

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

IV. Talking to the Holy Spirit

與聖靈對話

- D. If we just talk to Him, He will talk back. He will speak to us once He gets us in the conversation. He speaks to us by giving us subtle impressions that release power on our mind and heart if we respond to them. He will lead us by giving us promptings to act on and to restrain us.
- D. 若我们对圣灵说话，他就会回应；一旦我们开始与圣灵对话，他就会向我们讲话。他向我们说话的方式是给我们轻微的意念，若我们回应这些意念，圣灵会释放力量在我们心思意念里。他藉著催促或禁止我们去行动来引领我们。

- E. We will not walk in the Spirit more than we talk to the Spirit. We will not obey Him more than we talk to Him. He will talk us out of sinning and quitting.
- E. 我们与圣灵对话多少决定我们与他同行的程度，也决定我们顺服他的程度。他向我们说话，使我们脱离犯罪和放弃。
- F. We talk to the Spirit as the way to experience the release of His power in our inner man. The moments that we dialogue with Him are the moments we are most aware of His power in us.
- F. 要经历释放圣灵能力在我们里面的人之方法，就是与圣灵对话。我们与圣灵对话的时候，最能意识到他在我们里面的能力。
- G. He releases small measures of power on our mind and heart, but the power is real. We experience the Spirit's power in small incremental ways like we do with food and water.
- G. 圣灵释放少许的能力在我们心思意念里，但这能力是真实的。就如我们吃喝一般，我们对圣灵能力的经历也是少量累积的。

- H. We must cultivate our friendship with the Spirit, being careful not to quench or resist Him. Paul exhorted us to not quench (1 Thes. 5:19) or grieve the Spirit (Eph. 4:30). Therefore, we prize, watch, and guard the prompting of the Spirit on our heart. We must renounce all that causes the Holy Spirit's work in our heart to be minimized (Gal. 6:8; Rom. 8:6). We can grow in our experience of the indwelling Holy Spirit.
- ⁷ *Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. 8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. 9 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. (Gal. 6:7-9)*
- H. 我们必须培养和圣灵的友谊，要小心不去消灭圣灵的感动或抵挡圣灵。保罗劝我们不要消灭圣灵的感动（帖前5:19），或叫神的圣灵担忧（弗4:30）。因此，我们要珍惜、注意，并保守圣灵在我们心里的催促。我们必须弃绝一切会减少圣灵在我们心里动工的东西（加6:8，罗8:6）。如此，我们与内住圣灵的体验就会增长。
- 6:7 不要自欺。神是輕慢不得的。人種的是甚麼、收的也是甚麼。
- 6:8 順著情慾撒種的、必從情慾收敗壞。順著聖靈撒種的、必從聖靈收永生。
- 6:9 我們行善、不可喪志。若不灰心、到了時候、就要收成。（加6:7-9）

- I. The language of our mind and spirit is images. Whatever images we behold or set our mind on, whether good or bad, is what we open our spirit to and therefore, it is what is imparted to our spirit. If we set our mind on impurity, then impurity is imparted in our spirit.
- I. 影像是我们心灵的语言。我们的灵会受影像的影响，任何我们眼睛所见、或心里所想的影像，无论好坏，都会传入我们灵里。若我们常思想不洁，我们的灵就沾染不洁。

J. The more we talk to the Spirit the less we talk to people in a way that quenches the Holy Spirit, our spirit, and their spirit. Words release (activate) as well as hinder the Spirit's work in us.

²⁹ *Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. 30 And do not grieve the Holy Spirit...* (Eph. 4:29-30)

J. 我们越多与圣灵说话,我们与他人的说话方式就越不会消灭圣灵的感动,也越不会让自己或对方的零消沉。话语能释放(后动)也能拦阻圣灵在我们里面的工作。

4:29 污穢的言語、一句不可出口、只要隨事說造就人的好話、叫聽見的人得益處。4:30 不要叫 神的聖靈擔憂。你們原是受了他的印記、等候得贖的日子來到。(弗 4:29-30)

K. If we only talk to the Spirit in the crisis of temptation, rather than as a lifestyle, then we will not sustain our dialogue with Him in an effective way that results in righteousness in our emotions.

