

Giving Thanks on Thanksgiving

在感恩节感恩

Philippians 腓立比书 4:4-9

Trinity Baptist Church | 12 October 2025

Thanksgiving Weekend

Preamble 前言

Who am I? 我是谁?

- BCY Regional Minister – Serving our association of churches
卑斯省和育空地区域牧师—服务于我们的教会联合会
- From White Rock to Whitehorse, from Nanaimo to Nelson, and everything in-between and around
从白石市到怀特霍斯市，从纳奈莫市到尼尔森市，以及其间及周边所有地区
- Before that – senior pastor at White Rock Baptist Church for nine years
此前——担任白石浸信会主任牧师九年

Introduction 引言

This weekend is Thanksgiving weekend here in Canada, and I hope that you have had an opportunity to name out loud the things for which you are thankful.

这个周末是加拿大的感恩节假期，希望你们都有机会大声说出自己感恩的事物。

I genuinely believe it is important to give thanks, and to give thanks out loud for others to hear.

我真心相信感恩很重要，更要大声表达让他人听见。

I don't mean in an arrogant or boastful way, like saying, "I'm really thankful God made me so awesome and thankful that you all get to experience me!"

我并非指那种傲慢炫耀的方式，比如说“我真感谢上帝造就如此完美的自己，更感谢你们能有幸认识我！”

No, that's not thanksgiving, that's pride! 不，那不是感恩，那是骄傲！

Genuine thanksgiving is being aware that there might be blessings in our lives that have almost nothing to do with us. 真正的感恩在于意识到，我们生命中的某些祝福几乎与我们无关。

They're gifts of grace from God, and we're invited to thank God for them.

它们是上帝恩典的馈赠，而我们被邀请为此感谢上帝。

Here I could say I'm thankful to God for the wife he gave me, and the children we have been blessed with. 在此，我当感谢上帝赐予我的妻子，以及我们蒙福得有的儿女。

I might be involved and a part of these items of praise, but they're not as a direct result from me, they're God's goodness to me.

我虽参与其中并成为这些感恩事项的一部分，但它们并非直接源于我，而是上帝赐予我的恩典。

I'm thankful for where I live, I'm thankful for Christian friends who walk through life with me, I'm thankful that I have a job that serves others and contributes to the flourishing of our communities.

我感恩所居之地，感恩与我同行人生的基督徒朋友，感恩拥有这份服务他人、促进社区繁荣的工作。

Thank you, God.感谢您，上帝。

So, what are you thanking God for?那么，你感谢上帝什么呢？

BUT, thanksgiving is not only a time to thank God for the good things we might have and experience. Thanksgiving is also a time to thank God for the trials and challenges we face. 然而，感恩节不仅是感谢上帝赐予我们所拥有和经历的美好事物之时，更是感谢上帝让我们经历试炼与挑战之时。

Scripture encourages us to give thanks even in our trials. 圣经鼓励我们在试炼中也要感恩。

James 1:2-4 (NIV) Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.

雅各书 1:2-4 节说“我的弟兄們，你們遭受各種試煉時，都要認為是大喜樂，³ 因為知道你們的信心經過考驗，就生忍耐。⁴ 但要讓忍耐發揮完全的功用，使你們能又完全又完整，一無所缺。”

When last did you thank God for the trials and challenges in your life?

你上次因生命中的试炼与挑战感谢上帝是什么时候？

When last did you thank God that you were going through the valley of the shadow of death?

你上次因行经死亡阴影的幽谷而感谢上帝又是什么时候？

My guess is that we don't do this very often, and it's understandable why not – it's pain and we don't like pain.

我想我们很少这样做，原因不难理解——那是痛苦，而我们厌恶痛苦。

Today's passage of scripture calls us to give thanks, but we often overlook the fact that Paul was in prison when he wrote this letter. 今日的经文呼吁我们感恩，但我们常忽略保罗写这封书信时身陷囹圄的事实。

Paul exhorts Christians to rejoice and give thanks... My guess is that if he could write that while in prison, then he expects that we will also be able to give thanks when things are going “badly.”

保罗劝勉基督徒要喜乐感恩……我猜想，既然他能在狱中写下这些话，想必也期待我们在遭遇“困境”时仍能心怀感恩。

When I consider Trinity Baptist, and your season of transition with Pastor Callum's recent retirement that came rather suddenly, I have no doubt that some of you feel like giving thanks might be hard work.

