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與聖靈相交
(Fellowshipping with the Holy Spirit)

by Mike Bickle (IHOP)

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Ⅰ・與聖靈相交
(Fellowshipping with the Holy Spirit)

I. Walking in the Spirit: sustaining an active dialogue with Him
順著聖靈而行：保持與聖靈活潑的對話

A. In Gal. 5:16, Paul exhorts all believers to "walk in the Spirit" or to develop a dynamic relationship with Him. We do this best as we sustain an active dialogue with Him.

16 I say then: walk in the Spirit, and you shall not fulfill the lust** (sinful desires) **of the flesh. 17 For the flesh lusts** (wars) **against the Spirit, and the Spirit against the flesh… (Gal. 5:16–17)

A. 在加拉太書5:16, 保羅勸勉所有信徒要"順著聖靈而行"，也就是與聖靈發展出活勃的關係。要做到這點，最好的方法就是保持與聖靈活潑的關係。

5:16我說、你們當順著聖靈而行、就不放縱肉體的情慾了。
5:17因為情慾和聖靈相爭、聖靈和情慾相爭. 這兩個是彼此相敵、使你們不能作所願意作的。

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B. We walk in the Spirit to the degree that we "fellowship with Him." The Spirit is a dynamic Person who lives inside us to empower our hearts as we walk in fellowship with Him.

14…The communion** (fellowship, NAS) **of the Holy Spirit be with you all. (2 Cor. 13:14)

B. 我們順著聖靈而行，達到一個程度，以致於我們"與他相交"。我們與聖靈相交時，他就是一個帶著活力的位格，住在我們裡面，使我們內心剛強有力。

13:14 願主耶穌基督的恩惠、 神的慈愛、聖靈的感動、常與你們眾人同在。（林後13:14）

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C. We seek to be a "people of the Spirit" both in our inner life as well as in our ministry to others. We must deeply value our relationship with the Spirit. A vibrant walk with the Spirit is essential in our quest to experience more of God. It is futile to seek deep experiences with God while neglecting the Spirit's presence and leadership. ***We cannot go deep in God with a dull spirit***.

C. 無論是服事他人，或是在我們內裡的生活，我們都要追求成為"屬靈人"。我們必須非常重視自己與聖靈的關係。活潑的與聖靈同行是我們追求更多經歷神所必需的。忽略了聖靈的同在及帶領，就不可能深刻的經歷神。**我們不可能以愚鈍的靈進入神的深處。**

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D. In Gal. 5:16, Paul exhorts us to "walk in the Spirit" and then gives us one of the great promises in Scripture, "You shall not fulfill the lust of the flesh." Paul did not promise us that all fleshly desires would be gone, but that we would have power to not fulfill or walk them out. The only way to overcome the power of lust is by growing in a relationship with the Holy Spirit.

D. 在加拉太5:16, 保羅勸勉所有信徒要 "順著聖靈而行"，然後給了我們聖經中最棒的應許之一，就是"不放縱肉體的情慾了" 。保羅沒有保證我們肉體的情慾會消失，但是我們有力量不去放縱，或是不將其行出來。勝過情慾權勢的惟一的方法就是發展與聖靈的關係。

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E. In Gal. 5:17, Paul described the violent war inside every believer. The flesh wars against the Spirit and the Spirit wars against the flesh (to the degree that we are actively engaged with Him).

E. 在加拉太書5:17, 保羅描述了每個信徒內在的激烈戰爭，就是情慾和聖靈相爭，聖靈和情慾相爭（使我們達到與神積極連結的程度）。

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F. The "flesh" in Paul's theology includes sinful physical pleasures (sensuality, gluttony, alcoholism, etc.) as well as sinful emotions (pride, bitterness, anger, defensiveness, etc). Paul gives 17 expressions of the flesh in Gal. 5:19-21.

F. 在保羅的神學觀裡，"肉體"包括罪惡的肉體享樂（好色，貪食，酗酒等等），以及罪惡的情緒（驕傲，苦毒，憤怒，自我防禦等等）。保羅在加拉太書5:19-21列舉了十七項肉體的表現。

II. God created us in three parts: spirit, soul and body

神造我們有三部份：靈，魂，體

A. God created us in three parts, spirit, soul and body. Our inner man is comprised of spirit and soul (mind, emotions, will). Our outer man is our physical body.

