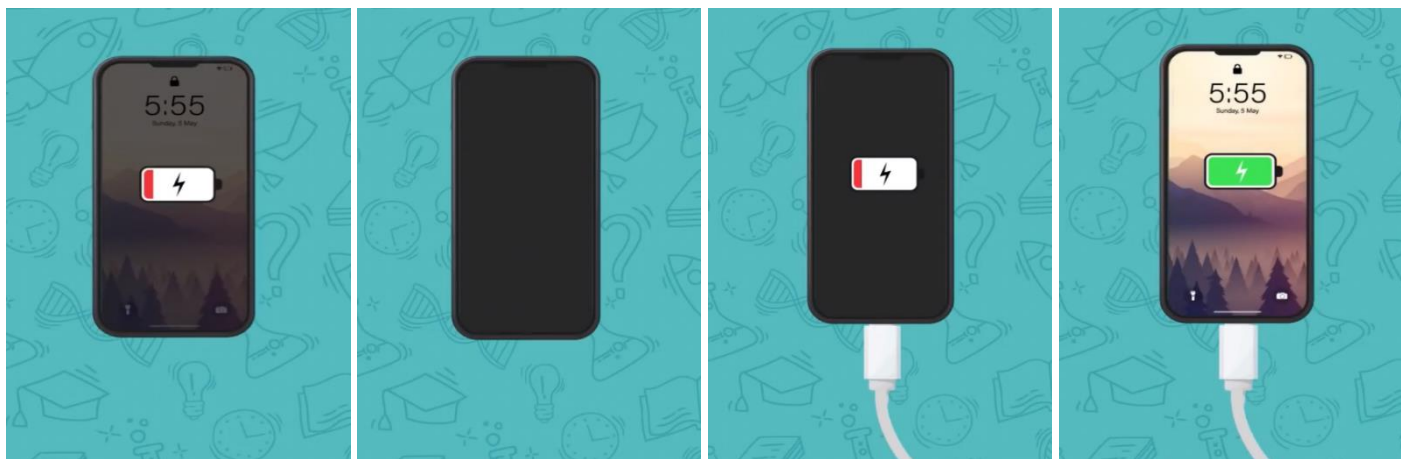


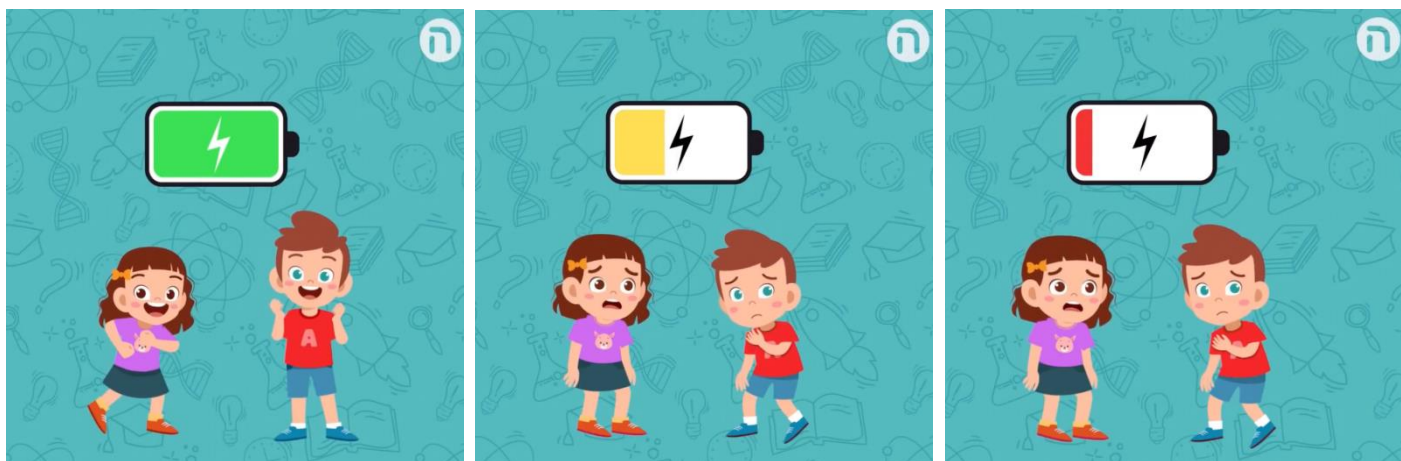
重新得力

“可见，信心是从聆听来的，是从聆听基督的福音来的。” —— 罗马书 10:17

嗨，孩子们！今天我们来聊聊充电！我们中有多少人知道让电池充满电，并且准备就绪是件很重要的事？想必你也遇到过这种情况，当你需要使用手机或电子设备时，才发现电池快没电了。噢，糟了！你看，电量已低到发出红色警告，你正想抓狂，这时电子屏幕一下子黑屏了——关机！哎呀！值得庆幸的是，我们都知道该如何处理，我们只需插入充电器并再次为电池充电就可以了。



