

在基督裡的建造與成長

BUILDING UP AND GROWING IN CHRIST

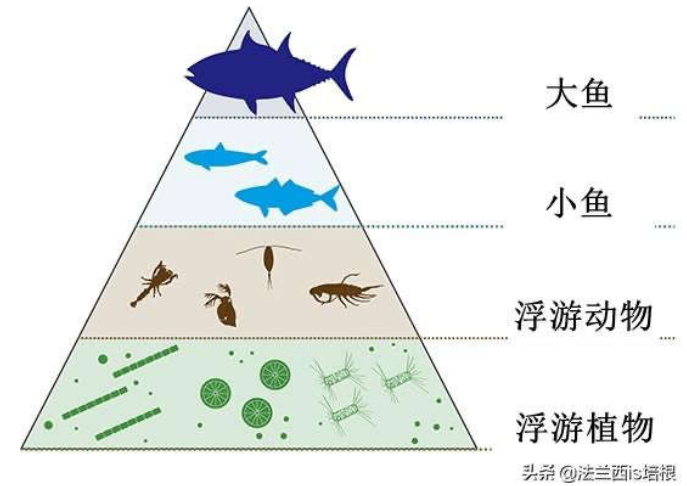
弗 4:12-16

Eph 4:12-16

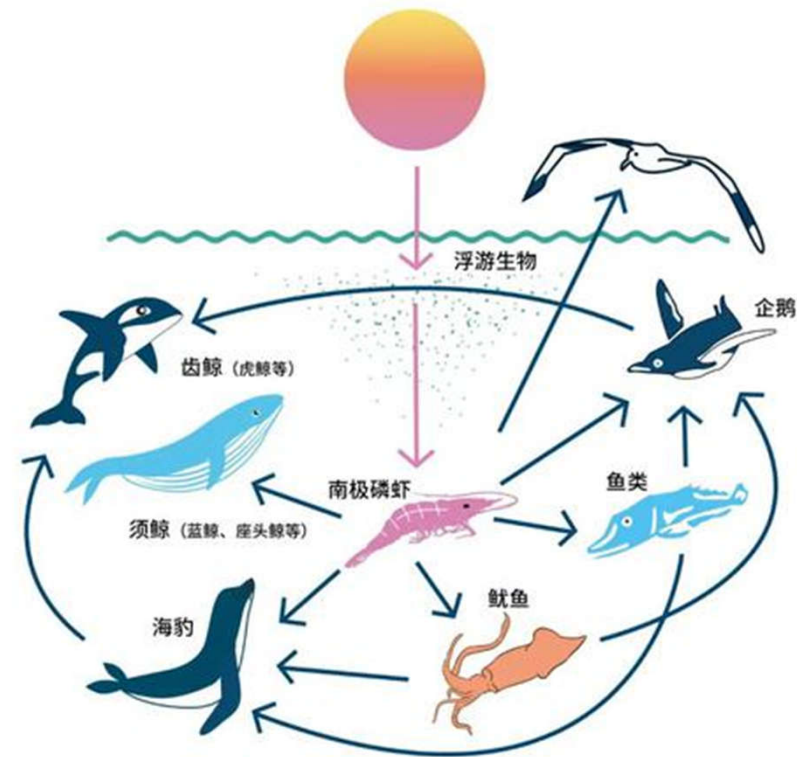
浮游植物—海洋食物鏈的基礎。
Phytoplankton – the foundation of the
oceanic food chain.

科學家估計
浮游植物貢獻了地球大
氣中 50% 到 85% 的氧氣

*Scientists estimate that
phytoplankton contribute
between 50 to 85 percent
of the oxygen in Earth's
atmosphere.*



Phytoplankton & Zooplankton



當鯨魚潛入深海捕食, 然後浮上海面呼吸時, 牠們排放出巨量的排泄流, 能將稀缺的深海中關鍵養分帶到水表, 促進浮游生物的生長。

When whales dive into the deep sea to feed, and then rise to the surface to breathe, they release a huge amount of fecal stream, which can bring scarce key nutrients from the deep sea to the surface and promote the growth of plankton.

鯨魚還是遷徙距離最遠的哺乳動物之一。灰鯨每年遷徙1萬6千公里來回在營養豐富的捕食水域和營養欠缺的繁殖水域之間。在此過程中，牠們的糞便作為肥料被從養分富饒的地方運送到養分稀缺的地方。很顯然，鯨魚在海洋的營養循環中起重要作用，無論是縱向還是橫向的營養循環。

Whales are also one of the longest migrating mammals. Gray whales migrate 16,000 kilometers a year between nutrient-rich feeding waters and nutrient-poor breeding waters. In the process, their droppings are transported from nutrient-rich to nutrient-poor areas as fertilizer. It is clear that whales play an important role in the ocean's nutrient cycles, both vertically and horizontally.



