

四件不容后悔的事

Four Things Not to be Regretted

一. 爱惜光阴：即赎回光阴，把握每一个良好和合适的机会（弗5:16）
Redeeming the time: seizing every good and favorable opportunity

二. 熟读主话
Diligently studying the Word of God

□□□ 圣经是神所默示的（提後3:16）
All Scripture is given by inspiration of God

□□□ 每天读经
Read the Bible daily

□□□ 背记经文
Memorizing Scripture

三. 孝敬父母
Honor your father and mother

□□□ 是主的命令，父母代表神，儿女要在主里顺服（弗6:1-3）
It is God's commandment—Parents represent the Lord, therefore children shall obey parents in the Lord

□□□ 关心父母，心灵相交
Take care of your parents-- have good communication with them

四. 专心学业，增长知识（路2:52）
Studying diligently, and increase your knowledge

□□□ 耶稣年轻时平衡成长：智慧，身量和灵性都一齐增长
Fear of God because He is our Father and our Judge

□□□ 学习是为了将来维持自己生活，服务社会，为神所用
Learning is for the future, to serve others and the Lord

□□□ 在学习中训练思考的方式，知道做人的道理
Learn how to think well and how to work with others

五. 操练身体（提前4:8; 罗8:23）
The care of the body

□□□ 神看重我们的身体，今天身体是圣灵的殿，将来身体得赎
God puts great honor upon our bodies---“Your body is the temple of the Holy

□□□ 操练身体对今生有益处

Physical exercise profits us for a short time

□□□ 健康四要素--- 食物, 新鲜空气, 运动, 休息 (睡眠)

Four essentials for health: Food, fresh air, exercise, rest (sleep)