

Romans: A life of faith
Week #14 "From, In, and For"
Romans 12:1-2
October 9, 2022
羅馬書: 信仰的生活
第十四週 "從神而來, 在神裡面, 為著神"
羅馬書 12: 1-2
2022年10月9日

Worship 敬拜

God so Loved 如此神愛世人

詞曲: Hillsong 中譯詞: Danny / 彈唱: Haydn, Peggy, Danny, Joyce (Workmanship)

如此神愛世人
賜獨生子給我們
因相信祢救恩
生命不 沉 淪
我靈魂 得著永生

Verse 2
我安靜 等候主
等候主 話語發出
恩典湧入 轄制已除
恩典湧入 生命恢復

Verser 1

我仰望 十架上
我緊握 唯一盼望
因祂愛 砍斷網綁
因祂愛 我得釋放

Bridge
因祂寶血流
我已得自由
耶穌的名要被尊崇
我降服所有 歸基督寶座
因耶穌我得救

你坐著為王 You Sit On The Throne

詞曲: 施弘美 Tiffany Wang

主耶和華 滿有憐憫和恩典
我投靠在你翅膀蔭下
當我回轉 一宿雖然有哭泣
早晨必歡呼喜樂

你坐著為王 到永永遠遠
雖洪水翻騰 我堅定仰望你
你坐著為王 垂聽我呼求
使我靈甦醒 有復活的生命

Offering 奉獻

Announcements 公告

- Invest for Impact 投資影響力
- Shelter Worship - Wednesday 庇護所崇拜 - 週三
- Harvest Festival 豐收節日

Message 訊息

- As we begin today, I'd like you to open your Bibles to Romans chapter 12. That's page 803 if you want to use one of the Bibles in the seats. 今天開始時，我希望你打開你的聖經到羅馬書第12章。如果你想使用椅子裡的聖經的話，請翻開第803頁。
- So, a few month back, we launched into a long look at this Letter, actual letter, that the Apostle Paul wrote to the church in Rome, and I want to remind of a few things, because it sets the table for where we are going feast today. 幾個月前，我們開始仔細討論這封信，真正的一封使徒保羅寫給羅馬教會的信。我想提醒幾件事，因為這將為我們進入今天的盛宴奠定基礎。
 - Paul writes this letter during his third missionary journey, and he writes to what would seem to be a firmly established collection of followers of the way, living in Rome. 保羅在他的第三次傳教旅途中寫這封信，他寫給住在羅馬的一群看似穩固的追隨者。
 - Which, by the way, is essentially the most powerful influential, and complicated cities in the western world. 並且，它是西方世界最有影響力和複雜的城市。
 - So this group not only lives in a really interesting, complicated context, they've been through some things together. 所以這群人不但生活在一個非常有趣、複雜的環境中，他們還一起經歷了一些事情。
 - See, pretty early on in their story, anyone who was ethnically Jewish was banished from the city and that included jews who were followers of Jesus. 看，在他們故事的早期，所有的猶太人都被驅逐出城，包括跟隨耶穌的猶太人。
 - So there's this whole group that's gone. 所以，整群人都跑了。
 - And that group, because Christianity has such close ties with Judaism and jewish culture, had really shaped the culture and understanding of what it mean to "BE" a Christian. 這個群體，因為基督教和猶太教以及猶太文化有著非常密切的聯繫，真正塑造了文化和對“成為”基督徒意味著什麼的理解。
 - So they are gone for a bit. 所以，他們離開了一段時間。
 - And Then, they are allowed back. 然後，他們被允許回來。
 - And the church, of course is like, "Welcome home!" 當然，教會就像，“歡迎回家！”
 - The problem is...someone moved the furniture while they were out. 問題是...有些人走的時候把家具也搬走了。
 - And the customs and practices had changed. 風俗習慣也發生了改變。

