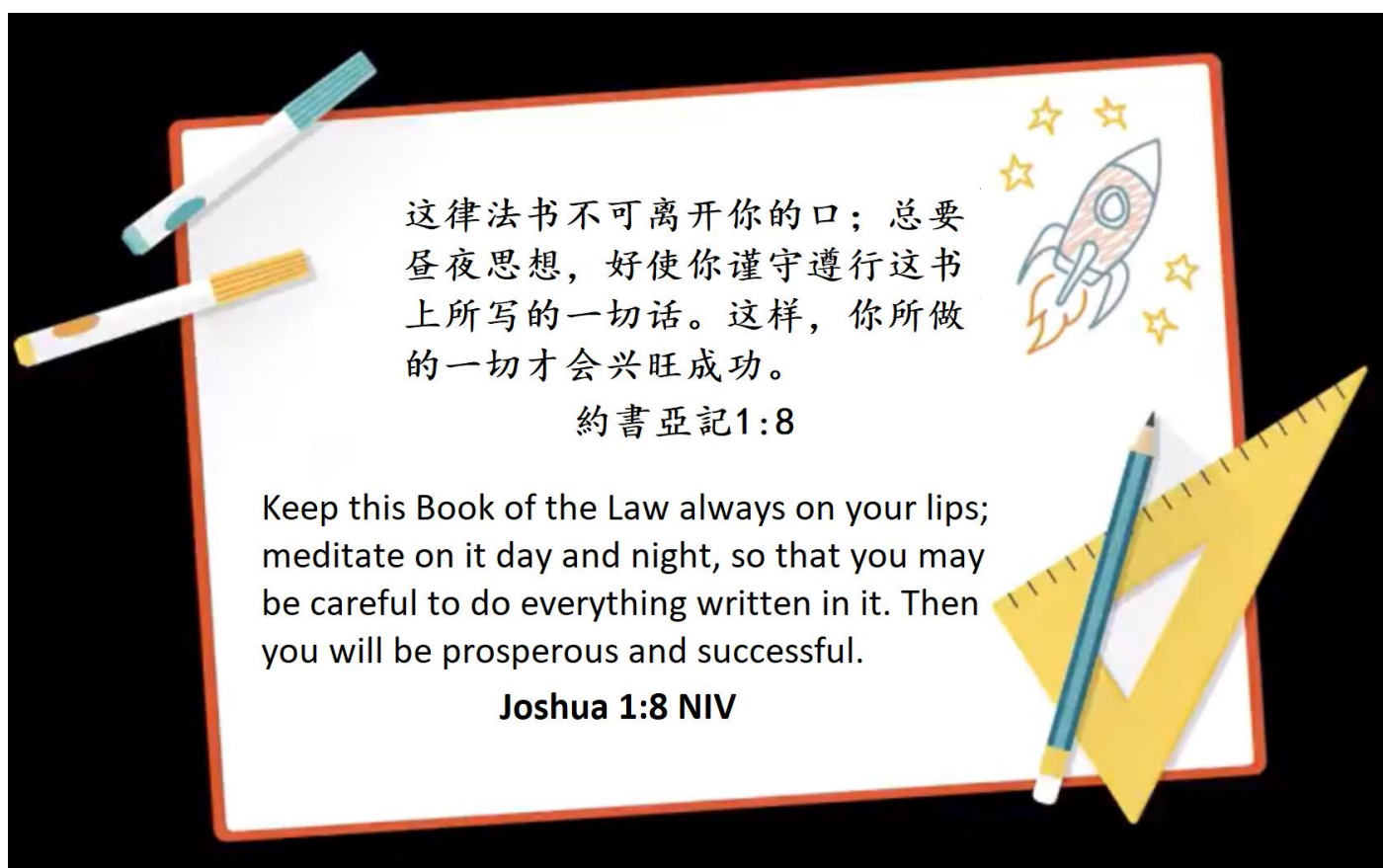


拥有冠军精神

这律法书不可离开你的口；总要昼夜思想，好使你谨守遵行这书上所写的一切话。这样，你所做的一切才会兴旺成功。——约书亚记 1:8

本周圣经话语：



这律法书不可离开你的口；总要昼夜思想，好使你谨守遵行这书上所写的一切话。这样，你所做的一切才会兴旺成功。

約書亞記1:8

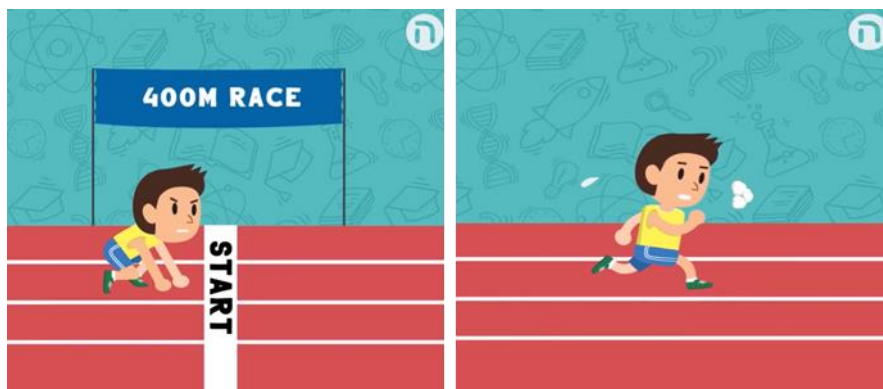
Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Joshua 1:8 NIV

关键字标签：

冠军精神; 正确信念; 宣告信念; 默念沉思

嗨，孩子们！你参加过赛跑吗？想象你站在起跑线上，正紧张等待指挥员的指令：“准备就绪，预——备，跑！”你就如离弦的箭一样飞奔出去，尽你所能有多快就跑多快。但有时候，甚至在你到达终点线之前，你就已经上气不接下气了，汗水顺着你的脸颊滴下来。你太累了，你的双腿好像灌了铅一样重，以至于你想到放弃算了！



如果 400 米的比赛对于我们来说已经是这么难以忍受，那你想象一下 42 公里马拉松比赛的参赛者的感受会是如何？你可以肯定的是并非每个参赛者都能完成那么长的比赛。

