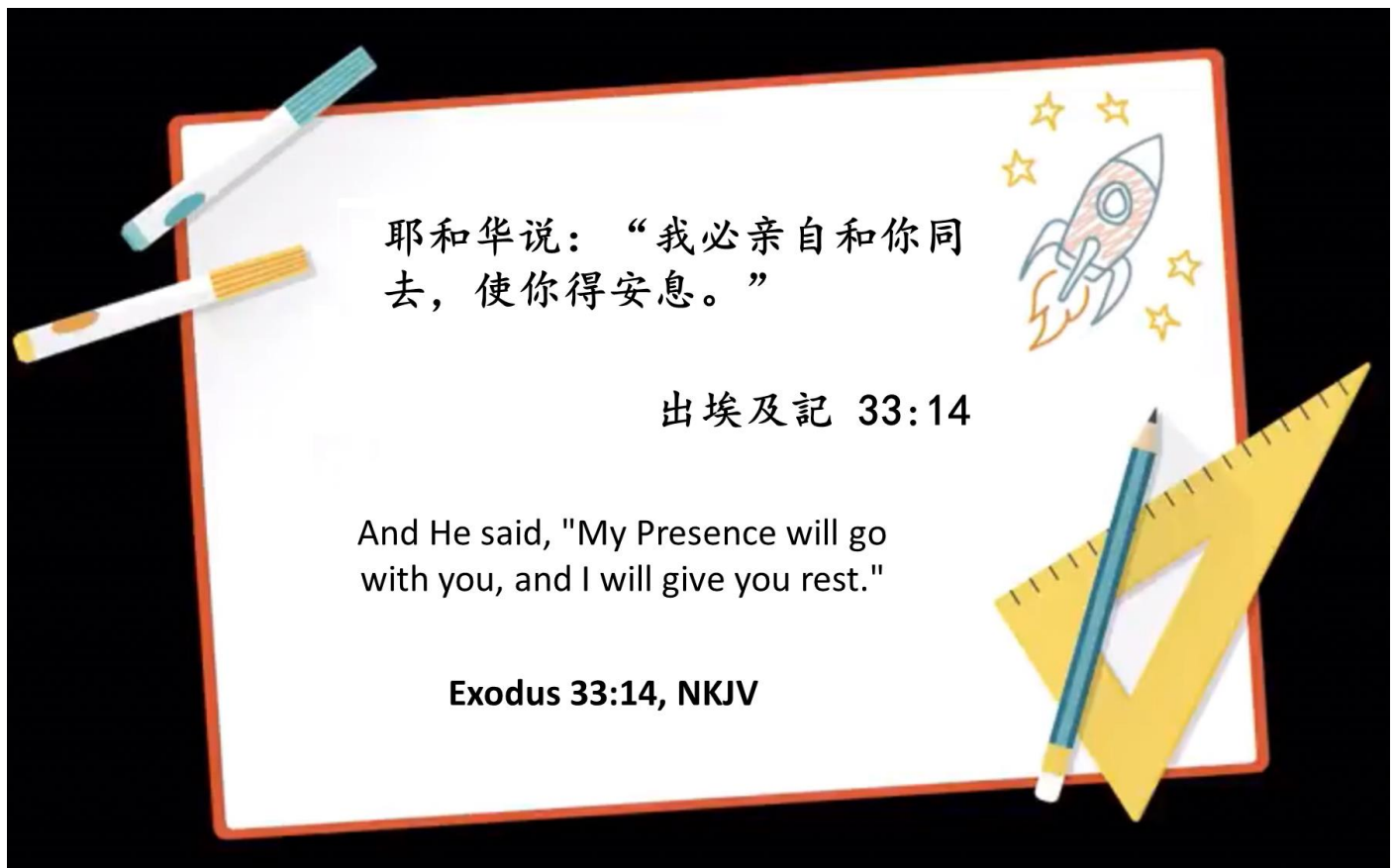


神与我同在

耶和华说：“我必亲自和你同去，使你得安息。”

