

PASTOR DANIEL KHONG

卍 保 亮 牧 师

## 1-2-3 THINGS

- Lead **1** person to the Lord
- Study **2** books of the Bible
- Spend **3** hours in prayer a week *(at least)*

## 1-2-3 行动计划

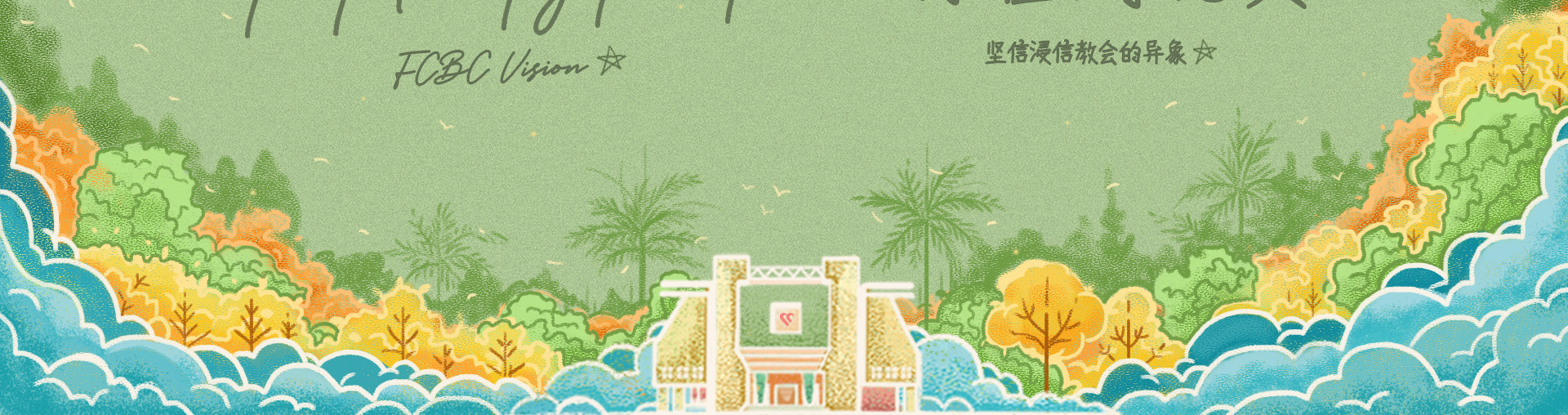
- 带领**1**人信主
- 研读**2**卷圣经书卷
- 每周**3**小时祷告 *(至少)*

Creating realities  
that do not yet exist.

FCBC Vision ☆

创造还未  
存在的现实。

坚信浸信教会的异象 ☆



**EPHESIANS 3:20-21**  
**(NIVUK)**

**20** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, **21** to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

以弗所书 3:20-21  
(CUVMPS)

20 神能照着运行在我们心里的大力，充充足足地成就一切，超过我们所求所想的。21 但愿他在教会中，并在基督耶稣里得着荣耀，直到世世代代，永永远远！阿门。

**1 SAMUEL 17:2-7  
(NIVUK)**

<sup>2</sup> Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. <sup>3</sup> The Philistines occupied one hill and the Israelites another, with the valley between them. <sup>4</sup> A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span.

**1 SAMUEL 17:2-7  
(NIVUK)**

<sup>5</sup> He had a bronze helmet on his head and wore a coat of scale armour of bronze weighing five thousand shekels; <sup>6</sup> on his legs he wore bronze greaves, and a bronze javelin was slung on his back. <sup>7</sup> His spear shaft was like a weaver's rod, and its iron point weighed six hundred shekels. His shield-bearer went ahead of him.

