

# 登山宝训

Sermon on the Mount



## 内在生命的更新， 活出八福的生命

Renewal of the inner life,  
living out the life of the Eight Beatitudes

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马太福音 Matthew 5:21-48

这是天国子民的根本要求，是天国生活的规范，也可以说是“天国的宪章”。

This is the fundamental requirement for the citizens of the Kingdom of Heaven, the standard of Kingdom life, and can also be referred to as the 'Charter of the Kingdom of Heaven.'



# 登山宝训

The Sermon on  
the Mount

马太福音

Matthew 5-7



主耶稣在《登山宝训》中多次提到“你们……的父”，提醒我们要时刻牢记：自己的身份

- 塑造我们成为神儿子的模样，活出儿子的生命，
- 让神得着祂要得着的儿女，成为天国的子民。

In the Sermon on the Mount, the Lord Jesus repeatedly mentions "your Father..." reminding us to always remember: Our identity

- Shaping us into the image of God's Son, living out the life of a son,
- That God may receive what He desires in His children, becoming citizens of the Kingdom of Heaven.

# 第1-11节「得着天国的八福」：描述了进入天国的态度和品格

Verses 1-11 talk about "the Eight Beatitudes of the Kingdom of Heaven." These blessings are Jesus' teachings to His disciples, describing the attitudes and character required to enter the Kingdom of Heaven

- 虚心的人有福了（5:3）——承认自己贫穷、灵里需要神的帮助，**神必赐给他们天国**。
- 哀恸的人有福了（5:4）——对罪和世界的痛苦感到悲伤，**神必安慰他们**。
- Blessed are the poor in spirit (5:3) – Those who acknowledge their spiritual poverty and need God's help; God will give them the Kingdom of Heaven.
- Blessed are those who mourn (5:4) – Those who grieve over sin and the suffering of the world; God will comfort them.

# 第1-11节「得着天国的八福」：描述了进入天国的态度和品格

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- 温柔的人有福了（5:5）——谦和、耐心，神将地赐给他们。
- 饥渴慕义的人有福了（5:6）——渴望公义，神必满足他们的渴望。
- Blessed are the meek (5:5) – Those who are humble and patient; God will give them the earth as their inheritance.
- Blessed are those who hunger and thirst for righteousness (5:6) – Those who long for righteousness; God will satisfy their desire.

# 第1-11节「得着天国的八福」：描述了进入天国的态度和品格

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- 怜悯人的人有福了（5:7）——对别人有怜悯之心，神也会怜悯他们。
- 清心的人有福了（5:8）——内心纯洁，神必使他们得见神。
- Blessed are the merciful (5:7) – Those who show mercy to others; God will also show them mercy.
- Blessed are the pure in heart (5:8) – Those with a pure heart; God will allow them to see Him.

## 第1-11节「得着天国的八福」：描述了进入天国的态度和品格

Verses 1-11 talk about "the Eight Beatitudes of the Kingdom of Heaven." These blessings are Jesus' teachings to His disciples, describing the attitudes and character required to enter the Kingdom of Heaven

- 使人和睦的人有福了（5:9）——积极促成和平，神称他们为**儿子**。
- 为义受逼迫的人有福了（5:10-11）——在为神和公义受苦时，天国属于他们，**神会赐给他们极大的赏赐**。
- Blessed are the peacemakers (5:9) – Those who actively promote peace; God will call them His children.
- Blessed are those who are persecuted for righteousness' sake (5:10-11) – Those who suffer for God and righteousness; the Kingdom of Heaven belongs to them, and God will greatly reward them.

