



最好的生活方式 The best way to live

加拉太書研經十二 Galatians #12

11/23/2025 王文堂牧師

上次我們讀到這裡
Where we
were last time

蒙召得自由 Called to be free

- 弟兄們，這樣看來，我們不是使女的兒女，乃是自主婦人的兒女了。基督釋放了我們，叫我們得以自由。所以要站立得穩，不要再被奴僕的軛挾制。（加4:31-5:1）
- Therefore, brothers and sisters, we are not children of the slave woman, but of the free woman. *It is for freedom that Christ has set us free.* Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (Gal 4:31-5:1)

掙脫宗教的枷鎖

Break free from the shackle of religion

信主和信教的區別 The difference between believe in Christ and believe in a religion

信主 = 信耶穌 + 跟從耶穌 (例：彼得，保羅，約翰，眾門徒)

信教 = 信耶穌以及其他東西 + 跟從耶穌以外的東西 (宗教傳統，神學信念，意識形態，政治立場...例：舊約時代拜金牛犢的以色列人，新約時代奉割禮的人)

Believe in Christ = Believe in Jesus + Follow Jesus (Examples: Peter, Paul, John, disciples)

Believe in a religion = Believe in Jesus and something else + Follow something other than Jesus (religious traditions, theological persuasions, ideologies, political stands... Examples: Israelites who worship the golden calf in O.T., Judaizers in N.T.)

經文解讀 Scriptural Exegesis

加拉太書 Galatians 5:2-15



加拉太書 Galatians 5:2-15

假教義

False Doctrines

5:2-6

- 我保羅告訴你們，若受割禮，基督就與你們無益了。我再指著凡受割禮的人確實的說，他是欠著行全律法的債。**你們這要靠律法稱義的，是與基督隔絕，從恩典中墜落了。**我們靠著聖靈，憑著信心，等候所盼望的義。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。

假教師

False Teachers

5:7-12

- 你們向來跑得好，有誰攔阻你們，叫你們不順從真理呢？這樣的勸導不是出於那召你們的。一點麵酵能使全團都發起來。我在主裡很信你們必不懷別樣的心；**但攪擾你們的，無論是誰，必擔當他的罪名。**弟兄們，我若仍舊傳割禮，為什麼還受逼迫呢？若是這樣，那十字架討厭的地方就沒有了。恨不得那攪亂你們的人把自己割絕了。

分段線 Section Line

真自由

True Freedom

5:13-15

- 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。**因為全律法都包在「愛人如己」這一句話之內了。**你們要謹慎，若相咬相吞，只怕要彼此消滅了。

警戒假教義 Warning against false doctrines

- 我保羅告訴你們，**若受割禮，基督就與你們無益了**。我再指著凡受割禮的人確實的說，他是欠著行全律法的債。
(加 5:2-3)
- Indeed I, Paul, say to you that ***if you become circumcised, Christ will profit you nothing.*** And I testify again to every man who becomes circumcised that he is a debtor to keep the whole law. (Gal 5:2-3)

警戒假教義 Warning against false doctrines

- 你們這要靠律法稱義的，是與基督隔絕，從恩典中墜落了。
- 我們靠著聖靈，憑著信心，等候所盼望的義。（加 5:4-5）
- You have become estranged from Christ, you who attempt to be justified by law; ***you have fallen from grace.***
- For we through the Spirit eagerly wait for the hope of righteousness by faith. (Gal 5:4-5)

彰顯真信心 True faith revealed

- 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 avails anything, but ***faith working through love.*** (Gal 5:6)

警戒假教師 Warning against false teachers

- 你們向來跑得好，有誰攔阻你們，叫你們不順從真理呢？這樣的勸導不是出於那召你們的。一點麵酵能使全團都發起來。我在主裡很信你們必不懷別樣的心；但攪擾你們的，無論是誰，必擔當他的罪名。（加 5:7-10）
- You ran well. Who hindered you from obeying the truth? This *persuasion* does not come from Him who calls you. A little *leaven* leavens the whole lump. I have confidence in you, in the Lord, that you will have no other mind; but *he who troubles you* shall bear his judgment, whoever he is. (Gal 5:7-10)

The Trouble-Makers

但攪擾你們的，無論是誰，必擔當他的罪名。（加 5:10）

But *he who troubles you* shall bear his judgment, whoever he is. (Gal 5:10)

Who are the trouble-makers?

