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教室(Room #): 119 B

講員(Speaker): 賴瑞珍牧師

授課語言: 華

題目(Topic): 試探 vs 節制

- 專題簡介: 1. 英文和中文聖經翻譯 2. 人的試探 3. 人的節制 4. 堅忍的信心 5. 結語

試探 vs 節制

賴瑞珍牧師

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- 前言



- 大綱
- A。英文和中文聖經翻譯
- B。人的試探
- C。人的自我節制
- D。堅忍的信心
- E。結語



- **A · 英文和中文聖經翻譯**



- **A1**。從語言學來看中文和英文的不同
- 中文：象形文字
- 英文：按照字母排列的次序來決定。



- **A2。 例証**



- **A2a。例証1: 試探**
- Temptation
- Tempted



- **A2b ◦ 例証 2: 節制**
- **Self-control**
- **Be Self-controlled**



- **A2c ◦ 例証 3 : 忍耐 (堅忍)**
- **Perseverance**
- **Definition: persistence in doing something despite difficulty or delay in achieving success. (persistence)**



- **Patience**
- Definition: the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.



- B。人的試探



- **B1**。人所受的試探的來源



- **B1a**。從人的罪性 (**sinful nature**) 來的試探



- 雅各1:13人被試探、不可說、我是被 神試探。因為 神不能被惡試探、他也不試探人。
- Jas 1:13 When **tempted**, no one should say, "God is **tempting** me." For God cannot be **tempted** by evil, nor does he **tempt** anyone;



- 1:14但各人被試探、乃是被自己的私慾牽引誘惑的。
- Jas 1:14 but each one is **tempted** when, by his own evil desire, he is dragged away and enticed.



- **1:15**私慾既懷了胎、就生出罪來・罪既長成、就生出死來。
- Jas 1:15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.



- 提前 6: 9
- 6:9但那些想要發財的人、就陷在迷惑、落在網羅、和許多無知有害的私慾裡、叫人沉在敗壞和滅亡中。
- 1Ti 6:9 People who want to get rich fall into **temptation** and a trap and into many foolish and harmful desires that plunge men into ruin and destruction.



- 羅馬書
- 7:18我也知道、在我裡頭、就是我肉體之中、沒有良善。因為立志為善由得我、只是行出來由不得我。
- 7:19故此、我所願意的善、我反不作。我所不願意的惡、我倒去作。
- 7:20若我去作所不願意作的、就不是我作的、乃是住在我裡頭的罪作的。



- **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。
- **7:22**因為按著我裡面的意思。〔原文作人〕我是喜歡 神的律。
- **7:23**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。



- 加 6: 1
- 6:1弟兄們、若有人偶然被過犯所勝、你們屬靈的人、就當用溫柔的心、把他挽回過來。又當自己小心、恐怕也被引誘。
- Gal 6:1 Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may **be tempted**.



- **B1b。**從“撒但”來的試探



- 約伯的故事



- 耶穌受魔鬼的試探



- 太 4:1
- 4:1當時、耶穌被聖靈引到曠野、受魔鬼的試探。
- Mt 4:1 Then Jesus was led by the Spirit into the desert to be tempted by the devil.



- 路 4: 1
- 4:1 耶穌被聖靈充滿、從約但河回來、聖靈將他引到曠野、四十天受魔鬼的試探。
- Lk 4:1 Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert,



- 來 2: 18; 4: 15
- 2:18他自己既然被試探而受苦、就能搭救被試探的人。
- Heb 2:18 Because he himself suffered when he was tempted, he is able to help those who are being tempted.



- 4:15 因我們的大祭司、並非不能體恤我們的軟弱。他也曾凡事受過試探、與我們一樣。只是他沒有犯罪。
- Heb 4:15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are-
-yet was without sin.



- 林前 10: 13
- 10:13你們所遇見的試探、無非是人所能受的。 神是信實的、必不叫你們受試探過於所能受的。在受**試探**的時候、總要給你們開一條出路、叫你們能忍受得住。



- 1Co 10:13 No temptation has seized you except **what is common to man**. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.



