

# 1

Developing Your New Relationship With God Series

## Understanding Your Relationship with God

### Introduction:

- Receiving Christ and becoming a Christian is not an end in itself, but a start of a new relationship with God that affects your whole life.
- What does it mean to have and live a relationship with God? We can understand this better as we see what God has done for us and grasp where he wants to take us.

### 1) Your Relationship with God Is an Undeserved Gift

All of us have sinned (Romans 3:23), and we all deserve God's rejection and punishment (Romans 6:23). However, you can have confidence that God has fully accepted you and that you have been given a good relationship with Him when you have entrusted your life to Christ.

#### Read Ephesians 2:8-9

Paul explains here what makes acceptance by God possible. Three words are key.

#### Grace: Unmerited favor, undeserved love

*What role did grace play in establishing your relationship with God?*

#### Saved: Rescued, spared from disaster

*From what are you rescued or saved? (You can consult Ephesians 2:1-3)*

#### Faith: Believing trust, reliance

*Does this say faith is something we do that earns us a relationship with God? What role does faith play?*

**Key Question:** Suppose you were standing before God and He asked you, "Why should I let you spend eternity with me in Heaven?" *What would you say?*

# 1

发展你与神的新关系系列

## 理解你与神的关系

### 导言

- 接受耶稣基督并成为基督徒，这本身不是一个结束，而是开始一种与神的新关系，它会影响你的一生。
- 与神有一种和好关系，并活在这种关系中。这有什么意义呢？如果我们看见神为我们做了什么，并理解他要把我们带到哪里去，我们就能更好地理解这种关系。

### 1) 你与神的和好关系是一件你不配得到的礼物

我们所有的人都有罪（罗马书 3:23），都应得到神的拒绝和惩罚（罗马书 6:23）。但是，当你将你的生命交给耶稣基督时，你可以相信神已完全接受你，并将与他良好的关系赐予你。

#### 阅读以弗所书 2:8-9

在这里，保罗解释如何才能被神接受。这里有三个关键词。

#### 恩典：不配得到的喜欢，不应得到的爱

*在建立你与神的和好关系中，恩典起了什么作用？*

#### 得救：拯救，从灾难中得释放

*你从什么中得救？（可以参考以弗所书 2:1-3）*

#### 信心：相信，信任，依靠

这里是不是说信心使我们挣得与神的和好关系？信心扮演了什么角色呢？

**关键问题：**假如你站在神面前，他问你：“为什么我要让你在天堂里和我一起经历永生？”你怎么回答？

## 2) God Did Great Things for You Through Christ

When you put your faith in Christ and he entered your life, Christ did many amazing things for you. Here are four important things that God had Christ do for you.

### 1. Christ paid for your sins

#### **Read Colossians 1:13-14**

When you trusted in Christ, all your sins were paid for and you were forgiven. *What difference does it make to you to know all your sins are forgiven?*

### 2. Christ gave you eternal life

#### **Read I John 5:11-13**

*According to this, on what is eternal life based?*

*When does eternal life begin for you?*

### 3. Christ gave you a new birth spiritually

#### **Read John 3:5-8**

Physical birth gives you physical life. Spiritual birth gives you spiritual life. Some evidences of a new spiritual life from Christ are gratitude and love towards God, real concern for others, regret over sin, a desire to read the Bible, and more. Look for these changes within you. With time, they should grow stronger too.

### 4. Christ made you God's child

#### **Read John 1:12-13**

Christ gave us the right to be adopted into God's own family. Despite all our sins and failings, because of Christ, God made us his own sons and daughters. This is how he relates to us now.