在一届夏季奥运会期间，就有一名参赛者下定决心要跑到终点线。这可是奥运会，参赛选手们都是来自世界各地的跑步最厉害的运动员。“准备就绪，预——备，跑！”这名选手就开始跑啊跑，他不是最快的，但他尽他所能去跑。当他跑到 30 公里的时候，他的腿开始抽筋了，但他坚持继续跑。然后更糟糕的事情发生了——他跌倒了。他跌伤了肩膀，且膝盖脱臼了，“哎哟！”疼得他大叫。这之后，其他的参赛选手一个又一个地超越了他。很快，其他人都跑在他的前面了。他痛苦万分，几乎站不起来。孩子们，如果你是他是，你会怎么做？假如这事真落到你身上，你会不会这样安慰自己说：“我的膝盖疼。反正我赢不了了，中途退场也没关系”？



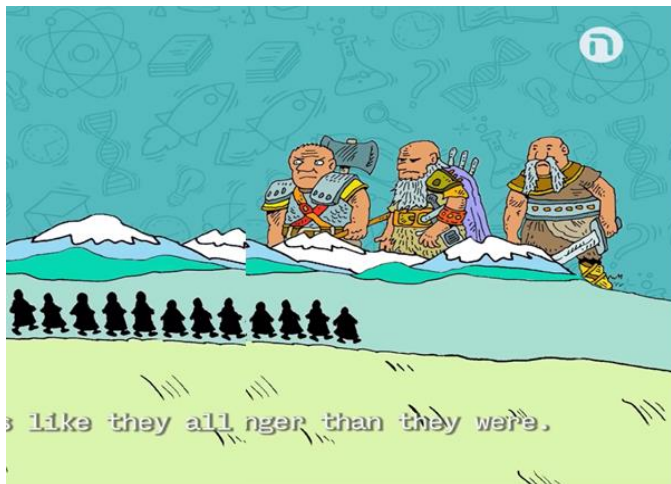
他本来是可以这样做的，但他没有。他缓慢站起来，一只脚迈出一步，接着另一只脚向前又迈出一步，一步又一步地向前，他继续坚持比赛。在第一名选手冲过终点线一小时后，他才到达体育场。他是最后一名到达的参赛者，但观众席却由于他的出现响起了排山倒海的咆哮声，为他到达终点线欢呼喝彩。他做到了！他已经完成了比赛！

