

# 《天路导向》双语讲义

## 圣灵的果子 - 19

### THE FRUIT OF THE SPIRIT - 19

#### SECTION A

#### 甲部

1. Hello, listening friends.  
亲爱的朋友，你好，
2. We are glad you've joined us today.  
很高兴你能收听我们今天的节目。
3. In this message, and the next, we will finish the last of the nine in the fruit of the Spirit,  
在今天和下次的节目里，我们会讲完九种圣灵果子的最后一种。
4. and it is about self-control.  
那就是节制。
5. Self-control is not a very popular subject today.  
现在这个时代，节制已经是不再受欢迎的话题了。
6. Nobody likes to hear about self-control.  
没人喜欢听有节制的事。
7. Trying to train our children in self-control, in a world that is pushing them toward self-indulgence, is as tough as swimming upstream.  
在这样一个不断让孩子们越来越放纵的时代，教导我们的孩子学习节制，就像逆流而上那么困难。
8. In fact, on many university campuses in the West, the word "self-control" is a dirty word.  
实际上，在西方许多大学校园里，自制这个词，已经成为一个令人讨厌的词语了。
9. To illustrate what I mean, let me tell you about a young man who went to see a psychiatrist.  
让我告诉你一个年轻人去看精神病医生的事，来说明我的意思。
10. He said to the doctor, "Doctor, I have no ability to self-control;  
他和大夫说，“大夫，我没有自制的力量；
11. and I often find myself doing the wrong thing and my conscience is bothering me."  
我发现自己经常做错事，良心不停地折磨我。
12. The psychiatrist said,  
精神病医生说，
13. "So, you want something that will strengthen your will?"  
“那么，你是不是想用什么来加强你的意志力？”
14. The young man said, "Oh, no.  
年轻人说，“不，不。
15. I would rather get something that would weaken my conscience."  
我宁可找些东西来麻醉自己的良心。”
16. Do you remember when Nehemiah heard that the walls of Jerusalem were broken down?  
你还记得尼希米听到耶路撒冷城墙倒塌时的情景吗？
17. It literally broke his spirit.  
这的确使他心碎。
18. Let me give you some background information, in case you don't know about that story.  
如果你没听过这故事，让我来告诉你一些背景。
19. The people of Israel were taken into captivity in Persia.  
以色列人被掳到波斯去。
20. Their enemies destroyed Jerusalem.  
他们的敌人攻破了耶路撒冷城。
21. Now, let us read the biblical account from the Book of Nehemiah, Chapter 1, verses 3 and 4.  
现在，我们来读尼希米记 1 章 3 和 4 节。  
(请读尼 1 章 3-4 节。)
22. Nehemiah knew, for some time, that the city was in ruins;  
尼希米知道城被毁坏，已经有一段时间了；
23. but the thought of the walls being broken down devastated him,  
但他一想到城墙被攻破，就十分伤痛，
24. because broken walls are symbols of final collapse.  
因为城墙的倒塌，也就是最后彻底失败的象征。
25. In ancient times,  
古代，

