

WALKING IN THE SPIRIT

DAILY READINGS:

Monday: Romans 8:1-17
 Tuesday: Galatians 5:13-26
 Wednesday: Ephesians 5:1-14
 Thursday: Ephesians 5:15-33
 Friday: Ephesians 6:1-18
 Saturday: Colossians 3:1-11
 Sunday: 1 John 1:1-10

MEMORY VERSE:

This I say then, walk in the Spirit, and ye shall not fulfill the lusts of the flesh (Galatians 5:16).
 我說，你們當順著聖靈而行，就不放縱肉體的情慾了。

INTRODUCTION:

Once a person is born of the Spirit, it should be inevitable (*predictable; expected*) that his life be lived in the Spirit. As birth is followed by life, the birth of the Spirit must be followed by growth and development into the maturity of a walk in the Spirit.

This walk in the Spirit will affect all aspects of the life, whether it be business, social, or in the home. Situations arise daily in which the flesh in its natural state reacts in a way which displeases God. ***The walk in the Spirit is a life in which each action is in accordance with God's will, thus fulfilling the law of righteousness.***

LESSON NOTES:

After The Spirit: The person who has truly become a new creature in Christ will seek a walk which is "after the Spirit." Clearly, a distinction is made in Romans 8 between those who choose to walk "after the flesh" and those who choose to walk "after the Spirit" (v.1). Those who have received the Spirit of Christ should become "spiritually minded." That is, they will mind those things which are above rather than the things of the flesh (vv.5, 6).

Romans 8:1 羅馬書	There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. 如今，那些在基督耶穌裡的就不定罪了。
Romans 8:5-6	⁵ For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. 因為隨從肉體的人體貼肉體的事，隨從聖靈的人體貼聖靈的事。 ⁶ For to be carnally minded is death; but to be spiritually minded is life and peace. 體貼肉體的，就是死；體貼聖靈的，乃是生命、平安。

The walk after the Spirit is both the **responsibility** of the believer and the **heritage** of being in Christ. It is without question the believer's responsibility to make the choice of yielding his members as instruments of righteousness. ***Even the regenerate mind will be tempted towards carnality.*** This carnal mind is enmity against God and cannot please Him (vv.7, 8). ***Yet while the choice is up to us to walk after the Spirit, our own energy will prove inadequate.*** ***Only as the Spirit becomes life will we be able to live after the Spirit.***

Romans 8:7-8	⁷ Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.
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原來體貼肉體的，就是與神為仇；因為不服神的律法，也是不能服，

⁸So then they that are in the flesh cannot please God.

而且屬肉體的人不能得神的喜歡。

This latter point deserves emphasis, for it declares one of the grand truths of the believer's walk. If the Spirit of Christ dwells in us, we have God's emphatic (*forceful; definite*) promise that **this Spirit will quicken our mortal bodies**. In a very real sense, this can apply to the healing of our bodies if that be a need. In an even larger sense, *it applies to our daily walk and conduct before God (v.11)*. As heirs of God and joint-heirs with Christ, being children of the heavenly Father, we have the **privilege** and **opportunity** of sharing in the glories of heaven by yielding ourselves as vessels to the Spirit of God and allowing the righteousness of the law to be fulfilled in us.

Romans
8:11

But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

然而，叫耶穌從死裡復活者的靈若住在你們心裡，那叫基督耶穌從死裡復活的，也必藉著住在你們心裡的聖靈，使你們必死的身體又活過來。

Fruits of the Spirit: Being heavenly minded and caring for those things which are above — walking in the Spirit — produce positive and concrete results in this life. It enables us to live in these bodies in a way which honors and pleases God.

Foremost on the list of the fruit of the Spirit is **love**. Listed as being above faith and hope and that element without which the gifts of the Spirit are a sham, love demands a change in our natural instincts. For example, it means kindness to all, no matter how unkind they may be to us. It means esteeming the other person better than ourselves. Can there be anything more contrary to the natural man than this? Yet this is what the life of the Spirit is about, and unless it is applied to the most difficult circumstances, it has no value.

Another example is **joy**. It is easy to rejoice when things go well. Even the world shouts and rejoices when it strikes good fortune. But the Bible calls for Christians to rejoice *always*. It is to be a way of life where in the most trying of times and the most grating of situations the natural instincts are mortified and the heart given to rejoicing.

