

《天路导向》双语讲义

圣灵的果子 - 5

THE FRUIT OF THE SPIRIT - 5

SECTION A

甲部

1. Hello, listening friends. We are glad you joined us again.
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 following this series of messages, we have been talking about the fruit of the Spirit.
如果你一直在听我们这个系列节目，你就会知道，我们在讲圣灵的果子。
3. When we open our eyes daily, and welcome the Holy Spirit within, our lives begin to bear the fruit of the Spirit.
当我们每天睁开眼，迎接圣灵进驻我们内心，我们的生命就会开始结圣灵的果子。
4. The Apostle Paul listed this fruit in a letter to the Galatians,
使徒保罗在写给加拉太的信里列举了圣灵的果子，
5. Chapter 5, verses 22 and 23.
在第五章，22 节和 23 节。
6. We'll read it so as to refresh your memory.
我来读一下，以便你能记起来。
(请读加 5: 22-23)
7. In our last broadcast, we learned about the foundation fruit, which is love.
在上次节目里，我们学习了最根本的一种果子，就是仁爱。
8. Love, as a fruit, is what God the Holy Spirit will manifest in us as we get filled with Him every day.
爱，就是当圣灵每天充满我们时，所彰显出来的果子。
9. Today, we shall begin learning about the second fruit of the Spirit.
今天，我们开始学习圣灵的第二种果子。
10. It is joy.
就是喜乐。
11. I want to begin by telling you what someone said about Christianity.
首先让我告诉你，某一个人对基督教的看法。
12. "The best argument for Christianity is Christians," he said.
他说：“基督教最强的说服力就在于基督徒，”
13. "- their joy,
他们的喜乐，
14. their certainty,
他们对信仰的肯定，
15. their completeness -;
他们的完全；
16. however," this person continued also to say,
这人继续说，“然而，”
17. "but the strongest argument against Christianity is also Christians,
“最让人对基督教产生反感的，也是基督徒，
18. when they are somber and joyless,
当他们忧伤和没有喜乐的时候，
19. when they are self-righteous and smug in complacent consecration,
当他们自以为是，以及他们为自己的奉献感到自鸣得意时，
20. narrow and repressive.”
他们思想狭隘，却要约束别人。”
21. He continued to say that, at that point, Christianity dies a thousand deaths.
他接着说，到了这个地步，基督教就死亡了，而且死了千万次。
22. The world is constantly watching us to see our love, our joy and our peace.
世人不断地观察着我们，要看看我们所表现的仁爱、喜乐，以及和平。
23. Let me give you an example.
我举个例子。

