

主日崇拜程序 Order of Worship

v. 31

February 26, 2023

No.09

靜修時刻：靈修默想敬拜神 (9:30-10:00)

研討時刻：查經學習敬拜神 (10:00-10:45)

讚美時刻：唱詩頌揚敬拜神 (11:00--)

預備心敬拜上帝

序樂 *Prelude*

宣召 *Call to Worship*

司會 *Presider*

讚美 *Singspiration*

會眾 *Congregation*

讀經 *Scripture Reading*

列王記上 19: 1-18

司會 *Presider*

信息 *Message*

認識抑鬱、走出抑鬱

屠立仁牧師

回應詩歌 *Responsive Hymn*

醫治的愛

會眾 *Congregation*

歡迎 *Welcome*

司會 *Presider*

報告 *Announcement*

司會 *Presider*

頌榮 *Doxology*

會眾 *Congregation*

祝禱 *Benediction*

屠立仁牧師

殿樂 *Postlude*

【主日服事輪值表 Serving Personnel】

	本週服事人員	下週服事人員
晨禱 <i>Prayer</i>	許競龍	楊正權
主日學 <i>Bible Study</i>	教育組同工	教育組同工
司會 <i>Presider</i>	許競龍	李國
領詩 <i>Song-Leader</i>	趙娜	李國
招待 <i>Ushers</i>	張聰聰	劉玲華
投影/音控 <i>Audio</i>	Amy	Amy
炊事/廚房清潔	李彥杰/趙羽	劉淑真/Emma
點數奉獻	許淑真/羅時暘	許淑真/羅時暘

【報告事項 Announcements】

【感謝】

感謝今天屠立仁牧師的信息分享，求主祝福您的家庭，並記念您的事奉。

【成人主日學】

- 總會網上主日學 - 早上 7:30~8:30。Zoom ID: 7398664439, Passcode: bible。本週主題「Humility 謙卑/Arrogance 傲慢」，主講者：張瓊月姊妹。下週主題「Adultery 姦淫/Alcohol 酒精」，主講者：林淑姿老師。
- 成人主日學 - 早上 10:00 實體教室#202。感謝今天同工們的分享。本周主日學將由教育組同工一起分享「約伯記」。

【兒童主日學】

[英文青少年] 青少年的聚會時間：為星期日 @ 11:30am，由 GracePoint Church 的老師來協助我們青少年聚會，請家長鼓勵孩子參加聚會。

[K-Elementary] 從三月份起，第一周及第三周主日由同工帶領聚會。

【教會消息】

- 下週主日將由劉仁欽牧師帶領主日證道，請代禱。
- 下週是聖餐主日，請兄姊們預備心。
- 3/11(六)有同工造就會，將由卓甫敬牧師帶領，歡迎兄姊們踴躍參加。
- 台福總會為土耳其及敘利亞地震設立賑災奉獻代轉計畫，若您有感動且尚未有適當的奉獻管道，請於 2023 年 3 月 31 日前將支票寄至：9346 Telster Ave., El Monte, CA 91731, USA。支票抬頭請寫：EFC Foundation/ EFCF, Memo 請註明：2023 地震賑災/ 2023 Earthquake Relief。
- 教會將適度放寬戴口罩措施，除有個人需要或身體微恙者外可不戴口罩，稍微嚴重者還請自行在家休息。

【代禱關懷 Thanksgiving and Prayer】

- 我們一起為 {巴西} 代禱。巴西聯邦共和國，通稱巴西 (葡萄牙語: Brasil)，是南美洲的國家，也是拉丁美洲最大的國家，占南美洲約一半的領土，人口居世界第六，面積是世界第五大。(代禱影片將上傳到「恩聯左鄰右舍」)
- 請繼續為烏克蘭以及俄羅斯代禱，為土耳其及敘利亞代禱，求主看顧每一位受苦的百姓，也求主的愛與和平，降臨在這些受傷的土地。
- 請為 Pattie 和 Jonas 一家在挪威宣教代禱；為 Cedric 和 Wendy 在中國宣教代禱；為 Walter Su 弟兄及其朋友們在日本為期一年的宣教代禱。
- 請為教會目前在籌備聘請牧者禱告，求主帶領聘牧小組尋找合神心意的牧者。
- 請為恩聯教會 2023 年前面要走的道路代禱、以及目前教會沒有牧者的情形、教會建築物安全等代禱。
- 請繼續為疫情止息及經濟復甦代禱，求主施恩、醫治、祝福這地。
- 為教會中的長輩們的健康、心靈欠安者、及外出的會友代禱，求神親臨同在並賜醫治、賜恩典。以馬內利！