——出埃及记 33:14

本周圣经话语：



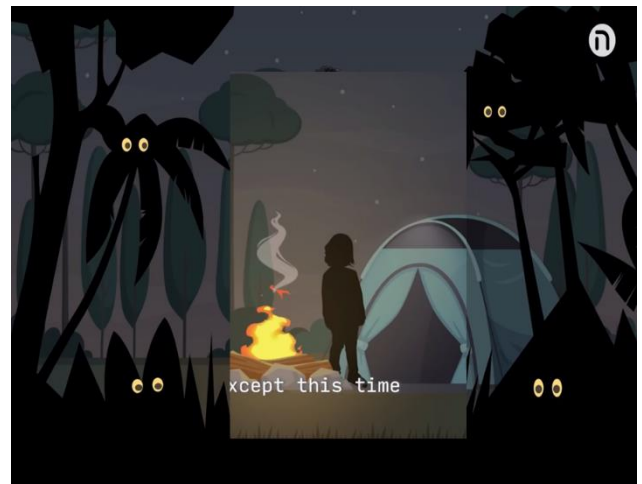
本周主题：

安息；耶稣的同在；神的拯救；摩西；旷野；露营

嗨，孩子们！你有去过露营吗？我在这里说的不是那种你在客厅里用床单或毯子支起帐篷的露营，我说的也不是你在你的后院搭帐篷的露营。这些都不是真正的露营！我说的是那种在野外，你会生起篝火，烤一些棉花糖，然后在星空下睡觉的露营。



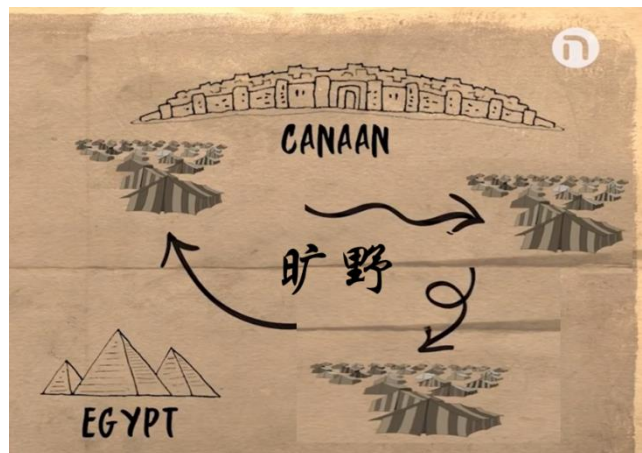
所以，想象一下，在一个夜晚，在漆黑一片的树林里，你在你的帐篷里，且已经过了午夜，快凌晨3点了。天色真的真的很黑，而且，你一个人！什么？！独自一人？！在树林里？且是黑夜？！那——那——那是什么？会不会是狐狸？还——还——还是熊？！哎——呀！然后你记起来了，等一下，[新加坡]并没有狐狸或熊在野外游荡的！看把自己吓的 😊 😊。你知道这很荒谬，但你的心还在砰砰跳动。这将会是一个非常漫长的夜晚。



但试试以下这种情形就大不一样了，想象还是在同一个地方，同一个时间，一切都一样惟独除了这一样——这一次，你并不是孤单一人，你身边有个朋友。就这样，露营又变得有趣了，夜色并没有那么黑，树林里的各种声音也没有那么诡异，之前觉得诡异的影子也就只是影子而已。此刻你不会焦虑地等待早晨的到来，而是享受能在这个夜晚外出在星空下睡觉的兴奋心情。只是有一个朋友和你在一起，情况却会是如此的不同！



今天的圣经故事是关于神的子民——以色列人，在那时候，他们也住在帐篷里。但与我们不同的是，以色列人露营并不是为了一两天的乐趣。圣经告诉我们，以色列人离开埃及，来到旷野，他们都住在帐篷里，直到四十年后他们才进入了应许之地。就这样，他们每天都在空旷的荒野中露营。在旷野中，以色列人面临着各种各样的危险和挑战。



