



Arise & Stretch

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John 約翰福音 7:37-38

On the last and greatest day of the festival,
Jesus stood and said in a loud voice, "Let
anyone who is thirsty come to me and drink.
He that believes on me out of his belly shall
flow rivers of living water

37節期的末日，就是最大之日，耶穌站著高聲說：
「人若渴了，可以到我這裡來喝！ 38 信我的人就如
經上所說，從他腹中要流出活水的江河來。」



The Man with The Withered Hand 手枯乾的人

Mark 3:1-6

And he entered again into the synagogue; and there was a man there which had a withered hand.

2 And they watched him, whether he would heal him on the sabbath day; that they might accuse him.

3 And he saith unto the man which had the withered hand, stand forth.

4 And he saith unto them, Is it lawful to do good on the sabbath days, or to do evil? to save life, or to kill? But they held their peace.

馬可福音 3:1-6

耶穌又進了會堂。在那裡有一個人枯乾了一隻手。2 眾人窺探耶穌在安息日醫治不醫治，意思是要控告耶穌。3 耶穌對那枯乾一隻手的人說：「起來，站在當中！」4 又問眾人說：「在安息日行善、行惡，救命、害命，哪樣是可以的呢？」他們都不作聲。

The Man with The Withered Hand 手枯乾的人



Mark 3:1-6

5 And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other.

6 And the Pharisees went forth, and straightway took counsel with the Herodians against him, how they might destroy him.

馬可福音 3:1-6

5 耶穌怒目周圍看他們，憂愁他們的心剛硬，就對那人說：「伸出手來！」他把手一伸，手就復了原。6 法利賽人出去，同希律一黨的人商議怎樣可以除滅耶穌。



The Man with The Withered Hand 手枯乾的人



Mark 3:1

And he entered again into the synagogue;
and there was a man there which had a
withered hand.

馬可福音 3:1

耶穌又進了會堂。在那裡有一個人
枯乾了一隻手。

He entered the Synagogue (v.1) 他進入會堂裡

- **Synagogue** = local church, gathering to worship – called to extend the Kingdom of God.
- **猶太會堂** = 地方教會，聚集敬拜 – 被召擴展神的國度。

The Man with The Withered Hand 手枯乾的人



Mark 3:1

And he entered again into the synagogue;
and there was a man there which had a
withered hand.

He had a Withered Hand (v.1)

馬可福音 3:1

耶穌又進了會堂。在那裡有一個人
枯乾了一隻手。

The Man with The Withered Hand 手枯乾的人

Right Hand 右手

Luke 6:6

On another Sabbath he went into the synagogue and was teaching, and a man was there whose **right hand** was shriveled.

又有一個安息日，耶穌進了會堂教訓人。在那裡有一個人**右手**枯乾了。

The Man with The Withered Hand 手枯乾的人

Right Hand - Hand of Blessing 右手 - 祝福的手

Matthew 25:33

He will put the sheep on his right and the goats on his left.

把綿羊安置在右邊，山羊在左邊。

The Man with The Withered Hand 手枯乾的人

Right Hand - Power of God 右手 - 神的大能

Exodus 15:6

Your **right hand**, Lord,
was majestic in power.
Your **right hand**, Lord,
shattered the enemy.

耶和華啊，你的**右手**施展能力，
顯出榮耀；
耶和華啊，你的**右手**摔碎仇敵。

The Man with The Withered Hand 手枯乾的人



Mark 3:1

And he entered again into the synagogue;
and there was a man there which had a
withered hand.

馬可福音 3:1

耶穌又進了會堂。在那裡有一個人
枯乾了一隻手。

Withered = Dried up, shrivelled, scorched, no life
= Like a piece of fruit left under the bed – withered.
= Not functioning as God intended.
= No extension of the love of God to reach the World.
= Turned inward – turned in on self.
= Shame – concealed – withdrawn.