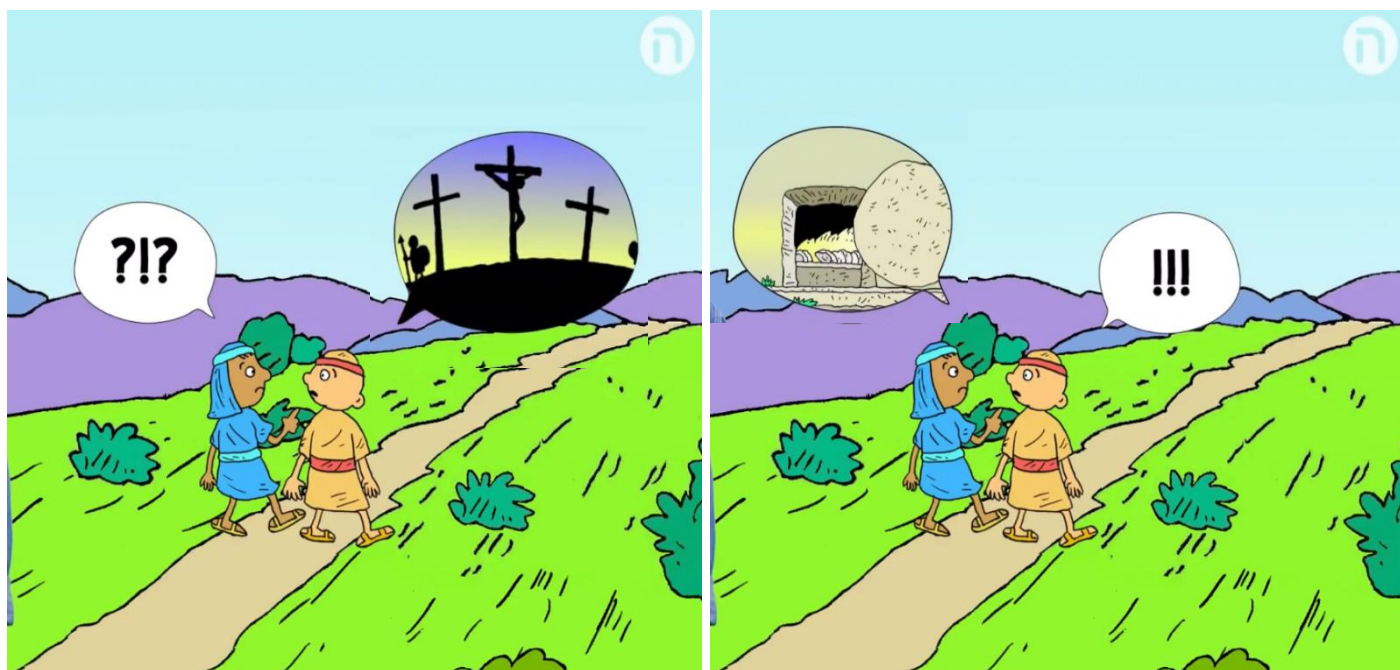
但你知道吗？我们自己也是需要充电的哟！回想一下，有些时候，当你的精力充沛冲劲十足时，一切都如你所愿顺利进行，这种感觉好棒噢！但也有些时候，你对啥事都提不起精神来。特别是在我们的心情备受打击的日子里，我们像泄了气的皮球一样，觉得非常疲惫和气馁。我们甚至有时候都不知道为什么会这么提不起劲来，我们所能感知到的是我们的“电量”不足了，很难继续前行。当我们的电子设备电量耗尽时，我们知道该怎么做；但是，当我们自己的“电量”耗尽，需要“充电”时，我们该怎么办？现在，让我们一起来寻找答案吧！



