

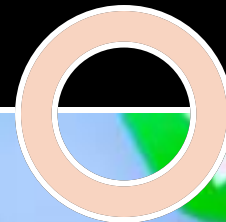


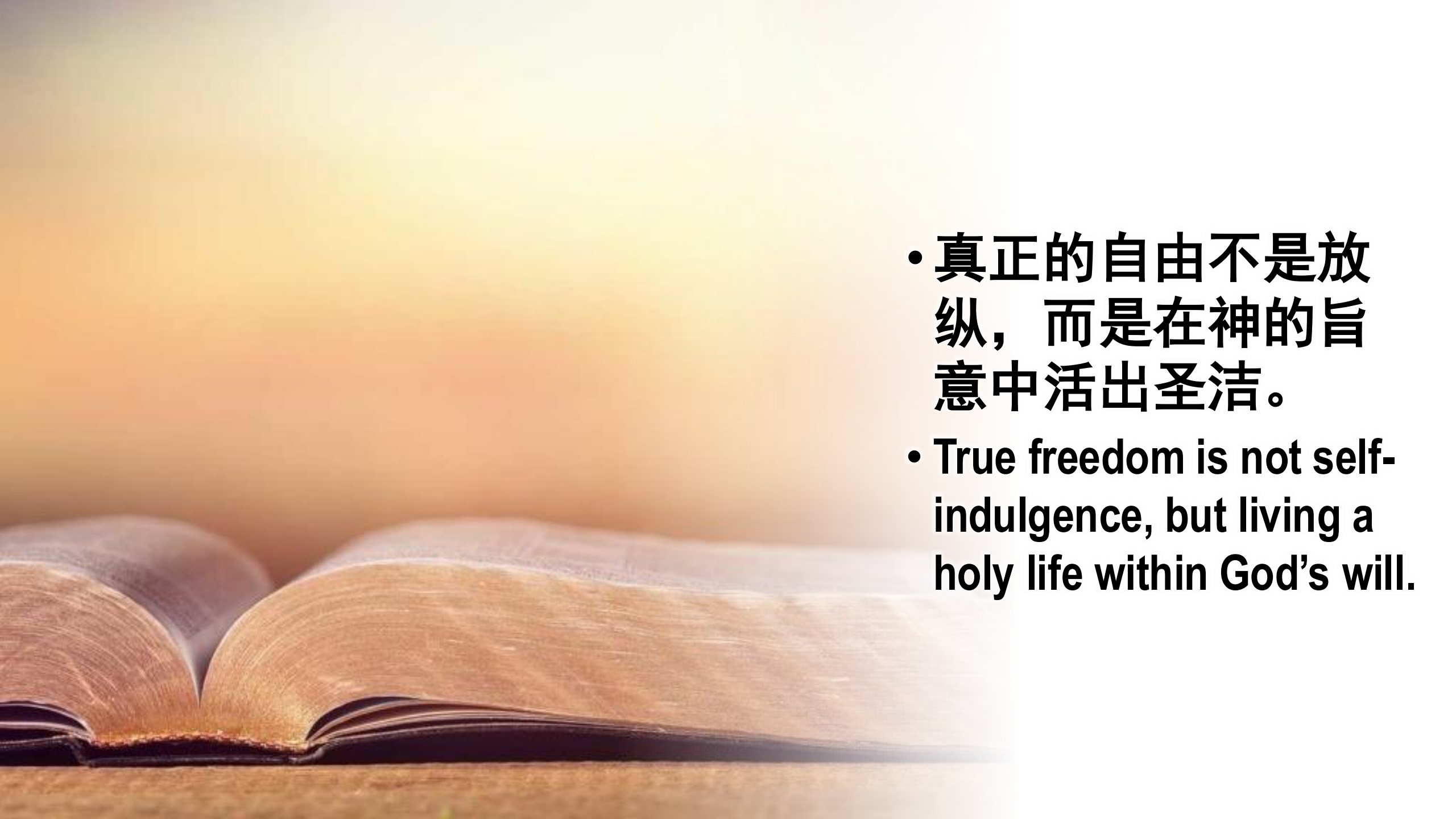
持守圣洁，活出分别为圣的生活

Maintain Holiness and Live a Set-Apart Life

帖撒罗尼迦前书 4:1-12

1 Thessalonians 4:1-12





- **真正的自由不是放纵，而是在神的旨意中活出圣洁。**
- **True freedom is not self-indulgence, but living a holy life within God's will.**