The matter of inward **purity** is a further fruit of the Spirit. Keeping our minds set on those things which are true, honest, pure, and lovely (**Philippians 4:8**), and rejecting the impure thoughts and suggestions which constantly come our way is the responsibility of the child of God. *What a man thinketh in his heart, so is he (Matthew 12:34; Luke 6:45)*.

Philippians 4:8	Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. 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。
Matthew 12:34	O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh. 毒蛇的種類！你們既是惡人，怎能說出好話來呢？因為心裡所充滿的，口裡就說出來。
Luke 6:45	A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh. 善人從他心裡所存的善就發出善來；惡人從他心裡所存的惡就發出惡來；因

LESSON NOTES:

The fact that the Christian finds himself in warfare is everywhere acknowledged in the Bible. That this warfare is a conflict between the works of the flesh or the "natural" man and the fruits of the Spirit or the spiritual man is also acknowledged. The flesh and the Spirit are contrary the one to the other and fight against each other. Keep in mind that Paul was writing his instructions to regenerate people. There is nothing automatic about conversion, therefore, which will bring a halt to this conflict. In fact, once a person becomes a child of God, the battle lines are drawn and this conflict begins in earnest. *Conversion should bring with it the desire for a life walked in the Spirit (Gal. 5:17).*

Galatians 5:17	For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. 因為情慾和聖靈相爭，聖靈和情慾相爭，這兩個是彼此相敵，使你們不能做所願意做的。
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There is a definite step on the part of the Christian which must be taken in this warfare. That is, he must see to it that *his heart is set on walking in the Spirit*. Repeatedly, Paul exhorts Christian believers to "*Walk as children of light*"(Ephesians 5:8); "*Mortify your members*"(Romans 8:13); "*Seek those things above,*" (Colossians 3:1) etc. In a sense, we control the degree of the life lived in the Spirit by the degree to which we give place to the flesh or Spirit. Paul warned that if a person continued to allow the works of the flesh to rule and have the mastery in his life, the life of God would be stifled. *As we constantly maintain our guard and seek to walk in the Spirit rather than giving place to the flesh, we find that the Spirit Himself comes to take fuller control so that the fruits of the Spirit become a natural outgrowth of our lives.*

Ephesians 5:8	For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light: 從前你們是暗昧的，但如今在主裡面是光明的，行事為人就當像光明的子女。
Romans 8:13	For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live. 你們若順從肉體活著，必要死；若靠著聖靈治死身體的惡行，必要活著。
Colossians 3:1	If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. 所以，你們若真與基督一同復活，就當求在上面的事；那裡有基督坐在神的右邊。

People frequently credit computers with being brilliant. They are not; they are controlled by a program which meticulously (*carefully; thoroughly*) guides it to perform even its minutest tasks. *Its brilliance lies in its failure to be able to do anything on its own and giving place to the program.* So it must be in the Christian's life we give place to the Spirit of God to live and walk in us.

Godly Advices from Bro. Gordon Gardiner:

- *Don't look at it as impossible - but a privilege, your right, a glorious possibility.*
- *Prayer: Oh, God, make me to be really filled with the Spirit, live in the Spirit, and walk in the Spirit as I have never live before.*
- Acknowledge our failure and then turn to God and pray "*O God, you have promised in your Word that you have victories for me.*" If you **insist** on it, you will get it. Pray Romans 6:14 "*Sin should not have dominion on me*"

Bible Study on the word “Walk”

From Gospel and Acts

Admonitions
1. Walk in all the commandments and ordinances of the Lord (Luke 1:6)
2. Walk in the fear of the Lord and in the comfort of the Holy Ghost (Acts 9:31)
3. Walk orderly (Acts 21:24)

