



行出来由不得我？

No Ability to carry it out?

罗马书7章 Romans7

## 罗马书7:7-13 新译本

这样，我们可以说些什么呢？难道律法是罪吗？绝对不是。不过，如果不是藉着律法，我就不知道什么是罪；如果不是律法说“不可贪心”，我就不知道什么是贪心。但罪趁着机会，藉着诫命在我里面发动各样的贪心，因为没有律法，罪是死的。在没有律法的时候，我是活的；但诫命一来，罪就活了，我就死了。那本来使人活的诫命，反而使我死了；因为罪藉着诫命把握着机会来欺骗我，并且杀了我。这样，律法是圣洁的，诫命也是圣洁、公义和良善的。

既是这样，那良善的反而使我死吗？绝对不是！但罪藉着那良善的使我死，就显出真是罪，为了要使罪藉着诫命变成更加邪恶。

What then shall we say? That the law is sin? By no means! Yet if it had not been for the law, I would not have known sin. For I would not have known what it is to covet if the law had not said, "You shall not covet." But sin, seizing an opportunity through the commandment, produced in me all kinds of covetousness. For apart from the law, sin lies dead. I was once alive apart from the law, but when the commandment came, sin came alive and I died. The very commandment that promised life proved to be death to me. For sin, seizing an opportunity through the commandment, deceived me and through it killed me. So the law is holy, and the commandment is holy and righteous and good. Did that which is good, then, bring death to me? By no means! It was sin, producing death in me through what is good, in order that sin might be shown to be sin, and through the commandment might become sinful beyond measure. Romans 7:7-13

Please DO NOT look at the back  
door window now 😊

请不要扭头看后门的玻璃😊

# READ ROMANS 7:4-25 读罗马书7:4-25

Once I was alive apart from the law; but when the commandment came, sin sprang to life and I died...

在没有律法的时候，我是活的；但诫命一来，罪就活了，我就死了。

For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing...

What a wretched man I am! Who will rescue me from this body that is subject to death?因为立志行善由得我，行出来却由不得我。所以我愿意行的善，我没有去行；我不愿意作的恶，我倒去作了。我这个人真是苦啊！谁能救我脱离这使我死亡的身体呢？

# 短剧：家庭大战 FAMILY FIGHT



# ROMANS 7:9-25

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我这个人真是苦啊！谁能救我脱离这使我死亡的身体呢？  
Thanks be to God, who delivers me through Jesus Christ our Lord! 感谢神，藉着我们的主耶稣基督就能脱离了。

Accept: it's a tragic truth  
很遗憾，我们就是这么软弱

However, we also acknowledge that we are created for a better status  
但我们的受造让我们心底里盼望一个更好的关系

The Lord Jesus has triumphed, giving us the freedom to overcome our weaknesses. 耶稣已得胜，让被困住的我们，有离开软弱的自由