



FOLLOW ME

我可以做什么?!

What Can I Do?!

路加福音 Luke 14:25-35

# 你知道你想要什么吗？

## Do you know what you want?



路加福音 Luke 18:35-43



有祢真好!  
It's wonderful  
to have you!

约翰福音 John  
2:1-12



FOLLOW ME

我可以做什么？！

What Can I Do?!

路加福音 Luke 14:25-35

# 路加福音 Luke 14:25-35

26节：人到我这里来、若**不爱**我胜过爱自己的父母、妻子、儿女、弟兄、姐妹和自己的性命、就**不能作我的门徒**。 If anyone comes to me and does not hate his father and mother, his wife and children, his brothers and sisters--yes, even his own life--he cannot be my disciple.

# 路加福音 Luke 14:25-35

27节：凡**不背**着自己十字架跟从我的、也**不能作我的门徒**。 And anyone who does not carry his cross and follow me cannot be my disciple.

33节：这样、你们无论甚么人、若**不撇**下一切所有的、就**不能作我的门徒**。 In the same way, any of you who does not give up everything he has cannot be my disciple.

**这是耶稣要我们预备得天上产业，  
要付的代价。**



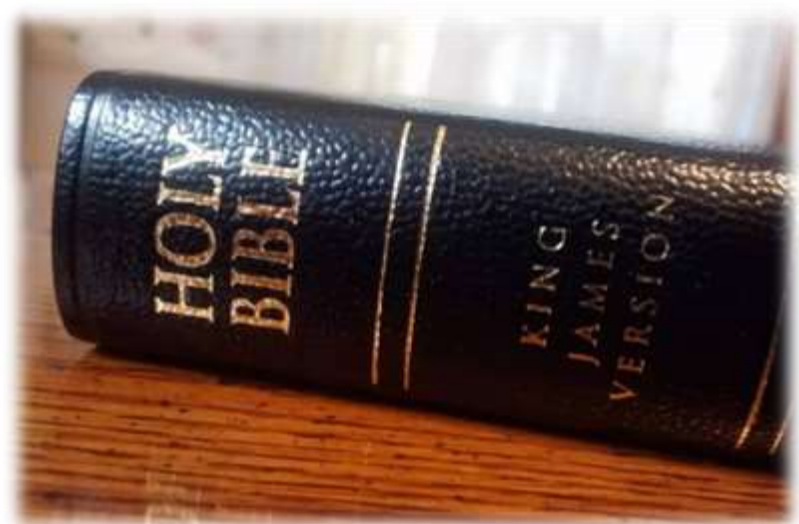
# 一、全心爱上帝

Love God wholeheartedly

## 26节

人到我这里来，若不爱我胜过爱自己的父母，妻子，儿女，弟兄，姐妹，和自己的性命，就不能作我的门徒。

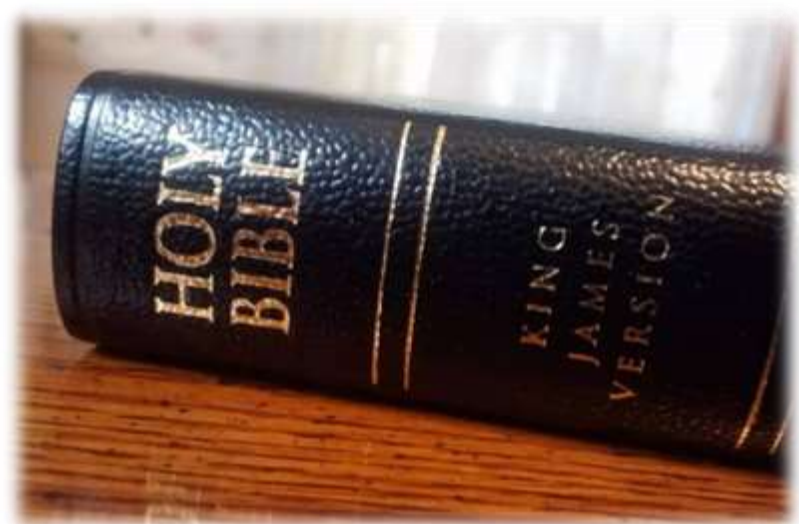
If anyone comes to me and does not hate his father and mother, his wife and children, his brothers and sisters--yes, even his own life--he cannot be my disciple.



