

The background is a light teal color. It features several white, stylized clouds with small black outlines. Interspersed among the clouds are teal-colored wavy lines, resembling stylized water or waves. The text is centered and has a slight drop shadow.

Welcome Home

Arrowgates Church

歡迎回家
興光堂

Maximize Your Experience

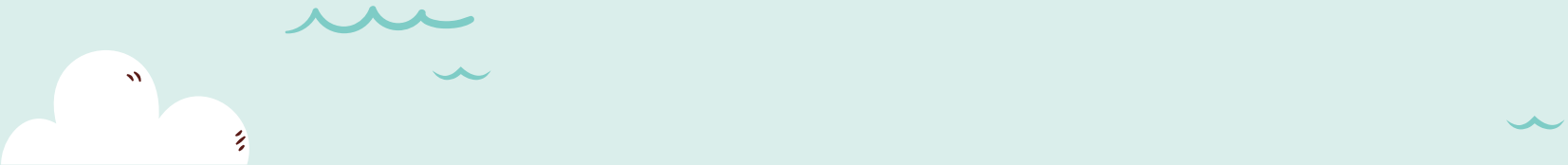
優化你的經驗



Rev. Simon Tan
Arrowgates Church

God is able to use those
experiences to make you
what He wants you to be
上帝能夠利用這些經驗使
你成為祂想要你成為的人





Our major experiences, the most memorable, most influential experiences of our lives

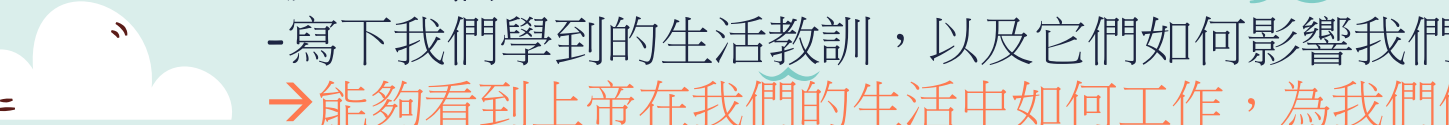
- Reflect on them
- Write down the life lessons we had learned,
and how they had influenced us

→ Able to see how God was at work in our lives preparing us to do what we were made to do

我們的主要經歷，我們生命中最難忘，最有影響力的經歷

- 反思它們
- 寫下我們學到的生活教訓，以及它們如何影響我們

→能夠看到上帝在我們的生活中如何工作，為我們做準備 我們要做的



Experience 經歷 (Examples 例子)

Family and
relational
experiences
家庭和關係經歷

Educational
experiences
教育經歷

Vocational
experiences
職業經歷

Good or bad to you?
對你好還是壞？

Spiritual
experiences
屬靈經歷

Painful
experiences
痛苦的經歷

Life
experiences
生活經歷



See your life experiences through the God Lens

通過上帝的視角看你的 生活經歷



- Romans 8:28
And we know that in all things God works for the good of those who love Him, who have been called according to His purpose
 - 羅馬書 8:28
我們曉得萬事都互相效力，叫愛神的人得益處，就是按他旨意被召的人。
- 

God is at
work in your
Experience
上帝在你的
經驗中工作

01



A. God is teaching you to trust Him

上帝在教導你相信祂



Apostle Paul
使徒保羅

2 Corinthians 1:8-9

We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. ⁹ Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.

哥林多後書 1:8-9

弟兄們，我們不要你們不曉得，我們從前在亞細亞遭遇苦難，被壓太重，力不能勝，甚至連活命的指望都絕了，⁹自己心裡也斷定是必死的，叫我們不靠自己，只靠叫死人復活的神。

A. God is teaching you to trust Him

上帝在教導你信靠祂



Gideon

基甸

Judges 6-7

士師記



God is at work, teaching you to trust him, drawing you close,
no matter what difficult or impossible situation you are facing
無論遇到什麼困難或不可能的情況，上帝在工作，教導你信靠祂，拉近你。



B. God is building character

上帝在塑造你的品格

Romans 5:3-4

We also rejoice in our sufferings,
because we know that suffering
produces perseverance;
Perseverance, character; and
character, hope.