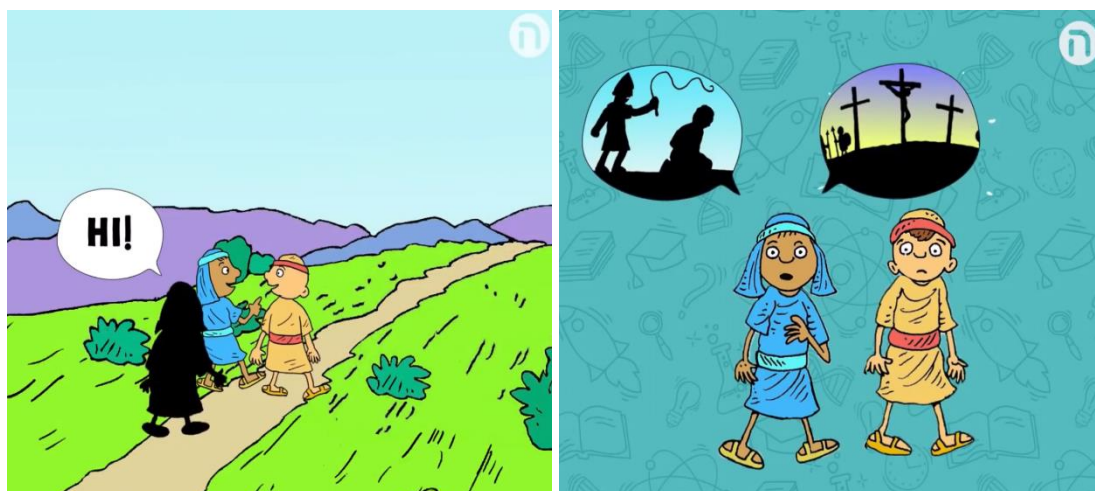
今天的圣经故事是从两个非常沮丧的人开始，我们在路加福音 24 章读到他们。这两个人是耶稣的追随者，他们从耶路撒冷起程，要步行到七英里外的以马忤斯城。七英里的路约是 11 公里，大约是绕着 400 米运动场走 27 圈的距离。哇！这是一段相当长的路途！



在他们前往以马忤斯的路上时，这两位基督的追随者有很多话题要讨论！因为，就在三天前，耶稣被钉在十字架上，祂的尸体被埋葬在坟墓里。之后，他们听到了耶稣的坟墓变得空荡荡的消息。更令人震惊的是，没有人知道耶稣的尸体到底在哪里！哇，想象一下，这两人是多么的困惑和不安。毕竟，他们曾经期盼耶稣是弥赛亚，就是拯救全以色列的那一位救世主。但是现在，耶稣死了，祂的尸体也不见了，这是怎么回事？



正当他们交谈时，有一个人走了过来，开始和他们一起走。这个人就是耶稣！但他们不知道那是祂。圣经说上帝使他们的眼睛迷糊了，令他们无法认出耶稣来。耶稣注意到，他们看起来是那么伤心和忧愁。耶稣问他们：“你们俩在谈论什么？”其中一个名叫革流巴的人，就将在耶路撒冷所发生的一切可怕的事情都告诉了祂。



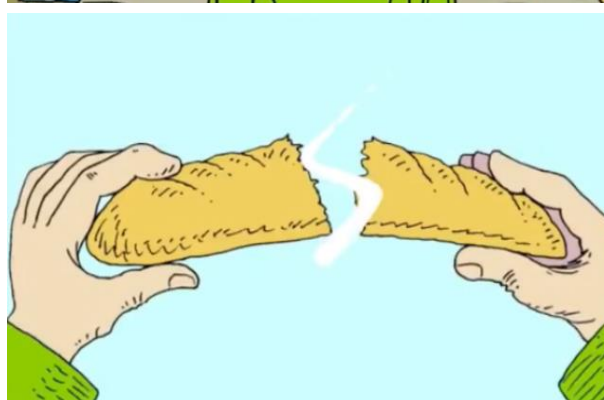
你认为耶稣听后会是什么感受？会和他们一样难过吗？会认为他们所说的都对吗？并不是这样！请看路加福音 24 章 25-26 节的经文：耶稣对那两个人说：“你们这些愚昧的人啊！先知在圣经里所写的一切，你们竟然觉得难以置信。预言中不是说得很清楚吗？基督在进入祂的荣耀前，必须先受这一切苦难。”什么？弥赛亚(基督)要受苦？我们的救主要受苦？你可以想象，革流巴和他的朋友听后会是多么震惊，“这怎么可能？”但就在他们想争论或辩解时，耶稣开始教导他们：当下所发生的一切都是应验了先知们在圣经上所写的话！“啊？！有这回事？请你说说看。”想必这两人是多么渴望知道事实的真相。于是，在接下着 11 公里的长途旅程中，耶稣详细地从圣经第一章开始讲解，逐个章节凡圣经里指着祂而写的部分，祂都详尽地向他们解释，展示给他们看到：十字架乃是神拯救世界宏伟计划的一部分！多么高深莫测、匪夷所思啊！可以想象这两名追随者听后的感觉会是多么震撼！