23 May your whole spirit, soul, and body be preserved blameless… (1 Thes. 5:23)
16 Our outward man is perishing…the inward man is being renewed day by day. (2 Cor. 4:16)

A. 神造我們有三部份：靈，魂，體。我們裡面的人由靈與魂（思想，情感，意志）組成，而外面的人就是我們的身體。

5:23 願賜平安的 神、親自使你們全然成聖. 又願你們的靈、與魂、與身子、得蒙保守、在我主耶穌基督降臨的時候、完全無可指摘。（帖前5:23）

4:16 所以我們不喪膽. 外體雖然毀壞、內心卻一天新似一天。（林後4:16）

II. God created us in three parts: spirit, soul and body

神造我們有三部份：靈，魂，體

B. God beautifies our inner man (hidden person of the heart) by releasing His Spirit in us.

3 Do not let your adornment be merely outward…4 let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit… (1 Pet. 3:3-4)
10 Put on the new man who is renewed…according to the image of Him… (Col. 3:10)

B. 藉著釋放他的靈在我們裡面，神使我們裡面的人（內心的人）變得美麗。

3:3 你們不要以外面的辮頭髮、戴金飾、穿美衣、為妝飾、

3:4 只要以裏面存著長久溫柔安靜的心為妝飾. 這在 神面前是極寶貴的。（彼前3:3-4）

3:10穿上了新人. 這新人在知識上漸漸更新、正如造他主的形像. （西3:10）

III. The new birth: the uncreated God living in the human spirit

重生：非受造的神住在人的靈裡

A. At the new birth, the Holy Spirit comes to live in our spirit as a real Person. The uncreated life of God dwelling in us is the core reality of the new birth. The new birth is much more than being forgiven. It emphasizes being born into a new connectedness with the Spirit.

5 Unless one is born of water** (natural) **and the Spirit, he cannot enter the Kingdom... 6 That which is born…of the Spirit is spirit. 7…You must be born again. 8 The wind blows where it wishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit. (Jn. 3:5-8)

A. 重生那刻，聖靈以一個真實的位格來住進我們的靈裡。重生的精髓，就是這位非受造神的生命居住在我們裡面。重生不僅是罪得赦免，更是強調與聖靈產生新的連結。

3:5耶穌說、我實實在在的告訴你、人若不是從水和聖靈生的、就不能進神的國。從肉身生的、就是肉身. 從靈生的、就是靈。我說、你們必須重生、你不要以為希奇。風隨著意思吹、你聽見風的響聲、卻不曉得從那裏來、往那裏去. 凡從聖靈生的、也是如此。(約3:5-8)

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B. The glory of the New Covenant is that at our new birth, the Spirit makes us one spirit with God.

17 But he who is joined to the Lord is one spirit with Him. (1 Cor 6:17)
17 You know Him** (Holy Spirit)**, for He dwells with you and will be in you. (Jn. 14:17)

B.新約的榮耀，就是當我們重生時，聖靈讓我們與神成為一靈

6:17 但與主聯合的、便是與主成為一靈。（林前6:17）

14:17 就是真理的聖靈、乃世人不能接受的. 因為不見他、也不認識他. 你們卻認識他. 因他常與你們同在、也要在你們裏面。（約14:17）

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C. God deposited His seed or His very life into our spirit. The eternal uncreated life of God came to live in us at the new birth. One purpose for this was to destroy the works of darkness in us. The one born of God no longer lives in habitual sin (as they formerly did) but wages war against it.

8 Jesus…was manifested, that He might destroy the works of the devil. 9 Whoever has been born of God does not sin** (habitually, uncontested)**, for His seed remains in him. (1 Jn. 3:8-9)

C. 神將他的種子，或說他自己的生命，安放在我們靈裡。我們重生時，這位自有永有非受造神的生命，進來住在我們裡面。這樣做的一個目的，是要摧毀我們裡面黑暗權勢的作為。從神生的人不會再活在纏累已久的罪中（有如從前一樣），而會起來與之爭戰。

3:8犯罪的是屬魔鬼、因為魔鬼從起初就犯罪。 神的兒子顯現出來、為要除滅魔鬼的作為。3:9凡從 神生的、就不犯罪（不會習慣性的犯罪，不會對罪麻木）、因 神的道〔原文作種〕存在他心裏. 他也不能犯罪、因為他是由 神生的。（1約3:8-9）

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D. Jesus is a high priest according to the power of the Spirit who is described as an "indestructible life". In other words, the Spirit has power to destroy all the lust and darkness that opposes Him.

15 If another priest** (Jesus) **arises according to the likeness of Melchizedek, 16 who has become such…according to the power of an indestructible life. (Heb 7:15-16, NAS)

D. 耶穌成為大祭司乃是因著聖靈的不能朽壞之生命大能；換言之，聖靈有能力毀滅所有與其敵對的情慾與黑暗。

7:15 倘若照麥基洗德的樣式、另外興起一位祭司來、我的話更是顯而易見的了.

