

## **Down But Not Out** 虽然倒下但没有失败

2 Corinthians 1:8 We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. 9 Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. 10 He has delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will continue to deliver us, 11 as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many. 哥林多后书 1:8 弟兄们，我们不要你们不晓得，我们从前在亚细亚遭遇苦难，被压太重，力不能胜，甚至连活命的指望都绝了；1:9 自己心里也断定是必死的，叫我们不靠自己，只靠叫死人复活的神。1:10 他曾救我们脱离那极大的死亡，现在仍要救我们，并且我们指望他将来还要救我们。1:11 你们以祈祷帮助我们，好叫许多人为我们谢恩，就是我们因许多人所得的恩。

“the word of the Lord spread through the whole region” (13:49).使徒行传 13:49 于是主的道传遍了那一带地方。

### **A. Basic Facts about Discouragement (8-9a)关于挫折的基本事实**

#### **1. It can strike anyone at anytime (8a)它可以在任何时候袭击任何人**

A. Spiritual 灵里

B. Spiritual Revival 灵里作乱

C. Nobody is immune to from it 没有人能幸免

#### **2. It can paralyze your Christian life (8b)它能麻痹你的基督徒生活**

‘Be still, and know that I am God’ (Psalm 46:10).诗篇 46:10 你们要休息，要知道我是神；我必在外邦中被尊崇，在遍地上也被尊崇。

#### **3. It can lead to depression, despair and death 它会导致抑郁、绝望和死亡**

## B. Answer to Discouragement (9b-11)对挫败的回应

1. We have to rely on God (9b)我们必须依靠上帝

(2 Corinthians 12:9-10)哥林多后书 12:9 他对我说：“我的恩典够你用的，因为我的能力是在人的软弱上显得完全。”所以，我更喜欢夸自己的软弱，好叫基督的能力覆庇我。12:10 我为基督的缘故，就以软弱、凌辱、急难、逼迫、困苦为可喜乐的；因我什么时候软弱，什么时候就刚强了。

2. We need to understand he is all powerful (9b)我们需要明白他是强大的

1 John 4:4, “You are from God, little children, and have conquered them, because the one who is in you is greater than the one who is in the world. 约翰一书 4:4 小子们哪，你们是属神的，并且胜了他们；因为那在你们里面的，比那在世界上的更大。

3. We need to remember the past, future victories which gives us hope for the present (v. 10)我们需要记住过去，未来的胜利会给我们带来希望

Psalms - 42:11; 27, 诗篇 42:11 我的心哪！你为何忧闷？为何在我里面烦躁？应当仰望神，因我还要称赞他。他是我脸上的光荣(原文作“帮助”)，是我的神。

4. We need to pray and others need to pray for us (11)我们需要祈祷，其他人也需要为我们祈祷

God does answer. This will, however, involve two things.上帝是回应祷告的，然而这将涉及两件事。

A. Willingness to be open with other brothers and sisters 愿意与其他兄弟姐妹敞开心扉

B. Willingness to really pray 愿意真心祷告

### Application 应用

1. Honestly rely on God 诚实地依靠上帝

2. Open up to one another 彼此敞开心扉

3. Pray for one another 为彼此祈祷

4. Encourage one another 鼓励彼此