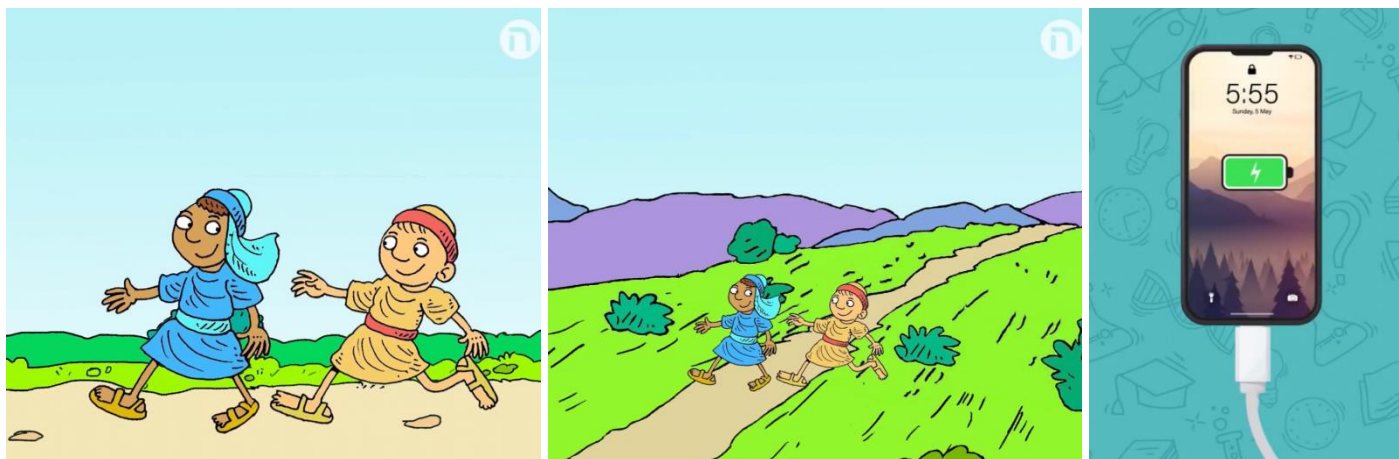
想知道他们听后的巨大变化吗？请认真听好，接下来的故事更精彩哟！他们到了以马忤斯城后，革流巴和他的朋友邀请耶稣留下来和他们一起吃饭。在餐桌上，耶稣拿起饼来，祝谢了，就在耶稣擘开饼递给他们的时候，不可思议的事情发生了。圣经告诉我们，他们的眼睛一下子“明亮”了，认出是耶稣。但谁也没料到，就在这一刻，耶稣不见了，哦——噢，完全消失在他们的视线中！一切发生得如此之快，令他们措手不及，但他们确信，这个人正是耶稣本人！

可以想象，他们当时的心情会是多么激动！在路加福音 24 章 32 节告诉我们，他们彼此谈论说：“在路上，祂和我们说话、给我们讲解圣经的时候，我们的心岂不是火热的吗？”哇！甚至在他们认出是耶稣本人之前，他们已经由于在路上听见圣经上所描述的耶稣，内心已经激动不已了！好神奇噢！他们内心“火热起来”并不是因为在餐桌上突然认出了耶稣本人，而是在路上，他们从圣经的话语中听到了关于耶稣的一切时，他们的心就“火热起来”了！

回想一开始在前往以马忤斯的路上，他们的心境是多么忧伤和沮丧。但是当耶稣一路上从圣经中向他们揭示关于祂自己的一切时，他们的心开始“火热起来”，就像一团火在他们体内慢慢地燃烧起来。他们越在圣经里看到耶稣，这团火就烧得越旺，起初冰冷的心变得火热。哇，只要听到圣经里关于耶稣的一切，就可以使得这两个人像充满电一样，浑身是劲！多么不可思议啊！



接下来的圣经记载告诉我们，这两个人真的变得浑身是劲，就像是电池被充满了一样——他们当天晚上马上起程又步行返回耶路撒冷。精力充沛的两人回到耶路撒冷，并没有休息片刻，马不停蹄地跑去会见了耶稣的门徒，并向所有人讲述了他俩与耶稣本人的相遇！哇，这种能量满满的感觉真棒，对吧！？他们只是听到在圣经中关于耶稣的话就获得这么大的能量，这告诉了我们一个秘密：**就是圣经里指向耶稣的话语如同能量无穷的“电源”！**



