

**Romans: A Life of Faith**  
**Week #11 "The Spirit is Life!"**

**Romans 8:1-11**

**September 11, 2022**

羅馬書: 有信心生命  
第十一週: "靈就是生命"

羅馬書: 8:1-11

九月十一日, 2022

**主复活歌**

主在坟墓安眠, 耶稣我救主;  
等待复活那天, 耶稣我主!  
主从坟墓里复活! 得胜一切仇敌与罪孽!  
主耶稣复活, 得胜黑暗死亡;  
从此永远与圣徒一同作王;  
主复活! 主复活! 哈利路亚! 主复活!

兵丁守墓无用, 耶稣我救主; 封石仍旧落空, 耶稣我主!  
主从坟墓里复活! 得胜一切仇敌与罪孽!  
主耶稣复活, 得胜黑暗死亡;  
从此永远与圣徒一同作王;  
主复活! 主复活! 哈利路亚! 主复活!

死权困主不成, 耶稣我救主; 因已被主得胜, 耶稣我主!  
主从坟墓里复活! 得胜一切仇敌与罪孽!  
主耶稣复活, 得胜黑暗死亡;  
从此永远与圣徒一同作王;  
主复活! 主复活! 哈利路亚! 主复活!

**復興的火 The Fire of Revival**

詞: 劉榮神 John Liu

曲: 游智婷 Sandy Yu

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[Verse]

復興的火焰正燃燒 讓我們響起勝利的號角  
傳揚耶穌基督的真道 一起邁向合一的宣教  
在主前同心的禱告 讓我們忠於十架的呼召  
以讚美在寶座前圍繞  
讓復興的火在我裡面燃燒

[Chorus]

復興的火 聖靈的火 在我心中點燃  
復興的火 聖靈的火 把我燒在主祭壇"

**I Believe [我相信]**

詞:曾祥怡 Grace Tseng 曲:曾祥怡、游智婷 Grace Tseng, Sandy Yu  
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[Verse]

我相信天父創造世界  
我相信耶穌死裡復活  
我相信聖靈住在我心  
賜給我寶貴極大能力

[Chorus]

I believe 我相信耶穌是真神  
永遠得勝君王  
我敬拜 高舉耶穌基督的名  
超乎萬名之上的名

[Bridge]

耶穌是主 耶穌是主  
死亡的毒鉤 你在哪裡  
墳墓不能勝過復活的能力  
耶穌是主 耶穌是主  
萬膝要跪拜 萬口承認  
耶穌基督 世界的主

**從早晨到夜晚 Morning to Night**

詞: 鄭懋柔 Tiffany M. Cheng 曲: 游智婷 Sandy Yu  
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早晨我睜開眼睛  
渴望聆聽祢聲音  
心中思想祢的好  
更多與祢來親近

夜晚我仍要歌唱  
向祢闡明我心意  
敬拜化成一首歌  
單單要唱給祢聽

從早晨到夜晚 從曠野到高山  
親愛主 我要稱頌祢美名  
從早晨到夜晚 祢愛永不止息  
親愛主 一生緊緊跟隨祢

我的主 我愛祢  
我要誇祢的愛無止盡  
我的主 我愛祢  
我要誇祢的愛無止盡

Offering 奉獻

Announcements 事項宣告

- Today is an interesting day. 今天是有意思的一天。
  - It's one of the rare days that 9/11 falls on a Sunday. 9月11號正好是週日是不常見的日子。
  - This day brings back lots of memories for lots of us in the room. 這一天為我們在座的許多人喚回了很多的回憶。
  - Where we were, what we were doing, and what changed. 我們當時在哪兒, 在做什麼, 發生了什麼變化。
- I remember in the aftermath of 9/11, there was this unusual tension in the air. 我記得在9/11之後, 空氣中瀰漫著不尋常的緊張氣氛。
  - As a nation, our freedom had been assaulted. 作為一個國家, 我們的自由遭到了侵犯。
  - And there was a nationwide desire to protect our freedom. 全國都渴望保護我們的自由。
  - Yet, in an attempt to protect our FREEDOM, like that big picture overarching thing we call freedom, we were also giving up or losing certain other smaller freedoms. 是的, 為了保護我們的自由, 就像我們稱之為自由的大局觀一樣, 我們也需要放棄或失去某種小的自由。
    - It was an interesting time. 那是一段有趣的時光。
    - And it's been interesting ever since. 從那以後一直很有趣。
- And here's what I've noticed: anytime we start talking about FREEDOM, people ears perk up. 我注意到: 每當我們談論到自由的時候, 人們都豎起耳朵。
- Because we all want freedom. 因為我們都想要自由。
  - We all have the desire to be truly free. 我們都渴望真正的自由。
- So, 所以

