

如何可以更有节制的能力？

HOW TO GAIN MORE SELF-CONTROL?

林前 9:25-27; 加 5:22-23

1 Cor 9:25-27; Gal 5:22-23

引言 Intro:

我在网上读到这样的一则故事:

I came across this story online:

一个妇女哀叹自己体重又上升了。

A woman was lamenting that she had gained weight again.

她道出她的上个星期的故事：

She told her story from last week:

她在周末的时候为家人做了他们喜欢吃的蛋糕。

She made her family their favorite cake during the weekend.

晚餐以后，家人吃了半粒蛋糕。

After dinner, the family ate half of the cake.

第二天，没人在家的时候，她一直盯着另一半的蛋糕。

The next day, when nobody else was at home, she kept staring at the other half of the cake.

最后，她切了薄薄一片，放进口
中细细品尝：嗯，好吃！

Finally, she cut a thin slice and
savoured it: aha, it's delicious!

一片接着一片的，不知不觉的她
把所有蛋糕吃掉了！

One slice led to another, and soon
she finished the rest of the cake!

那位妇女为自己的缺乏意志力非常沮丧，因为让她丈夫发现了就会对她感到很失望。

The woman was very upset with her lack of will power and now when her husband found that out he would be disappointed with her.

听她讲到这里，朋友们都又紧张又好奇的问她：“那你先生发现时他说了什么呢？”

At this point, her listening friends asked her nervously and curiously: “What did your husband say when he found out”

弟兄姐妹，你们想不想知道这位妇人家的丈夫怎么说吗？

Brothers and sisters, do you want to know what this woman's husband said to her?

还是让她自己来告诉你们吧：

I will let her tell you herself:

她得意的笑着说：“他从来没发现，因为我又做了一个看起来和前一天一样的蛋糕，然后我将一半吃掉！”

She smiled with an air of complacency, “He never found out. I made another cake that looked just like the one I had made the day before, and I ate half of it!”



我们知道这位妇人家缺乏节制的能力。

We all know that this woman is weak in self-control.

我们也知道这不是她一个人的问题。

We also know that this is not her problem alone.

我们都希望我们能有更好的自我控制的能力。

We all wish we can have better self-control.

今天早上我们就来从圣经学习有关节制的功课。

This morning let's learn about self-control from the Bible.

A. 什么是“节制”？ (加 5:22-23)

What is “self-control”? (Gal 5:22-23)

加拉太书 5:22-23 告诉我们，**制**是圣
灵果子其中一方面的呈现。

Galatians 5:22-23 tells us that **Self-control** is one aspect of *the fruit of the Holy Spirit.*

加 5²² 圣灵所结的果子，就是仁爱、喜乐、和平、忍耐、恩慈、良善、信实、²³ 温柔、节制。这样的事没有律法禁止。

Gal 5²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

希腊原文，“节制”这个词 ***egkráteia*** 是由两个字组成的：**en + krátos**。

In original Greek, “self-control” ***egkráteia*** is composed of two words: ***en + krátos***.

en = “在...的范围内”

Krátos = “统治权，掌管权”

en = “*in* the sphere of”

Krátos = “**dominion, mastery**”

节制 (*egkráteia*) = *内在的统治权*，即是：
发自己自己内部的，却不是靠自己发出来的。
的。

**Self-control (*egkráteia*) = *dominion within*,
i.e. proceeding out from *within* oneself,
but *not by oneself*.**

egkráteia → *从内部真正掌管*

egkráteia → *true mastery from within*

对于信徒来说，节制只能靠主的能力来实现。

For the believers, self-control can only be accomplished *by the power of the Lord*.

因此，加拉太书 5:23 称节制是圣灵的果子。

Accordingly, Galatians 5:23 called self-control a *fruit of the Holy Spirit* (Gal 5:23).

那是不是表示我们在结出圣灵的果子，包括了节制，就完全不使用我们的意志能力吗？

Does that mean that in bearing the fruit of the Holy Spirit, including self-control, we do not engage our will power at all?

让我们来做进一步的探讨。

Let's explore further.

B. 顺着圣灵而行 (加 5:16-18)

Live by the Spirit (Gal 5:16-18)

一般人对节制的理解是一个人能够控制或约束自己的能力。

The general understanding of self-control is the ability of a person to control or restrain himself.

圣经对节制的阐明是节制只能靠主的能力来实现。

The Bible states that self-control can only be accomplished *by the power of the Lord.*

依靠自己个人的意志力就是让自己在心里做王。

Relying on your own willpower is *to make yourself king in your heart.*

在你心中的“自我皇帝”有多强？

How strong is your “self-king” in your heart?

是的，有的时候我们可以通过自己的意志力来达到自我节制。

Yes, we can accomplish self-control through our own will power some of the time.

但是，我们自己知道在单单依赖个人的意志力来面对各式各样的试探和挑战的经历中，我们失败了多少回。

However, we know how many times we have failed in the experience of relying on our own willpower to face all kinds of temptations and challenges.

那我们该怎么办才能令自己更有节制的能力呢？

So what can we do to gain more self-control?