From Paul’s Letters

Letters	To	Where Written	Approximate Date Written	Admonitions
Galatians	Church at Galatia	Antioch in Syria	AD 49 (after 1 st missionary journey)	1. Walk uprightly (2:14) 2. Walk in the Spirit (5:16, 25) 3. Walk according to this rule - as a new creature (6:15-16)
1 Thessalonians	Church at Thessalonica	Corinth	AD 51 (during the 2nd missionary journey)	1. Walk worthy of God (2:12) 2. Walk to please God (4:1) 3. Walk honestly (4:12)
2 Thessalonians	Church at Thessalonica	Corinth	AD 51 (during the 2nd missionary journey)	1. Walk orderly (3:6)
2 Corinthians	Church at Corinth	Macedonia	AD 56 (during the 3rd missionary journey)	1. Walk not in craftiness (4:2) 2. Walk by faith, not by sight (5:7)
Romans	Church at Rome	Corinth	AD 57 (near the end of 3rd missionary journey)	1. Walk in the steps of that faith of our father Abraham (4:12) 2. Walk in newness of life (6:4) 3. Walk in the Spirit (8:1, 4) 4. Walk honestly (13:13) 5. Walk charitably (14:15)
Ephesians	Church at Ephesus	Rome – Prison	AD 60-61	1. Walk worthy of the vocation wherewith ye are called (4:1) 2. Walk not in the vanity of mind (4:17) 3. Walk in love (5:2) 4. Walk as children of light (5:8) 5. Walk circumspectly (5:15)
Colossians	Church at Colossae	Rome – Prison	AD 60-61	1. Walk worthy of the Lord unto all pleasing (1:10) 2. Walk in Him (2:6) 3. Walk in wisdom (4:5)
Philippians	Church at Philippi	Rome – Prison	AD 62	1. Walk by the same rule (3:16) 2. Walk after Apostle Paul’s example (3:17)

From Other Letters

Letters	To	Where Written	Approximate Date Written	Admonitions
1 & 2 Peter				1. Walk not after the flesh (1 Peter 2:10) 2. Walk not after lust (1 Peter 4:3; 2 Peter 3:3)
1, 2, 3 John				1. Walk in the light (1:7) 2. Walk as He walked (2:6) 3. Walk after His commandments (2 John 1:6) 4. Walk in truth (2 John 1:4; 3 John 1:3-4)
Jude				1. Walk not after ungodly lust (1:16, 18)

From Gospel and Acts

Luke 1:6	<p>And they (<i>Zacharias and Elisabeth</i>) were both righteous before God, walking in all the commandments and ordinances of the Lord blameless.</p> <p>他們二人在神面前都是義人，遵行主的一切誠命禮儀，沒有可指摘的，</p>
Acts 9:31	<p>Then had the churches rest throughout all Judaea and Galilee and Samaria, and were edified; and walking in the fear of the Lord, and in the comfort of the Holy Ghost, were multiplied.</p> <p>那時，猶太加利利、撒瑪利亞各處的教會都得平安，被建立；凡事敬畏主，蒙聖靈的安慰，人數就增多了。</p>
Acts 21:24	<p>Them take, and purify thyself with them, and be at charges with them, that they may shave their heads: and all may know that those things, whereof they were informed concerning thee, are nothing; but that thou thyself also walkest orderly, and keepest the law.</p> <p>你帶他們去，與他們一同行潔淨的禮，替他們拿出規費，叫他們得以剃頭。這樣，眾人就可知道，先前所聽見你的事都是虛的；並可知道，你自己為人，循規蹈矩，遵行律法。</p>

From Paul's Letters

Romans 4:12	And the father of circumcision to them who are not of the circumcision only, but who also walk in the steps of that faith of our father Abraham , which he had being yet uncircumcised. 又作受割禮之人的父，就是那些不但受割禮，並且按我們的祖宗亞伯拉罕未受割禮而信之蹤跡去行的人。
Romans 6:4	Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life . 所以，我們藉著洗禮歸入死，和他一同埋葬，原是叫我們一舉一動有新生的樣式，像基督藉著父的榮耀從死裡復活一樣。
Romans 8:1, 4	¹ There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit . 如今，那些在基督耶穌裡的就不定罪了。 ⁴ That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit . 使律法的義成就在我們這不隨從肉體、只隨從聖靈的人身上。
Romans 13:13	Let us walk honestly , as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. 行事為人要端正，好像行在白晝。不可荒宴醉酒，不可好色邪蕩，不可爭競嫉妒；
Romans 14:15	But if thy brother be grieved with thy meat, now walkest thou not charitably . Destroy not him with thy meat, for whom Christ died. 你若因食物叫弟兄憂愁，就不是按著愛人的道理行。基督已經替他死，你不可因你的食物叫他敗壞。
2 Corinthians 4:2	But have renounced the hidden things of dishonesty, not walking in craftiness, nor handling the word of God deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of God. 乃將那些暗昧可恥的事棄絕了；不行詭詐，不謬講神的道理，只將真理表明出來，好在神面前把自己薦與各人的良心。
2 Corinthians 5:7	(For we walk by faith, not by sight:) 因我們行事為人是憑著信心，不是憑著眼見。
Galatians 2:14	But when I saw that they walked not uprightly according to the truth of the gospel, I said unto Peter before them all, If thou, being a Jew, livest after the manner of Gentiles, and not as do the Jews, why compellest thou the Gentiles to live as do the Jews? 但我一看見他們行的不正，與福音的真理不合，就在眾人面前對磯法說：你既是猶太人，若隨外邦人行事，不隨猶太人行事，怎麼還勉強外邦人隨猶太人呢？
Galatians 5:16, 25	¹⁶ This I say then, Walk in the Spirit , and ye shall not fulfil the lust of the flesh. 我說，你們當順著聖靈而行，就不放縱肉體的情慾了。 ²⁵ If we live in the Spirit, let us also walk in the Spirit . 我們若是靠聖靈得生，就當靠聖靈行事。
Galatians 6:15-16	¹⁵ For in Christ Jesus neither circumcision availeth any thing, nor uncircumcision, but a new creature . 受割禮不受割禮都無關緊要，要緊的就是作新造的人。 ¹⁶ And as many as walk according to this rule , peace be on them, and mercy, and upon the