一、找到人生的回家路：神的心意就是你的圣洁（4:1-3）

Finding Your Way Home: God's Will Is Your Holiness



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Finding Your Way Home: God's Will Is Your Holiness



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Finding Your Way Home: God's Will Is Your Holiness

- **结果是什么？我们有了更多选择，却更难做决定。**
- **What is the result? We have more choices, but it's harder to make decisions.**
- **心理学家称之为"选择悖论"——选择越多，焦虑越大。**
- **Psychologists call this the "paradox of choice"—the more choices, the greater the anxiety.**

一、找到人生的回家路：神的心意就是你的圣洁（4:1-3）

Finding Your Way Home: God's Will Is Your Holiness

- 许多人常问："神对我生命的旨意到底是什么？"
- Many often ask, "What is God's will for my life?"



一、找到人生的回家路：神的心意就是你的圣洁（4:1-3）

Finding Your Way Home: God's Will Is Your Holiness

帖撒罗尼迦前书 1 Thessalonians 4:1,3

- 弟兄们，我还有话说：我们靠着主耶稣求你们、劝你们，你们既然受了我们的教训，知道该怎样行，可以讨神的喜悦，就要照你们现在所行的，更加勉励。神的旨意就是要你们成为圣洁，远避淫行；
- Finally, brothers, we instructed you how to live in order to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more. It is God's will that you should be sanctified: that you should avoid sexual immorality;

一、找到人生的回家路：神的心意就是你的圣洁（4:1-3）

Finding Your Way Home: God's Will Is Your Holiness

- 圣洁不是选择题，而是神的旨意。
- Holiness Is Not a Multiple-Choice Question; It Is God's Will.



一、找到人生的回家路：神的心意就是你的圣洁 (4:1-3)

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一、找到人生的回家路：神的心意就是你的圣洁 (4:1-3)

Finding Your Way Home: God's Will Is Your Holiness

家是什么？家不是完美的地方，而是：

What is home? Home is not a perfect place, but rather:

- **你可以做真实的自己的地方** A place where you can be your true self
- **你被无条件接纳的地方** A place where you are unconditionally accepted
- **你有清楚身份和责任的地方** A place where you have a clear identity and responsibility
- **你可以安心成长的地方** A place where you can grow in safety

一、找到人生的回家路：神的心意就是你的圣洁（4:1-3）

Finding Your Way Home: God's Will Is Your Holiness

- 神呼召我们"成为圣洁"，就是呼召我们回到祂的怀抱，回到祂起初的美意，回到我们真正的身份。**
- God's call for us to "be holy" is a call to return to His embrace, to His original good intention, to our true identity.**
- 圣洁不仅仅是道德上的纯洁，更是生命归属权的问题。**
- Holiness is not just about moral purity; it is a question of who your life belongs to.**

一、找到人生的回家路：神的心意就是你的圣洁（4:1-3）

Finding Your Way Home: God's Will Is Your Holiness

- 问题不再是“我能不能做这件事”，而是“这件事是否讨神喜悦？是否符合我作为神儿女的身份？”**
- The question is no longer "Can I do this?" but rather "Does this please God? Does it align with my identity as a child of God?"**

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一、找到人生的回家路：神的心意就是你的圣洁（4:1-3）

Finding Your Way Home: God's Will Is Your Holiness

- 圣洁生活不是律法式的压迫，而是爱的呼召。
- A holy life is not legalistic oppression; it is a call of love.



