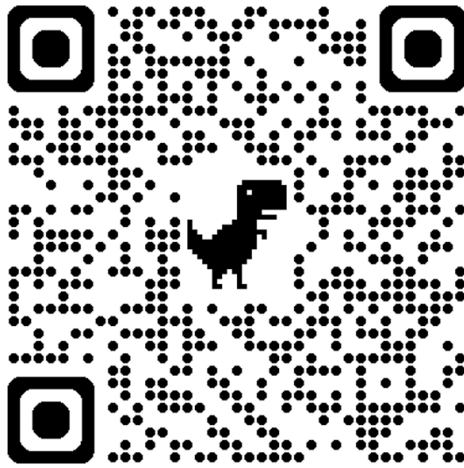


2026 委员退修会

2026 Committee Retreat



获取材料 Access the Materials



<https://yckgh-retreat.pages.dev/>

目的 Purpose:

1. 属灵更新：回到神面前 Spiritual Renewal: Returning to God
2. 异象对齐：明确方向与使命 Vision Alignment: Clarifying Direction and Mission
3. 团队建造：建立合一与信任 Team Building: Cultivating Unity and Trust



Church of Auvers-sur-Oise, 1890 - Vincent van Gogh

你在这幅画中看到了什么？ What do you see in this painting?

一个充满热情关爱的教会 A Welcoming Church

请回想一下过去三个月，是什么让杨厝港福音堂显得温情宜人？ Think over the last three months, what make YCKGH welcoming?

您希望采取哪些措施来使教会更加热情关爱？ What is one thing you would like to put in place to make YCKGH even more welcoming?

耗时事件地图 Map of Time-Consuming Events

能量消耗源：

- 生理：肌肉过度劳累和睡眠不足会阻碍细胞修复。
- 心理：持续处理数据和做出决策会消耗注意力。
- 感官：长时间面对明亮的屏幕和背景噪音会过度刺激神经系统。
- 创造力：不断解决问题而忽略自然之美会扼杀灵感。
- 情感：为了取悦他人而隐藏真实感受会导致身心俱疲。
- 社交：与消极或苛求的人相处会消耗你的社交能量。
- 精神：工作缺乏目标感会在内心留下空虚感。

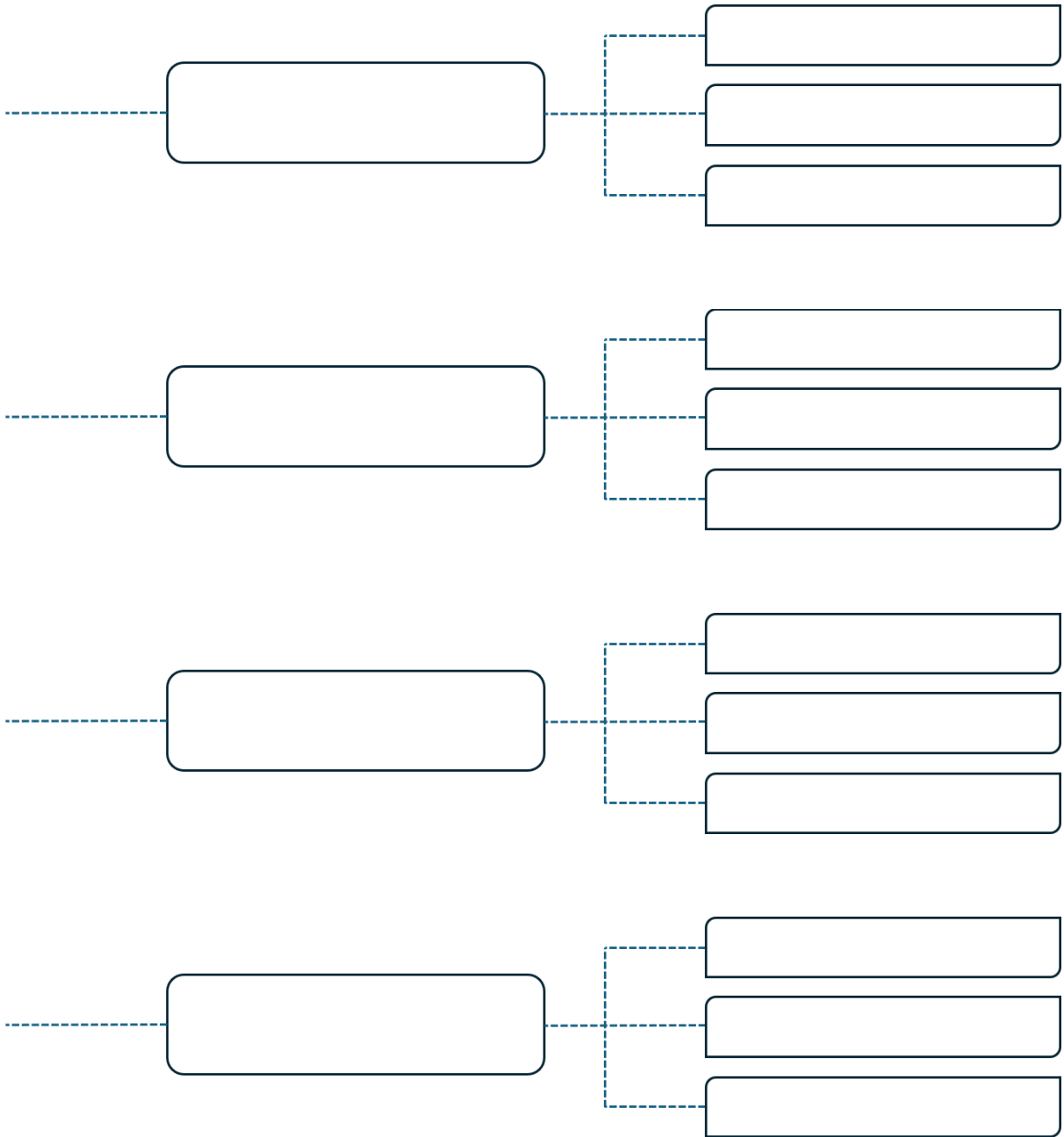
Energy Drainers:

