

# 《天路导向（粤）》双语讲义

## 积极生活的秘诀 – 12

## SECRETS OF POSITIVE LIVING - 12

1. Hello, listening friends, and welcome to this broadcast.  
亲爱的朋友，你好，欢迎你收听我们的节目。
2. I hope you have been following this series of messages from 2 Corinthians.  
我希望你一直都在收听，这一系列有关哥林多后书的信息。
3. We have been talking about the fifteen secrets of positive living that we see in the life of the Apostle Paul.  
我们谈的是，积极生活的十五个秘诀，都是在使徒保罗的生命里表现出来的。
4. So far, we have looked at eleven of those fifteen secrets.  
到目前为止，我们已经看过其中的十一个秘诀了。
5. Today, I want to share with you the twelfth secret for positive living.  
今天我要跟你分享，积极生活的第十二个秘诀。
6. If you have a Bible, please look at 2 Corinthians chapter 10 verses 1-18.  
如果你有圣经，请翻到哥林多后书十章 1-18 节。
7. But, my listening friend, I want to begin by asking you a question.  
亲爱的朋友，首先让我问你一个问题：
8. Have you ever struggled with pride?  
你有没有为了自己的骄傲而挣扎？
9. Well, today, your struggle with pride can be over,  
今天你不用再挣扎了，
10. because I'm going to tell you about good pride—  
因为我要跟你谈谈一种好的骄傲，
11. a pride that you can be proud of and cultivate;  
这种骄傲是你引以为荣，并加以培养的；
12. a pride that you can practice daily.  
你可以每天应用。
13. I'm not talking about sinful pride, of course.  
当然，我说的不是骄傲的罪。
14. You may have heard about the seven deadly sins.  
你大概听说过七种致命的罪，
15. Pride is one of those seven deadly sins.  
骄傲就是其中之一。
16. And pride is very difficult to define.  
我们很难给骄傲下定义，
17. We can find definitions in a dictionary about pride,  
我们从字典中可以找到骄傲的定义，
18. but pride is better understood by its symptoms.  
但要真正理解骄傲，还得从它的症状著手。
19. Symptoms of pride include self centeredness and the feeling of superiority to others.  
骄傲的症状包括自私和自大。
20. Pride is shown in a determined spirit, sarcasm, and impatience.  
骄傲的表现包括顽固，好讽刺，没耐心。
21. A judgmental and critical attitude are also symptoms of pride.  
批评论断的态度，也是骄傲的一种症状。
22. And prideful people steal from God's glory by claiming credit for His gifts.  
骄傲的人窃取神的荣耀，他们把神赐的恩典当作自己的功劳。
23. All of us occasionally experience some of these symptoms of pride.  
我们每个人或多或少都有过这些骄傲的症状。
24. So the question is, how do you have victory over pride?  
那么，问题就在于你如何胜过骄傲的罪呢？
25. Well, there is a proven medicine for pride.  
其实有一种特效药，保证可以治疗骄傲的病。
26. Not an experimental medicine, but a proven one.  
这种药经过了试验的阶段，已经证实有效。

27. Here is the prescription for overcoming pride—  
胜过骄傲的药方就是：
28. express your complete dependence on God  
every day in all areas of your life.  
每天，在你生命中的每一个领域，你都完全  
倚靠神。
29. And express your dependence on God both  
publicly and privately.  
无论在公开场合，或私底下，你都表达你对  
神的依赖。
30. And today, I want to tell you about good pride.  
然而，今天我要跟你谈的是一种好的骄傲。
31. Good pride is the twelfth secret in this series of  
fifteen secrets of positive living.  
好的骄傲是十五个积极生活秘诀中的第十二  
个。
32. In 2 Corinthians chapter 10 verse 17 and 18, the  
Apostle Paul says, “Let him who boasts boast  
in the Lord,  
哥林多后书十章 17-18 节那里，保罗说：  
“但夸口的，当指著主夸口，
33. for it is not the one who commends himself  
who is approved, but the one whom the Lord  
commends.”  
因为，蒙悦纳的不是自己称许的，乃是主所  
称许的。”
34. Good pride is boasting in the Lord.  
好的骄傲，就是指著主夸口。
35. You can exhibit this kind of bragging without  
worry or guilt.  
当你这样夸口时，你不需要担心，或有罪疚  
感。
36. This is the kind of pride that you can revel and  
delight in.  
这种骄傲会让你开心，是你可以享受的。
37. In those last two verses, Paul says that this kind  
of pride is acceptable.  
在刚才那两节经文里保罗说，这种骄傲是可  
以接受的。
38. Chapter 10 is about the characteristics of this  
good pride.  
第十章就是谈论，好的骄傲的特点。
39. What are these characteristics of this type of  
pride?  
这种骄傲的特点是什么？
40. Number one,  
第一，
41. good pride exhibits mercy, which we see in  
verses 1-6.  
我们从 1-6 节可以看到，好的骄傲表现出恩  
慈。
42. Number two,  
第二，
43. good pride encourages other people.  
好的骄傲是鼓励人的，
44. And we see this in verses 7 to 11.  
从 7-11 节那里可以看见。
45. Number three,  
第三，
46. good pride is tenacious.  
好的骄傲是不屈不挠的，
47. And we see this in verses 12 to 18.  
从 12-18 节那里可以看见这一点。
48. First, good pride exhibits mercy.  
好的骄傲表现出恩慈。
49. The difference between bad pride and good  
pride is very clear.  
好的和坏的骄傲之间的区别，是很明显的。
50. Bad pride always seeks personal vengeance and  
wants to wound other people.  
坏的骄傲总是促使我们找机会报复私仇，并  
去伤害别人。
51. Bad pride says, “Show no mercy. Defeat and  
destroy them.”  
坏的骄傲总是说：“不可手软，要消灭敌  
人。”
52. But good pride says, “Be gentle.”  
好的骄傲说：“要温柔。”
53. “Be patient.”  
“要忍耐。”
54. “Be gracious.”  
“要仁慈。”
55. We’ll look at verse 1 of chapter 10 of 2  
Corinthians.  
让我们看哥林多后书十章第 1 节：
56. “In the meekness of Christ, I appeal to you.”  
“如今，亲自藉著基督的温柔、和平劝你  
们。”
57. You know, my listening friends, most people  
confuse meekness with weakness.  
亲爱的朋友，你知道吗？很多人都把谦卑和  
懦弱混淆了。