后来当他被问到为什么不放弃时，他只是简单地说：“我的国家并不是派我千里迢迢来这里参与比赛，他们是派我来完成比赛的。”哇！这名参赛者虽然并没有赢得这场比赛，他也没有获得任何奖牌，事实上他反倒是最后一名，但他有冠军的精神！是什么使得他能承受这巨大的痛苦持续完成这比赛的呢？**就是他的信念！**他相信他的国家派他千里迢迢来这里并不只是参与比赛，他相信他们派他来是为了完成比赛的。只是坚守他所相信的，就可以给他带来如此大的勇气和力量，使得他能继续前进直到他到达终点线，多么了不起啊！

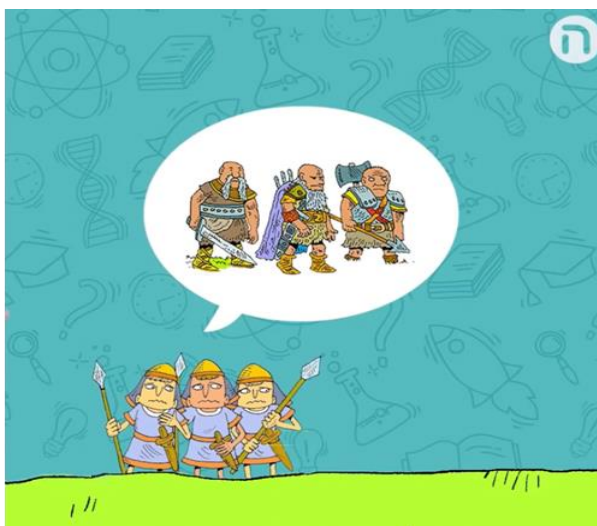
今天的圣经课程同样是关于一位了不起的得胜者和他的信念。与我们的比赛运动员所不同的是，他不是参加比赛。相反，他是在一场征途中。他正与以色列人一同离开埃及，前往应许之地。这段旅程花了40年，但这个人从未放弃，直到他冲过终点线，进入了应许之地。你能猜出他是谁吗？我想你猜对了，是的，他是约书亚！就像前面提到的那名参赛者一样，约书亚的信念使他坚持到最后越过终点线，他的信念使他在40年后踏入了应许之地！那他所信的是什么呢？让我们一起来了解一下。



当约书亚和其他的探子一起去窥探应许之地时，他和其他探子一样看到了那里的巨人——既比他们高大又比他们强壮的巨人。十个探子惊恐地说：“噢，我的天哪！那些巨人是那么庞大，我们在他们身边就像一只蚱蜢。”他们不停地对自己对彼此这样说：“巨人比我们强大，我们无法战胜他们，我们肯定会输的。”他们说得多，他们就越相信。他们越是唉声叹气，他们的感觉就越糟糕。这样，很快，他们就认定自己不可能打败巨人了。

