



# 對付分心的事

## Dealing with Distractions

尼希米記  
Nehemiah 6 : 1-19

以弗所書 Ephesians 6:12

“因我們並不是與屬血  
氣的爭戰...

天空屬靈氣的惡魔爭戰。

Our struggle is not against  
flesh and blood...but against  
the powers of this dark world.”





# ARMOR UP

## SPIRITUAL WARFARE

Ephesians 6:12





# I · 敵人的詭計

## The Deception

v 1-2: “參巴拉、多比雅、亞拉伯人基善、  
和我們其餘的仇敵、聽見我已經修完  
了城牆、其中沒有破裂之處。參巴拉和  
基善就打發人來見我、說、請你來、  
我們在阿挪平原的一個莊村相會。

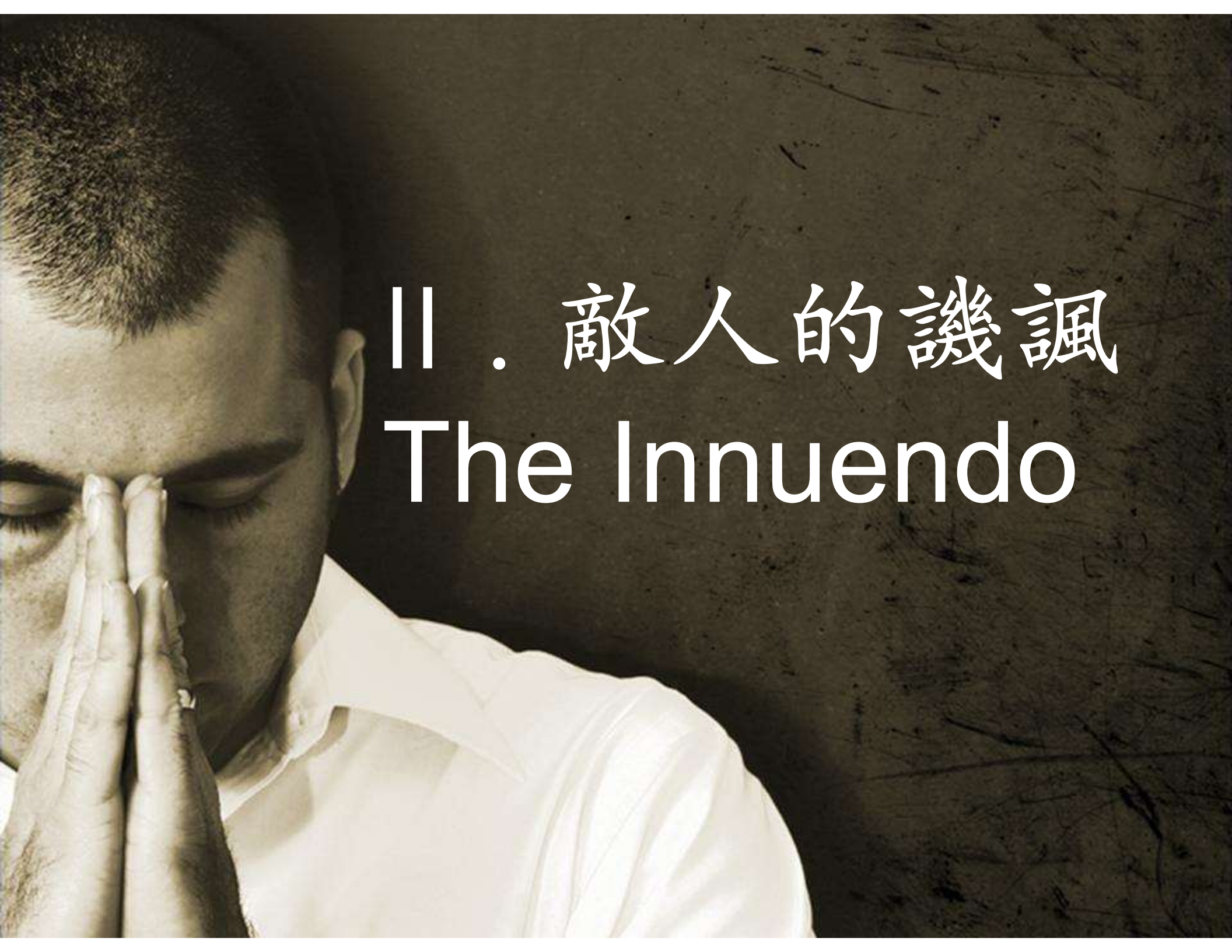
When word came to Sanballat, Tobiah, Geshem the Arab and the rest of our enemies that I had rebuilt the wall and not a gap was left in it -- though up to that time I had not set the doors in the gates -- Sanballat and Geshem sent me this message: 'Come, let us meet together in one of the villages on the plain of Ono.'