26. a city without walls is a city that has lost its defenses and its identity.  
一个没有城墙的城市，就是失去防守和地位的城市。
27. A city without walls is a city that is vulnerable to all sorts of enemies to come in and loot and steal.  
一个没有城墙的城市，就是一个任敌人侵入，掠夺和偷窃的城市。
28. A city without walls is a city that has no protection against the attack of wild animals.  
一个没有城墙的城市，就是一个失去保护，无法抵御野兽侵袭的城市。
29. A city without walls is a city that has lost complete control of its destiny;  
一个没有城墙的城市，也是一个对自己的前景完全失去控制的城市。
30. and, in Proverbs 16:32,  
在箴言 16 章 32 节，
31. and, in Proverbs 25, verse 28,  
和 25 章，28 节，
32. that undisciplined spirit, or uncontrolled spirit, is like a city without walls.  
不被制服、不受控制的心，就好像没有城墙的城市一样。
33. Let's read Proverbs 25:28.  
我们来读箴言 25 章 28 节。  
(请读箴言 25 章 28 节。)
34. The lack of self-control is a calamity that is greater than a city that is destroyed.  
缺乏节制所造成的灾祸，比城市被摧毁更严重。
35. Let's read verse 32 of Chapter 16.  
让我们来读 16 章 32 节。  
(请读箴言 16 章 32 节。)
36. Why?  
为什么？
37. Because it means that an eternal soul has reached a final state of decay.  
因为这意味着永恒的灵魂已面临最终的腐败。
38. Make no mistake about it.  
千万不要疏忽。
39. Our generation's lack of self-control is Satan's way of preparing us for destruction.  
使我们这代人缺乏节制，正是撒但毁灭我们的计谋。
40. Our generation's lack of self-control is the broken walls which will lead into our very soul.  
使我们这代人缺乏节制，撒但就可以破坏我们心灵的城墙而长驱直入。
41. Our generation's promotion of self-indulgence is the first step toward making us vulnerable to every wild and godless enemy.  
我们这代人趋向于自我放纵，这是削弱我们力量的第一步，使我们无法抵挡敌视神的狂野势力。
42. Discarding of every vestige of self-control is opening our spirit to the man of lawlessness that the Bible speaks about.  
只要放弃丝毫的节制，就是对圣经所提到的那个不法的人让步，使我们的心灵不设防。
43. Unrestrained passion, uncontrollable temper, is Satan's strategy to leave us open to all sorts of antichrists.  
不加限制的激情，不受控制的脾气，都是撒但的阴谋，使我们在敌对基督的各种势力面前毫无防御。
44. In fact, in Ephesians 5:18, the Apostle Paul draws an analogy between a person who loses control of his senses because of drunkenness, 在以弗所书 5 章 18 节那里，使徒保罗作了个对比说，醉酒的人被酒精控制，
45. and the person who loses control of his life because he is Spirit-filled.  
被圣灵充满的人，让圣灵控制自己的生命。
46. Let's read verse 18 of Chapter 5 of Ephesians.  
让我们来读以弗所书五章 18 节。  
(请读以弗所书五章 18 节。)
47. Both the drunk and the Spirit-filled give up control of their lives to an outside force.  
醉酒的人和被圣灵充满的，都将自己生命的控制权交给外在的力量。
48. The drunk gives up control to alcohol,  
醉酒的人，把控制权交给酒精。
49. and the Spirit-filled man gives up control to the Holy Spirit.  
而被圣灵充满的人，则是交给圣灵。
50. I want to declare to you that Christian self-control is impossible, unless you are filled with the Spirit of God;  
我要强调，除非被圣灵充满，否则基督徒是不可能做到节制的。
51. and to be filled with the Holy Spirit of God is a decision,  
被圣灵充满，是个人的决定，

52. just as the person who fills his bloodstreams with alcohol is a decision.  
让酒精充满在自己的血管里，也是个人的决定。
53. The alcoholic says, "I don't want to be in control. I want alcohol to control me..."  
那些醉酒的说，“我不想自己控制，我要让酒精来控制我……”
54. so is the Spirit-filled believer. If he wants to have self-control, he must surrender his control to the Holy Spirit of God;  
圣灵充满的基督徒也是如此，如果想有节制，就必须将自己的主权交给圣灵。
55. and, when the Holy Spirit of God moves into your bloodstream and every area of your life, 让圣灵进入你的血管和生命中的每一个部分，
56. then, He will love through you.  
之后，祂就会通过你去爱。
57. The Holy Spirit will make you bubble with joy, 圣灵会让你充满喜乐，
58. even in the tough times.  
即使在艰苦的情况下。
59. The Holy Spirit of God will tranquilize you with His peace.  
圣灵也会用自己的和平让你得安宁。
60. God will subdue you with His patience.  
神会用祂的忍耐来征服你。
61. The Holy Spirit of God will make you hilarious with His kindness.  
圣灵会让你因祂的恩慈而欢欣。
62. The Holy Spirit of God will fill you with goodness.  
圣灵会用良善充满你。
63. The Holy Spirit of God will endow you with faithfulness.  
圣灵会让你信实。
64. The Holy Spirit of God will give you meekness, which is strength under control.  
圣灵将带给你温柔，就是控制自如的力量。
65. The Holy Spirit of God will give you self-control and discipline.  
圣灵会让你节制并管束自己。
66. My listening friends, there are three things I want to tell you about self-control.  
亲爱的朋友，有三件关于节制的事情，我想告诉你。
67. I will tell you some in this message and some in the next message.  
这次节目讲一部分，下次节目继续讲下去。
68. First of all,  
首先，
69. self-control is not self-mastery.  
节制不是自我克制。
70. Secondly,  
第二，
71. self-control is not self-improvement.  
节制不是自我提升。
72. Thirdly,  
第三，
73. self-control must have a focus.  
节制必须有中心点。
74. Let's look at the first one.  
我们先来看第一点。
75. The self-control, that is the fruit of the Spirit, 节制是圣灵的果子。
76. is not the same thing as self-mastery that people talk about.  
跟人们谈论的自我克制不同。
77. The Bible is talking about self-surrender, not self-mastery.  
圣经所说的是交出主权，而非自己作主。
78. Let me give you a contrast between the two.  
我来给你作个对比。
79. Self-control is being empowered by the Holy Spirit of God;  
节制是由圣灵来强化的。
80. but self-mastery is dependent entirely upon your will power.  
但自我克制，完全依赖你的意志力。
81. Self-control is what takes place in your life out of the abundance that springs out of your love for the Lord Jesus Christ;  
你生命中能有节制，是因你对主耶稣基督的爱所产生的丰盛生命流露出来的。
82. but self-mastery is designed to make you take control of your destiny.  
但自我克制，却要求你掌控自己的命运。
83. Self-mastery is what the Pharisees practiced.  
自我克制，是法利赛人的所作所为。

