

你满足吗?

你会用什么字眼来形容你作为基督徒的现况?

成长	空虚
懊恼	灰心
失望	责任
满意	亲密
被赦免	平庸
受困	痛苦
挣扎	活泼
喜乐	内疚
受挫	蓬勃
兴奋	普通
起伏不定	其他?

你仍有更多的欲望吗?耶稣说:“人若渴了,可以到我这里来喝。信我的人,就如经上所说:从他腹中要流出活水的江河来。”(约翰福音 7:37-38)

耶稣这番话是什么意思呢?圣经作者之一的约翰接下来这样解释:“耶稣这话是指着信他之人要受圣灵说的;那时还没有赐下圣灵来,因为耶稣尚未得着荣耀。”(约翰福音 7:39)

耶稣曾应许凡信靠他的人,圣灵便会满足他们内心的饥渴和心灵的需要。但是,许多基督徒不明白圣灵,也不晓得怎样在日常生活中经历他。

以下的一些原则会帮助你明白并享受神的灵。

天赐的礼物

神赐给我们圣灵,使我们能经历与他亲密的关系并享受他所赐给我们的一切。

圣灵是让我们心灵满足的源头。

圣灵意味着神长久与我们同在。

耶稣说:“我要求父,父就另外赐给我们一位保惠师,叫他永远与你们同在,就是真理的圣灵。”(约翰福音 14:16-17)

圣灵使我们能明白并经历神所赐给我们的一切。

“我们所领受的,并不是世上的灵,乃是从神来的灵,叫我们能知道神开恩赐给我们的事。”(哥林多前书 2:12)

圣灵使我们能经历许多事情:

1. 一个真正全新的属灵生命(约翰福音 3:1-8)
2. 成为神儿女的确据(罗马书 8:15-16)
3. 神无限的爱(罗马书 5:5;以弗所书 3:18-19)

SATISFIED?

What words would you use to describe your current experience as a Christian?

Growing	Empty
Frustrated	Discouraged
Disappointing	Duty
Fulfilled	Intimate
Forgiven	Mediocre
Stuck	Painful
Struggling	Dynamic
Joyful	Guilty
Defeated	Vital
Exciting	So-so
Up and down	Others?

Do you desire more? Jesus said, “If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.” (John 7:37-38).

What did Jesus mean? John, the biblical author, went on to explain, “By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified” (John 7:39).

Jesus promised that God’s Holy Spirit would satisfy the thirst, or deepest longings, of all who believe in Jesus Christ. However, many Christians do not understand the Holy Spirit or how to experience Him in their daily lives.

The following principles will help you understand and enjoy God’s Holy Spirit . . .

THE DIVINE GIFT

God has given us His Spirit so that we can experience intimacy with Him and enjoy all He has for us.

The Holy Spirit is the source of our deepest satisfaction.

The Holy Spirit is God’s permanent presence with us.

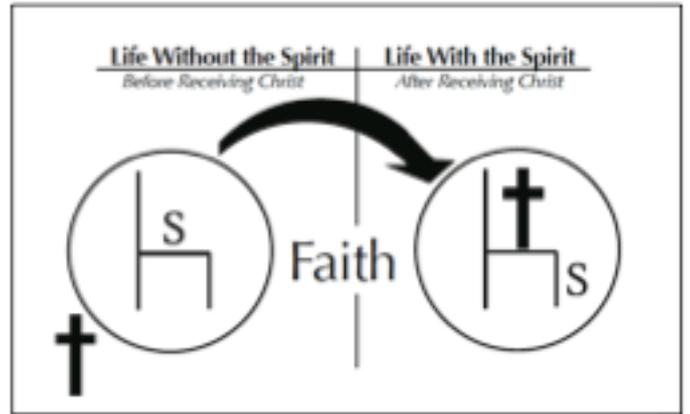
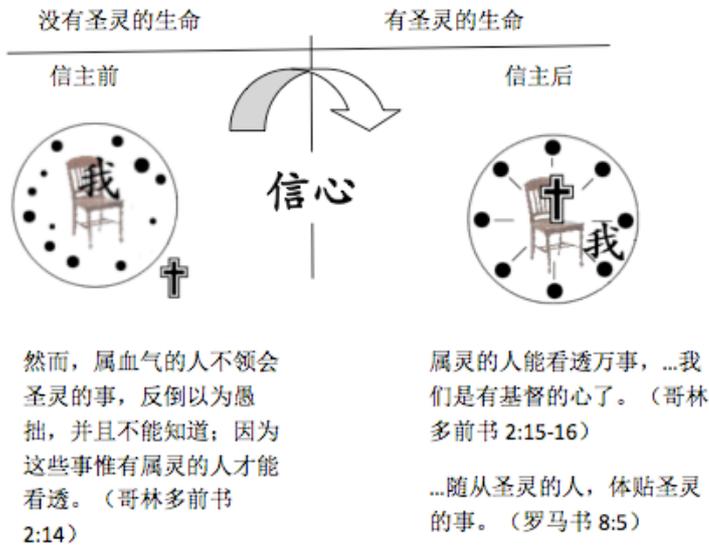
“Jesus said, ‘And I will ask the Father, and he will give you another Counselor to be with you forever— the Spirit of truth’” (John 14:16,17).

