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圣经金句 100 节

每个基督徒都应该背熟的 100 节圣经经文

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===最常用的 10 句经文===

1. 约 John 3:16-17: 神爱世人，甚至将他的独生子赐给他们，叫一切信他的，不至灭亡，反得永生。For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

因为神差他的儿子降世，不是要定世人的罪，乃是要叫世人因他得救。For God did not send his Son into the world to condemn the world, but to save the world through him.

2. 耶 Jer 29:11 耶和华说：“我知道我向你们所怀的意念，是赐平安的意念，不是降灾祸的意念，要叫你们末后有指望。For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

3. 罗 Rom 8:28 我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人。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.

4. 腓 Phil 4:12-13 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。I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

我靠著那加给我力量的，凡事都能做。I can do everything through him who gives me strength.

5. 腓 Phil 4:6-7 应当一无挂虑，只要凡事藉著祷告、祈求和感谢，将你们所要的告诉神。Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

神所赐出人意外的平安，必在基督耶稣里，保守你们的心怀意念。And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

6.箴 Prov 3:5-6 你要专心仰赖耶和华，不可倚靠自己的聪明，Trust in the LORD with all your heart and lean not on your own understanding.

在你一切所行的事上都要认定他，他必指引你的路。in all your ways acknowledge him, and he will make your paths straight.

7.赛 Isa 40:31 但那等候耶和华的，必从新得力。他们必如鹰展翅上腾，他们奔跑却不困倦，行走却不疲乏。but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

8.加 Gal 2:20 我已经与基督同钉十字架，现在活著的不再是我，乃是基督在我里面活著；并且我如今在肉身活著，是因信神的儿子而活，他是爱我，为我舍己。I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

9.弗 Eph 2:8-9 你们得救是本乎恩，也因著信。这并不是出于自己，乃是神所赐的； For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God 也不是出于行为，免得有人自夸。: not by works, so that no one can boast.

10.林后 2 Cor 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。But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

===旧约经文 30 节===

11.创 Gen 1:1 起初神创造天地。In the beginning God created the heavens and the earth.

12.创 Gen 1:27 神就照着自己的形像造人，乃是照着他的形像造男造女。So God created man in his own image, in the image of God he created him; male and female he created them.

13.创 Gen 2:24 因此，人要离开父母与妻子连合，二人成为一体。For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. (圣经中出现四次)

14. 出 Ex 20 (十诫)

除了我以外，你不可有别的神：You shall have no other gods before me.

不可为自己雕刻偶像：You shall not make for yourself an idol in the form of anything.

不可妄称耶和华你神的名，因为妄称耶和华名的，耶和华必不以他为无罪：You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.

当纪念安息日，守为圣日：Remember the Sabbath day by keeping it holy.

当孝敬父母... 不可杀人。不可奸淫。不可偷盗。不可作假见证陷害人。不可贪焚人的房屋...：Honor your father and your mother... You shall not murder. You shall not commit adultery. You should not steal. You shall not give false testimony against your neighbor. You shall not covet your neighbor's house...

15. 书 Josh 1:8 这律法书不可离开你的口，总要昼夜思想，好使你谨守遵行这书上所写的一切话。如此，你的道路就可以亨通，凡事顺利。Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

16. 书 Josh 1:9 我岂没有吩咐你吗？你当刚强壮胆！不要惧怕，也不要惊惶，因为你无论往哪里去，耶和华你的神必与你同在。“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.”

17. 书 Josh 24:15 至于我和我家，我们必定事奉耶和华。
But as for me and my household, we will serve the LORD .

18. 代上 1 Ch 4:10 雅比斯求告以色列的神说：“甚愿你赐福与我，扩张我的境界，常与我同在，保佑我不遭患难，不受艰苦。”神就应允他所求的。
Jabez cried out to the God of Israel, “Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain”.
And God granted his request.

19. 代下 2 Ch 16:9 耶和华的眼目遍察全地，要现大能帮助向他心存诚实的人。
For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him.

20. 尼 Ne 8:10 你们不要忧愁，因靠耶和华而得的喜乐是你们的力量。Do not grieve, for the joy of the LORD is your strength.

21.伯 Job 42:5 我从前风闻有你，现在亲眼看见你。My ears had heard of you but now my eyes have seen you.