- 神不是一个严厉的法官在威胁我们，而是一位慈爱的天父在引导我们走向真正的自由和喜乐。
- God is not a stern judge threatening us, but a loving Heavenly Father guiding us toward true freedom and joy.

一、找到人生的回家路：神的心意就是你的圣洁 (4:1-3)

Finding Your Way Home: God's Will Is Your Holiness

当你面临人生重大选择时，问问自己：

When you face major life choices, ask yourself:

1. "这个选择让我更像神造我的样子吗？"

"Does this choice make me more like who God created me to be?"

o 而不只是"这个选择让我更开心吗？"

o And not just, "Does this choice make me happier?"



一、找到人生的回家路：神的心意就是你的圣洁 (4:1-3)

Finding Your Way Home: God's Will Is Your Holiness

当你面临人生重大选择时，问问自己：

When you face major life choices, ask yourself:

2. "这个选择帮助我回到神的家吗？"

"Does this choice help me return to God's household?"

o 而不只是"这个选择符合社会期待吗？"

o And not just, "Does this choice meet societal expectations?"



一、找到人生的回家路：神的心意就是你的圣洁 (4:1-3)

Finding Your Way Home: God's Will Is Your Holiness

当你面临人生重大选择时，问问自己：

When you face major life choices, ask yourself:

3. "这个选择荣耀我天父的名吗？"

"Does this choice bring glory to my Heavenly Father's name?"

o 而不只是"这个选择能带给我最大的利益吗？"

o And not just, "Does this choice bring me the most benefit?"



二、在关系中活出真实：身体是神的圣殿（4:4-8）

Living Authentically in Relationships: The Body as God's Temple

- 很多人在关系中受伤，不知道什么是健康的爱，什么是有毒的依赖。
- Many people get hurt in relationships, not knowing what constitutes healthy love versus toxic dependency.



二、在关系中活出真实：身体是神的圣殿（4:4-8）

Living Authentically in Relationships: The Body as God's Temple

帖撒罗尼迦前书 1 Thessalonians 4:4-5

- 要你们各人晓得怎样用圣洁、尊贵守着自己的身体，不放纵私欲的邪情，像那不认识神的外邦人。
- that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God;

身体是神的殿，不是我们的私产

The Body is God's Temple, Not Our Private Property

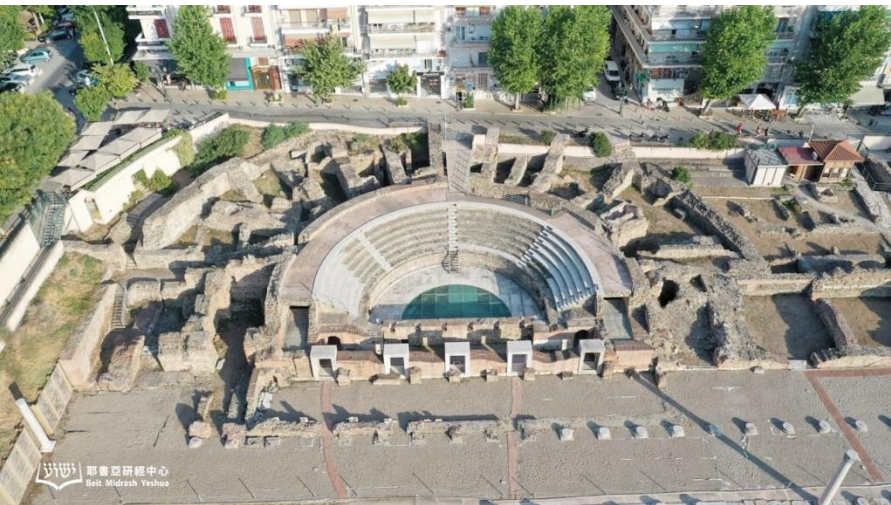
二、在关系中活出真实：身体是神的圣殿（4:4-8）

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- 我们"是重价买来的"（林前6:20），我们的身体是"圣灵的殿"（林前6:19），是"基督的肢体"（林前6:15）。
- We "were bought at a price" (1 Cor 6:20), our bodies are "temples of the Holy Spirit" (1 Cor 6:19), and are "members of Christ himself" (1 Cor 6:15).

