



**你的“隐形敬虔力”有多强？**

**How strong is your "Invisible Godliness Power"?**

**马太福音 Matthew 6:1-18**





**马太福音6:1-18中，教导身为天国子民的我们，  
在「施舍」、「祷告」和「禁食」上  
如何超越文士和法利赛人的义（太5:20）。**

**In Matthew 6:1-18, Jesus teaches us,  
as citizens of the Kingdom of Heaven, how to surpass the  
righteousness of the scribes and Pharisees (Matt. 5:20) in giving,  
prayer, and fasting.**

- **是不是施舍一定要完全隐秘？**
- **公祷是否不符合圣经教导？**
- **禁食是否只能个人暗中进行，而不该公开？**
- **Must giving always be completely secret?**
- **Is public prayer inconsistent with biblical teaching?**
- **Should fasting only be done privately and never publicly?**



世上的 光 和 盐

Salt and Light





- 耶稣反复强调一个关键点——「故意」。
- 法利赛人施舍是故意让人看见，祷告是故意在人前，禁食也是故意表现给人看。
- Jesus repeatedly emphasizes one key point—intentionality.
- The Pharisees intentionally gave to be seen by others, intentionally prayed in public, and intentionally made their fasting noticeable.



6:2

你施舍的时候，不可在你前面吹号，像那假冒为善的人在会堂里和街道上所行的，**故意**要得人的荣耀。我实在告诉你们：他们已经得了他们的赏赐。

When you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by men. I tell you the truth, they have received their reward in full.



**6:5**

你们祷告的时候，不可像那假冒为善的人，爱站在会堂里和十字路口上祷告，**故意**叫人看见。我实在告诉你们，他们已经得了他们的赏赐。

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**6:16**

你们禁食的时候，不可像那假冒为善的人，脸上带着愁容，因为他们把脸弄得难看，故意叫人看出他们是禁食。我实在告诉你们：他们已经得了他们的赏赐。

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full.



- **假冒伪善，是法利赛人典型的作风。**
- **他们的行为并非出于真诚，而是为了赢得人的称赞，活出敬虔的外貌，却失去了敬虔的实质。**
- **Hypocrisy was a hallmark of the Pharisees. Their actions were not driven by sincerity but by a desire for human praise. They displayed an outward appearance of godliness while lacking its true essence.**



- 耶稣责备的，不是行为本身，而是人的动机，人的态度。
- 真正属灵操练，不是外在的模仿，而是内在生命的流露。
- Jesus' rebuke was not against the actions themselves but against people's motives and attitudes.
- True spiritual discipline is not about outward imitation but an overflow of inner life.



- **真正的敬虔不是刻意隐瞒，也不是为了炫耀，而是发自内心的真实流露。**
- **True godliness is neither about deliberately hiding nor about showing off—it is a genuine outpouring from the heart.**



- **施舍应出于爱（爱心），祷告是向神倾心吐意（诚心），禁食是专心寻求神的旨意（专心）。**
- **Giving should come from love (a heart of compassion), prayer should be sincere (pouring out our hearts to God), and fasting should be done with devotion (seeking God's will wholeheartedly).**



- **另一个重复关键词：「他们已经得了他们的赏赐」**
- **若只是为了人的称赞，那么所得的也仅限于人的回报，无法得着神的奖赏。**
- **Another repeated key phrase is: "They have received their reward"**
- **If the motivation is merely for human praise, the reward received is limited to the approval of people and cannot secure God's reward.**



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- 「你父在暗中查看，必然报答你」 (太 6:4, 6, 18)
- "Your Father who sees in secret will reward you" (Matt. 6:4, 6, 18)



**6:4**

要叫你施舍的事行在暗中，  
你父在暗中察看，必然报  
答你。

so that your giving may be in  
secret. Then your Father, who  
sees what is done in secret, will  
reward you.

**6:6**

你祷告的时候，要进你的内屋，  
关上门，祷告你在暗中的父，  
你父在暗中察看，必然报答你。

But when you pray, go into your room,  
close the door and pray to your Father,  
who is unseen. Then your Father, who  
sees what is done in secret, will reward  
you.





**6:18**

不叫人看出你禁食来，只叫你暗中的父看见。**你父在暗中察看，必然报答你。**

so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.



