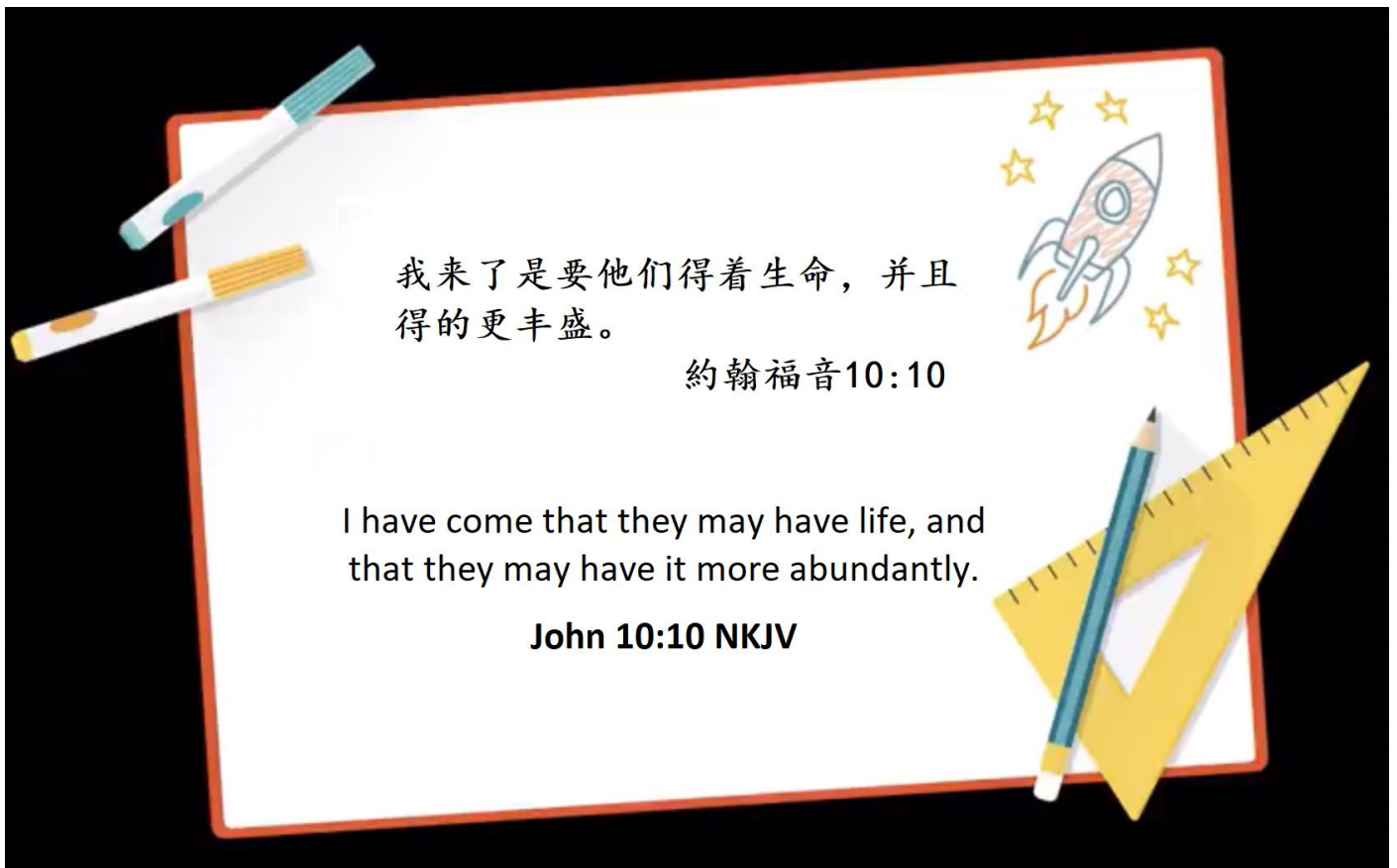


# 耶稣来赐丰盛的生命

.....我来了是要他们得着生命，并且得的更丰盛。

——约翰福音 10:10

本周圣经话语：



关键字标签：

丰盛生命; 耶稣; 马利亚; 婚礼; 第一个神迹



嗨，孩子们，今天我们先来学习一个不是很常用的形容词——丰盛 abundant。如果你以前见过这个词，你会知道它是指“很多”的意思。但其实，“丰盛 abundant”一词的含义远不止“很多”那么简单，而是多到令你眼前一亮、发出惊叹“哇~~哇~~”的那种程度！