撒母耳记上  
17:2-7  
(CUVMPS)

<sup>2</sup> 扫罗和以色列人也聚集，在以拉谷安营，摆列队伍，要与非利士人打仗。<sup>3</sup> 非利士人站在这边山上，以色列人站在那边山上，当中有谷。<sup>4</sup> 从非利士营中出来一个讨战的人，名叫歌利亚，是迦特人，身高六肘零一虎口；<sup>5</sup> 头戴铜盔，身穿铠甲，甲重五千舍客勒；<sup>6</sup> 腿上有铜护膝，两肩之中背负铜戟；

撒母耳记上  
17:2-7  
(CUVMPS)

<sup>7</sup> 枪杆粗如织布的机轴，铁枪头重六百舍客勒。有一个拿盾牌的人在他前面走。

**1 SAMUEL 17:8-11, 16  
(NIVUK)**

**8** Goliath stood and shouted to the ranks of Israel, 'Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and let him come down to me. **9** If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us.'

**1 SAMUEL 17:8-11, 16  
(NIVUK)**

<sup>10</sup> Then the Philistine said, 'This day I defy the armies of Israel! Give me a man and let us fight each other.' <sup>11</sup> On hearing the Philistine's words, Saul and all the Israelites were dismayed and terrified. <sup>16</sup> For forty days the Philistine came forward every morning and evening and took his stand.

撒母耳记上  
17:8-11, 16  
(CUVMPS)

8 歌利亚对着以色列的军队站立，呼叫说：“你们出来摆列队伍做什么呢？我不是非利士人吗？你们不是扫罗的仆人吗？可以从你们中间拣选一人，使他下到我这里来。<sup>9</sup> 他若能与我战斗，将我杀死，我们就做你们的仆人。我若胜了他，将他杀死，你们就做我们的仆人，服侍我们。”

撒母耳记上  
17:8-11, 16  
(CUVMPS)

<sup>10</sup> 那非利士人又说：“我今日向以色列人的军队骂阵。你们叫一个人出来，与我战斗。”<sup>11</sup> 扫罗和以色列众人听见非利士人的这些话，就惊惶，极其害怕。<sup>16</sup> 那非利士人早晚都出来站着，如此四十日。

**1 SAMUEL 17:22-24  
(NIVUK)**

**22** David left his things with the keeper of supplies, ran to the battle lines and asked his brothers how they were. **23** As he was talking with them, Goliath, the Philistine champion from Gath, stepped out from his lines and shouted his usual defiance, and David heard it. **24** Whenever the Israelites saw the man, they all fled from him in great fear.

撒母耳记上  
17:22-24  
(CUVMPS)

<sup>22</sup> 大卫把他带来的食物留在看守物件人的手下，跑到战场，问他哥哥们安。  
<sup>23</sup> 与他们说话的时候，那讨战的，就是属迦特的非利士人歌利亚，从非利士队中出来，说从前所说的话。大卫都听见了。<sup>24</sup> 以色列众人看见那人，就逃跑，极其害怕。

**1 SAMUEL 17:26, 25**  
**(NIVUK)**

26 David asked the men standing near him, 'What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?'

**1 SAMUEL 17:26, 25**  
**(NIVUK)**

25 Now the Israelites had been saying, 'Do you see how this man keeps coming out? He comes out to defy Israel. The king will give great wealth to the man who kills him. He will also give him his daughter in marriage and will exempt his family from taxes in Israel.'

撒母耳记上  
17:26, 25  
(CUVMPS)

26 大卫问站在旁边的人说：“有人杀这非利士人，除掉以色列人的耻辱，怎样待他呢？这未受割礼的非利士人是谁呢？竟敢向永生神的军队骂阵吗？”<sup>25</sup> 以色列人彼此说：“这上来的人你看见了吗？他上来是要向以色列人骂阵。若有能杀他的，王必赏赐他大财，将自己的女儿给他为妻，并在以色列人中免他父家纳粮当差。”

**1 SAMUEL 17:31-32  
(NIVUK)**

**31** What David said was overheard and reported to Saul, and Saul sent for him. **32** David said to Saul, 'Let no one lose heart on account of this Philistine; your servant will go and fight him.'

