

Testimony of Maryam

I grew up in a country where choosing your faith was not optional, and that was always something I struggled with.

After moving to Canada with my husband, Arvin, life became very busy and difficult. I was working almost seven days a week, trying to adjust to a new country, culture, and language.

Every day on my way to work, I passed by this church. Many times, I stopped there, talked to God, and cried when things felt too heavy. It became a safe place for me, a place where I felt close to Him. Often took photos of the church and showed them to Arvin, saying, “One day, I really want to go inside.” But it never happened — until January 19th. We decided to go inside for the first time. I remember standing at the door and asking someone, “Can we go in?” and being warmly welcomed. During the sermon, Pastor Callum spoke about how our lives can get “stuck” in many ways — in our emotions, habits, and even in our relationship with Jesus. When I heard that, it really touched my heart. I had been praying to God many times, asking Him to help me and show me a way forward. But deep inside, I still felt stuck. I couldn’t stop crying; it felt like God was speaking directly to me.

After the service, we met kind people like Maria, Pastor Lee, and Pastor Doris. On the way home, Arvin said, “Maryam, I want to come again. These people are so kind.”

The next week, Pastor Callum spoke about identity and told a story about Arthur Schopenhauer asking, “Who am I?” Then he said, “The Bible answers this question like this: I am loved by God, therefore I am.”

That sentence truly spoke to me. I had been losing confidence and feeling unseen, but it reminded me that even if nobody else notices me, God does — and He loves me deeply. In that moment, it felt like God was speaking to me through Pastor Callum.

After that, we joined the Alpha course and started learning more about Christianity. During one Alpha session, there was a picture of Jesus standing at a door, knocking — but the door had no handle on the outside. It meant that only we can open it from the inside. That image stayed with me for a long time. For me, it was a very personal moment — it felt like Jesus was gently asking for my permission to come into my heart. I had never experienced that kind of freedom before — the freedom to choose, to open the door myself.

In another session, I learned about forgiveness. It said: “If God forgives you, why shouldn’t you forgive yourself?” I understand that God’s love is not about rules or fear — it’s about grace, forgiveness, and peace. As the Bible says in 1 John 4:18, “There is no fear in love. But perfect love drives out fear.” It wasn’t one single moment; it was a journey. The biggest lesson I’ve learned is to trust God’s plan. When you have faith, fear slowly disappears and peace comes instead. I’ve also realized that sometimes God speaks to us through people — and everyone we’ve met here, even those who simply smiled at us, has been a reflection of that love. I’m deeply thankful for this community that has helped us grow and feel at home. I know this is just the beginning of our journey, and I hope we can continue to learn, grow, and help make the world a kinder place together.

我成长在一个信仰选择并非自由的国度，这始终是我内心挣扎的根源。

和丈夫阿文移居加拿大后，生活变得异常忙碌而艰难。我几乎每周工作七天，努力适应新的国家、文化和语言。

每天上班途中，我都会经过这座教堂。每当感到压力大时，我常驻足停留，向上帝倾诉，泪流满面。这里成了我的避风港，让我感受到祂的临在。我常给教堂拍照给阿尔文看，说：“总有一天，我一定要进去看看。”但这个愿望始终未能实现——直到 1 月 19 日。我们决定第一次走进教堂。记得站在门口时，我问了个人：“我们能进去吗？”便受到了热情的欢迎。讲道时，卡勒姆牧师谈到我们的生命会以各种方式陷入“停

滞不前”——情绪中、习惯里，甚至与耶稣的关系里。听到这番话，我的心深受触动。我曾多次向上帝祈祷，求祂帮助我、指引前路。但内心深处，我依然感到困顿。我止不住地哭泣，仿佛上帝正在对我说话。

礼拜结束后，我们遇见了玛丽亚、李牧师和多丽丝牧师等善良的人。归途上，阿文说：“玛丽亚姆，我想再来。这些人太友善了。”

次周，卡勒姆牧师讲论身份认同，提及叔本华追问“我是谁”的故事。他接着说：“圣经如此回应：我被神所爱，故我存在。”这句话深深触动了我。我曾失去信心，感到无人关注，但它提醒我：即使世人视而不见，上帝始终注视着我——祂深爱着我。那一刻，我仿佛感受到上帝正通过卡勒姆牧师向我说话。

此后我们参加了启法课程，开始深入了解基督教。有次课程中出现一幅画面：耶稣站在门外叩门，但门外竟无把手。这象征着唯有我们自己才能从内侧开启心门。这个意象在我心中萦绕许久。对我而言，那是极具个人意义的时刻——仿佛耶稣正温柔地征求我允许祂进入我心。我从未体验过那样的自由——选择的自由，亲手开启那扇门的自由。

