

活出不一樣的生命（四）：在苦難中活出基督

Living Differently (4):

Living Out Christ in the Midst of Suffering

引言：

當跟隨基督帶來代價

Introduction:

When Following Christ Comes at a Cost

讀 經

Scripture Reading

彼得前書 1 Peter 3:13–22

¹³ Now who is there to harm you if you are zealous for what is good? ¹⁴ But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled, ¹⁵ but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect, ¹⁶ having a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame. ¹⁷ For it is better to suffer for doing good, if that should be God's will, than for doing evil.

¹³ 你們若是熱心行善，有誰害你們呢？ ¹⁴ 你們就是為義受苦，也是有福的。不要怕人的威嚇，也不要驚慌， ¹⁵ 只要心裡尊主基督為聖。有人問你們心中盼望的緣由，就要常做準備，以溫柔、敬畏的心回答各人， ¹⁶ 存著無虧的良心，叫你們在何事上被毀謗，就在何事上可以叫那誣賴你們在基督裡有好品行的人自覺羞愧。 ¹⁷ 神的旨意若是叫你們因行善受苦，總強如因行惡受苦。

¹⁸ 因基督也曾一次為罪受苦，就是義的代替不義的，為要引我們到神面前。按著肉體說，他被治死；按著靈性說，他復活了。¹⁹ 他藉這靈曾去傳道給那些在監獄裡的靈聽，²⁰ 就是那從前在挪亞預備方舟、神容忍等待的時候不信從的人。當時進入方舟，藉著水得救的不多，只有八個人。²¹ 這水所表明的洗禮，現在藉著耶穌基督復活也拯救你們；這洗禮本不在乎除掉肉體的汙穢，只求在神面前有無虧的良心。²² 耶穌已經進入天堂，在神的右邊，眾天使和有權柄的並有能力的，都服從了他。

¹⁸ For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit, ¹⁹ in which^[c] he went and proclaimed to the spirits in prison, ²⁰ because they formerly did not obey, when God's patience waited in the days of Noah, while the ark was being prepared, in which a few, that is, eight persons, were brought safely through water.

²¹ Baptism, which corresponds to this, now saves you, not as a removal of dirt from the body but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, ²² who has gone into heaven and is at the right hand of God, with angels, authorities, and powers having been subjected to him.

(一) 即使受苦，也不要停止行善

God Has Chosen Us

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基督徒的盼望，是在苦難中最清楚地被看見



The hope of Christians is most clearly seen in times of suffering.

(二) 基督已經受苦，留下我們跟隨的道路

Christ Has Suffered
and Left Us a Path to Follow

18 因基督也曾一次為罪受苦，就是義的代替不義的，為要引我們到神面前。按著肉體說，他被治死；按著靈性說，他復活了。 19 他藉這靈曾去傳道給那些在監獄裡的靈聽， 20 就是那從前在挪亞預備方舟、神容忍等待的時候不信從的人。當時進入方舟，藉著水得救的不多，只有八個人。 21 這水所表明的洗禮，現在藉著耶穌基督復活也拯救你們；這洗禮本不在乎除掉肉體的汙穢，只求在神面前有無虧的良心。 22 耶穌已經進入天堂，在神的右邊，眾天使和有權柄的並有能力的，都服從了他。

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我們不是自己開一條路，而是跟著耶穌走祂走過的路。



We do not make our own path;
we follow Jesus on the road He has already walked.

讀 經

Scripture Reading

彼得前書 1 Peter 4:1-11

¹Since therefore Christ suffered in the flesh,^[a] arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin, ²so as to live for the rest of the time in the flesh no longer for human passions but for the will of God. ³For the time that is past suffices for doing what the Gentiles want to do, living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry. ⁴With respect to this they are surprised when you do not join them in the same flood of debauchery, and they malign you; ⁵but they will give account to him who is ready to judge the living and the dead. ⁶For this is why the gospel was preached even to those who are dead, that though judged in the flesh the way people are, they might live in the spirit the way God does.