不同的生命，就活出不同樣式的生活
Different lives lead to different styles of living.

在基督裡的建造與成長 (弗4:12-16)

BUILDING UP AND GROWING IN CHRIST (EPH 4:12-16)

12為要成全聖徒，各盡其職，建立基督的身體，13直等到我們眾人在真道上同歸於一，認識神的兒子，得以長大成人，滿有基督長成的身量，14使我們不再作小孩子，中了人的詭計和欺騙的法術，被一切異教之風搖動，飄來飄去，就隨從各樣的異端；15惟用愛心說誠實話，凡事長進，連於元首基督，16全身都靠他聯絡得合式，百節各按各職，照著各體的功用彼此相助，便叫身體漸漸增長，在愛中建立自己。

12 to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood,[e] to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. (ESV)

在基督裡的建造與成長 (弗4:12-16)

BUILDING AND GROWING IN CHRIST (EPH 4:12-16)

- I. 源於基督的恩賜與目的 (v12)
GIFT AND PURPOSE ORIGINATING FROM CHRIST
- II. 信靠基督的建造與目標 (v13-15b)
BUILD UP AND GOAL OF TRUSTING IN CHRIST
- III. 連於基督的愛心與增長 (4:15c-16)
LOVE AND GROWTH CONNECTED TO CHRIST

I. 源於基督的恩賜與目的 (v12)

GIFT AND PURPOSE ORIGINATING FROM CHRIST

v12 為要成全聖徒，各盡其職，建立基督的身體

12to equip the saints for the work of ministry, for building up the body of Christ, (ESV)

成全聖徒：聖徒需要被裝備成長

Equip the Saints: Saints need to be equipped for growth

📌 教會服事的對象 → 世人

Who the church serves → people in the world

📌 建立基督的身體 → 對基督徒的彼此服事

Building up the body of Christ → Christians serving each Other

I. 源於基督的恩賜與目的 (v12)

GIFT AND PURPOSE ORIGINATING FROM CHRIST

a. 裝備聖徒 (v12a)

equip the Saints

b. 各盡其職 (v12b)

for the work of ministry

理解各自的角色, 造福基督的身體

Understanding our respective roles, benefiting
the body of Christ

v7 我們各人蒙恩, 都是照基督所量給各人的恩賜

v7 grace was given to each one of us according to
the measure of Christ's gift

I. 源於基督的恩賜與目的 (v12)

GIFT AND PURPOSE ORIGINATING FROM CHRIST

🌱 靈命成長從開始就要面對一個很根本的問題

耶穌問: 你們要什麼? 為什麼要跟隨我?

Spiritual growth must confront a fundamental question from the beginning

Jesus Christ asked: What do you want?

Why do you want to follow me?

事奉的過程是不斷的考驗

the process of serving is a continuous test

為什麼我受裝備, 我學習, 我事奉?

Why am I equipped, to learn, and to serve?

II. 信靠基督的建造與目標 (v13-15b)

BUILD UP AND GOAL OF TRUSTING IN CHRIST

v13 直等到我們眾人在真道上同歸於一，認識神的兒子，得以長大成人，滿有基督長成的身量 14 使我們不再作小孩子，中了人的詭計和欺騙的法術，被一切異教之風搖動，飄來飄去，就隨從各樣的異端； 15 惟用愛心說誠實話，凡事長進

13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ

II. 信靠基督的建造與目標 (v13-15b)

BUILD UP AND GOAL OF TRUSTING IN CHRIST

1). 在信心中合一 (4:13a)

Unity in the faith

2). 認識基督 (4:13b)

Knowing Christ

3). 持守真理 靈命成長 (13c-15b)

Hold fast to the truth and spiritual growth

1) 不再像小孩子 (v14a)

No longer be children

2) 不再隨波逐流 隨風飄蕩 (v14b)

No longer be tossed to and fro by the waves

3) 愛心與真理連結 (v15a,b)

Linking love and truth

1) 衡量靈命成長的第一個表現: (v14)

The first indication of spiritual growth

『不再作小孩子』 (v14) → 不再像小孩子般的幼稚

No longer be children (v14) → No longer childishly
immature

a. 不穩定, 沒有根基, 沒有方向

Unstable, without foundation, without direction

b. 不辨是非, 容易受人操縱

Unable to distinguish right from wrong, easily
manipulated

熱心服事遭遇挫折

Encountering setbacks while serving enthusiastically

🌱 靈命成長的突破:

The breakthrough of spiritual growth

2) 衡量靈命成長的第二個表現 (v14)

