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主日程序

亞特蘭大改革宗浸信會
Atlanta Reformed Baptist Church

2026年5月17日 主日崇拜

序乐；请就坐，手机关机，默祷预备

宣召 Call to Worship （诗Ps 107:8-9）

领：⁸但愿人因耶和华的慈爱和祂向人所行的奇事都称赞祂；⁹因祂使心里渴慕的人得以知足，使心里饥饿的人得饱美物。

⁸Let them thank the Lord for his steadfast love, for his wondrous works to the children of man! ⁹For he satisfies the longing soul, and the hungry soul he fills with good things.

请起立 Please stand

荣耀颂 Gloria Patri

但愿荣耀，
归于父，子，圣灵，
父，子，圣灵，
起初这样 现在这样，
以后也这样，
永无穷尽，
阿们，阿们！

Glory be to the Father,
and to the Son,
and to the Holy Ghost;
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen, amen.

仰望祷告

WORSHIP PRAYER

上行诗歌 Song of Ascents

拥戴我主为王

**Crown Him with Many
Crown**

十诫 The Decalogue (出Ex. 20:3-17)

领：除了我以外，不可有别的神 (v3)

众：不可为自己雕刻偶像，也不可敬拜或
事奉它们。 (vv4-6)

领：不可妄称耶和华你神的名。 (v7)

众：当記念安息日，守为圣日。 (vv8-11)

众坐 Be Seated

十诫 COMMANDMENT (出Ex. 20:3-17)

领：当孝敬父母，使你在耶和华你神所赐的地上得以长久。(v12)

众：不可杀人。不可奸淫。不可偷盗。
(vv13-15)

领：不可作假见证陷害人。(v16)

众：不可贪恋人的房屋、妻子、仆婢、牛驴，并一切属他的。(v17)

认罪/恳求施恩

**CONFESSION OF SIN AND
SUPPLICATION FOR GRACE**

确据 Assurance (罗 Rom. 5:1-2)

众：₁我们既因信称义，就藉着我们的主耶稣基督得与神相和。₂我们又藉着祂，因信得进入现在所站的这恩典中，并且欢欢喜喜盼望神的荣耀。

All: ₁Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. ₂Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

诗歌颂赞 Hymn

主在十架
At The Cross

诗歌颂赞Hymn

万 福 源 头

**Come, Thou Fount of Every
Blessing**

认信宣告 **Confession**：1689信条2章1段

神是独一永活的真神，祂是凭自己存在，祂的存在和完美都是无限的，祂的本质除祂以外，无人能明了，祂是至纯之灵，眼不能见，无肢、无体，无情欲，唯独祂有永生；

The Lord our God is but one only living and true God; whose subsistence is in and of Himself, infinite in being and perfection; whose essence cannot be comprehended by any but Himself; a most pure spirit, invisible, without body, parts, or passions, who only hath immortality,

认信宣告 **Confession**：1689信条2章1段

祂住在无人能接近的光明中，祂是无变化，广大无边，永恒，不可思度，全能，无限，至圣，至智，最自由，完全自存，祂为自己的荣耀，按照自己不变而公义的旨意行万事；

dwelling in the light which no man can approach unto; who is immutable, immense, eternal, incomprehensible, almighty, every way infinite, most holy, most wise, most free, most absolute; working all things according to the counsel of His own immutable and most righteous will, for His own glory;

认信宣告 **Confession**：1689信条2章1段

最慈爱，恩惠，怜悯，忍耐，有丰盛的善良与真理，赦免罪孽，过犯与罪恶；是那般勤寻求祂的人的赏赐；同时，祂的审判最为公义，极其可畏，恨恶诸恶，断不以有罪的为无罪。

most loving, gracious, merciful, long-suffering, abundant in goodness and truth, forgiving iniquity, transgression, and sin; the rewarder of them that diligently seek Him, and withal most just and terrible in His judgments, hating all sin, and who will by no means clear the guilty.

牧 禱

Pastoral Prayer

正统要理问答Orthodox Catechism 102-105问

问102：所有这些事也属于我们吗？

答：是的。因为这些事以预表的方式包含并暗示了教会一切的救赎；此外，这更是基督为我们成就之奇妙救赎的预表。

Q102: Do these things belong to us?

A: Yes, because they figuratively include and imply all the deliverances of the Church; and further, also this was a type of our wonderful deliverance achieved by Christ.

正统要理问答Orthodox Catechism 102-105问

问103：第一条诫命是什么？

答：除了我以外，你不可有别的神。

Q103: What is the first Commandment?