- And now people are starting to ask questions, like this one: 現在人們開始提出問題，比如這個：

What does it *really* mean to be a Christian? 成為基督徒的真正意義是什麼？

- Which is a question I think we should ALL stop to ponder every few decades, right? 我認為我們應該每隔幾十年都停下來思考這個問題，對嗎？
 - Maybe even more? 也許更多？
 - Maybe you're asking it right now...maybe you're wrestling with that. 也許你現在就在問...也許你正在為此苦苦掙扎。
 - That's a GOOD thing, in my opinion. 在我看來，這個一件好事。
 - So. These guys are asking, "What matters here? What does a life of faith really look like?" 所以，有些人在問，“有什麼重要的？真正的信仰生活是什麼樣的？”
 - So Paul, he hears about this, and he's like, "Ok. Let's clear a few things up." And writes them this letter, that we call Romans. 所以保羅，他聽到這些事，他說，“好吧，讓我們澄清一些事情。”寫給他們這封信，我們稱之為羅馬書。
 - Now, being the classically educated scholar that he was, he doesn't just send them an instruction manual. 現在，作為一位受過古典教育的學者，他不僅僅寄給他們一本指導手冊。
 - Which I find interesting, and important. 我覺得這很有趣，也很有幫助。
 - *How many of you have ever purchased anything from Ikea that required assembly?* 你們中有多少從宜家購買過需要組裝的家具？
 - *Ikea, gives you, instructions.* 宜家給你說明書。
 - *Basic.* 基本的
 - *Simple.* 簡單的
 - *Instructions.* 說明書。
 - *And IF you follow them - and I recommend that you DO - after step 1,037, you will magically have before you, the very thing you saw in the human hamster maze that we call the Ikea showroom.* 如果你跟隨他們 - 我推薦你去做 - 在1037步之後，你將神奇地擁有你在我們稱之為宜家陳列室的人類迷宮裡中看到的東西。
 - *But imagine this. Imagine that instead of simple, basic instructions, Ikea included a 10 page document that described in great detail where the wood was sorted and the type of saw used to cut it, and pictures of the facility where it was crafted.* 但是，想像一下，想像如果宜家沒有簡單的，基本的說明書，而是包含一份10頁的文件，詳細地描述木材的分類，用於切割木材的鋸的類型，以及製作木材的設備的圖片。
 - *Or the hometown and background of the designer who first imagined this Scandinavian masterpiece and a resume of his other masterful creations?* 還是第一個想到這個斯堪的納維亞傑作的設計師的家鄉和背景，以及他的其他傑作的簡歷？
 - *I know what I'd call that - good fire starter, right?* 我知道我應該叫它什麼 - 好的引火材料，對嗎？

- *And I'd do what you would do, I'd skip to the instructions.* 我會做你想做的，我會跳到說明書。

- *Tell me how to put this thing together.* 告訴我怎麼把這些東西放到一起。

- And our bias, or our bent, as human beings, is to do the same thing with Christianity. 作為人類，我們的偏見或傾向是對基督徒做同樣的事情。

- Just tell me what to DO, and I'll Do it. 只要告訴我該做什麼，我就會去做。
 - Give me the rules. 給我規則。
 - Give me the regulations. 給我規定。

- But Paul sends this letter and it's FULL of history and philosophy and theology - but it's not because he's a scholar. 但是，保羅寄的這封信，裡面充滿了歷史、哲學和神學 - 但這不是因為他是一位學者。

- It's because he knows us. 這是因為他知道我們。
 - He knows people. 他了解人們。

- He'd been the most zealous, religious, moralistic, person on the planet. 他是這個星球上最熱心、最虔誠、最道德的一個人。

- He was religion and rules and rituals, personified. 他是宗教、規則和儀式的化身。
 - And he was angry and empty. 他也發怒和空虛。

- But then, he was liberated from that. 但是後來，他從那個狀態中解脫出來。
 - By GRACE. 通過恩典。

- So it takes him ELEVEN chapters before he ever REALLY gets to telling us what we should do or what it really looks like to be a Christian. 因此，他花了十一章才真正告訴我們應該做什麼或者成為基督徒的真正面目。

- Because the LAST thing HE wants, and certainly the last thing I want, is to allow Christianity to be another works based religion that overemphasizes behavioral modification and misses the genuine connection with God and an increased capacity for loving others that Jesus offers us. 因為他最不想做的一件事，當然也是我最不想的，就是讓基督教成為另一種以行為為基礎的宗教，它過分強調行為的改變，而忽視了與神的真正聯繫，以及耶穌提供給我們的增加愛他人的能力。

