

# 目的と祝福に あふれた人生

A Purpose Filled Blessed Life!

## #4

# 信賴

# TRUST



**“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” [Proverbs 3:5–6 NIV]**

**心を尽くして主に拠り頼め。自分の悟りに頼るな。あなたの行く道すべてにおいて、主を知れ。主があなたの進む道をまっすぐにされる。  
[箴言 3:5,6]**

**In their hearts humans plan their course, But  
the LORD establishes their steps.**

**[Proverbs 16:9]**

**人は心に自分の道を思い巡らす。しかし、主が  
人の歩みを確かにされる。[箴言 16:9]**

**“So God created mankind in his own image, in the image of God he created them; male and female he created them.” [Genesis 1:27 NIV]**

**神は人をご自身のかたちとして創造された。神のかたちとして人を創造し、男と女に彼らを創造された。[創世記 1:27]**

**“Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”**

**[Genesis 2:3 NIV]**

**神は第七日を祝福し、この日を聖なるものとされた。その日に神が、なさっていたすべての創造のわざをやめられたからである。[創世記 2:3]**

**“But blessed is the one who trusts in the Lord,  
whose confidence is in him. They will be like a  
tree planted by the water that sends out its  
roots by the stream. It does not fear when  
heat comes; its leaves are always green. It has  
no worries in a year of drought and never fails  
to bear fruit.”**

**[Jeremiah 17:7–8 NIV]**

**Q: 安息の休みを取ることは難しいと感じることがありますか？また、安息をどのように人生の中で取り入れたいと思いますか？**

**Q: Do you find it hard to take a day of rest? And after hearing this message what are some ways or things you would like to incorporate into your day of rest?**