58. But in reality, the two are opposites.  
但在现实中，两者是绝对相反的。
59. Meekness means a restrained power.  
谦卑代表著在控制之下的力量。
60. Meekness is when you are in a position of strength, but you choose not to use it against your opponent.  
谦卑就是，当你站在有利的地位，你却决定不以你的优势来对付你的对手。
61. Some of you might be saying, “But this is unrealistic.  
可能有人会说：“这不实际，
62. This meekness can never work in the real world.”  
这种谦卑在现实社会中是不管用的。”
63. But this is not new thinking.  
其实，这种观念不是现代才有的新想法。
64. In the New Testament times, Paul’s opponents were confused, too.  
在新约圣经的时代，那些反对保罗的人同样没弄清楚。
65. They misinterpreted Paul’s mercy and compassion for a lack of confidence.  
他们把保罗的仁慈和同情心，误认为缺乏自信的表现。
66. They misinterpreted Paul’s genuine humility as cowardness.  
他们把保罗真实的谦卑，误认为是懦弱。
67. Here is something that the world will never understand—  
有一件事是这个世界永远无法理解的，
68. a person who is bold for the truth can be compassionate at the same time.  
那就是，一个勇敢维护真理的人，同时也可以是有恩慈和怜悯心肠的人。
69. Paul’s critics took his boldness for the truth as arrogance and intolerance.  
批评保罗的人认为，他为真理而战的刚勇，就是傲慢与狭窄。
70. But Paul was telling his critics that good pride in God made him bold for biblical truth and compassionate at the same time.  
但保罗告诉他的批评者，靠著神而有的好的骄傲，让他勇于维护圣经的真理，但同时，也让他保持一颗满有恩慈的心。

71. They called Paul a coward, even though he was very a courageous man.  
他们指责保罗是懦夫，其实他是一个勇气十足的人。
72. He faced angry mobs,  
他勇于面对愤怒的暴徒；
73. he confronted King Agrippa,  
他勇敢地在亚基帕王面前申诉；
74. and yet his critics called this courageous man ‘coward.’  
那些批评他的人，竟然称这个勇敢的人为懦夫。
75. But their criticism did not bother the Apostle Paul.  
但他们的批评，并没有影响使徒保罗。
76. Paul’s only concern was that his friends would not believe these lies.  
保罗只是一心不要他的朋友去相信这些谎言。
77. In 2 Corinthians chapter 10 verse 4 Paul said  
哥林多后书十章4节那里保罗说，
78. that the weapons with which he fights are not weapons of the world.  
我们争战的兵器，本不是属血气的。
79. Some of you might feel ineffective in telling others about Christ.  
在我们的听众中，可能有些人觉得，自己向别人传讲基督时，收不到什么果效。
80. Why is that?  
为什么会这样？
81. They are ineffective because they rely on their own clever techniques.  
他们得不到果效，是因为他们依赖自以为聪明的技巧。
82. Paul was effective in telling others about Christ because he relied on God’s strength.  
保罗向别人传讲基督时大有功效，是因为他依赖神的力量。
83. Paul said his weapons were divinely powerful.  
保罗说，他的兵器就是神圣的大能。
84. Paul understood that only the power of the Word of God can destroy strongholds.  
保罗明白，唯有靠著神话语的大能，才可以攻破坚固的营垒。
85. Only the sword of the Word of God can bring victory.  
唯有靠著神话语的利剑，才可以得胜。