- 帖前 3: 5
- 3:5為此、我既不能再忍、就打發人去、要曉得你們的信心如何、恐怕那誘惑人的到底誘惑了你們、叫我們的勞苦歸於徒然。



- 1Th 3:5 For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter might have tempted you and our efforts might have been useless.



- **B2**。人如何勝過試探



- **B2a**。如何勝過從人 “罪性” 來的試探



- 雅各1:13人被試探、不可說、我是被 神試探。
因為 神不能被惡試探、他也不試探人。
- Jas 1:13 When **tempted**, no one should say,
"God is **tempting** me." For God cannot be
tempted by evil, nor does he **tempt** anyone;
- 1: 13 人如果經歷這種試煉，不可以說：上帝在試
誘我；因為上帝不受邪惡的試誘，也不試誘人。
(現代中文譯本)



- 1:14但各人被**試探**、乃是被自己的私慾牽引誘惑的。
- Jas 1:14 but each one is **tempted** when, by his own evil desire, he is dragged away and enticed.
- 1: 14一個人受試誘，是被自己的慾望勾引去的。(現代中文譯本)



- 1:15 私慾既懷了胎、就生出罪來・罪既長成、就生出死來。
- Jas 1:15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.
- 1: 15 他的慾望懷了胎，生出罪惡，罪惡一旦長成，就產生死亡。(現代中文譯本)



- 提前 6: 9
- 6:9但那些想要發財的人、就陷在迷惑、落在網羅、和許多無知有害的私慾裡、叫人沉在敗壞和滅亡中。
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- 1Th 3:5 For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter might have tempted you and our efforts might have been useless.



- **B2b** ◦ 如何勝過從 “撒旦” 來的試探



- 主耶穌的教導



- 馬太 6:13 不叫我們遇見試探 · 救我們脫離兇惡。
- 馬太 6:41 總要儆醒禱告、免得入了迷惑 · 你們心靈固然願意、肉體卻軟弱了。
- Mt 26:41 "Watch and pray so that you will not fall into **temptation**. The spirit is willing, but the body is weak."



- 馬可 14:38 總要儆醒禱告、免得入了迷惑。你們心靈固然願意、肉體卻軟弱了。



- 路加 11:4 赦免我們的罪、因為我們也赦免
凡虧欠我們的人。不叫我們遇見**試探**・救
我們脫離兇惡。〔有古卷無末句〕



- 路加 22:40到了那地方、就對他們說、你們要禱告、免得入了**迷惑**。
- 路加 22:46就對他們說、你們為甚麼睡覺呢・起來禱告、免得入了**迷惑**。



- 小結：要“徹醒禱告”



- 使徒保羅的教導



- 林前 10: 13
- 10:13你們所遇見的**試探**、無非是人所能受的、神是信實的、必不叫你們受**試探**過於所能受的。在受**試探**的時候、總要給你們開一條出路、叫你們能忍受得住。



- 1Co 10:13 No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.



- 小結：要用 “信心禱告”



- C。人的“節制”
- Self-control (名詞)
- Be self-controlled (形容詞)



- **C1**。人如何發展自我節制



- **C1a**。使徒保羅的教導



- (1). 對帖撒羅尼迦教會



- 帖前 5:6; 5:8
- 5:6所以我們不要睡覺、像別人一樣、總要儆醒 “謹守” 。
- 1Th 5:6 So then, let us not be like others, who are asleep, but let us be alert and **self-controlled.**



- 5:8但我們既然屬乎白晝、就當 “謹守”、把信和愛當作護心鏡遮胸・把得救的盼望當作頭盔戴上。
- 1Th 5:8 But since we belong to the day, let us be **self-controlled**, putting on faith and love as a breastplate, and the hope of salvation as a helmet.



- (2). 對提摩太和亞細亞教會



- 提前 3: 2
- 3:2作監督的、必須無可指責、只作一個婦人的丈夫、有節制、“自守”、端正、樂意接待遠人、善於教導。
- 1Ti 3:2 Now the overseer must be above reproach, the husband of but one wife, temperate, **self-controlled**, respectable, hospitable, able to teach,



- 提後 3: 3
- 3:3無親情、不解怨、好說讒言、不能自約、性情兇暴、不愛良善、
- 2Ti 3:3 without love, unforgiving, slanderous, **without self-control**, brutal, not lovers of the good,



- 林前 7: 5
- 7:5 夫妻不可彼此虧負、除非兩相情願、暫時分房、為要專心禱告方可、以後仍要同房、免得撒但趁著你們情不自禁、引誘你們。



- 1Co 7:5 Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of **self-control**.



