

明州國語基督教會主日崇拜

MMCC Sunday Worship

教會是什麼？（1）——基督是教會的元首

What Is the Church? (1)

— Christ Is the Head of the Church

樂紅梅 傳道

Minister Mary Luan

2026年7月12日

July 12, 2026

請安靜默禱

Silent Prayer

唯耶和華在他的聖殿中，全地的人都當
在他面前**肅敬靜默**
哈巴谷書2:20

The Lord is in his holy temple; let all the earth
be silent before him.
Habakkuk 2:20

敬拜期間請關閉電話或靜音
Please turn off or mute your phone during worship.

宣 召

Call to Worship

詩篇

Psalm 121

詩篇 Psalm 121

上行之詩

¹ 我要向山舉目。我的幫助從何而來？² 我的幫助從造天地的耶和華而來。³ 他必不叫你的腳搖動，保護你的必不打盹。⁴ 保護以色列的也不打盹，也不睡覺。⁵ 保護你的是耶和華，耶和華在你右邊蔭庇你。

A Song of Ascents.

¹ I lift up my eyes to the hills.
From where does my help come?
² My help comes from the LORD,
who made heaven and earth.
³ He will not let your foot be moved;
he who keeps you will not slumber.
⁴ Behold, he who keeps Israel
will neither slumber nor sleep.
⁵ The LORD is your keeper;
the LORD is your shade on your right hand.

詩篇 Psalm 121

⁶白日，太陽必不傷你；
夜間，月亮必不害你。⁷
耶和華要保護你免受一
切的災害，他要保護你
的性命。⁸你出你入，耶
和華要保護你，從今時
直到永遠。

⁶ The sun shall not strike you by day,
nor the moon by night.
⁷ The LORD will keep you from all evil;
he will keep your life.
⁸ The LORD will keep
your going out and your coming in
from this time forth and forevermore.

奇異恩典

Amazing Grace(1/4)

奇異恩典，何等甘甜，我罪已得赦免；
前我失喪，今被尋回，瞎眼今得看見。

Amazing grace (how sweet the sound)
that saved a wretch like me!
I once was lost, but now am found,
was blind, but now I see.

奇異恩典 Amazing Grace(2/4)

浩大恩典，使我敬畏，使我心得安慰；
初信之時，即蒙恩惠，真是何等寶貴。

'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!

奇異恩典 Amazing Grace(3/4)

經過許多危險網羅，飽受人間苦楚，
此恩領我平安渡過，他日歸回天府。

Through many dangers, toils and snares
I have already come:
'tis grace has brought me safe thus far,
and grace will lead me home.

奇異恩典 Amazing Grace(4/4)

將來在天安居萬年，恩光如日普照，
好像最初蒙恩景況，讚美永不減少。

When we've been there Ten thousand years,
Bright shining as the sun,
We've no less days To sing God's praise
Than when we'd first begun.

獻 禱

Invocation

使徒信經

The Apostles' Creed

使徒信經

我信上帝，全能的父，創造天地的主。
我信我主耶穌基督，上帝的獨生子；
因聖靈感孕，由童貞女馬利亞所生；
在本丟彼拉多手下受難，被釘十字架，
受死，埋葬；第三天從死人中復活；
升天，坐在全能父上帝的右邊；將來
必從那裏降臨，審判活人死人。
我信聖靈；我信聖而公之教會；我信
聖徒相通；我信罪得赦免；我信身體
復活；我信永生。阿們！

The Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, God's only Son,
our Lord, who was conceived by the Holy
Spirit, born of the virgin Mary, suffered
under Pontius Pilate, was crucified, died,
and was buried. On the third day he rose
again; he ascended into heaven, he is seated
at the right hand of the Father, and he will
come again to judge the living and the
dead.

I believe in the Holy Spirit, the holy
catholic church, the communion of saints,
the forgiveness of sins, the resurrection of
the body, and the life everlasting. Amen.

祢的信實廣大

Great Is Thy Faithfulness(1/3)

你的信實廣大，我神我天父，
在你永遠沒有轉動影兒；
永不改變，父神每天施憐憫，
無始無終上主，施恩不盡。

Great is thy faithfulness, O God, my Father;
There is no shadow of turning with thee.
Thou changest not, thy compassions, they fail not;
As thou hast been, thou forever wilt be.

祢的信實廣大

Great Is Thy Faithfulness(1/3)

副歌： 你的信實廣大， 你的信實廣大，
清晨復清晨， 更經歷新恩；
我所需用你恩手豐富預備，
你的信實廣大， 顯在我身。

Great is thy faithfulness, Great is thy faithfulness,
Morning by morning new mercies I see.
All I have needed thy hand hast provided;
Great is thy faithfulness, Lord unto me.