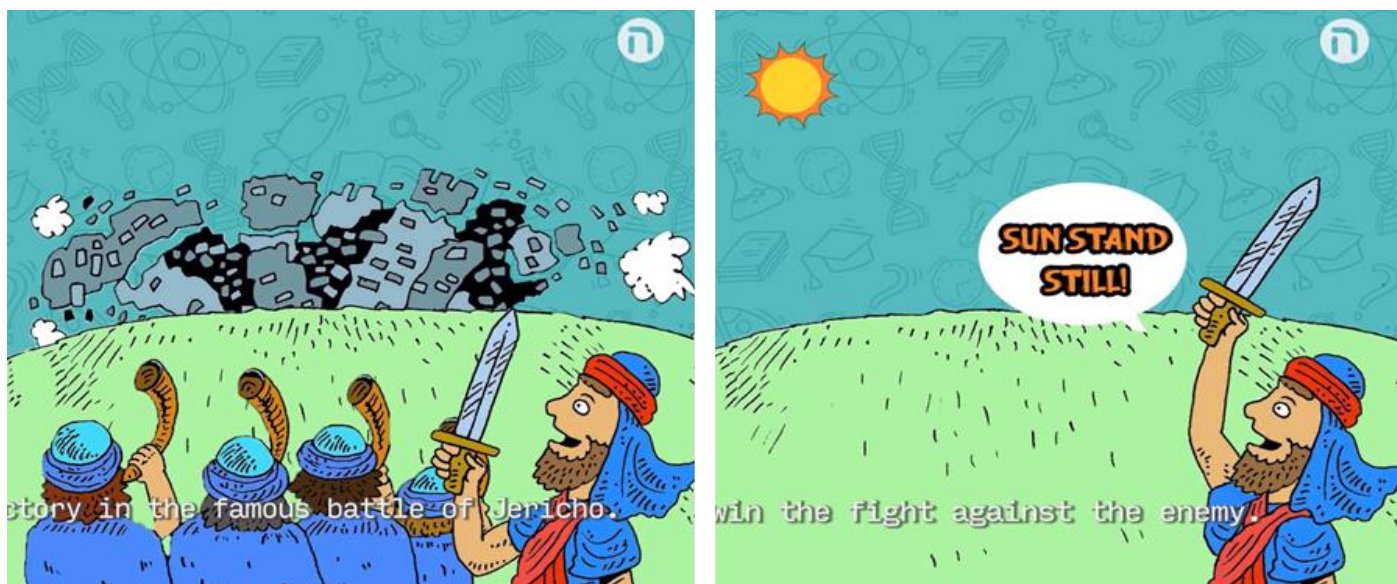


但约书亚并不这么认为！虽然他和十个探子看到的是同一群巨人，但他的信念却与他们不同。在民数记 14 章 8 节，他是这样说的：“**耶和华喜悦我们，就必将我们领进那地，把地赐给我们，那地原是流奶与蜜之地。**”哇！他所信的与其他人大不相同。约书亚没有看巨人有多大，而是他看到了神是多么爱他们，并确信他们的慈爱良善的神必会击败巨人并将他们领进那美好的土地，就像神所应许的那样！对约书亚来说，巨人有多大并不重要，因为他相信他的神肯定更强大！他告诉人们：“**耶和华与我们同在！他会给我们那土地，别怕！**”约书亚所信的是如此强有力，他这一路走来都一直坚守着这个信念，最终在他第一次出去窥探应许之地的四十年后，他得以进入那应许之地。



孩子们，看到了吗？我们所信的可以带来如此强大的力量！这就是约书亚得胜的**第一个秘诀**——正确的信仰给他强大的获胜力量与信心。而我们对我们的信仰所需要的就是一——大声把它说出来，不断强调它。所以要成为像约书亚这样的得胜者的**第二个秘诀**就是——说出你所相信的，不断强调你所信的。看看在著名的耶利哥战役之前，神告诉约书亚要做什么。在约书亚记 1 章 8 节，“这律法书不可离开你的口；总要昼夜思想，好使你谨守遵行这书上所写的一切话。这样，你所做的一切才会兴旺成功。”你看到了吗？神说，这律法书不可离开你的口，神是在叫我们用口说出你所相信的且不断强调你所信的，通过口中所宣告的话来坚定和激发内在的强大信仰力量。所以，如何可以使你所做的一切都兴旺成功——就是简单地说出你所信的，不断强调你所信的。神还告诉了约书亚另一个秘诀。听着，这是**第三个秘诀**——神吩咐约书亚要昼夜思想神的话，这样他所做的一切就会兴旺成功。换句话说，约书亚要时刻思考我们良善而信实的神的话语！

而这正是约书亚所做的。从约书亚所取得盛大的成就中，我们可以得知，就是因为他时刻都在思考神的话语！请看，在著名的耶利哥战役中，约书亚带领神的子民取得了胜利；还有约书亚是如此确信神以信实恩待他，以至于他敢命令太阳停止不动，以便他能够战胜敌人，且神按他所求的去做了！



现在我们知道约书亚成功的秘诀：**(1)**他相信神对他一直是信实和良善的，**(2)**他说出他所相信的，**(3)**且他昼夜思想神的话语，一次又一次提醒自己神对他的美好应许。这样使得他能始终保持坚强和勇敢，即使在其他人都感到气馁和害怕时。尽管面对种种挑战，约书亚始终保持着冠军精神直达终点——进入应许之地！

接下来，让我们来分享一个见证，看看冠军精神是什么样子的。一位我们主日学的男孩，在参加一个可以赢得激动人心的奖品的儿童活动时，如何面对失望落空的事。在去参加这活动前，这位男孩很兴奋的告诉妈妈：“哦，我要祈祷我今天能赢点什么！”他赶紧闭上眼睛说道：“主阿，请让我获得前三名的奖品之一！谢谢你！阿门！”