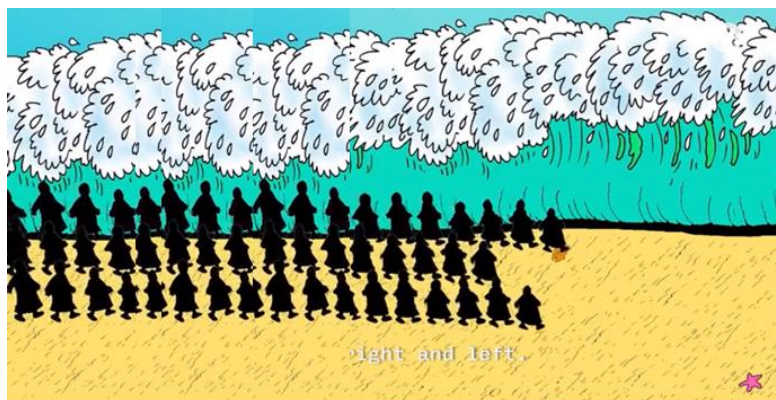
但好在他们并不孤单，神与他们同在。我们怎么知道的呢？是神自己这么说的，请把圣经翻到出埃及记 33 章 14 节：“耶和华说：‘我必亲自和你同去，使你得安息。’”哇！当神说祂必亲自和你同去时，你可以肯定事情的进展对于你来说会是多么的不一样。

举个例子，我们来看一下以色列人离开埃及后所发生的事情。法老在他们离开埃及后派他的士兵追赶他们，这使得以色列人处于极大的危难当中。前面是红海，后面是法老和他的军队，以色列人被困住了！可以想象此刻民众的惊恐，大家都惊叫：“哦，糟了！我们就快要死了！”

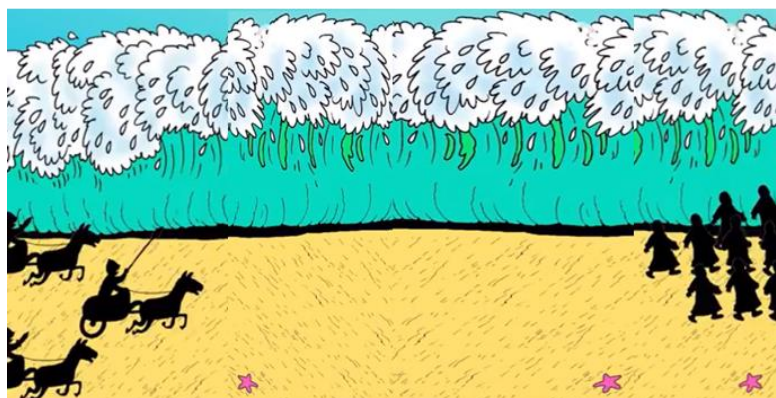


但摩西是这样告诉大家的：“不要惧怕！只管站住，在你们所在的地方观看，你们将看到耶和华今天拯救你们的奇妙方式！你们现在所看到的埃及人，必再也见不到他们了。耶和华必为你们争战！”(出埃及记 14 章 13-14 节) 摩西知道，因为神与他们同在，他们不必害怕；因为神与他们同在，神必为他们争战！神不仅会拯救他们，而且还会以奇妙的方式来实现！

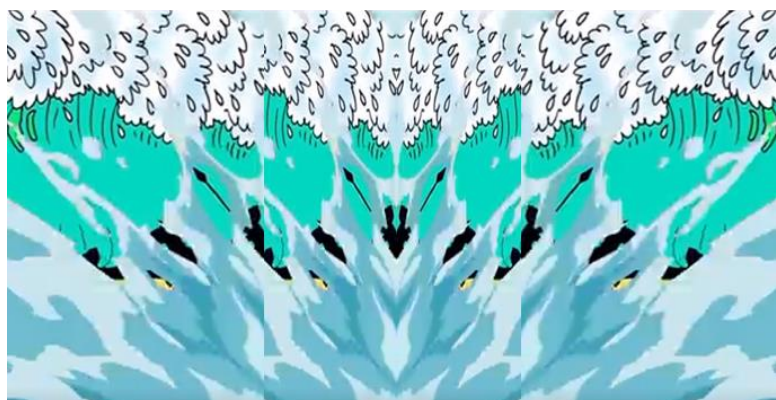
后来的事情就正如摩西所说那样发生了：那一天，神的使者将在前方的带领以色列人的云柱，移到了后面，挡在他们和埃及人之间。到了晚上，这云柱变成了一根火柱，光照着祂的子民，保护他们免受敌人的伤害。哇！虽然以色列人不能像我们用肉眼看这个世界那样亲眼见到神，但你可以肯定的是每一个以色列人都看到了神在亲自保护他们并且为他们征战。