在另一节课上，我学到了宽恕的真谛。它这样说：“如果上帝都能原谅你，你又怎能不原谅自己呢？”我明白神的爱并非关乎律法或恐惧——而是关乎恩典、宽恕与平安。

正如《约翰一书》4章18节所言：“爱里没有惧怕；完全的爱把惧怕驱除。”这不是瞬间的顿悟，而是漫长的旅程。我领悟到的最大功课是：要信靠神的计划。当你怀有信心，恐惧便会渐渐消散，取而代之的是平安。我也领悟到，上帝有时会借他人向我们说话——在这里遇见的每个人，哪怕只是对我们微笑的人，都映照这份爱。我由衷感恩这个助我们成长、让我们有归属感的群体。我知道这只是旅程的开端，愿我们能继续学习成长，携手让世界变得更温暖。

Testimony Of Arvin

I was born in Iran. From a young age, I was very curious and I loved reading. Because my parents were registered as Muslims, I also considered myself a Muslim. In school, we were taught religious practices and we were expected to follow them and even encourage others to do the same. When I asked why we must do these things, the answer was usually, “If you don’t, God will punish you.” So I grew up thinking that God was someone to fear, not someone to love. Because of that, I didn’t have a real and personal faith in Him.

Later in life, when I studied Systems Engineering, I learned about the structure and design of complex systems. The more I studied, the more I saw the beautiful order in the world. This helped me believe in God from my heart, not because someone told me to. I began to admire God as the Creator of a perfect and intentional universe. But I still wondered inside: Why would God want to punish people? After we immigrated to Canada, our first year was one of the hardest times in our lives. We were under a lot of emotional and financial pressure. We felt alone. One day, I said, “God, I can’t do this anymore. Please help us.”

About three months later, something happened that felt like a miracle. God opened a way for us and helped us in a way I could not explain. A few months later, out of curiosity and at my wife’s suggestion, we visited a church. On the first day, Pastor Callum was speaking about Freedom in Christ. At that moment, I felt something in my heart. I felt God saying to me: “Arvin, I was the one who helped you. When you called out to Me sincerely, I guided you, even when you didn’t realize it. And now, welcome to your new family.”

When I started reading the Bible with interest and love, I began to feel God’s presence more and more in my life. In difficult moments, I would say, “Lord, I know You are here, and everything is in Your hands.” As Romans 5:5 says:

“This hope will not lead to disappointment, for we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love.” This gave me peace. I no longer felt anger toward people

who caused me problems. Instead, I prayed for them. Because Jesus teaches in Matthew 22:36–40: “Love the Lord your God with all your heart... and love your neighbor as yourself.”

For me, that is faith. I have accepted Christ with my heart.

Christianity has been like a new birth for me. I believe that a person is born once physically, and then is born again when they truly know themselves, discover God within, and feel His presence in their life.

我出生在伊朗。从小我就充满好奇心，热爱阅读。由于父母登记为穆斯林，我也自认为是穆斯林。在学校里，我们被教导宗教仪式，不仅要遵守这些仪式，还要鼓励他人效仿。当我问及为何必须这样做时，得到的回答通常是：“若不遵从，真主将惩罚你。”因此我从小就认为上帝是值得畏惧的存在，而非值得爱的存在。正因如此，我对祂缺乏真实而个人的信仰。

后来在学习系统工程时，我了解到了复杂系统的结构与设计。越是深入研究，越能看见世界中那份美丽的秩序。这让我发自内心相信上帝的存在，并非因他人之言。我开始钦佩上帝——这位创造完美且充满深意的宇宙的造物主。但我内心仍存疑惑：上帝为何要惩罚人类？

移民加拿大后的第一年，是我们人生中最艰难的时期。我们承受着巨大的情感和经济压力，感到孤立无援。有天我祷告说：“上帝啊，我实在撑不下去了，求您帮助我们。”

大约三个月后，一件堪称奇迹的事情发生了。上帝为我们开辟了一条道路，并以我无法言喻的方式帮助我们。

几个月后，出于好奇且在妻子的建议下，我们走进了教堂。初次到访时，卡勒姆牧师正在讲道，主题是《在基督里得自由》。那一刻，我内心涌动着某种感受。我仿佛听见上帝对我说：“阿文，是我帮助了你。当你真诚呼求时，即便你未曾察觉，我始终引导着你。现在，欢迎来到你的新家。”