The Second indication of spiritual growth

✚ 在真道上在沒有扎根, 中了人的詭計和手段

Not being rooted in the truth, falling for people's cunning and schemes

✚ 我們在禱告時要把目光放在神身上, 而不是困難或環境上。

We should focus our gaze on God in prayer, not on difficulties or circumstances

✚ 衡量一個人的最終標準, 不是看他在舒適方便的時候站在哪裡, 而是看他在面臨挑戰和爭議的時候站在哪裡。

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

3) 衡量靈命成長的第三個表現: (v15)

The Third indication of spiritual growth

15 惟用愛心說誠實話，凡事長進，連於元首基督

呂振中譯本：「以愛心持守真理」

JJ Ly: “Holding on truth with love”

➔ 愛心與真理連結：在愛中行 活出真理

➔ Linking love and truth: Walking in love,
living out truth

真理如果不被愛軟化，就會變得尖銳；

If truth is not softened by love, it becomes sharp.

愛如果不被真理堅固，就會變得軟弱。

If love is not fortified by truth, it becomes weak.

III. 連於基督的愛心與增長 (4:15c-16)

LOVE AND GROWTH CONNECTED TO CHRIST

15 連於元首基督，16 全身都靠他聯絡得合式，百節各按各職，照著各體的功用彼此相助，便叫身體漸漸增長，在愛中建立自己。

.....into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. (ESV)

連於元首基督:
Connected to Christ

Dewitt Jones

a photographer and photojournalist for National Geographic. He is the highly acclaimed, world-class photographer whose images have been featured in scores of National Geographic expeditions over the past 20 years

德威特. 瓊斯

一位國家地理雜誌的攝影師和攝影記者。

他是一位備受讚譽的世界級攝影師，過去 20 年來，他的照片曾多次出現在《國家地理》雜誌的數十次探險中



活出基督的生命

Living out the life of Christ

人的最大缺陷就是不自知，估計自己的力量過度的相信自己的能力，常常想要改變別人或事物環境

The greatest flaw in people is their lack of self-awareness, overestimating their own strength, believing too much in their abilities, often trying to change others or their circumstances

人生的立點與支點很重要的體認是改變自己惟有改變自己，才能活出基督所給的生命

The crucial realization in life is that the starting point and fulcrum hinge on changing oneself; only by changing oneself can one live out the life given by Christ.

III. 連於基督的愛心與增長 (4:15c-16)

LOVE AND GROWTH CONNECTED TO CHRIST

a. 連結於基督的權柄和關係 (4:15c)

Connected to the authority and relationship in Christ

1. 在基督裡成長

Growing in Christ

2. 降服於元首基督

Surrendering to the Head, Christ

 在人與事的服事裡 經歷神

Experiencing God through serving people and in ministry

III. 連於基督的愛心與增長 (4:15c-16)

LOVE AND GROWTH CONNECTED TO CHRIST

b. 肢體的功能與成長 (4:16)

The function and growth of the body

1. 彼此合作

Collaboration with each other

2. 在愛中建立自己的功能性肢體

Building one's functional role in love

教導我們基督的身體如何成長。

Teaching us how the body of Christ grows

身體的各個部分要順服於生命

Each part of the body must submit to life

開啟近代科學的牛頓(Isaac Newton, 1642~1727)在1721年寫《光學的探求》(Queries to the Opticks)時，在當中寫道：「生命的創造是藝術般的優美，每個部分都有獨特的組成與造型，卻又互相協調，

In his work 'Queries to the Opticks' written in 1721, Isaac Newton, the trailblazer of modern science, expressed: 'The creation of life is artistically beautiful, with each part having a unique composition and structure yet harmonizing with each other.'

例如眼睛沒有光學的知識，卻有一流光學的設計；耳朵沒有聲波的知識，卻有一流聲音的收集。眼睛與耳朵只要將所收集的信號傳給神經、輸送到大腦，就能產生敏銳的視覺與聽覺。

For instance, the eyes lack knowledge of optics, but possess top-notch optical design; the ears lack knowledge of sound waves, but have excellent sound reception. By transmitting the collected signals to the nerves and delivering them to the brain, the eyes and ears can generate keen vision and hearing.



結論

Conclusion

我們不是要從恩賜和善行，獲得自我價值和肯定。基督徒所有的恩賜、工作果效、好行為等等，都不是衡量生命長進的尺度，這些只是反映出神的恩典。

We aren't meant to derive our self-worth and affirmation as Christians from gifts and good deeds. All the gifts, work effectiveness, good behavior, and others are not measures of life progress; they merely reflect God's grace.



結論

CONCLUSION

謙卑不是小看自己，而是少想到自己，多想到別人。
謙卑的人專心服事他人，不為自己著想

Humility isn't thinking less of oneself, but thinking of oneself less and others more. Humble individuals focus on serving others and don't prioritize themselves.

在我們的生命裡，耶穌是否增多？

我們的「己」是否減少？

In our lives, is Jesus increasing?

Is our 'self' decreasing?