羅馬書 5:3-4

不但如此，就是在患難中
也是歡歡喜喜的。因為知
道患難生忍耐，忍耐生
老練，老練生盼望，

Suffering builds character

苦難塑造品格

~ How human build muscle

~ 人類如何鍛煉肌肉

→ Moral muscle (strength of character)

comes through pain, suffering, trouble, hardship.

God is using your experiences to build character

道德肌肉（性格力量）也來自痛苦，折磨，麻煩，艱辛。

上帝正在利用你的經驗來塑造品格



C. God is achieving His purposes

上帝正在實現他的旨意



Apostle Paul

使徒保羅

Philippians 1:12

Now I want you to know, brothers and sisters,
that what has happened to me has actually
served to advance the gospel

腓立比書 1:12

弟兄們，我願意你們知道，我所遭遇的事更是叫
福音興旺，

Story of Joseph in OT

舊約中約瑟的故事

Genesis 50:20

You intended to harm me, but God intended it
for good to accomplish what is now being done,
the saving of many lives.

創世記 50:20

從前你們的意思是要害我，但神的意思原是好的，
要保全許多人的性命，成就今日的光景。





You meant it for evil; God meant it
for good. God was at work
accomplishing His purposes

你的意思是邪惡的；上帝的卻是良
善的。上帝正在努力實現祂的目的

Sometimes, we have to get on the
other side of our experiences to
understand them.

有時，我們必須站在經驗的另一端
來理解它們



John 13:7

You do not realize now what I am
doing, but later you will understand

約翰福音 13:7

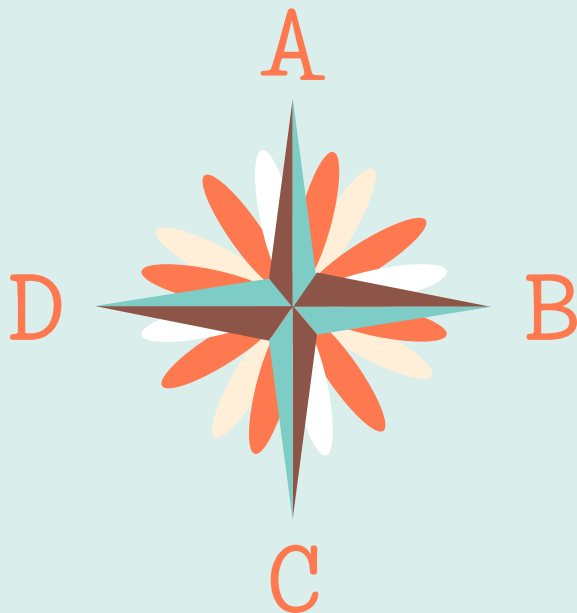
耶穌回答說：「我所做的，你如今
不知道，後來必明白。」



How 如何

Identify your
experiences
識別你的經驗

Use your experiences to
help others
利用你的經驗來幫助他人



Examine your experiences
檢查你的經歷

Remember what you learn
from your experiences
記住你從經驗中學到的東西

[illegible]

列出不同種類的經歷



B. Examine your experiences 檢查你的經歷

1. Learn from your experiences 從你的經驗中學習

Galatians 3:4

Have you experienced so much in vain—if it really was in vain?

加拉太書 3:4

你們受苦如此之多，都是徒然的嗎？難道果真是徒然的嗎？





2. Learn from other's experiences (stories in the Bible) 從他人的經驗中學習（聖經中的故事）

1 Corinthians 10:11

These things happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come

哥林多前書 10:11

他們遭遇這些事都要作為鑒戒，並且寫在經上正是警戒我們這末世的人。

Romans 15:4

For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.