当我带着兴趣和热爱开始阅读圣经时，我渐渐感受到上帝在我生命中日益临在。每逢艰难时刻，我便祈祷道：“主啊，我知道您在此处，万事皆在您手中。”正如罗马书 5:5 所言：

“这盼望不会落空，因为我们深知上帝何等爱我们，祂已将圣灵赐给我们，使祂的爱充满我们心间。”

这使我得享平安。我不再对那些给我带来麻烦的人怀有愤怒，反而为他们祷告。因为耶稣在《马太福音》22:36-40 中教导：“你要尽心、尽性、尽意爱主你的神…又要爱人如己。”对我而言，这就是信仰。我已用真心接受了基督。

基督教对我而言犹如新生。我相信人肉体上只出生一次，而当真正认识自我、发现内在的神、感受到祂在生命中的临在时，便实现了真正的重生。

Testimony of Ronalene

Hi, my name is Ronalene. I've been going to Trinity Baptist Church for as long as I can remember. Today, I want to share my personal testimony about how God brought me back to Him when I felt completely lost. During my last years of high school, I felt incredibly lonely. From the outside, everything looked fine—I had a loving family, caring friends, a roof over my head, and food on the table. So I kept asking myself: Why do I still feel so empty? Why is no one ever on my side?

On top of that, I was constantly anxious about the future. With graduation approaching, I felt like everything had to be figured out. I wanted to have this control over my life because stepping into adulthood felt terrifying.

My thoughts became overwhelming. But instead of hope, they were filled with fear and negativity.

That's when my faith started to shake. I began to question God's love. If He truly loves me, why would He let me feel this way? Why would He send me to Hell? The emptiness deepened. I felt like I had dug myself into a dark hole, and no one could reach me. I even thought, Maybe this is what Hell feels like—complete separation, hopelessness, and silence.

But then something changed when I reached my very lowest. In that moment of fear, I felt something—like a light breaking through the darkness. It was gentle but strong, and I knew it wasn't coming from me. It was God. That moment opened my eyes to how precious life truly is. I realized I needed to change, and more than anything, I needed help.

So that day, I prayed. I cried out to Jesus. I apologized for taking everything for granted—for not being grateful, for trying to do everything on my own and not trusting him. I told Him I needed him and I wanted to learn more about Him.

Now in the present, I've been growing in my relationship with Him through the Freedom in Christ series. Lately, I've been struggling with forgiveness, especially with forgiving myself, but this series has been a powerful step in helping me heal from past trauma and truly learn what it means to forgive.

My life has turned around. I've grown so much, and that deep emptiness has been replaced with peace. I realized the loneliness I felt wasn't just about people—it was about not having a relationship with Jesus. And now that I do, I know I'm never truly alone.

One verse that continues to guide me is Proverbs 3:5-6, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."— Proverbs 3:5–6(NIV)

你好，我叫罗娜琳。从记事起，我就一直在三一浸信会做礼拜。今天，我想分享我的个人见证——当我感到彻底迷失时，上帝是如何将我带回祂身边的。

高中最后几年，我感到无比孤独。表面上一切看似美好——我有爱我的家人、关心我的朋友、有栖身之所、有温饱的食物。可我不断自问：为何内心依然如此空虚？为何永远无人站在我这边？除此之外，我对未来始终感到焦虑不安。临近毕业之际，我总觉得必须把所有事情都规划清楚。我渴望掌控自己的人生，因为步入成年让我感到恐惧。思绪如潮水般涌来，却没有带来希望，只有恐惧与消极情绪充斥其中。那时我的信仰开始动摇。我开始质疑上帝的爱。若祂真的爱我，为何让我承受这般感受？为何要将我送入地狱？空虚感愈发深重。我仿佛把自己埋进黑暗的深坑，无人能触及。甚至暗忖：或许这就是地狱的滋味——彻底的隔绝、绝望与寂静。

然而当我跌至人生谷底时，一切发生了转机。在那恐惧的瞬间，我感受到某种存在——如同光芒穿透黑暗。它温柔而强大，我明白这力量并非源于自身。那是上帝。那一刻让我真正领悟生命的珍贵。我意识到自己必须改变，更重要的是，我需要帮助。

那天，我祷告了。我向耶稣呼求。我为把一切都视为理所当然而道歉——就是我的不感恩，试图独自承担一切而不信靠祂。我告诉祂我需要祂，渴望更深认识祂。

如今，我正通过《在基督里得自由》系列课程深化与祂的关系。最近我一直在挣扎于宽恕之道，尤其是原谅自己，但这个系列课程成为我疗愈过往创伤、真正领悟宽恕真谛的有力阶梯。