1. 傳「別的福音」，在基督之外加上別的東西
2. 自命純正，排斥異己，攻擊那些與他們觀點不同的人（甚至保羅）
3. 挑撥離間，在弟兄姊妹之間製造不和
4. 使徒時代的「律法/割禮派」，現代的「意識形態/政治立場/神學信念派」

十字架討厭的地方 The Scandal of the Cross

- 弟兄們，我若仍舊傳割禮，為什麼還受逼迫呢？若是這樣，那十字架討厭的地方（*skandalon*, 絆腳石，醜聞）就沒有了。恨不得那攪亂你們的人把自己割絕了。（加 5:11-12）
- And I, brethren, if I still preach circumcision, why do I still suffer persecution? Then ***the offense (skandalon, stumbling block, scandal) of the cross*** has ceased. I could wish that those who trouble you would even cut themselves off! (Gal 5:11-12)

十字架討厭的地方 The Scandal of the Cross

除了加5:11，十字架討厭的地方（*skandalon*，stumbling block, offense, scandal 絆腳石，得罪，醜聞）也出現在林前1:23:

我們卻是傳釘十字架的基督，在猶太人為絆腳石（*skandalon*），在外邦人為愚拙。

十字架為何是一個 scandal？

1. 對猶太人而言，彌賽亞是一位得勝的君王，耶穌卻是一個失敗的罪犯，這樣的彌賽亞是猶太人的絆腳石
2. 對外邦人而言，拯救別人的人自己卻被處死，這種道理極其不通，甚是愚拙
3. 對靠律法稱義的人而言，十字架使他們的努力變得毫無價值，這種救恩令人討厭

真自由 True freedom

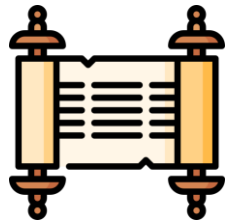
- 弟兄們，你們蒙召是要得自由，只是不可將你們的自由當作放縱情慾的機會，總要用愛心互相服事。因為全律法都包在「愛人如己」這一句話之內了。你們要謹慎，若相咬相吞，只怕要彼此消滅了。（加 5:13-15）

- For you, brethren, have been called to liberty; only do not use liberty as an opportunity for the flesh, but through love serve one another. ***For all the law is fulfilled in one word, even in this: “You shall love your neighbor as yourself.”*** But if you bite and devour one another, beware lest you be consumed by one another! (Gal 5:13-15)



惟獨使人生發仁愛的**信心**才有功效。
The only thing that counts is **faith**
expressing itself through love. (加 Gal 5:6)

信心的實際表現
Practical expression of faith



律法的總體原則
Overarching principle of the Law

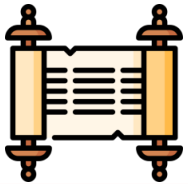
因為**全律法**都包在「愛人如己」這一句話之內了。For **the entire law** is fulfilled in keeping this one command: "Love your neighbor as yourself." (加 Gal 5:14)

愛
Agape

主題爭辯
Main argument



恩典 Grace



行為 Work

	稱義 Justification	愛 Agape		
		不加害與人 Do no harm	與人分享 Sharing	為人捨命 Lay down your life
信心 Faith	✓	✓	✓	✓
律法 Torah	—	✓	✓	—

你在哪裡？ Where are you?

左 Left

右 Right



放縱罪性 Indulge in sinful nature
相咬相吞 Bite and devour each other
結黨紛爭 Selfish ambition and dissensions
姦淫污穢 Sexual immorality
世俗價值 Secular value system

以基督為中心
Christ-Centered

聖靈引導，跟隨基督
Spirit-led Christ follower

意識形態 Ideology
政治立場 Political stand
神學信念 Theological persuasion
宗教傳統 Religious tradition
世俗價值 Secular value system

