

● **Uh Resurrection in Christ 7**
Ephesians 3:14-21

David Beavis

7/14/24

基督裡的復活 #7

以弗所書 3:14-21

大衛·比維斯

2024年7月14日

詩歌一：**God, You're So Good**主祢真好

曲/詞：Brooke Ligertwood, Scott Ligertwood, Kristian Stanfill, Brett Younker 譯唱：Steven Leung x Vanessa Leung

奇妙的愛 正等待我
祢仁慈和憐憫
流出的血 一點不剩
我不配祢這樣

主,祢真好
Oh 主,祢真好
主,祢真好 祢對我真好

看十字架 古到今
年月都見證
勝過死亡 我罪得贖
這是祢的大能

主,祢真好
主,祢真好
主,祢真好

祢對我真好
我蒙恩. 我被召
主聖靈, 充滿我
主耶穌今救贖我
至高榮耀, 受膏者
充滿祢能力
要彰顯耶穌的名

但這一生 是否痛苦
我永不會忘記
在髑髏地祢的十架
是永恆的盼望

主,祢真好
Oh 主,祢真好
Oh 主,祢真好
祢對我真好

詩歌二：**Build My Life**建造我生命

配得 我們献上每一首歌曲
配得 我們所有讚美的聲音
配得 我們生命每一次呼吸
為祢而活

耶穌 唯有祢名在萬名之上
耶穌 唯有祢是這世界拯救
配得 我們生命每一次呼吸

詩歌三: **Bless God** 祝福神

向祂奔跑去的人有福了
那在耶穌裡有盼望和信念的
祂不會離棄他們
尋求祂的面的人有福了
那屈下膝定眼在耶穌的
不會被撼動

來和我一起讚美主
高唱如果你愛他的名
來和我一起大聲歌唱
他配得我們所有讚美

和祂同行的人有福了
那決心和耶穌一起朝聖的
會親見祂的榮光
死而再生的人有福了
那為耶穌拋下所有而喜樂的
唯有他, 哦耶穌, 全為你的榮耀

為你而活

聖潔 無人能夠像祢 無人與祢相比
開我眼睛為祢驚嘆
向我更顯明祢自己 充滿我祢心意
帶領我愛人更像祢

我要建造我生命 在祢愛裡 堅固的根基
我要全心信靠祢 我信靠祢 絕不會動搖

來和我一起讚美主
高唱如果你愛他的名
來和我一起大聲歌唱
他配得我們所有讚美

來獻上你的奉獻
高唱如果你知道他的恩典
來舉起我們的聖潔的手
他配得我們所有讚美

祝福神在聖殿
祝福神在豐富之地
祝福神在黑暗山谷
每一個機會, 我讚美你的名

祝福神當我兩手空空
祝福神當讚美要付出代價
祝福神在無人之地
每一個機會, 我讚美你的名

祝福神當拿起武器
祝福神當城牆陷落
祝福神因他在我前面行
每一個機會，我讚美你的名

祝福神因他持有勝利
祝福神因他常與我同在
祝福神因他永遠配得
每一個機會，我讚美你的名

來和我一起讚美主
高唱如果你愛他的名
來和我一起大聲歌唱
他配得我們所有讚美

來獻上你的奉獻
高唱如果你知道他的恩典
來舉起我們的聖潔的手
他配得我們所有讚美

1. Intro 介紹

- a. Hi - My name is David, I serve as one of the pastors here.

你好 - 我叫大衛，我是這裡的牧師之一。

- b. Welcome Kids! Glad you are with us!

歡迎孩子們！很高興你和我們在一起！

- i. Day camp!

日間營！

- ii. And didn't it feel like an awesome four-day-long party?

為期四天的聚會不感覺很棒嗎？

- iii. Thank you

謝謝

1. to the B4Kids team who worked so incredibly hard.

感謝 B4Kids 團隊的努力。

2. To Jenna Anderson and Josiah Stern for leading this.

感謝珍娜·安德森 (Jenna Anderson) 和喬賽亞·斯特恩 (Josiah Stern) 的領導。

3. And to all of you who volunteered your time, whether you were a middle schooler serving as a helper, or an adult coach or counselor, or whatever your role was...thank you!

