

在基督裡 二之二 In Christ 2/2

加拉太書研經七 7-13-25 王文堂牧師

In Christ 在基督裡

Preface: Eternal Relocation 永恆的遷居

- 1. God's saving act in Christ 神在基督裡的拯救作為
- 2. A new creation in Christ 在基督裡新造的人
- 3. Become one in Christ 在基督裡成為一
- 4. Valuable and effective in Christ 在基督裡有功效
- Epilogue: Practicing "In Christ" 結語: 實踐「在基督裡」



合一:生 命最好時 Unity: Life at its best 1.神:三位一體
 2.家庭:二人成為一體
 3.在基督裡:一個身體

1. God: Three in one

2. Family: Two become one

3. In Christ: One body



美好時光 The good times

- •雨個人總比一個人好,因為二人勞碌同 得美好的果效。(傳4:9)
- •耶和華神說:「那人獨居不好,我要為他造一個配偶幫助他。」(創2:18)
- *Two are better than one*, because they have a good reward for their labor. (Eccl 4:9)
- The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." (Gen 2:18)



美好時光 The good times

- 快意之事莫若友,快友之快莫若談,其 誰曰不然?然亦何曾多得。--水滸傳序, (施耐庵著,金聖嘆序)
- 一人獨享,喜樂減少;彼此分享,喜樂 增添
- 我們在基督裡成為一身,互相連結,彼
 此分享,生活更加喜樂



單人戶 Single Person Household

- 世界:28%
- 美國:28%
- 英國:30%
- 日本:32%
- 獨居的趨勢在持續 增長中,並且加速
 The trend toward solo living is ongoing and expected to accelerate

獨居 Solo Living

- 1/7 Nearly 1 in 7 adults in the U.S. lives alone.
- 1/4 About 1 in 4 households are single-person homes.
- 65+ Solo living is most prevalent among older adults, especially women.

上升趨勢 Rising trend

年輕卻弧獨 Loneliness among young people

- 研究顯示,在許多國家中,年輕人(15-29歲)
 的孤獨程度高於更年長的成年人
- Studies show that young people (ages 15–29) report higher levels of loneliness than older adults in many countries.

狐獨對健 康的影響 The Health Impact of Loneliness (根據WHO和 **US** Surgeon General)

▲心理健康 Mental Health

- **Depression**, anxiety, and suicidal thoughts
- ↑ Risk of cognitive decline and dementia
- ↓ Self-worth and emotional resilience

♥ 身體健康 Physical Health

- ↑ **Stroke** risk (+32%)
- • Premature death risk (up to +50%)
- Weakens immune system & disrupts sleep

📊 關鍵事實 Key Facts

- As harmful as smoking 15 cigarettes/day
- 50% U.S. adults feel lonely
- Recognized as a global public health threat (WHO, 2023)
- ♀ 保護措施 Protective Actions
- 1. 建立有意義關係 Build meaningful connections
- 2. 參與群體活動 Engage in community or group activities
- 3. 優先與人互動 Prioritize inperson over digital interaction

三、在基督裡成為一

Become one in Christ



在基督裡成 為一 Become one in Christ

- 1. 基督徒集體意識 Christians collective consciousness
- 2. 竭力保守合一 Make every effort to keep the unity
- 3. 如何拆毁合— How to break unity



1. 基督徒 集體意識 Christian Collective Consciousness

在基督裡我們是一個身子

我們這許多人在基督裡成為一身,互相聯絡作肢體。(羅12:5)

有共同的信念和實踐

唯獨信奉基督·唯獨跟隨基督

We are one body in Christ

So in Christ we, though many, form one body, and each member belongs to all the others. (Rom 12:5)

With same faith and practice

Have faith in Christ alone and follow him alone



1. 基督徒 集體意識 Christian Collective Consciousness

蒙救贖的團體 A redeemed community

- 1. 我們是上帝的子民
- 2. 我們是基督的身體
- 3. 我們是聖靈的團契
- 1. We are the People of God
- 2. We are the Body of Christ
- 3. We are the Fellowship of the Holy Spirit



