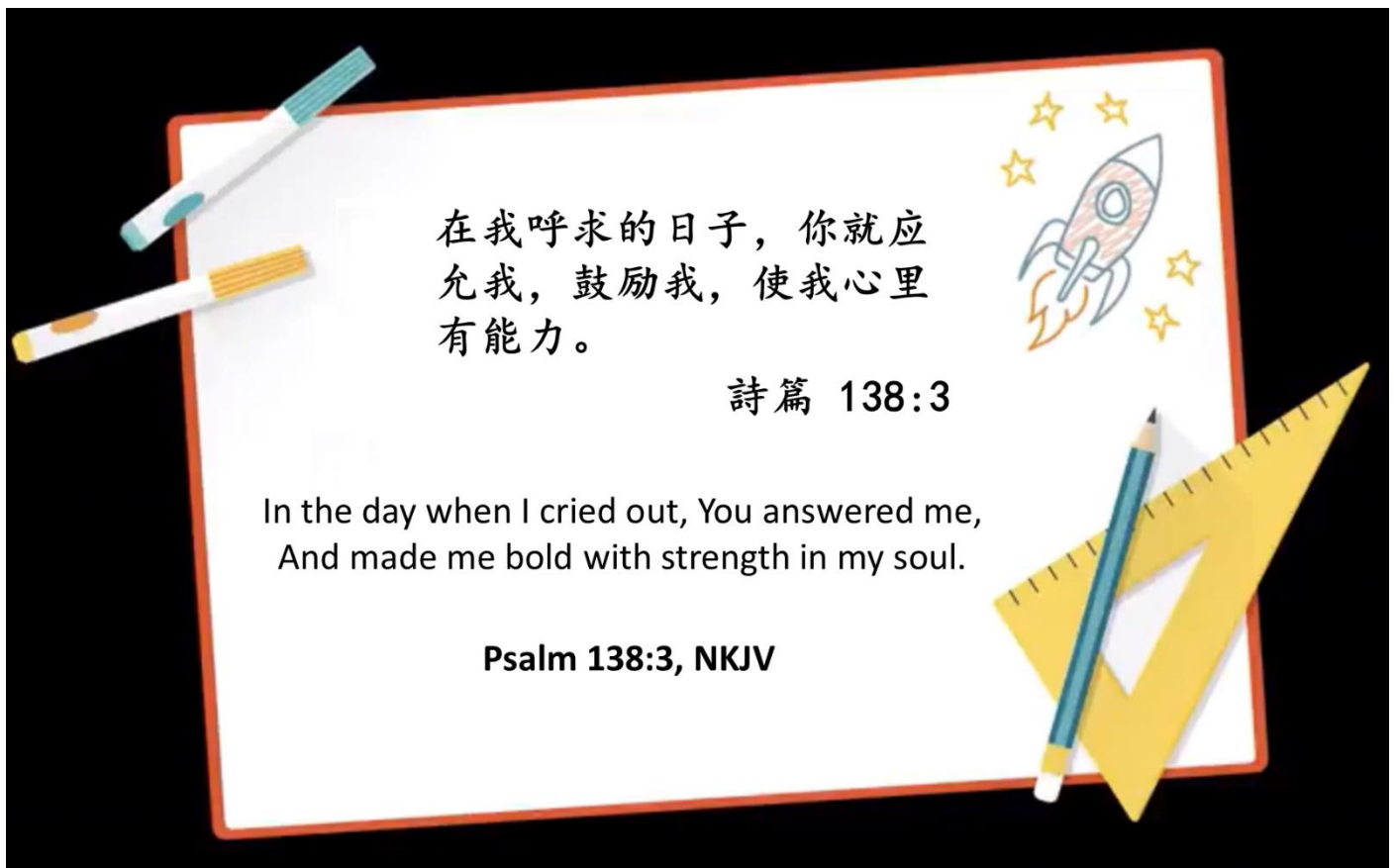


神使我强大

在我呼求的日子，你就应允我，鼓励我，使我心里有能力。

—— 诗篇 138:3

本周圣经话语：



本周主题：

呼求神；振作；鼓励；大卫

嗨，孩子们！你知道是什么使我们变得强壮吗？让我们先来个测试。测试一：这两种食物中哪一种能让你的身体变得强壮？牛奶还是糖果？



答案很简单，当然是牛奶啦！牛奶含有大量的钙，可以让你的骨骼变得强壮又健康。糖果虽然很好吃，但这些糖分不会让你变得强壮，反而吃太多的话会损坏你的牙齿。



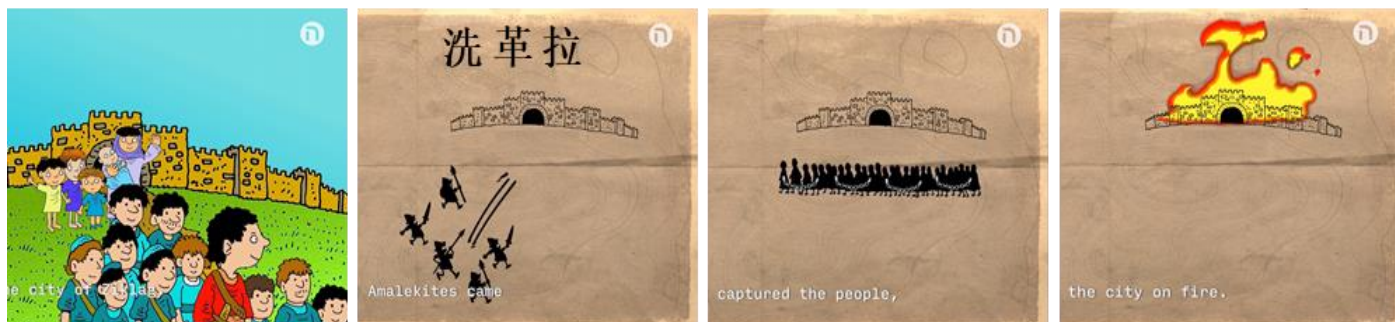
测试二：这两项活动中哪一项会让你的身体变得强壮？是盯着屏幕看上好几个小时，还是在公园里溜旱冰？我想你答对了，是溜旱冰。我们知道，在屏幕前无精打采地呆上几个小时对我们的身体不好；为了强壮和健康，我们需要锻炼。



为了使我们的身体变得强壮，我们要做的就是吃健康的食物，好好休息，做足够的运动。现在我们了解了如何使我们的身体变得强壮的方式，但你知道如何使我们的思想、我们的情感承受力和行为变得强壮强大吗？比如，当我们感到担心害怕、或有压力或悲伤时；当出现一些问题，或者当事情没有按照我们希望的方式发展时，我们会感觉很糟糕，我们感到自己好渺小和无助，不知道该怎么办。