**不要误会了！！**  
**Don't misunderstand!!**

- **圣经明确的教导我们要孝敬父母，不要惹儿女的气，要爱丈夫妻子，弟兄姊妹要彼此相爱。**
- **The Bible clearly teaches us to honor our parents, not to provoke our children, to love our spouses, and for siblings to love one another.**





**不要误会了！！**  
**Don't misunderstand!!**

- **不要让地上亲属的感情妨碍我们跟随耶稣。主要我们爱他胜过于一切。**
- **Do not let earthly relationships hinder us from following Jesus. Our Lord wants us to love Him more than anything else.**



# I LOVE GOD



**「爱」要求我们专一**

**Love requires us to be faithful**

**「爱」要求我们独一无二**

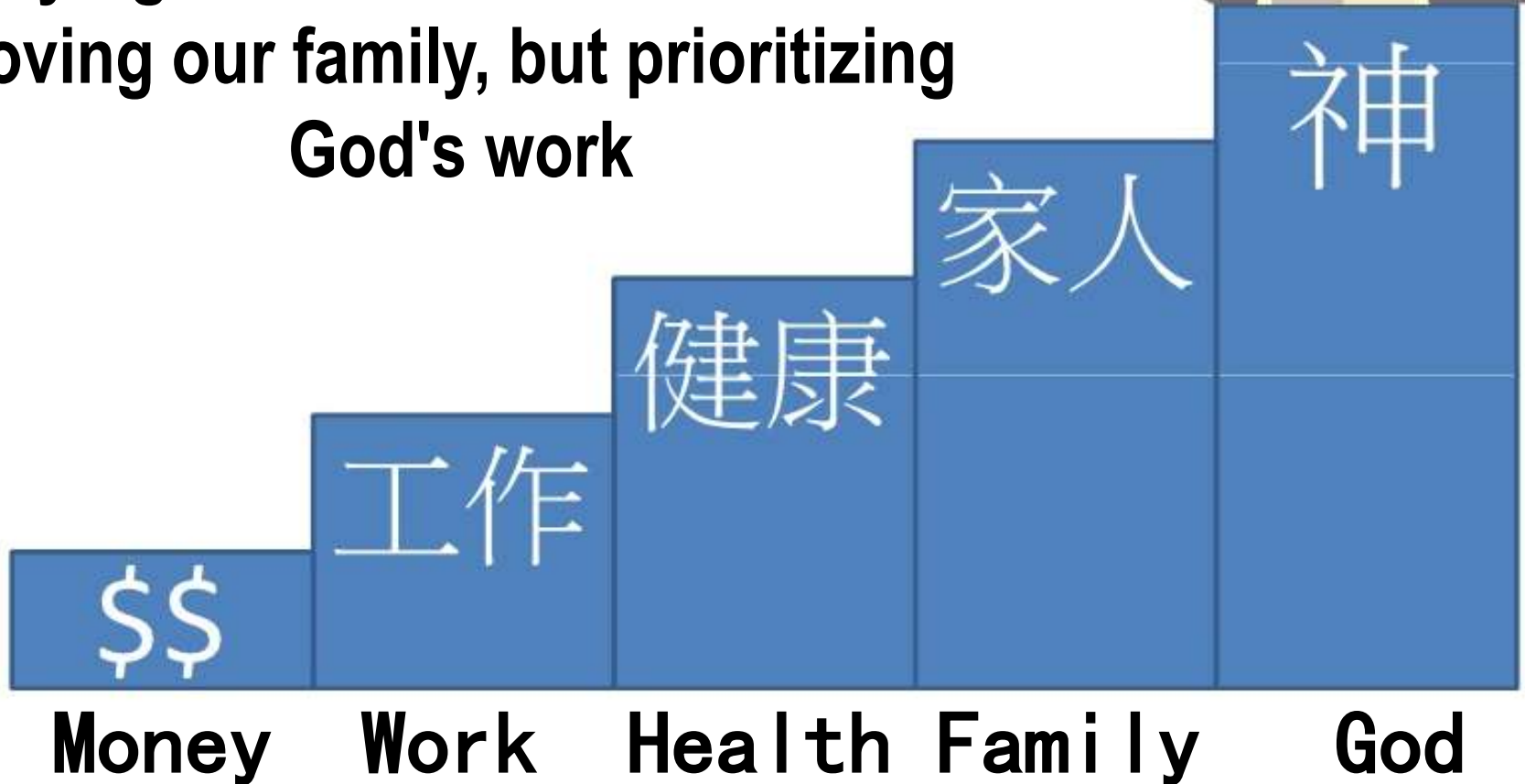
**Love requires us to be unique**

**「爱」要求我们全然委身**

**Love requires us to be completely devoted**

背十字架並非不愛我們的家人  
而是以神的事優先

Carrying the cross doesn't mean not  
loving our family, but prioritizing  
God's work