## 2) 神通过耶稣基督为你做了美妙的事

当你信靠耶稣基督的时候，他就进入你的生命。耶稣基督为你做了许多奇妙的事。这里是神和耶稣基督为你做的四件重要的事。

### 1. 耶稣基督赎了你的罪

#### **阅读歌罗西书 1:13-14**

当你相信耶稣基督时，你所有的罪都被赦免了。当你知道你所有的罪都被赦免的时候，*你会有什么不同？*

### 2. 耶稣基督给你永生

#### **阅读约翰一书 5:11-13**

依照这里，永生的基础是什么？

对你来说永生从何时开始？

### 3. 耶稣基督给你属灵的新生

#### **阅读约翰福音 3:5-8**

肉体的诞生给你肉体的生命，灵里的诞生给你属灵的生命。从耶稣基督得到新的属灵生命的迹象包括对神的感激和爱，对他人的关心，对罪的悔改，对读圣经的渴求，等等。观察你自己身上发生的这些变化，随着时间的推移，它们也会变得强烈。

### 4. 耶稣基督使你成为神的孩子

#### **阅读约翰福音 1:12-13**

耶稣基督给予我们成为神的家庭中一员的权利。尽管我们的罪和过失，因着耶稣基督，神使我们成为他自己的儿子和女儿。这就是我们与他的关系。

### 3) God Has a Wonderful, Important Plan for You

Most of us would like problem-free lives where everything goes our way. That is not what God promises us in our relationship with him. In fact, the Bible is clear that we will face hardships as we follow Christ (Acts 14:22). This scares off some people. However, what God has in mind for us is so good that it is worth any cost.

#### Read John 10:10

*What did Jesus say he came for us to have? What do you think this means?*

#### Read I Peter 2:24

*When Christ died for our sins, what goal did he have in mind for you and me?*

#### Read John 15:11

*What does Jesus say we can have if we listen to him?*

We usually think of finding happiness through pleasurable external circumstances. Our joy is usually tied to what happens to us. God's way, however, is different. He wants his children to find joy as a result of what he does inside us. He wants to make you and I more like Jesus, and he wants to do good and important things for others through us (Ephesians 2:10).

As you regularly draw close to God and follow Jesus, you grow spiritually and your joy and fulfillment increase—in both good times and hard times of all sorts! You cannot find joy like this anywhere apart from following Jesus.

If you wonder whether or not you can really follow Christ like this, the next Bible promise gives us encouragement.

### 3) 神对你有一个美妙、重要的计划

我们大多数人喜欢没有问题的生活，并喜欢任何事都按我们的意愿进行。这不是神对我们和他关系的应许。实际上，圣经明确地表明，我们跟从耶稣基督会面对困难（使徒行传 14:22）。这会吓退一些人。但是，神对我们的计划是如此美好，以至于值得我们付出任何代价。

#### 阅读约翰福音 10:10

*耶稣基督如何说他来所赐给我们的是什么？你认为这是什么意思？*

#### 阅读彼得前书 2:24

*当耶稣基督为我们的罪死的时候，他对你和我有什么目的？*

#### 阅读约翰福音 15:11

*耶稣基督说如果我们听从他，我们能得到什么？*

我们经常想从外界愉快的环境中得到快乐。我们的喜悦时常同我们所经历的事物捆绑起来。但是，神的方法是不一样的，他希望他的孩子从我们在我们内心所作的事之中寻找喜悦。他希望使你和我更像耶稣基督。他也希望通过我们对他人做美好和重要的事。（以弗所书 2:10）

当你时常亲近神和跟从耶稣基督，在任何顺利和艰难的时候，你的灵都会成长，你的喜悦和成就也会增长。如果你远离耶稣基督，在任何地方，你都无法找到这样的喜悦。

如果你担心你是否能真正如此跟从耶稣基督，下一个圣经应许给予我们勇气。

## 4) God Will Never Leave You or Forsake You

### Read Hebrews 13:5

*Does the writer leave room for any possible situations in which God might leave or forsake those who have truly put their trust in him?*

*Will God ever give up on his purposes for you when you fail or fall into sin?*

### Summary:

- God did great things for you through Christ, he wants you to experience joy through following Jesus, and he won't forsake you. *Are any of his commitments particular meaningful to you right now?*
- Again, NONE of the benefits God gives us are earned or deserved. They are based totally on Jesus Christ and what he has done for us.