有时我们甚至会变得如此沮丧，以至于我们的思想和情绪都变得弱不禁风和摇摆不定。健康饮食和锻炼对我们的身体有好处，但我们还需要更多的东西来使我们的头脑和心灵变得强壮。



今天的圣经故事记载在撒母耳记上第30章，说的是关于大卫遇到了许多问题。圣经告诉我们，那时候他感到非常苦恼。这一切都始于大卫告诉他的手下和他一起离开家园几天，男人们听从他们的领袖并跟大卫他走了，把家人留在洗革拉的家中。在大卫和他的手下走了后，亚玛力人来攻击洗革拉。敌人俘虏了那里的人们，并夺走了一切，且放火把城烧了。



当大卫和他的手下回来时，他们发现洗革拉被烧毁了，他们家人都不见了。圣经告诉我们，这些在战斗中坚强的勇士、勇猛的战士们为他们的家人情绪一下子都崩溃了，他们哭了，直到他们乏力得不能再哭为止。这些强大的战士们内心变得如此软弱，以至于他们找碴以怪罪他人来发泄情绪。撒母耳记上30章第6节告诉我们，“军队中的所有男人都非常悲伤和愤怒，因为他们的儿女和家人都被俘虏了。这些人正在谈论要用石头打死大卫，这使得大卫更受打击……”等一下，想一想，大卫和其他人一样也失去了家人；更糟糕的是，他现在还处于可怕的危险之中，因为他自己的人想要杀了他。他会不会为这多么的不公平而生气呢？还是害怕得逃跑了呢？如果是你，你会怎么做？



