

# 《天路导向》双语讲义

## 圣灵的果子 - 4

## THE FRUIT OF THE SPIRIT - 4

### SECTION A

#### 甲部

1. Hello, listening friends. We are glad you've joined us in this broadcast.  
亲爱的朋友，你好，很高兴你能收听我们今天的节目。
2. If you have been listening to these series of messages on the fruit of the Spirit, you will remember that we were talking about love.  
如果你正在收听我们这个关于圣灵果子的系列节目，就会知道，我们正在谈论仁爱这个主题。
3. We ended our last broadcast with the challenge that is presented by the concept of true, biblical love.  
我们上次结束的时候，谈到了圣经所说真正的爱带给我们的挑战。
4. Biblical love is a challenge to end all challenges.  
仁爱本身就是一个最大的挑战，超越了人生中其他的挑战。
5. What I am telling you comes from personal experience.  
我所告诉你的，都是基于我个人的经验。
6. More than temptation, and more than anything else, biblical love is the challenge that ends all challenges.  
仁爱这个挑战，大过诱惑，或者任何其他挑战，是最大的挑战。
7. Why?  
为什么？
8. Because we have a hard time comprehending it.  
因为我们很难真正理解什么是爱。
9. As we said in our last broadcast, the world tells us that we have the right to react as we want to evil that is done to us and, if necessary, get even.  
正如我们上次谈到的，这个世界告诉我们，我们有权以任何方式对我们曾遭遇的伤害作出反应，甚至可以以牙还牙。
10. Let me tell you how God reacted.  
让我来告诉你，神怎样回应的。
11. When God said "I love you,"  
当神说：“我爱你，”
12. He did not say, "I love you only if it is convenient for Me."  
祂没有说，“在我方便的时候，我才爱你。”
13. He did not say, "I love you if it only costs Me nothing."  
祂没有说，“不需要我花代价，我就爱你。”
14. He did not say, "I love you only if you are good."  
祂没有说，“你表现得好，我才爱你。”
15. He did not say, "I love you only if you try harder."  
祂也没有说，“当你愿意加倍努力时，我才爱你。”
16. No!  
不！
17. When God said, "I love you,"  
当神说，“我爱你，”
18. He took all that is precious to Him,  
祂将自己所宝贵的，
19. He took all that is dear to Him,  
祂他自己所亲爱的，
20. He took all that is of value to Him,  
祂把自己看为最贵重的，
21. He took all that is most beautiful to Him and gave it all up and gave it away.  
祂将自己看为最美好的一切都放弃了，并把祂所有的都送给了你。
22. When He said, "I love you," He was not only willing to pay the price. He paid the price.  
当说“我爱你”的时候，祂不只愿意，更是以实际的行动付出了这些代价。
23. Don't ever think that "love" is a cheap word.  
千万别以为“爱”是个廉价的词。

24. When God said "I love you," He was saying the following:  
神说“我爱你”的时候，祂实际上是在说，
25. "I love you all of the time."  
“我任何时间都爱你。”
26. "I love you under all conditions."  
“在任何条件下我都爱你。”
27. "I love you when you are rebellious."  
“什至你反叛的时候，我还爱你。”
28. "I love you when you are obedient."  
“当你顺服的时候，我爱你。”
29. "I loved you when you turned your back on Me."  
“当你背弃我的时候，我仍爱你。”
30. "I loved you when you ignored Me."  
当你不理睬我的时候，我爱你。”
31. "I loved you when you kept Me out of your life's plan."  
“当你将我排除在你生命之外时，我还是爱你。”
32. "I loved you when there was nothing in you to deserve My love."  
“当你没有任何地方值得我爱的时候，我依然爱你。”
33. You see, love is a choice, not just feelings.  
看到了吗？爱是一种选择，不只是感觉而已。
34. When a couple is getting ready to get married and they come to me with their heads in the clouds and they say, "We are feeling in love with each other," I try to bring them back to reality.  
当一对年轻人准备结婚的时候，他们抱著美梦来到我面前，说“我们感到深爱著对方，”，我就努力地要把他们带回现实。
35. I tell them that love is a choice.  
我告诉他们，爱是一种选择。
36. You choose to love that person when your feeling says, "Get out in a huff and slam the door as hard as you can."  
即使你想要“怒气冲冲地摔门，离他而去”的时候，你还是选择爱他。
37. Love is a choice.  
爱是一种选择。
38. It's not just a feeling.  
不只是一种感觉。
39. You choose to love the person who cuts in front of you in the traffic,  
你选择去爱一个，在汽车大排长龙时，硬插到你前面来，阻挡你前行的人，
40. even though your feelings say, "Get out and punch him in the face."  
什至他是一个让你真想“走上去，一拳打在他脸上”的人。
41. God's love says, "Love the offending driver."  
然而神的爱，却要我们去爱那横冲直撞，乱开车的人。
42. You choose to love the person who unfairly and unjustly criticizes you  
你选择去爱一个冤枉你，不公正指责你的人，
43. when your feelings say, "Give him a piece of your mind."  
虽然，你的感觉叫你，“给他一些教训。”
44. You choose to love the family member, or the church member, who disappoints you again and again when your feelings say, "Give them up."  
你选择去爱一个亲人，或者是教会里的弟兄姐妹，即使他们一次次让你失望，让你恨不得想要放弃去关心他们了。
45. You choose to love that co-worker who is trying to make himself or herself look good at your expense when your feelings say, "Get them back."  
你选择去爱你的同事，即使他们总是踩低你来抬高自己，而你的感觉就是叫你要向他们报复。
46. I want to tell you something from personal experience.  
让我和你们谈谈我自己的经历。
47. There was a time when someone questioned my integrity.  
有一次，有人怀疑我不诚实。
48. I would be very angry and I want to attack them;  
我原本很生气，想反击他们。
49. but, now, I choose to send them a love letter.  
但是，后来，我选择给他们写一封充满爱的信。
50. You may ask, "Why did you change?"  
你或许会问，“你为什么改变主意了呢？”
51. I want to tell you something very important.  
让我告诉你一件很重要的事。

