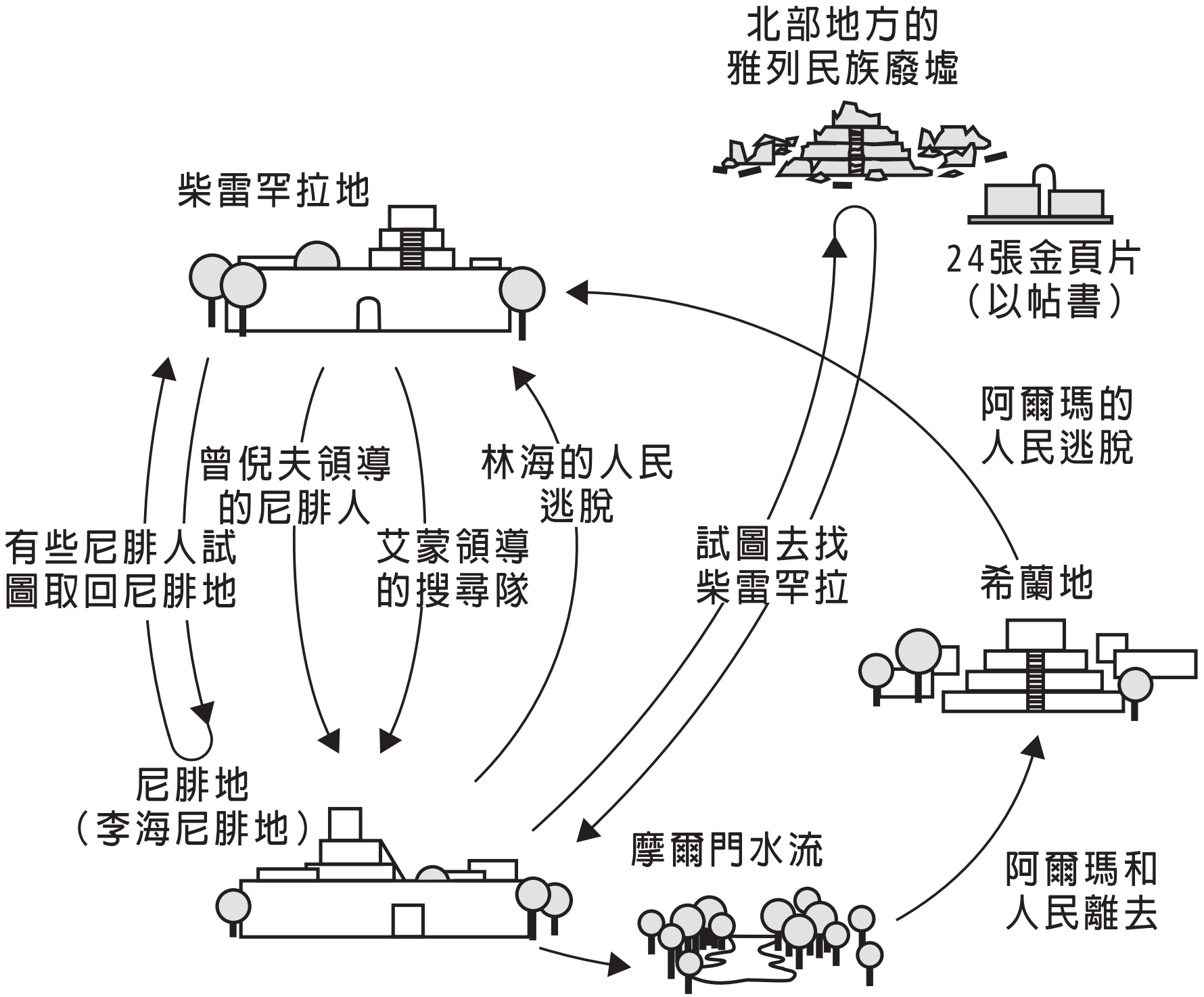摩賽亞書第7～24章中的旅程概覽