¹³ *For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live...16 The Spirit Himself bears witness (communicates) with our spirit that we are children of God. (Rom. 8:13-16)*

K. 如果我们只在面临试探危机时才跟圣灵说话,而不是养成和圣灵说话的生活方式,那么我们就很难维持与圣灵有效的对话;(与圣灵)有果效的对话会让公义栽种在我们的情感里。

8:13你們若順從肉體活著必要死。若靠著聖靈治死身體的惡行必要活著。8:14因為凡被 神的靈引導的、都是 神的兒子。8:15你們所受的不是奴僕的心、仍舊害怕。所受的乃是兒子的心、因此我們呼叫阿爸、父。8:16聖靈與我們的心同證我們是 神的兒女。(羅 8:13-16)

V. The Holy Spirit empowers our emotions

圣灵加力量给我们的情感

A. The emotional resources of the Spirit or the power of God on our emotions has 9 different facets of the one "diamond" of our relationship with the Holy Spirit.

²² *The fruit (result) of the Spirit is love, joy, peace, longsuffering (patience, NAS), kindness, goodness, faithfulness, 23 gentleness, self-control. (Gal. 5:22-23)*

A. 圣灵对情感的供应,或者说神对我们情感所加的能力,包括了我们与圣灵关系这颗"钻石"的九个不同切面。

5:22 聖靈所結的果子、就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、5:23 溫柔、節制。這樣的事、沒有律法禁止。(加 5:22-23)

B. We fellowship with the Holy Spirit by recognizing or honoring His presence in us. We do this by thanking Him for it. We thank the indwelling Spirit for His presence, power and leadership inside us. We pray, "Thank you Holy Spirit, for Your presence in me that is mighty in indestructible love, peace, patience, self-control, etc."

B. 我们藉由认知或尊崇圣灵的同在来与他相交,并为此而感谢他。我们感谢圣灵内住在我们里面,使我们可感觉到他的同在,能力,和引领。我们祷告说:圣灵,谢谢你在我里面伟大的同在,并赐给我无穷的爱,平安,忍耐,和节制等。

C. When we address God on the Throne, we ask for strength. When we address God in our spirit we thank Him for strength that is already in us by His indwelling Presence.

C. 当我们向宝座上的神讲话时,我们是向他求力量;当我们向在我们灵里面的神讲话时,我们是感谢他内住的同在所赐与我们的力量。

D. John refers to this as walking in the light which is synonymous with walking in the Spirit.

⁵ ***God is light...7 if we walk in the light...we have fellowship with one another... (1 Jn. 1:5-7)***

D. 约翰提到在光明中行, 其意义和行在圣灵中相同。

1:5 神就是光...1:7 我們若在光明中行、就彼此相交、约壹 1:5-7

E. Walking in the light includes several activities such as walking in the light of revelation by meditating on the Word, fellowshiping in the light by sharing our life in God with one another and bringing our sins into the light through confession to one another. We must not limit our concept of walking in the light to any of these important activities.

E. 在光明中行走包括多方面, 比如说: 经由默想神的话而行在启示的光中, 透过彼此分享而在神光明中与神相交的生活, 以及经由认罪忏悔把我们的罪带到光中。我们一定不要将我们在光明中行走的观念只限于这些重要的事。

F. We need to focus on the presence of the indwelling Holy Spirit in our war against sin. Many put their primary focus on the necessity of denying sinful desires. We walk in the Spirit or walk in the light as the condition for overcoming lust. We remove darkness by turning on the light.