先举个例子来解释一下，首先，让我们来看看“很多”的情形。如果你已经有一个美味的雪糕🍦，然后我再给你四个，那么你现在就有“很多”雪糕了。我相信一次吃五个雪糕对一个人来说已经是“很多”的了，对吧！🍦🍦🍦🍦🍦



现在我们知道“很多”是什么意思了，接下来，让我们来看看“更多”的情形。如果我现在对你说，你可以挑选任何你想要的口味的雪糕，保证所有口味都有——巧克力味、咸焦糖味、杏仁味、香草味.....只要你说得出，你都可以吃到，那现在你就有“更多”了。🍦🍦🍦🍦🍦🍦🍦🍦



好，最后再看看“丰盛”的情形会是怎么样的。“丰盛”远不止这些——“丰盛”是指，你可以在雪糕杯上再添加多几个不同口味的雪糕球，再加上你喜欢的配料——什么种类都有，你需要多少就加多少。想象一下，雪糕球上再添加上：樱桃~🍒、棉花糖~🍬、坚果~🌰、巧克力~🍫、草莓~🍓、🍩🍰🍦🍓🍌🍇……数都数不完。哇！“丰盛”不仅仅是“很多”，而且是“丰富、完全”。当有人给你的东西是如此“丰盛”时，你得到的比你想象的要多得多。数量是如此之多，令你不禁惊叹，“哇！”



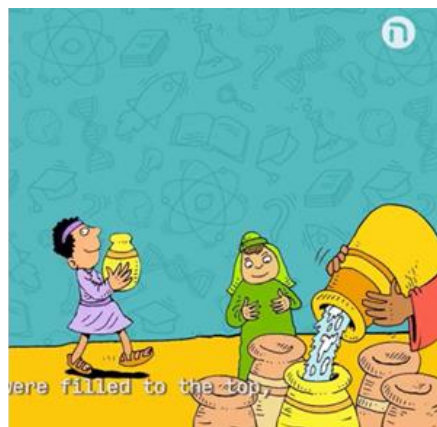
今天的圣经课程是讲述耶稣在迦拿镇参加婚礼时所发生的事。有很多人来参加婚礼，想象一下当时现场的气氛会是多么喜庆，人们在歌唱、跳舞和喝酒。



但随后，发生了一些事情，酒用完了，客人没有什么可喝的了。哦？新郎和新娘会是多么尴尬啊！耶稣的妈妈马利亚也参加了婚礼，她告诉耶稣，“他们没有酒了。”她的实际意思是：“他们没有酒了，做点什么吧。”耶稣回答说：“我开始做事的时候还没到。”嗯？耶稣是什么意思？祂的回答是“是”还是“否”呢？令人高兴的是，尽管耶稣没有给出明确的答案，但马利亚相信耶稣会知道该怎么做。因此，马利亚没有再问耶稣，而是转向对仆人说：“祂对你们说什么，就去做什么吧。”



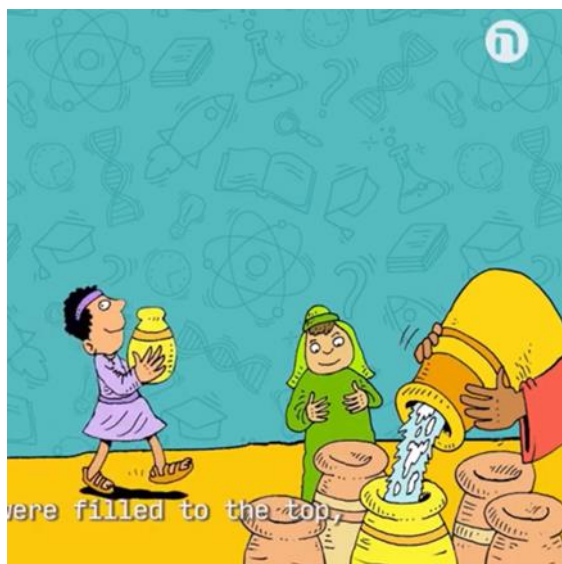
当时，那里有六个用石头制成的大水缸，每个缸都能装二十到三十加仑的水。如果以升为单位，那么每个缸可以装七十五到一百多升的水，这可是非常多水了。耶稣对仆人说：“把缸装满水。”于是仆人们开始往缸里装水。一桶又一桶，来来回回，直到把所有的石缸都装满了。等到缸都装满水后，耶稣说：“舀出一些来，送去给管酒席的人。”于是仆人们从巨大的水缸里舀起一些，端出去给管酒席的。那管酒席的尝了一口，“哇”，他说，“这酒非常好！是从哪里来的？”你看，管酒席的人所品尝到的并不是水，而是最美妙的酒。这酒给他的印象是如此深刻，于是他对新郎说：“太棒了！大家都是在酒席开始时摆上好酒，而你却把最好的酒留到了现在。”



