

《天路导向》双语讲义

圣灵的果子 - 10

THE FRUIT OF THE SPIRIT - 10

SECTION A

甲部

1. Hello, listening friends. Welcome to this broadcast.
亲爱的朋友，你好，很高兴你能收听我们今天的节目。
2. In the last message, I left you when we were talking about patience and anger.
上次，我们结束的时候谈到忍耐和愤怒。
3. In fact, let me remind you that we have been in the midst of a series of messages on the fruit of the Spirit.
在这里，我提醒一下，我们已经谈到了圣灵果子系列的中间部分。
4. We have discussed love, joy and peace, and, now, we are talking about patience;
我们已经讨论过了仁爱，喜乐，和平，现在我们在谈忍耐；
5. and we talked about repression and suppression.
我们探讨过了压抑和掩饰愤怒的两种人。
6. There is a third group of people who are not practicing patience.
实际上，还有第三种没有在忍耐方面下工夫的人。
7. Some of you might be thinking, “Well, these descriptions are not me.
你们中一定有人会想，“嗯，我不是你所形容的那些人。
8. When I get angry, everyone knows it.
当我生气的时候，每个人都知道。
9. I don't repress or suppress my anger.”
我从不压抑或者掩饰自己的愤怒。”
10. You might even be proud of your forthrightness,
你甚至还会为自己的直率而自豪，
11. just as the suppressors of anger are proud of their false self-control.
这就像压抑愤怒的人，为不正确的自我控制能力感到自豪一样，
12. There is no reason for either person to be proud of their behavior,
其实，这两种人没有理由为自己的行为感到自豪，
13. because neither is biblical.
因为这两种都不合圣经的原则。
14. Those who suppress their anger need to learn to develop the fruit of the Spirit;
那些压抑自己愤怒的人，需要学习怎样结出圣灵的果子；
15. and to develop the fruit of the Spirit of patience is to learn how to develop the proper, godly, biblical expression of your anger.
要结出忍耐这种果子，就要学习恰当的，属于神的，符合圣经教导的愤怒。
16. For the people who express their anger as rage most of the time need to develop the fruit of the Spirit which is patience.
那些经常大发脾气的人，需要培育出忍耐这种圣灵的果子。
17. They need to learn to be slow to anger.
他们需要学习，不轻易发怒。
18. Now, that is an incredibly balance. I, personally, crave it.
这是一种很美妙的中庸之道，我自己就很渴望能做到。
19. I heard about an old man who learnt this balance in his approach of anger and the expression of it.
我听说有一位老人家，已经学会了如何以中庸之道来发泄他的怒气。
20. He sat in a waiting room of a doctor's office, and most of you have experience, for several hours.
他坐在一个医生的候诊室里，就像大多数人一样，他等了好几个小时。
21. Finally, he said to the nurse,
最后，他对护士说，
22. “I'm going to go home now and die a natural death.”
“我还是回家等死吧！”

23. That is a good balance.
这真是个妙道。
24. Parents with young children certainly have to learn this balance.
作为年幼孩子的父母，一定要学会这种中庸之道。
25. Don't confuse patience, as the fruit of the Spirit, with false patience or fake endurance.
千万别将圣灵所结的忍耐果子，和错误的耐心或者虚假的强忍混淆了。
26. There are some people who are just too lazy to respond.
有些人的所谓忍耐，只是懒于作出回应罢了。
27. That is not the patience which is the fruit of the Spirit.
这不是圣灵所结的忍耐果子。
28. Others may be so proud that they will not dignify their attackers with a response.
另外一些人，因为太过骄傲，看不起触怒自己的人，于是对他相应不理。
29. That is not the patience which is the fruit of the Spirit;
那也不是圣灵所结的忍耐果子。
30. and, yet, there are others who are just insensitive to criticism.
还有一些人，根本对别人的批评麻木无知。
31. That is not the patience which is the fruit of the Spirit.
这当然也不是圣灵所结的忍耐果子。
32. All of these may come across as longsuffering and patience; but, in reality, they are not.
上述所有的人，看上去都挺能忍耐的，但实际上不是。
33. Listen to me, please, very carefully.
请格外留心听我说。
34. The source of true longsuffering and patience is the Holy Spirit of God.
真正忍耐的根源来自神。
35. That is why we began by talking about what it means to be Spirit-filled.
这就是为什么我们一开头就讲解被圣灵充满的含义。
36. To be filled with the Spirit of God is a daily act.
我们每天都要被圣灵充满。
37. As you are filled with the Spirit of God on a daily basis,
当你每天都被圣灵充满时，
38. He will produce in you the fruit of the Spirit in your life;
祂就会在你生命中结出圣灵的果子来；
39. and the motive of true longsuffering and patience is the glory of God.
真正忍耐的动机，是为了要荣耀神。
40. What really counts is what makes you patient.
忍耐要有正确的动机，才有意义和价值。
41. When you are longsuffering and patient with those who persecute you because of your faith, you are truly demonstrating the fruit of the Spirit.
当你忍耐那些因你的信仰来迫害你的人时，你就真正地彰显出圣灵的果子。
42. When you are longsuffering and patient in overcoming temptation, you are truly demonstrating the fruit of the Spirit.
当你在诱惑面前忍耐的时候，你就真正彰显出圣灵的果子。
43. When everyone around you is trying to take shortcuts and cut corners and take it easy, but you choose the hard work and standing for the Truth, you are demonstrating the fruit of the Spirit.
当你身边的人都在寻找捷径，偷工减料，投机取巧的时候，你却选择辛勤工作，为真理而坚持，你就彰显出了圣灵的果子。
44. When you do not see visible rewards and swift justice and you are tempted to give in and give up,
当你得不到眼前的报偿，或及时的公道，甚至使你想屈服和放弃的时候，
45. but you persevere and you stand firm, you are exhibiting the fruit of the Spirit.
你仍坚持下去，站立得稳，你就正在展现圣灵的果子。
46. One of the causes for impatience is ignorance.
急躁的其中一个原因是无知，
47. "Ignorance?" you say?
你说的是“无知”吗？
48. Yes!
是的！
49. When your horizon is limited,
当你的视野受了限制，