22.诗 Ps 1:2-3 惟喜爱耶和华的律法，昼夜思想，这人便为有福！But his delight is in the law of the LORD, and on his law he meditates day and night.

他要象一棵树，栽在溪水旁，按时候结果子，叶子也不枯干。凡他所作的，尽都顺利。He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

23.诗 Ps 5:3 耶和华啊，早晨你必听我的声音；早晨我必向你陈明我的心意，并要警醒。

In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.

24.诗 Ps 20:7 有人靠车，有人靠马，但我们要提到耶和华我们神的名。

Some trust in chariots and some in horses, but we trust in the name of the LORD our God.

25.诗 Ps 23 耶和华是我的牧者，我必不至缺乏。： The LORD is my shepherd, I shall not be in want.

他使我躺卧在青草地上，领我在可安歇的水边。他使我的灵魂苏醒，为自己的名引导我走义路。： He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake.

我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。： Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

在我敌人面前，你为我摆设筵席；你用油膏了我的头，使我的福杯满溢。： You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

我一生一世必有恩惠慈爱随着我，我且要住在耶和华的殿中，直到永远。：

Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever

26.诗 Ps 37:1 不要为作恶的心怀不平，也不要向那行不义的生出嫉妒。

Do not fret because of evil men or be envious of those who do wrong.

27.诗 Ps 37:4 又要以耶和华为乐，他就将你心里所求的赐给你。Delight yourself in the LORD and he will give you the desires of your heart.

28.诗 Ps 119:105 你的话是我脚前的灯，是我路上的光。
Your word is a lamp to my feet and a light for my path.

29.诗 Ps 133:1&3 看哪，弟兄和睦同居，是何等的善，何等的美！How good and pleasant it is when brothers live together in unity!
又好比黑门的甘露降在锡安山，因为在那里有耶和華所命定的福，就是永远的生命。
It is as if the dew of Hermon were falling on Mount Zion.
For there the LORD bestows his blessing, even life forevermore.

30.箴 Prov 4:23 你要保守你心，胜过保守一切。因为一生的果效，是由心发出。
Above all else, guard your heart, for it is the wellspring of life.

31.箴 Prov 9:10 敬畏耶和華，是智慧的开端。认识至圣者，便是聪明。
The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding.

32.箴 Prov 31:29 “才德的女子很多，唯独你超过一切”。
Many women do noble things, but you surpass them all.

33.传 Ecc 3:1-2 凡事都有定期，天下万物都有定时。
There is a time for everything, and a season for every activity under heaven.
生有时，死有时；栽种有时，拔出所栽种的也有时。
A time to be born and a time to die, a time to plant and a time to uproot.

34.赛 Isa 30:20-21 主虽然以艰难给你当饼，以困苦给你当水，你的教师却不在隐藏，你眼必看见你的教师。
Although the Lord gives you the bread of adversity and the water of affliction, your teachers will be hidden no more; with your own eyes you will see them.
你或向左，或向右，你必听见后面有声音说：“这是正路，要行在其间”。
Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

35.赛 Isa 41:10 你不要害怕，因为我与你同在；不要惊惶，因为我是你的神。我必坚固你，我必帮助你，我必用我公义的右手扶持你。
So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

36. 赛 Isa 55:8-9 耶和华说：“我的意念非同你们的意念，我的道路非同你们的道路。”*For my thoughts are not your thoughts, neither are your ways my ways,*” declares the LORD.
天怎样高过地，照样我的道路，高过你们的道路；我的意念，高过你们的意念。
"As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

37. 赛 Isa 53:4-6 他诚然担当我们的忧患，背负我们的痛苦；我们却以为他受责罚，被神击打苦待了。*Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted.*
哪知他为我们过犯受害，为我们的罪孽压伤。因他受的刑罚，我们得平安；因他受的鞭伤，我们得医治。*But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.*
我们都如羊走迷，各人偏行己路。耶和华使我们众人的罪孽都归在他身上。*We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.*

38. 弥 Mic 6:8 世人哪，耶和华已指示你何为善，他向你所要的是甚么呢？只要你行公义，好怜悯，存谦卑的心，与你的神同行。*He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.*

39. 亚 Zec 4:6 下 万军之耶和华说：“不是倚靠势力，不是倚靠才能，乃是倚靠我的灵方能成事。”*'Not by might nor by power, but by my Spirit,' says the LORD Almighty.*

40. 玛 Mal 3:10 万军之耶和华说：你们要将当纳的十分之一全然送入仓库，使我家有粮，以此试试我是否为你们敞开天上的窗户，倾福与你们，甚至无处可容。*Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.*

===新约经文 60 节===

41. 太 Matt 5:13-14 你们是世上的盐。盐若失了味，怎能叫他再咸呢？以后无用，不过丢在外面，被人践踏了。
"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer

good for anything, except to be thrown out and trampled by men.