## **第13-16节「天国的盐和光」，谈到“天国子民的使命”**

**Verses 13-16, "The Salt and Light of the Kingdom," speak about "the mission of the citizens of the Kingdom of Heaven"**

- 耶稣呼召门徒成为“世界的盐和光”，在生活中活出基督样式，发挥调和作用，带给人希望和方向。**
- Jesus calls His disciples to be “the salt and light of the world”, living out Christ's likeness in daily life, bringing harmony, hope, and direction to others.**



# 一、耶稣成全律法的根基 —— 内心更新的起点

## The Foundation of Jesus Fulfilling the Law — The Starting Point of Inner Renewal

- 第17-20节讲「进天国的义」"the righteousness required to enter the Kingdom of Heaven"
- 律法不仅仅在外在的仪式和条文上要求我们遵守，更深层次地，它指向一个内心的更新。  
The law is not merely about adhering to external rituals and commandments; at a deeper level, it points to an inner renewal.

# 一、耶穌成全律法的根基 —— 內心更新的起點

The Foundation of Jesus Fulfilling the Law — The Starting Point of Inner Renewal



# 一、耶稣成全律法的根基 —— 内心更新的起点

## The Foundation of Jesus Fulfilling the Law — The Starting Point of Inner Renewal

- 第21-48节讲「天国子民的行为」 "the behavior of the citizens of the Kingdom of Heaven."
- 不可杀人、不可奸淫、休妻、起誓、报复与爱仇敌
- Not committing murder, adultery, divorce, taking oaths, revenge, and loving one's enemies
- 事实上，没人能凭自己的努力进天国。
- In fact, no one can enter the Kingdom of Heaven by their own efforts.

# 一、耶稣成全律法的根基 —— 内心更新的起点

## The Foundation of Jesus Fulfilling the Law — The Starting Point of Inner Renewal

- 只要我们愿意，承认自己的无能，凭虚心和哀恸，神必赐下力量和恩典，使我们在软弱中得以完全，因为祂来是要成全律法，使神的旨意成就。
- As long as we are willing to acknowledge our helplessness, with humility and mourning, God will grant us strength and grace, perfecting us in our weakness. For He came to fulfill the law and accomplish God's will.
- 虚心的人有福了 (5:3)
- Blessed are the poor in spirit

# 一、耶穌成全律法的根基——內心更新的起點

## The Foundation of Jesus Fulfilling the Law — The Starting Point of Inner Renewal



## 二、内在争战——饥渴慕义与心灵洁净

### Inner Struggle — A Hunger and Thirst for Righteousness and Spiritual Purity

#### 论发怒（5:21-26） On Anger

- 你们听见有吩咐古人的话，说：**‘不可杀人’**，又说：‘凡杀人的，难免受审判。’只是我告诉你们：凡向弟兄**动怒**的，难免受审判。凡**骂弟兄是拉加（愚笨）**的，难免公会的审断；凡**骂弟兄是魔利（蠢材）**的，难免地狱的火。
- You have heard that it was said to the people long ago, **'Do not murder'**, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell.

## 二、内在争战——饥渴慕义与心灵洁净

### Inner Struggle — A Hunger and Thirst for Righteousness and Spiritual Purity

#### 论发怒 (5:21-26) On Anger

- 所以，你在祭坛上献礼物的时候，若想起弟兄向你怀怨，就把礼物留在坛前，先去同弟兄和好，然后来献礼物。你同告你的对头还在路上，就赶紧与他息，恐怕他把你送给审判官，审判官交付衙役，你就下在监里了。我实在告诉你：若有一文钱没有还清，你断不能从那里出来。
- Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. "Settle matters quickly with your adversary who is taking you to court. Do it while you are still with him on the way, or he may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. I tell you the truth, you will not get out until you have paid the last penny.

## 二、内在争战——饥渴慕义与心灵洁净

### Inner Struggle — A Hunger and Thirst for Righteousness and Spiritual Purity

#### 论奸淫与休妻（5:27-30） On Adultery and Divorce

- 你们听见有话说：**‘不可奸淫’**。只是我告诉你们：凡看见妇女就**动淫念**的，这人心里已经与她犯奸淫了。若是你的右眼叫你跌倒，就剜出来丢掉，宁可失去百体中的一体，不叫全身丢在地狱里；若是右手叫你跌倒，就砍下来丢掉，宁可失去百体中的一体，不叫全身下入地狱。**保持清洁的心 Keep a pure heart**
- You have heard that it was said, **'Do not commit adultery.'** But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.