那天，耶稣有帮到新婚夫妇吗？答案是肯定的，耶稣把水变成了酒。最令人惊叹的是耶稣在给予时，祂那丰盛而慷慨的赐予方式！耶稣本可以只给他们几升，让他们够喝就可以了，但这不是耶稣的做法。耶稣给了他们六百多升，比他们需要的多得多！耶稣本可以只给他们平常普通的酒，但这不是耶稣的做法。耶稣给了他们最好的酒！因为耶稣，使得那天的婚礼充满了无限的喜乐。



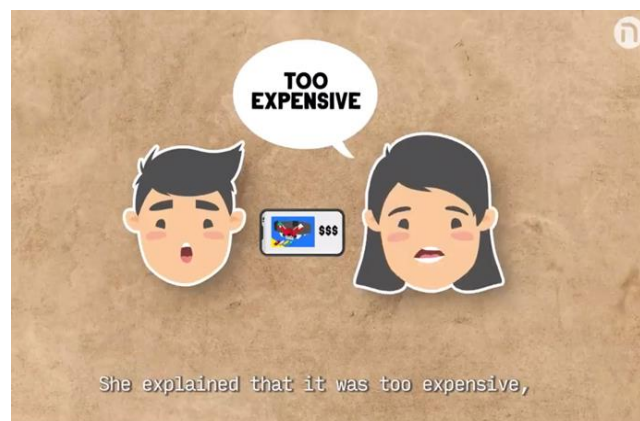
好消息是，耶稣为这对新婚夫妇所做的，祂今天仍然在为我们做。看看耶稣在约翰福音 10 章 10 节所说的话，“**我来了是要他们得着生命，并且得的更丰盛。**”当我们的神在给予时，祂会慷慨地给予，并且以极好的方式给予。当我们知道神祝福我们时用的是这么美好的方式，我们就不必担心或怀疑祂是否会帮助我们。就像马利亚一样，我们可以相信耶稣。马利亚并没有为要得到一个明确的“是”或“否”而烦恼，而是她相信耶稣会祝福这婚礼。



你知道的，有时候当我们祷告时，好像我们感觉不到神在回应我们的祷告。有时候，当我们等待太久时，我们开始担心神会不会帮助我们。如果你是这样，请停止这种想法，并对自己说：“**耶稣爱我，这我知道！**”要有耐心，等待祂在最合适的时间以最合适的方式为你解决问题。你可以肯定，我们的耶稣会以其美好而丰盛的方式回应你。



接下来，我们来分享一个见证，是一位主日学的小男孩，他为的一件事祷告并等待了很久，以至于他想知道耶稣是否会回应他。事情是这样的，他在商店里见到一个他非常非常想要的玩具，是一个超级英雄的腰带，且会发出各种令人兴奋的亮光和声音。他把这件事告诉了他的妈妈。但当她妈妈去查看价格时，她被吓到了。她对小男孩解释说那太贵了，所以她不会为他买那玩具。



但这个男孩子并没有生气，而是决定持续祷告：“感谢耶稣，你对我这么好。我相信你会祝福我内心所渴望的。”他祷告并等待。有些日子他在想，“为什么要等这么久？”然后他又祷告且继续等。有时他会气馁，有时他会感到沮丧。他的妈妈只是说，“要有耐心，相信神。”