¹基督既在肉身受苦，你們也當將這樣的心志作為兵器，因為在肉身受過苦的，就已經與罪斷絕了。 ²你們存這樣的心，從今以後就可以不從人的情慾，只從神的旨意在世度餘下的光陰。 ³因為往日隨從外邦人的心意，行邪淫、惡慾、醉酒、荒宴、群飲並可惡拜偶像的事，時候已經夠了。 ⁴他們在這些事上見你們不與他們同奔那放蕩無度的路，就以為怪，毀謗你們。 ⁵他們必在那將要審判活人死人的主面前交帳。 ⁶為此，就是死人也曾有福音傳給他們，要叫他們的肉體按著人受審判，他們的靈性卻靠神活著。

⁷萬物的結局近了，所以你們要謹慎自守，警醒禱告。⁸最要緊的是彼此切實相愛，因為愛能遮掩許多的罪。⁹你們要互相款待，不發怨言。¹⁰各人要照所得的恩賜彼此服侍，做神百般恩賜的好管家。¹¹若有講道的，要按著神的聖言講；若有服侍人的，要按著神所賜的力量服侍，叫神在凡事上因耶穌基督得榮耀——原來榮耀、權能都是他的，直到永永遠遠！阿們。

⁷ The end of all things is at hand; therefore be self-controlled and sober-minded for the sake of your prayers. ⁸ Above all, keep loving one another earnestly, since love covers a multitude of sins. ⁹ Show hospitality to one another without grumbling. ¹⁰ As each has received a gift, use it to serve one another, as good stewards of God's varied grace: ¹¹ whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.

(三)

既然屬於基督，

就不要再讓過去掌管現在

Since We Belong to Christ,

We Must No Longer Let the Past Control the Present

¹Since therefore Christ suffered in the flesh, arm yourselves with the same way of **thinking**, for whoever has suffered in the flesh has ceased from sin, ² so as to live for the rest of the time in the flesh no longer for human passions but for the will of God. ³ For the time that is past suffices for doing what the Gentiles want to do, **living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry**. ⁴ With respect to this they are surprised when you do not join them in the same flood of debauchery, and they malign you; ⁵ but they will give account to him who is ready to judge the living and the dead. ⁶ For this is why the gospel was preached even to those who are dead, that though judged in the flesh the way people are, they might live in the spirit the way God does.

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(四) 在有限的時間裡，活出愛與服事

Live Out Love and
Service in the Time We Have Left

⁷ 萬物的結局近了，所以你們要謹慎自守，警醒禱告。⁸ 最要緊的是彼此切實相愛，因為愛能遮掩許多的罪。⁹ 你們要互相款待，不發怨言。¹⁰ 各人要照所得的恩賜彼此服侍，做神百般恩賜的好管家。¹¹ 若有講道的，要按著神的聖言講；若有服侍人的，要按著神所賜的力量服侍，叫神在凡事上因耶穌基督得榮耀——原來榮耀、權能都是他的，直到永永遠遠！阿們。

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結語：

在苦難中，仍然跟隨基督

Conclusion:

Continuing to Follow Christ
in the Midst of Suffering

1. 當我面對苦難時，我的反應像基督嗎？

When I face suffering, is my response like Christ's?

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When I face suffering, is my response like Christ's?

2. 有什麼東西正在重新掌管我的生命？

What is beginning to take control of my life again?

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What is beginning to take control of my life again?

3. 這一週，我可以怎樣用我的生命服事別人？

How can I use my life to serve others this week?

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禱 告

Prayer

不是我、乃是基督在裡面活

Yet Not I But Through Christ In Me

What gift of grace is Jesus my redeemer
There is no more for heaven now to give
He is my joy, my righteousness, and freedom
My steadfast love, my deep and boundless peace

何等禮物 耶穌是我救贖主
何等豐富 可比天國賞賜
祂是我的 喜樂、公義和自由
不變的愛 無限深廣平安

To this I hold, my hope is only Jesus
For my life is wholly bound to his
Oh how strange and divine, I can sing: all is mine!
Yet not I, but through Christ in me