	<p>Israel of God. 凡照此理而行的，願平安、憐憫加給他們，和神的以色列民。</p>
Ephesians 4:1	<p>I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, 我為主被囚的勸你們：既然蒙召，行事為人就當與蒙召的恩相稱。</p>
Ephesians 4:17	<p>This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, 所以我說，且在主裡確實的說，你們行事不要再像外邦人存虛妄的心行事。</p>
Ephesians 5:2	<p>And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour. 也要憑愛心行事，正如基督愛我們，為我們捨了自己，當作馨香的供物和祭物，獻與神。</p>
Ephesians 5:8	<p>For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light: 從前你們是暗昧的，但如今在主裡面是光明的，行事為人就當像光明的子女。</p>
Ephesians 5:15	<p>See then that ye walk circumspectly, not as fools, but as wise, 你們要謹慎行事，不要像愚昧人，當像智慧人。</p>
Philippians 3:15-17	<p>¹⁵Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you. 所以我們中間，凡是完全人總要存這樣的心；若在甚麼事上存別樣的心，神也必以此指示你們。 ¹⁶Nevertheless, whereto we have already attained, let us walk by the same rule, let us mind the same thing. 然而，我們到了甚麼地步，就當照著甚麼地步行。 ¹⁷Brethren, be followers together of me, and mark them which walk so as ye have us for an ensample. 弟兄們，你們要一同效法我，也當留意看那些照我們榜樣行的人。</p>
Colossians 1:10	<p>That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; 好叫你們行事為人對得起主，凡事蒙他喜悅，在一切善事上結果子，漸漸的多知道神；</p>
Colossians 2:6	<p>As ye have therefore received Christ Jesus the Lord, so walk ye in him: 你們既然接受了主基督耶穌，就當遵他而行，</p>
Colossians 4:5	<p>Walk in wisdom toward them that are without, redeeming the time. 你們要愛惜光陰，用智慧與外人交往。</p>
1 Thessalonians 2:12	<p>That ye would walk worthy of God, who hath called you unto his kingdom and glory. 要叫你們行事對得起那召你們進他國、得他榮耀的神。</p>
1 Thessalonians 4:1	<p>Furthermore then we beseech you, brethren, and exhort you by the Lord Jesus, that as ye have received of us how ye ought to walk and to please God, so ye would abound more and more. 弟兄們，我還有話說：我們靠著主耶穌求你們，勸你們，你們既然受了我們的教訓，知道該怎樣行可以討神的喜悅，就要照你們現在所行的更加勉勵。</p>
1 Thessalonians 4:12	<p>That ye may walk honestly toward them that are without, and that ye may have lack of nothing. 叫你們可以向外人行事端正，自己也就沒有甚麼缺乏了。</p>
2 Thessalonians 3:6	<p>Now we command you, brethren, in the name of our Lord Jesus Christ, that ye withdraw yourselves from every brother that walketh disorderly, and not after the tradition which he received of us.</p>