祢的信實廣大

Great Is Thy Faithfulness(2/3)

春夏秋冬四季，有栽種收成，
日月星辰時刻運轉不停；
宇宙萬物都見證造物主宰，
述說天父豐盛，信實，慈愛。

Summer and winter and springtime and harvest,
Sun, moon, and stars in their courses above
Join with all nature in manifold witness
To thy great faithfulness, mercy, and love.

祢的信實廣大

Great Is Thy Faithfulness(2/3)

副歌： 你的信實廣大， 你的信實廣大，
清晨復清晨， 更經歷新恩；
我所需用你恩手豐富預備，
你的信實廣大， 顯在我身。

Great is thy faithfulness, Great is thy faithfulness,
Morning by morning new mercies I see.
All I have needed thy hand hast provided;
Great is thy faithfulness, Lord unto me.

祢的信實廣大

Great Is Thy Faithfulness(2/3)

你赦免我罪過，賜永遠安寧，
你常與我同在，安慰引領；
求賜今天力量，明天的盼望，
從天降下恩典，福樂無窮。

Pardon for sin and a peace that endureth,
Thine own dear presence to cheer and to guide;
Strength for today and bright hope for tomorrow,
Blessings all mine and ten thousand beside.

祢的信實廣大

Great Is Thy Faithfulness(3/3)

副歌： 你的信實廣大， 你的信實廣大，
清晨復清晨， 更經歷新恩；
我所需用你恩手豐富預備，
你的信實廣大， 顯在我身。

Great is thy faithfulness, Great is thy faithfulness,
Morning by morning new mercies I see.
All I have needed thy hand hast provided;
Great is thy faithfulness, Lord unto me.

奉獻

Tithe & Offering

感謝神 Thanks To God(1/2)

感謝神，賜我救贖主，感謝神，豐富預備，
感謝神，過去的同在，感謝神，主常蔭庇，
感謝神，賜溫暖春天，感謝神，蕭索秋景，
感謝神，抹乾我眼淚，感謝神，賜我安寧。

Thanks to God for my Redeemer, Thanks for all Thou dost provide!
Thanks for times now but a mem'ry, Thanks for Jesus by my side!
Thanks for pleasant, balmy springtime, Thanks for dark and stormy fall!
Thanks for tears by now forgotten, Thanks for peace within my soul!

感謝神 Thanks To God(2/2)

感謝神，禱告蒙應允，感謝神，未蒙垂聽，
感謝神，渡過了風暴，感謝神，豐富供應，
感謝神，賜我苦與樂，感謝神，絕望得慰，
感謝神，無比的慈愛，感謝神，無限恩惠。

Thanks for prayers that Thou hast answered, Thanks for what Thou dost deny!

Thanks for storms that I have weathered, Thanks for all Thou dost supply!

Thanks for pain, and thanks for pleasure, Thanks for comfort in despair!

Thanks for grace that none can measure, Thanks for love beyond compare!

金句背誦 Memory Verse

歌羅西書 Colossians 1:18

他也是教會全體之首。他是元始，是從死裡
首先復生的，使他可以在凡事上居首位。

And he is the head of the body, the church. He is the
beginning, the firstborn from the dead, that in everything
he might be preeminent.

讀經

Scripture Reading

使徒行傳

Acts 5:17-32; 5:41-42

使徒行傳 Acts 5:17-32

¹⁷ 大祭司和他的一切同人，就是撒都該教門的人，都起來，滿心忌恨，¹⁸ 就下手拿住使徒，收在外監。¹⁹ 但主的使者夜間開了監門，領他們出來，²⁰ 說：「你們去站在殿裡，把這生命的道都講給百姓聽。」

¹⁷ But the high priest rose up, and all who were with him (that is, the party of the Sadducees), and filled with jealousy ¹⁸ they arrested the apostles and put them in the public prison. ¹⁹ But during the night an angel of the Lord opened the prison doors and brought them out, and said, ²⁰ “Go and stand in the temple and speak to the people all the words of this Life.”

使徒行傳 Acts 5:17-32

21 使徒聽了這話，天將亮的時候就進殿裡去教訓人。大祭司和他的同人來了，叫齊公會的人和以色列族的眾長老，就差人到監裡去，要把使徒提出來。22 但差役到了，不見他們在監裡，就回來稟報說：23 「我們看見監牢關得極妥當，看守的人也站在門外，及至開了門，裡面一個人都不見。」

²¹ And when they heard this, they entered the temple at daybreak and began to teach.

Now when the high priest came, and those who were with him, they called together the council, all the senate of the people of Israel, and sent to the prison to have them brought. ²² But when the officers came, they did not find them in the prison, so they returned and reported, ²³ “We found the prison securely locked and the guards standing at the doors, but when we opened them we found no one inside.”

