

圣灵的果子 - 1

THE FRUIT OF THE SPIRIT - 1

1. Hello, listening friends. We are delighted you joined us today.
亲爱的朋友，你好，很高兴你能收听我们今天的节目，
2. We are going to begin a new series of messages entitled, "The Fruit of the Spirit".
我们将开始一个新的系列信息，主题是“圣灵的果子”。
3. Before we do that, we are going to look at some basic principles regarding the Holy Spirit.
让我们先来看看有关“圣灵”的一些基本真理。
4. First thing is this: the Holy Spirit is a Person.
首先，圣灵是有位格的。
5. The Holy Spirit is the third member of the Trinity of God:
圣灵是三一真神的第三位：
6. the Father, the Son and the Holy Spirit.
三一真神就是圣父，圣子和圣灵。
7. The Holy Spirit is a Person Who convicts us of sin.
圣灵是让我们知道自己有罪的那一位；
8. The Holy Spirit is the Person Who opens our blind spiritual eyes and enables us to believe in Jesus.
圣灵开启了我们曾被遮蔽的心眼，帮助我们信靠耶稣；
9. The Holy Spirit is the Person Who strengthens us for righteousness.
圣灵坚固我们，使我们称义；
10. The Holy Spirit is a Person Who mediates Jesus' presence.
圣灵代表主耶稣与我们同在；
11. The Holy Spirit is a Person Who witnesses our adoption procedure.
圣灵见证我们成为神儿女的过程；
12. The Holy Spirit is the Person Who interprets the Scripture, and the Holy Spirit illuminates our hearts to understand the Word of God.
圣灵解释圣经给我们，也光照我们的心，使我们更好地明白神的话语；
13. The Holy Spirit is a Person Who does whatever is necessary for creating, sustaining, and deepening our relationship with God the Father through Jesus the Son.
圣灵为我们完成一切必要的工作，让我们通过圣子耶稣能与天父建立，保持并加深关系。
14. The Holy Spirit seals all Christian believers.
圣灵为所有的基督徒打了印记，
15. He seals us for ownership.
标志着我们的生命是属于神的；
16. He seals us for security.
祂确保我们有平安；
17. He seals us for authenticity.
祂证实我们属天的身分。
18. The Holy Spirit longs to fill our lives, but only under two conditions:
圣灵乐意充满我们的生命，但必须具备两个条件：
19. we must not quench Him;
我们千万不要熄灭祂的感动；
20. we must not grieve Him.
我们千万不要使祂担忧。
21. These are the two conditions upon which our being filled with the Spirit is dependent.
这是我们被圣灵充满的两个必备的条件，
22. When we meet these conditions, we open ourselves to receiving the Holy Spirit.
当我们符合这两个条件了，就能开放自己，来接受圣灵。
23. One of the results of receiving the Holy Spirit in our lives is the production of spiritual fruit.
接受圣灵进入我们生命，就会结出圣灵的果子。
24. If you were to ask the average person, "What do you think about stress?"
如果你问一般的人，“你怎样理解压力？”
25. I can be safe to predict that it would be one of the following or all of the following answers:
我敢推测，他们的回答必定是以下这些答案，或其中之一。