你们是世上的光。城造在山上，是不能隐藏的。

"You are the light of the world. A city on a hill cannot be hidden.

42.太 Matt 5:16 你们的光也当这样照在人前，叫他们看见你们的好行为，便将荣耀归给你们在天上的父。： In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

43.太 Matt 6:9-13 (主祷文) 所以，你们祷告要这样说：“我们在天上的父，愿人都尊你的名为圣。愿你的国降临。愿你的旨意行在地上，如同行在天上。我们日用的饮食，今日赐给我们。免我们的债，如同我们免了人的债。不叫我们遇见试探。救我们脱离凶恶。因为国度、权柄、荣耀，全是你的，直到永远。阿们！”。

"This, then, is how you should pray: " 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. '

44.太 Matt 6:33-34 你们要先求他的国和他的义，这些东西都要加给你们了。 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

所以不要为明天忧虑。因为明天自有明天的忧虑。一天的难处一天当就够了。

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

45.太 Matt 7:1-3 你们不要论断人，免得你们被论断。

"Do not judge, or you too will be judged.

因为你们怎样论断人，也必怎样被论断；你们用什么量器量给人，也必用什么量器量给你们。

For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

为什么看见你弟兄眼中有刺，却不想自己眼中有梁木呢？

"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?

46.太 Matt 7:7 你们祈求，就给你们；寻找，就寻见；叩门，就给你们开门。

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

47.太 Matt 11:28-30 凡劳苦担重担的人，可以到我这里来，我就使你们得安息。"Come to me, all you who are weary and burdened, and I will give you rest.

我心里柔和谦卑，你们当负我的轭，学我的样式，这样，你们心里就必得享安息。Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 因为我的轭是容易的，我的担子是轻省的。": For my yoke is easy and my burden is light."

48.太 Matt 16:26 人若赚得全世界，赔上自己的生命，有什么益处呢？人还能拿什么换生命呢？What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?

49.太 Matt 18:20 因为无论在哪里，有两三个人奉我的名聚会，那里有我在他们中间。For where two or three come together in my name, there am I with them.

50.太 Matt 28:18-20 (大使命)

耶稣进前来，对他们说：“天上地下所有的权柄都赐给我了。Then Jesus came to them and said, "All authority in heaven and on earth has been given to me.

所以，你们要去，使万民作我的门徒，奉父、子、圣灵的名给他们施洗。Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

凡我所吩咐你们的，都教训他们遵守，我就常与你们同在，直到世界的末了。"and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

51.可 Mar 12:30-31 你要尽心，尽性，尽意，尽力，爱主你的神。ove the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'

其次，就是说，要爱人如己。再没有比这两条诫命更大的了。he second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

52.约 John 1:1 太初有道，道与神同在，道就是神。In the beginning was the Word, and the Word was with God, and the Word was God.

53.约 John 1:14 道成了肉身，住在我们中间，充充满满地有恩典有真理。我们也见过他的荣光，正是父独生子的荣光。: The Word became flesh and made his dwelling among us. We have seen his glory, the

glory of the One and Only, who came from the Father, full of grace and truth.

54.约 John 10:10 盗贼来，无非要偷窃、杀害、毁坏；我来了，是要叫羊得生命，并且得的更丰盛。The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

55.约 John 14:6 耶稣说：“我就是道路、真理、生命；若不藉着我，没有人能到父那里去。Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

56.约 John 16:33 我将这些事告诉你们，是要叫你们在我里面有平安。在世上你们有苦难，但你们可以放心，我已经胜了世界。” "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

57.徒 Acts 1:8 但圣灵降临在你们身上，你们就必得著能力；并要在耶路撒冷、犹太全地和撒马利亚，直到地极，作我的见证。"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

58.徒 Acts 4:12 除他以外，别无拯救；因为在天下人间，没有赐下别的名，我们可以靠著得救。"Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved."