## 二、内在争战——饥渴慕义与心灵洁净

Inner Struggle — A Hunger and Thirst for Righteousness and Spiritual Purity

### 论奸淫与休妻（5:27-30） On Adultery and Divorce

- 又有话说：**‘人若休妻，就当给她休书’**。只是我告诉你们：凡休妻的，若不是为淫乱的缘故，就是叫她作淫妇了；人若娶这被休的妇人，也是犯奸淫了。
- It has been said, **'Anyone who divorces his wife must give her a certificate of divorce.'** But I tell you that anyone who divorces his wife, except for marital unfaithfulness, causes her to become an adulteress, and anyone who marries the divorced woman commits adultery.

## 二、内在争战——饥渴慕义与心灵洁净

Inner Struggle — A Hunger and Thirst for Righteousness and Spiritual Purity

- 罪不仅仅是外在的行为，更源自**内心**。
- 不仅避免肉体的奸淫，更要杜绝内心的贪恋与私欲，让自己**活在神的圣洁中**。
- Sin is not just an external action; it originates from the heart.
- It is not only about avoiding physical adultery but also about eliminating lust and sinful desires from within, living in God's holiness.

## 二、内在争战——饥渴慕义与心灵洁净

Inner Struggle — A Hunger and Thirst for Righteousness and Spiritual Purity

- 哀恸的人有福了（5:4）
- Blessed are those who mourn
- 饥渴慕义的人有福了（5:6）
- Blessed are those who hunger and thirst for righteousness
  
- 只有当我们内心真切渴求公义和圣洁时，才能对抗诱惑和罪恶，走在神所喜悦的道路上。
- Only when we sincerely hunger for righteousness and holiness in our hearts can we resist temptation and sin, walking in the path that pleases God.

### 三、内外一致的生命见证——从温柔怜悯到爱仇敌

A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies

#### 论起誓 (5:33-37) Oaths

- 你们又听见有吩咐古人的话，说：**‘不可背誓，所起的誓，总要向主谨守’**。只是我告诉你们：什么誓都不可起。不可指着天起誓，因为天是神的座位；不可指着地起誓，因为地是他的脚凳；也不可指着耶路撒冷起誓，因为耶路撒冷是大君的京城；又不可指着你的头起誓，因为你不能使一根头发变黑变白了。**你们的话，是，就说是；不是，就说不是；若再多说，就是出于那恶者。**
- Again, you have heard that it was said to the people long ago, **'Do not break your oath, but keep the oaths you have made to the Lord.'** But I tell you, Do not swear at all: either by heaven, for it is God's throne; or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. And do not swear by your head, for you cannot make even one hair white or black. Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one.

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- 若我们的言语始终**诚实正直**，没有谎言或歪曲事实，就不必靠起誓来证明自己。
- If our words are always honest and upright, without lies or distortions, there will be no need to swear oaths to prove ourselves.

# 三、内外一致的生命见证——从温柔怜悯到爱仇敌

A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies

## 论报复（5:38-42） On Retaliation

- 你们听见有话说：**‘以眼还眼，以牙还牙’**。只是我告诉你们：不要与恶人作对。有人打你的右脸，连左脸也转过来由他打；有人想要告你，要拿你的里衣，连外衣也由他拿去；有人强逼你走一里路，你就同他走二里；有求你的，就给他；有向你借贷的，不可推辞。
- You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also. And if someone wants to sue you and take your tunic, let him have your cloak as well. If someone forces you to go one mile, go with him two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you.
- **参《出埃及记 Exodus》21章，《利未记 Leviticus》24章**

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- You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also. And if someone wants to sue you and take your tunic, let him have your cloak as well. If someone forces you to go one mile, go with him two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you.
- 教导我们学习他的牺牲精神，不计较个人权益，而是以柔和谦卑的心待人。 He teaches us to learn His spirit of sacrifice, not focusing on personal rights, but treating others with meekness and humility.