26. "I have plenty of stress in my life."
“我生活中遍布压力。”
27. Or, "It is a big problem in my family."
或说, “这是我家里的大问题。”
28. Or, "Stress is a major cause of problems in society."
或者, “压力是产生社会问题的主要因素。”
29. Or, "What we need to learn to do is stress management techniques."
或者, “我们需要学习处理压力的技巧。”
30. Now, let me tell you my personal opinion before I get to the Word of God.
在讲神的话语之前, 让我先谈谈我个人的观点。
31. Most of the emphasis on stress is manufactured by the tourist industry.
大多数强调压力的言论, 是旅游业制造出来的。
32. We are told that, if we eliminate stress from our lives, we will be happy and enjoy life more.
他们说, 如果我们能从生命中消除压力, 将会很快乐, 并且更享受人生。
33. Now, I think, in some circumstances and with some people, this is good advice;
我认为, 在某些情形下, 对某些人来讲, 这是个好建议;
34. but it is not for everybody, everywhere, all of the time.
但不是对任何人, 在任何地点、任何时间都适用的。
35. Why?
为什么?
36. Because in reality, God made us and made our bodies to be able to respond wonderfully to handling stress.
因为事实上, 神创造我们, 也让我们的身体能够很奇妙地应对, 并处理压力。
37. God made our bodies to be able to handle stressful situations.
神创造了我们的身体, 使我们能够面对有压力的状况。
38. For example,
举个例子,
39. when we face stressful situations, the body immediately releases three sets of hormones into the bloodstream to help us mobilize to handle stress.
当我们面对压力时, 身体马上就会往血液里释放出三种荷尔蒙来帮助我们调适, 以及处理压力。
40. One set of these hormones actually uses stored-up fat and carbohydrates and makes more oxygen available to your muscles.
其中一种荷尔蒙会自动使用积存的脂肪和碳水化合物, 制造更多的氧气, 供应你的肌肉。
41. Another set of hormones will cause routine functions of the body to slow down so that all of the energy focuses on stress;
另外一种荷尔蒙将减缓常规的身体功能, 使我们能集中精力来对付压力。
42. and the other set of hormones will actually reduce pain in our bodies.
而最后一种荷尔蒙, 会很实际地减轻我们身体的疼痛。
43. Did you know that you will not have headaches until the stress has passed?
你知道在压力过去之前, 你不会头痛吗?
44. But we have been told all kinds of stresses are bad for you and we believe this.
但我们一向听说, 各样的压力对我们都是有害的, 我们也相信这种说法。
45. Why?
为什么?
46. So that the leisure industry can keep their multi-billion dollar machine going.
因为这样, 娱乐业就可以不断地赚大钱。
47. Don't misunderstand this.
但别误会我的意思,
48. Prolonged stress can be harmful;
长时间处在压力下是有害的,
49. but that is not what I'm talking about.
但这不是我所讨论的情况。
50. I'm talking about temporary, stressful situations that every one of us finds ourselves in.
我所说的是, 暂时性的, 每一个人都会遇到的压力。

51. Now, for those times, God placed within our bodies mechanisms that will help us deal with stress.
这个时候，神就会把能帮助我们对付压力的机能，放入我们的身体。
52. Now, this mechanism is available to everybody, believers or nonbelievers.
无论你信不信神，这个机能对每个人都同样有效，
53. It has nothing to do with who you are,
无论你是谁，
54. whether you're a Christian or not.
无论你是不是基督徒。
55. It is God's creation in all of us;
这是神造人的时候，就赋予每个人的；
56. and, yet, for Christian believers, we have been given an additional benefit.
然而基督徒，却能得到额外的好处。
57. That benefit can only be manifested in times of stress.
这好处，只有在压力下才能显出来。
58. Believers in Jesus Christ are given special blessings that can only be seen in stressful times.
基督徒被赋予一些特殊的福气，只有在压力之下才能被发现。
59. We, as believers in Jesus Christ, have been given specific power that will not be given to anybody else in the world.
我们基督徒，已经得到特殊的能力，这是世界上任何其他的人所没有的。
60. That power can only be exhibited in tough times.
这种能力只有在苦难的时候才能彰显出来。
61. Someone said that Christians are like a tea bag.
有人说，基督徒像个茶包，
62. Their strength can only be manifested when it is placed in hot water.
只有被泡在热水中，才能散发他们的气味。
63. What am I talking about?
你明白我在说什么吗？
64. I'm talking about the fruit of the Spirit.
我在说圣灵的果子。
65. Some of you are familiar with the fruit of the Spirit; some are not. Let me list them for you.
有些人知道圣灵的果子是什么，有些人不知道，让我列举给你听：
66. Love,
仁爱，
67. joy,
喜乐，
68. peace,
和平，
69. patience,
忍耐，
70. kindness,
恩慈，
71. goodness,
良善，
72. faithfulness,
信实，
73. gentleness,
温柔，
74. and self-control.
节制。
75. You may ask me, "What do you mean that this fruit is only manifested under stress and under tough times?"
你可能问我：“你说这些果子只有在压力下和苦难时才能体现，是什么意思呢？”
76. Well, I'm going to anticipate what you are thinking and answer that question for you by asking you a question.
嗯，就让我用一些问题来回答你的问题吧！
77. Are you ready?
准备好了吗？
78. How can you manifest love unless you have some unlovable person that is irritating you all the time?
除非你能爱一个不可爱，又总是惹你生气的人，别人怎能看见你的爱心呢？
79. How can you show joy unless there are joyless circumstances besetting you?
除非你能超越不开心的环境所引起的困扰，你怎能显示你的喜乐呢？
80. Tell me, how can you have peace unless someone or something is constantly disturbing your peace?
告诉我，除非总是有人或某件事不断找你麻烦，你怎么知道自己有真实的平安呢？