当活动结束后，妈妈来接男孩时，男孩失望伤心地对妈妈说：“我什么奖也没中，连最小的奖品也没有……”“没关系，儿子，”妈妈说，“不管你中奖与否，你都已经很幸运了。”听完妈妈所说的，他精神一振，笑道：“你说得对，我竟然忘了，我相信有一天我会赢得奖品的。谢谢你，妈妈！”



他们往公交车站的路走去，刚好路过一家刚刚开张的全新水族馆。他们在水族馆前停下了脚步。这时，一位年长的男士向他们走来。“你好，”他说。“我有水族馆的门票。我本来打算带我的孙子进去玩的，但他来不了。你们想代替我们进去吗？”男孩和他妈妈对视了一眼，然后，他们看着那位老人家说：“是的，可以！非常感谢你！”就这样，男孩和他的妈妈成为了为数不多的享受全新水族馆的人！男孩太高兴了，“感谢耶稣！你对我太好了！”



孩子们，今天我们了解了约书亚的冠军精神的秘诀，这种精神赋予他克服所面临的所有挑战的力量，并让他一路走到最后。获得冠军精神的三大秘诀是：

1. 他相信神对他永远是信实和良善的；
2. 他说出他所相信的；
3. 他昼夜反复思想神的话语，一次次提醒自己所有神对他的美好应许。

这些对于今天的我们仍然是适用的。当我们不断提醒自己神对我们作出的美好应许，并不断大声说出这些应许时，我们就会坚定我们的信念。通过这样做，无论我们处于何种失望境地或遇到任何问题时，都可以勇敢地说出：“巨人(困难)可能很大，但我的神更伟大！祂爱我，帮助我，赐予我兴旺成功！”所有孩子说，“阿们！”

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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！”

THE POWER TO BE A CHAMPION

Keep this Book of the law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

–Joshua 1: 8, NIV

Hey, Rock Kidz! Have you ever run in a race? Ready, get set, go! You run as fast as you can, but sometimes, before you can even get to the finishing line, you're already out of breath. Sweat is dripping down your face. You're so tired, your legs feel so heavy and you feel like giving up!

If a 400m race can do that to us, can you imagine running a 42 km marathon? You can be sure that not every runner can finish a race that long.

During one of the Summer Olympics, a runner was very determined to make it to the finishing line. It was the Olympics and the best runners from all over the world were there. Ready, get set, go! This man ran and ran. He wasn't the fastest, but he continued to do his best. When he reached the 30km mark, his leg started to cramp up! But he kept on going. Then something worse happened, he fell! This injured his shoulder and dislocated his knee. Ouch! One by one, the other runners ran past. Soon, everyone else was ahead of him. He was in a lot of pain and could barely stand up. Rock Kidz, what would you do if you were in his shoes? Literally, in his shoes! Would you tell yourself, "My knee hurts. I won't win anyway. It's ok to stop"?

He could have done that, but he didn't instead, he got up, and slowly, step by step, he continued the race, putting one foot in front of the other. One hour after the first runner had crossed the finish line, he made it into the stadium. He was the last runner to arrive but the crowd roared with excitement, cheering him to the finishing line. He had made it. He had finished the race!

Later when he was asked why he didn't just give up, he simply said, "My country did not send me so far to start the race. They sent me here to finish the race." Wow! This man may not have won the race. In fact, he came in last. He may not have won the gold medal, but he had the spirit of a champion. And what was it that made him finish the race even though he was in pain? It was what he believed. He believed that his country did not send him thousands of miles to start the race. He believed they sent him all this way so that he could finish the race. Just by hanging on to what he believed gave him courage and strength to keep on going till he reached the finish line. Amazing!

Today's Bible lesson is about an amazing champion and what he believed. Unlike our runner, he wasn't running a race. Instead, he was on a journey. He had left Egypt together with the

children of Israel to go the Promised Land. That journey took 40 years but this man never gave up. He crossed the finish line and stepped into the Promised Land. Can you guess who he was? Yes, it was Joshua. Just like our runner, what Joshua believed caused him to cross the finish line. What Joshua believed made him step into the Promised Land after 40 years! So what did he believe? Let's find out.

