

# 聖靈更新我們的生命 III

Holy Spirit Renews Our Lives III

加拉太書 Galatians 5: 22-23

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信心不一定使你脫離困難，  
信心卻能帶你度過困難。

Faith doesn't always take you out of the problem;  
faith takes you thru the problem.

信心不一定拿走你的疼痛，  
信心卻給你能力處理痛苦。

Faith doesn't always take away the pain;  
faith gives you the ability to handle the pain.

信心不一定使你快快走出風暴  
信心卻能使你在風暴中有平穩的心

Faith doesn't always take you out of the storm;  
faith calms you in the midst of the storm.

# I. 信實的特性

Characteristic of faithfulness

(加 Gal. 5:22)

多 2:10 不可私拿東西，要顯為  
**忠誠**，以致凡事尊榮我們救主  
神的道。

**Ti 2:10** not pilfering, but showing all good  
faith so that they will adorn the doctrine  
of God our Savior in every respect.

約一1:9 我們若認自己的罪，神是**信實**的，是公義的，必要赦免我們的罪，洗淨我們一切的不義。

1 Jn 1:9 If we confess our sins, He is **faithful** and righteous to forgive us our sins and to cleanse us from all unrighteousness.

哀3:22-23 我們不至消滅，是出於耶和華諸般的慈愛；是因他的憐憫不至斷絕。每早晨，這都是新的；你的**誠實**極其廣大！

Lam 3:22-23 The LORD's loving kindnesses indeed never cease, For His compassions never fail. *They are new every morning; Great is Your **faithfulness**.*



## II. 溫柔的特性

Characteristic of gentleness  
(加 Gal. 5:23)

太11:29 我心裡柔和謙卑，你們當負我的軛，學我的樣式；這樣，你們心裡就必得享安息。

Mat 11:29 Take My yoke upon you and learn from Me, for I am **gentle** and humble in heart, and **YOU WILL FIND REST FOR YOUR SOULS.**

太5:5 溫柔的人有福了！因為他們必承受地土。

Mat 5:5 Blessed are the **gentle**, for they shall inherit the earth.

箴25:15 恆常忍耐可以勸動君王；  
**柔和**的舌頭能折斷骨頭。

Pro 25:15 By forbearance a ruler may be persuaded, And a **soft** tongue breaks the bone.

# III. 節制的特性

Characteristic of Self Control

(加 Gal. 5:23)

彼後1:6 有了知識，又要加上  
**節制**；有了**節制**，又要加上忍耐；  
有了忍耐，又要加上虔敬；

II Pet 1:6 and in *your* knowledge,  
**self-control**, and in *your* **self-control**,  
perseverance, and in *your*  
perseverance, godliness,

林前 9:25-27 凡較力爭勝的，諸事  
都有**節制**，他們不過是要得能壞的冠  
冕；我們卻是要得不能壞的冠冕。  
所以，我奔跑不像無定向的；我鬥拳  
不像打空氣的。我是**攻克己身，叫身  
服我**，恐怕我傳福音給別人，自己反  
被棄絕了。

I Cor 9:25-27 Everyone who competes in the games  
exercises **self-control** in all things. They then *do it* to  
receive a perishable wreath, but we an  
imperishable. Therefore I run in such a way, as not without  
aim; I box in such a way, as not beating the air; but I  
**discipline my body and make it my slave**, so that, after I  
have preached to others, I myself will not be disqualified.

林前6:12 凡事我都可行，但不都  
有益處。凡事我都可行，但無論  
哪一件，我總不受他的轄制。

I Cor 6:12 All things are lawful for me, but  
not all things are profitable. All things are  
lawful for me, but I will not be mastered by  
anything.



林前10:23 凡事都可行，但不都  
有益處。凡事都可行，但不都造  
就人。

I Cor 10:23 All things are lawful, but not all  
things are profitable. All things are lawful,  
but not all things edify.

加 5:18 但你們若被聖靈引導，  
就不在律法以下。

Gal. 5:18 But if you are led by the  
Spirit, you are not under the Law.

7. 靠聖靈有信實的生命，  
常以信實待人。

8. 靠聖靈有溫柔的生命，  
常說：“沒有關係！從頭再來！”

9. 靠聖靈有節制的生命，  
行事為人合神心意。

1. 聖靈使我們活出仁愛，是犧牲的愛，對神對人有犧牲的服事。
2. 聖靈使我們活出喜樂，使我們與未信者有極大的不同。
3. 聖靈使我們活出和平，常與神和好，與人和睦。
4. 靠聖靈有忍耐的生命，願意容忍他人。
5. 靠聖靈有恩慈的生命，常給人恩典，同情人。
6. 靠聖靈有良善的生命，常以善意待人。
7. 靠聖靈有信實的生命，常以信實待人。
8. 靠聖靈有溫柔的生命，常說：“沒有關係！從頭再來！”
9. 靠聖靈有節制的生命，行事為人合神心意。