我心堅信 唯耶穌是我盼望
我生命與祂緊緊相連
何稀奇 這恩典 都歸我！不是我
乃是基督在裡面活

黑夜雖深 但我不會被丟棄

hēi yè suī shēn dàn wǒ bú huì bèi diū qì

因我救主 永遠在我身邊

yīn wǒ jiù zhǔ yǒng yuǎn zài wǒ shēn biān

我雖軟弱 仍歡歡喜喜前行

wǒ suī ruǎn ruò réng huān huān xǐ xǐ qián xíng

我的缺乏 顯出祂的大能

wǒ de quē fá xiǎn chū tā de dà néng

The night is dark but I am not forsaken
For by my side, the Saviour He will stay
I labour on in weakness and rejoicing
For in my need, His power is displayed

我心堅信 我牧者必保護我

wǒ xīn jiān xìn wǒ mù zhě bì bǎo hù wǒ

祂領我 走過死蔭幽谷

tā lǐng wǒ zǒu guò sǐ yìn yōu gǔ

哦 黑暗 要過去 我得勝！不是我

o hēi àn yāo guò qù wǒ dé shèng bú shì wǒ

乃是基督在裡面活

nǎi shì jī dū zài lǐ miàn huó

To this I hold, my Shepherd will defend me

Through the deepest valley He will lead

Oh the night has been won, and I shall overcome!

Yet not I, but through Christ in me

不再懼怕 我知我已被赦免

bú zài jù pà wǒ zhī wǒ yǐ bèi shè miǎn

前途光明 罪債已經還償

qián tú guāng míng zuì zhài yǐ jīng huán cháng

耶穌流血 受苦痛 為救贖我

yē sū liú xuè shòu kǔ tòng wéi jiù shú wǒ

死裡復活 戰勝死亡墳墓

sǐ lǐ fù huó zhàn shèng sǐ wáng fén mù

No fate I dread, I know I am forgiven
The future sure, the price it has been paid
For Jesus bled and suffered for my pardon
And He was raised to overthrow the grave

我心堅信 我罪已全得赦免

wǒ xīn jiān xìn wǒ zuì yǐ quán dé shè miǎn

耶穌是 我永遠救贖主

yē sū shì wǒ yǒng yuǎn jiù shú zhǔ

哦 鎖鏈 已脫落 我自由！不是我

o suǒ liàn yǐ tuō luò wǒ zì yóu bú shì wǒ

乃是基督在裡面活

nǎi shì jī dū zài lǐ miàn huó

To this I hold, my sin has been defeated

Jesus, now and ever is my plea

Oh, the chains are released, I can sing, "I am free"

Yet not I, but through Christ in me

With every breath I long to follow Jesus
For He has said that He will bring me home
And day by day I know He will renew me
Until I stand with joy before the throne

一息尚存 渴望跟隨主耶穌
祂已應許 領我走到天家
日復一日 我知祂在更新我
直至那日 喜樂站寶座前

To this I hold, my hope is only Jesus
All the glory evermore to Him
When the race is complete, still my lips shall repeat:
Yet not I, but through Christ in me

我心堅信 唯耶穌是我盼望
全榮耀 一切都歸給祂
當跑完所有路 我要唱：不是我
乃是基督在裡面活

祝 福 Benediction

願耶和華賜福給你、保護你。

The LORD bless you and keep you

願耶和華使他的臉光照你、賜恩給你。

the LORD make his face shine upon you and be gracious to you;

願耶和華向你仰臉、賜你平安。

the LORD turn his face toward you and give you peace.

基督在上 基督在旁

jī dū zài shàng jī dū zài páng

基督在內 不斷引領

jī dū zài nèi bù duàn yǐn lǐng

基督在後 又在前

jī dū zài hòu yòu zài qián

我所愛 生命 主宰

wǒ suǒ ài shēng mìng zhǔ zǎi

Christ above us Christ beside us

Christ within us Ever guiding

Christ behind us Christ before

Christ our love our life our Lord

Christ above us Christ beside us
Christ within us Ever guiding
Christ behind us Christ before
Christ our love our life our Lord

基督在上 基督在旁
基督在內 不斷引領
基督在後 又在前
我所愛 生命 主宰