The Holy Spirit enables us to understand and experience all God has given us.

“We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us” (1 Corinthians 2:12).

The Holy Spirit enables us to experience many things:

1. A genuine new spiritual life (John 3:1-8)
2. The assurance of being a child of God (Rom. 8:15-16)
3. The infinite love of God (Rom. 5:5; Ephesians 3:18-19)



The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned (1 Corinthians 2:14).

The spiritual man makes judgments about all things...We have the mind of Christ (1 Corinthians 2:15, 16).

But those who are controlled by the Holy Spirit think about things that please the Spirit (Rom. 8:5, NLT).

Why are many Christians not satisfied in their experience with God?

THE PRESENT DANGER

We cannot experience intimacy with God and enjoy all he has for us if we fail to depend on His Spirit.

People who trust in their own efforts and strength to live the Christian life will experience failure and frustration, as will those who live to please themselves rather than God.

We cannot live the Christian life in our own strength.

“Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort?” (Galatians 3:3)

We cannot enjoy all God desires for us if we live by our self-centered desires.

“For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want” (Galatians 5:17).

为什么许多基督徒不满足于他们与神的经历呢？

目前的危机

如果我们不依靠圣灵,我们便不能经历与神亲密的关系并享受他所赐给我们的一切。

那些只为取悦自己而活的人或单靠自己的努力和能力来过基督徒生活的人将会面对失败及挫折。

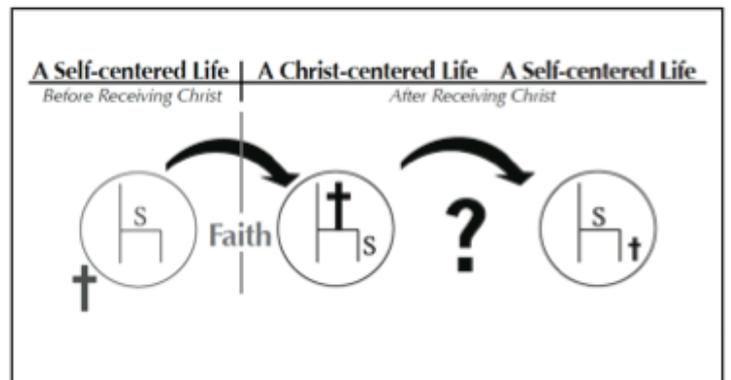
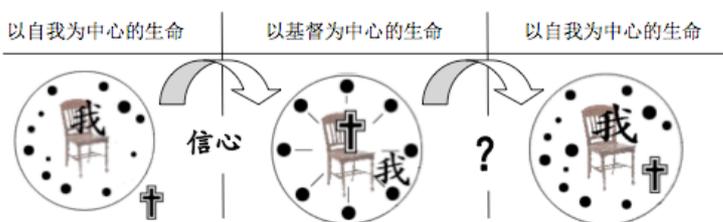
我们不能单靠自己的能力过基督徒的生活