- **Physical:** Straining muscles and lacking sleep prevent cellular repair.
- **Mental:** Processing constant data and decisions wears down concentration.
- **Sensory:** Enduring bright screens and background noise overstimulates your nervous system.
- **Creative:** Solving constant problems without looking at natural beauty dries up inspiration.
- **Emotional:** Hiding your real feelings to please others causes deep exhaustion.
- **Social:** Spending time with negative or demanding people depletes your social battery.
- **Spiritual:** Working without a sense of purpose leaves an internal void.

回忆并写下过去三个月中发生在你个人生活中的耗时事件。在每项事件旁边的指定位置，写下这些消耗你精力的事件名称。

Recall and write down **Time-Consuming** events that took place in your personal life during the last three months. By each event, using the designated space, give the names of those energy drainers.

日期 Date	事件 Event	能量消耗者 Energy Drainers
	<input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>



列出需要采取的休息类型 List the Type of Rest to Take

你們要休息，要知道我是神！我必在外邦中被尊崇，在遍地上也被尊崇。诗篇 46:10

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” Psalm 46:10






R-E-S-T 方法是一种结构化的方法，旨在帮助你识别并从倦怠和慢性休息匮乏中恢复。它代表：

- **识别你的风险 (Recognize your risk)**：找出导致你疲劳的具体模式或习惯，如过度思考、取悦他人或身体过度劳累。
- **评估你当前的状况 (Evaluate your current position)**：对你当前的心理、身体或精神状态进行诚实的评估，以准确判断你缺乏七种休息中的哪一种。
- **科学与研究 (Science and research)**：了解关于这种特定疲劳如何影响你的表现和健康的生理与心理事实。
- **今日应用 (Today's application)**：实施即时、可操作的步骤：如设定边界、进行无屏幕休息或静默，以开始你的恢复过程。