使徒行傳 Acts 5:17-32

24 守殿官和祭司長聽見這話，心裡犯難，不知這事將來如何。 25 有一個人來稟報說：「你們收在監裡的人，現在站在殿裡教訓百姓！」 26 於是守殿官和差役去帶使徒來，並沒有用強暴，因為怕百姓用石頭打他們。

24 Now when the captain of the temple and the chief priests heard these words, they were greatly perplexed about them, wondering what this would come to. 25 And someone came and told them, “Look! The men whom you put in prison are standing in the temple and teaching the people.” 26 Then the captain with the officers went and brought them, but not by force, for they were afraid of being stoned by the people.

使徒行傳 Acts 5:17-32

27 帶到了，便叫使徒站在公會前。大祭司問他們說：

28 「我們不是嚴嚴地禁止你們，不可奉這名教訓人嗎？你們倒把你們的道理充滿了耶路撒冷，想要叫這人的血歸到我們身上！」²⁹ 彼得和眾使徒回答說：「順從神不順從人，是應當的。」

²⁷ And when they had brought them, they set them before the council. And the high priest questioned them, ²⁸ saying, “We strictly charged you not to teach in this name, yet here you have filled Jerusalem with your teaching, and you intend to bring this man's blood upon us.” ²⁹ But Peter and the apostles answered, “We must obey God rather than men.”

使徒行傳 Acts 5:17-32

30 你們掛在木頭上殺害的耶穌，我們祖宗的神已經叫他復活。 31 神且用右手將他高舉，叫他做君王、做救主，將悔改的心和赦罪的恩賜給以色列人。 32 我們為這事作見證，神賜給順從之人的聖靈也為這事作見證。」

³⁰ The God of our fathers raised Jesus, whom you killed by hanging him on a tree. ³¹ God exalted him at his right hand as Leader and Savior, to give repentance to Israel and forgiveness of sins. ³² And we are witnesses to these things, and so is the Holy Spirit, whom God has given to those who obey him.”

使徒行傳 Acts 5:41-42

41 他們離開公會，心裡歡喜，因被算是配為這名受辱。 42 他們就每日在殿裡、在家裡不住地教訓人，傳耶穌是基督。

⁴¹ Then they left the presence of the council, rejoicing that they were counted worthy to suffer dishonor for the name.

⁴² And every day, in the temple and from house to house, they did not cease teaching and preaching that the Christ is Jesus.

教会是什么 (1) ——基督是教会的元首

What Is the Church? (1) — Christ Is the Head of the Church

使徒行傳 Acts 5:17–32; 41–42

教會是什麼？——基督是教會的元首

一. 教會是神所建立和保守的群體（17 - 21節）

The Church Is a Community Established and Sustained by God (Acts 5:17 - 21)

二. 教會是順服神而非討好人的群體（22 - 32節）

The Church Is a Community That Obeys God Rather Than Pleasing People (Acts 5:22 - 32)

三. 教會是以基督為榮的群體（41 - 42節）

The Church Is a Community That Rejoices and Takes Pride in Christ (Acts 5:41 - 42)

一、教會是神所建立和保守的群體（17-21節）

¹⁷ 大祭司和他的一切同人，就是撒都該教門的人，都起來，滿心忌恨，¹⁸ 就下手拿住使徒，收在外監。¹⁹ 但主的使者夜間開了監門，領他們出來，²⁰ 說：「你們去站在殿裡，把這生命的道都講給百姓聽。」²¹ 使徒聽了這話，天將亮的時候就進殿裡去教訓人。大祭司和他的同人來了，叫齊公會的人和以色列族的眾長老，就差人到監裡去，要把使徒提出來。

二、教會是順服神而非討好人的群體（22 - 26節）

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23 「我們看見監牢關得極妥當，看守的人也站在門外，及至開了門，裡面一個人都不見。」²⁴ 守殿官和祭司長聽見這話，心裡犯難，不知這事將來如何。
25 有一個人來稟報說：「你們收在監裡的人，現在站在殿裡教訓百姓！」²⁶ 於是守殿官和差役去帶使徒來，並沒有用強暴，因為怕百姓用石頭打他們。

二、教會是順服神而非討好人的群體（27 - 32節）

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「我們不是嚴嚴地禁止你們，不可奉這名教訓人嗎？你們倒把你們的道理充滿了耶路撒冷，想要叫這人的血歸到我們身上！」 29彼得和眾使徒回答說：「順從神不順從人，是應當的。30你們掛在木頭上殺害的耶穌，我們祖宗的神已經叫他復活。31神且用右手將他高舉，叫他做君王、做救主，將悔改的心和赦罪的恩賜給以色列人。32我們為這事作見證，神賜給順從之人的聖靈也為這事作見證。」