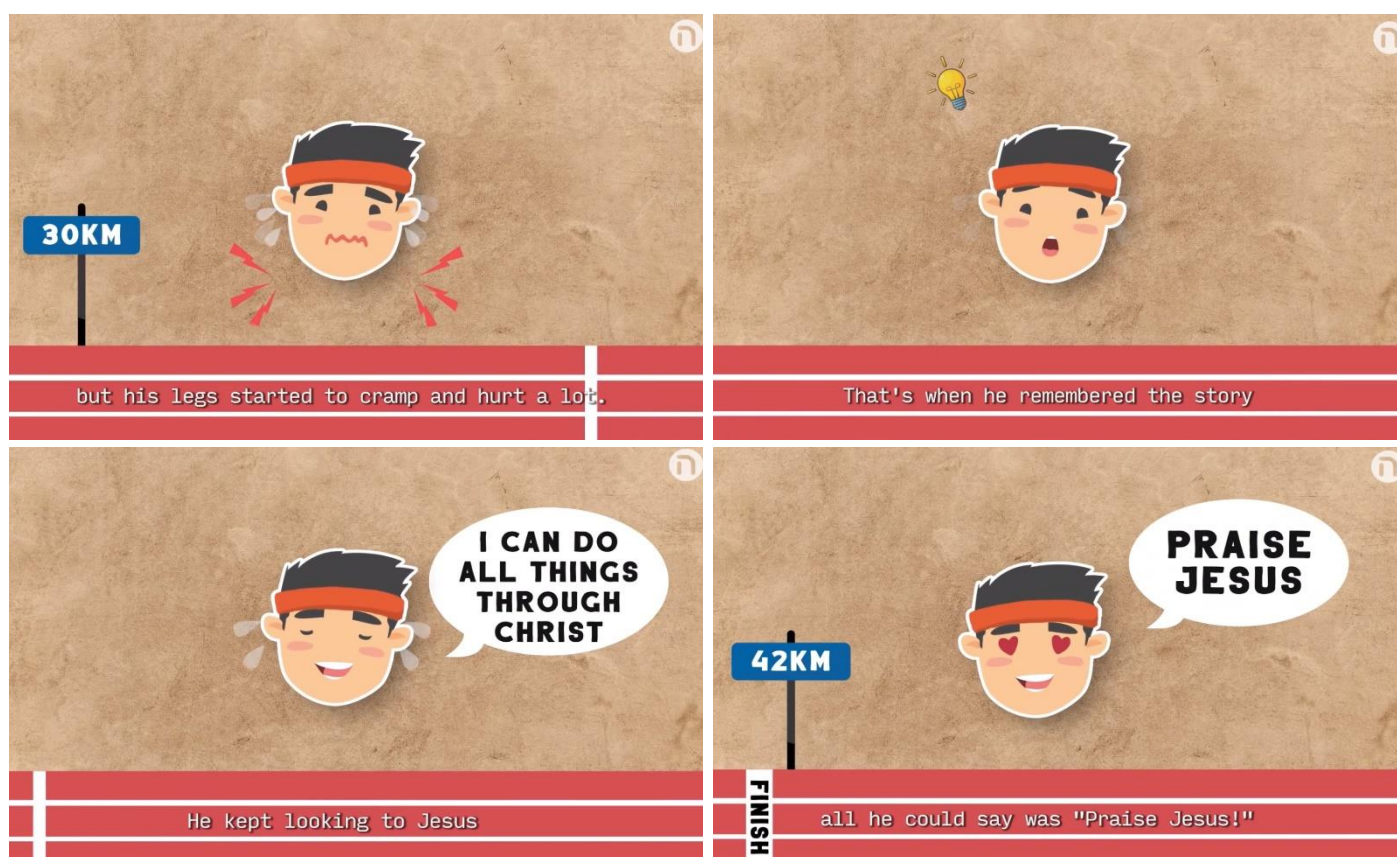
接下来，让我们来分享一个见证。就是我们教会的一位弟兄，一次在他参加42公里马拉松赛跑时，他是如何使用圣经这个“电源”获得力量的。42公里的路程几乎是通往以马忤斯之路的四倍！就在大赛的前几天，这位弟兄很不幸，他胃痛得厉害，使得他不得不要叫救护车住进了医院。他虚弱到甚至连走路都走不动。值得庆幸的是，他很快就有好转，最后感觉良好，可以继续去参加马拉松比赛。