在那之后，神命令风，使红海分开，使地面变干。就这样，多达两百万的以色列人在干地上走过红海，而海水就像墙壁一样竖立在他们左右两边。



当以色列人到达彼岸时，我们伟大的神使海水复原，淹没了法老和他所有的战车和骑兵以及整个埃及军队。神的奇妙作为拯救了祂的子民！



神不但拯救祂的子民脱离了埃及人的手，还在接下来的以色列人的生活中处处照顾他们。当以色列人找不到食物时，神在早晨从天上降下食物，不只是一点点，而是很多很多，他们所要做的就是出去把食物收拾起来；晚上，神又派来叫鹌鹑的小鸟，好让他们有肉吃。当祂的子民发现自己在沙漠中没有水时，神就让水像河流一样从岩石中涌出。我们的神是多么仁慈和体贴的神啊！孩子们，有神与我们同在实在是太棒了！



今天，主耶稣想让我们知道，无论我们在哪里，无论我们正在经历什么，我们并不孤单，祂与我们同在，保护我们并供应我们，这就是我们可以**安息**的原因，这就是为什么我们不必担心。就好像主耶稣在跟我们说，“嘿，孩子，你并不孤单。我和你同在，你不能为自己做的事情，我都会为你做的。请安息吧！”



这个“安息”的真正含义是什么？是不是意味着我们可以整天无所事事地打瞌睡？不是的，这不是指我们所说的身体上的休息。主耶稣想要给我们的“安息”是指那种“无所挂虑”的安息。圣经中的“安息”意味着——**我的心灵可以得享平安，知道**

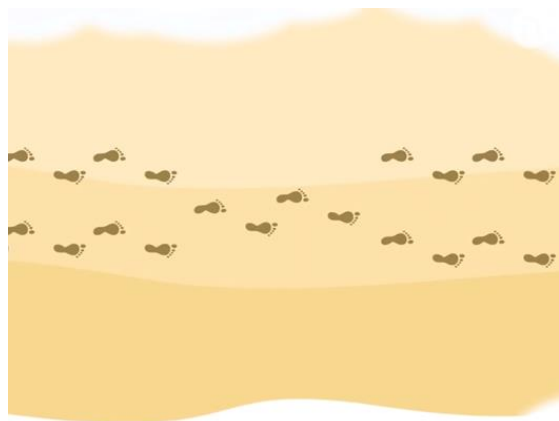


一切都会好起来的，因为主耶稣一直与我同在。因为主耶稣与我同在，我可以在任何困难的情况下保持镇定和冷静，因为我知道我有一位良善的天父随时准备着帮助我。

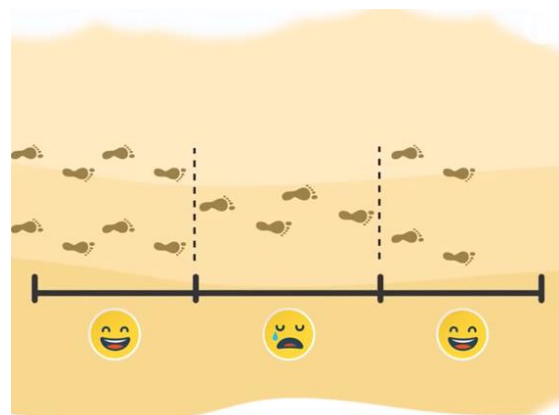
当你感到被压垮时，不知道该怎么办时，不要惊慌。第一步，感谢主耶稣与你同在；第二步，请祂帮助你得享安息；第三步，请祂行奇迹帮助你为你扭转这困境。当你身边有着这样一位美好而良善的主耶稣时，情况会是多么的不一样！所以，下次当你对某事感到担心、有压力或恐惧时，请记住**主始终与你同在**。我们可以与主耶稣交谈，告诉祂你的需要。当你这样做的时候，你面临的挑战对于你来说不再是太大或不可能的任务了。你可以深呼吸一口气，你可以安息了。



接下来我们来分享一首诗，是一个人梦见与主耶稣同行的诗。这个人梦见自己和主在沙滩上散步，走着走着，沙滩上出现了两组脚印。可当他回头一看，却发现有些地方只能看到一组脚印。刚开始他很疑惑，为什么只有一组？另一组哪里去了？



然后他意识到，只有一组脚印的地方，是他感到伤心难过或害怕的时候。这使得他很不高兴，他问主：“主啊，你不是说你会一直和我在一起的吗？为什么在我糟糕的时候，在我伤心和害怕的时候，我只看到一组脚印？为什么在那段时间你让我孤单一人？”