- Paul has gone through great lengths to make sure that what he's about to say;保羅竭盡全力確保他要說的話。

- that what he's about to ask them and us to DO, 他想要他們和我們做的事。
 - is rooted in and based up a profound understanding of God's love and grace. 是根植於並建立在對神的愛和恩典的深刻理解上。

- He's made sure that we know - 他確保我們知道 -
 - That nothing can separate us. 沒有什麼可以將我們分離。
 - That God is for us. 神是為了我們。
 - And that we are loved and covered. 我們被愛和被遮蓋。

- And now, with ALL of that, we come to what I believe are two of the most critical verses in the

letter, where he gives us TWO things that we can do. 現在, 為了所有這些, 我們來到了我認為是這封信中最重要兩節經文, 他給了我們兩件事情我們可以去做的。

- Romans 12:1-2. 羅馬書 12:1-2.

• So, I'd like to read the text, and then we are going to unpack it together. 所以, 我希望讀這段經文, 然後我們將一起解讀。

Romans 12:1-2 羅馬書 12:1-2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

1所以弟兄們, 我以神的慈悲勸你們, 將身體獻上, 當作活祭, 是聖潔的, 是神所喜悅的; 你們如此事奉乃是理所當然的。2不要效法這個世界, 只要心意更新而變化, 叫你們察驗何為神的善良、純全、可喜悅的旨意。

- Let's start with this first word: THEREFORE. 讓我們從第一個詞開始: 所以
 - That means that what he's about to say, is connected to and flows out EVERYTHING that he's said up to this point. 這意味著他將要說的話, 與他到此為止所說的所有內容相關聯並流露出來。
 - Because of ALLLLLL OF THIS.....here's what I ask. 因為所有這些....這就是我要問的。
- But he doesn't just ask, and he doesn't command it. 但他不只是問, 他不是命令。
- Paul says, "I URGE you, brothers and sisters." 保羅說, "我督促你們, 弟兄姊妹們。"
- This is really a beautiful expression that points to something beautiful about Christianity. 這確實是一個美麗的表達, 指出了基督教的美好之處。
- See, the word Paul uses that we translate URGE is the Greek word Parakaleo, which is the same root word Jesus used to describe the Holy Spirit because it literally means to come alongside of. 看, 我們翻譯URGE時, 保羅使用的詞是希臘詞Parakaleo, 這與耶穌描述聖靈的詞根相同, 因為它的字面意思是一樣的。
- So Paul, he's not shouting directions from a distance; he's not sitting on a throne commanding us, he's calling us to JOIN him. 所以, 保羅不是在远处向我们发指令; 他不是坐在宝座上命令我们, 他是在邀请我们加入他。
- What he's about to ask of them, he's saying, "I'm already here! This is how I'm living. And it's amazing. I can tell you from experience. So I'm URGING you, come join my in this way of life."
 - Make this your way of life, the way I have made it mine. 他要向他们说, "我已经在这里了! 这就是我的生活。这很棒。我以我的经历告诉你。所以我劝你, 加入我, 在这样的生活里活。
 - There's a warmth to this. 这里面有一种温暖。
 - He's not admonishing them. 他不是训诫他们。
 - He's not upset with them. 他不是对他们生氣。
 - He's ecstatic and is beckoning them to join him. 他是欢喜地招呼他们加入他。
 - "Brothers and sisters, JOIN me here." "弟兄姐妹们, 加入我到这来。"