When Joshua went to check out the Promised Land with other spies, he saw giants like they all did, giants that were bigger and stronger than they were. Ten of the spies said, "Oh no, the giants are huge! We are like grasshoppers next to them. They kept saying to themselves and each other, "The giants are stronger than we are. We can't fight them. We will surely lose." The more they said it, the more they believed it. The more they grumbled and groaned, the worse they felt. Soon they were sure it was impossible for them to defeat the giants.

But not Joshua! Even though he saw the same giants as the ten spies, his believing was different. In Numbers 14: 8, this is what he said: **"The Lord loves us. He will bring us safely into the land and give it to us. It is very fertile, a 'land flowing with milk and honey'!"** Wow! He believed so differently from the rest. Instead of looking at how big the giants were, Joshua saw how much God loved them and was sure that their good, good God would defeat the giants and bring them into the good land, just like He promised! It did not matter to Joshua how big the giants were because he believed his God was surely bigger! He told the people, "The Lord is with us. He will give us the land. Don't be afraid!" What Joshua believed was so powerful it kept him going all the way to the Promised Land forty years after he first went out to spy the land.

You see Rock Kidz, what we believe is powerful. And what we need to do with what we believe, is to speak it out. The second secret of being a champion like Joshua is to speak out what you believe. Look what God told Joshua to do just before the famous Battle of Jericho. In Joshua 1: 8, **"Keep this Book of the law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."** Did you see that? God said to keep the Book of the law on your lips, then you will be prosperous and successful. What do you do with your lips? You speak! So, how to be prosperous and successful is by simply speaking what you believe. God also told Joshua another secret. Listen so this third secret! God told Joshua to meditate on His word day and night, and then he would be prosperous and successful. In another words, Joshua was to think about what god's word said about His goodness and faithfulness all the time!

And this was just what Joshua did. We know this because this is the Joshua who led God's people to victory in the famous battle of Jericho. This was also the same Joshua who was so

sure of God's faithfulness to him that he dared to command the sun to stand still so that he could win the fight against the enemy. And God did what he asked!

Now we know the secret of Joshua's success. he believed that God was always faithful and good to him. He spoke out and said what he believed. He meditated on God's word day and night, reminding himself again and of God's good promises to him. This kept him strong and bold even when everyone else became discouraged and afraid. Despite all the challenges he faced, Joshua kept having a champion spirit all the way till the end when he entered the Promised Land!

Let me tell you what a champion spirit looks like. A boy from Rock Kidz faced some disappointment he was at a children's event where exciting prizes could be won. "Oh, I'm going to pray I win something today!" he told his mom. He quickly closed his eyes and said. "Lord, please let me get one of the top three prizes! Thank you and amen!"

But when his mom picked him up later, he was sad and disappointed. "I didn't win anything, not even the smallest prize..." "It's okay, son," his mom said, "You are already blessed whether you win a prize or not." When he heard this, he perked up and smiled, "You're right, I forgot! Then I'm just going to believe that I will win something another day. Thanks mom."

As they made their way to the bus stop, they stopped by the brand-new aquarium that had just opened. An elderly gentleman came up to them. "Hello," he said. "I have tickets for the aquarium. I was going to take my grandson, but he cannot come. Would you like to go instead?" the boy and his mom looked at each other. Then, they looked the man and said, "Yes, please! Thank you very much!" and just like that, the boy and his mom got to be one of the first few people to enjoy the brand-new aquarium! The boy was so happy. "Thanks Jesus! You are so good to me!"

Rock Kidz, today we learn the secret to Joshua's champion spirit that gave him the power to overcome all the challenges he faced and kept him going all the way to the end. He believed that God was always faithful and good to him. He spoke out and said what he believed. He meditated on God's word day and night, reminding himself again and again of God's good promises to him. These 3 powerful keys to having a champion spirit still applies to us today. Look what Joshua 1:8 says , **"Keep this Book of the law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."** When we keep reminding ourselves of God's good promises to us, and keep speaking them out loud, we power up on our believing. As we keep believing, keep speaking and keep meditating on God's word, we become strong. And just like Joshua, we won't be easily shaken or become discouraged by the challenges that come our way.

Instead, we will have such a champion spirit that we can look at any problems or disappointments that come our way and say, **“The giants may be big, but my God is bigger! He loves me! He helps me and gives me good success!”** and all of the Rock Kidz say, **“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.”

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Keyword Labels:

Champion Spirit; Right Believe; Speak Out; Meditate