

《天路导向》双语讲义

圣灵的果子 - 20 THE FRUIT OF THE SPIRIT - 20

SECTION A

甲部

1. Hello, listening friends.
亲爱的朋友，你好，
2. We are glad you tuned in for this last in the series of messages on the fruit of the Spirit.
很高兴你能收听我们圣灵的果子系列信息的最后一次节目。
3. For the past nineteen broadcasts, we have been discussing the fruit of the Spirit.
过去的 19 次节目里，我们都在讨论圣灵的果子。
4. Let's just go through them very quickly.
我们来很快地回顾一下。
5. Love,
仁爱，
6. joy,
喜乐，
7. peace,
和平，
8. patience,
忍耐，
9. kindness,
恩慈，
10. goodness,
良善，
11. faithfulness,
信实，
12. meekness, or gentleness,
温柔，或谦卑，
13. and, finally, we began to look into the ninth of the fruit of the Spirit, which is self-control;
最后，我们谈到九种果子的最后一种，就是节制。
14. and I left you in the last message, telling you that I will tell you some more about self-improvement,
上次节目结束的时候，我说要多告诉你些有关自我提升这方面的事，
15. and how self-improvement is not the same as self-control;
以及自我提升和节制之间有什么不同；
16. and I left you with the question:
我给你提了个问题：
17. What happens when a person tries to do their best and, then, fails?
当一个人尽最大的努力却失败了，之后会发生什么事呢？
18. Let me tell you what Jesus said about what is happening in this type of situation.
让我告诉你，耶稣对这种情况怎么说。
19. In Luke, Chapter 11, verse 24,
路加福音，11 章 24 节，
20. Jesus said that, when you decide to kick out an unclean spirit out of the house of your heart, he leaves.
耶稣说，当你决定赶污鬼离开你心灵的居所，他是走开了，
21. Meanwhile, if the Holy Spirit does not come in and fill every corner of the house of your heart,但同时，如果圣灵没有进来充满你，
22. and, then, keep on filling it, moment-by-moment and day-by-day,
并且以后每一天，每一刻，都没有继续地充满你，
23. the house will stay empty for a little while.
这居所就会空置一段时间。
24. Where did the unclean spirit go?
那污鬼去了哪里呢？
25. The unclean spirit has only gone around the corner.
污鬼就在附近绕了一圈。
26. He doesn't go far away.
他没有走远。
27. He keeps looking over and checking things out,而是在周围不断地窥探，
28. like every second.
每分每秒都不停。

29. When the Spirit of God is not invited in and the house is still empty,
当圣灵没有被邀请进入，这心灵的居所仍然空置著，
30. the very evil spirit, which has gone out with self-improvement, will come back with seven more worse spirits;
那个带著自我提升的目的离开的污鬼，会另带 7 个比自己更恶的鬼回来。
31. and, then, they will storm the clean house and take it over;
冲进这个乾淨的屋子，霸占在那里；
32. and Jesus said that the last state becomes worse than the first.
耶稣说，那人末后的景况，比先前更不好。
33. That is why self-improvement programs for Christian living are a disaster.
这就是为什么自我提升对基督徒来讲是一种灾祸。
34. Let's read the words of Jesus in Luke 11:26.
我们来读路加福音的 11 章 26 节。
- AT YOUR DISCRETION, PLEASE READ THE REFERENCED BIBLE PASSAGE HERE, IF TIME PERMITS.**
(请读路加福音的 11 章 26 节。)
35. Self-improvement will not work.
自我提升不会有果效的。
36. It might work for other things, but not for Christian living;
对其他事情可能有效，但对基督徒的生活就无效了。
37. but, when the Spirit is indwelling you,
而当圣灵住在你里面，
38. the fruit of the Spirit will kick the works of the flesh every time til Kingdom come.
圣灵的果子就会一而再地克服肉体的情欲，直到神的国降临。
39. Self-control is not self-mastery.
节制不是自我克制。
40. Self-control is not self-improvement;
节制不是自我提升；
41. and, thirdly, I want to talk to you about self-control must have a focus.
第三，我想告诉你，节制必须有中心点。