- Which, I said is something beautiful and unique about Christianity. 这是我所说的基督教的美好和独特。
 - Christianity is a communal, relational endeavor. It's a team sport, not an individual event. 基督教是一种大家共同参与，彼此有关联的努力，它是团体的体育运动，不是个人的活动。
 - So he doesn't email them the rules and then say, "You can work from home on this one." 所以他不是把规则寄给人，然后说，“你可以在家工作，把这个完成。”
 - He invites them in, to join him in the way of Jesus. 他邀请他们来，和他一起加入耶稣的样式。
 - Are you with me so far? 你现在还跟得上我讲的吗？
 - And then, to be clear that this is not rooted in religion, which is all about obey to earn God's favor, and that is rooted in grace, which is responding out of love to God's goodness toward us, he says, 我们要清楚这些不是扎根在宗教里，宗教是让人服从来赢得神的欢心。这些是扎根在恩典里，是以爱来回应神对我们的美意。他说，
 - In view of God's mercy... 以神的慈悲...
 - In other words, "If you've seen how good God is and want to know what's next..." 换句话说，“如果你已经看到神有多好，你想知道下一步是什么...”
 - And THEN, he lays it on us. 然后，他就让你看到这些。
 - And the entire appeal is such a contrast to western thought and even most expressions of western Christianity, that it almost seems offensive. 这个整个呼吁与西方社会的思想是这样相悖，甚至与大多数西方基督教相悖，这看起来几乎是冒犯的。
 - But if we let our offense, our sensibilities about life keep us from hearing this, then there will be MASSIVE ramifications on your faith. 但是，如果我们因为这种冒犯，因为我们对生活的敏感而拒绝听这样的信息，这就会对你的信仰有着严重后果。
 - Like IF YOU DON'T get this, It's like missing the first 30 minutes of a movie. 就像是如果你不知道这些，就像是你错过了一场电影开始的30分钟。
 - You're going to struggle to make sense of the plot. 你会为明白这个计划而困惑。
 - This is the key that opens the doorway to the way of Jesus. 这是打开通向耶稣样式之门的钥匙。
 - He tells them, 他告诉他们，
- “Offer your body as a living sacrifice.” “把身体献上，当作活祭。”**
- Now, I'll admit that sounds weird to us. 现在，我要承认这对我们来说听起来有点奇怪。
 - Any reference to sacrifices in our culture seems barbaric and primitive. 在我们的文化里，所有和献祭有关的都显得原始和蒙昧。
 - But in the first century, sacrifices and temples were as commonplace as Starbucks drive throughs and pumpkins spice lattes. 但是在公元一世纪，献祭和庙宇是非常普通的地方，就像在星巴克通过车上点单服务要一杯南瓜风味的拉铁。
 - I'm certain that if Paul were writing today he'd have drawn his inspiration from

something we might be a bit more familiar with. 我可以肯定，如果保罗是在今天写那封信，他会找一些我们更熟悉的来作比喻。

- But that doesn't diminish the POWER of what he's saying. 但是这并不减少他的话的力量。
- Track with me here. 请在这里跟紧我。
- Think about how sacrifices worked in these old primitive religions.. 想一下在这些原始的宗教里，献祭是怎样完成的。
 - You took this animal, bird, cow, whatever, to a temple, and there would be an altar, and a fire, and priest, and a ritual. 你带着动物，鸟，牛，或者其他什么到了庙中，那里有一个祭坛，有火，祭司，还有仪式。
 - And you would take your animal alive, and you would offer it as a sacrifice. 你带来的动物是活的，你要把它作为祭品。
 - You would LAY IT DOWN on the altar. 你把它放在祭坛上。
 - It's life would be taken. 然后它被杀掉。
 - And it would burn up and it was over. 它被烧掉，然后就结束了。
 - And you went home, hoping you'd appeased the deities. 然后你回家，希望你所做的已经止息了神的愤怒。
- Paul urges us, he appeals to us, to do THAT, with our L I F E. 保罗劝我们，他向我们呼吁，去这样做吧，以我们的生命。
 - YOU take YOUR life, and drag it before God, and you lay YOU down on the altar, and you make yourself a sacrifice. 你带着你自己的生命，把它带到神前，你把自己放在祭坛上面，把自己作为祭品。
 - That's what he says. 这就是他说的内容。
- Oh, and that's not something we do once. 哦，那不是我们就做一次。
- A living sacrifice means that every day, or maybe every hour, or maybe, right now you have to deliberately, consciously, and perpetually offer yourself to God. 活祭的意思是每天，可能是每小时，也许，就是现在，你要诚心地，有意识地，不停歇地把自己献给神。
 - It's continual. 这是不断的。
 - It's like a daily ritual. 就像每天的仪式。
- And, it's intense. 它是强烈的。
 - Here's why: 这是原因：
- I don't believe it's possible to live in, and genuinely experience the way of Jesus unless you put to death the idea that you have a right to live life as you choose. 除非你放下你有选择自己生活的权力的这种想法，我不相信你有可能活出并真正经历耶稣的样式。
- I'm wondering if I could I say anything more unpopular in today's culture? 我在想，在当今的环境中，还有什么比这个更不受欢迎吗？
 - And I'm ok if you get upset with me for saying it. 我明白你可能因为我所讲的而感到不安。
 - Because I love you too much to not tell you the truth. 因为我太爱你们，不得不告诉你们真相。