52. Before you can make that choice, you have to have the power to make the choice.  
当你选择之前，你必须具备选择的能力。
53. I don't think the choice is easily made, even if you wanted to.  
我不认为做出这样的选择是很容易的，即使我们愿意这么作。
54. This power will not come from self-determination. I tried that and failed.  
这个能力不是来自你的决心，我曾经尝试过，但失败了。
55. That power will not come from strong desires to love. I did that and failed.  
这个能力也不取决于你愿意去爱的动机有多强烈，我努力过，但失败了。
56. That power will not come from sheer willingness to love. I tried that and failed.  
同样，这个能力，也不取决于你彻底地愿意去爱别人，我这样努力过，也不行。
57. The Apostle Paul says that love is a fruit, 使徒保罗说，爱是个果子，
58. and the fruit will manifest itself if the branch is tied into the tree.  
如果枝子长在树上，就会结出果子。
59. The good tree that produces good fruit is that of the Spirit-filled life.  
结好果子的好树，就是圣灵充满的生命。
60. You might remember that, in the beginning of this series of broadcasts, I told you that there were two things that would keep you from the Spirit-filled life.  
你可能记得，在开始讲这个系列的时候，我告诉过你，有两个原因会阻止你被圣灵充满。
61. First, you are quenching the Holy Spirit by refusing to obey His voice.  
就是当你拒绝遵从神时，销灭圣灵的感动。
62. When God is speaking to you and telling you to serve and you say, "Yes, yes, yes; down the road, when I have time..."  
当神和你说话，要你去侍奉，你说：“好的，好的，以后等我有时间再去...”
63. you are quenching the Holy Spirit.  
这时，你就是销灭圣灵的感动。
64. Second, is when you grieve the Holy Spirit.  
第二，就是让圣灵担忧。
65. You do that when you know what God's Word says and you refuse to obey His Word.  
当你明明知道神的话怎么说，你却违背神的话不照著去做。
66. Quenching the Holy Spirit and grieving the Holy Spirit will keep you from living the Spirit-filled life.  
销灭圣灵的感动，和让圣灵担忧，会阻止你被圣灵充满。
67. If you do not live the Spirit-filled life, you are not able to produce the fruit of the Spirit.  
你没有被圣灵充满的生命，就无法结出圣灵的果子。
68. Listen carefully to what I am going to tell you.  
请仔细听我说。
69. There is no way on God's earth that, with my own strength and power, I can love someone more than myself.  
在神创造的这个世界上，你靠自己的力量和权势，是无法爱别人超过爱你自己的。
70. I might say that I do, or even try to fake it; but, deep down, I don't have the will power to do it at all;  
我可以说自己能做到，甚至假装可以做到，但在我心底知道，我根本不能靠意志力做到。
71. and here's the news I have for you: neither can you!  
让我告诉你，你也一样。
72. Only when I come daily to the all-powerful Almighty, and empty myself of myself,  
除非我每天都来到全能神面前，倒空自己，
73. empty myself of my ambitions,  
清除自己的野心，
74. empty myself of my desire,  
清除自己的渴求，
75. empty myself of my wants,  
清除自己的欲望，
76. empty myself of my greed,  
清除自己的贪婪，
77. and I say to the Holy Spirit of God, "Take this empty container and fill it today.  
并对圣灵说，“今天，请充满我这个空的容器。”
78. Fill it with Your presence.  
以你的同在充满我。

