

Power Up! 充滿能力!



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.”

耶穌就應許門徒：“我要把我父所應許的賜給你們。護慰者，就是父為我的名而差來的聖靈，要永遠和你們同在。”



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

聖靈會幫助、激發你，為你增添力量。祂愛你、關心你，祂有問題的解決辦法。



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

當上帝用聖靈給你施洗時，祂就是在向你傾注祂的愛，直到你從上到下全被灌滿，而且祂還會繼續傾注下去，直到你再也無法容納，愛從你心中迸發而出，流到他人身上為止。



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.

你也能夠被上帝的聖靈所充滿——現在就可以！你所要做的，只是請求上帝把聖靈賜給你：「親愛的耶穌，請用您的聖靈充滿我、所以我能夠更深愛您和別人。阿們。」

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