我的生命已焕然一新。我成长了许多，那份深沉的空虚已被平安取代。我意识到自己感受到的孤独不仅关乎人际关系——更源于与耶稣缺乏联结。如今我与祂相连，便知自己永不真正孤单。《箴言》3:5-6 这段经文始终指引着我：“你要专心仰赖耶和华，不可倚靠自己的聪明；在你一切所行的事上，都要认定他，他必指引你的路。”

Testimony of Ada

Hello everyone, my name is Ada. I am deeply grateful to be here today to share my baptism testimony.

1. My Life Before Faith

Before believing in Jesus, I was an independent career woman. From childhood, I told myself, I must rely on myself and be strong.

Along the way, I worked hard at my studies, my job, marriage, and starting my own business. I shouldered responsibilities both inside and outside the home. Others saw me as capable, but only I knew that this “independence” was the helplessness of having “no one to lean on.”

The pressure kept mounting, leaving me sleepless night after night, relying on sleeping pills to drift off. My health deteriorated steadily. I told myself: You're the pillar others lean on—you can't break down. But when illness finally struck, I realized my strength had vanished.

Later, I decided to leave my old environment and come to Vancouver. Clean, beautiful, and quiet, I thought a change of scenery would help me recover. But a family crisis shattered me completely. I became depressed, lost, and began questioning life—even doubting the very virtues I'd always believed in: kindness, honesty, loyalty, responsibility. Do these things still exist?

During that period, I lay awake all night, relying on coffee to get me through the day, feeling utterly drained.

2. How I Came to Know Jesus

At my weakest moment, it was my friends who brought me to church.

My friends Sara and James invited me to Sunday worship. Sister Sheila often stayed up late chatting with me, even giving me a copy of *Streams in the Desert* and telling me I could entrust my pain to God. Pastor Doris listened to my troubles and shared about God's strength.

I began attending church services and trying to pray. One night, in a state between sleep and wakefulness, I saw Jesus from a Bible illustration. Clad in a white robe, He led me to the base of a towering wall. Beneath it, countless people struggled to climb. I saw my late father among them. We spoke not a word, only gazed deeply into each other's eyes. In that moment, I understood: Jesus knew my pain. He wanted me to let go of my struggle, follow Him, and trust Him.

When I awoke, tears streamed down my face, yet my heart was strangely calm. I knew—Jesus had truly come.

3. Life After Believing in the Lord

From then on, I began to pray often. In the mornings, at night, while driving, or when troubled, I would call out to Him: “Abba Father.” He was like a friend and a father, listening to my heart. His presence restored peace to me. Gradually, I grew less anxious and no longer feared loneliness. Where I once tried to control everything, I have now learned to surrender. My heart grew tender and still, enabling me to face people and situations with greater equanimity.

One day, my child remarked, “Mom, you smile more now than before.”

In that moment, I knew the Lord was truly transforming me.

I was no longer the woman bearing everything alone. I became God's daughter, learning to depend on and submit to God.

IV. Conclusion

Today I declare before all: I choose to follow the Lord Jesus Christ for the rest of my life, trusting in Him. Whether in prosperity or adversity, I will never depart from Him.

As Matthew 11:28 declares:

“Come to me, all you who are weary and burdened, and I will give you rest.”

I once laboured and carried heavy burdens, but the Lord Jesus granted me rest and strength.

May my testimony show those still in darkness: True peace does not lie in our own hands, but in the Lord's embrace.

Glory be to God. Amen.

大家好，我叫 Ada。今天很感恩能在这里分享我的受洗见证。

一、信主前的生命

信耶稣以前，我是一位独立的职业女性。从小我就告诉自己：要靠自己、要坚强。

一路走来，我努力学习、工作、结婚、创业，家里家外的事都要我来扛。别人眼中我很能干，可是只有我自己知道，那份“独立”其实是“没人可以依靠”的无奈。

压力越来越大，常常失眠，靠安眠药入睡。身体也每况愈下。我告诉自己：你是别人的靠山，不能倒下。可是，当我真的病倒的时候，我才发现，我没有力量了。

后来我决定离开原来的环境，来温哥华。这里干净、美丽、安静，我以为换个地方就能好起来。可是一场家庭的变故，让我彻底崩溃。我变得沮丧、迷茫、怀疑人生——甚至怀疑人性中那些我一直相信的美好：善良、诚实、忠诚、责任，这些到底还存在吗？