24. In 1983, a very extensive survey was conducted throughout the United States by a leading polling agency.
1983年，一家著名的民意测验公司在美国进行了一次非常广泛的调查。
25. The key question was this:
主要调查的问题是：
26. “What are you looking for most in life?”
“你生命中最多追求的是什么？”
27. When the results were tabulated, the analysts were truly surprised.
当统计数据出来的时候，分析家都大吃一惊。
28. Most of them expected answers such as “financial security”, “success”, and so on; 大多数人预计，答案是“经济保障”，或“成功”，等等；
29. but the top three things people wanted in life were, as follows:
但是调查结果里，人们生活中最高的三项需求是：
30. love, joy, peace—in that order—
仁爱，喜乐，和平—就是按着这个次序，
31. the first three fruit of the Spirit.
也恰恰是圣灵果子的前三项。
32. Please listen to what I am going to tell you very carefully.
请仔细听我说，
33. What the world is desperate for,
世人迫切需要的，
34. whether they know it or not,
无论他们自己知不知道，
35. whether they are able to verbalize it or not,
无论他们能不能述说出来，
36. what the world is desperately looking for is not more sermons, not more exhortations,
他们极力追求的，不是更多的说教，或是劝告，
37. but what the world is desperately looking for is the quality of our love and the quality of our joy;
世人迫切寻求的是，真正的仁爱和真实的喜乐；
38. and that was the very mark that distinguished the believers in Jesus Christ from the rest of the Roman Empire.
那正是当年区分基督徒和罗马帝国其他人民的一个显著的特征。
39. Make no mistake about it. What people want to see in Christians is the quality of our joy.
要确实知道，人们希望在基督徒身上看到的，就是他们真实的喜乐。
40. Although the word “joy” is mentioned seventy times in the New Testament, yet, many Christians use “joy” and “happiness” interchangeably.
尽管“喜乐”这个词，在新约里，被提到七十次之多，然而，许多基督徒喜欢交替地使用“喜乐”和“快乐”这两个词。
41. They use “joy” and “happiness” as if they were equivalent concepts,
他们似乎认为“喜乐”和“快乐”这两个词的意义是同等的，
42. and that is precisely why many Christians are walking around very sad looking.
那也说明了，为什么许多基督徒看上去总是愁眉苦脸的样子。
43. So many Christians wrongly think that church time is a time to be somber and sad and sour, not a joyful time.
许多基督徒误认为，在教会里应该是忧郁、难过和酸楚的，而非一个喜乐的时间。
44. So many Christians wrongly believe that the Christian faith is to walk around looking like being baptized in vinegar.
许多的基督徒也错误的相信，基督教的信仰，就像泡在醋缸里似的。
45. Sometimes, we, ministers, give Christianity a bad name.
有时，是我们这些传道人，使别人对基督教产生很差的印象。
46. There’s a story that goes something like this:
有一个故事是这样的：
47. there was a preacher who was coming into town to hold some meetings,
有一个传道人，来到一个城市开会，
48. and a delegation from the church went to pick him up from the train.
教堂派了一些代表到火车站去接他。

49. When they got to the station, and the train stopped, a man walked out of the train and the head of the delegation went up to meet him.
他们来到车站，火车到了，看到一个人走出来，代表的领队就走上前去欢迎他。
50. “Are you the preacher?”
“您就是那个传道人吧？”
51. And the man said, “No, no, no, my ulcer makes me look that way.”
那人赶紧说，“不是，不是，我有胃溃疡，所以让我看起来像个传道人。”
52. We often don't have the joy of the Lord on our faces.
通常，我们脸上没有因主而来的喜乐。
53. Happiness and the pursuit of happiness have never made anybody happy.
追求快乐，从来没让任何人真正快乐过。
54. I'm going to defend my argument in a minute, 等一下我再阐述我的观点，
55. but listen carefully to what I'm going to tell you.
但请先仔细听我说。
56. Happiness comes from getting what you want, 快乐来自于得到你所想要的东西，
57. and getting what you want will give you temporary happiness.
而得到你想要的，只会给你暂时的快乐。
58. I am not saying getting what you want doesn't make you happy.
我不是说，得到你所想要的，不会让你快乐。
59. It does;
你会快乐；
60. but getting what you want will give you temporary happiness, which will fade away fast.
但这只会非常短暂，而且很快就会消退。
61. Then what?
之后呢？
62. Then, you want more, and more, and more.
之后，你会有更多，更多，更多的欲望。
63. The more you have, the more you want;
你获得的越多，你想要的就越多；
64. and the more you want, the more you want more.
你想要的越多，你就越加想得到更多。
65. They tell me that drug addicts and alcoholics, when they start, they cannot stop with the same amount with which they started.
有人告诉我，吸毒和上酒瘾的人，当他们一开始吸食，就不能停留在起初的剂量，一定会越陷越深。
66. They have to get more and more and more, because they need to get higher and higher and higher or get more drunk.
他们需要不断加重剂量，越来越多，因为他们想更兴奋，更沉醉在其中。
67. It is the same with all human nature.
这是人的通性。
68. If happiness is your pursuit, you are never going to be satisfied.
如果你要追求快乐，你就永远不会满足。
69. Let me tell you something else about happiness.
让我告诉你，关于快乐其他方面的情形。
70. As you continue in your pursuit of happiness, the periods of temporary happiness get shorter and shorter and shorter.
你不断追求快乐的时候，快乐持续的时间也越来越短。
71. I will tell you another problem about happiness that comes from getting what you want.
我还要告诉你，当你得到所追求的，你虽有一时的快乐，却会产生另一个问题。
72. You constantly have an inner fear that you may lose whatever it is that you have.
你心底会不断地担心，害怕有一天，失去你所得到的。
73. Now, contrast happiness with joy.
但是，喜乐就不同了。
74. Joy is a fruit,
喜乐是圣灵的果子，
75. and a fruit comes from the inside, not from the external, or the outside.
果子是从里面生长出来的，而不是来自外表和外界。
76. Joy does not come from things.
喜乐不是从物质来的。
77. You cannot hang fruit on a tree unless it is fake fruit.
你不能把果子挂在树上，除非是人造的假果子。