一群,一個牧人 One flock, one shepherd

- 我是好牧人;我認識我的羊,我的羊也認識我,正如父認識我, 我也認識父一樣;並且我為羊捨命。我另外有羊,不是這圈裡 的;我必須領他們來,他們也要聽我的聲音,並且要合成一群, 歸一個牧人了。(約10:14-16)
- I am the good shepherd; I know my sheep and my sheep know me just as the Father knows me and I know the Father—and I lay down my life for the sheep. I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd. (John 10:14-16)



耶穌的祈禱 The Prayer of Jesus

- 我不但為這些人祈求,也為那些因他們的話信我的人祈求,使他 們都合而為一。正如你父在我裡面,我在你裡面,使他們也在我 們裡面,叫世人可以信你差了我來。你所賜給我的榮耀,我已賜 給他們,使他們合而為一像我們合而為一。(約17:20-22)
- My prayer is not for them alone. I pray also for those who will believe in me through their message, *that all of them may be one*, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, *that they may be one as we are one*. (John 17:20-22)



神的心意 God's will



- 合一是神的本質, 也是神對信徒的心意
- 父與子原為一
- •耶穌祈禱信他的人合而為一
- Unity is intrinsic to God's nature and reflects His will for all believers
- The Father and the Son are one
- Jesus prayed that those who believe in him may be one



一位後裔 One Seed

- 所應許的原是向亞伯拉罕和他子孫 (σπέρμα, 種子, seed) 說
 的。神並不是說「眾子孫」,指著許多人,乃是說「你那一個子孫」,指著一個人,就是基督。(加3:16)
- The promises were spoken to Abraham and to his seed. Scripture does not say "and to seeds," meaning many people, but "and to your seed," meaning one person, who is Christ. (Gal 3:16)



在基督耶穌裡成為一 One in Christ Jesus

- 所以,你們因信基督耶穌都是神的兒子。你們受浸歸入基督的都是披戴基督了。並不分猶太人、希利尼人,自主的、為奴的,或男或女,因為你們在基督耶穌裡都成為一了。你們既屬乎基督,就是亞伯拉罕的後裔,是照著應許承受產業的了。(加3:26-29)
- So in Christ Jesus you are all children of God through faith, for all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, *for you are all one in Christ Jesus*. If you belong to Christ, then you are Abraham's seed, and heirs according to the promise. (Gal 3:26-29)

保羅講理 Paul Reasons



- 1. 神應許亞伯拉罕的後裔(seed),這後 裔不是眾人,乃是一人,就是基督
- 2. 神將信主的人都放在基督裡,成為一體
- 3. 因此之故,所有信徒都是亞伯拉罕的後裔(seed),照著應許承受產業
- 1. God made a promise to Abraham's seed, not many seeds, but one seed, namely Christ
- 2. God put all believers into Christ to become one
- 3. As a result, all believers are Abraham's seed, heirs according to the promise



在基督裡一個身體 One body in Christ

- 正如我們一個身子上有好些肢體,肢體也不都是一樣的用處。我們這許多人在基督裡成為一身,互相聯絡作肢體,也是如此。
 (羅12:4-5)
- For just as each of us has one body with many members, and these members do not all have the same function, *so in Christ we, though many, form one body*, and each member belongs to all the others.
 (Rom 12:4-5)



要意念相同 Be Like-minded

- 所以,在基督裡若有什麼勸勉,愛心有什麼安慰,聖靈有什麼交通,心中有什麼慈悲憐憫,你們就要意念相同,愛心相同,有一樣的心思,有一樣的意念,使我的喜樂可以滿足。(腓2:1-2)
- Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by *being like-minded, having the same love, being one in spirit and of one mind*. (Phil 2:1-2)



保羅勸勉 Paul Exhorts



- 1. 你是一個在基督裡的人,和其他人聯合 成為一個身體
- 2. 各肢體連於基督,也彼此聯絡
- 1. You are a person in Christ, uniting with others to become one body
- 2. Each member connects to Christ and with each other