在他遭遇这么可怕的困境和巨大痛苦的时候，大卫做了真正的得胜者所做的事情——他靠着他的上主他的神坚强起来。他并没有看向自己，没有看自己所处的糟糕处境，而是他仰望神，这使他变得坚强。这位伟大的战士、勇敢的领袖大卫，他的思想变得强大起来了，他的情绪变得稳定下来；他能够掌控自己的感觉，而不是让感觉控制他；他明白自己必须做什么。当大卫跑向神寻求帮助时，他变得大胆而信心满满。当他的手下还陷于痛苦中时，大卫已在神里找到了力量。

圣经告诉我们，大卫变得如此坚强，以至于他可以勇敢地面对那些想用石头砸他的人，并再次掌控局面。接着，大卫带领他们去攻打亚玛力人，拯救了他们所有的家人，并夺回被敌人掳走的一切。当勇士们因悲伤和恐惧而变得软弱时，大卫信靠神，找到了像得胜者一样思考和行动的力量，并他带领他的手下取得了胜利。



你肯定很好奇，想知道——大卫脑子里到底知道些什么，心里相信些什么，使得他成为如此强大的人？我们可以在大卫所写的诗篇中的一些经文看到答案。诗篇 138 篇第 3 节说：“在我呼求的日子，你就应允我，鼓励我，使我心里有能力。”大卫知道——当他呼求时，神总是会聆听他并回应他；他相信——因为神总是向他走来，他并不孤单，他总是能得到他需要的帮助！每次，大卫想起这一点，他就发现自己重新得力变得坚强和大胆。大卫所写的另一首诗，在诗篇 34 篇第 4 节中，他说：“我寻求耶和华，祂就应允我，救我脱离了一切的恐惧。”无论事情变得多么糟糕或可怕，大卫都不会长时间呆在软弱乏力的状态中，只是知道，他总是可以依靠我们良善慈爱的神的帮助，这给了他力量和勇气去面对他生命中的每一个挑战！



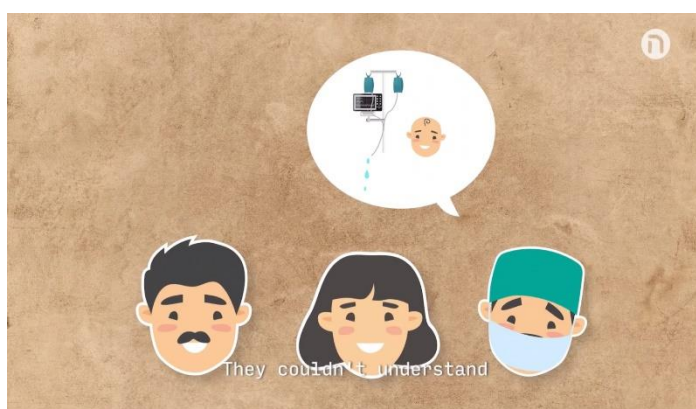
接下来，我们来分享一对夫妇的见证。这对夫妇的宝宝早产了，而且是比普通婴儿早了很多就出生了。医生对他们说：“你们的宝宝还没有正常发育就出生了，他实在是太小，需要很多特殊护理，并且要在医院呆上很长一段时间。”这对夫妇真的很担心，他们的宝宝甚至还不会自己喝奶，他需要很多呵护和帮助才能维持得了生命。每天，这对夫妇都会去医院看望宝宝陪伴宝宝。很多时候，医生们对他们摇摇头，告诉他们关于孩子的种种不好消息，所有这些对宝宝的来回探望和心里担忧使得他们身心俱疲。