84. They were so disciplined from the outside, and people stood in awe of their discipline;  
他们外表的行为循规蹈矩，使众人都很佩服他们的克制力。
85. but the Lord Jesus Christ, Who can see on the inside, called them “sepulcher”.  
但是主耶稣基督，看透他们的内心，称他们为“粉饰的坟墓”。
86. Why?  
为什么？
87. Because they looked good on the outside;  
因为他们的外表很好看；
88. but, on the inside, there was nothing but a bunch of dead bones.  
但内心，只是一堆枯死的骨头罢了。
89. The best of self-mastery will not withstand the scrutiny of your soul when you're all alone and naked before God.  
当毫无掩饰，独自站在神面前时，即使最能自我克制的人，都经不起对灵魂的审问。
90. Deep down, you know that things are out of control.  
在内心深处你会知道，事情并不在你的控制之下。
91. Only the Holy Spirit can give you that assurance that all is under control when you come under His control.  
只有圣灵可以保证，你只要接受祂的控制，一切都井井有条。
92. The modern-day stoics, like the Pharisees, worshiped at the shrine of sovereign self-will.  
现代的禁欲主义者，跟法利赛人一样，十分推崇自我的意志力。
93. The stoics are the "grit your teeth and make it happen" type people;  
禁欲主义者是咬牙闯关的那种人；
94. but these are the very people who, when they are confronted with what is unexpected in life, but these people, when they are confronted with what is unexpected in life,  
但这些人，当面对人生中的意外时，
95. they become fatalistic and morbid.  
就会变得充满宿命论和恐惧感的一群人。
96. It's like that man who wanted to live to be a hundred years old.  
就像一个想活到 100 岁的人，

97. He was willing to practice any form of discipline and self-mastery to reach the age of a hundred;  
愿意靠自我约束和自我控制的方法来达到活 100 岁的目标；
98. so, he went to his doctor and said, “How can I live to be a hundred?”  
因此，他找到医生，说，“我怎样做才能活到 100 岁？”
99. The doctor replied,  
医生回答说，

## **SECTION B**

### **乙部**

1. “You have to give up biscuits, cakes, ice cream and all other desserts;  
“你必须放弃饼干，蛋糕，冰激凌和其他的甜点；
2. then, you have to stop eating red meat, potatoes and bread.”  
同时不要吃任何红肉，土豆和面包。”
3. Finally, the doctor concluded, “Also, you have to give up soft drinks, like Coca-Cola and coffee and tea.”  
最后，医生又加上一句，“你也必须停止喝像可口可乐，咖啡和茶这一类的饮料。”
4. Now, this man was willing to do whatever it takes to reach a hundred,  
这个愿意不惜代价使自己可以活到 100 岁的人，
5. so he looked at the doctor and said,  
望着医生，对他说，
6. “If I do all of that, will I live to be a hundred?”  
“如果我做到这一切，就能活到 100 岁吗？”
7. The doctor answered,  
医生回答说，
8. “I can't guarantee that,  
“我不敢保证，
9. but, if you do all of that, it will certainly feel like that long.”  
但是，如果你做到这一切，你一定会觉得自己活得够长了。”
10. Self-control is not self-mastery;  
因此，节制不是自我克制；

