

Ch3: Fellowshiping with the Holy Spirit: Fed by God's Words 第三章 与圣灵的相交：被神的话喂养

I. Our inheritance is a fully alive heart and mind in God

我们的产业：神的大能在我们的心裡

¹⁶ "This is the covenant (promise) that I will make with them... "I will put My laws (Word) into their hearts (emotions) and in their minds (understanding) I will write them..." (Heb. 10:16)

主说：那些日子以后，我与他们所立的约(应许)乃是这样：我要将我的律法(话)写在他们心上(情感)，又要放在他们的里面(心思意念)。(来 10:16)

- A. God promises to write His Word on our heart and mind (2 Cor 3:3) as He wrote the ten commandments on tablets of stone (Ex. 31:18). 神应许把他的活字在我们的心裡，使我们成为他活的信(林后 3:3)。他会写在我们的心上，就如同他把十诫写在石版上一样(出31:18)。

³² Did not our heart burn (with desire) within us...while He opened the Scriptures to us?...⁴⁵ He opened their understanding, that they might comprehend the Scriptures. (Lk. 24:32, 45)

24:32他們彼此說、在路上、他和我們說話、給我們講解聖經的時候、我們的心豈不是火熱的麼。45於是耶穌開他們的心竅、使他們能明白聖經。(路24:32, 45)

1. **Mind:** God promises to release the spirit of revelation to our mind until we progressively gain living understanding of His Word. **思想:**神应许要释放祂启示的灵在我们的思想里，使我们能渐渐的更明瞭祂的话语，好让我们能成就祂神圣的呼召。

2. **Heart:** God promises to empower our emotions until we feel the power of His Word with new holy desires. **心(情感):**神会影响我们的情感，直到我们能以新的聖潔的渴慕来感受祂的话语。

- B. God writes His Word on our heart as we live by it. We are to live by or be spiritually healthy in our heart by feeding on God's Word. Our heart lives and becomes strong and healthy by feeding on God's Word in spirit and truth. The opposite is also true. Our heart dies and becomes weak and sick without feeding on God's Word. The most substantial way in which we feed our spirit and bolster our spiritual strength is by feeding on God's Word in spirit and truth (each applies this differently). 神的话语是祂心的神聖膳本，因著被神的话喂养，我们的心就活过来并且变得强壮健康。若没有被神的话喂养，我们的心就会变弱、生病。用神的话来喂养，是增强我们灵力的最重要的方法。

⁴ He (Jesus) said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" (Mt. 4:4)

4:4耶穌卻回答說、經上記著說、『人活著、不是單靠食物、乃是靠神口裏所出的一切話。』(太4:4)

- C. Many are spiritually in the ICU with a sick heart and a diminished spiritual appetite. The "voice of the Spirit and the Word" is stronger than the "voice of sinful lust." 许多人今天在属灵的加護病房里，他们的心病了，属灵的胃口也沒了。“圣灵和神话语的声音”是大过“人罪性的呼声”。神向我们开启祂的话语，是一步步(少量)的，且按著我们以祂的话来喂养我们灵的程度。

- D. Prayer, fasting, meditation on the Word, and obedience positions our heart before God to freely receive. These activities do not earn us God's favor. **Analogy:** we put our cold heart before the bonfire of God's presence by seeking Him in the Word in spirit and truth. God opens His Word to us progressively (little portions) and in accordance to the time we feed our spirit on His Word. 祷告，禁食，默想神的话和顺服神，并不会为我们赚得神的恩典，而是将我们的心摆在神的面前，来白白得着祂的恩典。類比：我们在神的话语中，寻求祂，藉此将自己冰冷的心，放置在神同在的營火前。

II. Encountering God: Pray-Reading the word (Communing with the Word) 遇見神：禱讀神的话(与神的话交通)

³⁹ You search the Scriptures (Bible study), for in them you think you have...life; these are they which testify of Me. ⁴⁰ You are not willing to come to Me (dialogue) that you may have life. (Jn. 5:39-40)

5:39 你們查考聖經，〔或作應當查考聖經〕因你們以為內中有永生，給我作見證的就是這經。5:40 然而你們不肯到我這裏來得生命。(約5:39-40)

- A. It is not enough to study the Word, we must give our heart to God and receive from Him as we read it. We allow it to create an active dialogue with God as it gives us the "conversational material." 单单查考圣经是不够的，而是我们在读神的话时，要将心交给祂，并且从祂领受。研读圣经必须要在我们的心中产生一个与神活泼的对话。经文给了我们的祷告生活“对话的材料”。它创造出我们的心与神之间语言。

- B. Using the Word in our prayer language with God makes prayer enjoyable. We must speak the Word back to God and speak the Word back to the Devil. Many do not speak the Word back to God or against Satan (they only speak it to others). The power of God's love touches our heart when we speak the Word back to God. 用神的话当作我们向神祷告的语言,会使祷告变得容易且令人享受。我们必须用神的话来说给神听,并且以此抵挡撒但在我们生活中的攻击。许多人没有用神的话来说给神听,或是来抵挡撒但(而只是用来说给别人听)。当我们向著神宣告祂的话时,祂爱的大能就会触摸到我们。我们便能因著祂所宣告对我们的爱来感谢祂。
- C. Mary of Bethany sat at Jesus' feet and she heard His word. So, we have to sit at the feet of Jesus and speak His Word back to him for our hearts to hear it. 就像伯大尼的马利亚,我们也是被呼召,来坐在耶稣的脚前,聆听神的话语。
³⁹ *Mary, who also sat at Jesus' feet and heard (encountered) His word. (Lk. 10:39)*
 10:39 马利亚在耶稣脚前坐著听(遇见)他的道(路10:39)