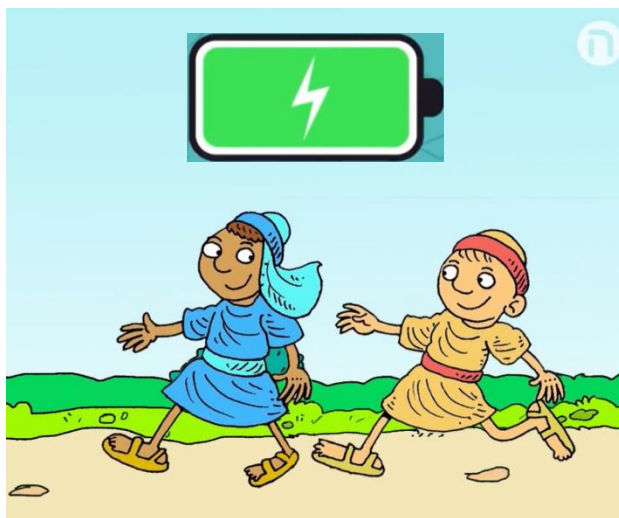
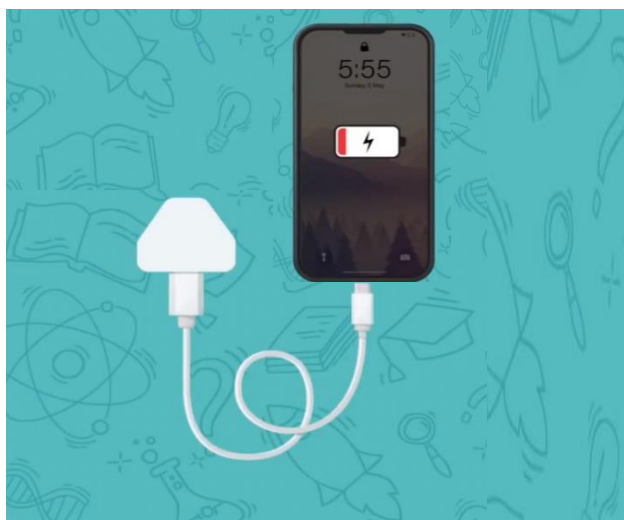
当他准备就绪开始比赛时，他决定背诵以赛亚书 40 章 31 节的经文来为自己充电：“但那信靠上帝的必重新得力，他们要如鹰展翅高飞，他们奔跑不会疲倦，行走不会昏累。”他一边跑一边自言自语道：“我能跑而不困倦，我能走而不昏累。耶和华使我重新得力。”



就这样他坚持跑了四个小时，共跑了 30 公里，还有 12 公里。但就在此时，他的腿开始抽筋，疼得很厉害。就在那一刻，他想起了彼得是如何在水面上行走的故事——他就定睛在耶稣身上。他就这样一边跑，一边保持仰望耶稣来加添他力气。他信靠神给他充电，给他源源不断的力量。就这样，他一直坚持跑到终点。当他到达终点线时，他非常惊讶，那一刻他只想说：“赞美耶稣！”



孩子们，我们今天学到了什么呢？我们学到了重新得力的秘诀！为了给我们的手机和电子设备充电，我们只需将它连接到充电器，插入电源并通电就可以了。同样，为了给我们自己充电，我们将自己连接到上帝的话语，我们倾听并让耶稣的好消息充满我们的心，使得发生在在以马忤斯路上的好事，也临到我们身上！就像革流巴和他的朋友一样，我们也要多听、持续听耶稣的好消息使我们重新得力。这些好消息的能量积聚到一定程度就会像一团火一样，嗖一声，在我们心中点燃，燃烧掉那些使我们疲惫的不愉快、沮丧或恐惧，让我们能量满满地开心起来！



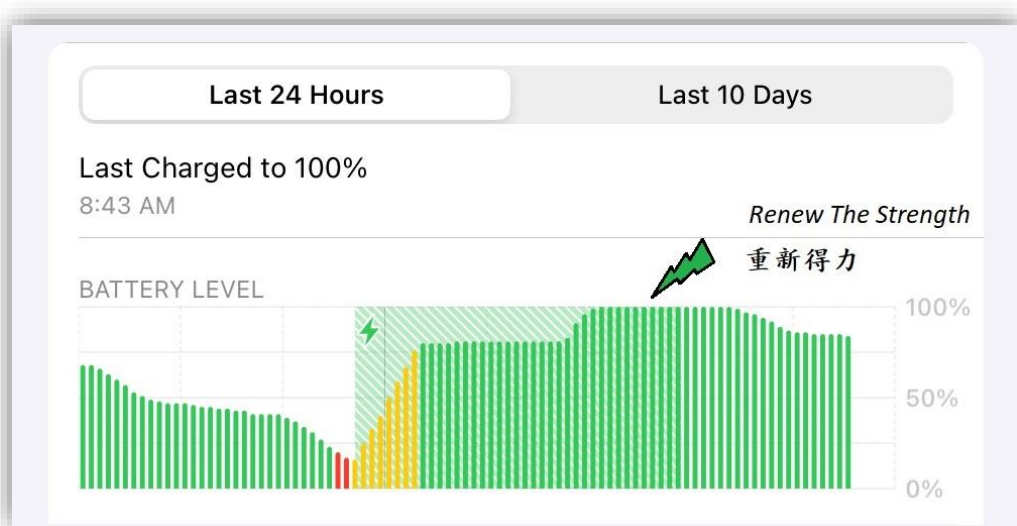
现在，提醒一下大家，为我们的手机或电子设备充电时要找到对的充电器。同样道理，当我们为自己充电时，我们也是要选择对的方式为自己充电。神已经在罗马书 10 章 17 节向我们展示了最好的充电方式——那就是用上帝的方式！请打开你的圣经翻到罗马书 10 章 17 节，你可能也想把这节经文标记出来，是这样说的：“可见，信心是从聆听来的，是从聆听基督的福音来的。”另一个翻译版本是：“可见信道是从听道来的，听道是从基督的话来的。”