81. How can you be patient without something or someone who is trying your patience all day long?
除非有人或有些事整天来招惹你的耐性，你怎么会有忍耐呢？
82. How can you manifest it?
你怎么表现出你的忍耐呢？
83. How can you show kindness and goodness and gentleness unless you are challenged?
除非有人向你挑衅，你怎么有机会表现你的仁慈、良善和温柔呢？
84. Or, how can you exercise self-control unless there is an opportunity for you to indulge yourself in anger or whatever?
除非让你有放纵脾气或其他欲望的机会，你怎么能运用你的节制呢？
85. Even small children imitate adults and they talk about how stressed they are.
现在连小孩子也会模仿大人说，自己有多大的压力呢！
86. In the next few messages, we will go through this list of the fruit of the Spirit;
在以后几次的信息中，我们将要一个个地讨论圣灵的果子；
87. but, before we do that, I want to tell you a few more things about the Holy Spirit.
但是在我们的讨论之前，我想再多谈些关于圣灵的事情。
88. All believers are commanded in the Word of God to be filled with the Holy Spirit.
神的话吩咐所有信徒，应该被圣灵充满。
89. That means that you are to be filled with the Holy Spirit daily and continuously.
意思是，你每天要不断地被圣灵充满。
90. This is the command of God in the Word of God;
这是神在他话语里的命令；
91. but not all believers are filled with the Holy Spirit.
但并不是所有的信徒都被圣灵充满了。
92. Why?
为什么？
93. Simply because not all believers are willing to meet the two conditions for being filled of the Holy Spirit.
简单地说，因为并不是所有的信徒都愿意符合被圣灵充满的两个条件。
94. What are these two conditions?
那两个条件是什么？
95. First, not quenching of the Holy Spirit.
不要熄灭圣灵的感动；
96. Second, not grieving of the Holy Spirit.
第二，不要使圣灵担忧。
97. You grieve the Holy Spirit when you disobey the Word of God.
当你违背神话语的时候，你便让圣灵担忧了。
98. You quench the Holy Spirit when you refuse to hear and obey the voice of God.
当你拒绝聆听并顺从神的声音时，你就是熄灭圣灵的感动。
99. Without that Holy-Spirit-filled life, we have no power.
没有圣灵充满的生命，我们就没有能力。
100. We have no power over sin.
我们没有能力胜过罪恶；
101. We have no power to live our Christian life.
我们没有能力活出基督的生命。
102. The power of the Holy Spirit can operate effectively in those who are filled with the Holy Spirit.
被圣灵充满的人，才能有效地运用圣灵的大能。
103. When you are filled with the Holy Spirit, you will bear the fruit of the Spirit.
当你被圣灵充满时，你就会结出圣灵的果子。
104. In Galatians 5:22 and 23, Paul tells us, essentially, that the sole product of the Holy Spirit in your life and my life is the fruit of the Spirit.
加拉太书 5 章 22 和 23 节那里，保罗告诉我们，基本上，圣灵在你我生命中独特的产品，就是圣灵的果子。
105. Let's read them.
让我们一起来看这段经文。（请听我读加拉太书 5 章 22 和 23 节）
106. I don't want you to miss this point.
我不想你们错过这个要点，
107. This is of vital importance.
这是至关重要的。
108. The fruit is not your fruit, but His fruit.
这不是你的果子，而是神的。