当我想到三一浸信会，想到你们正经历卡勒姆牧师突然退休带来的过渡期，我深知其中有些人或许觉得感恩并非易事。

I don't know many things, but I do know this – God is still good, God is still on the throne, and God is still faithful.

我虽不知晓许多事，但深知这一点——神依然良善，神依然掌权，神依然信实。

So, if He invites us to give thanks in all things, then we can do this knowing that He will be revealed as awesome in the end. 因此，若祂邀请我们凡事谢恩，我们便能如此行，深知祂终将显明祂的荣美。

If you have your bibles, or a bible app, turn with me in scripture.

如果你带着圣经，或是圣经应用程序，请和我一起翻到经文处。

Scripture Text (Php 4:4-9) and Thoughts

经文（腓立比书 4:4-9）与省思

1. Thanksgiving is Rooted in Rejoicing in the Lord (vv. 4–5)

感恩的根源在于因耶和华欢欣（第 4-5 节）

Php 4:4-5 (NIV) Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 腓立比书 4:4-5 节“4 你們要靠主常常喜樂。我再說，你們要喜樂。5 要讓眾人知道你們謙讓的心。主已經近了。”

Paul begins this portion of scripture by encouraging (exhorting) Christians to rejoice.

保罗在经文开头就鼓励（劝勉）基督徒要喜乐。

In fact, Paul is so sure of the need for rejoicing that he echoes his words, “Rejoice... I will say it again: rejoice!” This is like a verbal underlining of the word. 事实上，保罗对喜乐的必要性如此确信，以至于他重复道：“要喜乐……我再再说：要喜乐！”这如同用言语为“喜乐”一词做了强调。

Paul is emphasising that we must be quick to rejoice in the Lord, always. The Greek word for always means *always*. 保罗强调我们必须随时在主里欢喜快乐。希腊文中的“常常”一词，其含义正是“永远”。

What's important to note here is that our rejoicing is *in the Lord*, not in our circumstances.

这里需要特别注意的是，我们的喜乐是在主里的，而非环境。

Paul is not saying, “Oh, life's hard for you and you're in some kind of jail, but rejoice in that jail.”

保罗并非在说：“哎呀，你生活艰难，身陷囹圄，那就该在牢狱里欢喜吧。”

No, Paul is saying rejoice in the Lord regardless of your circumstances, which immediately shows that we can rejoice anywhere and everywhere when we rejoice in Christ. 不，保罗的意思是无论处境如何都要在主里喜乐——这立刻表明，当我们因基督而喜乐时，无论身处何地都能欢欣鼓舞。

This position of giving thanks (or, thanksgiving) is **rooted** in Christ, the Lord. It's rooted in remembering who God is, not what situation we're in.

感恩的立场（或称感谢）**植根**于基督，我们的主。它植根于铭记上帝的本质，而非我们所处的境遇。

If I can say it this way, your rejoicing is not about having a pastor, and it's not about not having a pastor – it's rooted in the goodness and presence of Christ in your midst. 如果可以这么说的话，你们的喜乐并非源于有牧师，也并非源于没有牧师——它根植于基督在你们中间的良善与同在。

You can rejoice in the fact that God will never leave you nor forsake you.

你们可以因着上帝永不离开你们、永不撇弃你们的事实而欢欣。

In your own personal life, you might well be in a significant time of trial right now – Rejoice in the Lord.

在你的个人生活中，此刻你可能正经历一场重要的考验——当在主里欢喜。

2. Thanksgiving Replaces Anxiety with Prayer (vv. 6–7)

感恩将忧虑转化为祷告（6-7 节）

Php 4:6-7 (NIV) Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

腓立比书 4:6-7 节 “⁶ 应当一无挂虑，只要凡事藉着祷告、祈求和感谢，将你们所要的告诉 神。⁷ 神所赐那超越人所能了解的平安，必在基督耶稣裏，保守你们的心怀意念。”

I love the logical progression from Paul here: 我特别欣赏保罗这里逻辑的推进：

Rejoice in the lord ... OK, but I'm still facing a challenge ... this might lead me to become anxious.

在主里喜乐……好的，但我仍在面对一个挑战……这可能使我不免焦虑。

Paul knows this and says, don't be anxious. **Replace** your anxiety with prayer.

保罗深知这一点，因此劝勉道：不要忧虑。请以祷告**取代**焦虑。

In fact, Paul says, “in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

事实上，保罗说：“无论在什么情况下，都要借着祷告、祈求和感谢，把你们所要的告诉神。”

I don't know about you, but my prayer life goes up when I face challenges.