78. If you were to hang external fruit on a tree, sooner or later, it will rot on the tree;
如果你硬是将一个果子粘在树上，迟早，它会在树上腐烂；
79. but real fruit is produced when the nutrients of the tree flow freely to the branch.
但真正的果子长出来了，是因为有充分的营养被输送到树枝，
80. The real fruit is produced when the inner nourishment flows freely into the blossoms.
真正的果子能长出来，是因为内在的养分被输送到花朵那里，
81. The real fruit is produced when the tree is cultivated and has a healthy connection with the root.
真正的果子能长出来，是因为这棵树有了很好的栽植，树根也都健康地成长。
82. It is not surprising, therefore, with what Jesus said.
因此，我们对耶稣所说的话就不以为怪了。
83. Listen carefully, please.
请仔细听。
84. He was talking about the believers as branches and He is the Tree.
祂说，信徒是枝子，祂自己是树。
85. John, Chapter 15, verse 5:
约翰福音，15章，第5节说：
86. “I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.”
“我是葡萄树，你们是枝子。常在我里面的，我也常在他里面，这人就多结果子；因为离了我，你们就不能作什么。”
87. He said, “Abide in me...,” just like the branch abides in the tree.
祂说，“常在我里面……，”就像树枝常在树里面一样。
88. What else did He say?
祂还说了什么？
89. Jesus said, “Abide in me so that your joy may be complete.”
耶稣说，“常在我里面，让你们的喜乐得以完全。”
90. Let’s read verses 10 and 11 of John 15.
我们来读约翰福音15章，10和11节。
(请读约15:10-11)
91. And that’s where you get that complete joy.
这就是你可以得到完全喜乐的地方。

92. That is where you get that inner contentment.
这也就是你得到内在满足的地方。
93. It is by abiding in Christ.
就是要常在耶稣基督里。
94. Joy is dependent on abiding in Jesus Christ, while happiness is dependent on the outward circumstances of life.
常在耶稣基督里就能有喜乐，而快乐是从生活的外在条件带来的。
95. Joy is not dependent on the events in my life.
喜乐不取决于你生命中的遭遇。
96. Happy events make you happy; sad events make you sad;
但快乐的事情让你快乐，伤痛的事情让你难过；
97. so, happiness is dependent on the events in your life.
因此，快乐取决于你生活中所发生的事情。
98. Let’s read to you what Paul is saying to the Philippians.
让我把保罗写给腓立比教会的书信读给你听。
99. Mark it in your Bible.
请在你的圣经里划出来。

SECTION B **乙部**

1. The Apostle Paul commands the Philippians to be joyful. How?
使徒保罗让腓立比教会的人要喜乐，怎么喜乐呢？
 2. Let’s read it.
我们来读。
- AT YOUR DISCRETION, PLEASE READ PHILIPPIANS 4:1-4 HERE, IF TIME PERMITS.**
- (请读腓4:1-4)
3. Paul, then, continues by reminding them that their joy is not dependent on their circumstances,
保罗不断提醒他们，喜乐不是来自他们所处的环境，

4. in Philippians 4, verses 5, 6 and 7.
在腓立比书 4 章, 5, 6, 7 节那里说。

AT YOUR DISCRETION, PLEASE READ PHILIPPIANS 4:5-7 HERE, IF TIME PERMITS.