⁵ ***Light shines in the darkness, and the darkness did not comprehend (overpower) it. (Jn. 1:5)***

F. 在我们与罪的争战中, 我们需要聚焦在内住圣灵的同在上。许多人将他们的主要焦点放在弃绝罪的欲望上。我们将灯打开, 就可以移除黑暗; 同样地, 我们行在圣灵中或在光明中行走, 是克服情欲的前提条件。

1:5 光照在黑暗裏、黑暗卻不接受光。(约1:5)

G. As we stare into the bonfire of God in our spirit and as we look at God's light that is brighter than diamonds (at His Throne or in our spirit), then His light is manifest in us in a greater measure. The test for the truth of this is that gazing into the Spirit's light always leads us to glorify and obey Jesus and His Word.

G. 当我们定睛注视我们灵里神的营火, 以及当我们看到比钻石还明亮的圣神的光时 (在他宝座上或在我们灵里), 他的光会更大程度被彰显在我们里面。对这个真理的验证就是, 当我们注目圣灵的光, 常使我们能荣耀并顺服耶稣和圣神的话语。

H. The lamp of the body (that which brings light to our inner man) is the eye of our heart. The body speaks of our whole person (not just our physical body). God promises that those with a good eye will have a bright and vibrant heart that is full of light.

³⁴ ***The lamp (source of light) of the body is the eye (of the heart; Eph. 1:18). Therefore, when your eye is good (single, KJV), your whole body also is full of light. But when your eye is bad, your body also is full of darkness. 35 Therefore take heed that the light which is in you is not darkness. 36 If then your whole body is full of light, having no part dark, the whole body will be full of light, as when the bright shining of a lamp gives you light. (Lk. 11:34-36)***

H. 身上的灯光 (将光明照耀在我们里面的人) 是我们心里的眼睛。身体是指我们全人 (并不仅是指肉身而已)。神说那些眼睛明亮的人, 会心里明亮灿烂, 充满光明。

11:34 你眼睛就是身上的燈、你的眼睛若瞭亮、全身就光明。眼睛若昏花、全身就黑暗。11:35 所以你要省察、恐怕你裏頭的光、或者黑暗了。11:36 若是你全身光明、毫無黑暗、就必全然光明、如同燈的明光照亮你。(路 11:34-36)

- I. A good or single eye refers to having a vision for our heart to realistically pursue 100-fold obedience (as set forth in Mt. 5-7) as we fellowship with the Holy Spirit.
- I. 当我们与圣灵相交时,眼睛明亮或单一是指我们的心切实地追求那完全的顺服(参照马太福音 5-7 章)。
- J. Isaiah prophesied that God's people would show forth the indwelling God by being filled with brightness (the indwelling light of Holy Spirit) and burning (indwelling fire of the Holy Spirit).
- ¹ *For Jerusalem's sake I will not rest, until her righteousness goes forth as brightness, and her salvation as a lamp that burns. (Isa. 62:1)*
- ³⁵ *He (John the Baptist) was the burning and shining lamp. (Jn. 5:35)*
- ²⁹ *For our God is a consuming fire. (Heb. 12:29)*
- J. 以赛亚预言神的百姓会籍著充满光明(圣灵内住的光)和炙热(圣灵内住的火)来彰显内住的神。
- 62:1 我因錫安必不靜默、為耶路撒冷必不息聲、直到他的公義如光輝發出、他的救恩如明燈發亮。(賽 62:1)
- 5:35 約翰是點著的明燈。你們情願暫時喜歡他的光。(約 5:35)
- 12:29 因為我們的 神乃是烈火。(來 12:29)

- K. Walking in the Spirit is within the reach of all believers by beholding the Spirit in our inner man. This is for "all" believers. We are all weak and in need of beholding or gazing on the Spirit.
- ¹⁸ *We all beholding...the glory of the Lord, are being transformed...by the Spirit. (2 Cor. 3:18)*
- K. 众信徒可藉由注视自己里面的圣灵来行在圣灵中,这是给所有的信徒的,我们都是软弱的,所以非常需要来定睛注视圣灵。
- 3:18 我們眾人既然敞著臉、得以看見主的榮光、好像從鏡子裏返照、就變成主的形狀、榮上加榮、如同從主的靈變成的。(林後 3:18)
- L. We behold and know the Spirit by beholding (gazing) Him in our inner man. The NAS translates this as beholding or seeing the Spirit. It suggests gazing into the bonfire of God's presence.
- ¹⁷ *The Spirit...whom the world cannot receive, because it neither sees Him (it does not behold Him, NAS) nor knows Him; but you know Him, for He...will be in you. (Jn. 14:17)*
- L. 藉由在我们里面注视他,我们就能看见并认识圣灵。新美国标准版(NAS)将注视圣灵翻作注视神同在的营火。
- 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)

