

完美结局 Finishing Well:

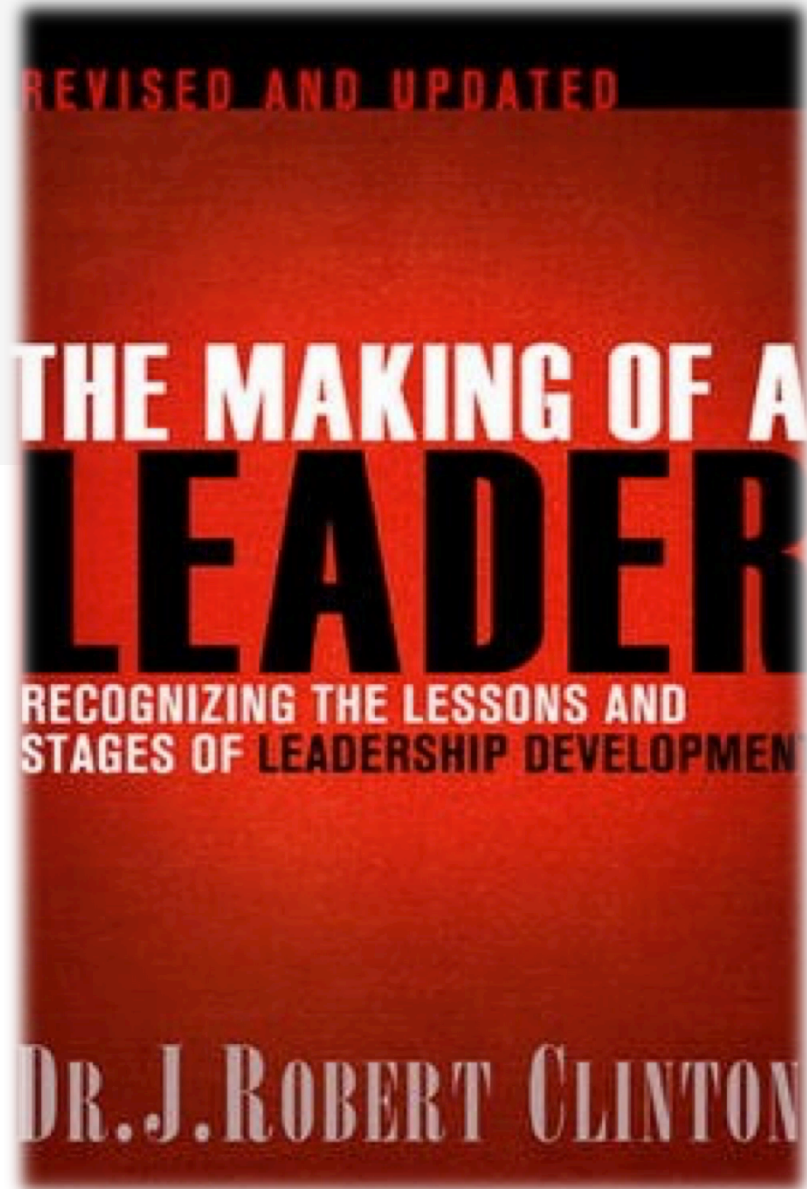
成功之道 Way of Success

箴言 Proverbs 24:16, 希伯来书

Hebrews 12:1-4







- ❖ 性行为不端 Sexual misconduct
- ❖ 滥用盗用公款 Misappropriation of funds
- ❖ 滥用权利 Abuse of power
- ❖ 过度安逸 / 偶像 Extreme indulgence / Idol
- ❖ 骄傲自大 Proud and arrogant
- ❖ 家庭分歧 Family disagreements



所以，我们既然有这么多的见证人，像云彩围绕着我们，就应该脱下各样的拖累，和容易缠住我们的罪，以坚忍的心奔跑那摆在我们面前的赛程；

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

希伯来书 Hebrews 12: 1



2 专一注视耶稣，就是那位信心的创造者和完成者。他因为那摆在面前的喜乐，就忍受了十字架，轻看了羞辱，现在就坐在 神宝座的右边。

2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

希伯来书 Hebrews 12: 2



**3 这位忍受罪人那样顶撞的耶稣，
你们要仔细思想，免得疲倦灰心。**

³ Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

希伯来书 Hebrews 12: 3



4 你们与罪恶斗争，还没有对抗到流血的地步；
4 In your struggle against sin you have not yet resisted
to the point of shedding your blood.

希伯来书 Hebrews 12: 4



1. 记得有鼓励者

Remember the Encouragements



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因为义人虽然七次跌倒，仍能再起来；
但恶人必在祸患中绊倒。

for the righteous falls seven times and rises again,
but the wicked stumble in times of calamity.

箴言 Proverbs 24:16



2. 脱去重担罪恶

Remove our Encumbrances



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The 1992 Olympic Games in Munich will forever be etched in our minds for the memorable national athlete, but for Singaporean P.C. Suppiah, it will forever be etched in our hearts as the world's first long-distance athlete.