就在这时，他听到主说：“我亲爱的孩子，我从未离开过你。当你在沙滩上看到一组脚印时，那组脚印不是你的，是我的。你之所以只看到一组脚印，是因为在事情变得艰难的时候——我背着你！”这难道不是一个很美丽的故事吗？在他最艰难的时期，主从未离开过他。事实上，是主背负着他度过了他一生中最艰难的时刻。主一直在他的生命中工作，即使他看不见！

孩子们，无论你是否感受到，主耶稣都与你同在。主耶稣永远与你同在，无论是在你美好日子，还是在你糟糕的日子，还是你悲伤或害怕的日子，祂永远永远都不会离开你！只要知道这一点，一切都变得不再一样了！让我们再来回顾出埃及记 33 章 14 节的经文：“**耶和华说：‘我必亲自和你同去，使你得安息。’**” 跟我说：“主与我同在，我可以安息。” 主耶稣非常爱你，祂和你在一起，每一天每一步祂都与你同在。不要让它仅仅停留在你的脑海里，而是让它深植入你的内心里。与其独自挣扎和承受压力，不如看到祂爱你、帮助你、背负你。多棒的好消息啊——就因为主总是与我们同在，我们可以安息了！所有的孩子们一起说：“阿门！”

接下来，我们来看看本周的学习要点，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

- 主耶稣永远与我同在，祂保护我，给我需要的一切。
- 因为主耶稣与我同在，我可以安息。圣经中的“安息”意味着我不必担心或害怕。知道阿爸天父总是会照顾好我，我可以安心了。
- 我可以与主耶稣说话，告诉祂我所需要的。知道祂永远不会离开我，我可以得享安息！

=====

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 LORD IS WITH ME

And He said, “My Presence will go with you, and I will give you rest.” – Exodus 33: 14, NKJV

Hey Rock Kidz! Have you been out camping before? Now, I’m not talking about the kind of camping where you prop up a tent in your living room with some sheets or blankets. I’m not talking about popping up a tent in your backyard. No. I’m talking about the kind of camping where you build a campfire, you roast some marshmallows and sleep under the stars.

So, there you are in your tent, in the woods at night. It’s way past midnight, almost 3 a.m. it’s really, really dark. And ... you’re all alone! What?! All alone?! In the woods? At night?! What was that? Could it be a fox? Or ... or ... or ... a bear?! Yikes! And then you remember, wait, there are no foxes or bears roaming wild in Singapore! Hm! You know it’s ridiculous, but your heart is still racing. It’s going to be a very long night.

Now let’s try this. Imagine the same place, the same time, and everything the same. Except this time, you’re not alone! You have a friend beside you. Just like that, camping becomes fun again! The night is not so dark, the sounds are not so strange, and the shallows are, well, just shadows again. Instead of anxiously waiting for morning to come, you enjoy the excitement of being out so late and sleeping under the stars. What a difference just having a friend with you makes!

Today’s Bible story is about a time when God’s people, the Israelites, also lived in tents. But unlike us, the Israelites were not camping just for fun for a day or two. No, the Bible tells us that from the time they left Egypt until the time they entered the Promised Land almost forty years later, the Israelites lived in tents. So there they were, camping in the big, open, wilderness every day of their lives. Out in the wilderness, the Israelites faced all sorts of dangers and challenges.

But the good thing is that they were not alone. God was with them. How do we know? Well. God Himself said so. Flip your Bible to Exodus 33: 14. **“And He said, “My Presence will go with you, and I will give you rest.””** Wow! When God Himself says His Presence will go with you, you can be sure that it makes a real difference to how things go for you. For Instance, take what happened right after the Israelites left Egypt. Pharaoh sent His soldiers after them. This put the Israelites in big danger. In front of them was the Red Sea, and behind them were Pharaoh and his army. They were trapped! Imagine all the people going, “Oh no! We are all going to die!”

This is what Moses told the people, **“Don’t be afraid. Just stand where you are and watch, and you will see the wonderful way the Lord will rescue you today. The Egyptians you are looking at, you will never see them again. The Lord will fight for you.”** Moses knew that because the Lord was with them, they didn’t have to be afraid. Because the Lord was with

them, He would fight for them. The Lord would not only rescue them, but He would also do it in a wonderful way.