- M. *Linger in God's presence:* in dialoging with God in the Word. Take time to linger as you speak slowly to God (include declaring your love). I sigh or groan in-between moments of silence much more than I speak actual words. Speak slowly with occasionally whispering, "I love You, Holy Spirit" while praying in the spirit gently and intermittently.
- M. **停留於神的同在:** 在神的话语中与神对话,藉著慢慢与神对话(包括说出你对神的爱),花些时间停留於神的同在中。在沉默的片刻间,我叹息,呻吟多过实际说出话语来。当在灵里缓缓地 and 间歇地祷告时,慢慢地说且有时低语“圣灵,我爱你”
- N. *Journaling:* take time to record thoughts and prayers as you “pray-read” through Scripture. This helps us capture the truths that the Spirit gives us and to grow in our prayer dialogue with God.
- N. **写日记:** 当你祷读经文时,花时间记下想法和祷告。这可以帮助我们得著圣灵所给予的真理,并加增我们与神祷告性的对话。
- O. We “practice the presence of God” knowing that it takes time to grow in our sense of connectedness with the Holy Spirit. The more I speak directly to Him in private the more I have a sense of His presence while I am active in public life with others. We receive the Holy Spirit's benefits and prophetic activity by beholding Him and knowing Him or by strengthening our relationship with Him over time.
- O. 当我们“练习停留于神的同在”时,通常需要时间来使我们更多获得与灵连结的感觉。若我更多在私下与他直接地对话,当我在公众场合与他人同在时,就可以有更多他同在的感觉。藉由常常注视、了解他,或加强我们与他的关系,我们可领受到更多圣灵的恩膏和先知性的活动。

V. Practical examples 实际的例子

- A. Our dialogue with the Spirit in our inner man grows as we gaze at Him as light or fire that seals our heart with God's power. We set Jesus as a seal on our heart by fellowship with the Spirit.
- ⁶ *Set Me (Jesus) as a seal upon your heart...its flames are flames of fire. (Song 8:6)*
- A. 当我们注视他时,我们在里面与圣灵对话会增长;这时,他会像火或光那样,将神的能力印在我们的心上。藉由与圣灵相交,我们将耶稣放在心上如印记。
- 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 8:6)

B. **Thank you** – we recognize the Spirit's presence in us simply by thanking Him for it. We pray, "Thank you Holy Spirit, for Your bright presence in me, I am Yours, manifest Yourself to me."

B. **感谢你** 藉著感谢圣灵, 我们承认他在我们里面的同在. 我们祷告: "圣灵谢谢你, 谢谢你在我们里面鲜明的同在, 我是属于你的, 请你向我彰显你自己."

C. **Teach me** – we ask Him to lead us into truth, praying, "Consuming Fire teach me Your ways." We may pray, "Teach me, Oh! Bonfire of God, I love Your ways and thoughts."

²⁶ *The Holy Spirit...will teach you all things.. (Jn. 14:26)*

¹³ *The Spirit of truth...will guide you into all truth; He will tell you things to come. (Jn. 16:13)*

¹⁷ *May give to you the spirit of wisdom and revelation in the knowledge of Him... (Eph. 1:17)*

C. **教导我** 我们求他引导我们进入真理, 祷告:"神的烈火, 将你的道路指教我." 我们也可以祷告:"教导我, 神的营火, 我爱你的道路和思想."

14:26 但保惠師、就是父因我的名所要差來的聖靈、他要將一切的事、指教你們、並且要叫你們想起我對你們所說的一切話。(約 14:26)

