

# Power Up! 充满能力!



Jesus told His followers, “Remember that I will send you the Holy Spirit, as my Father promised. The Holy Spirit will be with you forever.”

耶稣就应许门徒，“我要把我父所应许的赐给你们。圣灵祂要永远和你们同在。”



The Holy Spirit will help, inspire, and strengthen you. He loves and cares about you, and He has the answers to your problems.

圣灵会帮助，激发我们，为我们增添力量。他爱你、关心你，他有解决问题的办法。



**When God fills you with His Holy Spirit, your heart overflows with love—love for Him and love for others.**

当上帝圣灵给你，他就是在向你倾注他的爱，直到你从上到下全被灌满，而且他还会继续倾注下去，直到你再也无法容纳，爱从你心中迸发而出，流到他人身上为止。



*You can be filled with God's Spirit right now. All you have to do is ask for it:  
Dear Jesus, please fill me with the Holy Spirit, so I can love you and others.*

你现在就能被上帝的圣灵所充满。你只须请求祂就行了：  
“亲爱的耶稣，请您用圣灵来充满我，使我能够更爱您和爱别人。”

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