感謝所有自願貢獻自己時間的人，無論您是充當幫助者的中學生，還是成人教練或輔導員，或者無論您的角色是什麼.....謝謝！

4. I got to play a small role as Pete the Party Llama
我扮演了一個小角色：派對駱駝皮特
 - a. **SLIDE 1 - Photo of Pete the Party Llama**
幻燈片 1 - Pete the Party Llama 的照片
5. This is the kind of Church we aspire to be: a massive team of people, young and old, refusing to believe the narrative that there is no hope for the next generation...
這就是我們渴望成為的教會：一個由老少皆宜的龐大團隊，拒絕相信下一代沒有希望的說法...
6. Instead of despair, together we passionately pour out our lives into the next generation so that they may find the hope, healing, freedom, and flourishing offered in a life of following Jesus.
我們不是絕望，而是一起熱情地將我們的生命傾注給下一代，以便他們能夠在跟隨耶穌的生活中找到希望、治癒、自由和繁榮。

c. Intro series

介紹講道系列

- i. This morning we continue in our Ephesians teaching series - Resurrection People (Because resurrection is not something we celebrate once a year. Resurrection is a reality we live)
今天早上我們繼續以弗所書教學系列 - 復活的人（因為復活不是我們每年慶祝一次的事情。復活是我們生活的現實）
 1. **SLIDE 2 - [Point to Resources?]**
投影片 2 - [指向資源?]
- ii. [Summary sticky statement] - In this series, we are exploring how we, the Church, are the holy soil (to use Eugene Peterson's words) so that we grow to be "Healthy in God, robust in love."
[摘要黏性聲明] - 在這個系列中，我們正在探索我們教會如何成為聖土（用尤金·彼得森的話說），以便我們成長為「在神中健康，在愛中堅強」。
- iii. The passage we are tackling today is in the middle of this letter, and it is the turning point in the letter from who we are to how we are to live in light of who we are.
我們今天要處理的段落位於這封信的中間，這是信中從我們是誰到我們如何根據我們是誰生活的轉折點。
- iv. And this hinge point of the letter is a richly worded prayer that Paul writes down.
這封信的關鍵點是保羅寫下的一段措詞豐富的禱告。
- v. What I would like us to do now is read the passage together, and then I'll dive into the teaching.
我現在希望我們一起閱讀這段經文，然後我將深入教學。

1. Would you stand as [Avery] reads this passage, and after the passage is read, I'll say "This is the word of the Lord" to which you respond, "Thanks be to God." and then take your seat.

當[艾弗里]讀這段話時，你能站起來嗎？當這段話讀完後，我會說“這是上帝的話”，你會回應說，

d. Ephesians 3:14-21

以弗所書 3:14-21

14 因此，我在父面前屈膝，

15 (天上地上的各(或作全)家，都是从他得名)

16 求他按着他丰盛的荣耀，借着他的灵，叫你们心里的力量刚强起来，

17 使基督因你们的信，住在你们心里，叫你们的爱心，有根有基，

18 能以和众圣徒一同明白基督的爱，是何等长阔高深，

19 并知道这爱是过于人所能测度的，便叫神一切所充满的，充满了你们。

20 神能照着运行在我们心里的大力，充充足足的成就一切超过我们所求所想的。

21 但愿他在教会中，并在基督耶稣里，得着荣耀，直到世世代代，永永远远。阿们。

i. [Stand and read passage]

[起立並朗讀段落]

2. Running story

跑步故事

- a. I'm a runner. I run regularly. And I, most of the time, enjoy it.

我是一名跑者。我經常跑步。而我，大多數時候，都很享受它。

- b. But, if you were to ask me five years ago if I liked long-distance running, I would have responded with "Absolutely not."

但是，如果你五年前問我是否喜歡長跑，我會回答「絕對不喜歡」。

- c. Basketball was my sport growing up. Short bursts of running was far more fun than running nonstop.

