II. Fellowshipping with the Holy Spirit: How to war against flesh
第二章 與聖靈相交：如何與情慾爭戰

I. Walking in the Holy Spirit will give us freedom: 順着圣灵而行就得以自由

A. Paul teaches us: if we walk in the Spirit, we will have freedom from sin and death. 保罗教导我们: 若我们连於圣灵的同在, 就可以从罪和死中得自由.

3:17 Now the Lord is the Spirit: and where the Spirit of the Lord is, [there] is liberty.
3:17 主就是那灵,主的灵在那里,那里就得自由.（林后）

B. In Gal. 5:13, Paul tells us that God's grace gives us freedom (freedom from law and sin). 加拉太书 5:13说神的恩典使我们在自由中(从律法与罪的辖制中得自由).

5:13 You, my brothers, were called to be free. 16 But I say, walk by the Spirit, and ye shall not fulfill the lust of the flesh. 17 For the flesh lusts against the Spirit, and the Spirit against the flesh; for these are contrary the one to the other; that ye may not do the things that ye would. (Gal. 5:13-17)
5:13 弟兄們、你們蒙召、是要得自由．只是不可將你們的自由當作放縱情慾的機會．總要用愛心互相服事。16 我說、你們當順著聖靈而行、就不放縱肉體的情慾了。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。（加 5:13-17）

C. 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). The "flesh" in Paul's theology includes sinful physical pleasures (sensuality, gluttony, alcoholism, etc.) as well as sinful emotions (pride, bitterness, anger, defensiveness, etc). C. 加拉太书 5:17 节, 这里保罗描述每个信徒里面的争战, 就是在我们生活中肉体与圣灵命令之间的争战. 圣灵与肉体争战 , 使我们达到与他相连结的程度. 肉体包括罪的享受 (淫蕩 .贪食. 酗酒 ,等) 及罪的情感 (骄傲 . 苦毒 . 愤怒) . 保羅提到 17种肉体的表现 (加5:19-21) .

2:11 Beloved, I beseech you as sojourners and pilgrims, to abstain from fleshly lust, which war against the soul; (1 Pet. 2:11)
2:11 親愛的弟兄阿、你們是客旅、是寄居的．我勸你們要禁戒肉體的私慾．這私慾是與靈魂爭戰的。（彼得 2:11）

D. Paul described a fierce war in his members (mind, emotions and body). He spoke having a body of death that was expressed in his members. The law of sin wars against our mind and members. D. 罗马书第七章中, 保罗描述他肢体 (思想 .情感 .与身体) 中的激烈争战. 只有当我们持续的在灵里与耶稣亲近时才能得自由 (罗 7:25) .

21 I find then a law** (principle)**, that evil is present with me, the one who wills to do good. 22 For I delight in the law of God…23 But I see another law** (principle) **in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. 24 O wretched man that I am! Who will deliver me from this body of death? 25 I thank God--through** (on-going encounter with) **Jesus Christ our Lord! 8:2 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin… (Rom. 7:21-8:2)

7:21 我覺得有個律、就是我願意為善的時候、便有惡與我同在。22 因為按著我裏面的意思。〔原文作人〕我是喜歡　神的律．23 但我覺得肢體中另有個律、和我心中的律交戰、把我擄去叫我附從那肢體中犯罪的律。24 我真是苦阿、誰能救我脫離這取死的身體呢。25 感謝　神、靠著我們的主耶穌基督就能脫離了. 8:2 因為賜生命聖靈的律、在基督耶穌裏釋放了我、使我脫離罪和死的律了。（羅 7:21-8:2）

E. Paul spoke of a law of sin warring against his mind or his decisions to obey God. The law of sin operates against our members. For example, one day maybe our mind is confused, the next day it is our emotions that maybe enraged, the next day, our body is either tired, sick or stirred up with sinful desire (immorality, alcohol, drugs, food) and so on. E. 保罗讲到一个罪的律与他的思想交战, 导致他所谓的取死的身体 (24节). 例如, 某天一个人思想开始混乱, 第二天他情绪暴怒失控, 再下一天他身体疲倦. 生病.或被情欲挑动 (淫荡 .酗酒 .毒品 .宴乐) 等等.