弟兄們，我們奉主耶穌基督的名吩咐你們，凡有弟兄不按規矩而行，不遵守從我們所受的教訓，就當遠離他。

From Other Letters

1 Peter 4:3	For the time past of our life may suffice us to have wrought the will of the Gentiles, when we walked in lasciviousness, lusts, excess of wine, revellings, banquetings, and abominable idolatries: 因為往日隨從外邦人的心意行邪淫、惡慾、醉酒、荒宴、群飲，並可惡拜偶像的事，時候已經夠了。
2 Peter 2:10	But chiefly them that walk after the flesh in the lust of uncleanness, and despise government. Presumptuous are they, selfwilled, they are not afraid to speak evil of dignities. 那些隨肉身、縱污穢的情慾、輕慢主治之人的，更是如此。他們膽大任性，毀謗在尊位的，也不知懼怕。
2 Peter 3:3	Knowing this first, that there shall come in the last days scoffers, walking after their own lusts, 第一要緊的，該知道在末世必有好譏誚的人隨從自己的私慾出來譏誚說：
1 John 1:7	But if we walk in the light , as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin. 我們若在光明中行，如同神在光明中，就彼此相交，他兒子耶穌的血也洗淨我們一切的罪。
1 John 2:6	He that saith he abideth in him ought himself also so to walk, even as he walked . 人若說他住在主裡面，就該自己照主所行的去行。
2 John 1:4	I rejoiced greatly that I found of thy children walking in truth , as we have received a commandment from the Father. 我見你的兒女，有照我們從父所受之命令遵行真理的，就甚歡喜。
2 John 1:6	And this is love, that we walk after his commandments . This is the commandment, That, as ye have heard from the beginning, ye should walk in it. 我們若照他的命令行，這就是愛。你們從起初所聽見當行的，就是這命令。
3 John 1:3-4	³ For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth . 有弟兄來證明你心裡存的真理，正如你按真理而行，我就甚喜樂。 ⁴ I have no greater joy than to hear that my children walk in truth . 我聽見我的兒女們按真理而行，我的喜樂就沒有比這個大的。
Jude 1:16	These are murmurers, complainers, walking after their own lusts; and their mouth speaketh great swelling words, having men's persons in admiration because of advantage. 這些人是私下議論，常發怨言的，隨從自己的情慾而行，口中說誇大的話，為得便宜諂媚人。
Jude 1:18	How that they told you there should be mockers in the last time, who should walk after their own ungodly lusts. 他們曾對你們說過，末世必有好譏誚的人隨從自己不敬虔的私慾而行。

Monday: Romans 8:1-17

¹There is therefore now no condemnation to them which are in Christ Jesus, who **walk** not after the flesh, but **after the Spirit**.

如今，那些在基督耶穌裡的不定罪了。

²For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

因為賜生命聖靈的律，在基督耶穌裡釋放了我，使我脫離罪和死的律了。

³For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

律法既因肉體軟弱，有所不能行的，神就差遣自己的兒子，成為罪身的形狀，作了贖罪祭，在肉體中定了罪案，

⁴That the righteousness of the law might be fulfilled in us, who **walk** not after the flesh, but **after the Spirit**.

使律法的義成就在我們這不隨從肉體、只隨從聖靈的人身上。

⁵For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

因為隨從肉體的人體貼肉體的事，隨從聖靈的人體貼聖靈的事。

⁶For to be carnally minded is death; but **to be spiritually minded is life and peace**.

體貼肉體的，就是死；體貼聖靈的，乃是生命、平安。

⁷Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

原來體貼肉體的，就是與神為仇；因為不服神的律法，也是不能服，

⁸So then they that are in the flesh cannot please God.

而且屬肉體的人不能得神的喜歡。

⁹But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

如果神的靈住在你們心裡，你們就不屬肉體，乃屬聖靈了。人若沒有基督的靈，就不是屬基督的。

¹⁰And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

基督若在你們心裡，身體就因罪而死，心靈卻因義而活。

¹¹But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

然而，叫耶穌從死裡復活者的靈若住在你們心裡，那叫基督耶穌從死裡復活的，也必藉著住在你們心裡的聖靈，使你們必死的身體又活過來。

¹²Therefore, brethren, we are debtors, not to the flesh, to live after the flesh.

弟兄們，這樣看來，我們並不是欠肉體的債去順從肉體活著。

¹³For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

你們若順從肉體活著，必要死；若靠著聖靈治死身體的惡行，必要活著。

14For as many as are led by the Spirit of God, they are the sons of God.

因為凡被神的靈引導的，都是神的兒子。

15For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

你們所受的，不是奴僕的心，仍舊害怕；所受的，乃是兒子的心，因此我們呼叫：阿爸！父！

16The Spirit itself beareth witness with our spirit, that we are the children of God:

聖靈與我們的心同證我們是神的兒女；

17And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

既是兒女，便是後嗣，就是神的後嗣，和基督同作後嗣。如果我們和他一同受苦，也必和他一同得榮耀。

Tuesday: Galatians 5:13-26

¹³For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but **by love serve one another**.