- **真正的敬虔是在隐秘处发生的，神察看人心，并亲自给予奖赏。**
- **天父的赏赐是确定的，不是模糊的，而是必然的应许。**
- **True godliness happens in the secret place, where God examines the heart and personally grants the reward.**
- **The Father's reward is certain, not vague; it is a guaranteed promise.**



- **敬虔不是外在的表演，而是发自内心、单单向神的真实敬拜。**
- **属灵操练的重点不在于形式，而在于我们的动机和态度。**
- **Godliness is not an outward performance, but a genuine worship that flows from the heart, solely directed toward God.**
- **The focus of spiritual practices is not on the form, but on our motives and attitudes.**





# 一、施舍 —— “隐藏版的慷慨” (6:1-4)

## Giving — “The Hidden Kind of Generosity”



- 施舍不该成为博取掌声的手段，而应是内心自然流露的爱。
- Giving should not be a means to seek applause, but a natural expression of love from the heart.
- 主耶稣说：“你施舍的时候，不要叫左手知道右手所做的。” (6:3)
- But when you give to the needy, do not let your left hand know what your right hand is doing,





# 一、施舍 —— “隐藏版的慷慨” (6:1-4)

## Giving — “The Hidden Kind of Generosity”



- 你施舍时，天父在暗中观看，你的“属灵账户”余额是多少？
- When you give, your Heavenly Father sees in secret. What is the balance of your "spiritual account"?





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# 一、施舍 —— “隐藏版的慷慨” (6:1-4)

## Giving — “The Hidden Kind of Generosity”



- **真正的富足，不在于拥有多少，而在于愿意给予多少。**
- **True wealth is not measured by how much you have, but by how much you are willing to give.**
  
- **愿我们在施舍时，不是为了得到人的称赞，而是因着主的爱，甘心乐意地去帮助有需要的人。**
- **May we give not for the praise of others, but out of the love of the Lord, willingly and joyfully helping those in need.**

## 二、祷告——“隐形的属灵通话” (6:5-15)

Prayer—"Invisible Spiritual Communication"

- 两种错误的祷告方式：**假冒为善的祷告**和**重复无意义的祷告**。
- Two wrong ways of praying: hypocritical prayer and meaningless, repetitive prayer.

你祷告时，是公开表演还是与神的私密对话？

When you pray, is it a public performance or a private conversation with God?



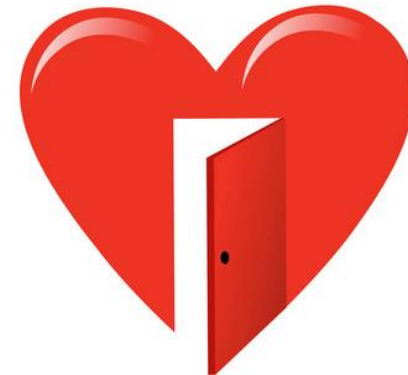
## 二、祷告——“隐形的属灵通话” (6:5-15)

Prayer—"Invisible Spiritual Communication"

### 1. 进入内室的祷告——与神亲密相交

Praying in the secret place—intimately communing with God

- 你祷告的时候，要进你的内屋，关上门，祷告你在暗中的父 (6:6)
- But when you pray, go into your room, close the door and pray to your Father, who is unseen.





## 二、祷告——“隐形的属灵通话” (6:5-15)

Prayer—"Invisible Spiritual Communication"



- 真正的祷告需要**信心**。
- **信心**让我们勇敢进入内室，确信神就在那里垂听；**信心**使我们相信，凡凭**信心**来到祂面前的人，祂必定赏赐。
- True prayer requires faith.
- Faith gives us the courage to enter the secret place, confident that God is there, listening. Faith also assures us that anyone who comes before Him in faith will be rewarded by Him.



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### 2. 不要像外邦人，以为话多就能蒙垂听

Do not be like the pagans, who think that by their many words they will be heard

- 你们祷告，不可像外邦人，用许多重复话，他们以为话多了必蒙垂听。(6:7)
- And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

## 二、祷告——“隐形的属灵通话” (6:5-15)

Prayer—"Invisible Spiritual Communication"

- 你们不可效法他们，因为你们没有祈求以先，你们所需用的，你们的父早已知道了。（6:8）
- Do not be like them, for your Father knows what you need before you ask him.





