

# 感恩的態度

LENT 2025  
2025年大齋期

An Attitude of Gratitude  
感恩的態度

Lent, the period leading up to Easter, gives us the opportunity to remember Jesus' life, death and resurrection. To look with wonder and awe at his life on earth and to sit with the discomfort of his sacrifice, so when it comes to Easter morning, we are ready to rejoice in the resurrection.

復活節前的大齋期讓我們有機會思想耶穌的生命、死亡與復活，他在地上的一生使我們驚訝，他的犧牲使我們如坐針氈；因此到了復活的清晨，我們已準備好慶賀他的復活。

In Psalm 107:1-2 we read these words:

我們在詩篇107:1-2 讀到以下經文：

*'Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord tell their story – those he redeemed from the hand of the foe.'*

「你們要稱謝耶和華，因他本為善，他的慈愛永遠長存！願耶和華的贖民說這話，就是他從敵人手中所救贖的，」

This Lent, we invite you to adopt a simple rhythm of gratitude, to acknowledge and reflect on the goodness of God. With an intentional practice for each day, we hope you will cultivate a grateful heart and a rhythm that will last when Lent is over.

在大齋期，我們邀請你以簡單的感恩旋律來宣告和反思神的美善。藉著每天用心實踐，我們希望在大齋期完結後，你能培養出一顆感恩的心，與及能繼續傳頌的妙韻。

Because of Jesus, because of his life, death and resurrection, we are redeemed, and we have a story to tell. Our God is good, and his love endures forever!

因耶穌、他的生命、死亡和復活，我們得救贖，也就有了要傳講的故事；我們的神是美善的，他的愛永遠長存！

This Lent, with a posture of gratitude, may you see the world with a new lens and delight in the beauty and blessings that are yours because of Jesus.

在大齋期，以感恩的態度，願你能以新的眼光來看待這世界，並因耶穌的原故，你能在美好與恩福裡喜樂，

**Monday:** Create a visual reminder of God's goodness to you.

星期一：製作一個在視覺上提醒你神的美善的東西。

*'Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.'* (Psalm 107:8)

「但願人因耶和華的慈愛和他向人所行的奇事都稱讚他！」（詩篇107:8）

Today, make a note of all the things you are grateful for. You may want to collect notes in a jar. Or perhaps create a poster of all your thoughts. At the end of the day, read through everything you have noted down and reflect on the goodness of God.

今天，寫下**你**所有值得感謝的事，**你**或想用一個瓶子裝起這些字條；或是將**你的**思緒貼在海報上。一天完結時，將**你**寫下的一切讀一遍，思想神的美善。

**Tuesday:** Practice gratitude in community.

星期二：在群體裡實踐感恩。

‘Therefore, encourage one another and build each other up, just as in fact you are doing.’ (1 Thessalonians 5:11)

「所以，**你們**該彼此勸慰，互相建立，正如**你們**素常所行的。」（帖前5:11）

Partner up with a friend, colleague or family member and share what you are grateful for today. Invite them to share what they are grateful for too.

找一位朋友、同事或家人，分享**你**今天感恩的事，也邀請他們分享他們感恩的事。

**Wednesday:** Try journaling.

星期三：試行寫日記

‘I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.’ (Psalm 9:1)

「我要一心稱謝耶和華，我要傳揚**你**一切奇妙的作為。」（詩篇9:1）

Today, set aside a few minutes to write in a journal. Reflect on the moments throughout your day that have brought you joy, peace or comfort. A kind word from a friend, a task you completed, an answered prayer, a warm cup of tea – write down what you are thankful for and why. Read back what you have written and see how God has blessed you in small and meaningful ways.

今天，花幾分鐘來寫日記。回想一下今天那些帶給**你**喜悅、平安和安慰的時刻，朋友一句愛心的說話、完成了一個任務、一個蒙應允的禱告、一杯暖暖的茶 – 寫下**你要**感謝的事和原因。將**你**寫下來的事重讀一遍，看看神如何以微小但富心意的方式來祝福**你**。

**Thursday:** End of day reflection.

星期四：晚思

‘Whatever is true, whatever is noble, what is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.’ (Philippians 4:8)

「弟兄們，我還有未盡的話，凡是真實的、可敬的、公義的、清潔的、可愛的、有美名的，若有什麼德行，若有什麼稱讚，這些事**你們**都要思念。」（腓立比書4:8）

Dedicate a few minutes before bed to reflect on three things that went well during today and why you’re grateful for them.

睡前用幾分鐘反思三件當天順利進行的事，與及為何**你**覺得要感恩？

**Friday:** Gratitude for others.

星期五：為別人感謝

‘I thank my God every time I remember you.’ (Philippians 1:3)

「我**每**逢想念**你們**，就感謝我的神；」（腓立比書1:3）

Today, reach out to someone in your life and let them know how grateful you are for their presence, support and the positive impact they've had on you. It could be a friend, a family member, a colleague, or even someone you haven't spoken to in a while. Be as specific as you can.

今天，聯絡你生命裡其中一人，告訴他你是何等感謝有他的存在、支持，與及他對你的正面影響；這人可以是你的朋友、家人、同事，甚至是**你**許久沒有聯絡的人；盡可能具體地告訴他。

**Saturday:** Gratitude for the cross.

星期六：為十字架感恩

'But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.'

(Romans 5:8)

「唯有基督在我們還做罪人的時候為我們死，神的愛就在此向我們顯明了。」（羅馬書5:8）

As you reflect on Jesus' life and journey to the cross in this Lent season, take a moment to kneel in gratitude. Thank Jesus for the ways his sacrifice deeply moves you.

大齋期時，當**你**正思想耶穌的一生與及他往十字架的路，請跪下片刻，為耶穌的犧牲深深觸動**你**的地方而感謝他。

**Sunday:** Sabbath.

星期日：安息日

Take time to say thank you to God for his goodness to you this week. Hold before you all the notes of gratitude you have written down. Recall the conversations you have shared. Remember who God is.

花點時間為本週內神在**你**身上行出的美善，說聲謝謝。把**你**所有感恩的字條擺在面前，回想**你**分享過的對話，記住誰是神。

