

年終體驗——你需要的六力 Year-end Check-up---  
six strength that you'll need.

### 約翰三書1-4

Third John: 1-4

重點 Key points:

- 1) 靈力:禱，讀，想，練  
Strength of the spirit: pray, read, think, act
- 2) 體力：身體是聖靈的殿  
Strength of the body : the body is the temple of the Holy Spirit
- 3) 毅力：繼續向標杆奔跑  
Strength of endurance: never stop striving toward the final goal
- 4) 笑力：靠主喜樂  
Strength of laughter: always rejoice in the Lord
- 5) 勤力：不可懶惰  
Strength of diligence: never be lazy
- 6) 影響力：做光，做鹽  
Strength of influence: be the light and salt

金句：約翰三書：2

**Key Verse:** Third John :2

親愛的兄弟阿，我願你凡事興盛，身體健壯，正如你的靈魂興盛一樣。

"Dear friend, I pray that you may enjoy good health  
and that all may go well with you."