弟兄們，你們蒙召是要得自由，只是不可將你們的自由當作放縱情慾的機會，總要用愛心互相服事。

¹⁴For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.

因為全律法都包在「愛人如己」這一句話之內了。

¹⁵But if ye bite and devour one another, take heed that ye be not consumed one of another.

你們要謹慎，若相咬相吞，只怕要彼此消滅了。

¹⁶This I say then, **Walk in the Spirit**, and ye shall not fulfill the lust of the flesh.

我說，你們當順著聖靈而行，就不放縱肉體的情慾了。

¹⁷For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

因為情慾和聖靈相爭，聖靈和情慾相爭，這兩個是彼此相敵，使你們不能做所願意做的。

¹⁸But if ye be led of the Spirit, ye are not under the law.

但你們若被聖靈引導，就不在律法以下。

¹⁹Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, 情慾的事都是顯而易見的，就如姦淫、污穢、邪蕩、

²⁰Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

拜偶像、邪術、仇恨、爭競、忌恨、惱怒、結黨、紛爭、異端、

²¹Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

嫉妒（有古卷在此有：兇殺二字）、醉酒、荒宴等類。我從前告訴你們，現在又告訴你們，行這樣事的人必不能承受神的國。

²²But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

聖靈所結的果子，就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、

²³Meekness, temperance: against such there is no law.

溫柔、節制。這樣的事沒有律法禁止。

²⁴And they that are Christ's have crucified the flesh with the affections and lusts.

凡屬基督耶穌的人，是已經把肉體連肉體的邪情私慾同釘在十字架上了。

²⁵If we live in the Spirit, let us also **walk in the Spirit**.

我們若是靠聖靈得生，就當靠聖靈行事。

²⁶Let us not be desirous of vain glory, provoking one another, envying one another.

不要貪圖虛名，彼此惹氣，互相嫉妒。

Wednesday: Ephesians 5:1-14

¹Be ye therefore followers of God, as dear children;
所以，你們該效法神，好像蒙慈愛的兒女一樣。

²And **walk in love**, as Christ also hath **loved** us, and hath **given** himself for us an offering and a sacrifice to God for a sweetsmelling savour.

也要憑愛心行事，正如基督愛我們，為我們捨了自己，當作馨香的供物和祭物，獻與神。

³But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints;

至於淫亂並一切污穢，或是貪婪，在你們中間連題都不可，方合聖徒的體統。

⁴Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather **giving of thanks**.

淫詞、妄語，和戲笑的話都不相宜；總要說感謝的話。

⁵For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God.

因為你們確實的知道，無論是淫亂的，是污穢的，是有貪心的，在基督和神的國裡都是無分的。有貪心的，就與拜偶像的一樣。

⁶Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience.

不要被人虛浮的話欺哄；因這些事，神的忿怒必臨到那悖逆之子。

⁷Be not ye therefore partakers with them.

所以，你們不要與他們同夥。

⁸For ye were sometimes darkness, but now are ye light in the Lord: **walk as children of light**:

從前你們是暗昧的，但如今在主裡面是光明的，行事為人就當像光明的子女。

⁹(For the fruit of the Spirit is in all **goodness** and **righteousness** and **truth**;))

光明所結的果子就是一切良善、公義、誠實。

¹⁰**Proving** what is acceptable unto the Lord.

總要察驗何為主所喜悅的事。

¹¹And have no fellowship with the unfruitful works of darkness, but rather **reprove** them.

那暗昧無益的事，不要與人同行，倒要責備行這事的人；

¹²For it is a shame even to speak of those things which are done of them in secret.

因為他們暗中所行的，就是題起來也是可恥的。

¹³But all things that are reprov'd are made manifest by the light: for whatsoever doth make manifest is light.

凡事受了責備，就被光顯明出來，因為一切能顯明的就是光。

¹⁴Wherefore he saith, **Awake** thou that sleepest, and **arise** from the dead, and Christ shall **give thee light**.

所以主說：你這睡著的人當醒過來，從死裡復活！基督就要光照你了。

Thursday: Ephesians 5:15-33

¹⁵See then that ye **walk circumspectly**, not as fools, but as wise,
你們要謹慎行事，不要像愚昧人，當像智慧人。

¹⁶**Redeeming** the time, because the days are evil.

要愛惜光陰，因為現今的世代邪惡。



Walk in wisdom toward them that are without, **redeeming** the time. (Colossians 4:5)

你們要愛惜光陰，用智慧與外人交往。

¹⁷Wherefore be ye not unwise, but **understanding** what the will of the Lord is.

