

STARTING AFRESH

重新开始

For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by others and hating one another. But when the goodness and loving kindness of God our Savior appeared, **he saved us**, not because of works done by us in righteousness, but **according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit**, whom he poured out on us richly through Jesus Christ our Savior, so that being justified by his grace we might become heirs according to the hope of eternal life. Titus 3:3-7

我们从前也是无知、悖逆、受迷惑，服侍各样私欲和宴乐，常存恶毒、嫉妒的心，是可恨的，又是彼此相恨。但到了神我们救主的恩慈和他向人所施的慈爱显明的时候，**他便救了我们**，并不是因我们自己所行的义，**乃是照他的怜悯，借着重生的洗和圣灵的更新。** 圣灵就是神借着耶稣基督——我们救主厚厚浇灌在我们身上的，好叫我们因他的恩得称为义，可以凭着永生的盼望成为后嗣。 提多书 3:3-7

Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit.

Psalm 51:10-12

神啊，求你为我造清洁的心，使我里面重新有正直的灵。不要丢弃我，使我离开你的面，不要从我收回你的圣灵。求你使我仍得救恩之乐，赐我乐意的灵扶持我。诗篇 51:10-12

I have fought the good fight, I have finished
the race, I have kept the faith. 2 Timothy 4:7

那美好的仗我已经打过了，当跑的路我已经跑
尽了，所信的道我已经守住了。提摩太后书 4:7

**If we were to measure this year's journey
against courage, perseverance and
faithfulness, how well would we fare?**

若要评估我们今年的信心旅程，对于勇气、忍耐和忠诚，我们的进展如何？

Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion... Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just. Psalm 51:1-4 NLT

神啊，求你按你的慈爱怜恤我，按你丰盛的慈悲涂抹我的过犯！求你将我的罪孽洗除净尽，并洁除我的罪！因为我知道我的过犯，我的罪常在我面前。我向你犯罪，唯独得罪了你，在你眼前行了这恶，以致你责备我的时候显为公义，判断我的时候显为清正。诗篇 51:1-4

¹⁰ Create in me a clean heart, O God, and renew a right spirit within me.

¹¹ Cast me not away from your presence, and take not your Holy Spirit from me.

¹² Restore to me the joy of your salvation, and uphold me with a willing spirit.

¹⁰ 神啊，求你为我造清洁的心，使我里面重新有正直的灵。

¹¹ 不要丢弃我，使我离开你的面，不要从我收回你的圣灵。

¹² 求你使我仍得救恩之乐，赐我乐意的灵扶持我。