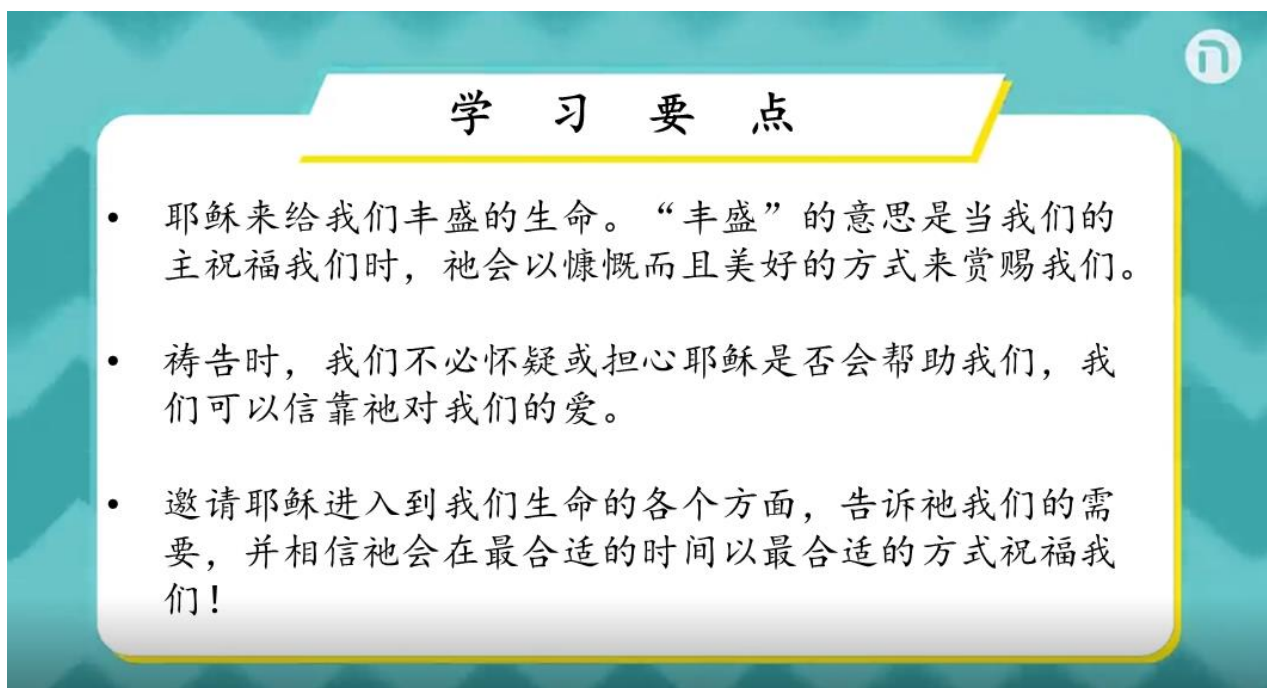


然后有一天，他几乎忘了这事。那家商店有促销活动，当他们进去时，猜猜他们看到了什么？他非常想要的玩具，当他们看到价格标签时，惊呆了——才10元！而且由于很多商品都大降价，他妈妈也买了其他东西。当他们走到收银台时，服务员说：“这里也有一些免费的礼物送给你噢！”那天，当男孩带着他的新玩具回家时，他和他的妈妈都赞美耶稣对他们这么好！



孩子们，我们今天听到了多棒的好消息啊！我们学习了我们可以永远相信耶稣对我们的爱。即使我们没有立即得到我们想要的东西，我们也不必怀疑或担心，因为我们知道当祂回应时，祂会以非常慷慨的方式。我们是怎么知道的呢？是约翰福音 10 章 10 节告诉我们的，耶稣说：“**我来了是要他们得着生命，并且得的更丰盛。**”耶稣非常爱你。就像他在迦拿的婚礼上所做的那样，耶稣想给你幸福和美好的生活。在迦拿，这对新婚夫妇受到了祝福，因为他们邀请了耶稣参加他们的婚礼。今天，当我们邀请耶稣进入我们的生命时，我们也备受祝福。邀请耶稣进入你生命的每一个领域，在任何情况下，你都可以告诉祂发生了什么。不必说得很长很复杂，可以像马利亚那天说的那样简单——“他们没有酒了。”。你只需要知道有一位良善的神，祂想祝福你，相信祂正在幕后为你做事，会在最合适的时间以最合适的方式为你带来祝福。当恩典降临到你时，祂的丰盛恩典一定是既丰富又完备的，使得你从心底对祂赞美感恩。

接下来，我们来看看本周的学习关键点，你可以把它们抄写到你的笔记本里，作为强有力的提醒，在你开始新的一周时鼓励你。



**学习要点**

- 耶稣来给我们丰盛的生命。“丰盛”的意思是当我们的主祝福我们时，祂会以慷慨而且美好的方式来赏赐我们。
- 祷告时，我们不必怀疑或担心耶稣是否会帮助我们，我们可以信靠祂对我们的爱。
- 邀请耶稣进入到我们生命的各个方面，告诉祂我们的需要，并相信祂会在最合适的时间以最合适的方式祝福我们！