109. It is the fruit of the Spirit; not my fruit or your fruit.
是圣灵的果子，不是你的或我的果子。
110. You cannot manufacture this fruit.
你无法自己来制造这果子，
111. You cannot fake this fruit.
你不能伪造这果子，
112. You cannot imitate that fruit.
你不能仿造这果子，
113. You cannot induce this fruit.
你也不能形成这果子。
114. It is the fruit that is naturally born in your life when you are filled with the Spirit of God.
唯有当你被圣灵充满后，自然而然在你生命中产生的果子。
115. You either bear the fruit of the Spirit or you don't.
只有两种可能，结圣灵的果子，或不结圣灵的果子。
116. You cannot sit there and wish them to happen.
你不能光坐着，希望它自然发生。
117. They will not happen.
这不会发生的。
118. Bearing fruit is not a self-improvement program or something that you work on.
结圣灵的果子，不是一个自我改进的过程，或者你靠自己努力达成的。
119. Bearing fruit is not a self-development course that you take and think that you can be better.
结圣灵的果子，不是去上一个自我提升的课程，之后你就可以表现得更好。
120. No.
不是的！
121. Preachers can lecture all they want. They cannot produce the fruit of the Spirit in you or in themselves.
传道人可以尽情地讲道，但他们无法为你，或者为他们自己制造圣灵的果子。
122. They can no more do that than the young boy who was raising chickens.
在这方面，他们并不比那个养鸡的男孩子更有办法。
123. He was very discontented at the smallness of the eggs that the hens were producing;
他因母鸡生的蛋太小而失望；
124. so, he went downtown and returned with a large parcel, revealing an ostrich egg.
于是，他到城里去，回来时，带着一个大包裹，里面原来有个鸵鸟蛋。
125. Holding it before his unsuspecting chickens, and he said to them, "Take a good look at this, you chickens. Try harder."
他把蛋拿到毫无戒心的鸡面前，对它们说：“你们这些鸡呀，好好看看这个，要加倍努力啊！”
126. A lot of preachers do that; but let me tell you, it will not work.
很多传道人都这样做，但我告诉你，这没有用！
127. There is as much of a chance for Christians to emulate divine example and producing the fruit of the Spirit as there is for a hen laying an ostrich-sized egg.
想让基督徒通过模仿圣洁的榜样，就结出圣灵的果子，和让一只母鸡生下一个鸵鸟蛋同样没可能。
128. It cannot happen.
永远不会。
129. The fruit of the Spirit can only be born when the Spirit Himself indwells and fills the life of the believer on a daily basis.
唯有圣灵内住，并天天充满信徒的生命时，才能产生圣灵的果子。
130. We are involved in the process.
我们正处于这个过程中。
131. We cannot just sit back and let the Spirit do everything.
我们不能干坐在那里，让圣灵代劳一切。
132. The Bible tells us that we have an involvement.
圣经告诉我们，我们要与神同工，
133. We have a part to play.
我们要做好自己的本分。
134. What is our part?
什么是我们该做的呢？
135. Our involvement is to ensure that we are meeting the two conditions of the inner filling of the Holy Spirit.
那就是，我们要确定自己是否符合让圣灵充满的两个条件。
136. What are they?
这两个条件是什么？

137. First, we must not grieve the Holy Spirit by not obeying His Word.
首先，我们不能违背神的话语，让圣灵担忧。
138. Why?
为什么？
139. Because the Word of God is authored by the Holy Spirit Himself.
因为神的话，是圣灵自己默示的。
140. When you disobey It or live outside of It, you are grieving the Holy Spirit of God.
当你不顺从，或没有在生活中遵行出来，你就会让圣灵担忧。
141. The second condition we must meet is not quenching the Holy Spirit by not obeying His will.
第二个需要符合的条件是，我们必须顺服神的旨意，免得销灭圣灵的感动。
142. The quenching of the Holy Spirit comes when you hear the voice of God telling you to do certain things and you keep doing your own will,
当你听到神的声音，叫你做某些事，你却坚持自己的意思去做，这样，你就是在销灭圣灵的感动，
143. living your own life,
我行我素，
144. and ignoring the voice of God.
却不理睬神的声音。
145. That is our part; not to grieve or quench the Holy Spirit.
这就是我们该做的，别让圣灵担忧，和不要销灭圣灵的感动。
146. In our next broadcast, we will learn more about being filled of the Holy Spirit, which will, then, help us bear the fruit of the Spirit.
在下次的节目里，我们将学习更多关于被圣灵充满的事，可以帮助我们结圣灵的果子。
147. Until then, I wish you God's richest blessing.
愿神大大地赐福给你，下次节目再会。