**This week**, review and reflect on what God has done for you. Thank him for all his benefits.

How do we grow in our relationship with God? This 7 topic series is designed to help you with this. We explore developing your relationship with God through prayer, the Bible, and fellowship, and experiencing God working in and through you. Next time we look at an important practical issue: how to experience fellowship with God even after we have done wrong.

#### For further reading on understanding your relationship with God:

- Forgiven: Colossians 1:13,14; 2:13-14
- Eternal Life: I John 5:11-13, John 5:24; 10:27-29
- New Birth: Eph. 2:4-7; Col. 3:9-11; Titus 3:4-7, I Peter 1:3-5
- God's Child: Romans 8:15-17, I John 3:1-2
- God's Plan: Romans 6:4; 8:28-29, Galatians 5:22-23
- God's Commitment: Romans 8:38-39, John 10:27-30

## 4) 神永远不会离弃你

### 阅读希伯来书 13:5

*作者是否留有余地地说，在某些情况下，神可能会离弃那些真正相信他的人？*

*当你有过失或犯罪的时候，神可不可能放弃他对你的计划？*

### 总结:

- 神通过耶稣基督对我们行了美好的事，他希望我们通过跟从耶稣基督经历喜悦，他不会离弃我们。有没有任何一条神对你的应许，*现在对你来说特别有意义？*
- 再次强调，神给我们的好处没有一项是我们挣得的或是我们应得的。它们完全是建立在耶稣基督和他为我们所作的事情上。

**这周**，回顾并思考神为你做了什么？为他赐的所有的好处感谢他。

我们如何发展与神的关系？这个七个主题的系列是为帮助你理解这个问题，通过祷告、读经和聚会发展你与神的关系，以及经历神在你里面和通过你所做的工。下一次，我们将探究一个重要的实际问题：甚至当我们做了错事后怎样感受与神的交通。

#### 进一步阅读关于你与神的关系

- 饶恕：歌罗西书 1:13,14; 2:13-14
- 永生：约翰一书 5:11-13, 约翰福音 5:24; 10:27-29
- 新生：以弗所书 2:4-7; 歌罗西书 3:9-11; 提多书 3:4-7; 彼得前书 1:3-5
- 神的孩子：罗马书 8:15-17, 约翰一书 3:1-2
- 神的计划：罗马书 6:4; 8:28-29, 加拉太书 5:22-23
- 神的应许：罗马书 8:38-39, 约翰福音 10:27-30

# 2

## Staying in Fellowship with God

### Introduction:

- Trusting in Christ enables us to have a relationship with God.
- However, when we do wrong, how is our relationship with God affected?

### 1) Your Basic Relationship With God Does Not Change, But Your Fellowship with Him Does

- Your **basic relationship** with God is your position with God as his child.
- Your **fellowship** with God is your experience of God and his love—having loving communication with God and seeing God work in and through you for your good.

When true Christians choose to sin, our basic relationship with God is not broken, but our fellowship is affected.

A father and child example: Once you are born or adopted into a family, your father will always be your father—that is a permanent relationship. One day your Father is expressing real concern for you, but you don't like what he says. You get angry, say something hurtful and abruptly walk away. *How will this affect your fellowship with him?*

Here are some differences between basic relationship and fellowship with God:

Basic Relationship With God	Fellowship With God
Began when you received Christ (John 1:12)	Began when you received Christ (Colossians 2:6)
Maintained by God (John 10:27-29)	Maintained in part by us (1 John 1:9)
Does Not Change (Hebrews 13:5)	Changes when we sin (Psalm 66:18)