V 3-4:

“他們卻想害我。於是我差遣人去見他們說、我現在辦理大工、不能下去。焉能停工、下去見你們呢。他們這樣四次打發人來見我、我都如此回答他們。

they were scheming to harm me; so I sent messengers to them with this reply: 'I am carrying on a great project and cannot go down. Why should the work stop while I leave it and go down to you?' Four times they sent me the same message, and each time I gave them the same answer."



## II . 敵人的譏諷

# The Innuendo



verses 5-7:

“參巴拉第五次打發僕人來見我、手裏拿著未封的信、信上寫著說、外邦人中有風聲、迦施慕也說、你和猶大人謀反·修造城牆、你要作他們的王。

Then, the fifth time, Sanballat sent his aide to me with the same message, and in his hand was an unsealed letter in which was written: "It is reported among the nations -- and Geshem says it is true -- that you and the Jews are plotting to revolt, and therefore you are building the wall. Moreover, according to these reports you are about to become their king



v 7:

“你又派先知在耶路撒冷指著你宣講、說、在猶大有王。現在這話必傳與王知。所以請你來、與我們彼此商議。

and have even appointed prophets to make this proclamation about you in Jerusalem: 'There is a king in Judah!' Now this report will get back to the king; so come, let us confer together."

verse 8:

“我就差遣人去見他說、  
你所說的這事、一概沒有、  
是你心裏捏造的。

I sent him this reply: 'Nothing like  
what you are saying is happening;  
you are just making it up out of  
your head.'"



verse 9:

“他們都要使我們懼怕、  
意思說、他們的手必軟弱、  
以致工作不能成就。 神阿、  
求你堅固我的手。

They are all trying to frighten us,  
thinking, 'Their hands will get too  
weak for the work, and it will not be  
completed.' But I prayed, 'Now  
strengthen my hands.'"

佛州华人文康中心

Florida Chinese Recreation Center Inc.

# 乐趣中文课

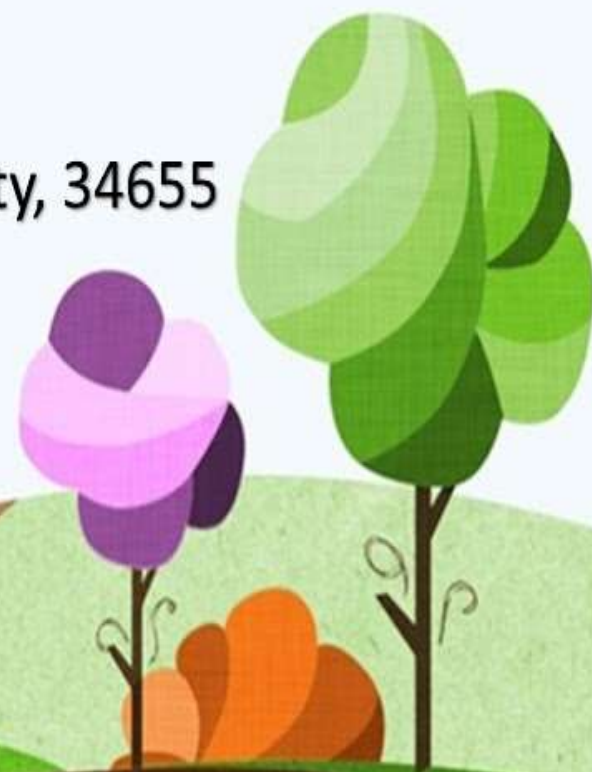


上课地点: Trinity College 2430 Welbilt Blvd, Trinity, 34655

日期: 6/25/22 - 8/13/22 共八个 星期六

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联络: 贺啸虎 Silvio Ho 727-710-6249 or  
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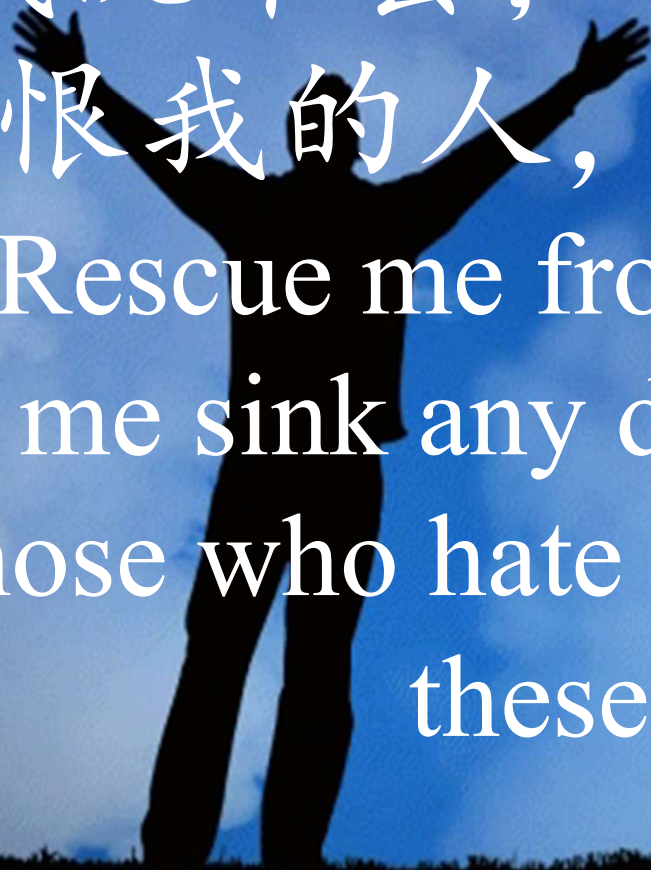