50. when your focus is you and your little world,
当你的焦点局限在自己身上和你周遭狭隘的世界时，
51. when your vision extends no further than the tip
of your nose
当你只顾眼前的事，
52. and, then, you experience frustration,
你就会感到沮丧，
53. you will be impatient;
你会不耐烦；
54. and what normally will happen is this:
通常的情况是：
55. when you don't have and live with eternity in
mind,
在你心里没有永恒的概念，
56. whenever you face tough times, you will
become angry and enraged.
当你遭遇艰难的时刻，你都会愤怒难受。
57. When you cannot see God's big picture,
当你看不见神的全盘计时，
58. every time you face a minor crisis, fear and
anger will be your normal reaction.
每次你遇到小小的危机，你经常有的反应，
就是恐惧和愤怒。
59. Small children are often impatient and
demanding.
年幼的孩子总是没有耐心，而且要求很多。
60. Why?
为什么？
61. Because they think that the world revolves
around them,
因为他们以为整个世界都围绕着他们而存
在。
62. because they are ignorant of the big picture,
因为他们根本不知道世界的浩大，
63. because they are so self-focused.
因为他们只注意自己。
64. Children can't help it. They have an excuse,
孩子的无知，情有可原，
65. but not us.
但我们却不。
66. It is like the story about the father and the son
who were driving a thousand kilometers on a
special fishing trip,
就像一个故事里的父亲和他的孩子，他们开
车到 1000 公里之外的地方去钓鱼，
67. and the son kept on asking,
孩子不停地问，
68. "How many kilometers have we got left?"
“还剩多少公里了？”
69. And the father would answer, "Eight hundred
kilometers."
父亲就会回答，“八百公里。”
70. The boy waits a little while, and, then, he asks
again, "How many kilometers?"
过了一会儿，他又问，“还有多少公里？”
71. And the father would answer, "Six hundred
kilometers."
父亲回答说，“六百公里。”
72. And the boy waits a little longer, and, then, he
asks again;
孩子等了一下，又问同样的问题；
73. and the father answers, "Five hundred
kilometers."
父亲又回答，“五百公里。”
74. Finally, the boy said,
最后，孩子说，
75. "Will we get there before my sixth birthday?"
“我们会在我 6 岁生日前赶到那里吗？”
76. Ignorance causes impatience.
无知使我们没耐心。
77. Conversely, faith-knowledge is a vital
ingredient for patience.
相反的，有关信心的知识，就成为让我们能
忍耐的关键要素。
78. This is not just head-knowledge, but knowledge
and understanding that permeates all of your
life.
这不只是头脑里的知识，而是融入你生命的
知识和思想。
79. Christian patience is based upon the absolute,
unshakable belief that God is sovereign,
基督徒的忍耐是基于绝对的，不动摇的信
念，知道神是掌管万有的主宰。
80. and that He is at work in the lives and on behalf
of His children.
祂为祂儿女的好处，在他们生命中作工。
81. Christian patience stems from the knowledge
that they will not be forgotten, nor forsaken, by
the very God to Whom they have committed
their souls.
基督徒能忍耐，因为他们知道，自己把灵魂
交托给这位神，是永远不会忘记，或者遗弃
他们的。