**What does freedom mean to you? 自由對你意味著什麼?**

- If you were to paint a picture of freedom, with your mind, what would that be a picture of?  
如果讓你在心裏畫一幅自由的畫像, 這幅畫是什麼?
  - Would it be a mountaintop vista? 山頂的風光?
  - Would it be an eagle soaring? 翱翔的老鷹?
  - Would it be a flag, waving in the wind? 在風中飄蕩的旗子?
- I know what mine is, and I'll share it a bit later. 我知道我的是什麼, 我稍後會分享。
  - But I want you to think about that: What does freedom mean to you? 但是我希望你思考一下: 自由對你意味著什麼?
- See, for the past several weeks we've been walking through Paul's letter to the Roman church. 看, 在過去幾週裡, 我們一直在討論保羅寫給羅馬教會的信。
  - They are group of people, like any group of people, who are trying to build a life of faith on this reality of who Jesus is. 他們是一群, 就像任何一群人一樣, 試圖在耶穌是誰這一現實上建立信仰的生活。

- So Paul is writing to help them see their lives more clearly; 所以保羅寫信幫助他們更清楚地看清他們的生命；
- To understand what's happening both spiritually and physically; 明白在精神和肉體上發生的事情。
- And he's explaining why certain things are the way they are. 他又在解釋為什麼有些事情是現有的樣子的。
  - Like last week - he talked about why we do the things we don't want to do and don't do the things we want to do. 就像上週 - 他談到為什麼我們去做我們不想做的事情，不去做我們想做的事情。
- And one of the repeated themes or ideas that he's given us is that we are in bondage to, or we are held captive by what he refers to as, 'the flesh'. 他一次再次給我們點出的主題或想法是，我們是被綑綁的，或者我們是被他所說的'肉體'俘虜的。
- In other words, Paul contends that we aren't really free, you aren't free, and I'm not free, if we are living according to our flesh or sinful nature. 換句話說，保羅認為我們按照我們的肉體或罪性生活，我們就沒有真正的自由，你們不自由，我不自由。
- Which, I have to pause here and point out, is the complete antithesis of what our current cultural climate is telling us. 這一點，我必須停下來指出，這和我們目前的文化氛圍告訴我們的完全背離。
  - Society these days says that FREEDOM comes when you do what you want, when you want it. 當下的社會說，當你做你想做的，在你想做的時候，就是自由了。
    - Follow your feelings. 跟隨你的感覺。
    - Satisfy your urges. 滿足你的慾望。
  - Maybe you've heard some say that you need to be true to yourself. 也許你聽到一些人會對你說，你需要忠於你自己。
  - I don't necessarily disagree. 我不一定不同意。
- I would just ask a clarifying question: WHICH SELF? 我只想問一個明確的問題：哪個自我？
  - Because Paul seems to indicate that there are two aspects of who we are. 因為保羅好像暗示我們本體有兩個方面。
    - There's the old Brad. 一個是老的布拉德。
    - And there's the new Brad. 一個是新的布拉德。
- And there's a new freedom for the new Brad. 對於新的布拉德有一個新的自由。
- The problem is that living as a freed person isn't always as easy as it seems. 問題是，作為一個自由的人生活並不總是看起來那麼容易。
- We struggle. Plain and simple. We have a hard time understanding how to overcome things in our lives that either we've decided shouldn't be there, or that God has decided shouldn't be there. 我們有掙扎。簡單直白。我們很難理解如何克服生活中我們覺得不應該的事情，或者神決定不應該存在的事情。
- We find ourselves asking questions. 我們發現我們自己在問自己。
  - Do Christ followers spend their whole lives on earth frustrated by ongoing failures? 基督跟隨者是否會因在世上持續的失敗而沮喪一生？