A: Thou shalt have no other Gods before me.

正统要理问答Orthodox Catechism 102-105问

问104：神在第一条诫命中要求什么？

答：为了不叫我的灵魂救恩受到威胁，我应当躲避并弃绝一切偶像崇拜、邪术、迷信仪式，以及向圣徒或其他受造物祷告；

Q104: What does the Lord require in the first commandment?

A: That I, not wanting to endanger my very salvation, avoid and shun all idolatry, magic, superstitious rites, and prayer to saints or to other creatures.

正统要理问答Orthodox Catechism 102-105问

我应当正确地认识独一真神，唯独信靠祂，以谦卑和忍耐的心，仰望祂赐予一切美善的事物；并尽心爱祂、敬畏祂、荣耀祂；以至于，我宁愿舍弃一切受造之物，也不愿稍微违背祂的旨意。

That I sincerely acknowledge the only true God, trust Him alone, look to Him for every good thing humbly and patiently, love Him, fear Him, and honor Him with all my heart. In short, that I give up anything rather than go against His will in any way.

正统要理问答Orthodox Catechism 102-105问

问105：什么是偶像崇拜？

答：偶像崇拜就是：除了在圣经中自我启示的独一真神以外，拥有或构想某种事物取代神作为我们可以信靠的对象。

Q105: What is idolatry?

A: Idolatry is having or inventing something in which one trusts in place of or alongside of the only true God, who has revealed Himself in His Word.

我是生命的粮

I AM the Bread of Life

约John 6:22-35

22第二日，站在海那边的众人知道那里没有别的船，只有一只小船，又知道耶稣没有同祂的门徒上船，乃是门徒自己去的。**23**然而，有几只小船从提比哩亚来，靠近主祝谢后分饼给人吃的地方。**24**众人见耶稣和门徒都不在那里，就上了船，往迦百农去找耶稣。

22On the next day the crowd that remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with his disciples, but that his disciples had gone away alone. **23**Other boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. **24**So when the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum seeking Jesus

²⁵既在海那边找着了，就对祂说：“拉比，是几时到这里来的？”²⁶耶稣回答说：“我实实在在地告诉你们，你们找我，并不是因见了神迹，乃是因吃饼得饱。²⁷不要为那必坏的食物劳力，要为那存到永生的食物劳力，就是人子要赐给你们的，因为人子是父神所印证的。”

²⁵When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?”²⁶Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves.²⁷Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.”

经文：约6:22-35

²⁸众人问他说：“我们当行什么才算做神的工呢？”²⁹耶稣回答说：“信神所差来的，这就是做神的工。”

³⁰他们又说：“你行什么神迹，叫我们看见就信你；你到底做什么事呢？”³¹我们的祖宗在旷野吃过吗哪，如经上写着说：‘他从天上赐下粮来给他们吃。’”

²⁸Then they said to him, “What must we do, to be doing the works of God?”²⁹Jesus answered them, “This is the work of God, that you believe in him whom he has sent.”

³⁰So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform?”³¹Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from

经文：约6:22-35

32 耶稣说：“我实实在在地告诉你们，那从天上来的粮不是摩西赐给你们的，乃是我父将天上来的真粮赐给你们。

33 因为神的粮就是那从天上降下来、赐生命给世界的。”

34 他们说：“主啊，常将这粮赐给我们！” **35** 耶稣说：“我就是生命的粮。到我这里来的，必定不饿；信我的，永远不渴。

32 Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. **33** For the bread of God is he who comes down from heaven and gives life to the world.”

34 They said to him, “Sir, give us this bread always.” **35** Jesus said to them, “I am the bread of life: whoever comes to me shall not hunger, and

我是生命的粮

约6:22-35

- I. 错寻基督：只求饱腹，不见神迹（6:22-26）
- II. 正求永粮：不为朽坏，乃为永生（6:27）
- III. 真做神工：不是赚取，乃是相信（6:28-29）
- IV. 妄求神迹：想要证据，却拒真粮（6:30-33）
- V. 得着生命：基督是粮，信者不饿（6:34-35）

I. 错寻基督：只求饱腹，不见神迹（6:22-26）

22第二日，站在海那边的众人知道那里没有别的船，只有一只小船，又知道耶稣没有同祂的门徒上船，乃是门徒自己去的。

23然而，有几只小船从提比哩亚来，靠近主祝谢后分饼给人吃的地方。**24**众人见耶稣和门徒都不在那里，就上了船，往迦百农去找耶稣。

22On the next day the crowd that remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with his disciples, but that his disciples had gone away alone. **23**Other boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. **24**So when the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus.