# **犹太拉比亚奇巴**

**(Akiba ben Joseph, c.  
AD40-135)**

**“我知道自己一生竭尽心思，意志，体力和财力爱神；但我对自己有疑问，是否竭尽心灵生命爱神。现在我知道了，我为祂竭尽生命。”**

**I know that throughout my life, I have devoted all my heart, mind, strength, and financial resources to love God. But I had doubts about whether I fully dedicated my spirit to loving God. Now, I know that I have given my entire life for Him.**

我們只是希望  
得到一位“救主”  
而不願意得到  
一位“生命的主”

**We only want to have a  
Savior but don't want to  
have a Lord over our lives**





## 二、忠诚的跟随

### Follow Him Faithfully

#### 27节

凡不背着自己十字架跟从我的，也不能作我的门徒。

And anyone who does not carry his cross and follow me cannot be my disciple.

- 恋人对于爱情，需要**忠诚**；
  - Lovers need loyalty in love;
- 朋友对于友谊，需要**忠诚**；
  - Friends need loyalty in friendship;
- 员工对于公司，需要**忠诚**；
  - Employees need loyalty to the company;
- 自己对于自己，需要**忠诚**；
  - We need loyalty to ourselves;
- 我们对于上帝，需要**忠诚**。
  - Humans need loyalty to God.





# 路加福音 Luke 9:23

**「若有人要跟从我，就当舍己，天天背起他的十字架来跟从我。」**

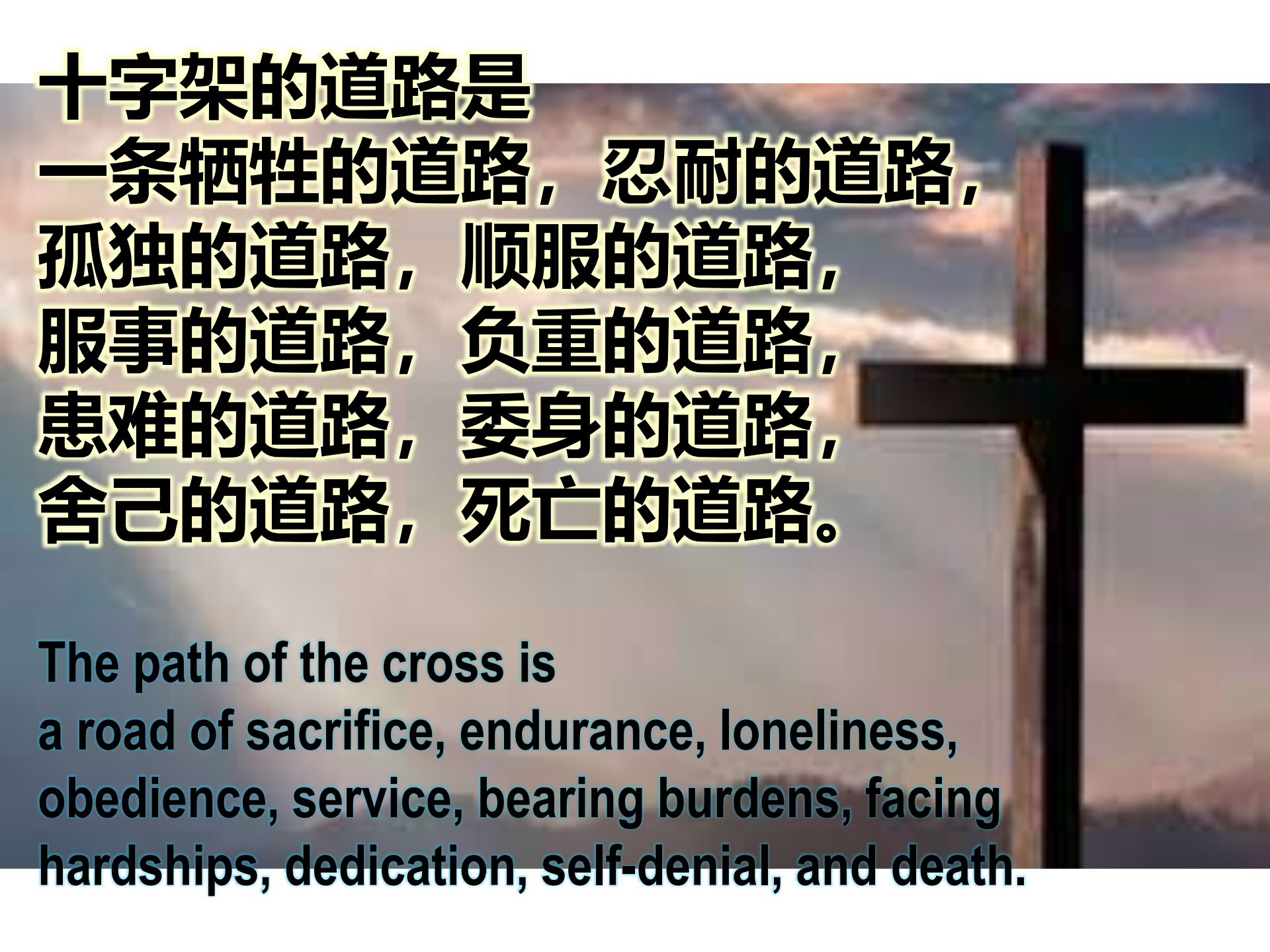
**If anyone would come after me, he must deny himself and take up his cross daily and follow me.**



