



# 靈命更新 的步驟

Steps to Spiritual  
Renewal



1. 你能明白神的話  
You Can Understand It

verse 1

到了七月、以色列人住在自己的城裏。那時、他們如同一人聚集在水門前的寬闊處、請文士以斯拉、將耶和華藉摩西傳給以色列人的律法書帶來。When the seventh month came and the Israelites had settled in their towns, all the people assembled as one man in the square before the Water Gate. They told Ezra the scribe to bring out the Book of the Law of Moses, which the Lord had commanded for Israel."

七月初一日、祭司以斯拉將律法書帶到聽了能明白的男女會眾面前。

So on the first day of the seventh month Ezra the priest brought the Law before the assembly, which was made up of men and women and all who were able to understand. v2

# 住棚節

Feast of Trumpets,  
Day of Atonement  
Feast of Tabernacles

Verse 3

在水門前的寬闊處、  
從清早到晌午、在眾男女一  
切聽了能明白的人面前、  
讀這律法書·眾民側耳而聽。

He read it aloud from daybreak till noon as he  
faced the square before the Water Gate in the  
presence of the men, women and others who  
could understand. And all the people listened  
attentively to the Book of the Law.

verse 4

“文士以斯拉站在為這  
事特備的木臺上。”

Ezra stood on a high wooden  
platform built for the occasion”

以斯拉站在眾民以上、在眾民眼前展開這書。他一展開、眾民就都站起來。

Ezra opened the book. All the people could see him because he was standing above them; and as he opened it, the people all stood up

verse 5.



verse 6, 以斯拉稱頌耶和華至大的 神。

眾民都舉手應聲說、阿們、阿們、  
就低頭、面伏於地、敬拜耶和華。

Ezra praised the LORD, the great God;  
and all the people lifted their hands and  
responded, "Amen! Amen!" Then they  
bowed down and worshiped the LORD  
with their faces to the ground.

v. 7-8, 耶書亞、巴尼、示利比、雅憫、  
亞谷、沙比太、荷第雅、瑪西雅、基  
利他、亞撒利雅、約撒拔、哈難、昆  
萊雅、和利未人、使百姓明白律法。百  
姓都站在自己的地方。他們清清楚楚  
的念 神的律法書、講明意思、使百  
姓明白所念的。

The Levites--Jeshua, Bani,  
Sherebiah, Jamin, Akkub, Shabbethai, Hodiah, Maaseiah,  
Kelita, Azariah, Jozabad, Hanan and Pelaiah--instructed the  
people in the Law while the people were standing there.  
8 They read from the Book of the Law of God, making it clear  
and giving the meaning so that the people could understand  
what was being read.

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你有喜樂洋溢

You Can Rejoice In It

verse 9

省長尼希米、和作祭司的文士以斯拉、  
並教訓百姓的利未人、對眾民說、今日  
是耶和華你們 神的聖日。不要悲哀  
哭泣。這是因為眾民聽見律法書上的話

都哭了。 Then Nehemiah the governor,  
Ezra the priest and scribe, and the Levites  
who were instructing the people said to them  
all, "This day is sacred to the LORD your God.  
Do not mourn or weep." For all the people  
had been weeping as they listened to the  
words of the Law.

羅馬書 Romans 3:20

“...因為律法本是  
叫人知罪。

through the Law we  
become conscious of sin.”

耶利米書 Jeremiah 15:16:

“耶和華萬軍之神阿、我得著  
你的言語、就當食物喫了。

你的言語、是我心中的歡喜快樂。  
因我是稱為你名下的人。

When your words came, I ate them;  
they were my joy and my heart's delight,  
for I bear your name, O LORD God  
Almighty. ”

詩篇 Psalm 19:8:

“耶和華的訓詞正直、  
能快活人的心。

耶和華的命令清潔、  
能明亮人的眼目。

The precepts of the LORD are right,  
giving joy to the heart. The  
commands of the LORD are radiant,  
giving light to the eyes. ”

verses 10-12:

“又對他們說、你們去喫肥美的、喝  
甘甜的、有不能豫備的、就分給他。因  
為今日是我們主的聖日。你們不要憂愁、  
因靠耶和華而得的喜樂是你們的力量。

**Go and enjoy choice food and sweet  
drinks, and send some to those who have  
nothing prepared. This day is sacred to  
our Lord. Do not grieve, for the joy of the  
Lord is your strength.”**



於是利未人使眾民靜默、說、  
今日是聖日。不要作聲、也不要  
憂愁。眾民都去喫喝、也分給  
人、大大快樂、因為他們明白  
所教訓他們的話。

**The Levites calmed all the people, saying,  
'Be still, for this is a sacred day. Do not grieve.'  
Then all the people went away to eat and drink,  
to send portions of food and to celebrate with  
great joy, because they now understood the  
words that had been made known to them."**

腓利門書 Philemon 6

“願你與人所同有的信心顯出功效、使人知道你們各樣善事都是為基督作的。

be active in sharing our faith so that we will have a full understanding of every good thing we have in Christ.”

以賽亞書 Isaiah 44:22

“我塗抹了你的過犯、  
像厚雲消散·我塗抹了  
你的罪惡、如薄雲滅沒·  
你當歸向我、因我救贖了你。

I have swept away your offenses like a  
cloud, your sins like the morning mist.  
Return to me, for I have redeemed you.”







III

你樂於遵行

You Can Obey It

雅各書 James 1:22-25

只是你們要行道、不要單單聽道、自己欺哄自己。因為聽道而不行道的、就像人對着鏡子看自己本來的面目。

Do not merely listen to the word, and so deceive yourselves. Do what it says.

**23** Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror



看見、走後、隨即忘了他的相貌如何。惟有詳細察看那全備使人自由之律法的、並且時常如此、這人既不是聽了就忘、乃是實在行出來、就在他所行的事上必然得福。

24 and, after looking at himself, goes away and immediately forgets what he looks like. 25 But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it-- he will be blessed in what he does.

verse 17

從擄到之地歸回的全會眾就搭棚、  
住在棚裏·從嫩的兒子約書亞的時  
候、直到這日、以色列人沒有這  
樣行·於是眾人大大喜樂。

The whole company that had returned  
from exile built booths and lived in them.  
From the days of Joshua son of Nun until  
that day, the Israelites had not celebrated  
it like this. And their joy was very great.

從頭一天、直到末一天、以斯拉  
每日念 神的律法書。眾人守節  
七日、第八日照例有嚴肅會。

Day after day, from the first day to the  
last, Ezra read from the Book of the  
Law of God. They celebrated the feast  
for seven days, and on the eighth day,  
in accordance with the regulation, there  
was an assembly. v 18

兩項邀請

Two Invitations

宣佈並講論神的道

Proclamation and preaching of the Word

動員神子民

Responsive mobilization of God's people



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