- D. Two broad categories of truth related to pray-reading the Word (meditating on Scripture): 在祷读神的话(默想经文)上,有两大真理的领域:
1. First, Scriptures that focus on exhorting us "**to believe**" God's Word. For example, use Scriptures that declare that God loves, forgives, leads, protects, or provides for us, etc. 能激励我们"相信"神的话的经文。例如:一些宣告神的爱,饶恕,带领,保护,以及神的供应的经文等。
 2. Second, Scriptures that focus on exhorting us "**to obey**" God's Word. For example, use Scriptures that command us to bridle our tongue, serve one another, humble ourselves, give time and money to Him, etc. 能激励我们"顺服"神的话的经文。例如:一些命令我们要勒住舌头,服事众人 and 献上时间与金钱给神..等的经文。

E. We actively dialogue with God by praying truths back to Him that exhort us "**to believe**" His Word. Spiritual warfare: we speak these truths against Satan's attack on our lives. 我们用神的话把真理祷告出来,就是主动的与神对话,这样做会激励我们更相信神的话。属灵争战的原则:宣告出真理,来抵挡撒但在我们生活中攻击。

1. First, **we thank God** for a particular truth. We turn these truths into simple declarations of thanksgiving or trust. For example, we declare, "Thank you that You love me or have forgiven me. I trust that You will lead, provide and protect me. 首先,我们为某一特殊的真理来感谢神。我们将这些真理转变成简单的感恩或信靠的宣告。例如:宣告出"谢谢你爱我,饶恕我。我相信你会来带领我,供应我,和保护我。"
2. Second, **we ask God to reveal (release)** particular truths to us. Ask God to release a spirit of revelation (Eph. 1:17). For example, pray, "Father, reveal to me the certainty of Your provision, how much You love me, forgive me, or how I have ravished Your heart. Father, I ask You to release Your promised guidance, provision, and protection, etc. 其次,我们请求神向我们启示(释放)某一特别的真理。求神放启示的灵。(弗1:17)。例如:祷告"父啊,向我启示你必会供应,或是你多么的爱我,饶恕我,或是我如何的夺了你的心"或是"父啊,向我启示你所应许的带领,供应和保护"等。

F. We actively dialogue with God by praying truths back to Him that exhort us "**to obey**" His Word. Spiritual warfare: we speak these truths against Satan's attack on our lives. 我们用神的话把真理祷告出来,就是主动的与神对话。这样做会激励我们"顺服"神的话。属灵争战的原则:宣告出真理,来抵挡撒但在我们生活中的攻击。

1. First, **we commit ourselves to obey God** in the specific way set forth in a biblical person or passage. Make simple declarations of your resolve to obey the Word or imitate the faith of the godly. For example, declare, "I set my heart to love You and obey You with my speech, time and money, etc. or, I set my heart to love you like David, endure hardship like Paul, pray like Daniel or do miracles like the apostles in the Book of Acts." 首先,我们效法圣经上的某个人物或是经节,以特定的方式将**自己委身来顺服神**。将你的决心,作成简单的宣告。要来顺服神的话,或是效法属神的人的信心。例如:可宣告说"我定意要用我的言语,时间,和金钱来爱你。顺服你等等"或是"我定意要像大卫王一样的来爱你,像保羅一样的有受苦的心志,像但以理一样的祷告,或像使徒行传中的使徒们一样行神蹟"

2. Second, *we ask God to empower us to obey* a particular truth or imitate the example of the godly. *Ask God for help* to obey in specific areas. For example, pray, "Father help me to love You, to bridle my speech, or to use my time and money in full obedience." Pray, "lead me away from temptation (Mt. 6:13) or deliver me from the works of the evil one" (Jn. 17:15), or, "Father, I resolve to love You more, or give me power to love you like David, endure hardship like Paul, pray like Daniel or do miracles like the first apostles." 其次, 我们**求神赐给我们的能力来遵行**某一个的真理, 或是效法某一个属神伟人的榜样. 求神帮助我们在某一些的领域来顺服. 例如: "父啊, 帮助我来爱你, 约束我的话语, 或完全的顺服中使用我的时间和金钱" 或是 "父啊, 我定意要爱你更多, 给我能力, 能像大卫王一样的来爱你, 像保羅一样的受苦, 像但以理一样的祷告, 或像使徒们一样行神蹟" 或是 "父啊, 不叫我遇见试探 (太 6:13) ", 或 "保守我脱离那恶者" (约17:15).

3. Two ways to focus our mind in seeking God: God on His Throne (Rev. 4) and God in our spirit 两种方法来帮助我们来专注寻求神: 在宝座上的父神 (启4) 和住在我们灵里的圣灵

G. 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 and praise, praying with your spirit and being quiet). **停留在神的同在中:** 用神的话来与神对话. 花时间去, 慢慢的与神说话 (包括宣告你对神的爱和讚美, 用灵来祷告, 以及静默)

H. 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. **属灵日记:** 在你 "祷告" 圣经时, 花时间来记录你的想法和祷告. 这会帮助我们, 捕捉住圣灵给我们的真理, 也使我们的祷告在与神的对话中成长.

I. The anointing of the Spirit in you is your best teacher. When you pray the Word in spirit and truth, you and the Spirit work together to provide you with a tailor made teaching in the Word. 圣灵的恩膏是你最好的老师. 当你在灵里与真理中祷告神的话时, 你就与圣灵同工, 祂会为你提供你所需的来自神话语的教导.

²⁷ *The anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things...* (1 Jn. 2:27)

2:27 你們從主所受的恩膏、常存在你們心裏、並不用人教訓你們、自有主的恩膏在凡事上教訓你們…(约壹2:27)