二、在关系中活出真实：身体是神的圣殿（4:4-8）

Living Authentically in Relationships: The Body as God's Temple



- 帖撒罗尼迦是一个希腊城市，希腊文化是性放纵的文化。
- 婚外性行为、与庙妓行淫都是社会常态。
- 初信者生活在一个不知道"圣洁"为何物的世界里。
- Thessalonica was a Greek city, and Greek culture was one of sexual permissiveness.
- Extramarital sex and sex with temple prostitutes were social norms.
- New believers lived in a world that knew nothing of "holiness."

二、在关系中活出真实：身体是神的圣殿（4:4-8）

Living Authentically in Relationships: The Body as God's Temple

圣洁的关系有三个特征：

A holy relationship has three characteristics:

1. 尊重 Respect

- 圣经原则："用圣洁、尊贵守着自己的身体"（4:4）
- Biblical Principle: "to control your own body in a way that is holy and honorable" (4:4)
- 这是对神的敬拜，也是对自己身份的认知。
- This is an act of worship to God and an acknowledgment of our identity.

二、在关系中活出真实：身体是神的圣殿（4:4-8）

Living Authentically in Relationships: The Body as God's Temple

圣洁的关系有三个特征：

A holy relationship has three characteristics:

2. 责任 Responsibility

- 圣经原则："不要一个人在这事上越分，欺负他的弟兄"（4:6）
- Biblical Principle: "and that in this matter no one should wrong his brother or take advantage of him." (4:6)
- 真正的爱是有界限的爱，是尊重神所设立秩序的爱。
- True love is love with boundaries; it is love that respects the order God has established.

二、在关系中活出真实：身体是神的圣殿（4:4-8）

Living Authentically in Relationships: The Body as God's Temple

圣洁的关系有三个特征：

A holy relationship has three characteristics:

3. 节制 Restraint

- 圣经原则：不像“那不认识神的外邦人”放纵私欲（4:5）
- Biblical Principle: Do not give in to passionate lust like "the pagans, who do not know God." (4:5)

二、在关系中活出真实：身体是神的圣殿（4:4-8）

Living Authentically in Relationships: The Body as God's Temple

帖撒罗尼迦前书 1 Thessalonians 4:7-8

- 神**召**我们，本不是要我们沾染污秽，乃是要我们成为圣洁。所以，那弃绝的，不是弃绝人，乃是**弃绝那赐圣灵给你们的神**。
- For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.

二、在关系中活出真实：身体是神的圣殿（4:4-8）

Living Authentically in Relationships: The Body as God's Temple

- **我们若是顺着圣灵而行，就不放纵肉体的情欲了。**
- **If we live by the Spirit, we will not gratify the desires of the flesh.**

- **圣洁不是靠自律，而是靠圣灵的大能。**
- **Holiness is not achieved by self-discipline, but by the power of the Holy Spirit.**

二、在关系中活出真实：身体是神的圣殿（4:4-8）

Living Authentically in Relationships: The Body as God's Temple

- **当我们与神的关系正常时，我们自然会渴慕圣洁；当我们的生活不圣洁时，说明我们与神的关系出了问题。**
- **When our relationship with God is right, we will naturally desire holiness; when our lives are unholy, it indicates a problem in our relationship with God.**