# 2

## 持续与神相交

### 简介:

- 我们相信基督的大能使我们得以与神和好
- 可是当我们犯罪跌倒时，我们跟神的关系会有甚么影响？

### 1) 你跟神的基本关系不会起变化, 但中间的亲密程度却会有所改变.

-你跟神的**基本关系**是你作为祂的儿女的身分

-你跟神的**亲密程度**则反映于你对神及神爱的经历, 来自每天与神沟通及确认神在你身上的工作

当一位已真正接受基督的人选择犯罪，他跟神的关系不会被破坏，但他和神的亲密程度却会受影响。

一个父子的比喻：从你出生或正式被收养的一天起，你的父亲就永远是你的父亲---这是一个永久关系。假如一天你的父亲出于关心教训你，但你不喜欢他所说的话，一意孤行。*这会如何影响你与他的亲密程度？*

以下是一些基本关系和亲密程度的分别:

與神的基本關係	與神的親密相交
在你接受耶穌的一刻開始 (約翰 1:12)	在你接受耶穌的一刻開始(歌羅西 2:6)
乃神所維持(約翰 10:27-29)	我們需渴慕追求 (約翰一書 1:9)
永不改變 (希伯來 13:5)	被我們的不潔破壞 (詩篇 66:18)

God made us his children so we can have fellowship with him. We can have fellowship with God through talking to him in prayer, letting him speak to us through the Bible, in worship and sharing deeply with other Christians, and by letting God work in and through us. We have a big problem though.

## 2) Sin Disrupts Our Fellowship With God

Sin is a major problem for both non-Christians and Christians. What is sin though?

Sin is not just wrong actions such as lying, stealing, immoral behavior and hurting others. Our sinful actions come from wrong attitudes, such as envy, ingratitude, and not caring if we hurt others. At the most basic level, though, sin is turning our back on God and what he wants for us. All other sins flow from this main sin.

1. For those without Christ, sin prevents a relationship with God and keeps people under God's judgment.

### **Read Romans 6:23**

*What about unbelievers who try to live good, moral lives? Are they separated from God? Why or why not?*

2. For those with Christ, sin disrupts our fellowship with God.

### **Read I John 1:5-8**

This says God is light (v. 5). *What do you think it means then to walk in darkness?*

*If we are walking in darkness, what does verse 6 say about our fellowship with God?*

神在基督里叫我们成为祂的儿女,好使我们能藉着向祂祷告、聆听及学习神的话、敬拜、和其他弟兄姊妹的深层分享、让神在我们身上或透过我们工作,得以与祂亲密的相交。但是...

## 2) 罪破坏我们与神的亲密程度

不论对基督徒或未信耶稣的人而言,罪都是一个大问题。我们首先了解清楚什么为罪。

罪不只是坏行为,比如说谎、偷窃、不道德的行为、伤害他人。其实,我们的坏行为来自于思想的罪性,如嫉妒、不感激、不为他人着想。在最根本的层面,罪就是违背神的心意。所有罪都是从这个根本的罪而来。

1. 对未有接受基督的人,罪拦阻他们与神的关系和好,使他们伏在神的审判和震怒底下。

### **读罗马书 6:23**

*那些有好行为,却不信耶稣的人又怎样? 他们与神隔绝吗? 为甚么?*

2. 对基督徒,罪破坏他们和神的亲密相交.

### **读约翰一书 5:8**

这里说神是光(5节)。你认为是“行在黑暗中”?

*如果我们行在黑暗当中,第六节怎样描述我们与神的亲密程度?*

### 3) Christ Made Fellowship with God Possible

#### Read Colossians 2:13-14

*How does this say God made us spiritually alive and forgave us?*

We can imagine God having against us a list of our sins that break his standards and demand punishment. However, when we turned to Christ, it is as if God took that list and nailed it to Christ's cross for him to pay in our place. Our sins are paid for and we are alive to God. We just need to live in good fellowship with him now.

### 4) Confession Restores Our Fellowship with God

Put yourself back in the father and child example. *What would you need to do to restore fellowship with your earthly father?*

#### Read I John 1:9

Three words here are key to understanding restored fellowship with God.

