

**Ephesians #1: On This Rock**  
**Bo Stern-Brady**  
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以弗所書 #1: 在這磐石上  
博·斯特恩·布雷迪  
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**詩歌一：超乎一切 Reign Above It All**

超乎眾權能 超乎眾王  
超乎眾受造和宇宙眾萬物  
超乎眾智慧和眾人的道路  
是你創造天地和萬物

超乎眾國度 超乎權位  
超乎這世界所知和所想像

超乎這世上的財富和珍寶  
無一事物能與你相比

釘十架 埋葬在石洞  
你捨生命 被拒絕和孤單  
像玫瑰 遭踐踏在地  
勝過死亡 你顧念我  
超乎一切

**詩歌二：我靈甦醒 Awake My Soul**

詞曲 / Brooke Ligertwood 中譯詞: Hillsong Official Translation

**【主歌 1】**

有個聲音 喜悅我心  
是救主掠過的衣襟  
那是祂 漸漸走近 禱告的人 祂聽見讚美  
中 信心

**【主歌 2】**

有個聲音 喜悅我心  
是救主掠過的衣襟  
那是祂 漸漸走近 禱告的人 祂聽見敬拜  
中 信心

**【副歌】**

我靈甦醒 歌唱  
揚聲讚美祂 高聲讚美祂

**【主歌3】**

有個聲音 帶來改變  
是人們屈膝禱告聲音  
醒來吧 別再沉睡 向祂獻上敬拜

**【橋段Bridge1】**

當祂運行 當我禱告  
城牆倒塌 道路通達  
每個應許 都是阿們  
當祂運行 陰間權柄  
顫抖驚慌 無法抵擋  
頌讚我主 頌讚我王

**【橋段Bridge2】**

嘿噢 讓榮耀的王進入我生命  
嘿噢 俯伏屈膝來敬拜祂名  
嘿噢 敞開你心 揚聲讚美

### 詩歌三：我相信 I Believe

我相信只有唯一救恩  
唯一通往生命的道路  
一個救贖，一個認罪  
我相信耶穌基督的名  
我相信十架救恩  
由他的血，我得自由  
我相信復活  
哈雷路亞，他的生命戰勝死亡

所有讚美歸於聖父  
所有讚美歸於基督聖子  
所有讚美歸於聖靈  
我們的神已得勝  
那昔在今在永在的王  
以耶穌聖名，我相信  
我相信，我相信

我相信天上的盼望  
祂為我預備居所  
超乎我的心所想  
耳已聽見眼已看到  
我相信那一天將近

他再來迎接他的新娘  
點燃聖壇，讓火燃燒  
看那羔羊升起成為雄獅

所有讚美歸於聖父  
所有讚美歸於基督聖子  
所有讚美歸於聖靈  
我們的神已得勝  
那昔在今在永在的王  
以耶穌聖名，我相信  
我相信，我相信

哦，我相信你  
不會，我不會以耶穌基督的福音為恥  
我怎麼能離開曾拯救我生命的主？

所有讚美歸於聖父  
所有讚美歸於基督聖子  
所有讚美歸於聖靈  
我們的神已得勝  
那昔在今在永在的王  
以耶穌聖名，我相信  
我相信，我相信

Introduction. How did we get here? Matthew 16:18 - to Peter: "I will build my Church upon this rock." The rock of people and their understanding of who Jesus is. Jesus apparently doesn't tell them a lot about how to do church. One service or two? 30 minute messages or 3-hour messages? Pews or chairs? Who gets to lead? He doesn't talk much about the things that we spend a lot of time talking about today. He says: On this rock, I'll build. He is always building His church and He is always building us. Jesus is crucified and resurrected and then he ascends into heaven with the word "Wait. Something's coming...just wait for it." And they do. They wait and pray and believe and then the Holy Spirit falls on them in Acts 2 and that's the moment the true, corporate church is born. 介紹。我們是怎麼來到這裡的？馬太福音 16:18 - 對彼得說：“我