2. 竭力保守 合一 Make every effort to keep the unity

- 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。凡事謙虛、 溫柔、忍耐,用愛心互相寬容,用和平 彼此聯絡, 竭力保守聖靈所賜的合一。 (弗4:1-3)
- As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. *Make every effort to keep the unity of the Spirit* through the bond of peace. (Eph 4:1-3)



2. 竭力保守 合一 Make every effort to keep the unity

- 1. 謙虛 Be humble
- 2. 溫柔 Be gentle
- 3. 忍耐 Be patient
- 4. 用愛心互相寬容 Bearing one another in love
- 5. 用和平彼此聯絡 through the bond of peace



他是我們的 和睦 He is our peace

- 你們從前遠離神的人,如今卻在基督耶 新裡,靠著他的血,已經得親近了。因 他是我們的和睦,將兩下合而為一,拆 毀了中間隔斷的牆。(弗2:13-14)
- But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. For he himself is our peace, *who has made the two groups one* and has destroyed the barrier, the dividing wall of hostility. (Eph 2:13-14)



造橋者 The bridge builder

- 2025年5月8日,天主教選出紅衣主教 Robert Prevost 為新任教宗,稱為良十四世 Leo XIV。美國人擔任教宗,這是有史以來頭一次。
- 教宗或稱教皇,英文俗稱 Pope,正式說法是 Pontiff,Pope 是「父親」的意思,Pontiff 是 「造橋者」的意思,意義來自聖經中的祭司。
- 祭司是神與人之間的橋樑,將人帶到神的面前。祭司也是人與人之間的造橋者,使弟兄姐妹和睦同居。
- 耶穌是大祭司,一位拆牆者和造橋者。我們是 跟從耶穌的小祭司,在人與人之間拆牆造橋。



和而不同 Harmony, not uniformity

- •君子和而不同,小人同而不和。《論語·子路》
- A gentleman seeks harmony but not uniformity. A petty person seeks uniformity but not harmony.-The Analects, Zi Lu



3. 如何破 壞合一 How to break unity

1. 結黨 Faction/selfish ambition

2. 閒話 Gossip



不可結黨 Do nothing out of selfish ambition

- 凡事不可結黨,不可貪圖虛浮的榮耀;
 只要存心謙卑,各人看別人比自己強。
 (腓2:3)
- Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves. (Phil 2:3)
- 結黨(英語聖經多譯為 selfish ambition) 描述 破壞教會合一、自私分裂、形成小團體的行 為,乃是神所不喜悅的。



情慾的 事 Acts of the flesh

- ·情慾的事都是顯而易見的,就如姦淫、污穢、邪
 ·蕩、拜偶像、邪術、仇恨、爭競、忌恨、惱怒、
 ·論黨、分爭、異端…(加5:19-20)
- The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, *selfish ambition*, dissensions, factions... (Gal 5:19-20)



好為首 的人 One who loves to be first

- 我曾略略的寫信給教會,但那在教會中好為首的
 丢特腓不接待我們。(約三9)
- I wrote to the church, but Diotrephes, who loves to be first, will not welcome us. (3 John 9)



舌頭 The tongue

- 舌頭就是火,在我們百體中,舌頭是個罪惡的世界,能污穢全身,也能把生命的輪子點起來,並且是從地獄裡點著的。(雅3:6)
- The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. (James 3:6)



傳舌者 The gossipers

- · 傳舌人的言語如同美食,深入人的心腹。(箴 18:8)
- •乖僻人播散分爭,傳舌的離間密友。(箴
 16:28)
- The words of a gossip are like choice morsels; they go down to the inmost parts. (Prov 18:8)
- A perverse person stirs up conflict, and a gossip separates close friends. (Prov 16:28)



耶穌論 閒話 Jesus on gossip

- 我又告訴你們,凡人所說的閒話,當審判的日子 必要句句供出來;因為要憑你的話定你為義,也 要憑你的話定你有罪。(太12:36-37)
- But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. For by your words you will be acquitted, and by your words you will be condemned. (Matt 12:36-37)