## 二、祷告——“隐形的属灵通话” (6:5-15)

Prayer—"Invisible Spiritual Communication"



- 祷告是操练我们的信心与顺服。
- 祷告让我们学会倚靠神，而不是靠自己。
- 祷告改变的**不是神，而是我们自己。**
- Prayer is the practice of our faith and obedience.
- Prayer teaches us to depend on God, not on ourselves.
- Prayer does not change God; it changes us.

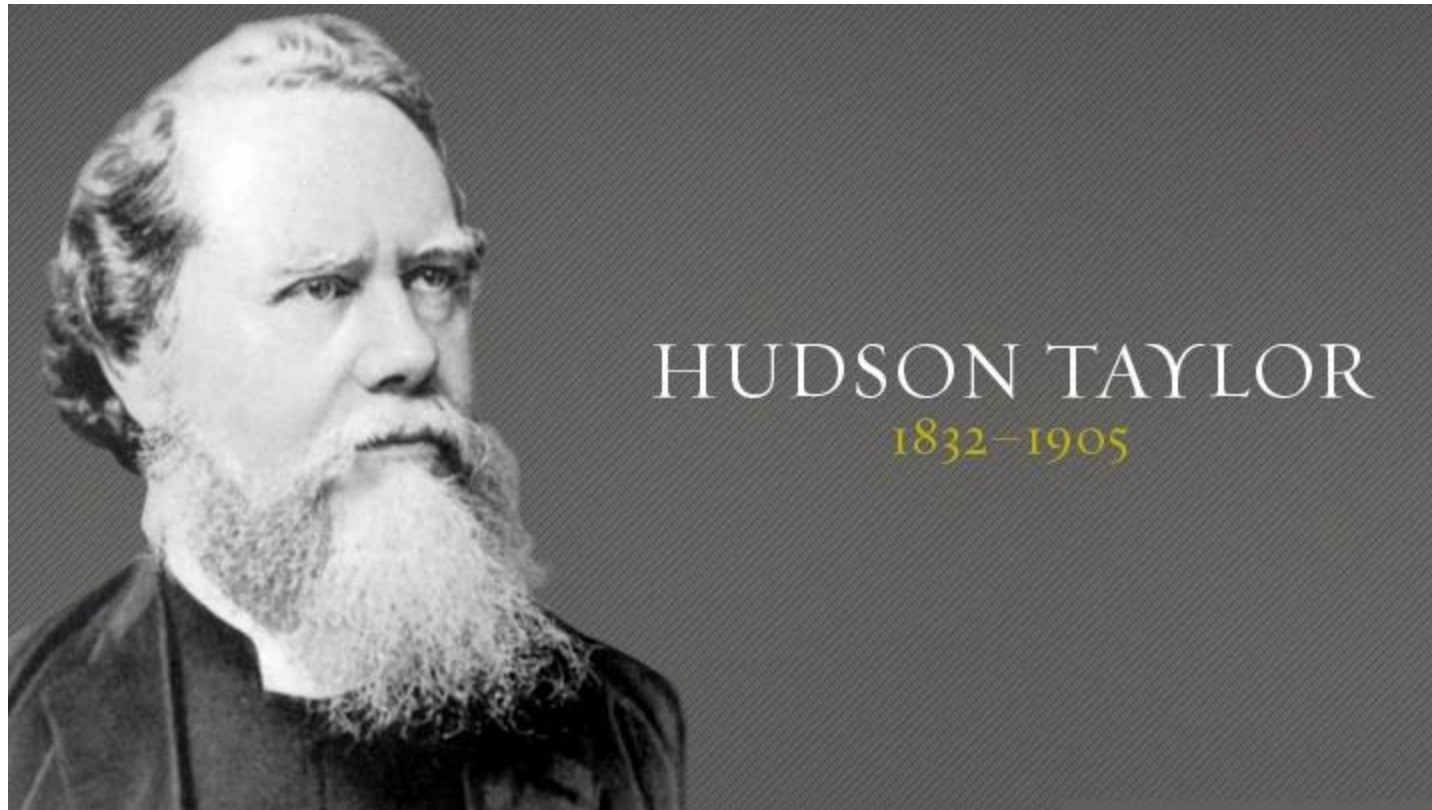


## 二、祷告——“隐形的属灵通话” (6:5-15)

Prayer—"Invisible Spiritual Communication"



**“属神的工作，必须靠属神的方法。”**  
**"God's work must be done by God's methods."**





# 禁食——“隐藏的属灵健身” (6:16-18)

## Fasting—“The Hidden Spiritual Workout”



- 禁食是一个重要的属灵操练，目的是为了更专注于神，而非向人炫耀。
- Fasting is an important spiritual discipline, aimed at focusing more on God rather than showing off to others.
- 禁食有**法定日**（如赎罪日和其他具有重大历史意义的节日）和**自定日**（集体定或个人定）的禁食。
- Fasting can be on appointed days (such as the Day of Atonement and other significant historical festivals) or self-designated days (whether collectively or individually chosen).