孩子们，让我们再来回顾本周的记忆经文，记得在你的圣经里把它标记强调出来。约翰福音 10 章 10 节，耶稣说：“**我来了是要他们得着生命，并且得的更丰盛。**”让我们持续相信、持续宣告神的话语！

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在新年的第一个星期日，我们想向主提出三个我们希望在今年得到回应的祷告愿望。如果你已经想好你的三个祷告愿望是什么，那太好了！如果你还需要一些时间准备，现在可以考虑一下。一旦你有了三个祷告愿望，最好把它们写下来，以帮助你记住你信靠主为你成就的事。如果你已经把它们写下来，把它们拿在手里。如果你还没有，你可以在这之后这样做，但也要举起你的手。让我们祷告，“亲爱的阿爸天父，感谢你对我们如此良善和慷慨！今天，我们向你举起这些祷告愿望，我要：

\_\_\_\_\_ (告诉阿爸天父你要什么)。谢谢你，阿爸天父！你聆听我们，你总是回应我们的祷告。我们相信你，祝福我们身体健康，让我们远离一切疾病，祝福我们的家人和朋友今年平安幸福，祝福我们所做的一切，并给我们生命和更丰盛的生命！我们奉耶稣的名祷告，所有孩子们一起说：‘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！”

## **JESUS CAME TO GIVE ABUNDANT LIFE**

**...I have come that they may have life, and that they may have it more abundantly. –John 10:10, NKJV**

Hey Rock Kidz, here's a big word that many of us don't use every day, "abundant". If you've seen this word before, you'll know that it means something like "a lot". Actually, "abundant" is such a big word that it means much, much more than just "a lot". It's the kind of so much more that it makes you want to go, "Wow...wow...wow!"

Let me explain. First, let me show you what "a lot" means. If you have one nice cream and I give you four more, you now have a lot of ice cream. I'm sure you'll agree with me that five ice creams for one person is a lot.

Now that we know what "a lot" means, let me show you "much more". What if I say to you that you can have any flavour you want? Absolutely anything at all. Chocolate, salted caramel, pistachio, you name it, you can have it. Now you have much more.

But guess what? "Abundant" is more than much more. "Abundant" is if I say to you, "Have more scoops, and any topping you like. Have as many kinds, as much as you want, as much as you need." Imagine that... cherry, marshmallow, nuts, chocolate sauce...The list goes on and on. Whoa! "Abundant" is so much more than just "a lot". It's such a big word that when someone gives you something abundantly, you receive much more than you expect and in such a great style that you can't help but go, "Wow!"

Today's Bible lesson is about a time when Jesus was at a wedding in the town of Cana. Lots of people were there. Imagine all the happy people singing, dancing, and drinking.

But then, something happened. The wine ran out! There was nothing left for the guests to drink. Oh, how embarrassing for the bride and groom. Jesus's mom, Mary was at the wedding as well. She told Jesus, "They have no more wine." What she actually meant was "They have no more wine, do something about it." Jesus answered, "it's not yet time for me to begin My work." Huh? What did Jesus mean? Was that a "yes" or a "no"? The lovely thing is that even though Jesus didn't give a clear answer, Mary trusted that Jesus would know just what to do. So instead of asking Jesus again, Mary said to the servants, "Whatever He says to you, do it."

There were six large waterpots made out of stone. Each pot held between twenty to thirty gallons of water. In liters, this would be between seventy-five to more than one hundred liters of water in each pot. Now, that's a lot of water. "Fill the pots with water," Jesus told the servants. Back and forth, the servants went till all the stone pots were filled. Once the pots were filled to the top, Jesus said, "Scoop some out, and take it to the man in charge." So the servants scooped from the huge waterpots and took it to the master of the feast. The man



took a sip. “Wow”, he said, “This wine is very good! Where is it from?” You see, the master of the feast didn’t taste water. Instead, he tasted the most wonderful wine. The man was so impressed that he said to the groom, “Amazing! Everyone serves the good wine at the start, but you have saved the best wine until now.”

Did Jesus help the wedding couple that day? Yes! Jesus turned water into wine. The best part is the abundant and generous style in which Jesus gave. Jesus could have given them just a few liters to keep them going. But no, Jesus gave them more than six hundred liters! Much more than they needed. Jesus could have just given them plain, regular wine. But no, Jesus gave them the best kind. Because of Jesus, there was an abundance of joy at the wedding that day.