86. My listening friends,  
我亲爱的朋友，
87. when you are fighting against the lies that  
people say about you,  
当你跟那些诬告你的谎言对抗时，
88. only the Word of God will give you victory in  
this spiritual warfare.  
这场属灵的争战，只有神的话才能使你得  
胜。
89. So first, good pride exhibits mercy.  
好的骄傲表现出恩慈。
90. Secondly, good pride encourages other people.  
第二，好的骄傲是鼓励人的。
91. Look at 2 Corinthians chapter 10 verses 7-11.  
请看哥林多后书，十章 7-11 节。
92. Paul is pleading with the Corinthians to  
examine the evidence objectively.  
保罗请求哥林多人，客观地检视证据。
93. He is asking them not to judge him by his  
appearance.  
他请求他们，不要凭他的相貌来判断他这个人。
94. Instead, he wants people to look at how he has  
lived his life.  
他希望他们观察他的为人如何。
95. Paul tells the people to examine the lives of the  
false teachers in comparison to his life.  
保罗让他们观察他的生活，跟那些假教师的生活作出比较，
96. How do they measure up in the things that are  
truly important?  
看看他的生活，是否符合生命中真正重要的  
事？
97. Do they impact people positively or negatively?  
对别人有正面，或负面的影响？
98. Do they edify other people or mislead them?  
使别人受到激励，或误导了别人？
99. Do they strengthen other people or weaken  
them?  
使别人变得刚强，还是软弱？
100. Do they help others in their spiritual progress or  
hinder them?  
使别人的灵命长进，或是妨碍了他们灵性的  
增长？
101. These are the questions that are important when  
discerning a person's motives.  
这些都是辨别一个人行事动机的重要问题。
102. Outward appearances do not matter.  
外表如何并不重要；
103. Charm and eloquence do not matter.  
风度翩翩，口若悬河也不是关键；
104. What matters is a consistent commitment to  
Christ.  
要紧的是，保持对基督的委身。
105. Paul, of course, was the one who founded the  
church in Corinth.  
保罗确实是哥林多教会的创立者，
106. Paul led these people to Christ.  
保罗引领他们归向基督。
107. But then these false teachers arrived and acted  
like strong, decisive leaders.  
后来，这些假教师来到哥林多，看起来像是  
刚强果断的领袖。
108. These false teachers claimed to know the truth.  
这些假教师自称懂得真理，
109. These false teachers said Paul was weak and  
indecisive.  
这些假教师说保罗优柔寡断。
110. In 2 Corinthians chapter 10 verse 11 Paul said,  
在哥林多后书十章 11 节那里，保罗说：
111. "Let such a person consider this—that what  
we are in word by letters when absent, such  
persons we are also, indeed, when present."  
“这等人当想，我们不在那里的时候，信上的  
言语如何，见面的时候，行事也必如  
何。”
112. Paul is telling them to look at the consistency in  
his life;  
保罗告诉他们，要注意他为人一向的作风，
113. look at his commitment to Christ.  
看他怎样对基督委身。
114. He is telling them to look at his lifestyle.  
他叫他们观察他的风格。
115. And Paul's life was the same when it was in  
private as it was in public.  
保罗不论在公开或私下的生活，都是一样的。
116. His words matched his actions.  
他言行一致。
117. Paul was showing the good type of pride  
because he was bragging about the Lord's  
strength, not his own.  
保罗表现出好的骄傲，因为他以神的力量夸  
口，而不是夸自己的力量。