Gal 5:1-15

生活之道

How to live

1. 信心 Live with faith

2. 愛心 Live with love

3. 基督裡的自由 Live with freedom in Christ

約伯哀嘆
Job lamenting

被遺忘的 一生 A life forgotten

故土也不再認識他

His place will know him no more, 伯 Job 7:6-10

- 我的日子比梭更快，都消耗在無指望之中。求你
想念，我的生命不過是一口氣...觀看我的人，他的
眼必不再見我...他不再回自己的家，**故土也不再認
識他。**
- My days are swifter than a weaver's shuttle, and they
come to an end without hope. Remember, O God,
that my life is but a breath...The eye that now sees me
will see me no longer...He will never come to his
house again; ***his place will know him no more.***

當認識你的人都走了，你有如從未存在過。When those
who know you are all gone, it is as if you had never existed.

逝者如斯夫，不捨晝夜

Like this river, life passes by – unceasing, day and night

《論語·子罕 The Analects, Zi Han》

你叫他們如水沖去，他們如睡一覺

You carry them away like a flood;

They are like a sleep

《詩篇 Psalm 90:5》

摩西求生活的智慧
Moses asking wisdom
for living

這短暫而勞苦的人生

This short and troubling life

求你指教我們數算自己的日子

Teach us to number our days, 詩 Psalm 90:10-12

- 我們一生的年日是七十歲，若是強壯可到八十歲；但其中所矜誇的不過是勞苦愁煩；轉眼成空，我們便如飛而去。誰曉得你怒氣的權勢？誰按著你該受的敬畏曉得你的忿怒呢？**求你指教我們怎樣數算自己的日子，好叫我們得著智慧的心。**
- Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but ***trouble and sorrow***, for they quickly pass, and we fly away. If only we knew the power of your anger! Your wrath is as great as the fear that is your due. ***Teach us to number our days, that we may gain a heart of wisdom.***

這短暫而勞苦的人生

This short and troubling life

- 我們一生的年日是七十歲，若是強壯可到八十歲 人生的數量極少，即使長壽，仍然少得可憐
- 但其中所矜誇的不過是勞苦愁煩 人生的品質極差，即使最好的日子，也不過是「勞苦愁煩」
- 轉眼成空，我們便如飛而去 人生的速度極快，還沒想清楚，就一切歸零，人沒了
- 數量極少，品質極差，速度極快，這是我們人生的寫照
- 誰曉得你怒氣的權勢？誰按著你該受的敬畏曉得你的忿怒呢？人生如此，是因為神的怒氣對我們發作；神的怒氣對我們發作，是因為「我們的罪孽擺在神的面前，我們的隱惡在他面光之中」
- 求你指教我們怎樣數算自己的日子，好叫我們得著智慧的心 不是做數學題，算一算自己尚有多少日子可活，而是做決定，要不要悔改歸向神？歸向神的人，「早早飽得你的慈愛，一生一世歡呼喜樂」；不歸向神的人，繼續活在神的怒氣之中。你若得著智慧的心，就會做出對自己有利的選擇

基督徒視角：
人生的意義
The meaning of
life: a Christian
perspective

榮神 Glorify God

益人 Benefit Others

利己 Profit Self

榮神 Glorify God

你們是世上的光。城造在山上是不能隱藏的。人點燈，不放在斗底下，是放在燈臺上，就照亮一家的人。你們的光也當這樣照在人前，叫他們看見你們的好行為，便將榮耀歸給你們在天上的父。（太5:14-16）

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matt 5:14-16)

益人 Benefit Others

各人不要單顧自己的事，也要顧別人的事。你們當以基督耶穌的心為心。（腓2:4-5）

Not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus. (Phi 2:4-5)

利己 Profit Self

我來了是要叫人得生命，並且得的更豐盛。（約10:10）

人若賺得全世界，卻喪了自己，賠上自己，有什麼益處（利）呢？（路9:25）

I came that they may have life, and have it abundantly. (John 10:10)

For what is a man **profited** if he gains the whole world, and loses or forfeits himself? (Luke 9:25)

箴言：利己的 屬靈面

Proverbs: The spiritual side of self-profiting

仁慈的人善待自己；殘忍的人擾害己身。

惡人經營，得虛浮的工價；撒義種的，得實在的果效。
(箴言 11:17-18)

Those who are kind benefit themselves, but the
cruel bring ruin on themselves.