- Is there no power provided to achieve victory? 是否沒有提供力量來取得勝利？
- The answer to the first question is no, we don't have to spend our lives frustrated, and to the second, the answer is yes. YES, we have been given power to achieve victory. 第一個問題的答案是否定的，我們不必沮喪地渡過我們的一生，第二個問題的答案是肯定的，我們被賦予了獲得勝利的力量。
- Romans chapter 8 describes the ministry of the Spirit of God who is our source of power and the secret for spiritual victory in daily living. 羅馬書第八章描述了神屬靈的事工是我們力量的源泉，也是我們在每天生活中獲得屬靈勝利的秘訣。
- We're going to discover today the most significant principle in living like and becoming a free person. 今天，我們將發現，像一個人一樣生活和成為一個自由人的最重要的原則。
- If you've got your Bible turn with me to Romans 8, or, you can follow along on the screen... 如果你有聖經請跟我一起翻到羅馬書第八章，或者你可以跟著大屏幕...

### Romans 8:1-4

**Therefore, there is now no condemnation for those who are in Christ Jesus, <sup>2</sup> because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. <sup>3</sup> For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man, <sup>4</sup> in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.**

### 羅馬書 8:1-4

1 如今，那些在基督耶穌裡的不定罪了。

2 因為賜生命聖靈的律，在基督耶穌裡釋放了我，使我脫離罪和死的律了。

3 律法既因肉體軟弱，有所不能行的，神就差遣自己的兒子，成為罪身的形狀，作了贖罪祭，在肉體中定了罪案，

4 使律法的義成就在我們這不隨從肉體、只隨從聖靈的人身上。

- I want to pause here and unpack these first four verses • 我想停在這裏解釋前四段經文。
- And I want to explain what Paul is saying with an illustration of sorts. 我想用一個例子解釋保羅在說什麼。
- Maybe this has happened to you. 也許它發生過在你的身上。
- 
- Illustration: Riptide 舉例：激流
  - *You're at the beach.* 你在沙灘上。
  - *The water looks so enticing.* 海水看起來這麼迷人
  - *Probably not an Oregon beach, but maybe.* 也許不會是俄羅岡州的海邊，也說不定。
  - 
  - *So, you get out in the water and you're enjoying yourself, and you're oblivious to any danger at all.* 然後你進到水裡游出去，你享受著，你對任何危險全然不知。
  - 
  - *Then, you suddenly become aware that you're being carried in the opposite direction.* 突然你察覺到你在被海水推向相反的方向。
  - *This is called a riptide.* 這就是所謂的激流。

- *And if you're not careful, it can carry you out to sea.* 如果你不小心，它可以把你拖入大海。
  - *And so what do you do?* 那麼你怎麼做呢？
- *You start to swim and you set your sites on the shore and you say, "I'm going to swim to shore, I've got to make it otherwise I'm going to drown out here I'll die."* 你開始遊起來，注視著岸邊，你說，“我要遊向岸邊，我必須要遊，不然我會在這裡沉下去我會死。”
- *So, you start swimming with all of your might, and before long you are tired and your arms feel like they are lead.* 所以你開始拼全力遊水，不久你就會累了，你的胳膊像灌了鉛一樣。
- *You can hardly lift them out of the water, you can barely kick your legs, you're swallowing salt water by the gallon, and you're beginning to lose hope.* 你幾乎不能把胳膊抬出水面，僅僅踢兩下腿，你喝下大量的海水，你開始失去希望。
- *Our mind and our heart is being filled with despair and we're thinking, I'm not going to be able to make it, I'm not going to be able to.* 我們的頭腦和我們的心裡充滿了絕望，我們會想，我看來做不到了，我不能做到了。
- *We keep working and we keep working and we get no further. We keep being pulled further and further out no matter how hard we work.* 我們努力著，努力著，毫無進展。我們不斷地被拖去越來越遠，不論我們怎麼努力。

• Here's the picture. We're going along in life and at some point we realize our distance from God. 這是一個圖片。我們在生活中繼續前進，在某個時候我們意識到我們和神的距離。

• We realize that we're far from God, that something is missing, and that we need to close the gap. 我們意識到我們在遠離神，有些東西正在失去，我們需要縮小差距。