- I have to say this, because I live where you live and I'm wired just like you are...there isn't another society more averse to the very essence of what it means to live a Christian life than the one we live in today. 我必须说，因为我和你生活在同样的地方，我也和你一样令人奇怪...再没有哪个社会比今天我们基督徒的生活更令人厌烦。
- EVERYTHING in society today is pulling and tugging us away from the most fundamental aspect of what it means to be a Jesus person. 这个社会的一切都在把我们拉扯着我们远离成为耶稣人的最基本的原则。
- What it means to truly be a Christian and follow in the way of Jesus is that you put to death the right to live life as you choose. 作一个真正的基督徒，按照耶稣的样式生活的意思是你放弃选择你自己的生活的权力。
 - You put to death the idea that you belong to yourself. 你放弃你属于你自己的想法。
- You put to death the idea that you know what's best for your life. 你放弃你最知道你自己的想法。
- You put all that to death, and you give yourself to God. 你把自己的一切想法都放弃，把自己交给神。
- And let me tell you It feels like a death, it really does. 讓我告訴你那感覺像死亡。真的像。
 - It's why there's probably a little tension that you're feeling right now; 也許因此你現在感覺有些緊張。
 - It might be why some of you are silently debating me right now. 也許你們有些人心裡正在和我爭辯。
 - It's SO ingrained that we have to die. 我們內心都有根深蒂固的認知 - 我們都會死去。
- But on the other side there is this LIFE. 而另一方面還有生命。
- In the old religious sacrifices you brought something alive, and it died. 舊時祭祀是把你帶來的活的祭牲殺死。
- But God is flipping the script on our understanding of him. 而神改寫了我們對祂的認知。
 - Here, we bring something dead, and it leaves ALIVE. 在這裡，我們帶來死的東西，而離開時是鮮活的。
- See, what Paul is urging us toward is something profound, and deep, and transcendent. 保羅督促我們明白的是深奧的，深刻的，超越我們之上的。
- He's inviting us into this deep acknowledgment of the source and purpose of life. 他鼓勵我們挖掘探究生命的意義和源泉。
- It's you and I moving beyond the superficial and recognizing and even saying: 是讓你我進入表象去認知並能宣告：

My life is FROM you. 我的生命由你而來。

My life is IN you. 我的生命在你裏面。

My life is FOR you. 我的生命為你而活。

- It's interesting, because Paul goes on to say something that just gets a little lost in translation from Greek to English. 很有意思，因為保羅進而又說的真意在從希臘文翻譯成

英文時有所遺失。

- We translate it, “this is your true and proper worship” which isn’t technically wrong, it’s simply not as robust as it’s intended. 我們翻譯成, “**你們如此事奉乃是理所當然的。**”書面上並沒有錯, 但不如本意強烈。
 - It’s a bit too linear. 現在聽起來有些平敘。
- Through the language Paul chooses, we come to realize that what he’s getting at is that when you and I come to that place, where we deeply recognize that life is From and In and For Him...that at that very moment we are able to utter those words, we are most in line with our truest self. 通過保羅選擇的語言, 我們會漸漸明白到他要說的是當你我來到那個地方, 那個我們深深意識到生命是從祂而來, 在祂裡面, 為祂而生的地方, 就在那一刻當我們念出這些字, 我們才是真正的自己。
 - Like that, right there, is when you are being who you were really meant to be. 就那樣, 在那個地方, 才是真正受造的你的本樣。
 - And then, moving from that understanding outward into your life, your relationships, your work, your play, is then to do so in alignment with how you were created to be. 然後, 從那個認知點再走進你的生命中, 你的人際關係中, 你的工作中, 你的閒暇中, 才是真正和你受造的樣子的契合。
- Are you with me? 你明白了嗎?
- That’s verse one. 這就是第一節。
- Then, in verse two gives us the second thing - and it’s directly connected and interwoven with the first. 第二節告訴我們第二件事 - 和第一件事有直接的聯繫並交織一起的。
 - They depend on each other. 它們互相依存。
 - Like, you can’t do one, without doing two, and you can’t do two, without doing one. 就如同, 你做第一件事, 不能不做第二件; 而做第二件事, 不能不做第一件。
 - Imagine a double helix. 想像那雙螺旋槳的直升機。
- And, it’s this: 第二件這就是:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
不要效法這個世界, 只要心意更新而變化。