休息类型 The Type of Rest

我会 I will

B.L.E.S.S. 祝福名单

<p>B — 以祷告开始 (Begin with Prayer)</p> <p>寻人：“我该和谁谈话？”</p> <p>索验：“上帝，你在这个人的生命中正在做什么？”</p>  <p>代求 (分担挣扎) 察验 (寻找路径) 示范 (通过劝你祷告学习)</p>	<p>L — 倾听 (Listen)</p> <p>现在</p>  <p>拒绝假设，关注当下：发现对方“现在”在哪里，以及冰山之下未说出口的问题。寻找上帝工作的痕迹。</p>	<p>E — 同席用餐 (Eat)</p> <p>“最神圣的实践”</p>  <p>餐桌即是门徒训练场：耶稣与门徒同吃同住；真实的对话比正式会议更有影响力。</p>	<p>S — 共同服侍 (Serve)</p>  <p>示范 (我领你服) 共同服侍 (我们一起做) 观察 (仰望我服) 释放 (仰望我服)</p> <p>从“我服侍你”到“我们一起服侍”。</p>	<p>S — 讲述故事 (Story)</p> <p>这个月/季节</p>  <p>讲述“现在”的故事：不是 20 年前的见证，而是上帝在这个季节如何动工。对接宏大叙事。</p>
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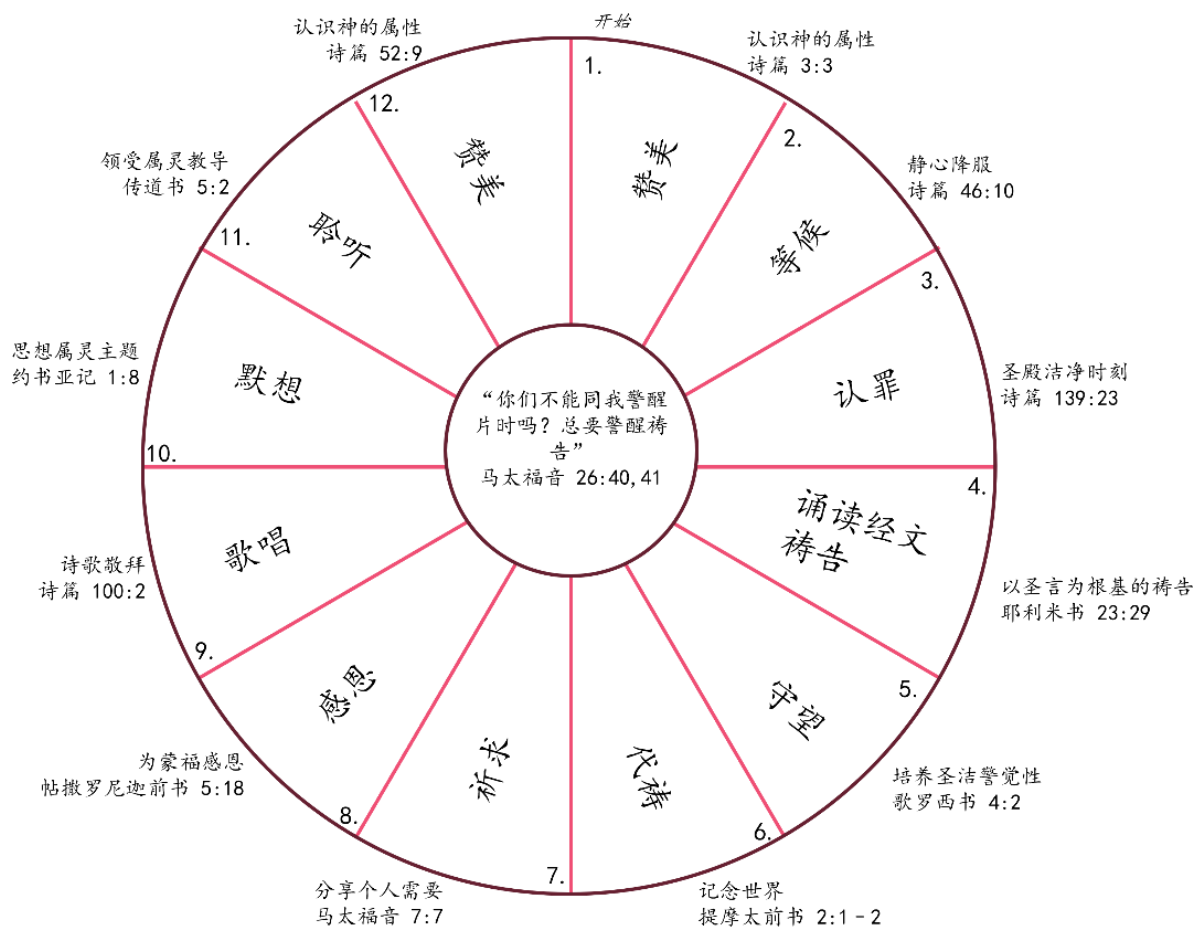
我能祝福谁 ? Who can I bless?

Begin with Prayer 以祷告开始	1.
	2.
	3.
	4.
	5.

The Don'ts:

- DON'T Treat the List Like a **KPI** "Soul-Winning Roster"
- DON'T Assume You Know What They Need
- DON'T Pray for the "Who" — Pray for the "What"
 - o Use **Discovery Prayer**: "God, what are You doing in this person's life right now?" The list should come from discernment, not just strategy.
- DON'T Aim for Spectators as the Finish Line
 - o Aim to develop '**Blessor**' not spectator.

‘祷告片时’轮 The Prayer Wheel



我们可以将这 12 个步骤归纳为四类

We can group the 12 steps into four categories

1. 向上敬拜 Upward Worship
2. 向内省察 Introspection
3. 向外宣告 Outreach
4. 代求 Intercession

亲爱的天父 Dear Father

向上敬拜
Upward Worship

Three empty rectangular boxes for writing, connected to the 'Upward Worship' category by dashed lines.

向内省察
Introspection

Three empty rectangular boxes for writing, connected to the 'Introspection' category by dashed lines.

向外宣告
Outreach

Three empty rectangular boxes for writing, connected to the 'Outreach' category by dashed lines.

代求
Intercession

Three empty rectangular boxes for writing, connected to the 'Intercession' category by dashed lines.