I. 错寻基督：只求饱腹，不见神迹（6:22-26）

25 既在海那边找着了，就对祂说：“拉比，是几时到这里来的？” **26** 耶稣回答说：“我实实在在地告诉你们，你们找我，并不是因见了神迹，乃是因吃饼得饱。

25 When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” **26** Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves.

“找Seek” [ζητέω]：“寻找、寻求、追求seek in order to find”

“饱fill” [χορτάζω]：“使吃饱、喂饱、使满足”。与词根χόρτος（“草、青草、饲料”）有关，动物性的填饱。to feed with herbs, grass, hay, to fill or satisfy with food, to fatten;

I. 错寻基督：只求饱腹，不见神迹（6:22-26）

¹⁰就如经上所记：“没有义人，连一个也没有。¹¹没有明白的；没有寻求神的；（罗3:10-11）

¹⁰as it is written:“None is righteous, no, not one;¹¹no one understands; no one seeks for God. (Rom. 3:10-11)

然而，属血气的人不领会神圣灵的事，反倒以为愚拙，并且不能知道，因为这些事惟有属灵的人才能看透。（林前2:14）

The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. (1 Cor. 2:14)

II. 正求永粮：不为朽坏，乃为永生（6:27）

27 不要为那必坏的食物劳力，要为那存到永生的食物劳力，就是人子要赐给你们的，因为人子是父神所印证的。”

27 Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set His seal.”

“劳力”[ἐργάζομαι]，原意：工作、劳作、努力。

“Work for”[ργάζομαι], to earn by working, to acquire

若有人不肯做工，就不可吃饭。（帖后3:10）

If anyone is not willing to work, let him not eat. (2 The. 3:10)

“必坏的食物”：会朽坏、会过去、不能存到永恒的东西。

“the food that perishes”:

II. 正求永粮：不为朽坏，乃为永生（6:27）

基督不是禁止信徒为每日食物劳力，而是教导我们：属天的生命必须优先于属地的生命。敬虔之人在世上活着，是寄居者，是朝向天上家乡前行的人。——加尔文释经

Not that He forbids His followers to labor that they may procure daily food; but He shows that the heavenly life ought to be preferred to this earthly life, because the godly have no other reason for living here than that, being sojourners in the world, they may travel rapidly towards their heavenly country.— John Calvin Commentary

神说：“你带着你的儿子，就是你独生的儿子，你所爱的以撒，往摩利亚地去，在我所要指示你的山上，把他献为燔祭。（创22:2）

He said, “Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I shall tell you.”(Gen. 22:2)

II. 正求永粮：不为朽坏，乃为永生（6:27）

“存到永生的食物”：不是我们赚来的，而是“人子要赐给你们的”。耶稣一方面吩咐我们要“劳力”（追求），另一方面又说这食物是“人子要赐给你们的”（恩典）。

“The food that endures to eternal life” is not something we earn; it is something “the Son of Man will give to you.” On the one hand, Jesus commands us to “work” for it, that is, to seek and pursue it; on the other hand, He says that this food is what “the Son of Man will give to you,” which means it is ultimately a gift of grace.

“印证” [σφραγίζω]：“盖印、认证、确认”。

“seal” [σφραγίζω], “set a seal upon, mark with a seal for security or preservation”

III. 真做神工：不是赚取，乃是相信（6:28-29）

²⁸众人问祂说：“我们当行什么才算做神的工呢？”²⁹耶稣回答说：“*信神所差来的，这就是做神的工。*”

²⁸Then they said to him, “What must we do, to be doing the *works* of God?”²⁹Jesus answered them, “This is *the work* of God, that you *believe in him, whom he has sent*.”
信心并不把什么带给神，反而把人作为空虚贫穷者摆在神面前，好叫他被基督和祂的恩典充满。若可以这样说，信心是一种“被动的工”。它不是赚取，而是领受；不是献上功劳，而是接受基督的义。——加尔文释经

Now faith brings nothing to God, but, on the contrary, places man before God as empty and poor, that he may be filled with Christ and with his grace. It is, therefore, if we may be allowed the expression, a passive work, to which no reward can be paid, and it bestows on man no other righteousness than that which he receives from Christ. - Calvin

III. 真做神工：不是赚取，乃是相信（6:28-29）

²⁸众人问祂说：“我们当行什么才算做神的工呢？”²⁹耶稣回答说：“信神所差来的，这就是做神的工。”

²⁸Then they said to him, “What must we do, to be doing the *works* of God?”²⁹Jesus answered them, “This is *the work* of God, that you *believe in him whom he has sent*.”