撒母耳记上  
17:31-32  
(CUVMPS)

<sup>31</sup> 有人听见大卫所说的话，就告诉了扫罗，扫罗便打发人叫他来。<sup>32</sup> 大卫对扫罗说：“人都不必因那非利士人胆怯，你的仆人要去与那非利士人战斗。”

**1 SAMUEL 17:48-50**  
**(NIVUK)**

48 As the Philistine moved closer to attack him, David ran quickly towards the battle line to meet him.

49 Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell face down on the ground.

**1 SAMUEL 17:48-50**  
**(NIVUK)**

50 So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him.

撒母耳记上  
17:48-50  
(CUVMPS)

<sup>48</sup> 非利士人起身，迎着大卫前来。大卫急忙迎着非利士人，往战场跑去。<sup>49</sup> 大卫用手从囊中掏出一块石子来，用机弦甩去，打中非利士人的额，石子进入额内，他就仆倒，面伏于地。<sup>50</sup> 这样，大卫用机弦甩石，胜了那非利士人，打死他，大卫手中却没有刀。

# FEARFUL

虽惧犹勇

*Courage*

PASTOR DANIEL KHONG  
邝保亮 牧师

我了解到勇气不是没有恐惧，而是战胜恐惧。  
勇者不是不会害怕，而是能克服自身的恐惧。

I learned that courage was not the  
absence of fear, but the triumph over it.  
The brave man is not he who does not feel  
afraid, but he who conquers that fear.

NELSON MANDELA 曼德拉

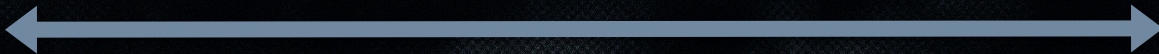
勇气是对恐惧的抵抗，  
是胜过恐惧；而不是没有恐惧。

Courage is resistance to fear,  
mastery of fear – not absence of fear.

MARK TWAIN 马克·吐温

**COURAGE**  
**/ FAITH**

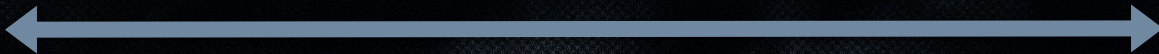
勇气 / 信心



**FEAR**

恐惧

**COURAGE**



**勇气**

**BRAVERY**

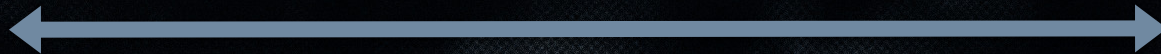
勇敢

**COURAGE**

勇气

**COWARDICE**

怯懦



**FEAR**

恐惧

**MASTERY  
OF FEAR**

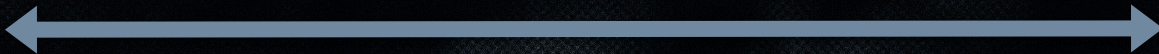
胜过恐惧

**FEAR**

恐惧

**OVERWHELMED  
BY FEAR**

被恐惧压倒



**MASTERY  
OF FEAR**

胜过恐惧

MORE FAITH IN GOD

更多依靠神

**FEAR**

恐惧

LESS FAITH IN GOD

较少依靠神

**OVERWHELMED  
BY FEAR**

被恐惧压倒

PSALM 56:3  
(NIVUK)

<sup>3</sup> When I am afraid, I put my trust  
in you.

诗篇 56:3  
(CUVMPS)

<sup>3</sup> 我惧怕的时候要倚靠你。

魔鬼用来瘫痪我们的两样武器：  
**恐吓与不安全感**

Two weapons the devil uses to cripple us:  
**INTIMIDATION & INSECURITY**

我们如何勇敢地战胜恐惧？

How can we courageously  
overcome our fear?