RK 世餐  
兒童中文班事工

詩篇 Psalm 69: 14

求你救我脫離淤泥，不要容  
我沉下去；求你救我脫離那些  
恨我的人，救我脫離深水。

Rescue me from the mud; don't let  
me sink any deeper! Save me from  
those who hate me, and pull me from  
these deep waters.







# III. 敵人的恫嚇

## The Intimidation

verse 10:

“我到了米希大別的孫子第來雅的兒子示瑪雅家裏。那時、他閉門不出。他說、我們不如在 神的殿裏會面、將殿門關鎖；因為他們要來殺你、就是夜裏來殺你。 One day I went to the house of Shemaiah son of Delaiah, the son of Mehetabel, who was shut in at his home. He said, 'Let us meet in the house of God, inside the temple, and let us close the temple doors, because men are coming to kill you -- by night they are coming to kill you.'”



verse 11:

“我說、像我這樣的人、  
豈要逃跑呢？像我這樣的人、  
豈能進入殿裏保全生命呢。  
我不進去。

But I said, 'should a man like me run away? Or should one like me go into the temple to save his life? I will not go!'"

verses 12-13:

“我看明 神沒有差遣他、是他自己說這話攻擊我。是多比雅和參巴拉賄買了他。賄買他的緣故、是要叫我懼怕、依從他犯罪、他們好傳揚惡言毀謗我。

I realized that God had not sent him, but that he had prophesied against me because Tobiah and Sanballat had hired him. He had been hired to intimidate me so that I would commit a sin by doing this, and then they would give me a bad name to discredit me.”



verse 14:

“我的 神阿、多比雅、參巴拉、女先知挪亞底、和其餘的先知、要叫我懼怕、求你記念他們所行的這些事。

Remember Tobiah and Sanballat, O my God, because of what they have done; remember also that prophetess Noadiah, and the rest of the prophets who have been trying to intimidate me.”

verses 15-16:

“以祿月二十五日城牆修完了、共修了五十二天。我們一切仇敵、四圍的外邦人、聽見了便懼怕、愁眉不展·因為見這工作完成、是出乎我們的神。 So the wall was completed on the twenty-fifth of Elul, in fifty-two days. When all our enemies heard about this and all the surrounding nations saw it, our enemies lost their self-confidence, because they realized that this work had been done with the help of our God.”



“在那些日子猶大的貴胄屢次寄信與多比雅、多比雅也來信與他們。在猶大有許多人與多比雅結盟、因他是亞拉的兒子、示迦尼的女婿·並且他的兒子約哈難娶了比利迦兒子米書蘭的女兒為妻。

Also, in those days the nobles of Judah were sending many letters to Tobiah, and replies from Tobiah kept coming to them. For many in Judah were under oath to him, since he was son-in-law to Shecaniah son of Arah, and his son Jehohanan had married the daughter of Meshullam son of Berekiah." (17-18)

verse 19:

“他們常在我面前說多比雅  
的善行、也將我的話傳與他。  
多比雅又常寄信來、要叫我懼怕。

Moreover, they kept reporting to me his good deeds and then telling him what I said. And Tobiah sent letters to intimidate me.”







# 抗敵步驟 Action Steps

1. 神居首位，  
向神說 「是的！」

Practice saying, "yes" to  
God's priorities.



2. 拒絕瘋狂，向撒旦說「絕不！」

Practice saying, "no" to the devil's distractions.

American spends three hours and **46 minutes** watching TV every day. That equals **52 days of nonstop** TV watching per year. By the **age of 65**, the average American will have spent **nearly nine years** glued to the tube.



verse 16 says,

“...四圍的外邦人、聽見了便  
懼怕、愁眉不展·因為見這工作  
完成、是出乎我們的 神。

All the surrounding nations were  
afraid and lost their self-  
confidence, because they  
realized that this work had been  
done with the help of our God.”



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