**Confess:** We confess when we

1. admit wrong actions and attitudes to God without excuse and
2. express regret over what we have done

**Faithful:** God can always be counted on to forgive us whenever we sincerely confess

**Purify (Cleanse):** In addition to forgiving us, God purifies/cleanses us—those sins are gone and your conscience can be clear

A toy train illustration: A father in California bought his son a small electric train set as a present. One day it stopped working. After carefully examining the set, they discovered a tiny metal sign had fallen onto the train tracks. This shorted out the set and kept the city's vast power from reaching the toy train. Once the obstacle was removed, it worked fine. In the same way, holding onto sins is a barrier that short circuits God's power working in our lives, and we stop growing spiritually. When we confess, God clears out the barrier so we can experience his love and transforming power.



### 3) 是基督使我们得以与神亲密相交

#### 请读 歌罗西书 2:13-14

*这里圣经说神怎样使我们得以在灵里重生和饶恕我们的罪?*

我们可以设想神曾拥有一张清单, 其上列举了我们一生所犯的罪. 原本我们是要为这上面的罪受罚, 但当我们接受基督, 神就把那张清单钉在基督的十字架上, 使我们应受的惩罚归到基督身上. 因着耶稣基督所付的代价, 我们已得新生命. 我们只需要开始与神亲密的相交.

### 4) 认罪能恢复我们跟神的亲密程度.

让我们回到父子的比喻. *你认为你应如何重新恢复与父亲的亲密相交?*

#### 读 约翰一书 1:9

以下是三个恢复与神亲密相交的要点.

**认罪:**我们承认我们的罪当我们

1. 不找任何借口, 在神面前坦白承认我们错误的行为和态度.
2. 表达我们心里的痛悔和内疚.

**信实:**只要我们认我们的罪, 我们可以肯定神会赦免我们的罪、洗净我们的不义.

**得洁净:**神不只赦免我们的罪, 祂更愿意洁净我们, 更新 我们的全人, 使我们可以放下罪的重担, 面向明天, 努力追求圣洁.

一个玩具火车的比喻:加州一位父亲买了一架小型电动火车给他的儿子作为礼物. 可是不久, 火车不动了. 检查过后发现原来一个小铁片掉进火车轨, 把它短路了. 不论电插座上的电力有多充足, 都无法驱动火车模型. 可只要移开小铁钉, 火车就能重新开始走动. 同样, 沉溺罪中会阻碍神的大能在我们生命中的工作, 令我们停止在灵里的成长. 当我们认我们的罪, 神会移开障碍, 使我们可重新经历祂的大爱和改变的大能.



*How often do you need to confess your sins to God?*

*If you keep struggling with a particular sin and you keep sincerely confessing it to God, will God ever stop forgiving you? (Matthew 18:21-22)*

It is not that Christians do not sin; it is that they are grieved by their sins. If your sinning does not especially bother you, this can be a sign that you have not really trusted your life with Christ yet. However, if you feel bad after sinning, this is a sign that Christ is within you--prompting you to confess and turn back. (Romans 7:21-8:2)

If you have confessed your sins and you still feel guilty, rely on God's promises of forgiveness, not your feelings. **Read Psalms 32:5 & 103:12**

#### **To Do:**

1. Ask God to reveal every sin in your life and then list these on a piece of paper. Be completely honest since this is just between you and God.
2. After completing your list, write over it the promise of I John 1:9.
3. Thank God for his forgiveness accomplished by Christ dying for us.
4. Tear up the list and throw it away.

#### **Summary:**

- Our relationship with God as his children does not change, but our fellowship with him is broken when we knowingly do wrong and sin. As a result, we stop growing spiritually too.
- We need to regularly confess all our sins to God to stay in fellowship with Him. Otherwise we won't experience God's good working in and through us—making us more like Jesus, rejoicing even in hardships.

**This week**, be sensitive to when you sin and then confess right away. Thank God for his forgiveness. You can also read through Psalm 51.

Next time we will look at building a closer relationship with God and having fellowship with him through Prayer.