不要作糊塗人，要明白主的旨意如何。

¹⁸And be not drunk with wine, wherein (in which) is excess (overindulgence); but **be filled** with the Spirit;

不要醉酒，酒能使人放蕩；乃要被聖靈充滿。

¹⁹**Speaking** to yourselves in psalms and hymns and spiritual songs, **singing and making melody** in your heart to the Lord;

當用詩章、頌詞、靈歌、彼此對說，口唱心和的讚美主。

²⁰**Giving thanks** always for all things unto God and the Father in the name of our Lord Jesus Christ;

凡事要奉我們主耶穌基督的名常常感謝父神。

²¹**Submitting** yourselves one to another in the fear of God.

又當存敬畏基督的心，彼此順服。

²²Wives, **submit** yourselves unto your own husbands, as unto the Lord.

你們作妻子的，當順服自己的丈夫，如同順服主。

²³For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.

因為丈夫是妻子的頭，如同基督是教會的頭；他又是教會全體的救主。

²⁴Therefore as the church is **subject** unto Christ, so let the wives be to their own husbands **in every thing**.

教會怎樣順服基督，妻子也要怎樣凡事順服丈夫。

²⁵Husbands, love your wives, even as Christ also **loved** the church, and **gave** himself for it;

你們作丈夫的，要愛你們的妻子，正如基督愛教會，為教會捨己。

²⁶That he might **sanctify** and **cleanse** it with the washing of water by the word,

要用水藉著道把教會洗淨，成為聖潔，

²⁷That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

可以獻給自己，作個榮耀的教會，毫無玷污、皺紋等類的病，乃是聖潔沒有瑕疵的。

²⁸So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.
丈夫也當照樣愛妻子，如同愛自己的身子；愛妻子便是愛自己了。

²⁹For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:
從來沒有人恨惡自己的身子，總是保養顧惜，正像基督待教會一樣，

³⁰For we are members of his body, of his flesh, and of his bones.
因我們是他身上的肢體（有古卷在此有：就是他的骨他的肉）。

³¹For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.
為這個緣故，人要離開父母，與妻子連合，二人成為一體。

³²This is a great mystery: but I speak concerning Christ and the church.
這是極大的奧祕，但我是指著基督和教會說的。

³³Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she **reverence** her husband.
然而，你們各人都當愛妻子，如同愛自己一樣。妻子也當敬重他的丈夫。

Friday: Ephesians 6:1-18

¹Children, **obey** your parents in the Lord: for this is right.
你們作兒女的，要在主裡聽從父母，這是理所當然的。

²**Honour** thy father and mother; which is the first commandment with promise;
要孝敬父母，使你得福，在世長壽。這是第一條帶應許的誡命。

³That it may be well with thee, and thou mayest live long on the earth.

⁴And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

你們作父親的，不要惹兒女的氣，只要照著主的教訓和警戒養育他們。

⁵Servants, **be obedient** to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ;

你們作僕人的，要懼怕戰兢，用誠實的心聽從你們肉身的主人，好像聽從基督一般。

⁶Not with eyeservice, as menpleasers; but as the servants of Christ, **doing the will of God from the heart**;
不要只在眼前事奉，像是討人喜歡的，要像基督的僕人，從心裡遵行神的旨意。

⁷With good will **doing** service, as to the Lord, and not to men:

甘心事奉，好像服事主，不像服事人。

⁸Knowing that whatsoever good thing any man doeth, the same shall he receive of the Lord, whether he be bond or free.

因為曉得各人所行的善事，不論是為奴的，是自主的，都必按所行的得主的賞賜。

⁹And, ye masters, do the same things unto them, forbearing threatening: knowing that your Master also is in heaven; neither is there respect of persons with him.

你們作主人的，待僕人也是一理，不要威嚇他們。因為知道，他們和你們同有一位主在天上；他並不偏待人。

¹⁰Finally, my brethren, **be strong** in the Lord, and in the power of his might.

我還有末了的話：你們要靠著主，倚賴他的大能大力作剛強的人。

¹¹**Put on** the whole armour of God, that ye may be able to **stand** against the wiles of the devil.

要穿戴神所賜的全副軍裝，就能抵擋魔鬼的詭計。

¹²For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

因我們並不是與屬血氣的爭戰（原文作摔跤；下同），乃是與那些執政的、掌權的、管轄這幽暗世界的，以及天空屬靈氣的惡魔爭戰。

¹³Wherefore **take** unto you the whole armour of God, that ye may be able to **withstand** (*endure*) in the evil day, and having done all, to **stand**.