我不知道你是否也这样，但每当面临挑战时，我的祷告生活就会变得更加频繁。

Perhaps it's because I realize that I have no control over the situation, and I am completely dependent on God's grace. 或许是因为我意识到自己无法掌控局面，只能全然倚靠上帝的恩典。

A few years ago, my son ended up in hospital and needed major surgery on his gut. The doctor ended up removing a significant portion of his intestines.

几年前，我的儿子住进了医院，需要接受肠道大手术。医生最终切除了他相当大一部分肠道。

Was I anxious? You bet, of course I was! 我紧张吗？当然紧张啦！

What did I do? I prayed... that was all I could do. 我做了什么？我祈祷……那是我唯一能做的事。

I want to add here that Paul's invitation to thanksgiving in the middle of our prayers is not to try and convince ourselves that the problem doesn't matter.

我想在此补充说明，保罗在祷告中呼吁我们献上感恩，并非要我们试图说服自己问题无关紧要。

It does. Thanksgiving isn't pretending problems don't exist but bringing them to God with trust that He is in control. 问题确实存在。感恩并非假装问题不存在，而是带着信靠将问题带到神面前，相信祂掌管一切。

What happens when we do this? 当我们这样做时会发生什么？

Paul says it clearly; the peace of God will guard your hearts. A peace that transcends understanding and earthly wisdom – the peace of God will be ours. 保罗说得很清楚：神的平安必保守你们的心怀意念。这平安超越人的理解与世俗的智慧——神的平安必属于我们。

My friends, I don't know what you might be going through right now, but I encourage you, don't let anxiety dominate. Let prayer and thanksgiving shape your life. 朋友们，我不知道你们此刻正经历着什么，但我鼓励你们：不要让焦虑主宰自己。让祷告与感恩塑造你们的人生。

Trust that God is leading you into His future.相信上帝正引领你们走向祂的未来。

3. Thanksgiving Renews Our Minds in Christ (vv. 8–9)

感恩使我们在基督里心意更新（第 8-9 节）

Php 4:8-9 (NIV) Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

腓立比书 4:8-9 节 “⁸末了，弟兄們，凡是真實的、凡是可敬的、凡是公義的、凡是清潔的、凡是可愛的、凡是有美名的，若有甚麼德行，若有甚麼稱讚，你們都要留意。⁹你們從我所學習的，所領受的，所聽見的，所看見的事，你們都要繼續去做，賜平安的神就必與你們同在。”

This instruction from Paul goes hand-in-hand with replacing anxiety with prayer.

保罗的这番教导与用祷告取代忧虑是相辅相成的。

Paul is not giving some sort of self-help idea like “the power of positive thinking,” or the idea that we can “manifest” what we want if we’re positive enough.

保罗所说的绝非诸如“积极思维的力量”这类自助理念，也并非宣称只要足够积极就能实现所愿。

Paul knows that as we face anxiety while we pray, it’s easy to focus on the problem and let that sweep us away.

保罗深知，当我们在祷告中面对焦虑时，很容易专注于问题本身，任其将我们卷走。

Paul says, “no, **renew** your mind by focusing on God’s ideals of what is noble, right, pure, lovely, admirable, and excellent.”保罗说：“不，要更新你的心思，专注于上帝所看为真实的、可敬的、公义的、清潔的、可愛的、有美名的。”

Thanksgiving is a discipline of the mind—choosing to see God’s hand at work, even in difficulty.

感恩是一种心灵的操练——选择看见上帝的手在运作，即使在困境中也是如此。

When you dwell on God’s goodness, you experience His peace.

当你沉浸于上帝的良善时，你便体会到祂的平安。

I love how intensely practical Paul is. He concludes by saying to us, that whatever we have learned from him, we should put that into practice.

我特别欣赏保罗极强的务实精神。他在结尾处告诫我们：无论从他那里学到了什么，都应当付诸实践。

Remember, Paul is writing this letter from prison. 请记住，保罗是在狱中写这封信的。

However, there’s no hint of anger; Paul doesn’t claim he’s falsely accused and that it’s not fair that he’s in prison.

然而，信中丝毫没有愤怒的迹象；保罗并未声称自己遭人诬陷，也未抱怨入狱不公。

He doesn’t cry about his rights being violated and abused.他没有为自身权利遭受侵犯和践踏而哀叹。

How sad when God’s children start to use language like, “It’s not fair, I don’t deserve this.”