59.罗 Rom 3:23 因为世人都犯了罪，亏缺了神的荣耀。for all have sinned and fall short of the glory of God,

60.罗 Rom 5:8 惟有基督在我们还作罪人的时候为我们死，神的爱就在此向我们显明了。But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

61.罗 Rom 6:23 因为罪的工价乃是死；惟有神的恩赐，在我们的主基督耶稣里，乃是永生。For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

62.罗 Rom 7:18 我也知道在我里头，就是我肉体之中，没有良善。因为立志为善由得我，只是行出来由不得我。I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

63. 罗 Rom 8:38-39 因为我深信无论是死、是生，是天使、是掌权的，是有能的，是现在的事、是将来的事， For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 是高处的、是低处的，是别的受造之物，都不能叫我们与神的爱隔绝；这爱是在我们的主基督耶稣里的。 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

64. 罗 Rom 10:9 你若口里认耶稣为主，心里信神叫他从死里复活，就必得救。 That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.

65. 罗 Rom 10:17 可见信道是从听道来的，听道是从基督的话来的。 Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.

66. 罗 Rom 12:1-2 所以弟兄们，我以神的慈悲劝你们，将身体献上，当作活祭，是圣洁的，是神所喜悦的；你们如此事奉，乃是理所当然的。 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. 不要效法这个世界，只要心意更新而变化，叫你们察验何为神的善良、纯全、可喜悦的旨意。 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

67. 罗 Rom 15:13 但愿使人有盼望的神，因信将诸般的喜乐平安充满你们的心，使你们藉著圣灵的能力大有盼望。 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

68. 林前 1 Cor 6:19 岂不知你们的身子就是圣灵的殿吗？这圣灵是从神而来，住在你们里头的；并且你们不是自己的人。 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

69. 林前 1 Cor 10:13 你们所遇见的试探，无非是人所能受的。神是信实的，必不叫你们受试探过于所能受的。在受试探的时候，总要给你们开一条出路，叫你们能忍受得住。 No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted,

he will also provide a way out so that you can stand up under it.

70.林前 1 Cor 10:23 凡事都可行，但不都有益处。凡事都可行，但不都造就人。"Everything is permissible"--but not everything is beneficial. "Everything is permissible"--but not everything is constructive.

71.林前 1 Cor 13:4-8 爱是恒久忍耐，又有恩慈；爱是不嫉妒，爱是不自夸，不张狂。不做害羞的事，不求自己的益处，不轻易发怒，不计算人的恶。不喜欢不义，只喜欢真理。凡事包容，凡事相信，凡事盼望，凡事忍耐。爱是永不止息。Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

72.林后 2 Cor 1:4 我们在一切患难中，他就安慰我们，叫我们能用神所赐的安慰去安慰那遭各样患难的人。Who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

73.林后 2 Cor 5:17 若有人在基督里，他就是新造的人，旧事已过，都变成新的了。Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

74.林后 2 Cor 6:14 你们和不信的原不相配，不要同负一轭。义和不义有什么相交呢？光明和黑暗有什么相通呢？Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?

75.加 Gal 5:22-23 圣灵所结的果子，就是仁爱、喜乐、和平、忍耐、恩慈、良善、信实、But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 温柔、节制。这样的事，没有律法禁止。gentleness and self-control. Against such things there is no law.

76.弗 Eph 3:20 神能照著运行在我们心里的大力，充充足足地成就一切，超过我们所求所想的。Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

77.弗 Eph 4:2-3 凡事谦虚、温柔、忍耐，用爱心互相宽容。 Be completely humble and gentle; be patient, bearing with one another in love.

用和平彼此联络，竭力保守圣灵所赐合而为一的心。 Make every effort to keep the unity of the Spirit through the bond of peace.

78.弗 Eph 4:26-27 生气却不要犯罪，不可含怒到日落；也不可给魔鬼留地步。 "In your anger do not sin". Do not let the sun go down while you are still angry, and do not give the devil a foothold.

79.弗 Eph 5:22&25 你们作妻子的，当顺服自己的丈夫，如同顺服主。

Wives, submit to your husbands as to the Lord.