In taking an interim world record holder (Gopal Prabhakar of Madhya Pradesh) and World Prodigy of Gopal Prabhakar, he became the first Singaporean to compete in the gruelling 10,000m race. It was a 14-day training programme, according to the coach who trained him.

Mr Suppiah had been unable to attend (Singapore) in his earlier years, but he followed his coach to the United States. He returned to train in 1972 with a team of 11 runners and 10 coaches and it is the latter coach and their national coach who will coach.

"I remember on plane was seated all over the Olympic Village, I remember meeting athletes," he recalls as he recalls the memorable moment of 1972 trip.

"They thought I was from a Third World country, we were able to afford a pair of running shoes and when I immediately after the race I had about five more globally renowned sports shoes sponsored for me here done."

He also looks back to the 1971 10,000m race that he had participated in. He says he was one of the "best runners in the world" at the time. He says he was a member of the Singapore Amateur Athletic Club (SAAC) and he was a member of the Singapore Amateur Athletic Club (SAAC) and he was a member of the Singapore Amateur Athletic Club (SAAC).

"The following year was gone to me as well as the 1972, before the then President of the Singapore Amateur Athletic Club (SAAC) just before the race," he says. He says he was a member of the Singapore Amateur Athletic Club (SAAC) and he was a member of the Singapore Amateur Athletic Club (SAAC).

Training for the first time for the 10,000m race, he made Singapore proud and among the gold medalists for the 10,000m race in 1972. He was the first to win the gold medal for Singapore, beating the Chinese runner.

"I couldn't let Singapore down and besides being

Running barefoot in the Olympics

In 1972, Singaporean P.C. Suppiah turned heads when he turned up to take part in the 10,000m race of the Munich Games without shoes



of the 1972 Olympic in Munich, which was one of the "most significant moments" because of the number of 11 South Africans. The top 5, 1,400 metres (the runner who is top eight) Pakistan runner among the Chinese 100 laps and seven decades of the world's first runner.

"One of the things was that to assist me at that time before they were held. The things were demanded the runner of 200 Pakistanis who were being held in jail. During a half-marathon average, all the running distances and five of the distances were even held."

"I will be honest. I think to reach the finish of 10,000m race, for 10,000m and 3,000m (at) after this incident, we just went through the hurdles with no running to complete the positive experience," he said.

Now Mr. P.C. Suppiah works at a business company in Kuala Lumpur, after spending three decades of Singapore's Public Service Commission and working for Singapore Airlines for more than a decade for their sporting contributions.

"The Government and the private sector have helped the athletes with financial support and the other has been to the sports facilities," he says. "When many national athletes started training, it only really because they are not required to train in a holistic way. It was a right-hand man."

Today, along the distance, he actively serves as the Vice-President of Singapore Amateur Athletic Club (SAAC) to promote sports, the race, with the participation of Singaporean. "The key is to help to give a role to promote sports and help and to be a role model."

The story from the interview between runner, I found the history every morning. I would be quite probably not going to anything I had although I was this level. I find me for a good push for the last 100m to win the race," he says.

"My father was done for 10,000m in the heat of the sun and I had used to run as a 12-year-old. I received a gold medal, not when I became a Singaporean."

The 1992 Singapore Amateur Athletic Club (SAAC) will have remained like with the Singaporean of The Four decades - the highest national sporting event.

This story continued the page for more coverage

• www.sph.com.sg



PC Suppiah



2. 脱去重担罪恶

Remove our Encumbrances



13 趁着还有叫作“今天”的时候，总要天天**互相劝勉**，免得你们中间有人**受了罪恶的诱惑**，心里就刚硬了。


13 But **exhort one another** every day, as long as it is called “today,” that none of you may be **hardened by the deceitfulness of sin.**

箴言 Proverbs 3:13



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3. 以坚忍的心奔跑

Run with Endurance

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希伯来书 Hebrews 12: 1



Grace is opposed to

earning, but not to effort.

Dallas Willard

quote fancy

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希伯来书 Hebrews 12: 2



If you look at the world, you'll be distressed. If you look within, you'll be depressed. If you look at God you'll be at rest.

Corrie ten Boom

quote fancy



1. 记得有鼓励者
Remember the Encouragements

2. 脱去重担罪恶
Remove our Encumbrances

3. 以坚忍的心奔跑
Run with Endurance

1. 除了以上三点劝勉我们可以成功有个“完美结局”，您认为还有那些要素呢？ What other elements of success can you think of, on top of the 3 elements that had been shared?

2. 您认为教会如何可以帮助您在信仰路上荣耀神？ How can the Church help you to glorify God on this journey of faith?

3. 透过这篇讲道，神今天对您说了什么？您会如何应用在生活中？ What has God spoken to you through today's sermon? How can you apply what you have received from God?