三、在日常中见证生命：最好的布道是你的生活（4:9-12）

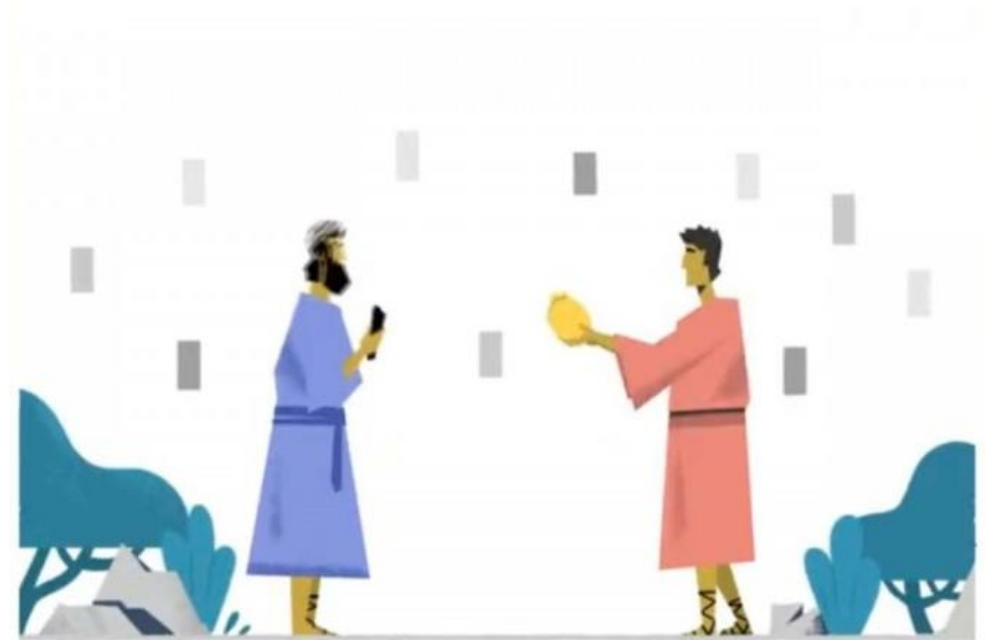
Bearing Witness in Daily Life: The Best Testimony is Your Life



三、在日常中见证生命：最好的布道是你的生活（4:9-12）

Bearing Witness in Daily Life: The Best Testimony is Your Life

- 最好的见证不是你说了什么，而是你活出了什么。
- The best testimony is not what you say, but what you live out.



三、在日常中见证生命：最好的布道是你的生活（4:9-12）

Bearing Witness in Daily Life: The Best Testimony is Your Life

帖撒罗尼迦前书 1 Thessalonians 4:9-10

- 论到弟兄们相爱，不用人写信给你们，因为你们自己蒙了神的教训，叫你们彼此相爱。你们向马其顿全地的众弟兄固然是这样行，但我劝弟兄们要更加勉励。
- Now about brotherly love we do not need to write to you, for you yourselves have been taught by God to love each other. And in fact, you do love all the brothers throughout Macedonia. Yet we urge you, brothers, to do so more and more.

三、在日常中见证生命：最好的布道是你的生活（4:9-12）

Bearing Witness in Daily Life: The Best Testimony is Your Life

帖撒罗尼迦前书 1 Thessalonians 4:10-12

- 又要立志作安静人，办自己的事，亲手做工，正如我们从前所吩咐你们的，叫你们可以向外人行事端正，自己也就没有什么缺乏了。
- Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

三、在日常中见证生命：最好的布道是你的生活（4:9-12）

Bearing Witness in Daily Life: The Best Testimony is Your Life

- 少一点朋友圈的抱怨，多一点私下的代祷
- Less complaining on social media, more private intercessory prayer.
- 少一点办公室的八卦，多一点专业的贡献
- Less office gossip, more professional contribution.
- 少一点争论对错，多一点理解差异
- Less arguing about right and wrong, more understanding of differences.

在浮躁的时代，学会深度思考和专注做事

In this restless age, learn to think deeply and focus on tasks.