“你们既靠圣灵入门,如今还靠肉身成全吗?你们是这样的无知吗?”(加拉太书 3:3)

如果我们活在以自我为中心的私欲里,我们便不能完全享受神为我们计划的。

“因为情欲与圣灵相争,圣灵与情欲相争,这两个是彼此相敌,使你们不能作所愿意作的。”(加拉太书 5:17)

三种生活方式



弟兄们,我从前对你们说话,不能把你们当做属灵的,只得把你们当作属肉体的,在基督里为婴孩的。我是用奶喂你们,没有用饭喂你们。那时你们不能吃,就是如今还是不能。你们乃是属肉体的,因为在你们中间有嫉妒、纷争,这岂不是属乎肉体,照着世人的样子行吗?(哥林多前书 3:1-3)

我们如何能建立一个依靠圣灵行事的生活方式?

“Brothers, I could not address you as spiritual but as worldly—mere infants in Christ. I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere men?” (1 Corinthians 3:1-3)

How can we develop a lifestyle of depending on the Spirit?

亲密的旅程

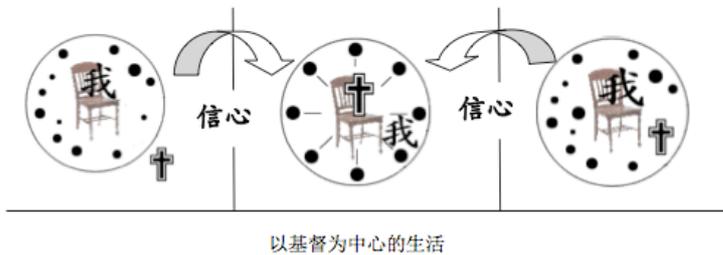
靠圣灵行事能使我们与神更亲近并享受他所赐给我们的一切。

时时刻刻靠圣灵行事是一种生活方式。这是一种学习时刻倚靠圣灵提供丰富资源的生活方式。

当我们依靠圣灵行事时,我们便有能过一个讨神喜悦的生命。“我说,你们当顺着圣灵而行,就不放纵肉体的情欲了。...我们若是靠圣灵得生,就当靠 圣灵行事。”(加拉太书 5:16,25)

当靠圣灵行事时,我们便能与神亲近并享受他所赐给我们的一切。

“圣灵所结的果子就是仁爱、喜乐、和平、忍耐、恩慈、良善、信实、温柔、节制。这样的事,没有律法禁止。”(加拉太书 5:22-23)



信心(信靠神和他的应许)是基督徒靠圣灵生活的惟一方法。

属灵呼吸

属灵呼吸是个强而有力的工具,它可以帮助你时时刻刻倚靠圣灵。

呼出:当你知道你犯罪后,要即刻认罪----认同神对你最的看法,并感谢他赦免你(约翰一书 1:9;希伯来书 10:1-25)。认罪需要悔改----即在态度与行为上的改变。

吸入:顺服基督对你生命的管理,凭信心让圣灵来充满你,使你得力;这是根据以弗所书 5:18 的命令和约翰一书 5:14-15 的应许。

圣灵如何充满我们,使我们得力?

THE INTIMATE JOURNEY

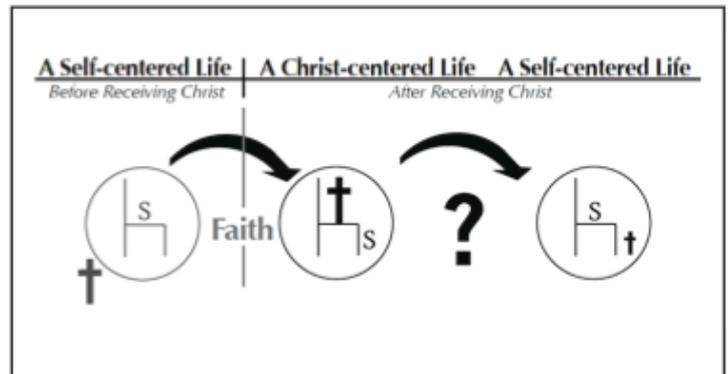
By walking in the Spirit, we increasingly experience intimacy with God and enjoy all He has for us.