- Which, I don’t mean to be captain obvious here, but I think someone might need to be. 其實, 我並不想成為‘顯而易見’隊長, 但我覺得需要有人說出來。
- There is a pattern of this world, there is form, that we are being pressed into. Paul actually calls it a ‘Way of the Age’ if you will. 這世界有它的模式, 有讓我們不得不跟從的模式。也可以說保羅其實稱之為‘時代之道’。
 - And it has the capacity to shape you and form you and mold you. 它有能力規範你, 刻畫你, 限制你。
- My friend and colleague here at B4, Steve Mitchell, described the way of the age like this, as: 我在B4教會的朋友和同仁, 斯蒂凡·米切爾, 描述‘時代之道’時如此說:

“...the alchemy of culture, politics, and dark powers that seek to shape all people. The spirit of the age battles the Spirit of Christ within the bosom of every believer. We all feel the tug of war...” “文化，政治和黑暗勢力那煉金術似的程式塑造著所有人。時代的靈在每一個信徒初始階段都和基督的靈征戰。我們都感受到這種拉鋸戰。。。”

- Steve Mitchell 斯蒂凡·米切爾

- And what is the way of the age trying to do? 時代的道要做什麼呢？
 - I'm glad you asked. 我很高興你這樣問。
- This is where too many moralistic christians take a wrong turn - and attempt to make this “breaking the pattern” about being on your best behavior. 這也是很多提倡道德的基督徒誤入歧途的地方 - 試圖通過自己做到最好的行為來打破這種模式。
 - Like the objective of the Pattern of the world is going to make you engage in some questionable behaviors. 就像說世界模式的目的就是讓你做出有爭議的行為來。
 - That's a swing and a miss in my book. 在我的理解上這只是或許的事。
- What is the way of the age doing? 時代之道會做什麼呢？
 - It's not trying to get you to sin. 它不是讓你進入到原罪中。
- It's doing something much deeper, much bigger, much more impactful. 它做的是更深層次的，更廣的，更有影響的。
- It's unwinding the work we just spoke of in verse one. 它是在解除我們在第一節中剛講到的領受。
 - This idea that... 那剛得到的認知...
 - My life is FROM God. 我的生命由神而來。
 - My life is IN God. 我的生命在神裡面。
 - My life is FOR God. 我為神而活。
- The way of the age is UNDOING all of that. 時代之道是把這些全都解除。
- The way of the age tells you that life is From ME. 時代之道告訴你生命由你而定。
 - That I make my own life. 我的生命由我掌控。
 - That I get the credit for the way things go. 我該為世事發展的讚許。
- The way of the age tells you that life is IN me. 時代之道告訴你生命在你裏面。
 - That it's about me. 凡事都是以我為主。
 - That I am the center of the universe. 我是宇宙中心。
 - That I can only depend on me. 我只可靠我自己。
- The way of the tells you that life is FOR me. 這時代的道路告訴我生命是為我。
 - No body tells me how to live my life. 沒有別人可以告訴我我該怎樣生活。
- That's what the pattern of this age is doing. 這是當今時代的樣式。
- And it's doing a number on us.
- We might be the most “ME” focused people to ever walk the planet, and where is it getting us? 我

們也許是這個星球上有史以來最注意自我的人，這又帶我們到哪裡呢？

- Nearly every psychological study reveals the harmful effects of selfishness, and yet the very folks who deliver the bad news, tell us the resolution is still buried inside of ME. • And the cycle, just, continues. 幾乎所有的心理學研究都揭示了自私的有害影響，然而那些傳遞壞消息的人告訴我們，解答仍然在我們裡面。• 循環，只是，繼續。