在一个星期天，这对夫妇特别累，关于他们儿子的坏消息太多了。这次，但他们没有去医院，而是决定去教会。当他们听到神爱世人的好消息时，这对疲惫不堪的夫妇大受鼓舞重新得力。在圣餐礼中，他们为他们的孩子祈祷。当他们拿着饼举着杯时，他们告诉耶稣，他们相信耶稣上十字架是为了让他们的孩子得到医治！



第二天他们去医院的时候，医生告诉了他们，宝宝令人惊奇的好消息。医生们无法理解宝宝自己是如何扯下连接在他胃部的喂食管；当护士尝试正常地用奶瓶喂他时，他竟然可以自己喝奶了，这可是他出生以来的第一次；更奇妙的是，他还把整瓶奶都喝光了！医生和护士们都很惊讶，他们给宝宝起了个绰号叫“超人宝宝”。哇！当这对夫妇焦虑重重走投无路时，他们选择信靠神，他们就看到了神奇般地医治了他们的宝贝儿子。我们有一个多么好的神啊！



孩子们，让我们再来回顾一下本周的学习经文，诗篇 138 篇第 3 节，“在我呼求的日子，你就应允我，鼓励我，使我心里有能力。”这节经文告诉我们，如何在我们的思想上和情感上变得强大强壮。只要知道我们向主耶稣祷告呼求时，祂都会聆听，我们就会变得大胆坚强！我们变得大胆是因为我们确信帮助即将到来；我们变得坚强是因为我们确切知道主耶稣与我们同在，祂在支持我们且永远不会离开我们不会忘记我们。在你呼求的日子，祂就回答你！哇，是不是很神奇！我们可以在我们的头脑里和我们的的心灵上变得强大强壮，而不是无助和绝望，因为我们总是可以确定主耶稣对我们的爱！所有的孩子都说“阿们！”



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

- 1** 当事情不顺利时，大卫在主里面找到力量。他知道，当他呼求时，主会聆听并回应他。
- 2** 每一次遇到挑战，我们可以向我们良善慈爱的天父呼喊。祂会使我们头脑获得智慧，情感变得坚强！
- 3** 我们可以放胆，因为我们确信主耶稣与我们同在并且支持我们。祂从不会离开我们或忘记我们！

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！”

HE MAKES ME STRONG

*In the day when I cried out, You answered me, And made me bold with strength in my soul.
–Psalm 138:3, NKJV*

Hey Rock kidz! Let's start with a quick quiz about what makes us strong. Which of these foods make you strong? Milk or candy?

The answer is easy. Milk! Milk has lots of calcium, which makes your bones strong and healthy. Candy tastes good, but all that sugar will not make you strong. In fact, too much candy spoils your teeth.

Which one of these activities will make you physically strong? Staring at a screen for hours and hours, or rollerblading in the park? Right again! We know that spending hours slouched in front of a screen is not good for us. To be strong and healthy, we need to exercise. For our bodies to be strong, the way to go is to eat healthy food, rest well and get enough exercise.

Now, what about the way we think, feel and behave? Like when we feel worried, or stressed, or sad? When problems come, or when things don't go the way we hope, we feel bad. We feel small and helpless, and don't know what to do. Sometimes we become so upset that we get all weak and wobbly in our thoughts and in our emotions. Eating healthy and exercising is good for our bodies, but we need something more to make us strong in our heads and hearts as well.

Today's Bible lesson is about the time when David had so many problems that the bible tells us, he became greatly distressed. It all started when David told his men to leave with him for a few days. The men obeyed and followed their leader. They left their families at home in the city of Ziklag. While David and his men were away, the Amalekite came and attacked Ziklag! The enemy captured the people, took everything away and set the city on fire.

When David and the men returned, they found Ziklag burned and all their family gone. The Bible tells us that these brave men and mighty warriors who were strong in battle were so upset about their families that they cried until they were too weak to cry anymore. These strong warriors became so weak in their hearts that they looked for someone to blame. 1 Samuel 30: 6 tells us, "All the men in the army were sad and angry because their sons and daughters were taken as prisoners. The men were talking about killing David with stones. This upset David very much ..." Stop and think about this for a minute. David lost his family just like the other men. To make it worse, he was now in terrible danger because his own men wanted to kill him. Should he get angry at how unfair it was? Or should he be afraid and run away? What would you do?