你们作丈夫的，要爱你们的妻子，正如基督爱教会，为教会舍己。

Husbands, love your wives, just as Christ loved the church and gave himself up for her

80.弗 Eph 6:11 要穿戴神所赐的全副军装，就能抵挡魔鬼的诡计。

Put on the full armor of God so that you can take your stand against the devil's schemes.

81.腓 Phil 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。

Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,

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。

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

82.西 Col 3:23 无论做甚么，都要从心里做，像是给主做的，不是给人做的。

Whatever you do, work at it with all your heart, as working for the Lord, not for men,

83.帖前 1 The 5:16-18 要常常喜乐，不住地祷告，凡事谢恩，因为这是神在基督耶稣里向你们所定的旨意。 Be joyful always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus.

84.提后 2 Tim 1:7 因为神赐给我们不是胆怯的心，乃是刚强、仁爱、谨守的心。 For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

85.提后 2 Tim 3:16-17 圣经都是神所默示的，于教训、督责、使人归正、教导人学义都是有益的， All Scripture is God-breathed and is

useful for teaching, rebuking, correcting and training in righteousness,
叫属神的人得以完全，预备行各样的善事。 so that the man of God may be thoroughly equipped for every good work.

86.来 Heb 4:12 神的道是活泼的，是有功效的，比一切两刃的剑更快，甚至魂与灵、骨节与骨髓，都能刺入、剖开，连心中的思念和主意都能辨明。 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

87.来 Heb 4:15-16 因我们的大祭司并非不能体恤我们的软弱，他也曾凡事受过试探，与我们一样；只是他没有犯罪。 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.
所以我们只管坦然无惧地来到施恩的宝座前，为要得怜恤，蒙恩惠，作随时的帮助。 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

88.来 Heb 10:25 你们不可停止聚会，好像那些停止惯了的人，倒要彼此劝勉。既知道那日子临近，就更当如此。 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.

89.来 Heb 11:1 信就是所望之事的实底，是未见之事的的确据。 Now faith is being sure of what we hope for and certain of what we do not see.

90.来 Heb 11:6 人非有信，就不能得 神的喜悦；因为到神面前来的人，必须信有神，且信他赏赐那寻求他的人。 And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

91.来 Heb 12:1-2 我们既有这许多的见证人，如同云彩围著我们，就当放下各样的重担，脱去容易缠累我们的罪，存心忍耐，奔那摆在我们前头的路程： Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

仰望为我们信心创始成终的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

92.来 Heb 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。” Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.”

93.雅 Jas 1:2-4 我的弟兄们，你们落在百般试炼中，都要以为大喜乐； Consider it pure joy, my brothers, whenever you face trials of many kinds, 因为知道你们的信心经过试验，就生忍耐。 because you know that the testing of your faith develops perseverance. 但忍耐也当成功，使你们成全完备，毫无缺欠。 Perseverance must finish its work so that you may be mature and complete, not lacking anything.

94.雅 Jas 1:12 忍受试探的人是有福的，因为他经过试验以后，必得生命的冠冕，这是主应许给那些爱他之人的。 Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.

95.雅 Jas 5:16 所以你们要彼此认罪，互相代求，使你们可以得医治。义人祈祷所发的力量是大有功效的。 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

96.彼前 1 Pet 3:15 只要心里尊主基督为圣。有人问你们心中盼望的缘由，就要常作准备，以温柔、敬畏的心回答各人。 But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,

97.彼前 1 Pet 5:7-8 你们要将一切的忧虑卸给神，因为他顾念你们。 Cast all your anxiety on him because he cares for you. 务要谨守，儆醒。因为你们的仇敌魔鬼，如同吼叫的狮子，遍地游行，寻找可吞吃的人。 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

98.约一 1 John 1:9 我们若认自己的罪，神是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义；

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

99.约一 1 John 2:15-16 不要爱世界和世界上的事。人若爱世界，爱父的心就不在他里面了。

Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him.

因为凡世界上的事，就像肉体的情欲，眼目的情欲，并今生的骄傲，都不是从父来的，乃是从世界来的。

For everything in the world--the cravings of sinful man, the lust of his eyes and the boasting of what he has and does--comes not from the Father but from the world.

100.启 Rev 21:6 “...我是阿拉法，我是俄梅戛；我是初，我是终。 我要将生命泉的水白白赐给那口渴的人喝。”

... I am the Alpha and the Omega, the Beginning and the End. To him who is thirsty I will give to drink without cost from the spring of the water of life.