专注于目标，而非仇敌的恐吓

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**FOCUS ON THE GOAL**

NOT THE ENEMY'S INTIMIDATION

PHILIPPIANS  
3:14  
(NIVUK)

<sup>14</sup> I press on **towards the goal** to win the prize for which God has called me heavenwards in Christ Jesus.

腓立比书 3:14  
(CUVMPS)

<sup>14</sup> **向着标竿**直跑，要得神在基督耶稣里从上面召我来得的奖赏。

**1 SAMUEL 17:26, 25  
(NIVUK)**

26 David asked the men standing near him, 'What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?'

**1 SAMUEL 17:26, 25**  
**(NIVUK)**

25 Now the Israelites had been saying, 'Do you see how this man keeps coming out? He comes out to defy Israel. The king will give great wealth to the man who kills him. He will also give him his daughter in marriage and will exempt his family from taxes in Israel.'

撒母耳记上  
17:26, 25  
(CUVMPS)

26 大卫问站在旁边的人说：“有人杀这非利士人，除掉以色列人的耻辱，怎样待他呢？这未受割礼的非利士人是谁呢？竟敢向永生神的军队骂阵吗？”<sup>25</sup> 以色列人彼此说：“这上来的人你看见了吗？他上来是要向以色列人骂阵。若有能杀他的，王必赏赐他大财，将自己的女儿给他为妻，并在以色列人中免他父家纳粮当差。”

**1 SAMUEL 17:26**  
**(NIVUK)**

**26** David asked the men standing near him, 'What will be done for the man who kills this Philistine and **removes this disgrace from Israel?** Who is this uncircumcised Philistine that he should defy the armies of **the living God?'**

撒母耳记上  
17:26  
(CUVMPS)

26 大卫问站在旁边的人说：“有人杀这非利士人，除掉以色列人的耻辱，怎样待他呢？这未受割礼的非利士人是谁呢？竟敢向永生神的军队骂阵吗？”

勇气不是没有恐惧，  
而是意识到还有比恐惧更重要的东西。

Courage is not the absence of fear,  
but rather the assessment that something  
else is more important than fear.

FRANKLIN D. ROOSEVELT 富兰克林·罗斯福

**1 SAMUEL 17:4-7  
(NIVUK)**

<sup>4</sup> A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span. <sup>5</sup> He had a bronze helmet on his head and wore a coat of scale armour of bronze weighing five thousand shekels; <sup>6</sup> on his legs he wore bronze greaves, and a bronze javelin was slung on his back.

**1 SAMUEL 17:4-7  
(NIVUK)**

**7** His spear shaft was like a weaver's rod, and its iron point weighed six hundred shekels. His shield-bearer went ahead of him.

撒母耳记上  
17:4-7  
(CUVMPS)

<sup>4</sup> 从非利士营中出来一个讨战的人，名叫歌利亚，是迦特人，身高六肘零一虎口；<sup>5</sup> 头戴铜盔，身穿铠甲，甲重五千舍客勒；<sup>6</sup> 腿上有铜护膝，两肩之中背负铜戟；<sup>7</sup> 枪杆粗如织布的机轴，铁枪头重六百舍客勒。有一个拿盾牌的人在他前面走。

**1 SAMUEL**  
**17:16, 11, 24**  
**(NIVUK)**

**16** For forty days the Philistine came forward every morning and evening and took his stand. **11** On hearing the Philistine's words, Saul and all the Israelites were dismayed and terrified. **24** Whenever the Israelites saw the man, they all fled from him in great fear.

撒母耳记上  
17:16, 11, 24  
(CUVMPS)

<sup>16</sup> 那非利士人早晚都出来站着，如此四十日。<sup>11</sup> 扫罗和以色列众人听见非利士人的这些话，就惊惶，极其害怕。<sup>24</sup> 以色列众人看见那人，就逃跑，极其害怕。

恐吓迫使你聚焦于现状。  
专注于目标则会让你问：“如果……会怎样？”

Intimidation forces you to focus on what is.  
Focusing on the goal makes you ask,  
“What if?”