42. The Apostle Paul uses the analogy of the athlete, with which he is very familiar in the Greek world.
使徒保罗用他熟悉的希腊文化作了一个运动员的比喻，
43. Let's read 1 Corinthians 9 : 24 to 27.
我们来读哥林多前书 9 章 24 节到 27 节。
- AT YOUR DISCRETION, PLEASE READ THE REFERENCED BIBLE PASSAGE HERE, IF TIME PERMITS.**
(请读林前 9 章 24 到 27 节。)
44. Here is what Paul is saying:
保罗的意思是：
45. If you take your walk with the Lord as seriously as a committed athlete takes his sports, you will be a spiritual giant.
如果你决定跟随主，如同一个运动员参加比赛一般地认真，你就会成为一个属灵上的巨人。
46. Anyone who knows anything about successful athletes knows that he or she is very focused.
对成功的运动员有所了解的人都知道，运动员是非常专心的。
47. All of the training,
所有的训练，
48. all of the discipline,
所有的纪律，
49. all of the sacrifice,
所有的牺牲，
50. all the hard decisions,
所有难以作出的决定，
51. all of this takes place because the athlete is focused on the performance on the day of the event.
这一切都是为了锻链这位运动员，在比赛当天能专心于自己的表现。
52. What is Paul saying to the person who habitually comes to church late?
对那些经常聚会迟到的人，保罗怎么说？
53. That this person arrives unprepared for worship.
这个人根本没有准备好来敬拜神。
54. This person arrives ill-equipped for worship.
他来敬拜，却没有好好装备自己。

55. Paul would say that he or she is not as serious about their commitment to Christ as the athlete to his sport.
保罗会说，不论男女，这人对基督的委身还不如运动员对运动项目的委身来得认真。
56. The athlete is at the stadium hours before the events,
运动员会提前几个小时到达竞技场，
57. and even the spectators are often there hours before the event.
还有，即使是观众，也经常早到几个小时。
58. The athlete is there with all of his equipment, all of his gear and all of the uniform in hand.
运动员会带著他所有的装备、器材和运动制服。
59. The athlete is there conditioning his mind and his body for that great event.
运动员会好好调整自己生理及心理的状态，以面对那重要的时刻。
60. Why?
为什么？
61. Because he is serious about winning;
因为他志在必得；
62. because he is goal-oriented and his goal is to win.
因为他只有一个目标，就是要赢得比赛。
63. He has to exercise self-control.
他必须操练自我节制。
64. He has to exercise perseverance.
他必须坚定不移。
65. He has to watch his weight.
他必须小心自己的体重。
66. He has to watch his stamina.
他必须注意自己的耐力。
67. Now, if you try to get me to run a twenty-six mile marathon right now,
如果你要我现在去参加一个 26 英哩的马拉松赛跑，
68. it will not be impossible;
不是不可能；
69. but I will reach the finish line two days from now.
但是我会两天后才抵达终点线。
70. Why?
为什么？
71. Because it's not my goal.
因为这不是我的目标。

72. I have not trained for it.
我没有为此受训练。
73. I'm not equipped for it;
我没有为此装备自己；
74. but, if I don't spend many hours preparing for this broadcast,
但是，如果我不花很多时间来准备这个广播，
75. you will not receive the blessings that God wants you to receive from it.
你就不会得到神通过这个广播，所要赐给你的福分。
76. The goal of every believer should be the crown in Heaven;
在天堂得冠冕是每个基督徒应该有的目标；
77. and that crown will not be had without self-control,
没有节制就得不到这个冠冕，
78. and self-discipline,
还要自律，
79. and self-giving.
和自我付出。
80. Paul said,
保罗说，
81. "The athlete focuses and works hard for a wreath.
“运动员为了得桂冠而专心努力。
82. How much more should we focus in our self-control for the crown in Heaven?"
为得著天上的冠冕，我们应该怎样更多地专心于节制呢？“
83. What is self-control, anyway?
那么，节制到底是什么？
84. First,
第一，
85. self-control requires knowing your own weaknesses.
节制，就需要你知道自己的弱点。
86. Secondly,
第二，
87. self-control requires knowing your own vulnerabilities.
节制，就需要你知道自己的不足。
88. Thirdly,
第三，