古代的刑罰  
十字架

Ancient torture instrument - Cross



A large black cross stands prominently on the right side of the image, set against a background of a sunset or sunrise sky with soft, warm colors. The cross is simple and solid, symbolizing the path of the cross.

**十字架的道路是  
一条牺牲的道路，忍耐的道路，  
孤独的道路，顺服的道路，  
服事的道路，负重的道路，  
患难的道路，委身的道路，  
舍己的道路，死亡的道路。**

**The path of the cross is  
a road of sacrifice, endurance, loneliness,  
obedience, service, bearing burdens, facing  
hardships, dedication, self-denial, and death.**

作門徒是一種生活方式  
是一種委身  
是沒有假期的

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 上班	2 上班	3 上班	4 上班	5 上班	6 上班
7 下班	8 上班	9 上班	10 上班	11 上班	12 上班	13 上班
14 下班	15 上班	16 上班	17 上班	18 上班	19 上班	20 上班
21 下班	22 上班	23 上班	24 上班	25 上班	26 上班	27 上班
28 下班	29 上班	30 上班				

**Being a disciple is a way of life, a dedication that knows no vacation.**



# 三、撇下一切

Leave everything behind



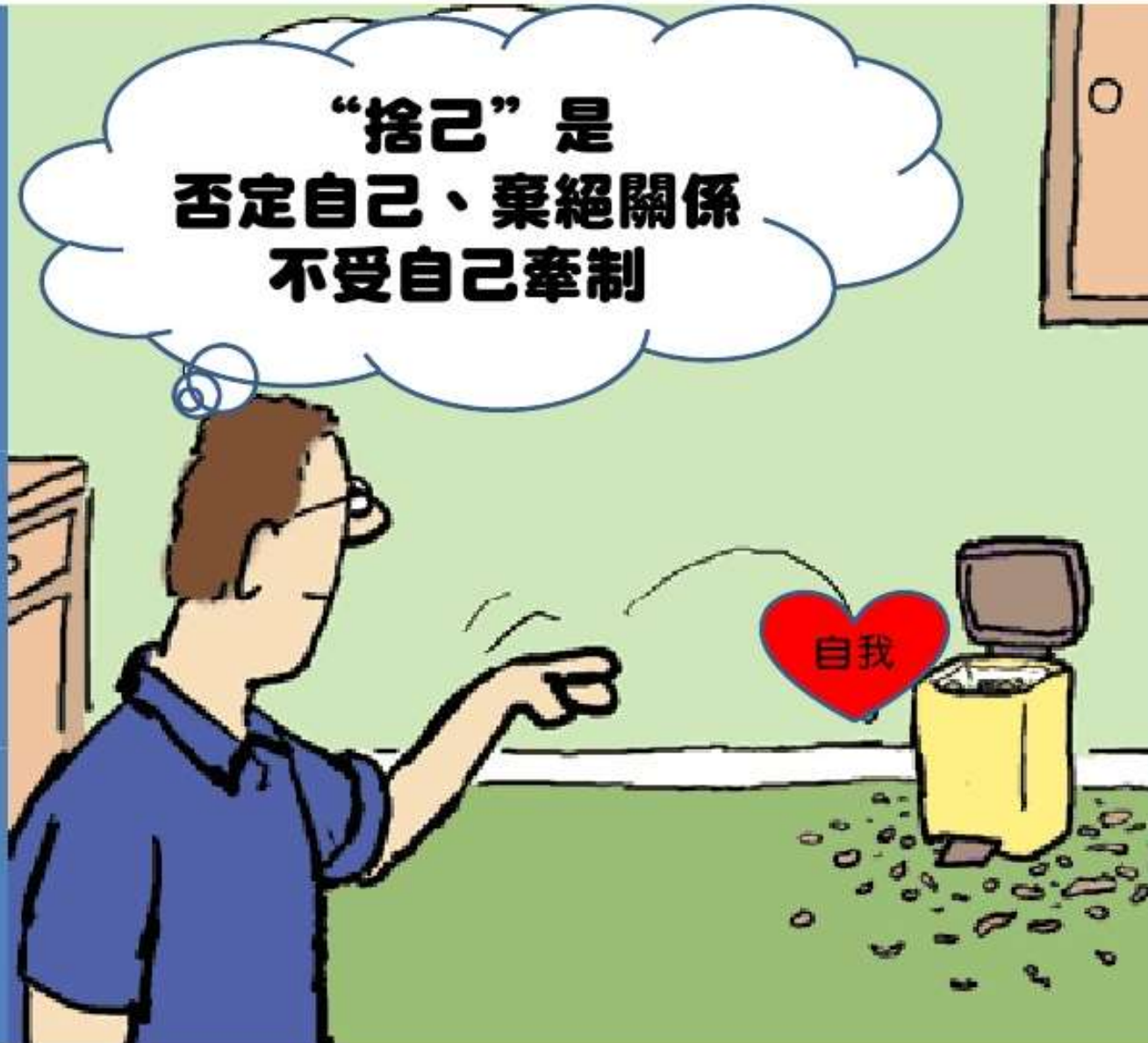
## 33节

**你们无论什么人，若不撇下一切所有的，就不能作我的门徒。**

**In the same way, any of you who does not give up everything he has cannot be my disciple.**



**Self-denial is overcoming carnal self; rejecting the influences and constraints from the old self.**



- 如果我們願意撇下一切，把我們一切的主權交給主，任由主支配，投靠主，依靠祂的大能大力，無論魔鬼多厲害，我們必定得勝有餘。



- **If we are willing to forsake everything, surrendering all our authority to the Lord, allowing Him to rule over us, putting our trust in Him, and relying on His mighty power, no matter how fierce the devil may be, we will undoubtedly be more than conquerors.**



# 放手：交托 Let go: Entrust

- 保罗说：「看万事如粪土」，「为要得着基督」，「我为他丢弃万事」。
- Paul said, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have lost all things, and count them but rubbish so that I may gain Christ.





# 放手：交托 Let go: Entrust

- 主耶稣要我们撇下的是我们身上的骄傲、实力、自我，向主降服，完全地将自己交托给他。
- Jesus wants us to forsake our pride, strength, and old self, submit to Him, and completely surrender ourselves to Him.