82. Christian patience springs from the expectancy that the God Who loves them and died for them,
基督徒能忍耐，因为他们知道神爱他们，甚至为他们死，
83. and cares for every detail of their life,
并无微不至地照顾他们的生命，
84. is soon coming back to take them home.
他们期待祂快要再来，接他们返回天家。
85. Let me give you a sure formula for impatience.
让我给你提供一个保证让你没有耐心的公式。
86. It works for me every time.
对我而言，屡试不爽。
87. The more you forget your real Home, the more you treat this world as if it is your real home,
你越是忘记自己真正的家乡在哪里，你就越把这个世界当作是你的家，
88. then, the more impatient you will become with the aggravations of life.
那么，你对生活中的逆境就越不能忍耐。
89. When something is broken, or, a costly mistake is made, I often say, "...but what is that in comparison to eternity in Heaven?"
当一些东西打碎了，或者为了所犯的错付出昂贵的代价时，我经常会说，“……这跟天堂永恒之福相比，算得了什么呢？”
90. But I want to tell you, in all honesty, that is the only way for me to develop the fruit of the Spirit.
但让我诚实地告诉你，唯有这样，我才能结出圣灵的果子来。
91. The only thing that works, and will work, is when you begin to focus on Heaven as your real home,
唯一有效，也是必然有效的办法，就是定睛在天堂，把天堂看作你真正的家乡。
92. That nothing in this life can be compared to the glory that is awaiting us.
今生没有任何事物可以跟将来的荣耀相比的。
93. Believers who have lost sight of that, they become impatient.
基督徒若看不到这一点，就会失去耐性。
94. That is why they get irritated.
他们因此变得很急躁。
95. That is why they get aggravated,
他们因此变得很容易被激怒。

96. because we have lost sight of our true destiny, that is Heaven.
因为我们看不见自己真正的结局，就是天堂。
97. Believers who have lost sight of that become impatient.
基督徒若看不到这一点，就会失去耐性。
98. They become irritated.
他们恼怒，
99. They become aggravated,
情绪不断恶化，

SECTION B **乙部**

1. because they have lost sight of their true destiny, which is Heaven.
因为他们失去了对自己的真正命运，就是上天堂的确信。
2. James, Chapter 5, gives us three examples that spur us to patience.
雅各书第五章，给了我们三个例子，激励我们要忍耐。
3. First,
第一，
4. he said you must understand the law of farming.
他说，你要明白耕种农田的定律，
5. James, Chapter 5, verse 7.
雅各书 5 章 7 节。
(请读出经文，雅各书 5 章 7 节。)
6. If the farmer keeps on digging the seed and see how it's doing, he will never get a harvest.
如果农夫不断地挖出种子，看看到底生长得怎样了，他将永远得不到丰收。
7. Like a farmer, we must obediently be patient for God's timing.
就像农夫一样，我们必须耐心等候神的时间，
8. The farmer does not confuse waiting with laziness.
农夫不会分不清忍耐等候和懒惰的区别。
9. While he is waiting for the harvest, he is working and repairing the harvest equipment,
在等待期间，他照常工作，他维修收割用的农具，
10. preparing silos,
准备地窖，

11. preparing the barns.
准备谷仓。
12. The second point James makes is that the righteous do suffer for their righteousness.
第二点，雅各指出，义人要为义受苦。
13. Chapter 5, verse 10.
第 5 章 10 节。
(请读出经文，雅各书 5 章 10 节。)
14. There were not only martyrs in the first century, there are martyrs who are suffering today for the sake of Christ.
为主殉道的基督徒，不止在第一世纪有，今天，仍然有为主殉道的基督徒。
15. A martyr suffers, not because of evil-doing, 殉道者所受的苦，不是因为他们有什么恶行，
16. but because the world system hates God and the Truth and the followers of Jesus Christ.
而是这个世界恨恶神和真理，以及耶稣基督的门徒。
17. When you are suffering as a consequence of your sin,
当你为你自己所犯的罪而受苦，
18. there is no reward for your patience in that case;
你不会因为忍受痛苦得奖赏；
19. but, when you are patient when you are suffering injustice and things that are out of your control, God has great reward for your patience.
但当你因不公义和非你能控制的事情去忍受痛苦时，神为你的忍耐预备了大大的奖赏。
20. The third thing that James does is remind us to remember Job.
第三点，雅各提醒我们要记住约伯。
21. James, Chapter 5, verse 11.
雅各书 5 章 11 节。
(请读出经文，雅各书 5 章 11 节。)
22. Even God seemed to deal unfairly with Job, 即使神好像不公平地对待了约伯，
23. although we know it was Satan who was at work;
尽管我们知道这是撒但的诡计；
24. but in fact, Job blamed God;
实际上，约伯也埋怨过神；
25. but James said remember the great outcome and the joy that follows as the reward for patience.
但雅各说，请记住，神最后给他很好的结局和喜乐，作为对他忍耐的奖赏。
26. Look forward to that and you will grow as you cultivate the fruit of patience.
要有盼望，当你不断培养出忍耐的果子时，你就会成长。
27. Let me remind you, again, of the patience of God.
让我再提醒你一次，神的忍耐。
28. While God is patient, His patience will not remain forever.
神是有耐心的，但祂不会永远忍下去。
29. One day, Jesus is coming back to judge the earth.
终有一天，耶稣会再来审判这个世界。
30. Where will you be?
到时，你会在哪里？
31. Today, you can give your life to Him.
今天，你可以将自己的生命交给祂。
32. Today, you can accept His salvation and be assured of Heaven.
今天，你可以接受祂的救恩，并得到上天堂的确据。
33. Will you do that even now?
你现在就这么做，好吗？
34. Until we meet again, I wish you God's richest blessing.
我们下次节目再会，愿神大大地赐福于你。