

第二讲：从听道到行道

From Hearing to Doing

雅各书 James 1:19-27



神在试炼中炼净我们的信心——试炼不是要毁坏我们，而是要更新我们，使我们在基督里越来越成熟。

God refines our faith through trials—trials are not meant to destroy us, but to renew us, making us more and more mature in Christ.

**你上一次因为一篇讲道、一段圣经，
而真实改变了
一个行为、一个习惯、一段关系
——是什么时候的事？**

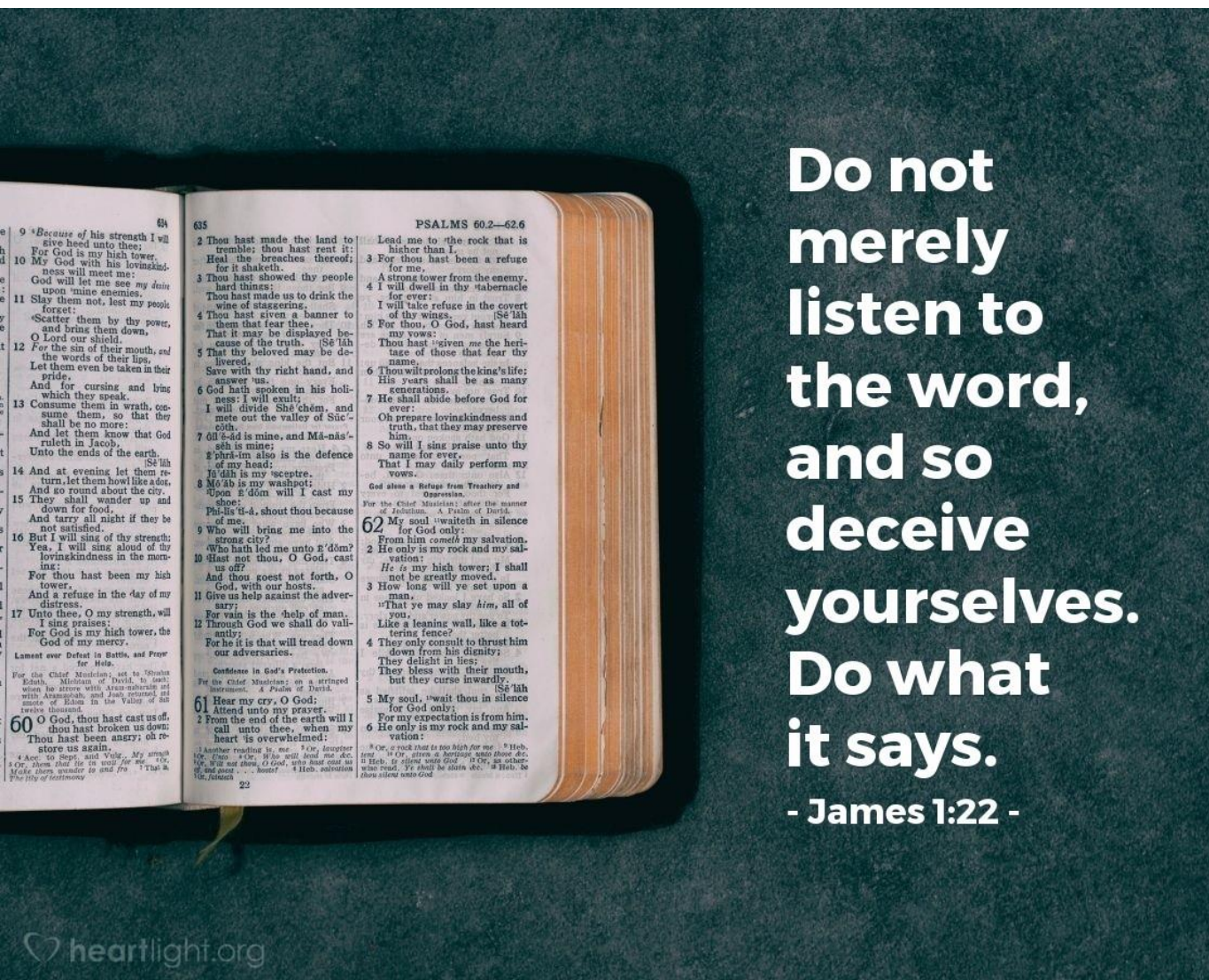
**When was the last time a sermon or a passage of Scripture
truly changed
a behavior, a habit, or a relationship in your life?**

**今天的教会，最不缺的就是
圣经知识、属灵书籍和讲道音频；
但最缺的，是生命真实的改变。**

**In today's church, the one thing we are not lacking is
Bible knowledge, spiritual books, and sermon audio;
but what we lack most is genuine life transformation.**

不是我们不明白真理，而是我们越来越习惯"明白却不顺服"。

It's not that we don't understand the truth, but that we are increasingly accustomed to "understanding without obeying."