【上週出席 Last Week's Attendance】

主日崇拜 Sunday Worship	34	兒童主日學 Sunday School	3
成人主日學 Adult Class	10	晨禱會	8
週間聚會出席			
(週日)長青小組	N/A	(週五)晚 Riverside 信實小組	9
(週五)恩典小組	N/A	(週五)校園團契	5
(週二)溫柔小組	N/A	(週一)Riverside 節制小組	7
(週四)Redlands 和平小組	暫停		

【2/19 主日奉獻】

經常費奉獻：\$430.-

宣教奉獻：\$200.-

奉獻總金額：\$630.-

週間小組	聚會時間	聚會內容	聯絡人
長青小組	每週日 8:30~9:30 AM	暫停	
恩典小組	每週五 7:00~9:00 PM	Zoom ID:97690175024 沒有密碼	Amy 姊妹 951-880-5166
溫柔小組查經	每週二 9:00~9:45 AM	暫停	Amy 姊妹 951-880-5166
溫柔小組(親子)	每週二 10:00~11:30 AM	暫停	Louie 姊妹 909-696-1129
Redlands 和平小組	每週四 3:45~5:00 PM	Zoom ID:9517887822 Passcode # 9517887822	Helen 姊妹 909-267-8656
Riverside 信實小組	每週五 7:00~9:00 PM	Zoom ID:9517887822 Passcode # 9517887822	孫樹威弟兄 323-739-8423
校園團契	每週五 7:30~8:45PM	Zoom ID:93682319398 Passcode # 998244	劉淑真執事 951-780-0824
Riverside 南區節制小組	每週一 7:00~8:30PM	Zoom ID:9517887822 Passcode # 9517887822	顏德興弟兄 626-366-2007
英語會話班 English Conversation	每週五 5:00~6:00 PM	暫停	林麗容姊妹 951-233-1585

(目前所有聚會改為網上進行。)

恩聯台福基督教會 Evangelical Formosan Church of the Inland Empire



敬拜年

恩聯 2023 年度主題「萬民敬拜、榮耀主名」

(詩篇 86 : 9)

All Nation Worship, Glory to His Name

(Psalm 86 : 9)

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【講員】屠立仁牧師

February 26, 2023

認識抑鬱、走出抑鬱

列王記上 19：1-18

默想問題：

1. 信息中提到以利亞陷入憂鬱的四個原因, 信感覺忽略事實; 愛與人比較; 承擔錯誤的罪責; 誇大負面情緒, 請分享你是否有這樣經驗?
2. 請分析你是負面思想傾向的人, 還是正面思想傾向的人? 你是否常會因別人的話而陷入情緒低潮? 信息給你甚麼提醒?
3. 從經文得知, 治癒憂鬱症的方法要著重於身心靈三方面的恢復, 請分享你的領受? 2023年, 你在哪方面需要更努力?

背誦金句：

耶和華說：我指著我的永生起誓，我必要照你們達到我耳中的話待你們。

(民數記 14:28)

主禱文：

我們在天上的父：願人都尊你的名為聖。

願你的國降臨；願你的旨意行在地上，如同行在天上。

我們日用的飲食，今日賜給我們。

免我們的債，如同我們免了人的債。

不叫我們遇見試探；救我們脫離兇惡。

因為國度、權柄、榮耀，全是你的，直到永遠。阿們。

1 King 19:1-18

1 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

3 Elijah was afraid^[a] and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.” 5 Then he lay down under the bush and fell asleep. All at once an angel touched him and said,

“Get up and eat.” 6 He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. 7 The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” 8 So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

9 There he went into a cave and spent the night. And the word of the Lord came to him: “What are you doing here, Elijah?” 10 He replied, “I have been very zealous for the Lord God Almighty. The Israelites have

rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

11 The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. 13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?” 14 He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.” 15 The Lord said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. 16 Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. 17 Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. 18 Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.”