118. So good pride exhibits mercy and encourages other people.  
好的骄傲表现出恩慈，并鼓舞别人。
119. Thirdly, we see that good pride is persistent and tenacious.  
第三，我们看到，好的骄傲是持久而坚韧的。
120. The core meaning of the word 'humility,' is not being weak,  
谦卑这个词的核心意义不是软弱，
121. but it means a genuine conviction of one's unworthiness of the grace of God.  
而是，真诚地承认，自己不配得神的恩典。
122. Jesus said in Matthew chapter 5 verse 3,  
耶稣在马太福音五章 3 节那里说，
123. that truly humble people are those who can say, "Without the grace of God, I am spiritually empty."  
真正谦卑的人会说：“若没有神的恩典，我的属灵的生命是空洞的。”
124. Humble people give God recognition for every good thing in their lives.  
谦卑的人将他生命中所有的福气，都归功于神。
125. Humble people obey God regardless of the cost.  
谦卑的人不计代价地顺服神。
126. Paul had one of the greatest impacts of the church of Jesus Christ.  
保罗对耶稣基督的教会，产生了最大的影响力。
127. And yet he calls himself a 'clay pot,'  
但他却称自己是“瓦器”，
128. a 'wretched man,'  
一个“坏蛋”，
129. and a 'sinner.'  
是个“罪魁”。
130. Paul called himself 'the very least of the saints and apostles.'  
保罗称自己为，“使徒中最小的”。
131. Contrast Paul's humility with the arrogance of the false teachers, then you will understand what Paul is trying to tell us about this good type of pride.  
当我们将保罗的谦卑，和那些假教师的傲慢对比一下，你就会明白，保罗想告诉我们的，好的骄傲是怎样的了。
132. Humility does not mean to surrender to the enemies of Christ.  
谦卑的意思，不是向基督的敌人投降。
133. Humility does not mean to give up the fight for the truth.  
谦卑的意思，不是放弃为真理而战。
134. Humility does not mean to let false teachers trample all over us.  
谦卑的意思，不是容许假教师随意践踏我们。
135. On the contrary,  
相反的，
136. humility and good pride will compel us to be uncompromising in the truth.  
谦卑跟好的骄傲，会督促我们在真理上绝不妥协。
137. Humility will make us boastful in the truth and in who Jesus is.  
谦卑只会让我们为了真理，以耶稣基督夸口。
138. Humility will make us boastful in our weakness and God's strength.  
谦卑使我们夸自己的软弱，和神的大能。
139. David said in Psalm 20 verse 7,  
大卫在诗篇二十篇第 7 节那里说：
140. "Some boast in chariots and some in horses, but we will boast in the name of the Lord our God."  
“有人靠车，有人靠马，但我们要提到耶和华我们神的名。”
141. David also said in Psalm 34 verse 2,  
大卫在诗篇卅四篇第 2 节那里说：
142. "My soul will make its boast in the Lord; the humble will hear it and rejoice."  
“我的心必因耶和华夸耀，谦卑人听见就要喜乐。”
143. What Paul has been saying in 2 Corinthians chapter 10 is this—  
保罗在哥林多后书第十章里所谈的就是，
144. Paul had pride, but his pride was in the Lord Jesus.  
保罗很自豪，但他引以为傲的只有主耶稣。
145. His pride was in the Lord Jesus, who loved him  
他的夸口，建基于爱他的耶稣基督。
146. and redeemed him  
耶稣救赎了他，

147. and died for him  
为他而死，
148. and rose from the grave for him.  
并为他从死里复活。
149. Paul's pride was in the Lord Jesus, who  
promised him victory and triumph.  
因为耶稣应许保罗，他会得胜，因此他以耶  
稣为傲。
150. Paul's pride was in the Lord Jesus, who is our  
strength and our fortress.  
主耶稣是我们的力量，我们的营垒，所以保  
罗以耶稣为傲。
151. My listening friend, please listen carefully as  
we conclude.  
亲爱的朋友，节目就快结束，请留心听我  
说。
152. There may be someone who is listening today  
who says that they cannot boast in the Lord.  
在我们的听众当中，可能有人说，他们不能  
以主耶稣夸口。
153. Some may say that they are angry with God  
because He did not answer their prayer.  
有些朋友可能说，因为神没有答应他们的祷  
告，所以他们对神很愤怒。
154. My listening friends, listen very carefully.  
亲爱的朋友，请仔细听。
155. That means that you have never understood  
what it means to be under the lordship of Jesus  
Christ.  
那是因为你从来不明白，尊耶稣基督为主，  
究竟是什么意思。
156. If you have never experienced the sweetness of  
His lordship over your life, you can begin today.  
如果你从来没有经历到，耶稣基督成为你生  
命之主的甘甜，今天就开始经历吧。
157. Some people mistakenly think that they can  
only go to God when they need a miracle.  
有些人误认为，只有当他们需要神迹时，才  
到神面前来。
158. And when they don't receive their desires, they  
become angry and bitter.  
但当他们得不到心里所要的，他们开始怀  
恨，心中苦毒。
159. But that kind of thinking is based on bad, sinful  
pride.  
这样的心态，来自罪恶的，败坏的骄傲。
160. But when you experience the sweet  
companionship of God, you will understand the  
good pride that Paul describes here in 2  
Corinthians chapter 10.  
当你经历到与神同在的甘甜时，你就会明  
白，保罗在哥林多后书第十章里所描述的，  
好的骄傲。
161. And I look forward to you joining us next time  
when we look at secret number thirteen.  
希望你能继续收听我们的节目，下一次我们  
要讲第十三个秘诀。
162. Until next time, I wish you God's richest  
blessing.  
愿神大大地赐福给你，下次节目时间再会。