• That's when we look to the beach, and we realize we've got our work cut out for us. 那就是我們看向海灘的時候，我們意識到我們分配到給我們設定的工作。

• So we begin to work, we begin to seek God. 所以我們開始工作，我們開始尋求神。

• The riptide is what Paul calls "the law of sin and death". 激流就是保羅說的“罪與死的律法”。

• It's pulling us further and further from the beach, regardless of how hard we work. 無論我們多麼努力，激流把我們拖得離海岸越來越遠。

• We aren't strong enough. 我們不夠強大。

• We can't get to shore and we can't swim forever. 我們無法上岸，我們不能一直游泳。

• So the only logical conclusion is that we're going to die out here. 所以唯一合乎邏輯的結論是我們將走向死亡。

• Why? Because the law doesn't change, it keeps going and our lives keep running against it. 為什麼？因為律法沒有改變，它一直在繼續。我們的生活不斷地背離它。

• The law is an absolute in a world of relativism. 在相對主義的世界裡，律法是絕對的。

• We're not going to be able get out of this situation on our own. 我們不能靠自己擺脫這種情況。

• *Now this is my favorite part of this illustration.* 這裡，在這個展示裡有我最喜歡的部分。

• *While I'm fighting struggling and realizing my situation, I hear a voice.* 當我在為我意識到的這種情況掙扎時，我聽到一個聲音。

- *I struggle and I'm panicking and I'm ready to go down, and the voice says, "Come to me and I'll save you"* 我在掙扎，痛苦，準備放棄時，那個聲音說，“到我這裡來，我會救你。”
- *And I turn around and there is a guy in a sailboat.* 我回頭看，有一個人在船上。
- *So, here's this sailboat and the guy in the sailboat is none other than Jesus Himself.* 所以，這有一條船，只有耶穌在船上。
- *He's saying, "Your swimming against the current. You can't do it yourself. But, come to me and I'll save you!"* 他說，“你逆流游泳，你不能自己做到這些，到我這裡來，我來救你。”
- *And so here I am in my exhaustion and my despair and He has His hand reaching out to me and says, "Come and I'll pull you in to my boat and I'll save you and you can enjoy the ride with me."* 於是，在我筋疲力盡，充滿絕望的時候，他把手伸向我說，“過來，我要把你拉到我的船上，我要救你，你會歡喜與我同乘。”
- *What do you say? 你會說什麼？*
  - *Na, I'm ok, I'll make it. I'm tough.* 不用了，我沒事，我很堅強。
  - *Na, I'm waiting for something a little more sporty to come along.* 不用了，我在等更有刺激的過來。
  - *Na, I'd like something with a little more room, maybe a boat with fridge and nice little cabin to get some rest...* 不用了，我更想要一個更寬敞，也許有冰箱和可以睡覺的船艙的船過來。
- *That's what people say before they're desperate.* 這會是還沒有絕望前的人說的話。
  - *When we realize just how desperate the situation is we turn around, you take hold and let him pull you in.* 當我們認識到我們的情況是多麼令人絕望時，你就會伸出手，讓他拉你上船。
  - *He pulls you into his boat. He says "I'll take you to the shore, I will get you there. I will do what you can not do for yourself."* 他會把你拉上船。他說“我會帶你到岸上，我會帶你到那兒。我會為你做你自己做不到的事。
- “You're on my boat now”, that's what Jesus is saying. “你在我的船上了。”這是耶穌所說的。
- That's what it means to be freed from the law of sin and death. • *I can't get to shore.* 那就是從罪和死的律法中釋放的意思。
- But now placed on Christ's boat and I can relax. 但是現在，在基督的船上，我可以放輕鬆。
  - It's only in Him that I can relax. 只有在他裡面我可以放輕鬆。
  - In Christ Jesus, in His boat of salvation there is no condemnation. 在耶穌基督裡面，在他的救恩裡我不會被定罪。
  - No fear of death, no despair, you're free. We've been pulled from the Riptide and Given a Life of Freedom. 沒有死亡的恐懼，沒有絕望，你是自由的。我們已經被從激流中拉出來，獲得生命的自由。
- How did this happen? 這是怎麼發生的？
- What we are told in verse three is that God has provided for what the law could not do. What the

law couldn't do, God did. 從第三節我們讀到，神為我們提供了律法所不能的。律法所不能做到的，神做到了。

- “He fulfilled the requirement of the law in us.” 他為我們成全了律法。

- Which now means that when God looks at me he sees one who has taken hold of the hand of Christ, who has placed my faith in him for salvation. 這就是說，當神看我時，祂看到的是緊緊抓住基督，把信心放在祂的救恩上。