- 加拉太 5: 23
- 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。



- Gal 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
- Gal 5:23 gentleness and **self-control**.
Against such things there is no law.



- **(3). 對提多和克里特教會**



- 提多 1: 8; 2: 2, 5, 6, 12.
- 1:8樂意接待遠人、好善、“莊重”、公平、聖潔、自持。
- Tit 1:8 Rather he must be hospitable, one who loves what is good, who is **self-controlled**, upright, holy and disciplined.



- 2:2勸老年人、要有節制、端莊、“自守”、在信心愛心忍耐上、都要純全無疵。
- Tit 2:2 Teach the older men to be temperate, worthy of respect, **self-controlled**, and sound in faith, in love and in endurance.



- 2:4好指教少年婦人、愛丈夫、愛兒女、
- 2:5 “謹守”、貞潔、料理家務、待人有恩、順服自己的丈夫、免得 神的道理被毀謗。



- Tit 2:4 Then they can train the younger women to love their husbands and children,
- Tit 2:5 to be **self-controlled** and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.



- 2:6又勸少年人要 “謹守” .
- Tit 2:6 Similarly, encourage the young men to be **self-controlled**.



- 2:12教訓我們除去不敬虔的心、和世俗的情慾、在今世 “自守”、公義、敬虔度日。
- Tit 2:12 It teaches us to say "No" to ungodliness and worldly passions, and to live **self-controlled**, upright and godly lives in this present age,



- **C1b。**使徒彼得的教導



- 彼前 1: 13; 4: 7; 5: 8
- 1:13所以要約束你們的心、〔原文作束上你們心中的腰〕“謹慎自守”、專心盼望耶穌基督顯現的時候所帶來給你們的恩。
- 1Pe 1:13 Therefore, prepare your minds for action; be **self-controlled**; set your hope fully on the grace to be given you when Jesus Christ is revealed.



- 4:7萬物的結局近了・所以你們要 謹慎 “自守”、儆醒禱告。
- 1Pe 4:7 The end of all things is near. Therefore be clear minded and **self-controlled** so that you can pray.



- 5:8務要 “謹守”、儆醒・因為你們的仇敵魔鬼、如同吼叫的獅子、遍地游行、尋找可吞喫的人・
- 1Pe 5:8 Be **self-controlled** and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.



- 彼後 1: 6
- 1:6有了知識、又要加上節制・有了節制、又要加上忍耐・有了忍耐、又要加上虔敬・
- 2Pe 1:6 and to knowledge, **self-control**; and to **self-control**, perseverance; and to perseverance, godliness;



- D。堅忍的信心
- 堅忍, 堅持到底 , Perseverance,
- **Definition: persistence in doing something despite difficulty or delay in achieving success. (persistence)**



- 忍耐 **Patience**
- Definition: the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.



- **D1** 。主的教導



- 啓示錄 2: 2, 19
- 2:2我知道你的行為、勞碌、**忍耐**、也知道你不能容忍惡人、你也曾試驗那自稱為使徒卻不是使徒的、看出他們是假的來。



- Rev 2:2 I know your deeds, your hard work and your **perseverance**. I know that you cannot tolerate wicked men, that you have tested those who claim to be apostles but are not, and have found them false.



- 2:19我知道你的行為、愛心、信心、勤勞、忍耐。又知道你末後所行的善事、比起初所行的更多。
- Rev 2:19 I know your deeds, your love and faith, your service and **perseverance**, and that you are now doing more than you did at first.



- **D2**。使徒的教導



- **D2a**。使徒雅各



- 1:2我的弟兄們、你們落在百般試煉中、都要以為大喜樂。
- Jas 1:2 Consider it pure joy, my brothers, whenever you face **trials of many kinds**,
- 1:3因為知道你們的信心經過試驗、就生忍耐。
- Jas 1:3 because you know that the **testing** of your faith develops **perseverance**.