F. A law is an activity that happens in a consistent way with the same results. It is a principle that has been proven to hold true. It functions in the same way each time. For example, the law of gravity works 100% of the time unless a greater law is introduced. When the engine of an airplane has fuel and is turned on then it overpowers the law of gravity by activating the law of aerodynamics. It is a law because it functions consistently. F. 所谓律就是同样的事 . 同样的结果一再的发生 , 是一个被证实的原则 , 而且每次皆照样运作 . 例如 ,万有引力的定律百分之百可靠 , 除非有另一个定律介入 . 例如 , 一架飞机运转的引擎 , 可因空气动力的定律而产生浮力 , 大过万有引力定律所产生的地心吸力 .

G. The law of the Spirit of life speaks of the consistent principle of the Spirit's power in us that is stronger than the law of sin (Rom. 8:2). The law of sin has dominion in us unless we engage in a more powerful law (law of the Spirit of life). God provided this more powerful law, but we must talk with the Spirit to most effectively experience His power in our hearts. G. 所谓生命圣灵的律是我们里面一个大过罪之律的圣灵能力的原则 (羅 8:2) . 罪的律可以辖制我们 ,除非我们使另一个更有能力的律介入 (生命圣灵的律) . 神给我们这个更有能力的律 , 但我们必须与圣灵相交 , 才能更有效的经力我们心里神的能力 .

8:2 For the law of the Spirit of life in Christ Jesus made me free from the law of sin and of death. (Romans 8:2)
8:2 因為賜生命聖靈的律、在基督耶穌裏釋放了我、使我脫離罪和死的律了（羅8:2 ）

H. Our deliverance only comes as we encounter Jesus in an on-going way by the Spirit (Rom. 7:25). H. 籍著持续与圣灵相交 , 我们将更多经力耶稣 ,并因此得释放出.

7:24 Wretched man that I am! who shall deliver me out of the body of this death? 25 I thank God through Jesus Christ our Lord. So then I of myself with the mind, indeed, serve the law of God; but with the flesh the law of sin. (Romans 7:24-25)
7:24 我真是苦阿、誰能救我脫離這取死的身體呢。25 感謝　神、靠著我們的主耶穌基督就能脫離了。這樣看來、我以內心順服　神的律．我肉體卻順服罪的律了。（羅 7:24-25）

I. We must have a ***present tense vibrant relationship with the Holy Spirit*** not our past experiences. I. 行在恩典中是指现在正与圣灵有活泼的关系.

6:14 For sin shall not have dominion over you: for ye are not under law, but under grace. (Romans 6:14)
6:14 罪必不能作你們的主．因你們不在律法之下、乃在恩典之下。（羅 ）

J. For example, a pilot must keep the engines running at all times to overpower the law of gravity. The plane's track record of successful flights will not keep the plane in the air if the engines are not running ***in the present tense***. Our victory is found in our ***current*** inner life with the Spirit.

J. 一个飞行员必须持续保持引擎运转才能克服万有引力定律. 如果飞机引擎不是正在运转 , 这飞机过去成功的飞行记录也不能使飞机不掉下来 .我们的成功来自于我们当前与圣灵相交的内在生活 .

II. Walk in the Spirit, led by the Spirit, live by the Spirit
顺着圣灵而行 ,被圣灵引导 ,靠圣灵得生

16 I say then: walk in the Spirit, and you* shall *not fulfill the lust** (sinful desires) ***of the flesh. 18 But if you are led by the Spirit, you are not under the law. 25 Since we live by the Spirit let us keep in step with the Spirit (Gal. 5:16, 18, 25)

5:16 我說、你們當順著聖靈而行、就不放縱肉體的情慾了。18 但你們若被聖靈引導、就不在律法以下。25 我們若是靠聖靈得生、就當靠聖靈行事。(加 5:16-18,25)

A. In Gal. 5:16-25, Paul used three verbs to describe our relationship with the Spirit. He called us to ***walk*** in the Spirit (v. 16), which requires us to be ***led*** by the Spirit (v. 18) and to ***live*** in or by the Spirit (v. 25). Paul emphasized two issues in walking in the Spirit. First, being led by the Spirit (Gal. 5:24; Rom. 8:14) and second, living in the Spirit or being alive by the Spirit (Gal. 5:25). A. 加拉太书 5:16-25 中有三个动词描述我们与圣灵的关系 . 我们要顺著圣灵而行(16节) , 这需要我们被圣灵引导 (18节) , 我们也要靠圣灵得生 (25节) .