- So, when God looks at me He sees not what I have done, my miserable flailing in the water. 所以，當神看我時，祂看的不是我所做的，我的在水中的可憐的掙扎。

- He sees what Christ has done on my behalf. 他看到的是耶穌為我做的。

- Now, You say, “Okay, that’s my standing or that’s my position. Now how do I live?” 現在，你說，“好了，這是我現在的位置。那我該怎樣生活？”

- We celebrate together, we sing, we are focused on the Lord. 我們一起慶祝，我們歌唱，我們注目在主身上。

- And tomorrow we’re going to go to work, we’re going to go into everyday life, and we’re going to say, “As good as I felt yesterday, and as great of a decision I made, I think that from this moment on I will walk holy. I’m going to live righteous.” 明天我們要去工作，我們要回到日常。我們可以說，“就像昨天一樣好，就在我做了那個重要的決定之後，從那個時刻起，我就是聖潔的，我要過聖潔的生活。”

- Then, we find that sin wells up in us, temptation wells up and we get sucked into it and you feel horrible. 然後，我們發現罪又來了，試探又來了。我們陷在其中，感覺糟透了。

- So what do we do here? 那我們現在怎麼辦？

- Well, some people will say that the secret is that you need more rules for your life. 有一些人說，秘訣是你需要更多的規則在你的生活中。

- What you need is a new and better legal system. 你需要的是新的法制系統。

- You need a checklist to go by. 你需要一份行為準則的清單。

- And so we write out our little rules. 於是我們制定出自己的規則。

- Got to go to church at least 3 times per month. 比如一個月一定要至少三次去教會。

- I heard that we should tithe, or give 10 percent of my income to the Lord. I’ll do 11 just to be sure (and cover an inflationary effects that Jesus might be feeling.) 我聽說我們要十一奉獻，也就是說把收入的十分之一奉獻給神。為防止萬一，那我要奉獻百分之十一（去彌補通貨膨脹的影響，也許耶穌會那樣想。）

- Oh, and I’ll pray. I’ll pray 3 times a day. 或者，我要禱告。我要一天禱告三次。

- I’ll only listen to K-love (is that still a thing?) 我只聽K-love 廣播（這個還存在嗎？）

- I might even buy some khakis and a button down. 我也許去買一些係扣襯衫和卡其布褲子。

- You get the idea, right? 你知道我的意思了，是吧？

- Let me be painstakingly clear, if my sarcasm didn’t make it clear enough already: That’s not the secret. 讓我極其乾淨，如果我做的還不夠的話。這並不是秘訣。

- The answer, or the secret, if you will, is found in where you are located when Jesus pulls you from the riptide. 答案，或者說秘訣就在你被耶穌從激流中拉上來的時候。

- Let’s go back to the illustration. 讓我們再回到那展示上。

- What was Jesus in when he picked you up? 耶穌把你拉上來的時候，他在哪裡？
  - A sailboat. 在一條船上。
- You're on the sailboat. 你在船上。
  - What is the source of power on a sailboat? 船靠什麼行駛？
- It's the wind. 是風。
- Did you know that the ancient Hebrews used the word Ruach to describe or name the animating Spirit of God. 你知道古希伯來人用Ruach這個詞來描述賜與生機的神的靈嗎？！
  - Ruach. Ruach. 若阿克。若阿克。
  - It was also the word they used for breath, or wind. 這個詞也被用來做氣息，或是風。
- As I wrote these words I was sitting on my back porch a breeze picked up...I could feel the ruach pressing against my face. 當我寫下這些字句的時候我正坐在我家後院。一陣清風吹來。。我可以感到微風拂面的感覺。
  - There was force. 有力量
    - Power. 能力。
    - Movement. 行動。
  - And yet it's completely unseen. 但同時是完全不可見的。
- In chapter 7, Paul alluded to what he'd be getting at here in Chapter 8. 在第七章，保羅暗示他在第八章要說的事情。
- We read it last week, but I saved it for today. 我們在上一週讀到，但是我留著今天來講。
  - Look with me at this: 跟我一起來看：