专注于目标，而非仇敌的恐吓

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**FOCUS ON THE GOAL**

NOT THE ENEMY'S INTIMIDATION

专注于上帝，而非我们的不安

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**FOCUS ON GOD**

NOT OUR INSECURITY

**1 SAMUEL 17:28**  
**(NIVUK)**

28 When Eliab, David's eldest brother, heard him speaking with the men, he burned with anger at him and asked, 'Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle.'

撒母耳记上  
17:28  
(CUVMPS)

28 大卫的长兄以利押听见大卫与他们所说的话，就向他发怒，说：“你下来做什么呢？在旷野的那几只羊，你交托了谁呢？我知道你的骄傲和你心里的恶意，你下来特为要看争战！”

1 SAMUEL 17:29  
(NIVUK)

29 'Now what have I done?' said David. 'Can't I even speak?'

撒母耳记上 17:29  
(CCB)

29 大卫说：“我做错了什么？我问一下都不行吗？”

1 SAMUEL 17:28  
(NIVUK)

28 ...‘Why have you come down here?  
And **with whom did you leave those  
few sheep** in the wilderness?...

撒母耳记上 17:28  
(CUVMPS)

28 .....“你下来做什么呢？在旷野的  
那几只羊，你交托了谁呢？.....”

**1 SAMUEL 17:32-33**  
**(NIVUK)**

**32** David said to Saul, 'Let no one lose heart on account of this Philistine; your servant will go and fight him.'

**33** Saul replied, '**You are not able** to go out against this Philistine and fight him; you are **only a young man**, and he has been a **warrior from his youth**.'

撒母耳记上  
17:32-33  
(CUVMPS)

<sup>32</sup> 大卫对扫罗说：“人都不必因那非利士人胆怯，你的仆人要与那非利士人战斗。” <sup>33</sup> 扫罗对大卫说：“你不能去与那非利士人战斗，因为你年纪太轻，他自幼就做战士。”

Insecurity comes when we  
focus on what we are and are not.

当我们聚焦于自己是什么和不是什么，就会产生不安。

**1 SAMUEL 17:34-36  
(NIVUK)**

**34** But David said to Saul, ‘Your servant has been keeping his father’s sheep. When a lion or a bear came and carried off a sheep from the flock, **35** I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it.

**1 SAMUEL 17:34-36  
(NIVUK)**

**36** Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God.

撒母耳记上  
17:34-36  
(CUVMPS)

<sup>34</sup> 大卫对扫罗说：“你仆人为父亲放羊，有时来了狮子，有时来了熊，从群中衔一只羊羔去，<sup>35</sup> 我就追赶它，击打它，将羊羔从它口中救出来。它起来要害我，我就揪着它的胡子，将它打死。<sup>36</sup> 你仆人曾打死狮子和熊，这未受割礼的非利士人向永生神的军队骂阵，也必像狮子和熊一般。”

**1 SAMUEL 17:37**  
**(NKJV)**

<sup>37</sup> Moreover David said, “**The Lord, who delivered me** from the paw of the lion and from the paw of the bear, He **will deliver me** from the hand of this Philistine.” And Saul said to David, “Go, and the Lord be with you!”

撒母耳记上  
17:37  
(CUVMPS)

37 大卫又说：“耶和华救我脱离狮子和熊的爪，也必救我脱离这非利士人的手。”扫罗对大卫说：“你可以去吧，耶和华必与你同在。”

Insecurity comes when we  
focus on what we are and are not.

当我们聚焦于自己是什么和不是什么，就会产生不安。

Insecurity comes when we  
focus on what we are and are not.

But insecurity is made irrelevant  
when we focus on who God is.