As we walk in the Spirit, we have the ability to live a life pleasing to God.

“So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. Since we live by the Spirit, let us keep in step with the Spirit” (Galatians 5:16, 25).

As we walk in the Spirit, we experience intimacy with God and all he has for us.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control” (Galatians 5:22,23).



Faith (trust in God and His promises) is the only way a Christian can live by the Spirit.

Spiritual Breathing

Spiritual breathing is a powerful word picture which can help you experience moment-by-moment dependence upon the Spirit.

Exhale: Confess your sin the moment you become aware of it - agree with God concerning it and thank Him for His forgiveness, according to 1 John 1:9 and Hebrews 10:1-25. Confession requires repentance - a change in attitude and action.

Inhale: Surrender control of your life to Christ, and rely upon the Holy Spirit to fill you with His presence and power by faith, according to His command (Ephesians 5:18) and promise (1 John 5:14-15).

How does the Holy Spirit fill us with His power?

能力的同在

我们凭信心被圣灵充满,使我们能经历与神亲密的关系并享受他所赐给我们的一切。

基督徒生命的特质是神在我们身上和透过我们所做的工作,而不是我们为神做了些什么。信徒靠圣灵的能力活出基督的样式。被圣灵充满就是接受圣灵的引导,从圣灵得力。

我们凭信心透过圣灵来经历神的大能。

“求他按着他丰盛的荣耀,藉着他的灵,叫你们心里的力量刚强起来,使基督因你们的信,住在你们心里,叫你们的爱心,有根有基。”(以弗所书 3:16-17)

常常问自己的三个重要问题:

1. 我现在是否已经预备好顺服在耶稣基督的管理之下?(罗马书 12:1-2)
2. 我现在是否已预备好承认我的罪
罪叫神的圣灵担忧(以弗所书 4:30)。但是因着基督为你的罪而死的缘故,神在爱中赦免了你的一切的罪(过去、现在及未来)。
3. 我是否真诚地渴望接受圣灵的引导,从圣灵得力?(约翰福音 7:37-39)

根据他的命令和应许,凭信心接受圣灵的充满:
神命令我们要被圣灵充满“...乃要被圣灵充满”(以弗所书 5:18)

神应许我们,当我们照他的旨意求时,他必垂听我们的祷告。

“我们若照他的旨意求赦免,他就听我们,这是我们向他所存坦然无惧的心,既然知道他听我们一切所求的,就知道我们所求于他的,无不得着。”(约翰一书 5:14-15)

如何祈求被圣灵充满...

转折点

惟有凭借信心,我们才能被圣灵充满

真诚的祷告是表达信心的一个方法,以下是一个可供参考的祷告:

亲爱的父亲,我需要你。我承认因为我主导自己的生命而得罪了你。我感谢你,藉着基督在十字架上为我死,你赦免了我的罪。现在我邀请基督再次执掌我生命的宝座。求你以圣灵充满我,正如你命令我要被圣灵充满,也正如你的话语应许我,只要凭信心祈求,便可被充满。我是奉主耶稣基督的名求的。如今我感谢你以圣灵充满我,引导我的生命。

这个祷告是否合乎你的心愿?如果是,你现在可以祷告,并深信神要圣灵充满你。

THE EMPOWERING PRESENCE

We are filled with the Spirit by faith, enabling us to experience intimacy with God and enjoy all he has for us.

The essence of the Christian life is what God does in and through us, not what we do for God. Christ's life is reproduced in the believer by the power of the Holy Spirit. To be filled with the Spirit is to be directed and empowered by Him.

By faith, we experience God's power through the Spirit.

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith” (Ephesians 3:16,17).

Three important questions to ask yourself:

1. Am I ready to surrender control of my life to our Lord Jesus Christ?
2. Am I ready now to confess my sins? (1 John 1:9) Sin grieves God's Spirit (Ephesians 4:30). But God in His love has forgiven all of your sins - past, present, and future - because Christ died for you.
3. Do I sincerely desire to be directed and empowered by the Holy Spirit? (John 7:37-39)

By faith claim the fullness of the Spirit according to

His Command and Promise:

God commands us to be filled with the Spirit. “... be filled with the Spirit” (Ephesians 5:18)

God promised He will always answer when we pray according to His will.