And that was just what happened. That day, the angel of God moved the pillar of cloud that had been leading them from the front to behind them, standing between them and the Egyptians. At night, it changed to a pillar of fire, giving light to God's people, and shielding them from their enemies. Wow! Even though the Israelites could not see the Lord face-to-face, the way we can see each other, you can be sure that everyone saw the Lord's presence protecting them and fighting for them.

After that, God caused the wind to part the sea and make the ground dry. And so, two million of them walked across on dry ground, with the water like a wall on the right and left.

And when everyone of them had reached the other side, our amazing God caused the water to return and cover Pharaoh, all his chariots and horse men and the whole army of Egypt. How wonderfully the Lord rescued His people!

Then, when the Israelites couldn't find food, God rained down bread from heaven in the mornings. Not just a bit, but lots and lots of it. All they had to do was to go out and collect it. In the evenings, the Lord sent little birds called quail so that they had meat to eat. What a good and caring God we have! And when His people found themselves in the middle of the desert with no water, God caused water to flow like a river from a rock. Rock Kidz, isn't it wonderful to have God's presence with us?

Today, He wants us to know that no matter where we are and no matter what we are going through, we are not alone. He is with us to protect us and to provide for us. That is why we can rest. That is why we don't have to worry. It's like the Lord is telling us, "Hey guys, you're not alone. I am with you. whatever you can't do for yourself, I will do for you. Rest."

What does this "rest" really mean? Does it mean that we do nothing and nap all day? No, it's not physical rest we are referring to. The "rest" that the Lord wants to give us is the "no worries" kind of rest. Bible "rest" means that my heart can be at peace knowing that everything will be alright, because the Lord is always with me. Because the Lord is with me, I can stay calm and cool in tough situations, because I know that I have a good God who is always ready to help me.

When you feel overwhelmed, and don't know what to do, don't panic. Thank the Lord for being with you and ask God to give you rest. Ask Him to give you rest. Ask Him to help you. Ask Him for a miracle to turn everything around for you. what a big difference it makes when you have our good and wonderful God by your side. The next time you feel worried, stressed, or fearful about something, just remember that God is always with you. talk to Him and tell

Him what you need. And just like that, the challenge is no longer too big or too impossible for you. You can breathe again. And you can rest.

This reminds me of a poem about a man who had a dream. He dreamt he was walking along the beach with the Lord. As he walked, two sets of footprints appeared on the sand. But when he looked back, he saw that there were parts where only one set of footprints could be seen. At first, he was puzzled. Why only one set? Where did the other set go?

Then he realized that the times where there were only one set of footprints were the times where he felt bad or sad, or scared. This upset him so much, he asked the Lord, "Lord, didn't you say that You would always be with me? Why is it that during my bad times and my sad and scared times, I see only one set of footprints? Why did You leave me alone during those times?"

This was when he heard the Lord say, "My darling child, I never left you. The footprints you see in the sand are not yours. They're Mine. **You see only one set because during those times when things got rough, I carried you.**" Isn't that such a beautiful story? God never left that man during his toughest times. In fact, it was God who carried him through the most difficult moments of his life. God was always working in his life, even when he couldn't see it.

Rock Kidz, God's presence is always with you, whether you feel it or not. God is always with you. on your good days, on your bad days, your sad or scared days. He never, ever leaves you. what a difference, just knowing this makes. Let's look at Exodus 33: 14 again. **"And he said, 'My Presence will go with you, and I will give you rest.'**" Say it with me, "The Lord is with me, I can rest." The Lord loves you so much. He is with you. He is with you every step of every day. Don't let this just stay here, but let it drop deep into your heart. Instead of struggling and stressing out all by yourself, see Him loving you, helping you and carrying you. what good news to know that because God is always with us, we can rest. And all of Rock Kidz say, "Amen!"

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

KEY LEARNING POINTS

- God's presence is always with me. He protects me and gives me everything I need.
- Because He is with me, I can rest. Bible 'rest' means that I don't have to worry or be afraid. I can be at rest knowing that Daddy God always takes good care of me.
- I can talk to the Lord and tell Him what I need. I can rest knowing that He never, ever leaves me!

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."

=====

Theme of the Week:

Rest; Jesus' Presence be with you; God's helps; Moses; wilderness; camping