籃球是我成長過程中的運動。短時間的跑步比不停地跑步有趣得多。

- d. But then in 2020, when the gyms were closed due to the pandemic, I decided that for the sake of my mental and physical health during that time, I needed to continue exercising.

但到了2020年，當健身房因疫情而關閉時，我決定為了那段時間的身心健康，我需要繼續運動。

- e. So, I laced up my running shoes and started running.

於是，我繫好跑鞋的鞋帶，開始跑步。

- f. But I always hit a ceiling. I could never run more than three or four miles.

但我總是遇到天花板。我永遠跑不了超過三、四英里。

- i. No matter how hard I tried, I just couldn't get past that barrier.
無論我多麼努力，我就是無法跨越這個障礙。
- g. But one day, I got some advice from my dad who has run several marathons.
但有一天，我從跑過幾次馬拉鬆的父親那裡得到了一些建議。
 - i. He said, "Son. You know what's wrong? It's your nutrition. You need better and more fuel at the right time in order to go the distance."
他說：「兒子。你知道出了什麼問題嗎？這是你的營養。你需要在正確的時間提供更好、更多的燃料才能走完這段路程。
- h. My willpower and determination was there.
我的意志力和決心就在那裡。
- i. But the fuel, something outside of myself, was not.
但燃料，也就是我之外的東西，卻不是。
 - i. I needed a source outside myself to fuel me.
我需要一個外部來源來提供我動力。
- j. I took his advice, and it changed everything. I broke that barrier of four miles and started running much more.
我接受了他的建議，這改變了一切。我突破了四英里的界限，開始跑更多的距離。
- k. A year later, I ran the Wildwood trail in Forest Park, a 30-mile trail, for my 30th birthday.
一年後，我在森林公園跑了一條 30 英里的懷爾德伍德步道，慶祝我的 30 歲生日。
 - i. **SLIDE 3 - [photo of me on the trail]**
幻燈片 3 - [我在路上的照片]
 - ii. And guess what! On that run, I needed fuel. I brought snacks!
你猜怎麼著！在那次跑步中，我需要燃料。我帶了零食來了！
- l. In order to go far in running, I needed more fuel, I needed better fuel, and I could not go too long without having more fuel.
為了跑得更遠，我需要更多的燃料，我需要更好的燃料，如果沒有更多的燃料，我就無法走太遠。
- m. In the New Testament, the Christian life - a life of following Jesus - is sometimes described as a race (Hebrews 12:1)
在新約中，基督徒的生活－跟隨耶穌的生活－有時被描述為一場賽跑（希伯來書12:1）
 - i. Following Jesus and partnering with Jesus in his mission is a life-long marathon.
跟隨耶穌並與耶穌合作完成祂的使命是一場終生的馬拉松。
 - 1. And in this race of faith, we need fuel.
在這場信仰的競賽中，我們需要燃料。

2. Which begs the question:
這就引出了一個問題：

ii. **SLIDE 4 - What is it that we fuel ourselves with for the race of faith?**

投影片 4 - 我們為信仰的競賽提供什麼燃料？

1. What do we fuel ourselves with as we become more like Jesus and serve those around us?
當我們變得更像耶穌並為周圍的人服務時，我們可以用什麼來為自己加油呢？
2. Or are we even fueling ourselves at all?
或者說我們到底在給自己加油嗎？
3. Are we running on empty?
我們是在空肚子跑嗎？
4. Are we fueling ourselves with quick-fix instant gratification?
我們是否透過快速解決即時滿足感來加油？
5. Or is there something far better to sustain us in this long race of faith?
或者有什麼更好的東西可以支撐我們在這場漫長的信仰賽跑中？

iii. As we go through this text verse by verse, I want you to have this question in the back of your mind: **SLIDE 5 -**

What is it that sustains me for the race of faith?