那段时间，我整夜失眠，白天靠咖啡硬撑，感觉灵魂被掏空。

二、如何认识耶稣

在我最软弱的时候，是朋友把我带进了教会。

我的朋友 Sara 和 James 邀请我参加主日礼拜，Sheila 姐妹常常陪我聊天到深夜，还送我一本《荒漠甘泉》，告诉我可以把痛苦交给神。Doris 听我诉说并分享神的力量。

我开始去教会听道，也尝试祷告。有一天夜里，我在半梦半醒间，看到圣经画里的耶稣，祂身披白袍，带我走到一座很高的墙上。墙下有无数人都在艰难攀爬，我还看见了我已故的父亲。我们没有说话，只是深深地对视。那一刻我明白：耶稣知道我的痛苦，祂要我放下挣扎，跟随祂，信靠祂。

我醒来的时候，泪流满面，但心里出奇地平静。我知道——耶稣真的来了。

三、信主后的生命

从那以后，我开始常常祷告。早晨、夜里、开车的时候、烦恼的时候，我都呼求祂：“阿爸父。”

祂就像朋友，也像父亲，倾听我的心。祂的同在让我重新有了平安。

慢慢地，我不再那么焦虑，也不再害怕孤单。以前我总想掌控一切，现在学会了交托。我的心变得柔和、平静，能更平和地面对身边的人和事。

有一天，我的孩子对我说：“妈妈，你现在笑得比以前多了。”那一刻我知道，主真的在改变我。

我不再是那个独自扛着一切的女人，我成了神的女儿，学会依靠、学会顺服。

四、结论

今天我愿意在众人面前宣告：我愿一生跟随主耶稣，信靠祂，无论顺境逆境，都不离开祂。正如《马太福音》11 章 28 节所说：“凡劳苦担重担的人，可以到我这里来，我就使你们得安息。”

我曾经劳苦、担重担，但主耶稣赐给我安息与力量。愿我的见证能让还在黑暗中的人知道：

真正的平安，不在我们自己手中，而在主的怀里。

荣耀归给神，阿们。

Testimony of Charles Qu

From Peace and Joy to a Journey of Faith

Dear brothers and sisters,

Thank you for joining me today. It is by God's amazing grace that I can stand here and be baptized, publicly declaring my faith in our Lord Jesus Christ.

Life Before Knowing Christ

In 2021, during Christmas, I was in Hangzhou, China. That night, I planned to take my daughter to a church to celebrate Christmas. When we arrived, someone at the door greeted me and said, "Jesus loves you." I still remember that warm but unfamiliar feeling. However, I was told that registration was required and that children were not allowed to enter, so we had to go home disappointed.

At that time, I didn't really understand what Christianity was about. I only remembered that when I was a child, my grandmother often went to church. She couldn't read or write, but she always came home joyful. After she started going to church, her greetings during festivals changed — she would say, "Peace and joy." Back then, I didn't understand those words, but now I know that peace and joy come from God.

How I Came to Know Jesus

In 2022, my family and I came to Canada. On the seventh day after our arrival, we met Emma, who brought us to Trinity Baptist Church. I remember very clearly — the first song we sang was "Yet Not I but Through Christ in Me." As we sang, tears filled my eyes. I thought of my grandmother and the peace that the church once gave her. That day, I felt a deep sense of calm — as if God was saying to me, "My child, welcome home."

From then on, I began attending Bible studies with Pastor Doris every Friday, starting from New Life. Over two years, I completed all the lessons. Under Pastor Doris's guidance, I came to know Jesus step by step — not just in my mind, but in my heart.

Life After Knowing Jesus

Several Bible verses have deeply touched me.

In Matthew 26:39, Jesus prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

Jesus knew He was about to suffer on the cross, yet He obeyed the Father's will. When He was crowned with thorns and carried His cross to Golgotha, He said, "Father, forgive them, for they do not know what they are doing." And finally, He said, "It is finished."

Jesus' obedience and forgiveness showed me what true love and faith mean. As Christians, we are also called to carry our crosses and follow Him — the path may be full of thorns and difficulties, but it leads to holiness and eternal life.

Learning to Love

1 Corinthians 13 teaches us:

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud... It always protects, always trusts, always hopes, always perseveres."

The Bible tells us to first love the Lord our God with all our heart, soul, and mind — and second, to love our neighbors as ourselves. I've learned that every time I help others, I receive far more peace and joy than what I give. So let us not hold back our love, but learn to love others as Jesus loves us.