89. self-control requires knowing what are the likely doors and windows in my life that have the habit of being left ajar,
节制，就需要你知道，自己生命的哪些部分，常常门户敞开没关好，
90. doors that are left open for the enemy to come in and set up his strongholds?
而这些敞开的门户使敌人趁虚而入，建立他的根据地。
91. Do you know the reason many Christians live a life of a ship wrecked?
很多基督徒的生活就像置身于沉船上，你知道原因吗？
92. It is because they do not take careful stock of their weaknesses;
因为他们没有认清自己的弱点；
93. and, then, take meticulous steps to surrender them to the Lord for spiritual power and strength.
也没有小心地交托给神，求神赐予属灵的大能和力量。
94. There was a boy by the name of Thomas.
曾经有一个名叫汤玛斯的男孩。
95. Thomas was an unpopular student.
他不是个出锋头的学生。
96. He was not like his peers or his brothers.
他不像身边的同龄人和兄弟们。
97. His family was rich and quite influential in the community;
他的家庭很富有，在当地很有影响力；
98. but Thomas was not concerned about wealth,
但汤玛斯一点不在意钱财，
99. and that was a constant frustration to his parents.
使得他的父母很沮丧。

SECTION B

乙部

1. At the age of fourteen, Thomas was sent by his father to a private school.
14岁时，父亲送汤玛斯到一间私立学校就读。
2. One of the teachers witnessed to him and Thomas accepted Christ as Savior and Lord.
一位老师向他传福音，汤玛斯接受了基督为他的救主和生命之主。
3. The other students ridiculed his commitment to Christ;
其他同学都嘲笑他信从了基督；
4. then, one day in class, Thomas had to debate on the existence of God;
后来有一天在课堂上，汤玛斯和他们辩论神的存在；
5. and, suddenly, it became clear to everyone that this boy was a true thinker.
突然，每个人都发觉了，这个男孩真是一个思想家。
6. He surprised his peers and amazed his teachers with his brilliant arguments.
他精采的辩驳，使同学和老师都大大地震惊。
7. His grasp of logic and commitment to the truth of Scripture brought him respect, but also controversies.
他富有逻辑性的思维和对圣经真理的坚持，让他赢得大家的尊敬，但也带来争议。
8. His family was embarrassed by his total commitment to Christ.
他的家庭因为他对基督全然的委身而窘迫。
9. The family was expecting him to be involved in the prosperous family business, to enjoy it and to make it more prosperous.
家人希望他参与蒸蒸日上的家族生意，享受它并使之更上一层楼。
10. His older brothers were real hedonists.
他的哥哥们都是道地的享乐主义者。
11. They decided one day to kidnap him.
他们决定绑架他。
12. They detained him as a prisoner for a year;
他们当他是囚犯，把他拘留了一年；
13. but not in a prison cell, but in the lap of luxury.
不是在监狱里，而是在一个奢侈的环境里。
14. They provided him with everything money could buy.
他们给他供应钱财可以买到的任何东西。
15. They tried to get him to lose interest in God and self-control by giving him money.
他们希望用钱打消他对神的爱心，不再自我节制。
16. They offered to set him up in business.
他们给他做生意发达的机会。

