 你覺得自己像野地的花和草嗎？在什麼時候？這種感受對你的頌讚有何幫助？請討論和分享。

Do you feel that you are like dust, like grass and flower at times? When? How would that help in your praises? Discuss and share.

- 你覺得自己經常頌讚滿溢嗎？為什麼？請分享一些實際經驗。
- Do you feel that you can always overflow with praises? Why? Give practical examples and share some of your experiences.

計劃及實踐 To plan and do

- 幫助彼此了解在日常生活中頌讚滿溢的重要性。
Help one another understand the importance of overflowing with praises in our daily life.
- 鼓勵彼此閱讀詩篇，並用一些詩篇在日常生活中頌讚神。
Try to encourage one another to read the book of Psalms and use some of them to praise God in their daily lives.
- 在接下來的幾星期內，嘗試在小組中找到一兩個人來分享關於你在頌讚神方面遇到的挑戰。彼此代禱並祈求神幫助我們操練頌讚，尤其是不要忘記祂一切的恩惠。
In the coming weeks, try to find one or two people in the group to share about your practical challenges in praising God. Pray for one another and ask God's help in the practice of praise and especially in not forgetting all His benefits.

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？