Do not
merely
listen to
the word,
and so
deceive
yourselves.
Do what
it says.

- James 1:22 -

只是你们要行道，不要单单听道，
自己欺哄自己。(雅各书 1:22)



一、行道从哪里开始？从重生开始（1:18, 21）

I. Where Does Doing Begin? It Begins with New Birth

1:18

- "祂按自己的旨意，用真道生了我们。"
- "He chose to give us birth through the word of truth."

一、行道从哪里开始？从重生开始（1:18, 21）

I. Where Does Doing Begin? It Begins with New Birth

1:21

- "存温柔的心领受那所栽种的道。"
- "humbly accept the word planted in you."

一、行道从哪里开始？从重生开始（1:18, 21）

I. Where Does Doing Begin? It Begins with New Birth

- 不是：听道 → 努力 → 成为好基督徒**
- It is not: Hearing → Striving → Becoming a good Christian**
- 而是：重生 → 新生命 → 必然活出来**
- Rather: New Birth → New Life → Inevitably lived out**

行道不是基督徒的绩效指标，是基督徒的生命现象。

Doing the word is not a performance indicator for Christians; it's a phenomenon of the Christian life.

一、行道从哪里开始？从重生开始（1:18, 21）

I. Where Does Doing Begin? It Begins with New Birth

- 有一种信仰，可以听很多道，参加很多聚会，参加很多查经，却从未真正让神的道扎根生命。**
- There is a kind of faith that can hear many sermons, attend many meetings, join many Bible studies, yet never truly let God's Word take root in their lives.**
- 这是一种“看起来属灵，却没有生命”的状态。**
- This is a state of "appearing spiritual, but having no life."**

二、只听不行，是最危险的属灵状态（1:19-22）

Hearing Without Doing is the Most Dangerous Spiritual State

1:19-20

- "我亲爱的弟兄们，你们各人要**快快地听，慢慢地说，慢慢地动怒**；因为人的怒气并不成就神的义。"
- "My dear brothers and sisters, take note of this: Everyone should be **quick to listen, slow to speak and slow to become angry**, because human anger does not produce the righteousness that God desires."

二、只听不行，是最危险的属灵状态（1:19-22）

Hearing Without Doing is the Most Dangerous Spiritual State

1:21

- "你们要脱去一切的污秽和盈余的邪恶，存温柔的心领受那所栽种的道，就是能救你们灵魂的道。"
- "Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you."

二、只听不行，是最危险的属灵状态（1:19-22）

Hearing Without Doing is the Most Dangerous Spiritual State



二、只听不行，是最危险的属灵状态（1:19-22）

Hearing Without Doing is the Most Dangerous Spiritual State

1:22

- "只是你们要行道，不要单单听道，自己欺哄自己。"
- "Do not merely listen to the word, and so deceive yourselves. Do what it says."

二、只听不行，是最危险的属灵状态（1:19-22）

Hearing Without Doing is the Most Dangerous Spiritual State

- **这是最难被发现的属灵危机，因为它穿着敬虔的外衣。**
- **This is the most difficult spiritual crisis to detect, because it is clothed in the garment of piety.**
- **最危险的基督徒，不是软弱的人，而是自以为属灵、却从未让道真正改变他们的人。**
- **The most dangerous Christians are not the weak ones, but those who consider themselves spiritual, yet have never let the Word truly change them.**

二、只听不行，是最危险的属灵状态（1:19-22）

Hearing Without Doing is the Most Dangerous Spiritual State

1:14

- 各人被试探，乃是被自己的私欲牵引诱惑的。
- but each person is tempted when they are dragged away by their own evil desire and enticed.

行道不是靠意志力，而是靠生命更新。

Doing the word doesn't depend on willpower, but on life renewal.

二、只听不行，是最危险的属灵状态（1:19-22）

Hearing Without Doing is the Most Dangerous Spiritual State

如果只是靠决心，你会坚持三天。

如果是生命改变，你会走一生。

If it's just based on determination, you might last three days.

If it's a life change, you will walk it for a lifetime.

三、神的话像镜子，照出真实的我（1:23-25）

God's Word is Like a Mirror, Revealing the Real Me

1:23-24

- "听道而不行道的，就像人对着镜子看自己本来的面目，看见，走后，随即忘了他的相貌如何。"
- "Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like."