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know he hears us - whatever we ask - we know that we have what we ask of him” (1 John 5:14-15).

How to pray to be filled with the Holy Spirit . . .

THE TURNING POINT

We are filled with the Holy Spirit by faith alone.

Sincere prayer is one way of expressing our faith. The following is a suggested prayer:

Dear Father, I need you. I acknowledge that I have sinned against You by directing my own life. I thank You that You have forgiven my sins through Christ's death on the cross for me. I now invite Christ to again take His place on the throne of my life. Fill me with the Holy Spirit as you commanded me to be filled, and as You promised in Your Word that You would do if I asked in faith. I pray this is the name of Jesus. I now thank you for filling me with the Holy Spirit and directing my life.

Does this prayer express the desire of your heart? If so, you can pray right now and trust God to fill you with His Holy Spirit.

如何知道你已被圣灵充满?

你有没有求神的圣灵充满你?

你知不知道你现在已被圣灵充满?

有任何根据吗?(根据神本身的信实和他的话:希伯来书 11:6; 罗马书 14:22-23)。

当你继续时时刻刻靠神的圣灵行事时,你会经历及享受与神亲密的关系和他所赐给你的一切(一个真正丰盛和满足的生命)。

一个重要的提醒... 不要依靠感觉

我们所根据的是神的话语---圣经的应许,不是我们的感觉。基督徒的信心(信靠)在神本身的信实和他的话语里生活。事实(神和他的话),信心(我们对神和他的话的信靠)和感觉(我们信心和顺服的结果)三者之间的关系好比乘坐飞机。



如果要搭乘飞机,我们就必须相信这架飞机的可靠性和那位掌舵的飞行师。我们的感觉不论是相信或是担忧,都不会影响飞机承载我们的能力,但我们的感觉却会影响我们在旅途上的心情。同样的,我们基督徒不应该靠感觉或情绪,而是把我们的信心放在神的信实和他话语的应许上。

现在你已被圣灵充满

感谢神因为圣灵会使你:

能在你的生命中荣耀基督(约翰福音 16:14)

能在你对神的认识上及他话语中成长(哥林多前书 2:14,15)

能过一个讨神喜悦的生活(加拉太书 5:16-23)

记得主耶稣的应许:

“但圣灵降临在你们身上,你们就必得着能力,并要在耶路撒冷、犹太全地和撒玛利亚,直到地极,做我的见证。”(使徒行传 1:8)

你满足了吗?

How to know that you are filled by the Holy Spirit

1. Did you ask God to fill you with the Holy Spirit?

2. Do you know that you are now filled with Holy Spirit?

3. On what authority? (On the trustworthiness of God Himself and His Word: Hebrews 11:6; Romans 14:22- 23.)

As you continue to depend on God's Spirit moment by moment you will experience and enjoy intimacy with God all He has for you - a truly rich and satisfying life.

An important reminder ... Do not Depend on Feelings

The promise of God's Word, the Bible - not our feelings - is our authority. The Christian lives by faith (trust) in the trustworthiness of God Himself and His Word. Flying a jet can illustrate the relationship among fact (God and His Word), faith (our trust in God and His Word), and feeling (The result of our faith and obedience) (John 14:21).



To be transported by a jet, we must place our faith in the trustworthiness of the aircraft and the pilot who flies it. Our feelings of confidence or fear do not affect the ability of the jet to transport us, they do affect how much we enjoy the trip. In the same way, we as Christians do not depend on feelings or emotions, but we place our faith (trust) in the trustworthiness of God and the promises of His Word.

Now That You are Filled With the Holy Spirit

Thank God that the Spirit will enable you:

To glorify Christ with your life (John 16:14).

To grow in your understanding of God and His Word (1 Corinthians 2:14,15).

To live a life pleasing to God (Galatians 5:16-23)

Remember the promise of Jesus:

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth: (Acts 1:8).

Are you Satisfied?