The good news is that what Jesus did for the wedding couple, He still does for us today. Look what Jesus said in John 10:10, “**I have come that they may have life, and that they may have it more abundantly.**” When our God gives, He gives generously and with great style. When we know our God’s great style of blessing us, we don’t have to worry or wonder if He will help us. Just like Mary, we can trust Jesus. Instead of fussing or fretting for a clear “yes” or “no” answer, Mary trusted Jesus to bless the wedding.

You know, sometimes when we pray, it may not feel like God is answering our prayers. And sometimes when we wait too long, we start to worry that God won’t help us. If this is you, stop. Say, “Jesus loves me, this I know.” Be patient, wait for Him to sort things out for you. at the right time and in the right way. You can be sure that our Jesus will answer you in His great and abundant style.

Let me tell you about a small boy from Rock Kidz who prayed and waited for something for so long that he wondered if Jesus was going to answer him. There was a toy that he really, really wanted. It was an action hero belt with all kinds of exciting lights and sounds. He told his mom about it but when she checked and saw the price, she was shocked. She explained that it was too expensive, so she would not be getting the toy for him.

But instead of getting upset, this boy decided to pray. “Thank you Jesus, that You are so good to me. I trust that You will bless me with the desires of my heart.” He prayed and waited. Some days he wondered, “Why so long?” Then he prayed and waited some more. Some days he got discouraged and other days he got frustrated. His mum simply said, “be patient, trust God.”

Then one day when he wasn’t even thinking about it, there was sale. When they went in, guess what they saw? The toy that he wanted so much! When they saw the price tag, they were stunned. It was only \$10! And because the sale was so good, his mom bought other things as well. When they got to the cashier, the lady said, “here are some free gifts for you

as well.” As he carried his new toy home that day, the boy and his mom praised Jesus for being so good to them.

Hey Rock Kidz, what good news we have heard today. We heard that we can always trust in Jesus’ love for us. Even if we don’t get what we want immediately, we don’t have to wonder or worry because we know that when He answers, it will be with great generosity and style. How do we know? John 10: 10 tells us so. **Jesus said, “I have come that they may have life, and that they may have it more abundantly.”** Jesus loves you so much. Just like he did at the wedding at Cana, Jesus wants to give you the blessed and good life. At Cana, the wedding couple were blessed because they invited Jesus to their party. Today, we are also blessed when we invited Jesus into our lives. Invite Him into every area of your life. In every situation, tell him what is going on. It doesn’t have to be long and complicated. It could be as simple as what Mary said that day, “They have no more wine.” Just tell Jesus and know that you have a good, good God who wants to bless you. trust that He is working behind the scenes to bring your blessing to you at the right time and in the right way. And when that happens, you can be sure that it will be in His great and abundant style that will make you open your eyes wide and go, “Wow!”

Up next, we’ll be taking a look at this week’s key learning points. You can pause this video and copy them down in your notebook as powerful reminders to encourage you as you go about a new week.

### **KEY LEARNING POINTS**

- Jesus came to give us abundant life. ‘abundant’ means that when our Lord blesses us, He gives generously and with great style.
- When we pray, we don’t have to wonder or worry if Jesus will help us. We can put our trust in His love for us.
- We can invite Jesus in every area of our lives. We can tell Him what we need and trust Him to bless us in the right way and at the right time!

Hey Rock kidz, let’s take a look at this week’s memory verse. Do remember to highlight it as well. **John 10: 10, Jesus said, “I have come that they may have life, and that they may have it more abundantly.”Keep on believing and keep on speaking God’s word!**

On this first Sunday of a brand new year, we want to bring to the Lord three prayer requests that we hope to see answered this year. if you know what your three prayer requests are, great! If you still need some time, you can think about them now. Once you have your three prayer requests, it’s good to write them down to help you remember what you are believing the Lord for. If you have already written them down, hold them up in your hand. If you haven’t, you can do so after this, but lift up your hands as well. Let’s pray, “Dear daddy God,

thank you for being so good and generous to us. Today, we lift up these prayer requests to You.” Now Rock Kidz, I want you to tell Daddy God what you’re asking for. You can do so now. “Thank you, Daddy God that You hear us and You always answer our prayers. We put our trust in You. Bless us with good health. Keep us safe from all sickness and disease. Bless our family and friends with peace and happiness this year. Bless everything we do and give us life and life more abundantly. In Jesus’s name we pray, and all of 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:**

**Abundant life; Jesus; Mary; wedding; first miracle**