A wicked person earns deceptive wages, but the one
who sows righteousness reaps a sure reward. (Prov
11:17-18)

箴言：利己的 實際面

Proverbs: The practical side of self-profiting

為外人作保的，必受虧損；恨惡擊掌的，卻得安穩。

在鄰舍面前擊掌作保，乃是無知的人。喜愛爭競的，是喜愛過犯；高立家門的，乃自取敗壞。（箴言 11:15, 17:18-19）

Whoever puts up security for a stranger will surely suffer, but whoever refuses to shake hands in pledge is safe.

One who has no sense shakes hands in pledge and puts up security for a neighbor. Whoever loves a quarrel loves sin; whoever builds a high gate invites destruction. (Prov 11:15, 17:18-19)

Logos & Hodos

- 太初有道 (*logos*) , 道與神同在 , 道就是神 。 (約1:1)
- 耶穌說 : 「 我就是道路 (*hodos*) 、 真理 、 生命 ; 若不藉著我 , 沒有人能到父那裡去 。 」 (約14:6)
- In the beginning was the Word (*logos*), and the Word was with God, and the Word was God. (John 1:1)
- Jesus answered, “*I am the way (hodos) and the truth and the life.* No one comes to the Father except through me.” (John 14:6)

我就是道路 I Am The Way

- 多馬對他說：「主啊，我們不知道你往那裡去，怎麼知道那條路(**hodos**)呢？」
- 耶穌說：「我就是道路 (**hodos**)、真理、生命；若不藉著我，沒有人能到父那裡去。你們若認識我，也就認識我的父。從今以後，你們認識他，並且已經看見他。」 (約14:5-7)
- Thomas said to him, “Lord, we don’t know where you are going, so how can we know **the way (hodos)**?”
- Jesus answered, “***I am the way (hodos) and the truth and the life.*** No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.” (John 14:5-7)

信奉這道的人

Those who belong to the Way

- 若是找著**信奉這道的人**，無論男女，都准他捆綁帶到耶路撒冷。（徒9:2）
- So that if he found any there **who belonged to the Way**, whether men or women, he might take them as prisoners to Jerusalem. (Acts 9:2)

活人的神 God of the living

- 神不是死人的神，乃是活人的神。（太22:32）
- 我若不信在活人之地得見耶和華的恩惠，就早已喪膽了。（詩27:13）
- 我要在耶和華面前行活人之路。（詩116:9）
- God is not the God of the dead, but **of the living**. (Matt 22:32)
- I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land **of the living**. (Psa 27:13)
- I will walk before the Lord in the land **of the living**. (Psa 116:9)

活人之路
The Way of
the Living

1. 生活！ Live!

2. 以信心 with faith

3. 以愛心 and love

4. 以基督裡的自由 and freedom in Christ

DANCE WHILE YOU CAN . . .

I will make a commitment to fulfilling my dreams . . .
no matter what I may be feeling . . .

and I will dare to move forward
in the face of life's challenges.