当神的儿女开始说出“这不公平，我不该承受这些”之类的话语时，是多么可悲啊。

Or they mistakenly believe that they’re “good” people who should only experience “good” things in life.

或是他们错误地认为自己是“好人”，理应在生活中只经历“好事”。

If that were true, my friends, the only thing we truly deserve is death for the wages of sin is death.

朋友们，倘若真是如此，我们唯一应得的便是死亡，因为罪的工价就是死。

But this is the beauty of grace, it makes life not fair because we don’t get what we deserve and, instead, receive the free gift of grace.但恩典的美妙正在于此——它使生命变得不公平，因为我们并未得到应得的报应，反而领受了恩典的免费礼物。

This why Paul says we can trust God. We can trust God with whatever happens.

这就是保罗说我们可以信靠上帝的原因。无论发生什么，我们都能信靠上帝。

Which is precisely what the Apostle Paul does as he continues to proclaim the gospel and fulfil God’s call on his life.

这正是使徒保罗所做的——他持续传扬福音，并成就上帝在他生命中的呼召。

Paul speaks about this earlier in this letter to the Philippians:

保罗在写给腓立比人的这封信中早些时候就谈到了这一点：

Php 1:12-14 (NIV) Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. 13 As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. 14 And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

腓立比书 1:12-14 节 “¹²弟兄們，我要你們知道，我所遭遇的事反而使福音更興旺，¹³以致御營全軍和其餘的人都知道我是為基督的緣故受捆鎖的；¹⁴而且那在主裏的弟兄，多半都因我受的捆鎖而篤信不疑，越發放膽無所懼怕地傳道。”

Paul echoes this in Philippians 3:7-11 (8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ.)

保罗在《腓立比书》3:7-11 中对此有所呼应说（不但如此，我已把萬事當作是有損的，因我以認識我主基督耶穌為至寶。我為他已經丟棄萬事，看作糞土，為要贏得基督。）

Paul wants to be found faithful in fulfilling what God has called him to do, which means he will work in proclaiming the gospel of Jesus Christ wherever he finds himself. And he will do this with thanksgiving.

保罗渴望在履行上帝呼召他所做的事工时被认定为忠心，这意味着无论身处何地，他都将致力于传扬耶稣基督的福音。他将怀着感恩之心践行这一切。

I wonder what the world would be like if more Christians said, “what has happened to me has been to advance the gospel.”我常想，倘若更多基督徒说：“我所遭遇的都是为推进福音”，这个世界会是怎样一番景象。

Recap 回顾

Why is thanksgiving important for a Christian? 感恩对基督徒为何重要？

- Thanksgiving is Rooted in Rejoicing in the Lord 感恩的根源在于因耶和華欢欣
- Thanksgiving Replaces Anxiety with Prayer 感恩将忧虑转化为祷告
- Thanksgiving Renews Our Minds in Christ 感恩使我们在基督里心意更新

How then shall we now live? (Application)

我们现在该如何生活呢？（应用）

As I work towards a conclusion, I want us to think practically about how we might be able to apply this text that Paul has written for us.

在接近结尾之际，我希望我们能务实地思考如何将保罗为我们写下的这段经文付诸实践。

I want to offer a spiritual application, a personal practical application, and a corporate application.

我将提出三个层面的应用：属灵层面的应用、个人实践层面的应用，以及群体层面的应用。

Spiritual Application: I have no doubt that each one of us will experience anxious moments in the coming week. Things will happen around us and to us that we don't want to go through. Whether at home, or work, at school, or in public. Perhaps with family, friends, colleagues, or even random strangers.

属灵层面应用: 我确信在未来一周里，我们每个人都会经历焦虑的时刻。周围发生的事，降临在我们身上的事，都是我们不愿经历的。无论是在家中、职场、校园还是公共场合；无论是与家人、朋友、同事相处，还是与素不相识的陌生人。

When something “bad” happens, can we take those anxious thoughts captive and replace them with a prayer of thanksgiving?当“坏事”发生时，我们能否将那些焦虑的念头擒拿归服，用感恩的祷告取而代之呢？

I'm reminded here of the story of the old farmer, I'm sure some of you know it.

这让我想起老农的故事，相信在座的各位都听过。

Illustration:例子

A farmer's horse runs away to which people in the town declare, “This is bad news.”