11. and the second thing is self-control is not self-improvement.  
第二点，节制不是自我提升。
12. Self-control for Christians is simply possible because of the new divine nature that was received when they became born again.  
基督徒之所以能节制，是因为他们重生得救时，获得了崭新的、神圣的生命品质。
13. Peter tells us that we are participants in the divine nature.  
彼得告诉我们，我们与神的性情有分。
14. Listen to what the Scripture said in 2 Peter, Chapter 1, verse 4.  
请听彼得后书 1 章 4 节。  
(请读彼后 1 章 4 节。)
15. Please listen carefully to what I'm going to tell you.  
请仔细听我说。
16. There is no such thing as putting your spiritual growth on autopilot and, then, spiritually go to sleep.  
千万不要以为你可以将属灵生命的成长放进一个自动系统里，你就可以高枕无忧了。
17. If I want to enjoy the power of God working in my life,  
如果我很渴望神在我的生命中大大作工，
18. I have to cooperate with God in that control process.  
我必须在学习节制的过程中，与神合作。
19. "Control of what?" you say.  
你会问，“节制些什么？”
20. Control of all other worldly desires that I have within me as a result of my old nature.  
就是对于旧性情带来的，属世的欲望，加以控制。
21. Let me explain something.  
我来解释一下。
22. My old nature wants to be in control.  
我的旧性情想要控制一切。
23. My old nature wants me to have no boundaries in my life.  
我的旧性情希望我的生命不受任何限制。
24. The old nature wants to run wild and do everything to excess;  
旧的性情希望能任意妄为，凡事都可以越轨；
25. but my new nature wants to glorify God by putting on the brakes.  
但是新的性情，希望通过节制来荣耀神。
26. My old nature and my new nature cannot work together in tandem.  
旧的性情和新的性情不能同时生效。
27. It is either one or the other;  
不是这一个，就是另外一个；
28. so, self-improvement says, "Do a little bit at a time."  
因此，自我提升者说，“一次作一点。”
29. Self-improvement says, "As long as you see progress, it's okay."  
自我提升者说，“只要有进步，就好了。”
30. Self-improvement says, "You are not going to lose weight overnight."  
自我提升者说，“你不能一夜之间便减了肥。”
31. Self-improvement says, "You are not going to quit all at once."  
自我提升者说，“你不能立刻戒掉恶习。”
32. Self-improvement says, "Build up to it."  
他们说，“慢慢来。”
33. Self-improvements says, "Just work at it and be happy for whatever progress you make."  
他们说，“只要有进步就值得开心了，慢慢做吧。”
34. That is self-improvement;  
这就是自我提升的情形；
35. but that is not the self-control that comes from the Spirit-filled life.  
但不是圣灵充满的生命所表现的节制。
36. In the Christian life, you cannot get two distinct natures cooperating.  
在基督徒的生命中，这两种完全不同的性情不能并存。
37. You either exhibit one or the other.  
你只能展示其中一种。
38. Now, there are some people who confuse the Christian life with self-improvement programs;  
现在有些人，将一些自我提升的方式跟基督徒的生命成长混淆了。
39. so, they work on the most troublesome areas of their lives and say, "I'm going to stop this or that."  
因此，他们努力对付自己生命中最棘手的难题，说，“我要解决这个或那个问题，

40. I'm going to do better at this.”  
我会在这方面做得更好。”
41. Before long, they are in much worse shape than before.  
但不久后，他们的情况变得更糟，
42. What happens then?  
之后又会发生什么事？
43. That is the question that I want to answer in my next broadcast.  
这就是我要在下次节目里回答你的问题。
44. I hope you're going to promise yourself to be here for the rest of this story because it is of vital importance.  
我希望你答应我一定来听完这个话题，因为这至关重要。
45. I'm going to tell you why self-improvement will not help you.  
我要告诉你为什么自我提升是没有用的。
46. Until then, I wish you God's richest blessing.  
愿神大大地赐福于你，下次节目再会。