7:16 他成為祭司、並不是照屬肉體的條例、乃是照無窮之生命的大能.〔無窮原文作不能毀壞〕

III. The new birth: the uncreated God living in the human spirit

重生：非受造的神住在人的靈裡

E. Jesus manifests His power in our heart as we fellowship with the Holy Spirit.

20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us... (Eph. 3:20)

27 The riches of the glory of this mystery…which is Christ in you, the hope of glory. 28 Him we preach…that we may present every man perfect in Christ Jesus. 29 To this end I also labor, striving according to His working which works in me mightily. (Col. 1:27-29)

E. 我們與聖靈相交時，耶穌就彰顯他的能力在我們心裡。

3:20 神能照著運行在我們心裏的大力、充充足足的成就一切超過我們所求所想的. （弗3:20）

1:27 神願意叫他們知道、這奧祕在外邦人中有何等豐盛的榮耀. 就是基督在你們心裏成了有榮耀的盼望. 1:28 我們傳揚他、是用諸般的智慧、勸戒各人、教導各人. 要把各人在基督裏完完全全的引到 神面前. 1:29 我也為此勞苦、照著他在我裏面運用的大能、盡心竭力。（西1:27-29）

III. The new birth: the uncreated God living in the human spirit

重生：非受造的神住在人的靈裡

F. Scripture describes God in us as light, fire and living water (false religions counterfeit this).

5 The message which we have heard from Him and declare…that God is light….7 If we walk in the light as He is in the light, we have fellowship with one another… (1 Jn. 1:5-7)

38 Out of his heart** (belly, KJV, inner most being, NAS) **will flow rivers of living water. 39 This He spoke concerning the Spirit, whom those believing in Him would receive… (Jn. 7:38-39)

6 Set Me** (Jesus) **as a seal upon your heart…for love is as strong as death…its flames are flames of fire, a most vehement flame. (Song 8:6)

F. 聖經以光，火，活水來形容我們裡面的神（假宗教仿冒這些）

1:5 神就是光、在他毫無黑暗. 這是我們從主所聽見、又報給你們的信息。

1:7 我們若在光明中行、如同 神在光明中、就彼此相交、（1約 1:5-7）

7:38 信我的人、就如經上所說、從他腹中要流出活水的江河來。

7:39 耶穌這話是指著信他之人、要受聖靈說的、（約 7:38-39）

8:6求你將我放在你心上如印記、帶在你臂上如戳記. 因為愛情如死之堅強. 嫉恨如陰間之殘忍. 所發的電光、是火焰的電光、是耶和華的烈焰。（歌）

IV. Talking to the Holy Spirit

與聖靈對話

A. In prayer, we focus our mind on God in two ways: on the Father who sits on His Throne (Rev. 4) and on God the Holy Spirit who lives in our spirit.

9 In this manner, therefore, pray: Our Father in heaven… (Mt. 6:9)

9 The Spirit of God dwells in you… 10 If Christ is in you, the body is dead because of sin, but the Spirit is life…11 If the Spirit…dwells in you, He who raised Christ from the dead will give life to your mortal bodies through His Spirit who dwells in you... (Rom. 8:9-11)

A. 禱告時，我們的心可以有兩種方式來注視神：注視坐在寶座上的天父（啟示錄4），和住在我們靈裡的聖靈。

6:9 所以你們禱告、要這樣說. 我們在天上的父、（太6:9）

8:9 如果 神的靈住在你們心裏、.... 8:10 基督若在你們心裏、身體就因罪而死、心靈卻因義而活. 8:11 然而叫耶穌從死裏復活者的靈、若住在你們心裏、那叫基督耶穌從死裏復活的、也必藉著住在你們心裏的聖靈、使你們必死的身體又活過來。

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與聖靈對話

B. Principle: we walk in the Spirit by talking with the Spirit. The fundamental way to walk in the Spirit is by maintaining an active dialogue with the indwelling Spirit. This is key to our renewal and transformation. It is so simple that many miss it.

B. 原則：我們藉著聖靈談話來行在聖靈中；順著聖靈而行的基本方法，就是和內住的聖靈維持活潑的對話；此乃是我們更新轉變的關鍵。這個方法是如此簡單，以致被很多人忽略。

IV. Talking to the Holy Spirit

與聖靈對話

C. To get started, I suggest talking directly to the Spirit 5-10 times a day for 3-5 minutes each time.

C. 剛開始時，我建議每天對聖靈說五到十次話，每次三至五分鐘。