福音就是：我们的罪归算给基督，基督的义归算给我们。祂在十字架上承担我们的罪，我们因信领受祂完全的义。我们不是因自己的行为被称义，而是因基督的义被称义；不是因自己的功劳蒙接纳，而是在爱子里得蒙救赎。

The gospel is: our sins are imputed to Christ, and Christ's righteousness is imputed to us. He bore our sins on the cross, and BY FAITH we receive His perfect righteousness. We are not justified by our own works, but by the righteousness of Christ; we are not accepted because of our own merits, but accepted in the Beloved.

IV. 妄求神迹：想要证据，却拒真粮（6:30-33）

30他们又说：“你行什么神迹，叫我们看见就信你；你到底做什么事呢？**31**我们的祖宗在旷野吃过吗哪，如经上写着说：‘他从天上赐下粮来给他们吃。’”

30 So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform? **31** Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’”.

罪人的悖逆: 罪人不是缺少证据才不信，罪人是不愿意顺服才不信。当耶稣满足他们的期待时，他们愿意拥戴祂；当耶稣拒绝被他们利用时，他们就反过来要求新的证据。

The Rebellion of Sinners: Sinners do not refuse to believe because they lack evidence; they refuse to believe because they are unwilling to submit. When Jesus meets their expectations, they are willing to acclaim Him; but when Jesus refuses to be used by them, they turn around and demand new evidence.

IV. 妄求神迹：想要证据，却拒真粮（6:30-33）

32 耶稣说：“我实实在在地告诉你们，那从天上来的粮不是摩西赐给你们的，乃是我父将天上来的真粮赐给你们。 **33** 因为神的粮就是那从天上降下来、赐生命给世界的。”

32 Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. **33** For the bread of God is he who comes down from heaven and gives life to the world.”

1. 源头的错误：当年降下吗哪的是天父，摩西只是器皿。

Wrong Source: It was the Father who gave the manna from heaven; Moses was only an instrument.

2. 本质的错误：吗哪不是真正终极的天粮。

Wrong Essence: Manna was not the true and ultimate bread from heaven.

IV. 妄求神迹：想要证据，却拒真粮（6:30-33）

34他们说：“主啊，常将这粮赐给我们！”

34They said to him, “Sir, give us this bread always.”

妇人说：“先生，请把这水赐给我，叫我不渴，也不用来这么远打水。”（4:15）

The woman said to him, “Sir, give me this water, so that I will not be thirsty or have to come here to draw water.”（4:15）

IV. 妄求神迹：想要证据，却拒真粮（6:30-33）

35 耶稣说：“我就是生命的粮。到我这里来的，必定不饿；信我的，永远不渴。

35 Jesus said to them, “I AM the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

“粮”的意义？ What Does “Bread” Mean?

1. 生命所需。 Essential for Life.
2. 万民所需。 Suitable for All
3. 亲自领受。 Personally Received
4. 日日享用。 Daily Intake
5. 十架赐下。 Given through the Cross

IV. 妄求神迹：想要证据，却拒真粮（6:30-33）

35...到我这里来的，必定不饿；信我的，永远不渴。

35...whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

凡真正来到基督面前的人，灵魂最深的饥渴都在祂里面得着终极满足。世界不能给的，基督赐下了；罪所夺去的，基督恢复了；死亡所威胁的，基督胜过了。

Whoever truly comes to Christ finds the deepest hunger and thirst of the soul fully satisfied in Him. What the world cannot give, Christ gives. What sin has taken, Christ restores. What death threatens, Christ has overcome.

回应诗歌

主，我们在此面对面

Here, O My Lord,

I See Thee Face to Face

主祷文 The Lord's Prayer

我们在天上的父，愿人都尊祢的名为圣，
愿祢的国降临，愿祢的旨意行在地上，
如同行在天上。

我们日用的饮食，今日赐给我们。

免我们的债，如同我们免了人的债。

不要让我们陷入试探，救我们脱离那恶者。

因为国度、权柄、荣耀，全是祢的，
直到永远。阿们！

三一颂 Doxology

赞美真神万福之源，	Praise God, from Whom all
	blessings flow;
世上万民都当颂扬，	Praise Him, all creatures here
	below;
天使天军赞美主名，	Praise Him above, ye Heavenly
	Host;
赞美圣父圣子圣灵，	Praise Father, Son, and Holy
阿们！	Spirit. Amen.





亞特蘭大改革宗浸信會
Atlanta Reformed Baptist Church

主日崇拜

主后2026年5月17日