B. & C. & D. In Gal. 5:16, Paul gives us a foundational command, "Walk in the Spirit," with one of the great promises in Scripture, "You shall not fulfill the lust of the flesh." To "walk" in the Spirit means to engage with the Spirit or to maintain an active dialogue with Him throughout our daily life or to maintain a vibrant relationship with Him. This is the only way to overcome the power of lust.

B. 保罗教导信徒要(顺著圣灵而行) ,也就是要与圣灵发展出活泼的关系 .他给我们一个圣经中极大的应许一 (你们就不放纵肉体的情欲) .

C. 保罗并未保证我们肉体的情欲都会消失, 但我们会有能力不将其行出来. 胜过情欲的方法就是发展与圣灵的关系 .行在圣灵中是腰过情欲的首要条件. 但卻有许多人更多强调必须克制情欲 , 而非与圣灵同行 .

D. 我们行在圣灵中直到能持续与他交谈或 "与他相交" . 与圣灵同行就是活在与他相交的光景里 .

13:14 The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with you all. (2Cor. 13:14)
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。（林后 13:14）

6:9 These are the generations of Noah. Noah was a righteous man, [and] perfect in his generations: Noah walked with God. (Gen 6:9)
6:9 挪亞的後代、記在下面。挪亞是個義人、在當時的世代是個完全人、挪亞與 神同行。（创6:9）

9:4 And as for thee, if thou wilt walk before me, as David thy father walked, in integrity of heart, and in uprightness, to do according to all that I have commanded thee, and wilt keep my statutes and mine ordinances; (1 King 9:4)
9:4 你若效法你父大衛、存誠實正直的心行在我面前、遵行我一切所吩咐你的、謹守我的律例典章、（王上9:4）

E. & F. To be "led" by the Spirit (Gal. 5:18; Rom. 8:14) is to follow His leadership by being watchful of the Spirit's promptings, especially in our spiritual life (thoughts, words and deeds). We honor (instead of ignore) the Spirit's leadership in the ***small decisions*** of our spiritual life. We walk out the Spirit's values in our daily life choices (v. 19-22). We cultivate an awareness of the Spirit's leadership in ***what we say*** (speech), ***what we look at*** (eyes), ***how much time we give to feed our spirit*** (schedule) and ***how we spend our finances*** (money). We must refuse the lie that the Holy Spirit is not Lord, and thus, viewing His promptings as optional.

17 Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. (2 Cor. 3:17)

E. 被圣灵 "引导" (加 5:18) 就是在属灵生活中 (思想 .言语 .行为) 敏感的跟随他的带领 .我们尊重(不轻忽)圣灵带领我们在日常生活小事上做的决定 (19-22节) . 我们在所说 (言语) .所看 (眼目). 用多少时间喂养我们的灵人 (作息表) , 及如何消费 (金钱) 等方面培养对圣灵带领的敏锐度 .

F. 主就是那灵, 所以, 圣灵的提醒就是主的命令. 没有他的带领我们容易失败 . 那些不与圣灵相交的人会活在情欲里 .

3:17 主就是那靈、主的靈在那裏、那裏就得以自由。（林后 3:17）

G. To "live" in or by the Spirit (Gal. 5:25) is to be empowered with the Spirit's life as we are fed by the Spirit's food which is the Word of God. One with an under-nourished spirit will walk in lust.

G. 靠圣灵得生 (25节) 就是因灵粮 (经文) 的喂养而充满圣灵生命的大能. 如果我们的灵营养不良 ,我们就会活在情欲里 .我们重生时得到那新的属灵生命, 为的是可以天天 "随从圣灵" (羅8:4).