當我們逐節閱讀本文時，我希望您在腦海中浮現這個問題：**幻燈片 5 - 是什麼支撐著我參加信仰競賽？**

3. Bible:
聖經：

- a. **SLIDE 6 - V. 14-15 - ¹⁴For this reason I kneel before the Father, ¹⁵from whom every family in heaven and on earth derives its name.**

幻燈片 6 - V. 14-15 - ¹⁴為此，我跪在天父面前，¹⁵天上地下的每個家庭的名字都源自他。

- i. These two verses introduce us to Paul's prayer.
這兩節經文向我們介紹了保羅的禱告。
- ii. In this prayer, there are two parts.
這禱告有兩個部分。
 1. A Prayer of Petition (v. 16-19)
懇求的禱告(16-19節)
 2. And a Prayer of Praise (v. 20-21)
和讚美的禱告(20-21節)
- iii. What is it that Paul is petitioning? What is Paul asking of God on behalf of his brothers and sisters in Ephesus?
保羅所祈求的是什麼？保羅代表他在以弗所的弟兄姊妹向神祈求什麼？

iv. Let's look at verse 16.

我們看第16節。

- b. **SLIDE 7 - V. 16-17a - ¹⁶I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith.**
投影片 7 - V. 16-17a - ¹⁶我祈求祂用祂榮耀的豐富，藉著祂的靈，用大能堅固你們的內心，¹⁷使基督藉著你們的信，住在你們心裡。

i. You will notice in this prayer that all three members of the Godhead, the Trinity (Father, Son, Holy Spirit), are present.

你會注意到，在這個祈禱中，三位一體的三位一體（聖父、聖子、聖靈）的所有三位成員都在場。

1. We have Paul praying to the Father, requesting that the Holy Spirit strengthen believers, that Christ may dwell in our hearts.

我們看到保羅向天父祈禱，祈求聖靈堅固信徒，使基督住在我們心裡。

2. When it comes to being strengthened in our inner being, the very core of ourselves, what is the source of our strengthening?

當我們的內在、自己的核心得到加強時，我們加強的來源是什麼？

a. Is it our willpower?

是我們的意志力嗎？

b. Is it our own strength?

是我們自己的力量嗎？

c. No! It says... "I pray that out of his glorious riches **he** may strengthen you with power **through his Spirit** in your inner being"

不！它說...“我祈求他能**通過他的靈**，用他榮耀的豐富，在你的內在生命中，用力量堅固你”

d. Church, how often do we try to go through this life of faith relying on our own strength?

教會啊，我們有多少次嘗試靠著自己的力量度過這種信仰生活呢？

i. How often do we try to serve people and become like Jesus via our own strength?

我們有多少次嘗試透過自己的力量服務他人並變得像耶穌一樣？

1. We serve others out of duty and obligation.

我們出於責任和義務為他人服務。

2. We try to make ourselves good on our own willpower

我們努力靠自己的意志力讓自己變得優秀

ii. But the invitation here is to be strengthened through the Spirit!

但這裡的邀請是要透過聖靈來加強！

- iii. What does this look like?
這看起來像什麼？
- iv. Verse 17 elaborates on this
第17節詳細闡述了這一點