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- 跟随主的道路是一条**蒙福的路**。当我们愿意按主的教导行事，看似吃亏，实则蒙福，因为神必在其他方面加添给我们。
- Following the Lord's path is a **blessed journey**. When we are willing to live according to His teachings, it may seem like we are losing out, but in reality, we are blessed, for God will add to us in other ways.



# 三、内外一致的生命见证——从温柔怜悯到爱仇敌

A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies

## 爱仇敌与饶恕（5:43-48； 6:14-15） Loving Enemies and Forgiveness

- 43-48节，爱我们的仇敌 Loving our enemies
- 你们听见有话说：**‘当爱你的邻舍，恨你的仇敌’**。只是我告诉你们：要爱你们的仇敌，为那逼迫你们的祷告。这样，就可以作你们天父的儿子，因为他叫日头照好人，也照歹人；降雨给义人，也给不义的人。
- You have heard that it was said, **'Love your neighbor and hate your enemy.'** But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

### 三、内外一致的生命见证 —— 从温柔怜悯到爱仇敌

A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies

- 在旧约中，**仇敌**通常指敌挡神、拜偶像、行恶的民族或个人，以色列人理当与之分别，不与他们同流合污。
- 第44节所指的**仇敌**，不仅限于这些外在的敌人，更包括个人关系上的对立者，甚至是因信仰遭受逼迫的人。
- In the Old Testament, **enemies** typically referred to nations or individuals who opposed God, practiced idolatry, and committed evil acts. The Israelites were instructed to separate themselves from such people to avoid being corrupted by their ways.
- Matthew 5:44, the **enemies** Jesus refers to are not limited to these external adversaries. They also include those with whom we have personal conflicts, and even those who persecute us because of our faith.

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## 爱仇敌与饶恕（5:43-48； 6:14-15） Loving Enemies and Forgiveness

- 43-48节，爱我们的仇敌 Loving our enemies
- 你们若单爱那爱你们的人，有什么赏赐呢？就是税吏不也是这样行吗？你们若单请你弟兄的安，比人有什么长处呢？就是外邦人不也是这样行吗？
- If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that?

### **三、内外一致的生命见证 —— 从温柔怜悯到爱仇敌**

**A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies**

- 身为主的跟随者，我们必须学习，去爱那些让我们不舒服、甚至伤害我们的人。**
- 我们的爱也要反映神的爱，而非受限于个人情感。**
- As followers of the Lord, we must learn to love those who make us uncomfortable, and even those who hurt us.**
- Our love should reflect God's love, not be limited by personal emotions or preferences. This kind of love goes beyond human instinct, showing grace and forgiveness, just as God extends His love to us despite our faults and shortcomings.**

