

Running the race, keeping the faith 為主奔跑,持守信心

Mark Shephard

Finished the race, kept the faith 完成競賽,持守信仰

2 Timothy 4: 7-8 (NIV)

"I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day and not only to me, but also to all who have longed for his appearing."

提摩太後書4:7-8 (和合本修訂版)

「那美好的仗我已經打過了,當跑的路我已經跑盡了,該信的道我已經守住了。從此以後,有公義的冠冕為我存留,就是按著公義審判的主到了那日要賜給我的;不但賜給我,也賜給凡愛慕他顯現的人。」

The theology of retirement? 退休的觀念

Ecclesiastes 3 (NIV)

"There is a time for everything, and a season for every activity under the heavens....."

傳道書 3 (和合本修訂版)

「凡事都有定期,天下每一事務都有定時。」

The Bible versus present day 聖經的教導

Luke 2:25-38 (NIV) - The story of Simeon & Anna "Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah."

路加福音 2: 25-38 西面和亞拿的故事 (和合本修訂版)

「那時,在耶路撒冷有一個人,名叫西面;這人又公義又虔誠,**素常** 盼望以色列的安慰者來到,又有聖靈在他身上。他得了聖靈的啟示, 知道自己未死以前必看見主所立的基督。」 Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, Simeon took him in his arms and praised God, saying:

他受了聖靈的感動,進入聖殿,正遇見耶穌的父母抱著孩子進來,要照律法的規矩而行。西面就把他抱過來,稱頌神說:

"Sovereign Lord, as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation, which you have prepared in the sight of all nations: a light for revelation to the Gentiles, and the glory of your people Israel."

「主啊,如今可以照你的話,容你的僕人安然去世;因為我的眼睛已經看見你的救恩,就是你在萬民面前所預備的:是 啟示外邦人的光,是你民以色列的榮耀。」 The child's father and mother marvelled at what was said about him. Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

孩子的父母因論耶穌的這些話就驚訝。西面給他們祝福,又對孩子的母親馬利亞說:「這孩子被立,是要叫以色列中許多人跌倒,許多人興起;又要成為毀謗的對象,叫許多人心裏的意念顯露出來;你自己的心也要被劍刺透。」

There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eightyfour.

又有位女先知,名叫亞拿,是亞設支派法內力的女兒,年紀已經老邁,從童女出嫁,同丈夫住了七年,就寡居了,現在已經八十四歲。

She never left the temple but worshipped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem.

她不離開聖殿,禁食祈求,晝夜事奉神。正當那時,她 進前來感謝神,對一切盼望耶路撒冷得救贖的人講論這 孩子的事。

What age? 甚麼年紀?



Where's your security? 你生命的保障是甚麼?





My experience

Mark的個人經歷

Time to spare? 空閒的時間?





Retirement project 退休項目

Technology travails 科技帶來的難題



Mission statement 使命宣言

Psalm 71: 9 (NIV)

Do not cast me away when I am old; do not forsake me when my strength is gone.

詩篇 71:9 (和合本修訂版) 我年老的時候,求你不要丟棄我! 我體力衰弱時,求你不要離棄我!

Psalm 71: 17-18 (NIV)

Since my youth, God, you have taught me, and to this day I declare your marvellous deeds. Even when I am old and grey, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.

詩篇 71:17-18 (和合本修訂版)

神啊,自我年幼,你就教導我;直到如今,我傳揚你奇妙的作為。神啊,我年老髮白的時候, 求你不要離棄我!等我宣揚你的能力給下一代, 宣揚你的大能給後世的人。