c. **SLIDE 8 - V. 17 - so that Christ may dwell in your hearts through faith.**

投影片 8 - V.17 - 基督能藉著信心住在你們心裡。

- i. That the character of Christ would exude from the inside out 基督的品格會由內而外地流露出來
 - ii. I have a Bible question: 我有一個聖經問題：
 - 1. **SLIDE 9 - Where is Jesus? Is Jesus** 耶穌在哪裡？耶穌是
 - a. **SLIDE 10 - A. In your heart** 在你心裡
 - b. **SLIDE 11 - B. Seated at the right hand of the Father** 坐在聖父的右手邊
 - 2. The answer is: Yes. 答案是：是的。
 - a. How? 你怎麼知道
 - b. By the Holy Spirit. 藉著聖靈
 - i. This is why the teaching of the Trinity is so important and why there are so many arguments, particularly in the first few centuries of church history about the Trinity. 這就是為什麼三位一體的教導如此重要，以及為什麼有這麼多的爭論，特別是在教會歷史的最初幾個世紀裡，關於三位一體的爭論。
 - c. And I wish I could summarize with eloquence the mystery at the heart of our faith that is the Trinity, this Fellowship of Love within God's Self. 這就是為什麼三位一體的教導如此重要，以及為什麼有這麼多的爭論，特別是在教會歷史的最初幾個世紀裡，關於三位一體的爭論。
 - d. All I can offer you from the text right now is an invitation to relax in the divine mystery and recognize that Christ is in you by the Spirit, the same Spirit who raised Jesus from the dead. 我現在能從經文中向你提供的就是邀請你在神聖的奧秘中放鬆，並認識到基督藉著聖靈住在你裡面，就是使耶穌從死裡復活的同一位聖靈。
 - 3. Isn't this text so rich? 這段文字是不是很豐富呢？
 - 4. Let's keep going... 我們繼續吧...
- d. **SLIDE 12 - V. 17b-19 - And I pray that you, being rooted and established in love,¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,¹⁹ and to know this love**

that surpasses knowledge以弗所書 3:17-19 17使基督因你們的信住在你們心裡，叫你們的愛心有根有基，18能以和眾聖徒一同明白基督的愛是何等長闊高深，19並知道這愛是過於人所能測度的，便叫神一切所充滿的充滿了你們。

- i. This is the next part of Paul's request of God on behalf of the Ephesian followers of Jesus這是保羅代表耶穌的以弗所跟隨者向上帝祈求的下一部分
 1. That they, being rooted and established in love may have power...to grasp that which we cannot grasp, paradoxically to know the unknowable: the depth of God's love for us. 他們在愛中紮根和建立，可能有能力.....抓住我們無法抓住的東西，矛盾的是知道不可知的事物：上帝對我們的愛的深度。
 2. In our world today, a world marked by division, anxiety, and fear-fueled hatred, what if the church - Healthy in God, and robust in love - what if we were rooted and unmoved in love (secure in God's love for us and growing in our love for others)? 在我們今天的世界，一個充滿分裂、焦慮和恐懼引發的仇恨的世界，如果教會——在神裡面健康，在愛中堅強——如果我們在愛中紮根並且不為所動（在神對我們的愛中得到保障，並在愛中堅定不移）會怎麼樣？
 3. In a world of contagious anxious energy, what if we were relaxed and stood firm in love? 在一個充滿焦慮能量的世界裡，如果我們放鬆並堅定地在愛里會怎麼樣？
 - a. As a ship with a solid anchor, as a tree with deep roots, withstands a storm, the people of God can be stable in amid an unstable and deeply fearful world. 神的子民如一艘錨定的船，一棵根深蒂固的樹，能夠承受風暴，在這個不穩定、可怕的世界中保持穩定。
 4. How is this possible? By rooting ourselves in the love of God. 這怎麼可能？紮根於神的愛中。
 - a. Again, there is a paradox at the heart of this: knowing that which surpasses knowledge. Comprehending the incomprehensible. 同樣，這件事的核心存在著一個悖論：知道超越知識的東西。理解不可理解的事。
 - i. It is as if Paul is making an impossible request, but is going to make it anyway.就好像保羅提出了一個不可能的要求，但無論如何他還是會這麼做。
 1. May they know, Oh Lord, the unknowable: The greatness of your love.主啊，願他們知道那不可知的事：祢的愛是多麼偉大。
 5. As we turn the corner on this passage, let's summarize Paul's request so far: 當我們翻過這段經文時，讓我們總結一下保羅迄今為止的要求：
 - a. Being strengthened by the Spirit, Christ dwelling in our hearts, rooted and established in love, power to know the unknowable depth of God's love...使基督因你們的信住在你們心裡，叫你們的愛心有根有基
 6. All of this points to a final request of Paul這一切都指向保羅最後的請求
 - e. **SLIDE 13 - V. 19b - that you may be filled to the measure of all the fullness of God. 便叫神一切所充滿的充滿了你們**