三、教會是以基督 為榮的群體

⁴¹他們離開公會，心裡歡喜，
因被算是配為這名受辱。⁴²
他們就每日在殿裡、在家
裡不住地教訓人，傳耶穌
是基督。



教會是什麼？——基督是教會的元首

- 一. 教會是神所建立和保守的群體（17 - 21節）
- 二. 教會是順服神而非討好人的群體（22 - 32節）
- 三. 教會是以基督為榮的群體（41 - 42節）

歌羅西書 1:18 他也是教會全體之首。他是元始，是從死裡首先復生的，使他可以在凡事上居首位。



如鷹展翅上騰

Roar On Wings Like an Eagle (1/3)

他已聽見我的呼求，他也明白我的渴望，
放下重擔，脫去一切纏累，恢復神造我的榮美形象，
永在的神，創造萬物的主，他的智慧無法測度，
疲乏的他賜能力，軟弱的他加力量，
等候耶和華必重新得力，

God has heard the cry of my heart, All my desires are known to Him
Lay down my burdens, cast off every weight, Restore the beautiful image He created in me
The everlasting God, Creator of all things, His understanding is unsearchable
He gives power to the faint, and strength to the weak,
Those who wait upon the Lord will renew their strength

如鷹展翅上騰

Roar On Wings Like an Eagle (1/3)

如鷹展翅上騰, 翱翔在神的國度裡,
飛越所有艱難和風暴, 單單注視你榮耀寶座,
如鷹展翅上騰, 翱翔在神的國度裡,
領受聖靈恩膏和大能, 活出美好自由的風采.

I'll soar like an eagle on wings. Soaring high in the kingdom of God
Fly over all the trials and storms. Fixing my eyes upon Your glorious throne
I'll soar like an eagle on wings. Soaring high in the kingdom of God
Receiving the anointing and power of the Holy Spirit
Living out a beautiful and free lifestyle

如鷹展翅上騰

Roar On Wings Like an Eagle (2/3)

他已聽見我的呼求，他也明白我的渴望，
放下重擔，脫去一切纏累，恢復神造我的榮美形象，
永在的神，創造萬物的主，他的智慧無法測度，
疲乏的他賜能力，軟弱的他加力量，
等候耶和華必重新得力，

God has heard the cry of my heart, All my desires are known to Him
Lay down my burdens, cast off every weight, Restore the beautiful image He created in me
The everlasting God, Creator of all things, His understanding is unsearchable
He gives power to the faint, and strength to the weak,
Those who wait upon the Lord will renew their strength

如鷹展翅上騰

Roar On Wings Like an Eagle (2/3)

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飛越所有艱難和風暴，單單注視你榮耀寶座，
如鷹展翅上騰，翱翔在神的國度裡，
領受聖靈恩膏和大能，活出美好自由的風采。

I'll soar like an eagle on wings. Soaring high in the kingdom of God
Fly over all the trials and storms. Fixing my eyes upon Your glorious throne
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Receiving the anointing and power of the Holy Spirit
Living out a beautiful and free lifestyle

如鷹展翅上騰

Roar On Wings Like an Eagle (3/3)

如鷹展翅上騰, 翱翔在神的國度裡,
飛越所有艱難和風暴, 單單注視你榮耀寶座,
如鷹展翅上騰, 翱翔在神的國度裡,
領受聖靈恩膏和大能, 活出美好自由的風采.

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Fly over all the trials and storms. Fixing my eyes upon Your glorious throne
I'll soar like an eagle on wings. Soaring high in the kingdom of God
Receiving the anointing and power of the Holy Spirit
Living out a beautiful and free lifestyle

祝福

Benediction

站立

Please Rise

三一頌

Doxology

讚美真神萬福之根，
世上萬民讚美主恩，
天使天軍讚美主名，
讚美聖父、聖子、聖靈。阿們。

Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. Amen!

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，救我們脫離凶惡。因為國度、權柄、榮耀，全是你的直到永遠。阿們。

The Lords' Prayer

Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power, and the glory, forever and ever. Amen.

欢迎與報告 Welcome & Announcement

1. 上周主日敬拜约有 42 人参加，收到奉献\$3982.00。请在线上参加敬拜的弟兄姐妹把十一奉献及感恩、爱心等其它奉献寄到教会信箱：

MMCC, P. O. Box 390514, Minneapolis, MN 55439.

2. 敬拜结束15分钟后请移步到隔壁 Fireside Room 参加主日學，丽君姐妹繼續帶領學習“但以理書”。
3. 暑假期间，周五晚上zoom聚会（7:30 – 8:30 pm）暂时由红梅傳道来帶領祷告和家人分享。每月第一个周五没有聚会。
4. 有關MMCC2026夏季退修會信息可掃描下面二維碼：

[證道](#)



[照片](#)



奉獻記錄（截至7/5/2026）

年度累計預算	\$13,380.77	超（差）額
年度累計實際	\$25,596.00	\$12,215.23

殿乐

Postlude