农夫的马跑了，镇上的人们纷纷表示：“这下可糟了。”

The farmer replies, “Maybe, who knows if it is bad or good?”农夫回答：“说不定呢，谁知道是好是坏？”

The horse returns, bringing with it several wild horses. The neighbors say, "How wonderful!"

那匹马回来了，带着好几匹野马。邻居们说：“真好啊！”

The farmer replies, "Maybe, who knows if it is bad or good?" 农夫答道：“说不定吧，谁知道是好是坏呢？”

The farmer's son tries to ride one of the horses, falls, and breaks his leg. The neighbors say, "How terrible!"

农夫的儿子试图骑一匹马，结果摔下来摔断了腿。邻居们说：“真糟糕！”

The farmer replies, "Maybe, who knows if it is bad or good?" 农夫答道：“说不定吧，谁知道是好是坏呢？”

Soon, soldiers come through the village to conscript young men for war, but because the son has a broken leg, he is not taken. The neighbors say, "How fortunate!"

不久，士兵们来到村里征召年轻人参战，但因儿子腿脚不便，他得以幸免。邻居们都说：“真是走运啊！”

The farmer replies, "Maybe, who knows if it is bad or good?" 农夫答道：“说不定吧，谁知道是好是坏呢？”

I love that story because it helps me reframe the events that happen in my life.

我喜欢这个故事，因为它帮助我重新审视生命中的种种际遇。

Of course, I don't believe in luck, I believe in God, but perhaps life would make sense if we stopped trying to label the events we go through as good or bad and, instead, leave it in God's hand and simply replace our anxious thoughts with praying.

当然，我不相信运气，我信靠上帝，但或许当我们停止将经历贴上好坏标签，转而将一切交托于上帝，用祷告取代焦虑的思绪时，生命便会显出意义。

Personal Application: This weekend is Thanksgiving, how might your week look like if you started to record the things you are thankful to God for, and shared them with others. Why don't you write down at least three things you're thankful for? And, while you're at it, why don't you think of one thing that others would say is *bad*.

个人层面实践: 本周末是感恩节，若你开始记录自己对上帝感恩之事并与他人分享，这一周会呈现怎样的景象？何不写下至少三件令你心怀感激的事？同时，不妨也思考一件他人眼中看似糟糕的事。

Is there a trial or challenge you could thank God for? 你是否遇到过值得感谢上帝的试炼或挑战？

Corporate Application: You are a church, a community of faith in Jesus Christ, perhaps part of the thanksgiving is spending time together giving God thanks for His faithful provision in the past, and then using that as a reason to trust in His faithfulness for the future. When you gather together corporately, use it as an opportunity to replace anxious thoughts with prayer, while bringing your requests to God with thanksgiving.

群体层面的应用: 你们是教会，是信靠耶稣基督的信仰群体。感恩节的意义或许在于：众人齐聚，为上帝过去信实供应的恩典献上感谢，并以此为根基，信靠祂对未来的信实应许。当你们集体聚集时，请把握这个契机，用祷告取代忧虑，将祈求带着感恩呈献给上帝。

Conclusion 结论

Let me conclude with these thoughts. 请允许我用以下几点来作总结。

Yes, this weekend is Thanksgiving, but Thanksgiving is not seasonal—it's a lifestyle rooted in Christ.

是的，这个周末是感恩节，但感恩并非季节性的——它是一种植根于基督的生活方式。

Thanksgiving is Rooted in Rejoicing in the Lord 感恩的根源在于因耶和華欢欣

Thanksgiving Replaces Anxiety with Prayer 感恩将忧虑转化为祷告

Thanksgiving Renews Our Minds in Christ 感恩使我们在基督里心意更新

In a time of transition, or in a time of trials, thanksgiving is a weapon against anxiety and discouragement. We read that promise in the scripture, "*The God of peace will be with you.*" (v. 9) — That's the best gift of all.

在过渡时期，或在试炼之时，感恩是抵御焦虑与沮丧的利器。我们从经文中读到这应许：“赐平安的上帝必与你们同在。”（第9节）——这便是最珍贵的礼物。

God has been faithful in the past, He is faithful today, and He will be faithful in the future.

上帝在过去信实可靠，今日信实可靠，将来也必信实可靠。

May you walk daily in the experience of God's presence giving thanks for all things.

愿你每日行在神的同在中，为万事献上感恩。