- Have you noticed what I have? 你注意到我注意到的了嗎？
 - That the happiest people around you are consistently the least self-centered? • Paul

says, “Stop letting the way of the age shape you.” 我們周圍最幸福的人們是那些最不自我中心的人們。保羅說，“不要讓時代來塑造你。”

- And the way you do that is through the renewing of you mind. 而你是通過心意更新變化可以做到這一點。

- It turns out, your mind, matters. 事實是，你的心思意念很重要。
 - What you you spend your time THINKING about? 你花時間想的是關於什麼？
 - DWELLING on? 琢磨的
 - Listening To. 傾聽的
 - Watching. 觀看的
 - Debating. 討論的

• All of these things that engage your mind, matter. 這一切是你心思意念投入的事情，都很重要。

- And all the way back in the 1st century, we have Paul talking about Neuroplasticity. • The idea, that you can change your brain. 早在1世紀，我們就已經聽到保羅再說神經可塑性了。就是說，你可以改變你的大腦。

- Susannah Cahalan, wrote this, she said, Susannah Cahalan, 寫了下面的話，她說，

“Our minds have the incredible capacity to both alter the strength of connections among neurons, essentially rewiring them, and create entirely new pathways. — Susannah Cahalan, Brain on Fire: My Month of Madness

“我們的大腦具有難以置信的能力，可以改變神經元之間的連接強度，從根本上重新連接它們，並創造全新的通路。——蘇珊娜·卡哈蘭，《著火的大腦：我的瘋狂之月》

- Who knew the Paul would likely be best selling author if he were alive today. • Oh wait...he already is! 我們知道如果保羅活在今天，他會是最暢銷的作者。哦，等等。。。他已經是了！
- He understood that we can change our way of viewing the world with intentionality around how we THINK. 他知道如果我們對我們如何思考有意識，我們就可以改變我們看世界的方式。
- Which is why I continually find myself in Philippians 4:8, where Paul says, 這就是為什麼我不斷發現自己在腓立比書 4:8 中，保羅說，

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever

is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

腓立比書 4:8

8弟兄們，我還有未盡的話：凡是真實的、可敬的、公義的、清潔的、可愛的、有美名的，若有甚麼德行，若有甚麼稱讚，這些事你們都要思念。

- This is challenging... 這是很具挑戰性的。。。
 - How many of are struggling with... 我們中有多少人在。。方面有掙扎
 - Anger? 憤怒？
 - Bitterness? 苦毒？
 - Anxiety? 焦慮？
 - Worry? 擔憂？
 - Disdain? 蔑視？
 - Hatred? 仇恨？
 - And how much of that would change, and be transformed if we SHIFTED OUR THINKING to what is TRUE, and NOBLE, and RIGHT, and PURE, and LOVELY, and ADMIRABLE? 如果我們轉移我們的心思意念到那些真實的，可敬的，公義的，清潔的，有美名的，可稱讚的，這些中有多少會改變轉化？
 - Can you imagine? 你可以想像嗎？
- And that first one? What is true? Do you know what is true? 最先提到的那個，真實的，你知道什麼是真實的嗎？
 - My life is from God. 我的生命是從神來的。
 - My life is IN God. 我的生命在神裡面。
 - My life is FOR God. 我的生命是為著神的。

Communion Intro 聖餐

- Today we're going to take.... 今天我們要一起領聖餐。。。
 - This matters... 這很重要。。。
 - Doing things like this...matter. 做這件事很重要。
 - It reshapes our thinking.... 它重塑我們的心意。
- So here's what we're going to do... 這是我們接下來要做的。
 - Reflection...Shelter Song 反思。。。
 - EXAMINE (Paul's Admonition) 審視。。。
 - Then I'll return, and we can take together....然後我會回來，我們會一起。。。
 - My life is FROM you. 我的生命從你而來。
 - My life is IN you. 我的生命在你裡面。
 - My life is FOR you. 我的生命是為了你。

Song

Communion together 同領聖餐

- My life is FROM you. 我的生命從你而來。
- My life is IN you. 我的生命在你裡面。
- My life is FOR you. 我的生命是為了你。
- Which how hard in light of God's MERCY? 想到神的憐憫，這樣很難嗎？

Benediction 祝禱

- May you be URGED....願你被激勵。。。。