# 三、内外一致的生命见证——从温柔怜悯到爱仇敌

A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies

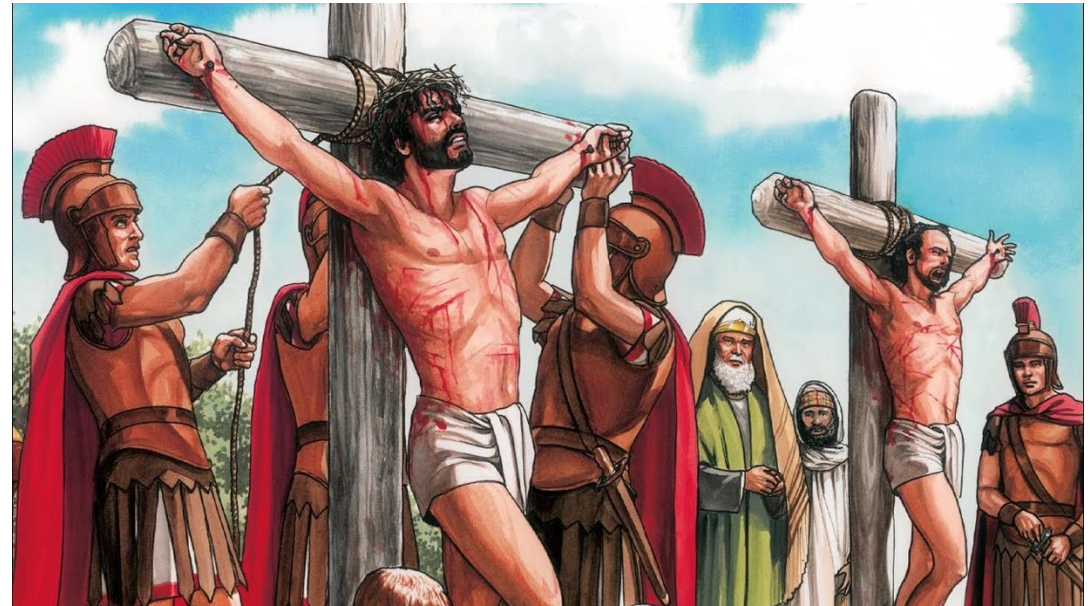
## 论饶恕 (6:14-15) On Forgiveness

- 你们**饶恕**人的过犯，你们的天父也必饶恕你们的过犯；你们不饶恕人的过犯，你们的天父也必不饶恕你们的过犯。
- For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.
- “饶恕”是指愿意放下怨恨，不让仇恨在心中生根发芽。
- "Forgiveness" means being willing to let go of resentment and not allowing hatred to take root in our hearts.

### 三、内外一致的生命见证 —— 从温柔怜悯到爱仇敌

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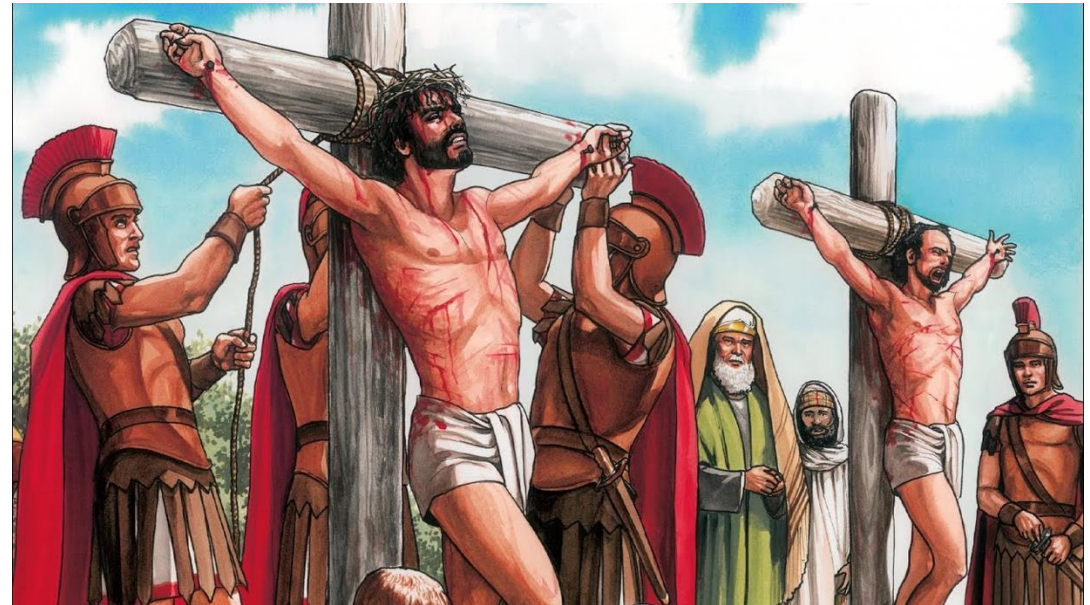
- **饶恕**不是纵容恶行，而是让自己从痛苦和报复的循环中释放出来，并交托给神。
- Forgiveness is not about condoning wrongdoing, but rather releasing ourselves from the cycle of pain and revenge, and entrusting the situation to God.