- i. What does “filled to the measure of all the fullness of God” mean? 「充滿神一切的豐盛」是什麼意思？
1. **SLIDE 14 - To be filled with the presence and power of God, by God’s Spirit, so that we would reflect God to the world. 藉著神的靈, 充滿神的同在和能力, 好讓我們能向世界反映神。**
 - a. We are to be reflections of the likeness of God, conformed to the likeness of his Son Jesus 我們要成為上帝形象的反映, 效法祂兒子耶穌的形象
 - b. This looks like the transformational work of realizing how deeply loved by God we are, and strengthened by God’s Spirit in the deepest parts of ourselves, so that we can pour out and serve those around us. 這看起來像是一項變革性的工作, 讓我們認識到我們是多麼深地被神所愛, 並被神的靈在我們內心的最深處所加強, 這樣我們就可以傾心傾注並服務我們周圍的人。
 - i. We are transformed from being people who live as if we are the center of the universe to living out the truth that God is the center of the universe, and we as beloved children are to participate in our Father’s healing project in the world. 我們從生活中彷彿自己是宇宙中心的人轉變為活出上帝是宇宙中心的真理, 我們作為心愛的孩子要參與天父在世上的醫治計劃。
 - ii. This is why we exist - To become who we were always meant to be: Accurate representations of and partners with our loving Father and King. 這就是我們存在的原因 - 成為我們一直注定要成為的人: 我們慈愛的天父和上帝的準確代表並與他們同工。
 - iii. In short: To glorify God. 簡而言之: 榮耀神。
 2. And the glory of God is what concludes this prayer. 神的榮耀就是這禱告的結束語。
 3. We move from a prayer of petition (Paul’s request of God) to a prayer of praise. 我們從祈求的禱告 (保羅向神祈求) 轉向讚美的禱告。

- f. **SLIDE 15 - V. 20-21 - ²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. 20 神能照著運行在我們心裡的大力, 充充足足地成就一切, 超過我們所求所想的。21 但願他在教會中, 並在基督耶穌裡得著榮耀, 直到世世代代, 永永遠遠! 阿們。**

4. [Application] Let’s wrapping this all together. 【實踐】讓我們一起總結一下。
- a. This is a prayer Paul prays with deep theology in every word 這是一個保羅在每一字句中都展現了深奧的神學的禱告。
 - b. Our purpose is to glorify God by reflecting God’s character to the world. 我們的意義是在世上活出神的品格來榮耀神。
 - c. But what is the fuel for living out our purpose? 可是什麼是我們活出我們的意義的動力呢？

- i. **SLIDE 16 - The "fullness of God" fills the inner being so that faith and love might fuel the Christian community as it marches onward. - Thomas Slater** 投影 16 - 「神的完善」充滿我們內裡，讓信仰和愛來推動基督徒團體前進。——托馬斯·斯萊特
 - ii. In other words, God's very self fuels us for the mission of glorifying God 也就是說，神本身燃起我們榮耀神的使命。
 - iii. According to Paul in this passage, 這一段經文中按著保羅說的，
 - iv. **SLIDE 17 - The fuel for living out our purpose is God's very presence (His Spirit) and knowing his love.** 投影 17 - 實現我們目標的燃料是神的同在(祂的靈)和認識祂的愛。
 - v. This fuel transforms us from the inside out so that we may become like God, and become accurate representations of our loving God to the world. 這種動力從內到外改變我們，使我們變得像神，並成為我們慈愛的神在世上的準確表達。
 1. **SLIDE 18 - For the church to carry out its tasks in the world...a filling of God is essential. Again, God's fullness is not experienced as when we feel satiated after a big meal, for that sort of fullness makes us lethargic. Instead this is the fullness of the gas tank before the long drive. To continue the analogy, the journey involves the church being Christ to the world, and the destination is the new heavens and new earth, the great feast that awaits the redeemed. - Lynn Cohick** 投影 18 - 教會要在世上執行其任務...被神充滿是必不可少的。再次強調，神的豐盛並不是我們在飽餐一頓之後所能體會到的，因為那種豐盛會讓我們昏昏欲睡。相反，這是長途旅行之前油箱的豐足。沿著這個類比說，這個旅程涉及教會是世界的基督，目的地是新天新地，那個等待著被救贖者的盛宴。——林恩·科希克
5. Return to the question: **SLIDE 19 - What is it that fuels you?** 回到我們的問題: 投影 19 - 什麼是你的動力燃料？
- a. What do we use to fuel ourselves? 我們用什麼燃料來推動自己？
 - i. Not all fuel for the race of faith is equal in value 不是所有的動力在信心的跑道上是相等價值的。
 1. Self-indulgence + quick fix instant gratification fails on its promise to fuel us 自我沈迷 + 快捷的更正即刻的滿足不能實現推動我們的目的。
 - a. Like fueling up with ice cream before a long run. There is a sugar high, but it does not last. And there is a crash. 就像長跑前吃冰淇淋補充能量。糖分雖高，但不持久。隨後體能崩潰。
 - b. [Lean into confession on this one] - Checking out via Social Media [在這一點上我要認罪] - 查看社群媒體消息
 - c. How often do we choose fuel that fails, rather than what God offers with His Presence? 我們有多少次選擇失敗的燃料，而不是在神同在中神提供的？
 - b. Here's the good news, Church: In this race of faith, God does not leave us on our own. 弟兄姊妹們，好消息是：在這場信仰的賽跑中，神不會撇下我們獨自一人。