### **Romans 7:6**

**But now, by dying to what once bound us, we have been released from the law so that we serve in the new way of the Spirit, and not in the old way of the written code.**

### **羅馬書 7:6**

**6 但我們既然在捆我們的律法上死了，現今就脫離了律法，叫我們服事主，要按著心靈（心靈：或作聖靈）的新樣，不按著儀文的舊樣。**

- He talks about 'the new way of the Spirit. 他說的是關於“心靈（聖靈）的新樣”。
- We are no longer bound by law and captive to sin. 我們不在被律法束縛和做罪的奴僕。
- Instead we are 而是我們
- **Powered by the Wind of the Spirit** 由聖靈的風為充滿力量
- When Jesus was speaking to his disciples, AFTER his resurrection, he told them, "I'm going to send my Spirit to come alongside of you." 當耶穌在他從死裡復活後對他的門徒說話，他說，“我將使聖靈臨到你們”。

• In fact, he said, “You’ll have POWER when the Holy Spirit comes upon you.” 事實上，他說，“你們要領受從聖靈而來的能力”

• Then, when the first church started, it exploded. 然後，當第一個教會開始的時候就爆炸性的增長。  
• And do you know what they had. 你知道他們有什麼嗎？

• They had a bunch of regular, real people who learned about the new way of the Ruach. 他們有一群學習到聖靈新樣的普通的真實人。

• It wasn’t their ambition or gifts or talent, or location that made the early church the dynamic, world changing community that they were. 並不是他們的志向，天賦，才能，或是地理位置使初代教會充滿能力，翻轉社區。

• It was the presence and power of the Holy Spirit. 而是因為聖靈的同在和大能。

• And that’s what Paul is waking us up to. 保羅使我們對這個真理醒過來。

• He now is the power source in my life. 聖靈現在是我生命的能量的來源。

• He is the wind in the sails of the boat upon which I live. 祂是我帆船的風。

• That wind always blows. 這風不停歇。

• The spirit of God works constantly. 神的靈無時無刻不在工作。

• The very fact that you experience movement in regard to spiritual things and the things of God is proof that the spirit of God is in you and has set you free. 你經歷到屬靈的運行或是神的事就是神的靈在你裡面被釋放的證據。

• And so how do we want to live? 那我們想要怎樣生活呢？

• That’s what these next few verses are about. 這是下面幾節經文要說的。

### Romans 8:5-6

**<sup>5</sup> Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup> The mind of sinful man is death, but the mind controlled by the Spirit is life and peace**

### 羅馬書 8:5-6

**5 因為隨從肉體的人體貼肉體的事，隨從聖靈的人體貼聖靈的事。**

**6 體貼肉體的，就是死；體貼聖靈的，乃是生命、平安。**

• *Illustration: Capturing the Wind* 故事：乘風而行

• *When I picture what freedom looks like, it looks like this: **Pic # 1 (Boat)** 當我想像自*

由看起來像什麼，是這個畫面：圖片一（船）

**Pic # 2 (Me Sailing)** 圖片一（我航行）

• *These are a couple of shots from earlier this year.* 這是今天早些時候的幾張照片。

• *And out on the ocean is one of the most freeing places I can be.* 在海中是我感覺最自由的地方之一。