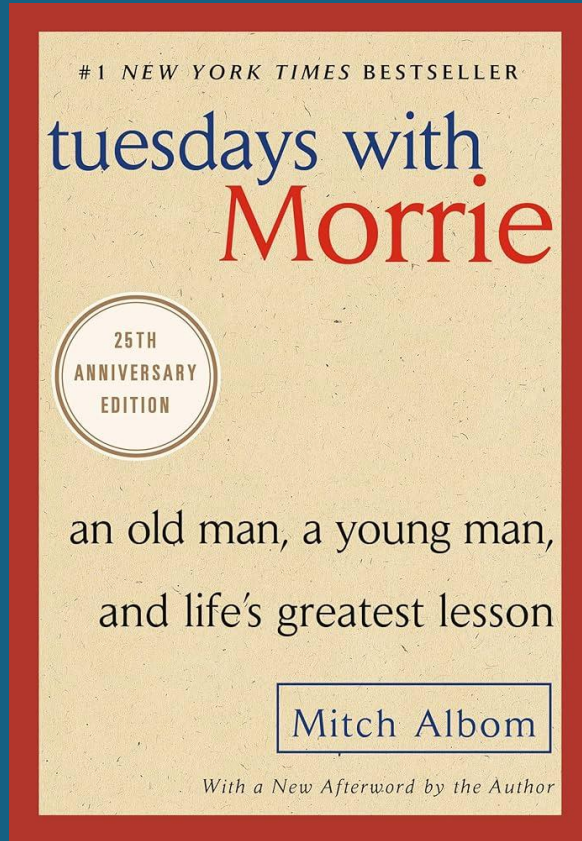
Dance While You Can

我要在耶和華面前，行活人之路。（詩116:9）

*I will believe that what God
has placed inside me
is superior to the mountains
that stand in my way.*

一個老人，一個年輕人，和人生最重要的功課

家庭，感情，變老，金錢，生命，愛，原諒...



相約星期二
莫里教授最後的十四堂課

信心/信實的路 The faithful Way

- 既知道人稱義不是因行律法，乃是因信耶穌基督，
- 使所應許的福因信耶穌基督，歸給那信的人。（加 2:16, 3:22）
- Knowing that a man is not justified by the works of the law but by faith in Jesus Christ,
- That the promise by faith in Jesus Christ might be given to those who believe. (Gal 2:16, 3:22)

FOLLOW



因為全律法都包在「愛人如己」這一句話之內了。

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

最卓越的一條路 The Most Excellent Way (林前 1 Cor 12:31)

