

The Secret to Finding Joy in My Work 在工作中寻找快乐的秘诀

50 Days of Transformation– Part 7 50 天生命改变-第七部分

A few basic truths of work: 有关工作的几个基本真理:

1. Work is a gift from God 这份工作来自于神的
2. Our Work Should Centre on Service to Others 我们的工作应该以服务他人为中心。
3. Remember Who We Work For 谨记我们为谁工作

腓立比书 4:10-20 我靠主大大地喜乐，因为你们思念我的心如今又发生；你们向来就思念我，只是没得机会。 ¹¹我并不是因缺乏说这话，我无论在什么景况都可以知足，这是我已经学会了。 ¹²我知道怎样处卑贱，也知道怎样处丰富，或饱足、或饥饿、或有余、或缺乏，随事随在，我都得了秘诀。 ¹³我靠着那加给我力量的，凡事都能作。 ¹⁴然而你们和我同受患难，原是美事。 ¹⁵腓立比人哪，你们也知道我初传福音，离了马其顿的时候，论到授受的事，除了你们以外，并没有别的教会供给我。 ¹⁶就是我在帖撒罗尼迦，你们也一次两次地打发人供给我的需用。 ¹⁷我并不求什么馈送，所求的就是你们的果子渐渐增多，归在你们的账上。 ¹⁸但我样样都有，并且有余；我已经充足，因我从以巴弗接受了你们的馈送，当作极美的香气，为神所收纳、所喜悦的祭物。 ¹⁹我的神必照他荣耀的丰富，在基督耶稣里使你们一切所需用的都充足。 ²⁰愿荣耀归给我们的父神，直到永永远远。阿们！

We must stop trying to find satisfaction and contentment in all this material stuff, even our relationships, and start finding true contentment in God alone. 我们必须停止试图在物质上，甚至我们的关系中找到满足和知足，要开始单单在神那里找到真正的满足。

If you don't learn this secret of contentment, no job change will ever bring it for you. You must learn this first. 如果你不了解这个知足的秘诀，任何工作都不会给你带来知足。你必须先学习这一点

Matt. 5:6 “Blessed are those who hunger and thirst for righteousness, for they shall be filled.” 马太福音 5:6 饥渴慕义的人有福了，因为他们必得饱足。

This is where true contentment begins - having a right relationship with God 这是真正的满足开始的地方-与上帝建立正确的关系

Heb. 13:5 “Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I WILL NEVER LEAVE YOU NOR FORSAKE YOU." 希伯来书 13:5, 你们存心不可贪爱钱财，要以自己所有的为足。因为主曾说：“我总不撇下你，也不丢弃你。”

Phil. 4:11-13 “Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.” 腓立比书 4:11-13 我并不是因缺乏说这话，我无论在什么景况都可以知足，这是我已经学会了。 ¹²我知道怎样处卑贱，

也知道怎样处丰富，或饱足、或饥饿、或有余、或缺乏，随事随在，我都得了秘诀。¹³我靠着那加给我力量的，凡事都能作。

2 Cor. 4:8-9 “We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.” 哥林多后书 4:8-9 我们四面受敌，却不被困住；心里作难，却不至失望；⁹遭逼迫，却不被丢弃；打倒了，却不至死亡。

Today I'd like to talk about contentment and those things that cause discontentment.
关于知足和导致不能够知足的原因

Causes of Discontentment: 不知足的原因

1. Coveting 贪求

Ex. 20:17 “You shall not covet your neighbour’s house; you shall not covet your neighbour’s wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbour’s.” 出埃及记 20:17 “不可贪恋人的房屋；也不可贪恋人的妻子、仆婢、牛驴，并他一切所有的。”

You’ll never learn to be content in your work as long as there is unreported coveting in the heart. 你永远不会学会在工作得到满足，只要心里还存留那些贪念。

Phil. 4:19 “And my God shall supply all your need according to His riches in glory by Christ Jesus.” 腓立比书 4:19 我的神必照他荣耀的丰富，在基督耶稣里使你们一切所需用的都充足。

2. Greed 贪婪

I Tim. 6:10 “For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.” 提摩太前书 6:10, 贪财是万恶之根。有人贪恋钱财，就被引诱离了真道，用许多愁苦把自己刺透了

James 1:17 “Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.” 雅各书 1:17 各样美善的恩赐和各样全备的赏赐都是从上头来的，从众光之父那里降下来的，在他并没有改变，也没有转动的影儿。

3. Lack of Faith 缺乏信心

In order to have contentment, we have to believe that Jesus can and will meet our needs, which includes when we can’t see them being met 真正的知足是我们必须相信耶稣能够并且将会满足我们的需要，包括当我们看不到它们被满足时

Heb. 11:1 “Now faith is the substance of things hoped for, the evidence of things not seen.”
希伯来书 11:1 信就是所望之事的实底，是未见之事的的确据。

It's when we trust God in whatever happens, that is when we'll be content, in both the good and bad times. 无论在任何境况下都相信神的时候，那时我们会满足，无论是顺境还是逆境

How To Be Content:如何能够知足

1. Keep Your Eyes on the Source of Contentment 把眼睛定睛在知足的源头

Phil. 4:11-13 “Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.” 腓立比书 4: ¹¹我并不是因缺乏说这话，我无论在什么景况都可以知足，这是我已经学会了。¹²我知道怎样处卑贱，也知道怎样处丰富，或饱足、或饥饿、或有余、或缺乏，随事随在，我都得了秘诀。¹³我靠着那加给我力量的，凡事都能作。

Notice, Paul said he had learned to be content - it's not really natural 注意，保罗说他已经学会了知足-这不是自然发生的。

Titus 2:11-12 “For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age.” 提多书 2:11-12 因为神救众人的恩典已经显明出来，¹²教训我们除去不敬虔的心和世俗的情欲，在今世自守、公义、敬虔度日，

And so through God's grace we learn contentment through what it teaches. 因着神的恩典，我们通过祂的教导来学习知足。

2. Practice Contentment Even in Difficult Situations 即使在困难的境况下也要练习着知足

3. Be Dissatisfied Towards the Right Things 在正确的事情上不满足

Phil. 3:13-14 “but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus.” 腓立比书 3:13-14 弟兄们，我不是以为自己已经得着了，我只有一件事，就是忘记背后，努力面前的，¹⁴向着标竿直跑，要得神在基督耶稣里从上面召我来得的奖赏。