- *But this trip was my first time sailing in the open ocean...* 但是這次是我第一次在開放海域的航行。
- *And I paid close attention to the tell tales.* 而且我很注意聽各樣的軼事。
  - *(Explain them)* (解釋它們)
- *So Im sailing this massive catamaran, which only had one working rudder, and I had to pay constant attention...to CAPTURE THE WIND.* 所以我駕駛這艘巨大的雙體船，它只有一個工作舵，我必須時刻注意.....捕捉風。
- That's the illustration we've got here. We're learning how to capture the wind. 這是一張照片/一個故事。我們正在學習如何捕捉風。
- We're learning how to capture the wind, spiritually. 屬靈上，我們在學習如何捕捉風。
- So what I'm learning to do, and what Romans 8 is teaching us is how to take advantage of, how to enjoy and put to use the fullness of the Spirit that is present in me, in my life. 所以，我正在學習做的，以及羅馬書第 8 章教導我們的是如何利用、如何享受和使用存在於我生命中的聖靈的豐盛。
- I'm going to do something. 我想做一些事。
- And that's what the life in the Spirit is all about. 這是聖靈的生命
  - That's what it means to be "filled with the Spirit" 這就是“聖靈充滿”的意思。
- So HOW do we capture the wind? 那麼，我們怎麼捕捉風呢？
- I want to get practical here and I want to keep this simple. • The first thing is this... 在這裡我想要很實際簡單的來說。第一件事就是。

***Don't set your mind on the things of the flesh.*** 不要體貼肉體。

- *When I was sailing...someone would come talk...I'd look away...etc. (Expand).* 當我航船的時候。。別人可以過來說話。。我會轉頭。。等等。(展開)
- Setting our mind on the things of the flesh is allowing the 'old' brad, or the desires of my old self, to dominate my thinking. 體貼肉體就是允許那個"老"Brad, 或是老我的慾望來主導我的想法。
  - The urges. 衝動。
  - The appetites. 胃口。
  - The wants. 貪念。
  - The desires. 渴望。
- They are all natural, normal things to have because we are human. 作為人，有這些都是自然的，正常的事情。
- It's not a matter of if those things come up. It's a matter of WHEN. 不是會不會發生的問題，而是什麼時候發生的問題。
- And when we set our mind on them, when they become our preoccupation, or even our occupation, then, Paul says, there's a deadness that we encounter. 當我們體貼它們，當它們成為我們的全神貫注的焦點，甚至是職業，保羅說，我們就經歷死亡。

• It's like losing the wind in your sails. 就像帆失去了風。

- Now think, for just a moment. 來想一想, 只花一點時間。
  - Take just a moment, what occupies your mind most of the time? 什麼是佔據你頭腦最多時間的事情?
  - The mind set on the flesh is death. 體貼肉體的就是死。
- Now, it doesn't say that the mind set on the flesh will die. 它不是說體貼肉體的將會死。
- What it says is that the PRESENT condition of the mind set on the flesh is death. 它說的是體貼肉體的當下就是死的。
  - It's dead 是死的
  - it's not alive. 不是活的。
  - There is no animation. 沒有生機。
  - There is no sensitivity to the things of God to the things of the Spirit, the things of eternity. 沒有對神的事, 對聖靈的事, 和永恆的事的敏感度。
- That's the condition. 就是那樣的情況。
- Don't set your mind on the things of the flesh, instead, **Set your mind on the things of the Spirit.** 不要體貼肉體, 乃要體貼聖靈。
- It begins with recognizing that you are a spiritual person. 這要從你認識到你是一個屬靈的人開始。
  - I don't want to freak anyone out here with crazy mystical talk, but the reality is that what makes Christianity work, and what makes it what it is, is the experience we are having on a spiritual, super-natural level. 我不想在這裡用瘋狂的神秘言論嚇壞任何人, 但事實是, 使基督教有用的原因, 以及使之成為它現在所成為的原因, 是我們在精神、超自然層面上的體驗。
- If it isn't supernatural then it isn't Christianity. 如果不是超自然的就不是基督教了。
- We need more than the physical world, we need more than what we can see, or touch. We need the Spirit. 我們需要的不只是物質的世界, 我們需要多過我們能看見和觸摸的。我們需要聖靈。
- Paul prays in Ephesians chapter 3 that we would be strengthened with His might in the inner man. 保羅在以弗所書第三章中禱告道, 我們會依靠祂的大能讓我們內住的靈魂強大。
- We have to start by seeing ourselves as spiritual beings. 我們不得不把自己看成是有靈魂的個體。
- If I see myself as spiritual, then I have taken the same consideration and more so for my Spirit than I do for my body. 如果我認為自己是有靈的, 我會同樣愛護自己, 而且比看護我的身體還要更愛護我的靈。
  - Are you with me? 你同意嗎?
- Now what do you have to do to sustain the body? 那, 你是怎樣照顧你的身體的呢?
  - You have to eat, right? 你要吃飯, 對吧?
  - You have to give the body some rest, exercise, all those kinds of things. 你需要休息, 鍛鍊, 各種有益的活動。
    - As I get older now, I'm learning that I have to "listen to my body". 現在我上了年紀, 我正在學習'聆聽我的身體'。