- 1:4但忍耐也當成功、使你們成全完備、毫無缺欠。
- Jas 1:4 **Perseverance** must finish its work so that you may be mature and complete, not lacking anything.
- 1: 4 但忍耐要堅持到底，使你們可以完全，毫無缺乏。(新譯本)
- 1: 4 你們要忍耐到底，才能達到十全十美，沒有缺欠的地步。(現代中文譯本)。



- 5:11那先前忍耐的人、我們稱他們是有福的。你們聽見過約伯的忍耐、也知道主給他的結局、明顯主是滿心憐憫、大有慈悲。



- Jas 5:11 As you know, we consider blessed those who have **persevered**. You have heard of Job's **perseverance** and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.



- **D2b** • 使徒保羅



- 羅 5: 3, 4
- 5:3不但如此、就是在患難中、也是歡歡喜喜的・因為知道患難生忍耐・
- 5:4忍耐生老練・老練生盼望・



- Ro 5:3 Not only so, but we also rejoice in our sufferings, because we know that suffering produces **perseverance**;
- Ro 5:4 **perseverance**, character; and character, hope.



- 林後 12: 12
- 12:12我在你們中間、用百般的忍耐、藉著神蹟奇事異能、顯出使徒的憑據來。
- 2Co 12:12 The things that mark an apostle--signs, wonders and miracles--were done among you with great **perseverance.**



- 帖後 1: 4; 3: 5
- 1:4甚至我們在 神的各教會裡為你們誇口、
都因你們在所受的一切逼迫患難中、仍舊
存忍耐和信心。
- 2Th 1:4 Therefore, among God's churches
we boast about your **perseverance** and
faith in all the persecutions and trials you
are enduring.



- 3:5願主引導你們的心、叫你們愛 神並學基督的忍耐。
- 2Th 3:5 May the Lord direct your hearts into God's love and Christ's **perseverance**.



- 提前 4: 16
- 4:16你要謹慎自己和自己的教訓、要在這些事上恆心。因為這樣行、又能救自己、又能救聽你的人。
- 1Ti 4:16 Watch your life and doctrine closely. **Persevere** in them, because if you do, you will save both yourself and your hearers.



- **D2c。**使徒彼得



- 彼後 1: 5 , 6
- 1:5正因這緣故、你們要分外的殷勤・有了信心、又要加上德行・有了德行、又要加上知識・
- 1:6有了知識、又要加上節制・有了節制、又要加上**忍耐**・有了**忍耐**、又要加上虔敬・



- 2Pe 1:5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;
- 2Pe 1:6 and to knowledge, self-control; and to self-control, **perseverance**; and to **perseverance**, godliness;



- **D2d。**希伯來書



- 來 10: 36
- 10:36你們必須忍耐、使你們行完了 神的旨意、就可以得著所應許的。
- Heb 10:36 You need to **persevere** so that when you have done the will of God, you will receive what he has promised.



- 來 12: 1
- 12:1我們既有這許多的見證人、如同雲彩圍著我們、就當放下各樣的重擔、脫去容易纏累我們的罪、存心**忍耐**、奔那擺在我們前頭的路程、



- Heb 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with **perseverance** the race marked out for us.



- E. 結語



- E1。基督徒品格養成之 1：勝過試探/ 擊退試探



- “因為凡世界上的事、就像肉體的情慾、眼目的情慾、並今生的驕傲、都不是從父來的、乃是從世界來的。” (約壹 2: 16)



- **E2。基督徒品格養成之 2: 自我節制**



- **E3**。基督徒品格養成之**3**：堅忍的信心



- E4。鼓勵



- 箴 25:28 人不制伏自己的心、好像毀壞的城邑沒有牆垣。
- Pr 25:28 Like a city whose walls are broken down is a man who lacks **self-control**.



- 林前**6:12**凡事我都可行・但不都有益處。凡事我都可行、但無論那一件、我總不受他的轄制。



- 林前**10:23**凡事都可行・但不都有益處。凡事都可行・但不都造就人。



- 順從聖靈而行，方能成功。