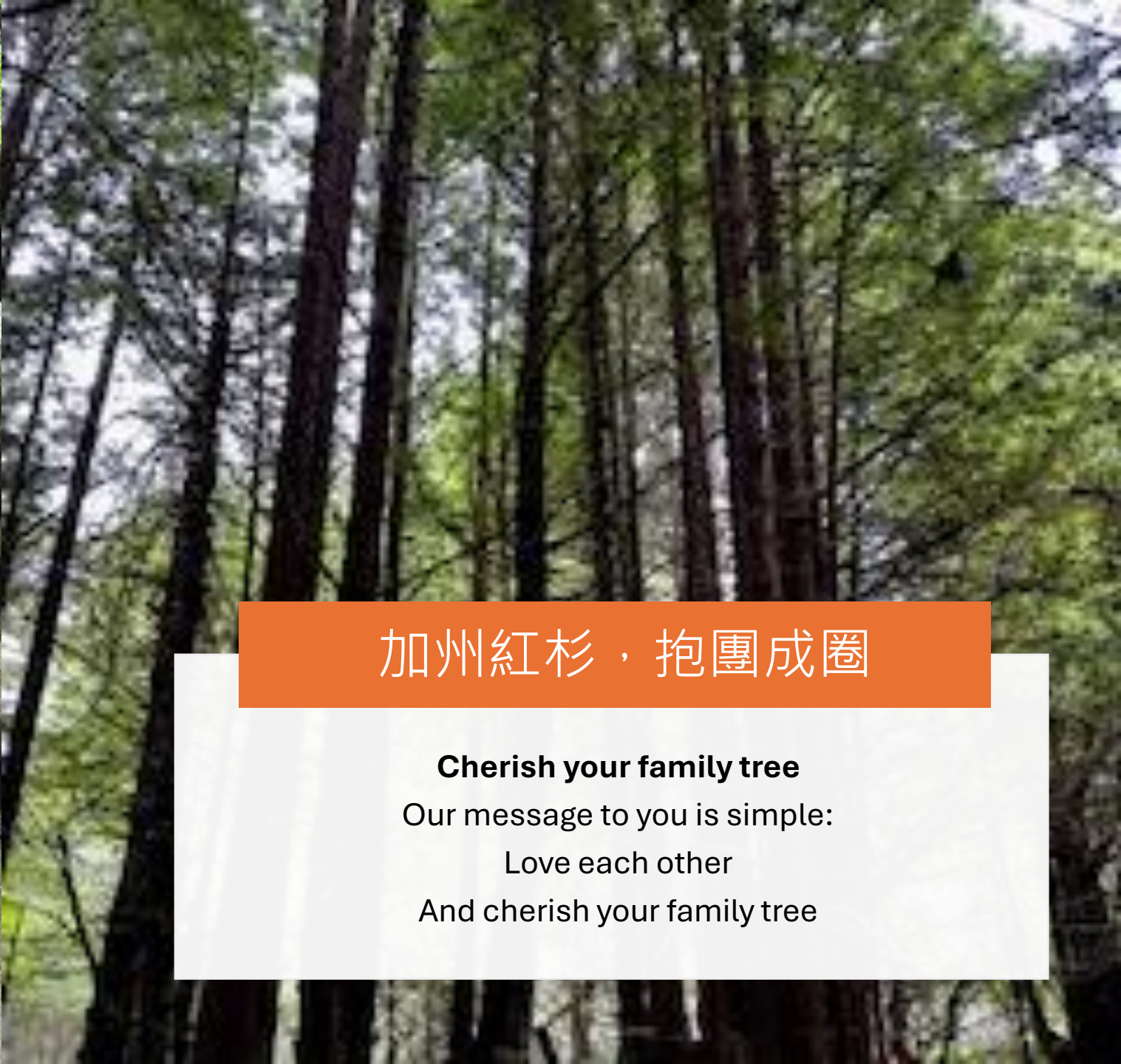


A tribute to Anna and Marcel Pourroy
From Your Children: Loretta, Eugene, Floyd, Gerald
At one time Marcel Forest was theirs.
A love for the forest and their generosity is now yours to enjoy.

LISTEN

Please Listen
Listen to the Breeze
The sound you hear
Is the talking of the trees
These mighty redwoods
Whisper all of the day
It's for sure they have
Something to say
We cannot travel near
Nor far
We must stand
Right here where we are
We live in a grove
Which will forever be
This is why we are called
A family tree
Our message to you
Is simple you see
Love each other
And cherish your family tree
Anna and Marcel
Your Family Tree
Will cherish you from now
To eternity

G. L. P.



加州紅杉，抱團成圈

Cherish your family tree

Our message to you is simple:

Love each other

And cherish your family tree

蒙召得自由 Called to be free



Life on the Free Way

1. 從罪的權勢中得自由
Freedom from the power of sin

2. 從宗教的捆綁中得自由
Freedom from the bondage of religion

3. 從憂愁懼怕中得自由
Freedom from worry and fear

4. 從錯誤的自我認知中得自由
Freedom from wrong self-awareness

獻上感恩 Give Thanks

- 我的心哪！你要仍歸安樂，因為耶和華用厚恩待你。
- 我要在耶和華面前行活人之路。
- 我拿什麼報答耶和華向我所賜的一切厚恩？我要舉起救恩的杯，稱揚耶和華的名。
(詩篇 116:7,9,12-13)
- Return to your rest, O my soul, for the Lord has dealt bountifully with you.
- I will walk before the Lord in the land of the living.
- What shall I render to the Lord for all His benefits toward me? I will take up the cup of salvation, and call upon the name of the Lord. (Psa 116:7,9,12-13)



最好的生活方式 The Best Way To Live

- 我要在耶和華面前行活人之路 - 以信心，愛心，和基督裡的自由；
- 我要以感恩的心，過好每一天；
- 耶穌的路最美好！
- I will walk before the Lord in the land of the living – with faith and love and freedom in Christ;
- I will have a good day, everyday, with a heart of thanksgiving;
- Jesus' Way is the Best Way!

✝ 我們永恆的居所 Our Eternal Dwelling Place

- 主啊，你世世代代作我們的居所。
- 諸山未曾生出，地與世界你未曾造成，從亙古到永遠，你是神。（詩 90:1-2）
- Lord, You have been our dwelling place in all generations.
- Before the mountains were brought forth, or ever You had formed the earth and the world, even from everlasting to everlasting, You are God. (Psa 90:1-2)



Bless the Lord, O my soul

- 我的心哪，你要稱頌耶和華！
凡在我裡面的，也要稱頌他的聖名！
- 我的心哪，你要稱頌耶和華！
不可忘記他的一切恩惠！
(詩 103:1-2)
- Bless the Lord, O my soul; and
all that is within me, bless His
holy name!
- Bless the Lord, O my soul, and
forget not all His benefits. (Psa
103:1-2)