# 禁食——“隐藏的属灵健身” (6:16-18)

## Fasting—“The Hidden Spiritual Workout”



- 克己的法利赛人一个礼拜至少禁食两次（路18:12），并四处张扬。
- The self-denying Pharisee fasted at least twice a week (Luke 18:12) and made a show of it everywhere.
- 你禁食时，是为了人点赞还是为了更渴慕神？
- When you fast, is it for the approval of others or to desire God more deeply?





# 禁食——“隐藏的属灵健身” (6:16-18)

## Fasting—“The Hidden Spiritual Workout”



### 禁食的正确态度：

1. 不是为了向人表演，而是为了亲近神。
2. 不是单单不吃东西，而是借此专注祷告和寻求神的旨意。
3. 神必在暗中查看，并赏赐我们（太 6:18）。

### The correct attitude toward fasting is:

1. Not for showing off to others, but to draw near to God.
2. Not just refraining from food, but using it as an opportunity to focus on prayer and seek God's will.
3. God will see in secret and reward us (Matt. 6:18).





# 禁食——“隐藏的属灵健身” (6:16-18)

## Fasting—“The Hidden Spiritual Workout”



以斯帖懇切地流淚禱告  
與百姓們一起為民族的存亡  
禁食了三天三夜

## 结论 Conclusion

- 真正的敬虔不是在社交媒体上发帖，而是在神面前**真实的生命**。
- 问题不在于这些行为本身，而在于**我们的动机**。我们要存着**一颗真诚敬虔的心**，而非为了人的称赞。
- True godliness is not about posting on social media, but about a genuine life before God.
- The issue is not with the actions themselves, but with our motives. We should have a sincere, godly heart, not one that seeks human praise.

## 结论 Conclusion

- 上帝看重的，不是我们在人前如何修饰自己，而是我们在隐秘处的思想与行为。
- 真正蒙神称许的，不是外在的显赫，而是我们在日常生活中是否真实地活出基督的生命。
- What God values is not how we adorn ourselves in front of others, but our thoughts and actions in secret.
- True approval from God comes not from external prominence, but from whether we genuinely live out the life of Christ in our daily lives.

# 结论 Conclusion



# 结论 Conclusion

- 1. 当我们行善时，我们的动机是什么？是为了让别人称赞，还是出于爱心、愿意荣耀神？**
  - 2. 当我们祷告时，我们的焦点在哪里？是关注人怎么看，还是单单向神倾心吐意？**
  - 3. 当我们禁食时，我们是在“做秀”，还是渴望更亲近神？**
- 1. When we do good deeds, what is our motive? Is it to gain praise from others, or is it out of love, desiring to glorify God?**
  - 2. When we pray, where is our focus? Is it on how others perceive us, or is it solely about pouring out our hearts to God?**
  - 3. When we fast, are we "performing," or do we desire to draw closer to God?**

# 结论 Conclusion



- 天国的赏赐不是从人而来的，而是从神而来！人所能给予的夸奖是短暂的，但神所赐的奖赏是永恒的。
- The reward of the Kingdom of Heaven does not come from people, but from God! The praise people give is temporary, but the reward that God grants is eternal.

# 结论 Conclusion

- 愿意放下人的目光，单单寻求神的喜悦？
- 愿意在暗中忠心，深信神必然纪念？
- 当你在暗中施舍，神在天上微笑；当你在暗中祷告，神倾耳聆听；当你在暗中禁食，神悦纳你的心。
- Are you willing to let go of the gaze of others and seek only God's pleasure?
- Are you willing to be faithful in secret, trusting that God will surely remember?
- When you give in secret, God smiles from heaven; when you pray in secret, God listens attentively; when you fast in secret, God accepts your heart.