要把我的教會建造在這磐石上。”人們的磐石和他們對耶穌是誰的理解。耶穌顯然沒有告訴他們很多關於如何去教會的事情。一項服務還是兩項服務？30分鐘訊息還是3小時訊息？長凳還是椅子？誰來領導？他不太談論我們今天花很多時間談論的事情。他說：我將在這塊岩石上建造。他一直在建造他的教會，他也一直在建造我們。耶穌被釘在十字架上並復活，然後他升天時說：「等候。有將要發生的……你等著吧。他們確實這麼做了。他們等待、祈禱、相信，然後聖靈在使徒行傳第2章降臨在他們身上，那就是真正的團體教會誕生的那一刻。

They are born into war. Into fierce and completely unjustified persecution. They are born into ridicule and insults and poverty. Persecution scatters them to all corners of the world and they begin to build kingdom outposts in cities like Corinth and Philippi and Ephesus and Laodicea. And, as Jesus builds his church through them, other voices come along. Voices that often distract and discourage and lead them off course. Whenever people are involved, sin will be involved, and we see through the New Testament church, a pattern of the church moving off course to various degrees. We see a pattern of people picking up the hammer and working to build the church THEY want to see and the framing gets wonky and the building becomes unsafe. (This pattern continues today. If we don't let the Lord build the house, what we build will either be dangerous or dormant.)

他們生於戰爭中。陷入殘酷且完全無理的迫害。他們生來就遭受嘲笑、侮辱和貧窮。迫害使他們分散到世界各個角落，他們開始在哥林多、腓立比、以弗所和老底嘉等城市建立王國的前哨基地。當耶穌透過他們建立祂的教會時，其他的聲音也隨之而來。那些聲音常常會分散他們的注意力，使他們灰心喪氣，甚至讓他們偏離正軌。只要涉及人，就涉及到罪，我們透過新約教會看到，這是教會在不同程度上偏離正軌的模式。我們看到這樣一種模式：人們拿起錘子，努力建造他們想要看到的教堂，但框架變得不穩定，建築物變得不安全。（這種模式一直延續到今天。如果我們不讓主建造房子，我們所建造的要么是危險的，要么是休眠的。）

It's into these busy, messy construction sites that Paul writes. He writes to encourage, to exhort and sometimes to unbuild something that has been created that is out of alignment with the will of God and the way of Jesus.

保羅寫的是這些忙碌、混亂的建築工地。他寫作是為了鼓勵、勸誡，有時甚至是為了拆毀那些與上帝的旨意和耶穌的道路不符的建造。

Ephesians - written by Paul to the church in Ephesus, but also to the whole region of churches. **(RESOURCE!)** It was circular - read throughout the area and not about a specific issue. It's an epic overview of the vision and mission of God's church. God's church. Not my church or your church. God's church. And God's desire, as expressed through Paul's pen is that we *grow*.

以弗所書—保羅寫給以弗所教會，也寫給整個地區的教會。（資源！）它是循環的 - 閱讀整個區域，而不是針對特定問題。這是對上帝教會的異象和使命的史詩般的概述。神的教會。不是我的教會，也不是你的教會。神的教會。正如保羅的筆所表達的，神的願望是我們成長。

We are enamored with birth, new life...but growth is hard (babies, puppies). Same with our spiritual lives. Why has the Church moved away from individual growth and pushed SO HARD toward corporate, numerical growth. Perhaps because the other kind of growth is much harder. What is it? For our purposes, we'll define growth the same way Eugene Peterson does in his book *Practice Resurrection*

我們迷戀出生、新生命.....但成長是艱難的(嬰兒、小狗)。我們的精神生活也是如此。為什麼教會不再關注個人成長，而是如此努力地推動企業、數位成長。也許是因為另一種成長就困難得多。它是什麼？出於我們的目的，我們將按照尤金·彼得森在他的《實踐復活》一書中定義的方式來定義增長

**Healthy in God, robust in love.**

在神裡健康，在愛裡堅強。

(In this series, when we say 'growth', we will always mean individual growth. The deep stuff. I once was blind, but now I see.)