Faith and God's Guidance

In John 20:29, Jesus said, "Blessed are those who have not seen and yet have believed."

Along our journey, temptations and worries often come, but we must keep our eyes fixed on God. He will make a way.

A few years ago, while helping my wife apply for university, we needed her high school diploma — but it had been lost, and the school no longer existed. I prayed for God's help, and step by step, He led me to find an alternative solution. Through that experience, I learned again that God is always with us. He never leaves us, and His grace is sufficient for all things.

Conclusion

Today, I stand here to declare: I am willing to follow Jesus Christ, to take up my cross, and to walk in His will. Let us love one another with the heart of Christ, and may all we do bring glory to God.

Thank you, and may all glory be to our Lord.

从平安喜乐，到信心之路

亲爱的弟兄姊妹，大家好。

感谢主的恩典，让我今天能够在这里接受洗礼，公开见证我对主耶稣基督的信心。

信主前的生命

2021 年圣诞节的时候，我还在中国杭州。那天晚上，我准备带女儿去教会参加圣诞活动。到了教会门口，迎接的人对我说：“耶稣爱你。”那是我第一次听到这句话，感到温暖又有点陌生。可是当时教会要求登记，儿童又不能进入，我只好扫兴地带着女儿回家。那时候，我并不真正明白基督信仰代表什么。我只记得小时候，我的奶奶常常去教会。她不识字，却总是带着喜乐回来。从她开始信主以后，每逢节日，她的祝福语变成了“平安、喜乐”。那时我不明白这句话的意义，如今才知道，那是从神而来的祝福和平安。

如何认识耶稣

2022 年，我和家人来到加拿大。刚到的第七天，我们遇到了 Emma，她带我们来到了三一浸信会。第一次参加崇拜时，我们唱的诗歌是《Yet Not I but Through Christ in Me》。唱着唱着，我的眼泪就流了下来——我想起了奶奶，也想起她的那份平安与喜乐。那一刻，我感受到一种久违的安宁，好像上帝在对我说：“孩子，欢迎回家。”从那以后，我每周五跟随 Doris 牧师学习，从《新生命》课程开始，一步步认识神、认识耶稣。两年来，我学习完全部课程，渐渐明白主的爱与恩典，也明白信仰不只是知识，而是一种生命的更新。

信主后的生命

圣经中有几段经文深深触动了我。在《马太福音》26 章中，耶稣祷告说：“我父啊，倘若可行，求祢叫这杯离开我；然而，不要照我的意思，只要照祢的意思。”

耶稣明知道十字架的苦难，却仍然顺服天父的旨意，背起十字架走向各各他。当祂被戴上荆棘冠冕、背负十字架的时候，仍然说：“父啊，赦免他们，因为他们所做的，他们不晓得。”最后，祂说：“成了！”——完成了神的救赎计划，让我们可以坦然无惧地来到神面前。耶稣的榜样让我明白：作为基督徒，我们也要学习祂的顺服与爱，背起自己的十字架前行。这条路也许不容易，但正是通往天国的路。

爱的功课

《哥林多前书》13 章告诉我们：“爱是恒久忍耐，又有恩慈；爱是不嫉妒，不自夸，不张狂……凡事包容，凡事相信，凡事盼望，凡事忍耐。”圣经也教导我们：第一要尽心、尽性、尽意爱主你的神；第二要爱人如己。在生活中，我体会到——每当我帮助别人时，所得到的平安与喜乐，远比我付出的更多。所以，我也愿意学习耶稣的样式，不吝惜爱，去爱身边的人，爱世上的人。

信心的坚守

约翰福音 20 章 29 节中，耶稣说：“那没有看见就信的人，是有福的。”信仰的路上，我们都会遇到诱惑、焦虑和试炼，但我深信，只要定睛在神的身上，祂必为我们开路。几年前，我曾遇到一件困难的事——为我爱人申请大学时，需要提供高中毕业证，而毕业证遗失了，学校也早已不存在。我无助时，就向神祷告。后来，神一步步带领我，让我找到了解决的方法。那一刻我明白：神真的与我们同在。祂不会离弃我们，祂的恩典永远够用。

结语

今天，我愿意在众人面前宣告：我愿意跟随主耶稣，背起自己的十字架，行在祂的旨意中。让我们彼此相爱，以耶稣的心为心，愿我们所做的一切都能荣耀神。感谢主，愿一切荣耀都归于祂。

阿们。