三、神的话像镜子，照出真实的我（1:23-25）

God's Word is Like a Mirror, Revealing the Real Me

- 神的话就是这面镜子。镜子不说谎。但我们可以选择，要不要正视它告诉我们的真相。
- God's Word is this mirror. The mirror does not lie. But we have a choice: whether to face the truth it shows us.



三、神的话像镜子，照出真实的我（1:23-25）

God's Word is Like a Mirror, Revealing the Real Me

1:25

- "只有详细察看那全备、使人自由之律法的，并且时常如此，这人既不是听了就忘，乃是实在行出来，就在他所行的事上必然得福。"
- "But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do."

三、神的话像镜子，照出真实的我（1:23–25）

God's Word is Like a Mirror, Revealing the Real Me

- **圣灵把神的法则写在我们心里，不是从外部强加的枷锁，而是从内部生发的新生命本能。**
- **The Spirit writes God's law on our hearts—not an externally imposed shackle, but a new life instinct springing forth from within.**

三、神的话像镜子，照出真实的我（1:23-25）

God's Word is Like a Mirror, Revealing the Real Me

- **一个被愤怒支配的人，不是自由的——他是愤怒的奴隶。**
- **A person dominated by anger is not free—they are a slave to anger.**

- **一个被焦虑捆绑的人，不是自由的——他无法真正安息。**
- **A person bound by anxiety is not free—they cannot truly rest.**

三、神的话像镜子，照出真实的我（1:23-25）

God's Word is Like a Mirror, Revealing the Real Me

1:21

- "存温柔的心领受那所栽种的道。"
- "humbly accept the word planted in you."

一个真正经历过恩典的人，不会觉得行道是重担，而会觉得那是爱的回应。

A person who has truly experienced grace does not see doing the word as a burden, but as a loving response.

四、真正的敬虔，长什么样？ (1:26-27)

What Does True Religion Look Like?

1:26-27

- "若有人自以为虔诚，却不勒住他的舌头，反欺哄自己的心，这人的虔诚是虚的。在神我们的父面前，那清洁没有玷污的虔诚，就是看顾在患难中的孤儿寡妇，并且保守自己不沾染世俗。"
- "Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world."

总结

Conclusion

- 行道不是靠意志力撑起来的道德表现，而是重生生命的自然外显。不是更努力的基督徒，而是更真实的基督徒。
- Doing the word is not a moral performance propped up by willpower, but the natural outworking of a reborn life. It's not about being a more diligent Christian, but about being a more genuine Christian.
- 不要只做听众，要做行道者。
- Do not be only hearers; be doers.

总结

Conclusion

- 有没有一件我已经知道神要我顺服，但我拖延很久的事？
- Is there one thing I already know God wants me to obey, but I have delayed for a long time?



总结

Conclusion

- 神今天不是在要求你成为更厉害的基督徒，祂在邀请你成为一个真实的基督徒。
- God is not demanding that you become a more impressive Christian today; He is inviting you to become a genuine Christian.

总结

Conclusion

下讲预告 Next Week's Preview

- 当神的话开始改变我们的行动，下周我们要看到，这被更新的信心，也必然**改变我们如何看人、如何说话——从偏待人到以怜悯待人，从伤人的言语到从上头来的智慧**。雅各书第二章和第三章，将带我们进入一段非常挑战、也非常释放的旅程。
- When God's Word begins to change our actions, next week we will see that this renewed faith will also inevitably **change how we view people and how we speak—from showing favoritism to showing mercy, from hurtful words to the wisdom that comes from above**. James chapters 2 and 3 will lead us on a journey that is both challenging and liberating.

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From Hearing to Doing

自我反思 Self-reflection

雅各书 James 1:19-27



- 1) 雅各说只听不行是"自欺"——你有没有曾经用属灵的语言或活动来拖延一件你其实已经知道该顺服的事？
 - 2) 讲章提到三个敬虔的记号：勒住舌头、看顾软弱者、不沾染世俗。哪一个记号对你来说是最大的挑战？为什么？这一周你可以做一件什么具体的事？
 - 3) 行道是"重生生命的自然外显"，不是靠意志力。但实际生活中，我们常常感觉"知道却做不到"。你觉得在你的生命里，是什么东西最常拦阻你从"知道"走到"行动"？
1. James says hearing without doing is "self-deception" – Have you ever used spiritual language or activities to delay something you already knew you should obey?
 2. The sermon mentioned three marks of true religion: keeping a tight rein on the tongue, looking after the vulnerable, and keeping from being polluted by the world. Which mark is the biggest challenge for you? Why? What is one concrete thing you can do this week?
 3. Doing the word is the "natural outworking of a reborn life," not dependent on willpower. Yet in practical life, we often feel we "know but cannot do." In your life, what do you think most commonly hinders you from moving from "knowing" to "doing"?