Church is hard. It's complicated. BUT, it's Jesus' dear treasure. We are meant to grow *in* the church. It's the chosen container for our instruction, equipping and maturity. EP: **"The local church is the holy soil into which we have been planted."** (People are broken inside of relationships and people heal inside relationships. Same with the church. For my whole life, the church has been the place where my belief in Jesus is informed, shaped, tested, tried and proven. It's the place where I find out if I mean it when I say 'not my will, but Your will.'" It's the place where I can whether or not I value my opinions over unity. It's here that I find out how much my money means to me, how much my time means to me, how much I'm willing to lay down my life for my brothers and sisters. This is the place. In isolation, without the body of Christ around me, it's easy to imagine I am good and humble and faithful. This is also the place that has been my truest support, my strongest allies, the people who walked with me through the valley of the shadow of death and surrounded me with Jesus-level love. I have lived in the very best version of Jesus' church and it's the church that I want for all of us. - it's who we are becoming; a place of hope, healing, freedom and flourishing. But we will also stumble and our humanity will trip us up and give us lots of opportunities to grow together.)

(在這個系列中，當我們說「成長」時，我們總是指個人成長。深層的東西。我曾經是瞎眼的，但現在我看見了。)

教會很難。情況很複雜。但是，這是耶穌的寶貴財富。我們注定要在教會中成長。它是我們為指導、裝備和成熟而選擇的容器。EP：“地方教會是我們植根於其中的聖土。”（人們在人

際關係中破碎，人們在人際關係中治癒。教會也是如此。在我的一生中，教會一直是我對耶穌的信仰被告知、塑造、檢驗、嘗試和證明的地方。當我說「不是我的意願，而是你的意願」時，這是見證我是否是認真的地方——錢對我來說意味著什麼，時間對我來說意味著什麼，我有多願意為弟兄姊妹擺上。這是見證我們的地方。在孤立的情況下，沒有基督的身體在我身邊，很容易想像我是美善、謙虛和忠誠的。這裡也有我最真實的支持者，我最堅強的盟友，那些與我一起走過死亡陰影的山谷並用耶穌等級的愛圍繞著我的人們。我在最好的耶穌教會裡生活過，這就是我想要我們所有人擁有的教會。- 這就是我們正在成為的人；一個充滿希望、療癒、自由和繁榮的地方。但我們也會絆倒，我們的人性會讓我們絆倒，並給我們很多共同成長的機會。

——>. What did Jesus say about the Church? ——>. 耶穌對教會說了什麼？

We're going to be talking about growth and we're going to be talking about church.我們將談論成長，我們將談論教會。

**THE CHURCH = all the churches who love and follow the way of Jesus**

**Our church = B4Church**

教會 = 所有熱愛並遵循耶穌之路的教會

我們的教會 = **B4Church**

*The CHURCH and our church.* But we're not going to be talking about church growth. **Churches can easily grow in number and shrink in maturity and depth.** Church growth strategies in the early 2000's liked to say, "Healthy things grow." Yes. So do tumors. Unhealthy things grow. In fact, sometimes it's easier to grow a church by following clever marketing strategies than it is by following the way of Jesus. More unrooted, ungrounded, immature people = a more unrooted, ungrounded, immature church. But if we're truly growing into the soil of the love and way of Jesus and if we are consistently sinking our roots deep into his love and His Word, we will inevitably grow and our church will also grow in depth and maturity. Depth and maturity does not mean inward focus...the more we know Jesus the more we love like Him...the farther out we will go with His grace and His message, the wider our arms will open to hurting hearts all around us. 教會和我們的教會。但我們不會談論教會的成長。教會的數量很容易增加，而成熟度和深度卻很容易縮小。教會

2000 年代初期的成長策略喜歡說：“健康的事物會成長。”是的。腫瘤也是如此。不健康的東西會生長。事實上，有時候，透過遵循巧妙的行銷策略來發展教會比遵循耶穌的道路更容易。越多無根基、不踏實，不成熟的人=越無根基、不踏實、不成熟的教會。但是，如果我們真正在耶穌的愛和道路的土地中成長，如果我們始終如一地將我們的根深深扎入祂的愛和祂的話語中，我們將不可避免地成長，我們的教會也會在深度和成熟上成長。深度和成