(请读腓 4: 5-7)

5. Philippians, Chapter 4, has encouraged millions of people for the past 2,000 years.
在过去的两千年里, 腓立比书第 4 章已经鼓舞了数百万的人。
6. It really has been an encouragement to millions of people.
的确是鼓舞了数百万人。
7. I know it has been an encouragement to me, and I know it has been an encouragement to so many of you.
对我是如此, 我知道对你们中的很多人, 也是一样。
8. Philippians 4 helped many believers to rediscover the real joy of the Lord that is manifested, even in the worst of circumstances; 即使在最恶劣的环境里, 腓立比书第 4 章都能帮助信徒一再地发现, 在主里所得到的真正喜乐;
9. but let me tell you a thing or two about the church in Philippi.
但让我来告诉你一两件关于腓立比教会的事。
10. Reading the Epistle, we may be tempted to think that it was a model church with some minor problems.
读这卷书信时, 我们会以为这是一个模范教会, 只有些小问题。
11. I heard people say, in Galatians, Paul rips the church apart about their legalism.
我听人说, 在加拉太书里, 保罗严厉地责备那些死守律法主义者, 几乎痛打他们一顿。
12. In the Corinthian church, he tells the church how carnal they are;
在哥林多教会, 他指责那个教会被肉体情欲控制;
13. but you go into the Philippians and you think it's a beautiful thing.
但当我们读腓立比书时, 你会认为它非常优美。
14. These must be very happy people.
你想, 这些人一定是非常开心的。

15. The Philippians didn't really seem to have many problems.
腓立比教会看上去实在没有什么问题。
16. Let me tell you a thing or two about the Philippians; but, then finish on the next program.
让我告诉你一两件关于这个教会的事情, 到下一次的节目, 我们才结束这个题目。
17. If you examine the Epistle closely, you will discover that Paul was addressing some very serious problems with that church.
如果你仔细读腓立比书, 你会发现保罗在这个教会要处理一些非常严重的问题。
18. They were anxious about their material needs.
他们很担心自己物质方面的需求。
19. They were oppressed by outside forces and felt intimidated by the enemies of the cross.
他们被教会以外的势力压迫, 又被跟十字架敌对的力量威胁。
20. They were suffering economic hardships and, yet, they were exceedingly generous in supporting Paul's ministry;
他们虽然面对经济的困难, 却很慷慨地支持保罗的事工。
21. and that is why Paul thanks them for their gift, and assures them that his joy does not come from material abundance.
因此保罗为他们的馈赠感谢他们, 同时也肯定地告诉他们, 他的喜乐不是来自物质的丰富。
22. Let us read Chapter 4, verses 10 to 14,
让我们读腓立比书 4 章 10 节到 14 节,
(请读腓 4: 10-14)
23. but what was even more serious for the Philippians is that, because of their suffering, they lost their inner strength;
但腓立比教会所面对的一个更严重的问题是, 因为他们所受的苦, 就失去了内心的力量。
24. and this, of course, made them vulnerable to all kinds of sin -
自然使得他们很容易去犯各样的罪。
25. distrust,
不信任,
26. division,
分化,
27. jealousy,
嫉妒,

28. and that is why he commands them to “Rejoice in the Lord always; and again I say, rejoice.”
这也就是保罗命令他们 “要靠主常常喜乐；我再说，你们要喜乐。”
29. We are running out of time, and, in our next broadcast,
时间快要到了，在我们下次的节目里，
30. we will find out what Paul is really saying here.
我们将找出保罗在这里所说的，究竟是什么意思。
31. Until next time, I wish you God’s richest blessing.
愿神大大地赐福给你，下次节目再会。