当你心灵的插头连接到上帝的话语时，你会得到信心，为你提供一天所需的能量，就像我们的手机一天中都保持有电一样。我们能为自己做的最好的事情就是确保我们记得定期连接到上帝的话语。你可以通过聆听、观看或阅读你最喜爱的圣经故事来为自己充电。如果你已经是一个很好的阅读者了，你可以开始自己独立阅读圣经。又或者你把你最喜欢的圣经经文挑出来，记在心里，常常在你的脑海里想一想，或者自言自语默念一下，通过这些方式来为自己充电。每当我们想到耶稣时，我们就会想起天父是多么爱我们这个好消息。所以不要让你心灵的电池没电了，记得每天连接上神的话语，让天父的爱给你充电，重新得力！阿门！



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孩子们，如果你正在听这个故事，你从来没有邀请耶稣进入你的生命，成为你的主和救主，你现在可以这样做，跟着我重复这个祷告：“亲爱的主耶稣，感谢你为我死在十字架上。你是神的儿子，你死了，也被埋葬，第三天又复活了。你宝血洗去了我所有的罪，使我得以永远与阿爸天父在一起。我请求你现在进入我的生命里，成为我的主和救主，我永远是个义人，永远是有福的，永远是神的孩子。奉耶稣的名，阿门！”



POWER UP

“So faith comes from hearing, and hearing through the word of Christ.” – Romans 10:17, ESV

Hey Rock Kidz! Today let's talk about powering up! How many of us know that it is important to have our batteries charged up and ready to go? Think of all the times when you need to use your phone or device only to see this! On no! how can we carry on when the battery is so low. At this rate, your device may even shut down completely! Yikes! Thankfully, we all know what we have to do. We simply have to plug in the charger and power up the battery again.

Did you know that we also need powering up? Think about it. There are days when you're bursting with energy and ready to go! We feel great and everything is going our way. But then, there are also days when everything just feels 'blah'. Somedays the 'blahs' hit us so bad, we feel tired and discouraged. Sometimes we don't even really know why. All we know is that it feels like we are running on low battery and it is hard to carry on. We know what to do when our devices run out of battery. But what did we do when we are the ones who need to be powered up? Let's find out together!

Today's Bible story starts with two people who were quite discouraged. We read about them in Luke 24. The two people were Jesus's followers, and they were walking from Jerusalem to a town called Emmaus, seven miles away. Seven miles! That's about 11 kilometers, roughly the distance from Orchard Road in the heart of Singapore, all the way to Clementi in the west. Wow! That's quite a long journey!

As they made their way to Emmaus, the two followers of Christ had a lot to talk about! You see, just three days earlier, Jesus was nailed to the cross. Then, after His body was buried in the tomb, they heard the news that the tomb was empty! Even more shocking, no one knew where Jesus's body was! Imagine how confused and upset the two were. After all, they had hoped that Jesus would be the Messiah, the One who would save all of Israel. But now, Jesus was dead and His body was missing. What's going on?

As they talked to each other, a man came along and started to walk together with them. It was Jesus! But they didn't know it was Him. The Bible says that God has restrained their eyes so that they could not recognize Jesus. Jesus noticed that they both looked so sad and gloomy. He asked them, "What are you both talking about?" One of them, named Cleopas, told Him about all the terrible things that had taken place in Jerusalem.