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三、在日常中见证生命：最好的布道是你的生活（4:9-12）

Bearing Witness in Daily Life: The Best Testimony is Your Life

- **殷勤诚实的工作** Diligent and honest work
- **安静谦卑的品格** Quiet and humble character
- **彼此相爱的生活** Life of mutual love
- **自给自足的见证** Testimony of self-sufficiency

让外人看见基督徒的不同，进而被吸引来认识神。

Let outsiders see the difference in Christians and be drawn to know God.

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- Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

三、在日常中见证生命：最好的布道是你的生活（4:9-12）

Bearing Witness in Daily Life: The Best Testimony is Your Life

- **家庭中**：作忠诚的配偶，慈爱的父母，孝顺的儿女
- The family: Being a faithful spouse, a loving parent, an obedient child.
- **职场上**：诚实可靠，勤奋负责，与人和睦
- The workplace: Being honest, reliable, diligent, responsible, and peaceable.
- **社区里**：做好邻居，参与公益，传递正能量
- The community: Being a good neighbor, participating in public service, spreading positive energy.
- **教会中**：彼此相爱，互相扶持，同心事奉
- The church: Loving one another, supporting each other, serving with one heart.

结论：回家的路上，一起同行

Conclusion: On the Path Home, Walking Together

你的人生就像一个长途旅行，需要三样东西：

Your life is like a long journey, requiring three things:

1. 清楚的目的地：神的圣洁心意 A Clear Destination: God's Holy Will

- 不是盲目跟随潮流，而是找到神对你生命的心意
- Not blindly following trends, but discovering God's will for your life.



结论：回家的路上，一起同行

Conclusion: On the Path Home, Walking Together

你的人生就像一个长途旅行，需要三样东西：

Your life is like a long journey, requiring three things:

2. 可靠的交通工具：圣灵的能力

A Reliable Vehicle: The Power of the Holy Spirit

- 不是靠自己的意志力，而是依靠圣灵的大能
- Not relying on your own willpower, but depending on the Holy Spirit's power.
- 与神关系正常时，自然渴慕圣洁生活
- When your relationship with God is right, you will naturally desire a holy life.



结论：回家的路上，一起同行

Conclusion: On the Path Home, Walking Together

你的人生就像一个长途旅行，需要三样东西：

Your life is like a long journey, requiring three things:

3. 同路的伙伴：彼此相爱的群体

Fellow Travelers: A Mutually Loving Community

- 不是孤军奋战，而是在爱的群体中成长
- Not fighting alone, but growing in a loving community.
- 用生活见证吸引更多人同行天路
- Using life testimonies to attract more people to walk the heavenly path together.



结论：回家的路上，一起同行

Conclusion: On the Path Home, Walking Together

- 神呼召我们的不是完美的人生，而是圣洁的人生。
- God calls us not to a perfect life, but to a holy life.



结论：回家的路上，一起同行

Conclusion: On the Path Home, Walking Together

- **圣洁的人生会有挣扎，但有方向**
- **A holy life will have struggles, but it has direction.**
- **圣洁的人生会有眼泪，但有盼望**
- **A holy life will have tears, but it has hope.**
- **圣洁的人生会有失败，但有恢复**
- **A holy life will have failures, but it has restoration.**
- **圣洁的人生会有孤独，但有神同在**
- **A holy life will have loneliness, but it has God's presence.**

结论：回家的路上，一起同行

Conclusion: On the Path Home, Walking Together

- **真正的自由不是随心所欲，而是活在神的旨意中，成为圣洁、讨祂喜悦。**

持守圣洁，活出分别为圣的生活

Maintain Holiness and Live a Set-Apart Life



自我反思 Self-reflection

帖撒罗尼迦前书 1 Thessalonians 4:1-12

1. 在我目前面临的选择中，哪一个最需要神的智慧指引？
2. 在我的关系中，哪一个最需要更多的圣洁和界限？
3. 在我的日常生活中，哪一个领域最需要成为见证？

1. Among the choices I currently face, which one most needs God's wisdom and guidance?
2. Among my relationships, which one most needs greater holiness and boundaries?
3. In my daily life, which area most needs to become a testimony?