### 三、内外一致的生命见证 —— 从温柔怜悯到爱仇敌

A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies

- **饶恕**不是因为对方值得，而是因为我们领受了神无条件的恩典，也要以同样的恩典待人。
- Forgiveness is not because the other person deserves it, but because we have received God's unconditional grace and are called to extend that same grace to others.



# 三、内外一致的生命见证——从温柔怜悯到爱仇敌

A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies

## 爱仇敌与饶恕（5:43-48； 6:14-15） Loving Enemies and Forgiveness

- 43-48节，爱我们的仇敌 Loving our enemies
- 所以你们要完全，**像**你们的天父完全一样。
- Be perfect, therefore, as your heavenly Father is perfect.
  
- “完全”并非指无瑕无疵，而是指在爱心、怜悯和宽恕上长进，活出神儿女的样式。
- "Perfection" does not refer to being flawless, but rather to growing in love, mercy, and forgiveness, living out the character of God's children.



### **三、内外一致的生命见证 —— 从温柔怜悯到爱仇敌**

**A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies**

- 这不是靠自己努力能做到的，而是因着与神亲近，让圣灵在我们心里动工，使我们能以主的心肠对待仇敌，最终成为天国子民的真实见证人。**
- This is not something we can achieve by our own effort, but through drawing near to God and allowing the Holy Spirit to work in our hearts. It enables us to treat our enemies with the heart of the Lord, ultimately becoming true witnesses of the kingdom of God.**

### 三、内外一致的生命见证——从温柔怜悯到爱仇敌

A Life of Integrity in Witness — From Meekness and Mercy to Loving Enemies

- 温柔的人有福了（5:5）
- Blessed are the meek
- 怜悯人的人有福了（5:7）
- Blessed are the merciful
- 使人和睦的人有福了（5:9）
- Blessed are the peacemakers
- 为义受逼迫的人有福了（5:10-11）
- Blessed are those who are persecuted for righteousness' sake

## 四、属灵操练 —— 清心与真诚的敬虔

### Spiritual Discipline — Purity of Heart and Sincere Piety

- **施舍、祷告和禁食**上应有的态度
- **内在的纯洁**：施舍不应只为博取人的称赞，祷告与禁食也不该成为表演，而是我们内心真实与神对话的方式（6:1-18）。
- The right attitude in giving, praying, and fasting:
- Inner purity — Giving should not be done to gain praise from others, and prayer and fasting should not become a performance. Instead, they are ways for us to have a genuine conversation with God from the heart (Matthew 6:1-18).

## 四、属灵操练 —— 清心与真诚的敬虔

### Spiritual Discipline — Purity of Heart and Sincere Piety

- 清心的人有福了（5:8）
- Blessed are the pure in heart
- 只有当我们内心纯洁、真实无伪，才能真正与神亲近，并体验到神在隐秘处的丰盛赏赐。
- 所有的属灵操练都应当指向一个目标——那就是内在的更新与对神无条件的依靠。
- Only when our hearts are pure, genuine, and free from hypocrisy can we truly draw near to God and experience His abundant rewards in secret.
- All spiritual disciplines should aim at one goal — inner transformation and unconditional dependence on God.

# 结论：回到基督里，活出八福的生命

Conclusion: Return to Christ and live out the life of the Beatitudes.