首先，我们要了解意志力是神赐给我们的。

Firstly, we need to understand that willpower is given to us by God.

但是神也给我们有说“是”或“不”的选择！

But God also gives us the choice to say “YES” or “No”!

换一句话说，你是否容许圣灵来协助你使用你的意志力来做决定。

In other words, do you allow the **Holy Spirit** to assist you in using your willpower to make decisions.

加 5¹⁶ 我说，你们当顺著圣灵而行，**就不放纵肉体的情欲了。**

Gal 6¹⁶ So I say, live by the Spirit, and ***you will not gratify the desires of the flesh.***

节制 Self-control

顺著圣灵
而行

live by the
Spirit



就不放纵肉体的情欲了

***you will not gratify the
desires of the flesh***

意志力好比一幅弓箭，在不同的人手中会有不同的效能。



Willpower is like a set of bow and arrow. It has different effects in the hands of different persons.



注意他手中的弓的长度。他只是拉半满让我拍照。

Notice the length of the bow in his hands. He was just tightening the bow half-full for me to take the picture.



我们的意志力好像我们手中的一幅弓箭，
是神赐给我们的。

Our willpower is like a bow and arrow in
our hands, a gift from God.

谁是培训我们成为优秀弓箭
手的最佳教练？

Who is the best coach to train
us to be good archers?



加 5:16 说我们要顺著圣灵而行才能结出圣灵的果子来。

Gal 5:16 says that we need to live by the Spirit to bear the fruit of the Spirit.

怎样顺著圣灵而行呢？

How do we live by the Spirit?

顺著圣灵而行 (加 5:16)



被圣灵充满 (弗 5:17-18)

to live by the Spirit (Gal 5:16)



to be filled with the Spirit (Eph 5:17-18)

弗 5¹⁷ 不要作糊涂人，要明白主的旨意如何。

Eph 5¹⁷ Therefore do not be foolish, but understand what the Lord's will is.

弗 5¹⁸ 不要醉酒，酒能使人放荡；乃要被圣灵充满。

Eph 5¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, **be filled with the Spirit,**

被圣灵充满的先决条件是明白主的旨意如何。

The prerequisite for being filled with the Holy Spirit is to **understand what the Lord's will is.**

要 **明白**神的旨意 的方法就是要 **认识**神。

The way to understand God's will is to know God.

你越 **认识**他，你就越 **明白**他的心意了。

The more you know him, the better you understand his will.

最基本的认识神的途径就是**阅读和聆听神的话语**，以及**藉着祷告亲近神**。

The most basic way to know God is to **read and listen to His Word**, and to **draw near to him through prayer**.

这是你平时就须要持续操练的关系生活。

This is the relational life you need to keep practising as a part of your normal life.

认识神和明白他的旨意是不能抄近路、不能耍花招、不能偷工减料的。

To know God and understand His will, you can't make shortcuts, play tricks, or cut corners.

一个抄近路、耍花招、偷工减料的关系是在欺骗自己。

A relationship that makes shortcuts, plays tricks, and cut corners is self-deceiving.

如果说我跟神有了不错的关系，也蛮可以明白神的心意了，那我在面对须要节制的挑战时，又怎样可以被圣灵充满而得胜呢？

If I have a good relationship with God and I can understand God's will pretty well, how can I be filled with the Holy Spirit and overcome the challenge of self-control when facing one?

答案是: 在这关键的时刻, 我将我的弓箭交到神的手中, 容许他来发箭 - 就是容许神来主宰我的意志力, 而我顺服在他的权能和旨意之下。

The answer is: at this most critical moment, I hand my bow and arrow to God, allowing him to fire the arrow - that is, allowing God to have control of my willpower, and I submit to his authority and will.

因此，我不让自己与眼前诱人的一块蛋糕来争战，而是将主的权柄和他对我的旨意摆在我面前，让我有一个很好的机会向他顺服 - 而不是向那块蛋糕屈服。

So, instead of having to fight against a tempting piece of cake in front of me, I set the authority of the Lord and his will for me before me, giving myself a good opportunity to submit to him - not to the piece of cake.

再举个生活例子：我在某一件事情上对师母不高兴，我的脾气让我想用不客气的语气说话。

Here's another example from everyday life: I'm unhappy with Mrs. Liaw on some matter, and my temper makes me want to speak to her in an unkindly manner.

但是，因为平时有亲近神和思想他的话语，在这个关头，我就会想起神和他会要我怎样对待师母的心意。

But because of my regular practice of drawing near to God and pondering on His Word, at this very juncture, God and his will on how I should treat Mrs. Liaw comes into my mind.

神的权威和旨意使我向师母发脾气的“权利”相形见拙，以致于到我只能俯伏在神的权能之下。

The authority and will of God dwarfed my “right” to lose my temper on Mrs. Liaw, so that I could only fall under the power of God.

我会调整我的心态，以讨神喜悦的方式来向师母表达我的感受。

I would adjust my mindset and express my feelings to Mrs. Liaw in a way that pleases God.

在节制方面，我还有很多学习和操练的空间。

I still have much room to learn and practise in the area of self-control.