- If I see myself as spirit then I'm going to say the same kinds of things about my life spiritually. 如果我認為自己是靈的，我將會對我的靈說相類似的事情。
  - I need to sustain myself spiritually or be sustained spiritually. 我要看護我的靈，或者讓我的靈得到看護。
  - I have to take in nutrients that are spiritual. 我必須吃些屬靈的營養。
  - I have to learn how to exercise spiritually. 我需要學習靈裡的鍛鍊。
- The Bible tells us that this is the word of God is 'God breathed'. 聖經告訴我們這就是神的話語，'神吹的氣息'。
- The word for God breathed there, same word that we have for the Spirit. It is the breath, the wind of God. 再者使用的'神吹的氣息'一詞，是與我們看到的靈一詞相同的。它是氣息，神作的風。
- So that this is his book and if the Spirit is going to work in our lives and if we're going to exercise our lives, then we need to get to know this book. 所以這是祂的書，而如果聖靈會在我們的生命中工作，如果我們要鍛鍊我們的生命，我們就需要讀懂這本書。
  - We spend time reading it. 我們花時間讀。
  - We spend time studying it. 我們花時間學習。
  - We ask the hard questions when we come to it. 我們時不時間出困難的問題。
  - We want to see our lives conformed to it. 我們想讓我們的生命遵從。
- What else do we know about the Spirit of God? 我們對神的靈還有什麼所知的？
  - He is Spirit and he communicates to us spiritually. He communicates God to man and man to God. 祂是靈，祂在靈裡和我們溝通。祂把神交通給人，把人交通給神。
  - So that nudge you get, or what some might call a prompting, or a gut feeling, setting the mind on the Spirit means we aren't ignoring those things, but instead, we lean in and pay attention. 所以你感到的輕觸，或者有人稱之為的小提示，或是一種直覺，讓注意力放在靈裡面就說明我們不會忽視這些事情，反之，我們會靠近留意。
- Right here in this chapter, Romans chapter eight. It says that he makes intercession for us with groaning too deep for words. 在這羅馬書第八章，這一段裡。他說聖靈會為我們用不能言表的呻吟嘆息訴求。
  - Like, even when we don't know what to say, the Spirit meets us in that. 就像是說，即使我們不知道說什麼，聖靈還是在那裡與我們同在。
  - That means we just simply focusing attention of our mind on the Spirit of God, and we may not even know what to say. 也就是說我們只需要簡單的把我們的注意力集中在聖靈上，即使是我們不知說什麼的時候。
- So what Paul is getting at, is that you and I are the helm, and we are trimming the sails and setting a course and monitoring...continually, so that the wind of the spirit is in our sails. 保羅要說的是，我就是舵，調整好帆的方向，定住航道，隨時查看調整，就是為了讓聖靈的風吹進我們的帆中。
- I'll close with these words from Romans 8: 我想要在羅馬書第八章這一段結束。

### **Romans 8:9-11**

**9 You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to**

**Christ. 10 But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life[d] because of righteousness. 11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.**

**羅馬書8:9-11**

**9** 如果神的靈住在你們心裡，你們就不屬肉體，乃屬聖靈了。人若沒有基督的靈，就不是屬基督的。

**10** 基督若在你們心裡，身體就因罪而死，心靈卻因義而活。

**11** 然而叫耶穌從死裡復活者的靈若住在你們心裡，那叫基督耶穌從死裡復活的，也必藉著住在你們心裡的聖靈，使你們必死的身體又活過來。

- If you want freedom, REAL freedom, it's when we move our attention the Spirit who lives in you, and we listen, and let him lead. 如果你想要自由，真正的自由，當我們把注意力轉移到住在我們裡面的聖靈時，我們就會傾聽，讓祂帶領。
- If the son has set you free. You are free indeed. Amen? 如果聖子讓你自由了，你就是自由的。阿門？

**Benediction 祝禱**