所以，要拿起神所賜的全副軍裝，好在磨難的日子抵擋仇敵，並且成就了一切，還能站立得住。

¹⁴**Stand** therefore, having your loins girt about with truth, and having on the breastplate of righteousness;
所以要站穩了，用真理當作帶子束腰，用公義當作護心鏡遮胸，

¹⁵And your feet shod with the preparation of the gospel of peace;
又用平安的福音當作預備走路的鞋穿在腳上。

¹⁶Above all, **taking** the shield of faith, wherewith ye shall be able to **quench** all the fiery darts of the wicked.
此外，又拿著信德當作籐牌，可以滅盡那惡者一切的火箭；

¹⁷And **take** the helmet of salvation, and the sword of the Spirit, which is the word of God:
並戴上救恩的頭盔，拿著聖靈的寶劍，就是神的道；

¹⁸**Praying** always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;
靠著聖靈，隨時多方禱告祈求；並要在此儆醒不倦，為眾聖徒祈求，

Saturday: Colossians 3:1-11

¹If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

所以，你們若真與基督一同復活，就當求在上面的事；那裡有基督坐在神的右邊。

²Set your affection on things above, not on things on the earth.

你們要思念上面的事，不要思念地上的事。

³For ye are dead, and your life is hid with Christ in God.

因為你們已經死了，你們的生命與基督一同藏在神裡面。

⁴When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

基督是我們的生命，他顯現的時候，你們也要與他一同顯現在榮耀裡。

⁵Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate (*excessive; unrestrained*) affection, evil concupiscence, and covetousness, which is idolatry:

所以，要治死你們在地上的肢體，就如淫亂、污穢、邪情、惡慾，和貪婪。貪婪就與拜偶像一樣。

⁶For which things' sake the wrath of God cometh on the children of disobedience:

因這些事，神的忿怒必臨到那悖逆之子。

⁷In the which ye also walked some time, when ye lived in them.

當你們在這些事中活著的時候，也曾這樣行過。

⁸But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.

但現在你們要棄絕這一切的事，以及惱恨、忿怒、惡毒（或作：陰毒）、毀謗，並口中污穢的言語。

⁹Lie not one to another, seeing that ye have put off the old man with his deeds;

不要彼此說謊；因你們已經脫去舊人和舊人的行為，

¹⁰And have put on the new man, which is renewed in knowledge after the image of him that created him:

穿上了新人。這新人在知識上漸漸更新，正如造他主的形像。

¹¹Where there is neither Greek nor Jew, circumcision nor uncircumcision, Barbarian, Scythian, bond nor free: but Christ is all, and in all.

在此並不分希利尼人、猶太人，受割禮的、未受割禮的，化外人，西古提人，為奴的、自主的，惟有基督是包括一切，又住在各人之內。

Sunday: 1 John 1:1-10

¹That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life;

論到從起初原有的生命之道，就是我們所聽見、所看見、親眼看過、親手摸過的。

²(For the life was manifested, and we have seen it, and bear witness, and shew unto you that eternal life, which was with the Father, and was manifested unto us;)

這生命已經顯現出來，我們也看見過，現在又作見證，將原與父同在、且顯現與我們那永遠的生命、傳給你們。

³That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ.

我們將所看見、所聽見的傳給你們，使你們與我們相交。我們乃是與父並他兒子耶穌基督相交的。

⁴And these things write we unto you, that your joy may be full.

我們將這些話寫給你們，使你們（有古卷作：我們）的喜樂充足。

⁵This then is the message which we have heard of him, and declare unto you, that **God is light**, and in him is no darkness at all.

神就是光，在他毫無黑暗。這是我們從主所聽見、又報給你們的信息。

⁶If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth:

我們若說是與神相交，卻仍在黑暗裡行，就是說謊話，不行真理了。

⁷But if we **walk in the light**, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

我們若在光明中行，如同神在光明中，就彼此相交，他兒子耶穌的血也洗淨我們一切的罪。

⁸If we say that we have no sin, we deceive ourselves, and the truth is not in us.

我們若說自己無罪，便是自欺，真理不在我們心裡了。

⁹If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

我們若認自己的罪，神是信實的，是公義的，必要赦免我們的罪，洗淨我們一切的不義。

¹⁰If we say that we have not sinned, we make him a liar, and his word is not in us.

我們若說自己沒有犯過罪，便是以神為說謊的，他的道也不在我們心裡了。