79. Fill it with Your power,  
以你的大能充满我，
80. Fill it with Your strength...”  
以你的力量充满我...”
81. then, and only then, can I bear the fruit of  
loving someone else.  
唯有这样，我才能结出真正仁爱的果子。
82. Only then, can I love someone, even if I know  
that they have insulted me.  
只有那时，我才能爱别人，即使是那些曾侮辱过我的人。
83. Only then, can I love someone, even if I know  
they rejected me.  
只有那时，我才能爱那些拒绝过我的人。
84. Only then, can I love someone, even if I know  
they despise me.  
只有那时，我才能爱那些轻视我的人。
85. Only then, can I love someone, even if I know  
they habitually criticize me,  
也只有那时，我才能爱那些经常批评我的人。
86. Do you know why?  
你知道为什么吗？
87. because I no longer love that person; but the  
Lord Jesus Christ is loving them through me.  
因为不是我在爱那个人，而是主耶稣基督的爱通过我表现出来。
88. I have nothing to do with it.  
不是我做了什么。
89. I'm only a conduit, or a channel.  
我只是个导管，或是渠道。
90. That's it;  
仅此而已。
91. and the way to get me out of the way is to be  
filled with the Spirit of God so that I can bear  
the fruit, the fruit of the Spirit.  
我不再是个拦阻，因为我被圣灵充满，以至于我可以结出圣灵的果子。
92. Being Spirit-filled and bearing fruit is an exact  
science, as horticulture is a science.  
被圣灵充满，继而结出圣灵的果子，是一种很精密的科学，如同园艺是一门科学一样。
93. You bear fruit, if the tree is good and the soil is  
good;  
如果树是好的，土壤也肥沃，就自然会结果；

94. but you also have to cultivate the tree in order  
that good fruit might be produced.  
但你也必须精心照料这颗树，才能产出好的果子。
95. How do you do that?  
你应该怎样做呢？
96. By pulling weeds,  
要铲除野草，
97. by cutting out useless branches,  
修剪无用的枝子，
98. by cutting out the dead branches,  
和已经枯萎的树枝，
99. by fertilizing and watering.  
浇水施肥，

## **SECTION B**

### **乙部**

1. All of these are very painful, and are not easy;  
but they are necessary for the tree to bear good  
fruit.  
所有这些都是非常痛苦，也是不容易的；但这些都是能结出好果子的必要步骤。
2. Cultivation by itself does not bear fruit, but it  
helps the fruit to be manifested.  
单靠著这些培育的步骤，不能结出果子，但有助于果子长出来。
3. In the same way, stressful times, tough times,  
testing times, hard times, bad times, in  
themselves, will not produce the fruit of the  
Spirit;  
同样的，压力，艰苦，试炼，困难和逆境等，它们本身不会结出圣灵的果子，
4. but they will give you an opportunity to  
manifest the fruit of the Spirit.  
但这一切会给你一个机会，让你表现出圣灵的果子来。
5. None of us can manifest the fruit of love and  
forgiveness unless your heart is absolutely  
filled with gratitude and thanksgiving to God  
for His love and His forgiveness toward you.  
我们没有一个人可以体现仁爱和宽恕，除非我们的心中充满了对神所赐予的爱和宽恕的感激之情。