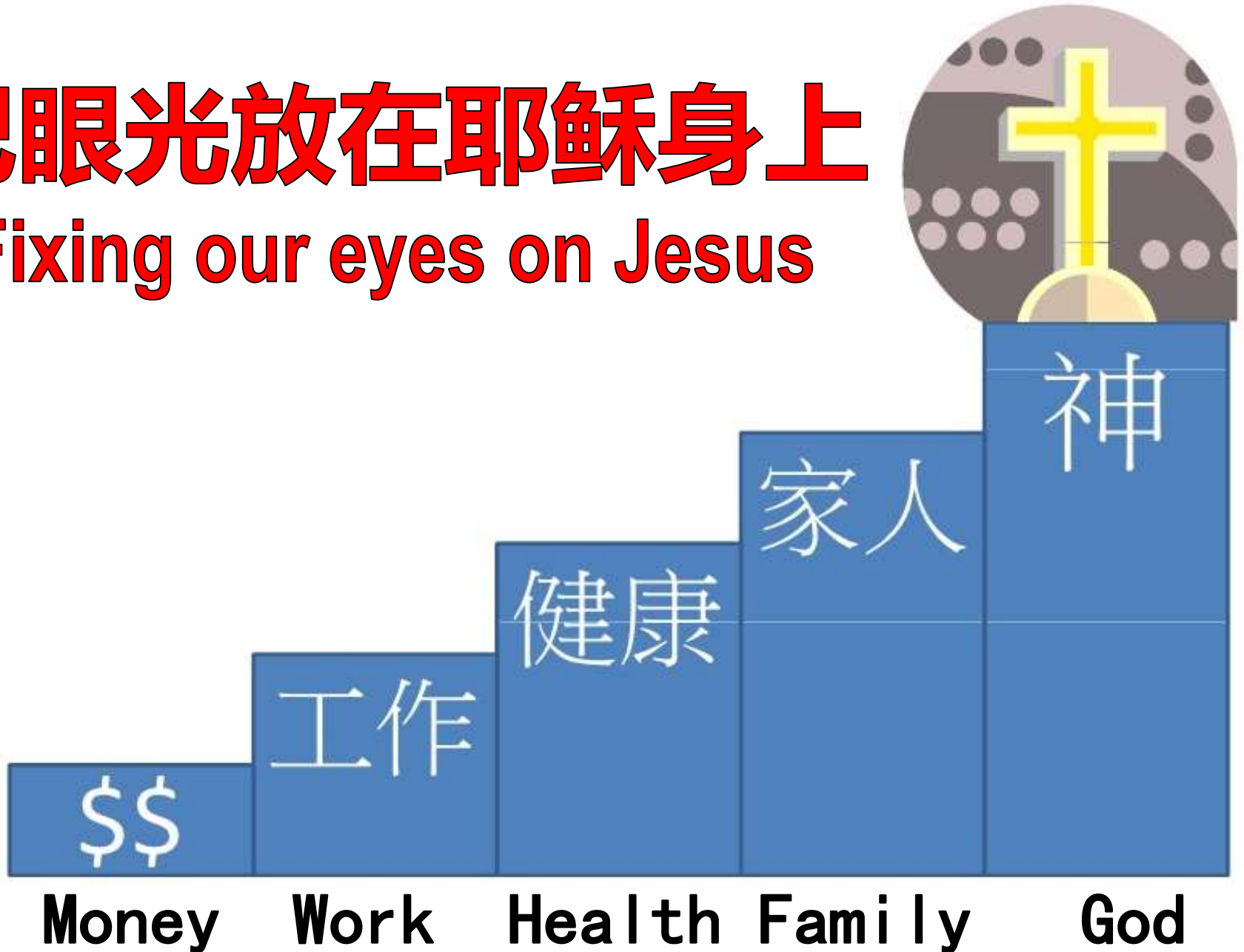
**我们可能做得到吗?**

**Can we do it?**



# 把眼光放在耶穌身上

Fixing our eyes on Jesus







# 结论 Conclusion



- **盐**如果失了味就没有一点用处了。
- Salt is useless if it loses its flavor.



- 当一件东西失去了它的本质，不能再履行它基本的责任，他便一无用处，只好丢掉。
- When something loses its essence and can no longer fulfill its fundamental purpose, it becomes useless and has to be discarded.

**我们的生命应该以主耶稣为首**

**Our lives should be centered around Jesus Christ.**

**我们应当**

**背起自己的十字架，每日更新，  
将自己的罪，自己的过犯，  
自己的贪念钉在十字架上，  
成为一个能够心意更新而变化，  
不再效法这个世界的人。**

**We should**

**take up our own crosses, renew ourselves daily,  
and nail our sins, offenses, and greed to the cross.**

**Become a person who is able to be transformed by the  
renewing of his mind and no longer conform to the ways  
of this world.**

# 我们的宣告 Our declaration:

- 「我要全心爱主耶稣」
- I will love the Lord Jesus wholeheartedly
- 「我要忠诚的跟随他」
- I will follow Him faithfully
- 「我要愿意撇下一切」
- I am willing to forsake everything