你所積存的 善與惡 The good and evil stored up in you

- 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。(太12:35)
- A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him. (Matt 12:35)



Ekklesia 教會 Church

Understanding the Bible

Ekklesia 教會 church

希臘文 ἐκκλησία 中文翻譯為「教會」, 英文翻譯為 "church",由兩個希臘字組 成:

ek (ἐκ):出來 out
 kaleo (καλέω):呼召 call

Ekklesia: 神從世界中呼召出來的一群人 A community of people called out from the world by God




來到耶穌面前的人,有門徒,也有群眾 門徒是 Ecclesia,門徒加上群眾是 Congregation

教會的使命,是使群眾成為門徒

耶穌看見這許多的人,就上了山,既已坐下,門徒到他跟前來,他就開口 教訓他們,說...Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them. (太5:1-2)

我們就是教會

教會不是一棟建築或一個宗教組織,而 是一群被神從世界中呼召出來歸屬於 祂,跟從耶穌、彼此相愛的群體。我們 就是教會。

We are the church

The church is not a building or a religious organization, but a community of people called out from the world by God to be his own- following Jesus and loving one another. We are the church.



教會為彼得禱告

於是彼得被囚在監裡; 教會卻為他切切 的禱告神。(徒12:5)

The church prays for Peter

So Peter was kept in prison, but the church was earnestly praying to God for him. (Acts 12:5)



教會送別使徒,教會接待使徒 於是教會送他們起行...到了耶路撒冷,教 會和使徒並長老都接待他們。(徒15:3-4)

The church sends out the apostles, the church welcomes them

The church sent them on their way...When they came to Jerusalem, they were welcomed by the church and the apostles and elders. (Acts 15:3-4)



教會定意

那時,使徒和長老並全教會定意…(徒 15:22)

The church decides

Then the apostles and elders, with the whole church, decided... (Acts 15:22)



神用自己的血買贖了教會

聖靈立你們作全群的監督,你們就當為 自己謹慎,也為全群謹慎,牧養神的教 會,就是他用自己血所買來的。(徒 20:28)

God bought the church with his own blood

Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood. (Acts 20:28)



教會得勝

我還告訴你,你是彼得,我要把我的教 會建造在這磐石上,陰間的門不能勝過 他。(太16:18)

The church prevails

And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. (Matt 16:18)



四、在基督裡有功效 Fruitful in Christ



在基督裡有 功效 Fruitful in Christ

- 1. 使人生發仁愛的信心 Faith expressing itself through love
- 在「不加害與人」和「為人捨命之間」
 Between *do no harm to others* and *lay down your life for others*



主責備教會 一件事 One thing the Lord holds against the church

- 然而有一件事我要責備你,就是你把起初的 愛心離棄了。所以應當回想你是從哪裡墜落 的,並要悔改,行起初所行的事。(啟2:4-5)
- Yet I hold this against you: You have forsaken the love you had at first. Consider how far you have fallen! Repent and do the things you did at first. (Rev 2:4-5)



The only thing that counts

原來在基督耶穌裡, 受割禮不受割禮全無功效, 惟獨使人生發仁愛的信心才有功效。(加5:6) For in Christ Jesus neither circumcision nor uncircumcision has any value. *The only thing that counts is faith expressing itself through love*. (Gal 5:6)



The fulfillment of the entire Law

因為全律法都包在「愛人如已」這一句話之內了。(加5:14)

For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." (Gal 5:14)



律法的總結 The end of the Law

1. 律法的總結就是基督:律法的總結就是 基督,使凡信他的都得著義。(羅10:4)
 2. 命令的總歸就是愛:但命令的總歸就是 愛;這愛是從清潔的心和無虧的良心, 無偽的信心生出來的。(提前1:5)





- · 爱是不加害與人的,所以愛就完 全了律法。(羅13:10)
- Love does no harm to a neighbor. Therefore love is the fulfillment of the law. (Rom 13:10)