In his time of terrible trouble and great distress, David did what real champions do. "...but he found strength in the Lord his God." He did not look at himself. He did not look at the bad

situation he was in. he looked to the Lord and this made him strong. David the mighty warrior and brave leader, became strong in his thoughts and he understood what he had to do. He became strong in his emotions and took charge of how he felt, instead of letting his feelings control him. When David ran to God for help, he became bold and confident. While his men were greatly distressed, David found strength in the Lord.

The Bible tells us that David became so strong that he could face the men who wanted to stone him and take charge of the situation again. David led them to attack the Amalekites and rescue all their families, as well as everything the enemy had taken. When the warriors became weak with sadness and fear, David put his trust in the Lord and found the strength to think and act like a champion, who led his men to victory.

What did David know in his head and believe in his heart that made him such a mighty man of God? We can see the answer in some of the verses in the Psalms that David wrote. Psalms 138: 3 says, **“In the day when I cried out, You answered me, And made me bold with strength in my soul.”** David knew that God would always hear him and answer him when he called. He believed that because God would always come to him when he was not alone. He trusted that he could always get the help that he needed.

Each time David remembered this, he found the power to become strong and bold. Another Psalm David wrote was Psalm 34. In verse four, he said: **“I sought the Lord and he heard me and delivered me from all my fears.”** No matter how bad or scary things got, David did not stay weak or wobbly for long. Just knowing that he could always depend on our good, good god for help gave him the strength and courage to face every challenge in his life.

Let me tell you what happened to a couple when their baby was born much, much earlier than regular babies. Their doctor said, “Your baby is too young and too tiny. He needs lots of special care and will need to stay in the hospital for a long time.” His parents were really worried. Their baby could not even drink milk by himself. He needed so much help just to stay alive. Every day , his mum and dad traveled to the hospital to be with him. Many times the doctors shook their heads and gave them bad news. all the traveling and worry made them exhausted.

One Sunday, the couple were especially tired. There had been so many bad reports about their boy. But instead of going to the hospital, they decided to go to church. As they listen to the good news of God’s love being preached, the tired couple were encouraged and became strong again. During holy Communion, they prayed for their baby. When they held the bread and drank the juice, they told Jesus that they believed that he went to the cross so that their baby could be healed.

When they went to the hospital the next day, the doctor told them the wonderful news of their baby’s extraordinary improvement. They couldn’t understand how the baby had ripped

off the feeding tubes attached to his stomach. When they tried feeding him normally, he was able to drink the milk himself. It was the first time since he was born. Even more marvelous. He drank a whole bottle! The doctors and nurses were so amazed they nicknamed him "Superman baby". Wow! When this couple were so worried and tired and had no more strength left, but chose to trust in our God, they saw how He miraculously healed their precious baby boy. What a good, good God we have!

Hey Rock Kidz, here's this week's verse again. Psalm 138: 3, "in the day when I cried out, You answered me, And made me bold with strength in my soul." This verse tells us how to be bold and strong in our thoughts and our emotions, which is another way of saying in our thoughts and our emotions. Just knowing that he answers when we call, makes us bold. We can be bold because we know for sure that help is on the way. We can be strong because we know and know and know that our God is with us, for us and will never leave us or forget about us. In the day when you cry out, he answers! Wow, isn't that amazing? Instead of being helpless or hopeless, we can be strong and bold here(head) and here(heart), because we can always be sure of His love for us. And all the 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:

1 When things went wrong, David found strength in the Lord. He knew that God would hear him and answer him when he called.

2 In every challenge, we can also cry out to our good, good God. He makes us strong in our thoughts and in our emotions.

3 We can be bold because we know for sure that God is with us and for us. He never leaves us or forget about us.

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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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Theme of the Week:

Call on God; Strengthen; Encourage; David