6. My listening friends, I want you to listen to me very carefully. I don't want you to misunderstand me.  
亲爱的朋友，希望你能认真听我说，别误解我的意思，
7. If you are a person who does not see your sin as repulsive to God, and, yet, He loves you despite of that,  
神虽然对你的罪非常憎恶，但祂还是不顾一切地深爱著你，如果你看不到这一点，
8. you will not be able to love and forgive others.  
你就无法去爱和宽恕别人。
9. If you think that God loves you and forgives you because you are refined or sophisticated or urbane, or debonair,  
如果你认为，神爱你，原谅你，是因为你举止文雅，或者世故老练，或者彬彬有礼，或者殷勤乐观，
10. if you think that God loves you because of who you are,  
如果你认为，神爱你，是因为你是个好人的，
11. then, you are going to have a hard time loving and forgiving other people.  
那么，要你去爱和宽恕别人将会很艰难。
12. It is only when you come in brokenness and humility and confession and repentance that we are saved.  
唯有当你降服，谦卑，认罪和悔改的时候，我们才会真正得救。
13. Let me give you an exercise.  
我来和你做一个练习。
14. It is an exercise that I personally go through.  
这是我个人经历过的。
15. The next time you meet a particularly repulsive individual, and all of your self-righteousness wells up within you, and you are ready to scream at him,  
下次，当你遇到一个特别令人讨厌的人，出于义愤，你准备对他发作的时候，
16. take a moment and look up to Heaven,  
停下来，看看天，
17. and remember that you were just as repulsive, if not more repulsive, to God,  
想想，在神面前，纵使你不比那人讨厌，至少也是同样地得罪神，
18. but He loved you and forgave you;  
但是祂爱你，赦免了你；
19. then, ask Him to help you to love that person through you.  
然后，祈求神帮助你，使祂能藉著你来爱这个人。
20. I want to tell you this, and, then, we will conclude this message on love.  
在我结束这篇关于仁爱的信息之前，让我告诉你一件事。
21. A story that's told of a chaplain traveling on a train,  
有一个故事说，一位牧师，有一次坐火车外出，
22. and next to him was a young man in his late twenties.  
身边坐著一个大约二十岁的年轻人。
23. The young man was obviously agitated and anxious.  
很明显地，这个年轻人看起来很不安，也很紧张。
24. The chaplain gently engaged him in conversation.  
牧师很友好地和他攀谈起来。
25. The young man revealed who he was, and that he came from a small town where his family was well known.  
年轻人告诉了他自己是谁，并说他来自一个小镇，在那里，人人都认识他的家。
26. He said that he had just been released from prison.  
他说，自己刚刚从监狱获释。
27. He came from a well known, prominent, godly family, and he explained how his crime has brought shame to his family name.  
他出自一个村民都认识，又虔诚信主的好家庭，他说，自己的罪，让家庭蒙羞。
28. They never visited him while he was in prison.  
在他入狱期间，家里人从没来探过他。
29. They never wrote to him while he was in prison  
也从来没有给他写过信。
30. and he was not sure if they still loved him and if they had forgiven him;  
他不肯定，家人是否仍然爱他，或者是否已经原谅了他；

31. so, he wrote them a letter, asking them to put up a signal when the train passes their farm, which was on the outskirts of town.  
因此，他写了一封信，请他们在小镇外头他们家的农场那里，也是在火车必经的路线上，做一个记号。
32. The signal was this:  
记号就是：
33. if they had forgiven him and would accept him at home, they were to tie a white ribbon on the big apple tree near the tracks.  
如果他们已经原谅他，愿意接受他回家，就请他们在火车轨旁边的大苹果树上系一条白色的丝带。
34. If they did not want him back, they were to do nothing; and he would understand and would not get off the train.  
如果他们不想他回去，就请他们什么都不要做，他就明白了，也就不会下火车了。
35. Near his hometown, he became very anxious, fearing there would be no ribbons on the big apple tree.  
快到家乡的那个小镇时，他更加紧张，害怕在苹果树上没有白丝带。
36. He was so apprehensive that he could not even look out the window.  
他非常担心，甚至不敢去看窗外。
37. His traveling companion offered to look for him and relay to him if he could see the white ribbon or not.  
于是这位牧师答应他，会帮他看，并转告他，究竟有没有白色丝带。
38. A few minutes later, the chaplain put his hand on this young criminal, and whispered in a broken voice,  
几分钟后，牧师把手放在年轻人的肩上，哽著喉咙断断续续地说，
39. “There is no white ribbon on the big tree...”  
“那颗大树上没有白丝带...”
40. but, before the young man could react, the man continued,  
但是，在年轻人还没回答之前，牧师继续说，
41. “but there are white ribbons all over every tree, 而是所有的树上，都挂满了白丝带。
42. and every telephone pole,  
而且每个电话亭，
43. and everywhere you look.”  
你能看到的任何地方都有白丝带。”
44. The chaplain later said, “I felt like I had witnessed a miracle.”  
事后牧师说，“我就像是看到了奇迹。”
45. My precious friend, I want to tell you, there is always something miraculous about deep, abiding love that transcends trouble.  
我亲爱的朋友，我想告诉你，其实无时无刻都有奇迹，也就是那些超越困难，常存的爱所产生的奇迹。
46. The power for that kind of love can only come from God.  
那种爱的能力，只来自于神。
47. Is there somebody that you need to forgive today?  
今天，是否有些人，正在等待你的谅解？
48. Have you lost your peace because you have unforgiveness in your heart?  
你是否因为不愿意宽恕别人，而失去内心的平静？
49. Do not let this day go by without making that phone call, or going to that person, and forgive them.  
在今天结束之前，给他打个电话，或者到他那里去，原谅他吧。
50. In the next broadcast, we will begin to learn about another fruit of the Spirit, which is joy, 下次节目，我们将开始学习圣灵果子的另外一种表现，就是喜乐，
51. joy which comes from forgiving.  
喜乐来自于宽容，
52. Until then, I wish you God’s richest blessing.  
愿神大大地赐福给你，下次节目再会。