



講道研習指引

從傷痛到盼望：奔向屬天的標竿

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請以禱告開始小組，按情況討論當中的問題。在禱告結束之前，請思考最後**三個基本問題**。

經文：

腓立比書 3:13-14，哥林多後書 5:17，以賽亞書 43:18-19 上，耶利米書 29:11，羅馬書 8:28，希伯來書 12:2，歌羅西書 3:23-24，傳道書 4:9-10，加拉太書 6:2

Talk it Over

1. 你生命中有哪些傷痛，已成為了枷鎖，令你失去前行的勇氣和動力？
2. 我們如何做到「承認過去，但不被過去定義」？哥林多後書 5:17：「**若有人在基督裏，他就是新造的人，舊事已過，都變成新的了。**」給了我們甚麼應許？
3. 「專注於神的呼召，找到人生方向」。我們如何尋找神對自己的呼召？我們如何面對人生的起跌，仍然能夠奔向屬天的標竿？在尋找自己生命呼召的 **second curve** 中，我們如何避免隨波逐流？
4. 我們在世奔跑的動力，源於在基督裏屬天的獎賞。我們如何「仰望永恆、活在今天」？
5. 小組是我們「建立支持系統，與人同行」的好地方。請分享你為小組感恩 / 欣賞的地方。
6. 你過去最大的傷痛是甚麼？神如何帶領你走出來？在奔向屬天標竿的過程中，這傷痛如何成就羅馬書 8:28：「**我們曉得萬事都互相效力，叫愛神的人得益處。**」的應許？

踏出你的下一步！



三個基本問題

思考一下自己在聽道後的感受，以及如何聽行合一！

1. **聽了甚麼**？這篇講道的哪一點對你帶來最大衝擊？
2. **思考一下**！這篇講道如何挑戰、改變或確認你的想法？
3. **付諸行動**！你或你的小組將如何實踐今天所學到的東西？



Talk It Over

FROM PAIN TO HOPE:
PRESSING TOWARD THE HEAVENLY GOAL

Pastor Stephen Lee
April 26–27, 2025

Before you close with prayer, take a few minutes to look over the Three Essential Questions toward the end of the document.

Scriptures:

Philippians 3:13-14; 2 Corinthians 5:17; Isaiah 43:18-19a; Jeremiah 29:11; Romans 8:28;
Hebrews 12:2; Colossians 3:23-24; Ecclesiastes 4:9-10; Galatians 6:2

Talk it Over

1. What is the Pain in your life that have become Prison, causing you to lose your courage and motivation to move forward?
2. How can we “Acknowledge the Past, But Don’t Let It define You”? What promises does we have through 2 Corinthians 5:17 **“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”**?
3. “Focus on God's call and find your direction” How do we find God's calling for ourself? How can we face the ups and downs of life and still pressing toward the heavenly goal? How do we avoid drifting aimlessly in the “second curve” of finding our calling in life?
4. Our motivation to run in this world comes from our heavenly reward in Christ. How do we “look upon the eternity and live accordingly today”?
5. Small groups are a good place for us to “build our support system and run together”. Share your thankfulness/appreciate about your small group.
6. What was your greatest pain in the past? How has God led you through it? How does this pain fulfilled the promise of Romans 8:28, **“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”** in your pressing towards the heavenly goal?

Take your next steps!



Three Essential Questions:

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

1. What did you **hear**?
2. What do you **think**?
3. What will you **do**?