16:13 只等真理的聖靈來了、他要引導你們明白〔原文作進入〕一切的真理、因為他不是憑自己說的、乃是把他所聽見的都說出來、並要把將來的事告訴你們。(約 16:13)

1:17 求我們主耶穌基督的 神、榮耀的父、將那賜人智慧和啟示的靈、賞給你們、使你們真知道他。(弗 1:17)

D. **Lead me** – We thank the indwelling Spirit for His leadership inside us. We pray, "Holy Spirit lead me; in my speech (Ps. 141:3), into divine appointments/opportunities (Rom. 8:14) and away from Satan's traps/temptations (Mt. 6:13). I love Your leadership, I need Your leadership."

³ *Set a guard, O LORD, over my mouth; keep watch over the door of my lips. (Ps. 141:3)*

¹⁴ *For as many as are led by the Spirit of God, these are sons of God. (Rom. 8:14)*

¹³ *Do not lead us into temptation (lead me from it), but deliver us from the evil one. (Mt. 6:13)*

D. **引导我** 我们感谢在我们里面内住圣灵的引领. 我们祷告:"圣灵带领我的言语(诗篇141:3), 进入属天的命定和机会(罗 8:14), 使我远离撒但的陷阱和试探(太6:13). 我喜爱你的带领, 我需要你的引导."

141:3 耶和華阿、求你禁止我的口、把守我的嘴。(詩 141:3)

8:14 因為凡被 神的靈引導的、都是 神的兒子。(羅8:14)

6:13 不叫我們遇見試探、救我們脫離凶惡。(太 6:13)

E. **Anoint me** – we thank the indwelling Spirit for His power to minister to others. We pray, "Thank you Holy Spirit, for Your gifts and for Your desire to release them in me (1 Cor. 12:7)."

⁷ *But the manifestation of the Spirit is given to each one for the profit of all: (1 Cor. 12:7)*

E. **恩膏我** 我们感谢内住的圣灵赐给我们能力去服事别人. 我们祷告:"谢谢你, 圣灵, 谢谢你释放你的恩赐和渴慕在我里面。(林前12:7)"

12:7 聖靈顯在各人身上、是叫人得益處。(林前 12:7)

F. **Strengthen me** – we thank Him for strength that already is in us by His indwelling Presence (Gal. 5:22-23). We pray, "Oh! Living Flame of Love, thank you for the presence of Your indestructible love, peace, patience, and self-control" or "Thank you Holy Spirit, for Your presence in me that is mighty in indestructible love, peace, patience, self-control" or "Thank you Holy Spirit for Your commitment to war against my" flesh (Gal. 5:17).

¹⁶ *...To be strengthened with might through His Spirit in the inner man... (Eph. 3:16)*

¹⁷ *For the flesh lusts (wars) against the Spirit, and the Spirit against the flesh...22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control.. (Gal. 5:17, 22-23)*

¹¹ *Unite my heart to fear Your name. (Ps. 86:11)*

F. 赐力量给我, 我们感谢他, 藉由他内住的同在, 赐下原本就在我的力量(加 5:22-23). 我们祷告:"喔! 爱的火焰, 谢谢你永远不减的爱、平安、忍耐和节制." 或"谢谢你, 圣灵, 谢谢你定意帮助我与肉体相争(加5:17)."

3:16 求他按著他豐盛的榮耀、藉著他的靈、叫你們心裏的力量剛強起來。(弗 3:16)

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

5:22 聖靈所結的果子、就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、5:23 溫柔、節制。這樣的事、沒有律法禁止。(加 5:17, 22-23)

86:11 耶和華阿、求你將你的道指教我。我要照你的真理行。求你使我專心敬畏你的名。(詩 86:11)

G. Note: the Scripture that has most helped me to develop my dialogue with the Spirit is Jn. 14-17.

G. 附注: 最帮助我发展出与圣灵对话的经文是 约翰福音 14-17章。