Instead of being upset and agreeing with them, look what happened next. Luke 24:25-26, "Then Jesus said to the two men, "You are foolish and slow to realize what is true. You should believe everything the prophets said. The prophets said the messiah must suffer these things

before he begins his time of glory.” Imagine Cleopas and his friend both going, “huh?” but before they could argue or protest, Jesus started to teach them how everything that had happened had already been written by the prophets! More and more, Jesus showed them how the cross was all part of God’s grand plan to save the world. As they continued to walk and talk, Jesus continued to share with them more amazing things about Himself in God’s word.

When they got to the town of Emmaus, Cleopas and his friend invited Jesus to stay and have a meal with them. At the table, Jesus took some bread and gave thanks. Just as Jesus broke the bread and gave it to them, something incredible happened. The Bible tells us that their eyes were “suddenly opened” and they recognized that it was Jesus. But guess what? Right that moment, Jesus disappeared! He completely vanished from their sight! It all happened so quickly, but they knew for sure that the man was none other than Jesus Himself!

In amazement, they said to each other, Luke 24:32, “... Didn’t our hearts burn within us as he walked with us on the road and explained the Scripture to us?” Even before they recognized it was Jesus, something was already happening inside of them. They started their journey all sad and discouraged. But as Jesus taught them all about Himself from God’s word, they powered up! It was like a fire flaming up, whoosh, inside them. Most amazingly of all, it did not happen because they suddenly recognized Jesus at the table. No, the Bible tells us that their hearts burned as they heard all about Jesus from God’s written word.

Wow. We know they really powered up because they got up and walked all the way back to Jerusalem, that very same evening! It was as if they had been plugged in and charged up their batteries till full. They were so powered up that they got to Jerusalem, they did not even stop to rest. Instead, they met with Jesus’ disciples and told everyone all about their encounter with Jesus Himself. Isn’t it amazing? They powered up just by hearing all about Jesus in the word.

Now let me tell you about a man from our church who found the strength to run a 42-kilometer marathon, almost four times the distance of the road to Emmaus! A few days before the big race, this man had a very bad stomachache. It was so bad that he had to be hospitalized. He was so weak that he couldn’t even walk. Thankfully, he got better and felt well enough to run the marathon.

As he got ready, he decided to memorize Isaiah 40:31, “But those who hope in the lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.” As he ran, he muttered to himself, “I will run and not be tired. I will walk and not faint. The Lord renews my strength.”

In four hours, he run 30 kilometers! He had another 12 kilometers more to go, but his legs started to cramp and hurt a lot. That's when he remembered the story of how peter walked on water as he fixed his eyes on Jesus. So that's what he did. He kept looking to Jesus to give him strength to finish the race. He ran and he ran, believing that God was powering him up all the way to the finish line. He was so amazed that when he got tot the finish line, all he could say was "Praise Jesus!"

Rock Kidz, what have we learnt today? We learned the secret of how to power up. To charge up our phones and devices, we connect it to the charger, plug it in and power up. To charge ourselves up, we connect ourselves to God's word. We listen and let the good news of Jesus fill our hearts full until what happened to Cleopas and his friend on the road to Emmaus happens to us too! We listen and listen to the good news of Jesus until it feels like a fire, whoosh, ignites in our hearts, burning up whatever discouragement, or unhappiness or fear that is wearing us out.

Here is something fun for you to think about. You know how we need the correct charger to power up our phones. How about if I show you the best way, God's way, for us to charge up? Romans 10:17. You might want to highlight this in your Bibles. "So then faith comes by hearing, and hearing by the word of God." (NKJV) in another translation, it says, Romans 10: 17, "So faith comes from hearing the Good News. And people hear the Good News when someone tells them about Christ." (ICB)

When you plug into God's word, you receive faith that powers you up for the day. Just like we make sure our phones are charged up for the day, the best thing we can do for ourselves is to make sure we remember to plug into God's word regularly. You can listen, watch, or read your favorite bible stories. If you are a good reader, start to read the Bible for yourself. Or simply pull out your favorite Bible verse and keep it in your heart. Think about it in your head or mutter it with your mouth. Every time we think about Jesus, we remember the good news of how much god loves us. So don't let your batteries go flat, Rock kidz. Remember to plug into God's word every day and let God's love power you up! Amen!

Hey Rock Kidz, if you are listening to this story and you've never asked Jesus to come into your life to be your Lord and Saviour, you can do so now. Just repeat this prayer after me, "Dear Lord Jesus, thank You for dying on the cross for me. You are the Son of God, who died, was buried and on the third day, you rose again. Your precious blood washed away all my sins making me forever right with Daddy God. I ask You now to come into my life to be my Lord and Saviour. I am forever righteous, forever blessed, forever a child of God. In Jesus' name," and everyone say, "Amen."