17. They even brought him prostitutes.
他们甚至带妓女来。
18. Thomas rejected all of that.
但汤玛斯拒绝了所有的这一切。
19. His commitment to Christ gave him the true, biblical self-control.
他对基督的信靠，使他拥有圣经里所说，真实的节制。
20. His brothers were bewildered and confused at his refusal of money, power and sex;
他的哥哥们因他对钱财，权力以及美色的诱惑都拒绝而无法理解，不知所措，
21. so, they gave up and they let him go back to the university.
最后，他们放弃了，让他回到大学。
22. After that, Thomas Aquinas went on to become one of the most influential thinkers in the history of the church.
从那以后，汤玛斯阿奎纳继续深造，成为教会历史上最具影响力的思想家。
23. His writings filled eighteen large volumes.
他的著作写满了 18 大卷。
24. He wrote a commentary on practically every book in the Bible.
他为圣经的每一卷书都写下注释。
25. Why?
为什么？
26. Because he understood that his self-control
因为他明白，他的节制，
27. was not self-mastery.
不是自我克制。
28. It was not self-improvement,
也不是自我提升。
29. but it was a form of gratitude to God Who loved him and gave Himself for him.
而是对那位爱他，甚至为他舍命的神而献上
的感激。
30. May our gratitude to God produce in us biblical self-control.
愿我们对神的感激，也能让我们内心产生节制。
31. My listening friends, I want to ask you a personal question.
亲爱的朋友，我想问你一个私人的问题。
32. Have you ever tried to improve yourself and failed?
你曾经尝试著改变自己，使自己有所进步，
却失败了吗？
33. Have you ever said to yourself, "I am going to abstain from this sin or that sin,"
你曾对自己说过，“我要脱离这个罪或者那个罪，”
34. but, then, have you found yourself going back to that sin?
但是，你发现自己又回到那个罪中吗？
35. Have you ever made a New Year's resolution,
你曾经立定新年的志愿，
36. but you could only keep it for a few days, or a few weeks?
却无法坚持几天，或者几个星期吗？
37. Do you know why?
你知道为什么吗？
38. Because you were reliant on self-will.
因为你在依赖自己的意志力。
39. You were reliant on self-mastery.
你在依赖你的自我克制。
40. You were working on self-improvement.
你努力于自我的提升。
41. In reality, there is only one way to have victory over sin.
实际上，只有一种办法可以让你由罪中取胜。
42. There is only one way to experience self-control;
只有一种途径可以让你经历到节制；
43. and it is self-surrender to the power of the Holy Spirit of God.
就是你甘愿屈服于圣灵的大能之下。
44. You say, "How can I do that?"
你可能会问，“我该怎么做？”
45. First,
首先，
46. if you have never surrendered your life to Jesus Christ,
如果你从未将自己的生命交给耶稣基督，
47. let me invite you to do that right now.
让我邀请你现在就这么做。
48. Jesus said,
耶稣说过，

49. "I am the Way,
"我就是道路，
50. and the Truth,
真理，
51. and the Life."
生命。 “
52. "I am the Way..."
"我就是道路..."
53. meaning the only Way for salvation from Hell
to Heaven.
就是说，这是从地狱到天堂，唯一能得救的
方法。
54. "I am the Truth..."
"我就是真理..."
55. the only Truth that ultimately matters to God.
也就是神所重视的唯一真理。
56. "I am the Life..."
"我就是生命..."
57. the only One Who can give you eternal life
with God in Heaven.
那唯一能给你永生，并在天堂永远与神同在
的那位主。
58. Will you believe this by placing your faith in
Him today?
你愿意今天就相信祂，倚靠祂吗？
59. Then, for those of you who claim to be
believers,
至于已经是基督徒的朋友们，
60. yet, you are living a life of constant defeat, let
me tell you this:
虽然你的生活中常有挫败，但让我告诉你：
61. Give up self-improvement.
放下你的自我提升，
62. Give up trying hard
放弃你的挣扎，
63. and ask the Holy Spirit of God to come into
your life right now;
此刻就邀请圣灵进入你的生命；
64. and, when the Holy Spirit comes in,
当圣灵进入，
65. He will strengthen you.
祂会使你坚强起来。
66. He will empower you.
赐给你能力。
67. He will give you the victory.
祂会给你带来胜利。
68. Now, many people invite the Holy Spirit in to
their life; and, then, they stop.
许多人邀请圣灵进入他们的生命之后，他们
就停止了。
69. No, you must never do that.
不，千万别这样做。
70. You have to keep on inviting Him, every day
and every moment.
你必须每天，每时每刻不断地邀请祂。
71. You have to seek Him with all of your heart,
every day and every moment,
你必须每天，每时每刻全心地寻求祂，
72. in every part of your life.
在你生命中的每一部分都如此。
73. If you have prayed to receive Christ, or, be
filled of the Holy Spirit, I hope that you'll write
and tell us;
如果你已经祷告要接受基督，或者求圣灵充
满你了，我希望你能写信来告诉我们；
74. and it is our prayer that God will bless you
richly.
我们会为你祷告，愿神大大地赐福给你。