羅馬書 15:4

從前所寫的聖經都是為教訓我們寫的，叫我們因聖經所生的忍耐和安慰，
可以得著盼望。

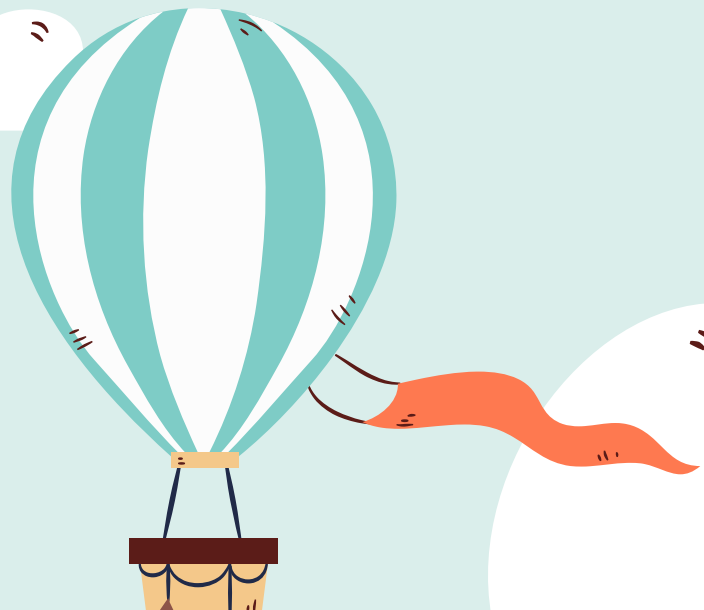


Reflect on those experiences
and what God is doing.

Examine and learn...

反思這些經歷和上帝在做什麼。
檢查和學習...

Learn from both
good and bad
experience
從好的和壞的經驗
中學習





C. Remember what you learn from your experiences

記住你從經驗中學到的東西

Deuteronomy 11:2

Remember what you have learned about the Lord through your
experiences with Him

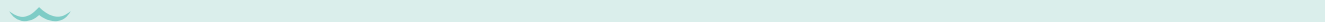
申命記 11:2

你們今日當知道，我本不是和你們的兒女說話。因為他們不知道，也沒有看見耶和華你們神的管教、威嚴、大能的手和伸出來的膀臂，

Over 200 times in the Bible, God commands us to remember
在聖經中，上帝命令我們記住超過200次，

Why? We Forget!

為什麼？我們忘了！



3 Suggestions 3個建議

Write it down

寫下來

Make a memorial
做一個紀念

Remind you of other important experiences.

提醒您其他重要經驗。

Share it with others

與他人分享



D. Use your experiences to help others 利用你的經驗來幫助他人

2 Corinthians 1:3-6

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer.

哥林多後書 1:3-6



³願頌讚歸於我們的主耶穌基督的父神，就是發慈悲的父，賜各樣安慰的神！⁴我們在一切患難中，他就安慰我們，叫我們能用神所賜的安慰去安慰那遭各樣患難的人。⁵我們既多受基督的苦楚，就靠基督多得安慰。⁶我們受患難呢，是為叫你們得安慰、得拯救；我們得安慰呢，也是為叫你們得安慰。這安慰能叫你們忍受我們所受的那樣苦楚。





God comforts or helps you so that you can help others
上帝安慰或幫助你，使得您可以幫助他人

Don't waste your experiences! Learn from them and then use them
to help others who are going through similar things.
不要浪費你的經驗！向它們學習，然後使用它們來幫助正在經
歷類似事情的其他人。



Giving

- Give in person during our Wednesday or Saturday services

- Give to REVER MINISTRIES LIMITED

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(The Hongkong and Shanghai Banking Corporation)

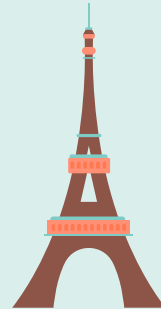
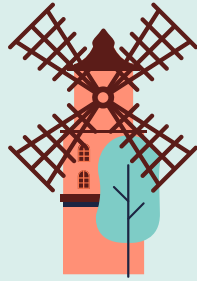
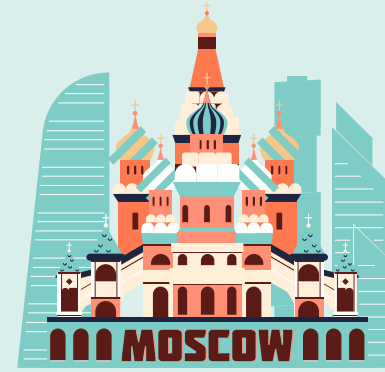
- Give by cheque

(Please make cheque payable to "Rever Ministries Limited" & send your cross cheque to our correspondence address)

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Alternative Resources





Thanks!

Do you have any questions?

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