- **从内心更新出发**：我们必须先承认自己的不足和罪性，虚心寻求神的怜悯和拯救。
- **追求内外一致的义**：不只是表面的行为规范，而是内心渴求公义和圣洁的实质改变。
- **Starting from inner renewal**: We must first acknowledge our shortcomings and sinful nature, humbly seeking God's mercy and salvation.
- **Pursuing a righteousness that aligns inwardly and outwardly**: It is not just about outward behavior standards, but a genuine transformation in the heart, yearning for justice and holiness.

# 结论：回到基督里，活出八福的生命

Conclusion: Return to Christ and live out the life of the Beatitudes.

- **依靠神的恩典**：只有回到基督里，靠着圣灵的引导，我们才能突破人力的限制，真正成为“虚心、饥渴慕义、温柔、清心、怜悯和平的人”，活出那天国子民的样式。
- **Relying on God's grace**: Only by returning to Christ and depending on the guidance of the Holy Spirit can we overcome the limitations of our own strength and truly become "poor in spirit, hungry and thirsty for righteousness, meek, pure in heart, merciful, and peacemakers," living out the likeness of kingdom citizens.

# 结论：回到基督里，活出八福的生命

Conclusion: Return to Christ and live out the life of the Beatitudes.

## 应用呼召：

- 在每日的祷告中，我们应先承认自己的软弱，求神更新我们的心。
- 面对愤怒、私欲与仇恨时，回想耶稣的教导，提醒自己以基督的爱去化解冲突。
- 在属灵操练中，抛弃虚假和做作，真诚地寻求与神更亲密的关系。

## Application Call:

- In our daily prayers, we should first acknowledge our weaknesses and ask God to renew our hearts.
- When facing anger, selfish desires, and hatred, we should recall Jesus' teachings and remind ourselves to resolve conflicts with Christ's love.
- In our spiritual disciplines, we should abandon hypocrisy and pretension, sincerely seeking a closer relationship with God.

# **结论：回到基督里，活出八福的生命**

**Conclusion: Return to Christ and live out the life of the Beatitudes.**

- 愿我们每个人都能通过神的恩典，从内心真正更新，活出那八福的生命，彰显出真正天国子民的义与见证。**
- May each of us, through God's grace, experience true inner renewal and live out the life of the Beatitudes, reflecting the righteousness and testimony of true citizens of the kingdom of heaven.**



# 内在生命的更新，活出八福的生命

Renewal of the inner life, living out the life of the Eight Beatitudes



## 自我反思 Self-reflection

## 马太福音 Matthew 5:17-20

1. 生活中，你通常在什么情况下容易生气？当你发怒时，如何面对，或选择用神的爱去化解冲突？
2. 在论发怒、奸淫、起誓、报复和爱仇敌的教导中，耶稣强调内心的真实顺服，而不是外在的行为遵守。你在哪些方面容易落入只关注外在，而忽略内心的光景？
3. 八福描述了天国子民的特质，例如虚心、温柔、饥渴慕义、清心、怜恤、使人和睦等。在你的日常生活和人际关系中，哪些特质是你需要更多依靠神去成长的？
4. “我们爱仇敌、为迫害我们的人祝福”这在实际生活中非常具有挑战性。你是否曾经遇到过需要饶恕或爱那些对你不好的人？你是如何依靠神的力量去实践这种爱和宽恕的？

1. In daily life, under what circumstances do you tend to get angry? When you are angry, how do you stop yourself and choose to resolve conflicts with God's love?
2. In Jesus' teachings on anger, adultery, swearing, revenge, and loving enemies, He emphasizes true submission of the heart rather than mere outward adherence to behavior. In what areas do you tend to focus more on outward actions and neglect the condition of your heart?
3. The Beatitudes describe the characteristics of kingdom citizens, such as humility, meekness, hunger and thirst for righteousness, purity of heart, mercy, and peacemaking. In your daily life and relationships, which of these traits do you need to rely more on God to grow in?
4. "Love our enemies and bless those who persecute us" is a very challenging principle to live out. Have you ever encountered someone you needed to forgive or love, even though they treated you poorly? How have you relied on God's strength to practice this love and forgiveness?