- 主為我們捨命,我們從此就知道
 何為愛;我們也當為弟兄捨命。
 (約-3:16)
- This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. (1 John 3:16)





- •人為朋友捨命,人的爱心沒有比這個大的。(約15:13)
- Greater love has no one than this: to lay down one's life for one's friends. (John 15:13)











在不加害與人和 為人捨命之間 Between do no harm to others and lay down your life

- 律法是不加害與人,十字架是為人捨命。一個是 起點,一個是終點。一個是不能低於,一個是最 高表現。
- 律法說不可殺人、不可姦淫、不可偷盜、不可作 假見證陷害人、不可貪戀他人之物,這些是不加 害與人。
- •耶穌說:「人為朋友捨命,人的愛心沒有比這個 大的。約15:13」耶穌為人捨命十字架上,這是 愛心的最高表現。
- 愛心的表現在不加害與人和為人捨命之間。

在不加害與人和 為人捨命之間 Between do no harm to others and lay down your life

- 耶穌對門徒說:「你們的義若不勝於文士和法利 賽人的義,斷不得進天國。」文士和法利賽人追 求律法的義,但卻侵吞寡婦的財產,迫害耶穌和 門徒,甚至做不到「不加害與人」。
- 若基督徒像文士那樣熟悉聖經,像法利賽人那樣 嚴守規矩,但卻說人閒話、中傷他人,因為他缺 少愛心。明知這樣做會傷害人,還是這樣做。
- 為了建立自己的合理性,只得繼續攻擊當事人, 好顯明自己是對的。人際關係的傷害,教會的分裂,多起因於此。若詳細追究,源頭往往僅一、 二人而已。

在不加害與人和 為人捨命之間 Between do no harm to others and lay down your life

- 在基督裡,唯獨使人生發仁愛的信心才有功效。
 一個基督徒若缺少愛心,就算他每週做禮拜、十一奉獻、殷勤服事,在基督裡仍無功效。
- · 愛心大了就會捨己。耶穌說:「人為朋友捨命, 人的愛心沒有比這個大的。」
- **捨命的基本概念是付出**。與人相處,寧願多付出 一點,少獲利一點,多給一點,少得一點。



多結果子 Be fruitful

- 弟兄姊妹之間,若人人都存著「不加害與人,多 給一點少拿一點」的心相處,他們的團體就大有 功效,在基督裡多結果子。
- 不是少數人存這樣的心,而是大家存這樣的心。
 不是少數人這樣做,而是大家這樣做。
- 他們的團體多平安,少紛爭;多喜樂,少憂愁;
 多治癒,少傷害。神的恩典在他們中間流通,勞
 苦擔重擔的人得到久違的安息。
- 在一個人人都受過傷害、都想得安息的世界上, 彼此相愛的團體大有功效,多結果子!





結語:實踐「在基督裡」

Epilogue: Practicing "In Christ"





1. 實踐合一 Practicing unity 2. 實踐愛 Practicing agape



靈命預備 Spiritual preparation

1. 感恩 Thanksgiving

2. 謙卑 Humility



1. 實踐合_

Practicing

unity

→ 3.

4.

↑ 1. 在崇拜中實踐合一 Practicing unity in worship

> 在真理中實踐合一 Practicing unity in truth

在團契中實踐合一 Practicing unity in fellowship

在使命中實踐合一 Practicing unity in mission



(一) 崇拜的重要性 The Primacy of Worship

基督徒最重要的一個行動就是站在被造者和蒙救贖者的本分上敬拜神,教會最重要的一個聚會就是信徒集體敬拜神的聚會,也就是主日崇拜。將來在天上不再有人傳福音,也不再查聖經,可是卻要繼續敬拜神(啟示錄4:9-11,5:11-14,7:9-12,19:4-6)。崇拜是一個人所做的各樣事情中最蒙福的一件事,因為神是愛,神是光,是萬福之源,有能力和喜樂在他聖所(代下16:27),來到他面前的人是最有福的。