- i. The good news is that the fuel for this race of faith is freely given to us by God! 好消息是, 這場信仰競賽的燃料是神白白賜給我們的!
 - 1. Instead of cheap and easy instant gratification and self-indulgence we have available to us **SLIDE 20 - The Spirit of God and Awareness of God's Love for us** 我們擁有的不是廉價而簡單的即時滿足和自我放縱, 幻燈片 20 - 上帝的靈以及我們對神的愛的認知
 - ii. The Gospel is not "Jesus died for me so that I can be forgiven of sin. But now I just figure out this Christian life on my own strength. 福音不是「耶穌為我而死, 使我的罪得赦免。但現在我只是靠自己的力量去搞清楚基督徒的生活。
 - iii. This is the Gospel: 福音是:
 - 1. God gave us His very self to save us and give us eternal life now and in the future. 神賜下祂自己來拯救我們, 並賜給我們永生現在以及將來。
 - 2. And He gives us his very presence, via His Spirit, to sustain us in this new life right now! 祂賜給我們祂的同在, 藉著聖靈, 以支持我們現在的新生活!
6. [Illustration of glasses being filled up to overflow into other glasses] [玻璃杯被填滿並溢出流到其他玻璃杯的圖示]
- a. Oil - 燈油
 - i. Lev. 24 - Oil keeping a lamp aglow 利未記 24 - 油讓燈持續照明
 - 1. Source that keeps lamps burning bright 是使燈保持明亮的能源
 - ii. The Spirit helps believers be lights in a dark world 聖靈幫助信徒成為黑暗中的光。
 - ~~b. Widow in 2 Kings 4 meets Elisha 列王記下4章中遇見以利沙的寡婦~~
 - ~~i. Oils poured out but does not run out. 橄欖油倒出卻不會倒空。~~
7. What does this look like in our day-to-day lives? 這在我們的日常生活中是什麼樣子的呢?
- a. It looks like us being filled up by God that we may pour out in service and love, and continually be filled up again by God. 看起來應是: 我們被神充滿了, 我們可以傾心服事和愛, 並且不斷地再次被神充滿。
8. Pastoral Moment 牧者時刻
- a. Some of you are feeling a lack - You are TIRED 你們中的一些人感到匱乏——你們累了
 - b. [stories]【故事】
 - i. Maybe you are a parent of young children, and you are depleted of all patience and energy. 也許您是年幼孩子的父母, 您已經耗盡了所有耐心和精力。
 - 1. What could it look like to surrender to God and say "Lord, I need more of your Spirit to strengthen me. Help me comprehend the incomprehensible: The greatness of your love." 如果, 向神降服並說:「主啊, 我需要更多祢的靈來加強我。幫助我理解難以理解的事物: 你的愛的偉大。」會是什麼樣子呢?