熟並不意味著專注於內心……我們越了解耶穌，我們就越像他一樣去愛……我們隨著他的恩典和他的信息走得越遠，我們的雙臂就會張開得越寬，去擁抱周遭受傷的心。

LOVE this quote by Eugene Peterson (and we'll be referring his book a whole lot in this series) : 喜歡尤金彼得森的這句話(我們將在本系列中大量引用他的書)

**'Church is an appointed gathering of named people in particular places who practice a life of resurrection in a world in which death gets the biggest headlines: death of nations, death of civilization, death of marriage, death of careers, obituaries without end. Death by war, death by murder, death by accident, death by starvation. Death by electric chair, lethal injection, and hanging. The practice of resurrection is an intentional, deliberate decision to believe and participate in resurrection life, life out of death, life that trumps death, life that is the last word, Jesus life. This practice is not a vague wish upwards but comprises a number of discrete but interlocking acts that maintain a credible and faithful way of life, Real Life, in a world preoccupied with death and the devil.'**

'教會是在特定地點由有名字的人們的指定的聚會，他們在一個死亡佔據最大頭條新聞的世界中實踐復活的生活：國家之死、文明之死、婚姻之死、事業之死、永無止境的訃告。死於戰爭、死於謀殺、死於意外、死於飢餓。被電椅、注射死刑、絞刑致死。復活的實踐是一種有意識、深思熟慮的決定，相信並參與復活的生命，脫離死亡的生命，勝過死亡的生命，最後的生命，耶穌的生命。這種做法並不是一種模糊的向上願望，而是由許多離散但相互關聯的行為組成，這些行為在一個充滿死亡和魔鬼的世界中維持著可信和忠實的生活方式，即真實的生活。

Let's go back to that: " An appointed gathering of named people in a particular place..."  
讓我們回到那個：“特定地點由有名字的人們的指定的聚會...”

Ephesians 1:1-2. Paul, an apostle of Christ Jesus by the will of God, to God's holy people in Ephesus, the faithful in Christ Jesus: Grace and peace to you from God our Father and the Lord Jesus Christ."

以弗所書 1:1-2

1 奉神旨意，作基督耶穌使徒的保羅，寫信給在以弗所的聖徒，就是在基督耶穌裡有忠心的人。

2 願恩惠、平安從神我們的父和主耶穌基督歸與你們！

God's holy people in Ephesus. 上帝在以弗所的聖民。

An appointed gathering of named people in a particular place. The people are God's holy people, the place is Ephesus. (History) 指定的人在特定地點舉行的指定聚會。這些人是神的聖民，地方就是以弗所。(歷史)

We are an appointed gathering of named people in a particular place. We are B4 Church - God's holy people. The place is Beaverton, Oregon. 我們是在特定地點指定的指定人士的聚會。我們是B4教會—神的聖民。這個地方是俄勒岡州比佛頓。

Paul's letter to the Ephesians is a masterpiece - its' a vast landscape that Paul flies over to say: This is what your life and your community of faith could look like...then he gets out of the plane and walks through the town and points to the things that are preventing growth and fruitfulness. (Pilot Butte - I can see 28 mountain peaks and...my house. My house looks perfect from up there. Looks like all the dishes are done and the lawn is mowed and the garbage has been taking out. But when I come down from Pilot Butte and return to my actual house...I can no longer see the mountains and I CAN see the garbage and the dishes. 保羅寫給以弗所人的信是一部傑作——保羅飛過這片廣闊的風景說：這就是你的生活和你的信仰團體可以有的樣子.....然後他下了飛機，穿過城鎮，指出阻礙生長和結果子的事。 (Pilot Butte - 我可以看到28座山峰，還有...我的房子。從上面看，我的房子看起來很完美。看起來所有的盤子都已經做好了，草坪也已經修剪過了，垃圾也已經被倒掉了。但當我從 Pilot Butte 下來並回到我真正的房子時.....我看不到山脈了，我可以看到垃圾和盤子。