The Man with The Withered Hand 手枯乾的人



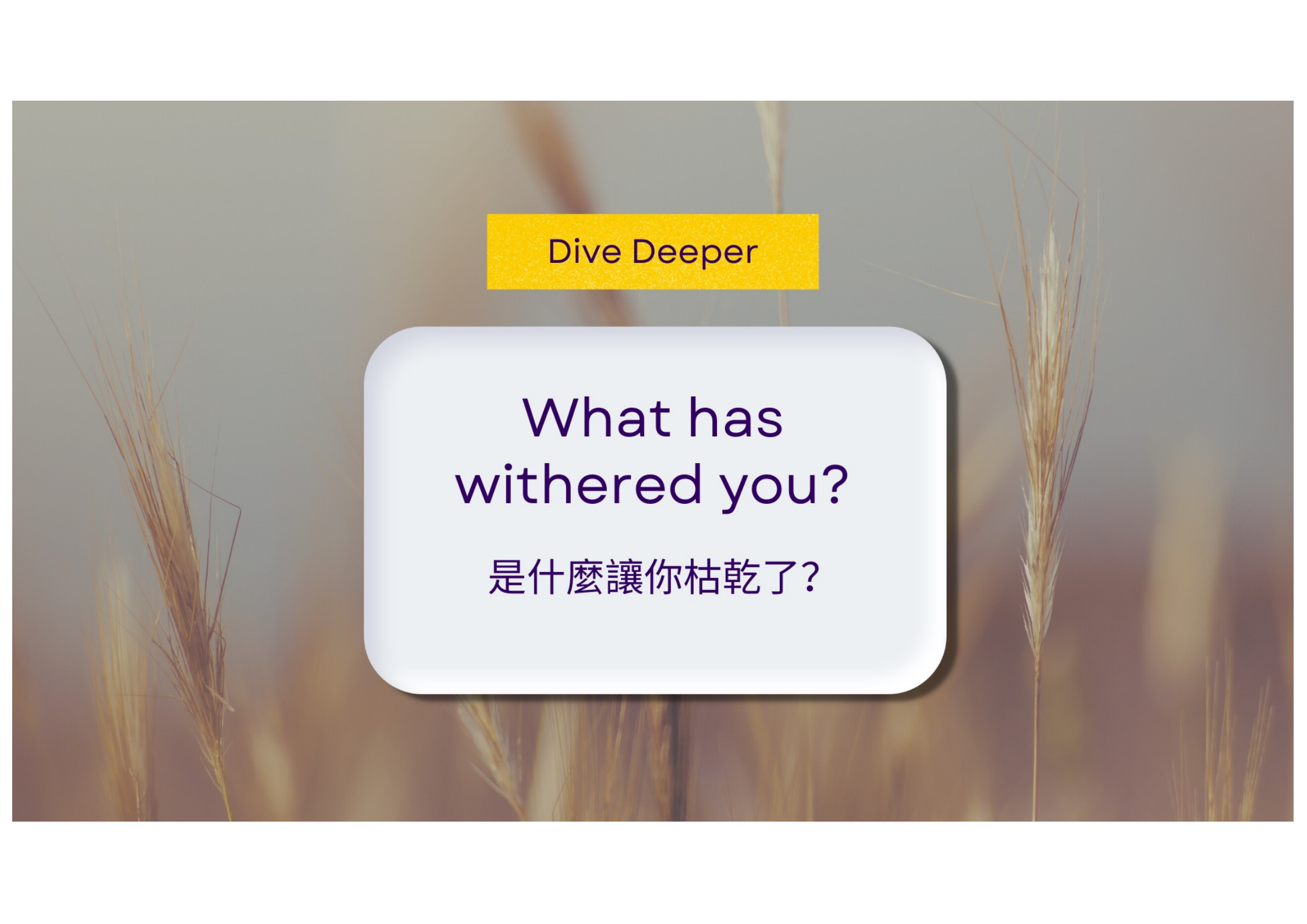
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馬可福音 3:1

耶穌又進了會堂。在那裡有一個人
枯乾了一隻手。

- 枯萎 = 乾枯、枯萎、燒焦、沒有生命
= 就像留在床底下的一塊水果——枯萎了。
= 沒有按照上帝的心意運作。
= 上帝的愛沒有延伸到世界。
= 向內轉——向自己轉。
= 羞恥——隱藏——退縮。



Dive Deeper

What has
withered you?

是什麼讓你枯乾了？

Trials and difficulties?
試煉和困難?

Matthew 13:6 - And when the sun was up,
they were scorched; and because they
had no root, they withered away.
日頭出來一曬，因為沒有根，就枯乾了。

Offenses - bitterness?
冒犯 - 苦毒?

Disappointment - grief?
失望 - 憂傷?

What has
withered you?
是什麼讓你枯乾了?

Unfulfilled expectation?
未被滿足的期望?

Fear?
恐懼?

Spiritual pressure -
resistance?
屬靈壓力-阻力?

Negative words spoken?
負面的說話?

The background of the slide is a photograph of a mountain range at sunset or sunrise. The sky is a mix of orange, pink, and purple, with the sun low on the horizon. The mountains are layered, with the closest ones in dark blue and purple, and the distant ones fading into a lighter purple. The overall mood is serene and contemplative.

You choose your response 選擇你的回應

- becoming withered is a
consequence of disconnection
枯萎是斷開連接的結果

Brain Aneurism

腦動脈瘤

- can cause hand to become
withered
會導致手乾枯
- What are you thinking?
What are you believing in your
heart?
你在想什麼？ 你在心裡相信什麼？

Jesus Spoke to the Man (v3)

耶穌對那人說話

(i) “Arise and Stand Forth”

「起來，站在當中！」

Arise = to awaken from sleep, inactivity, death, disease.

從睡眠、不活動、死亡、疾病中醒來。

Heart of the Father is to restore – Jesus came to give life – abundant. 天父的心意是恢復——耶穌來賜予生命——豐盛。



Arise! - must shake off passivity and
defeat and inward focus

起來！必須擺脫被動、挫敗和注視內裡

Make a decision to stand up on
the inside

做出決定 從裡面站起來

Stand Forth! - Don't hide in the crowd

站在當中! - 不要躲在人群中



Don't conceal yourself - hide your gift

不要隱藏自己 - 隱藏你的恩賜

Jesus Spoke to the Man (v3) 耶穌對那人說話

(ii) “Stretch Forth” 「伸出手來！」

The miracle is in the stretch – reaching **beyond comfort**.
奇蹟就在眼前——超越舒適。

“Stretch” = to extend out the hand beyond normal position.
將手伸出超過其正常的位置

As he stretched, the power of God was released
因著他的伸展，神的能力被釋放



Application 應用

How you can stretch - Be Intentional!
刻意伸出你的手

(a) Care for people
關心人



Application 應用

How you can stretch - Be Intentional!
刻意伸出你的手

(b) Hear people
聆聽人



Application 應用

How you can stretch - Be Intentional!
刻意伸出你的手

(c) Share your Life
分享你的生命



Application 應用

How you can stretch - Be Intentional!
刻意伸出你的手

(d) Prayer
禱告





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Let the life and power of God
begin to flow!

讓生命和神的大能開始流動！