C. 保羅的榜樣 (林前 9:25-27)

Paul's example (1 Cor 9:25-27)

林前 9²⁵ 凡較力爭勝的，諸事都有節制，他們不過是要得能壞的冠冕；我們却是要得不能壞的冠冕。

1 Cor 9²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last for ever.

林前 9²⁶ 所以，我奔跑不像无定向的；我斗拳不像打空气的。²⁷ 我是攻克己身，叫身服我，恐怕我传福音给别人，自己反被弃绝了。

1 Cor 9²⁶ Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

使徒保罗是一个节制的好榜样。

The apostle Paul was a great example of self-control.

让我们来看保罗提到的**节制生活**的三项特质：

Let's look at the three qualities Paul mentions of a **self-control life**:

(1) 节制的生活有积极的目标 (25b, 26)
A self-control life has positive goals
(25b, 26)

保罗说：“我奔跑不像无定向的；我斗拳不像打空气的。” (26)

Paul said, “I do not run like someone running aimlessly; I do not fight like a boxer beating the air.” (26)

保罗说别人要得的是能坏的冠冕，他要得的却是**不能坏的冠冕**！ (25)

Paul said that what others want to get was a **crown that would not last**; but he wanted to get **a crown that will last for ever**! (25)

保罗**很清楚知道**他自己要的是什么。

Paul **knew exactly** what he himself wanted.

您不会参加赛跑，站在比赛的起始点，准备开跑，却不知道你的项目是100米还是800米的比赛，对吗？

You won't participate in a race, standing at the starting line, ready to go, and unaware of if your event is a 100-meter or a 800-meter event, right?

当我们有一个对我们来说极其重要的目标时，**我们就会采取一切必要的措施**来达到目标。

When we have *a goal that is extremely important to us*, **we would do what it takes** to reach the goal.

(2) 节制的生活有好的纪律 (25a)

A self-control life has good discipline
(25a)

保罗说：“凡较力争胜的，**诸事都有节制。**” (25a)

Paul said, “Everyone who competes in the games **goes into strict training.**”
(25a)

要达到任何目标，就须要进行有纪律的操练。

To achieve any goal, discipline is required.

一位学生要考得好成绩就得有纪律的平时用功，加上考试前再温习功课。

For a student to get a good grade, he must discipline himself to work hard regularly, and review before the exam.

如果一位运动员要赢得奖杯，不管他参加的是什么项目，他须要针对他竞赛的项目来训练和预备比赛。

If an athlete wants to win a trophy, no matter what event he participates in, he needs to specifically train and prepare for the event he is competing for .

设有人生的目标还不够好。你还需要采取装备自己的步骤，来实现自己的生活目标。**这需要纪律和努力。**

Having a life goal is not good enough.
You need to take the step of equipping yourself to achieve your life goal, and **that takes discipline and hard work.**

(3) 节制的生活要求专心一意 (27a)
A self-control life demands focus
(27a)

林前 9²⁷ 我是攻克己身，叫
身服我，

1 Cor 9²⁷ No, I strike a blow
to my body and make it my
slave

“攻克己身” = 自我节制

**“I strike a blow to my body”
= self-discipline**

除了有目标和装备之外，您还需要在完成目标过程中保持专注，不要分心。

On top of having a goal and equipping yourself, you also need to stay focused, not be distracted, in fulfilling your goal.

一位有机会可以赢得金牌的羽毛球运动员如果让自己受观众的嘘声影响而分神不能专注把球打好，他可能就会因此而输掉比赛。

A badminton player who has the advantage to win the goal medal could lose his game when he allows himself to be distracted by the audience's booing.

在你执行你的计划以实现你的目标时，你需要制止你肉体的私欲，不让它成为你分心的原因。

As you execute your plan to achieve your goal, you need to check the desires of your flesh and not let it be the cause of your distraction.

结语 Conclusion:

节制是圣灵的果子。

Self-control is the fruit of the Spirit.

它不是一种特殊的，可以一学即会的
技术或技巧。

It's not a special technique or skill that
can be mastered instantly.

它是通过你**恒常的顺服神的旨意**而生发出来的一种品格。

It is a character that grows out of your **constant submission to God's will.**

它的培育涉及你的整个人和你每一部分的生活。

Its cultivation involve your whole person and all areas of your life.

节制不仅是面对诱惑时对自己说不，还要去做应该要做的事情，譬如读经、祷告。

Not only does self-control mean saying no to yourself in the face of temptation, but it is also doing things that should be done, such as reading the Bible and praying.

节制是将你的意志力放在你的神的权柄和能力之下。

Self-control is to put your will power under the authority and power of your God.

使徒保罗给我们三方面的操练来培养我们生活中的节制能力：

The apostle Paul gives us three exercises to cultivate self-control in our life:

(a) 过一个**有目标的生活**。

Live a **purposeful life**.

(b) 过一个**有纪律的生活**。

Live a **disciplined life**.

(c) 过一个**对目标专一的生活**。

Lead a **purpose-focused life**.

我决定追求在节制的果子方面更有长进。

I have decided to pursue greater growth in the fruit of self-control.

你呢？

What about you?