So as he takes us through the landscape of the church, he'll talk about the power promised to us. HE'll talk about the depth and dimension of the love of God that is available to us for exponential life change. He'll talk about the resource of prayer. He'll show us the splendor of the kingdom resources available to us...but he'll also walk through our kitchens with us and help us see exactly what is standing in the way of us becoming healthy in God and robust in love. One part of the text that best encapsulates both of these ideas - the view from the mountain and the dishes in the sink - is in the very first part of Ephesians 4. 因此，當他帶我們參觀教堂的景觀時，他會談論向我們承諾的力量。他將談論上帝的愛的深度和維度，它可以讓我們的生命發生指數級的改變。他會談論祈禱的資源。祂會向我們展示我們可以利用的國度資源的輝煌.....但祂也會和我們一起走過我們的廚房，幫助我們準確地看到是什麼阻礙了我們在上帝裡變得健康，在愛中變得堅強。以弗所書第4章的第一部分最能概括這兩個想法——山上的景色和水槽裡的盤子。

Ephesians 4:1-4.

**Therefore I, the prisoner for the Lord, urge you to •walk worthy of the calling you have received.... Ephesians 4:1**

以弗所書 4:1

4 我為主被囚的勸你們：既然蒙召，行事為人就當與蒙召的恩相稱。

Worthy = Axios - Scales. The walk matches the weight of the calling. 值得 = Axios - 秤。  
行走的步伐與呼喚的重量相符。

**Therefore, I, the prisoner for the Lord, urge you to walk worthy of the calling you have received...with all humility and gentleness, with patience, accepting, one another in love, diligently keeping the unity of the Spirit with the peace that binds us. There is one body and one Spirit—just as you were called to one hope, at your calling — one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. Ephesians 4:1-6**

以弗所書 4:1-6

4 我為主被囚的勸你們：既然蒙召，行事為人就當與蒙召的恩相稱。

2 凡事謙虛、溫柔、忍耐，用愛心互相寬容，

3 用和平彼此聯絡，竭力保守聖靈所賜合而為一的心。

4 身體只有一個，聖靈只有一個，正如你們蒙召同有一個指望。

5 一主，一信，一洗，

6 一神，就是眾人的父，超乎眾人之上，貫乎眾人之中，也住在眾人之內。

How does it look to walk worthy? To add weight and depth and roots to the way we follow Jesus? 看起來如何才算行走的相稱？為我們跟隨耶穌的道路增添分量、深度和根基？

Who are we called to be? 我們被呼召成為誰？

- Humble 謙卑的
- Gentle 溫柔的
- Patient 忍耐的
- Accepting one another in love 用愛心互相寬容
- Diligently keeping the unity of the Spirit with the peace that binds us. 竭力保守聖靈所賜合而為一的心。

THIS is the practice of resurrection. Doesn't sound very glamorous. It's not prophecy or preaching or teaching or leading. This is not about individual growth - this is about getting along. About honoring one another. Turns out, they are the same thing. We grow in God as we grow in grace with one another. We grow as we learn to walk out our relationships. As we learn to keep the bond of peace. As we exercise gentleness in the face of frustration. As we forgive. As we humble ourselves. This is how we become fully devoted followers of Jesus - and this is how we grow as a church. A community of

hope, healing, freedom and flourishing. 這就是復活的實行。聽起來不太光鮮亮麗。這不是預言、講道、教導或領導。這與個人成長無關，而是與相處有關。關於互相尊重。事實證明，它們是同一件事。當我們在彼此的恩典中成長時，我們就會在神裡面成長。當我們學會走出人際關係時，我們就會成長。當我們學會保持和平的連結。當我們面對挫折時表現出溫柔。正如我們寬恕。當我們謙卑自己。這就是我們成為耶穌完全忠誠的追隨者的方式——這就是我們作為教會成長的方式。一個充滿希望、療癒、自由和繁榮的社區。

“The practice of resurrection is not an attack on the world of death; it is a nonviolent embrace of life in the country of death.” P. 13 “復活的實踐並不是對死亡世界的攻擊；而是在死亡之國對生命的非暴力擁抱。” 第 13 頁

COMMUNION & RESPONSE 聖餐與回應

Benediction 祝禱