当我们聚焦于自己是什么和不是什么，就会产生不安。  
但当我们定睛于神的属性时，不安便无关紧要了。

PSALM 121:1-2  
(NIVUK)

<sup>1</sup> I lift up my eyes to the mountains –  
where does my help come from? <sup>2</sup> My  
help comes from the Lord, the Maker  
of heaven and earth.

诗篇 121:1-2  
(CUVMPS)

<sup>1</sup> 我要向山举目。我的帮助从何而来？  
<sup>2</sup> 我的帮助从造天地的耶和华而来。

How can we courageously overcome our fear?  
我们如何勇敢地战胜恐惧？

How can we courageously overcome our fear?  
我们如何勇敢地战胜恐惧？

**专注于目标**      **FOCUS ON THE GOAL**  
而非仇敌的恐吓      NOT THE ENEMY'S INTIMIDATION

How can we courageously overcome our fear?  
我们如何勇敢地战胜恐惧？

**专注于目标**  
而非仇敌的恐吓

**FOCUS ON THE GOAL**  
NOT THE ENEMY'S INTIMIDATION

**专注于上帝**  
而非我们的不安

**FOCUS ON GOD**  
NOT OUR INSECURITY

**PSALM**  
**56:3-4, 12-13**  
**(NIVUK)**

<sup>3</sup> When I am afraid, I put my trust in you. <sup>4</sup> In God, whose word I praise – in God I trust and am not afraid. What can mere mortals do to me?  
<sup>12</sup> I am under vows to you, my God; I will present my thank-offerings to you. <sup>13</sup> For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.

诗篇 56:3-4, 12-13  
(CUVMPS)

3 我惧怕的时候要倚靠你。4 我倚靠神，我要赞美他的话。我倚靠神，必不惧怕，血气之辈能把我怎么样呢？<sup>12</sup> 神啊，我向你所许的愿在我身上，我要将感谢祭献给你。<sup>13</sup> 因为你救我的命脱离死亡，你岂不是救护我的脚不跌倒，使我在生命光中行在神面前吗？

2 TIMOTHY 1:7  
(NIVUK)

7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

提摩太后书 1:7  
(CUVMPS)

7 因为神赐给我们不是胆怯的心，乃是刚强、仁爱、谨守的心。

**MASTERY  
OF FEAR**

胜过恐惧

MORE FAITH IN GOD

更多依靠神

**FEAR**

恐惧

LESS FAITH IN GOD

较少依靠神

**OVERWHELMED  
BY FEAR**

被恐惧压倒

- Focuses on:
- What is
  - What I am/am not

**MASTERY  
OF FEAR**  
胜过恐惧

MORE FAITH IN GOD

更多信靠神

**FEAR**

恐惧

LESS FAITH IN GOD

较少信靠神

**OVERWHELMED  
BY FEAR**

被恐惧压倒

- 聚焦于:
- 现状
  - 我是什么/不是什么

Focuses on:  
▪ What if  
▪ Who God is

Focuses on:  
▪ What is  
▪ What I am/am not

**MASTERY  
OF FEAR**

胜过恐惧

聚焦于:

- 如果……会怎样
- 神的属性

MORE FAITH IN GOD

更多信靠神

**FEAR**

恐惧

LESS FAITH IN GOD

较少信靠神

**OVERWHELMED  
BY FEAR**

被恐惧压倒

聚焦于:

- 现状
- 我是什么/不是什么

Never be afraid to trust an  
unknown future to a known God.

永远不要害怕把未知的未来交给一位已知的神。

CORRIE TEN BOOM 彭柯丽

EPHESIANS 3:20  
(NIVUK)

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to **his power that is at work within us,**

以弗所书 3:20  
(CUVMPS)

20 **神能照着运行在我们心里的大力，**充充足足地成就一切，超过我们所求所想的。

# FEARFUL

虽惧犹勇

*Courage*

PASTOR DANIEL KHONG  
邝保亮 牧师