- ii. Maybe you lead a team at work. It feels like problem after problem... 也許你在工作中領導一個團隊。感覺就像一個又一個問題...
 - 1. The invitation is to surrender to God and be strengthened by His Spirit for the task at hand. 我邀請你要降服於神，並被祂的靈加固以完成手邊的任務。
- iii. Maybe you are a high school student. Following Jesus doesn't make sense to your peers. And you are tired of having to explain why your faith matters. 也許你是一名高中生。跟隨耶穌對你的同窗來說沒有意義。你厭倦了解釋為什麼你的信仰很重要。
 - 1. Friends, may God strengthen you by His Spirit so that you may be filled up by Him as you pour out love to others. 朋友，願神用祂的靈堅固你，使你在向他人傾注愛時，可以被祂充滿。

9. How this AFFECTS ME 這對我有何影響

- a. I confess, sometimes, I serve others out of “duty” - I have to rather than Serving out of delight. 我承認，有時，我服務他人是出於「責任」——我必須這樣做，而不是出於快樂而服事。
- b. But I have learned through the years that filling up with God's Spirit is essential. 但多年來我了解到，被神的靈充滿是至關重要的。
- c. Filling before pouring out 在傾倒之前讓聖靈充滿。
 - i. My morning time. 我的早晨時光
- d. Filling up after 充滿之後
 - i. Jesus retreated to be with the Father after major ministry moments 在重要的使命完成之後，耶穌退隱與天父在一起。

10. Concluding statements 結語

- a. To be good representatives of Christ to the world requires an inner transformation 成為基督在世上的美好展現需要內心的轉變
- b. And this inner transformation is not dependent on our willpower alone (though we have a part to play, and that is showing up to surrender and receive) 這種內在的轉變不僅取決於我們的意志力(儘管我們也可以發揮自己的作用，那就是表現出臣服和接受)
- c. This work of transformation is a work of God's grace 這項轉變的工作是神恩典的工作
 - i. Just as it was God's grace (via Jesus sacrificial death on the cross) that saves us from sin 正如神的恩典(透過耶穌在十字架上的受死)將我們從罪惡中拯救出來一樣
 - ii. It is God's grace (via Jesus, in the Spirit, dwelling in us) that transforms us into who we are meant to be 神的恩典(透過耶穌，在聖靈中，住在我們裡面)將我們轉化為我們應該成為的人
 - 1. A holy people reflecting to an anxious despairing world, the love of God. 一個聖潔的子民向一個焦慮絕望的世界反映出神的愛。

11. Response 回應

- a. Come get prayer! Don't leave here without getting prayer 來一起祈禱吧！未經祈禱請勿離開這裡
 - i. We need an in-filling 我們需要內心充滿
- b. ~~Communion 聖餐~~
 - i. ~~Christ gives His very self to his friends 基督為了他的朋友把自己獻出~~
 - 1. ~~Body broken and love poured 身體受害而聖愛傾倒出來~~
 - ii. ~~So that we may imitate him 所以我們可以學習他~~
 - 1. ~~That we be broken and poured out to others 所以我們可以破碎而傾出愛給他人。~~
 - 2. ~~And come back to Him, the vine, the source of life. 然後回到他那裡，葡萄樹，生命的根。~~

12. Benediction 祝禱

- a. May God out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith.” 願神用他榮耀的豐富，藉著他的靈，用大能堅固你們心裡的力量，使基督因你們的信，住在你們心裡。
- b. “May you, being rooted and established in love...have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God,” for the glory of God. 願你“在愛中紮根、堅固.....有能力，與主所有的聖民一起，領會基督的愛是何等長闊高深，並認識這愛是過於人所能測度的——使你可以充滿了神一切的豐盛”，為了神的榮耀。
- c. May you passionately pour out your life to others as God pours His Spirit into you. 願你熱情地將自己的生命傾注給他人，因為神將祂的靈傾注在你身上。