崇拜不但是首要的,永存的,蒙福的,而且也是神給人最大的特權。「誰能登耶和華的山? 誰能站在他的聖所?」(詩 篇24:3),神是如此的聖潔與崇高,有罪的人怎麼可以站在他的面前?藉著耶穌基督的救贖,神給我們開了一條又新又活的路,叫我們可以手潔心清,坦然無懼的來敬拜神。

崇拜是最要的屬靈操練。初信者所要學習的第一件事,就是 以心靈和誠實敬拜神。別的事情沒學好,影響還不會這麼 大,可是如果敬拜神沒有學習好,一切都受影響。教會的查 經班,團契,和社會關懷如果沒有做好,影響還算有限。可 是如果主日崇拜沒有做好,教會的大局就全然虧損,有遠見 的屬靈領袖們必定極為看重教會的崇拜。

崇拜講義 Notes on worship



(二)崇拜的人員 The Persons in Worship

1. 神: 主日崇拜最重要的人物是神。主日崇拜是一個以神為中心的聚會,

聚會中所做的一切事情,都是為了神。有如一個生日宴會, 主要人物是過生日的人,其他的人是祝賀者。如果大家熱鬧 一場,可是卻把壽星冷落在一旁,這個聚會是失敗的。

在主日崇拜擔任事奉,最重要的就是要有「敬拜神」的意 識。如果一位事奉者背好了台詞,記住了自己要說的話語, 做了自己當做的動作,可是卻忘了自己是來敬拜神的,那就 是白忙一場。相反的,就算我們的言語和動作不是很完美, 但卻是誠心誠意的讚美主和榮耀主,神還是會悅納我們的敬 拜。

主耶穌說:「神是靈,拜他的必須用心靈和誠實拜他」(約 4:24)。只要是發自於心靈和誠實的敬拜,神就會悅納, 「因為父要這樣的人拜他」(約4:23)。無論是牧師、領 會、詩班、司琴、招待、和會眾,都需要真心誠意地敬拜 神...





- 1. 不加害與人 Do no harm to others
- 2. 多給一點,少拿一點 Give more and take less
- 3. 對人恩慈 Be kind



- 主耶穌吩咐門徒彼此相愛。主的命令很單純, 現實卻很複雜:你愛別人,別人未必愛你。你 對人好,人未必對你好...你遵守主的命令去彼 此相愛,現實卻很冷酷,結果令人失望。怎麼 辦?
- 聖經的例子:耶路撒冷教會有些人賣了房屋田 產,將款項交給使徒,幫助窮苦的弟兄姊妹。
- 教會中有希伯來人,也有說希利尼話的猶太人。
 說希利尼話的猶太人發怨言,因為在天天的供給上忽略了他們的寡婦。

- 古時候寡婦很窮,聖經多次吩咐以色列人要善待寡婦和孤兒。教會出於愛心幫助寡婦,不料 卻出了問題。如何解決?使徒們說:
- 所以弟兄們,當從你們中間選出七個有好名
 聲、被聖靈充滿、智慧充足的人,我們就派他
 們管理這事。(徒6:3)
- 解決之道在於人。教會聽使徒的話,選出七位「有好名聲、被聖靈充滿、智慧充足 with good reputation, full of the Holy Spirit and wisdom」的人,問題得到解決,主的道大大興旺:主的道興旺起來,在耶路撒冷門徒增加的甚多,也有許多祭司信從了這道。(徒 6:7)

- 耶穌差遣門徒出去, 囑咐他們說:
- 我差你們去,如同羊進入狼群;所以你們要靈 巧像蛇,馴良像鴿子。你們要防備人...Behold, I send you out as sheep in the midst of wolves. Therefore be wise as serpents and harmless as doves. But beware of men...(太Matt 10:16-17a, NKJV)
- 1. 靈巧像蛇 wise as serpents
- 2. 馴良像鴿子 harmless as doves
- 3. 要防備人 be aware of men