*你经常向神认你的罪吗？*

*如果你一直在一样特别的罪上挣扎，同时又不断真心的向神认罪，神会一直饶恕你吗？(读马太福音 18:21-22)*

要知道基督徒不是不犯罪，我们是为我们的罪痛心疾首。如果你犯罪但你不觉有甚么特别，这可能表示你还没有真正接受耶稣，献上你的生命在祂的手里。相反，若你犯罪后感到很难过，这是一个基督在你生命里面的标志---叫你认罪及回转(罗马书 7:21-8:2)

如你已认罪但仍然感到内疚，我在这里鼓励你靠着神的应许和慈爱相信祂，而不是靠自己的感觉。(读诗篇 32:5 及 103:12)

#### **作业:**

1. 求神开你的眼，让你看见你生命中的罪，然后写在一张纸上。要坦诚，因为这只是你与神之间的事情。
2. 完成清单后，在其上抄写约翰一书 1:9。
3. 感谢神因着基督被钉十字架而成就的饶恕。
4. 把纸撕碎、扔掉。

#### **总结:**

- 我们和神的关系: 祂的儿女的身分，永不会改变。但当我们故意犯罪，我们和神的亲密程度就遭到破坏。我们因而停止在灵里长进。
- 我们需要定时向神认我们的罪，渴慕与祂亲密的相交。不然，我们就不能经历到神在我们生命中的工作---叫我们更像主耶稣基督，在患难中存感恩的心。

**这一周**尝试留意自己的罪，并向主认罪。为主的赦免感谢他。请读诗篇 51。

下一次我们会探讨如何与主建立更深的关系和用祷告与主相交。

# 3

Developing Your New Relationship With God Series

## Developing Your Relationship with God through Prayer

### Introduction:

- Prayer is expressing to God what is in our heart. Through prayer we grow spiritually in our relationship with our heavenly father.
- God, the Creator and Lord of the universe, hears and answers our prayers. That he lets us come to him anytime and anywhere is a great privilege that Christians enjoy.

### 1) Why Pray?

We have many reasons to pray. Here are a few.

1. To make requests knowing God will always give us what is best

#### Read Matthew 7:7-11

We can make requests for ourselves and for others. God will give us good things when we ask (v. 11). *However, what does this imply if we ask God for something he does not think is good for us?*

God answers our prayers yes, no, or wait. He likes to say yes. If not, it is because 1) he knows what we want really won't be good for us and/or others, 2) he has something better in mind, or 3) he sees the timing is not right yet.

2. To get God's help in following Jesus

#### Read Hebrews 4:16

Sometimes God leaves us in difficult situations. Following Christ in difficulties develops us (James 1:2-4). However, God does not leave us on our own. When tempted, or even after failing, we can still approach God on his throne of grace in prayer. *What does this say we can expect as a result?*

# 3

增进你与神的新关系系列

## 通过祷告增进你与神的关系

### 导言:

- 祷告是向神表达你内心的想法。通过祷告，我们会越来越以神为中心，并且属灵生命也会逐渐强壮。
- 神是宇宙的创造者和主宰。我们能够随时随地来到他面前是基督徒享有的一个特权。

### 1) 为什么要祷告?

祷告的原因有很多。下面列出了几点。

1. 提出代祷事项，知道神会给我们最好的

#### 阅读马太福音 7:7-11

我们可以为自己和他人祷告。当我们向神求的时候，他也会给我们好的事物 (v. 11)。但是，如果我们向神要了一样他认为对我们不好的东西意味着什么？

神会以三种方式回答我们的祷告：行，不行，等一等。神愿意对我们说行，但有时候 1) 他知道我们想要的不会对我们和 / 或他人有益处，2) 他为我们预备了更好的，3) 他认为时机尚未到。

2. 求神帮助我们跟随耶稣

#### 阅读希伯来书 4:16

有时候神会让我们经历难处。在困境中跟随基督能塑造我们(雅各 1:2-4)。但是，神不会不管我们。当我们受试探的时候，或者甚至在我们失败之后，我们仍然可以通过祷告来到神施恩的宝座前。这样的话，我们可以期待什么样的结果呢？

3. To experience God's peace when troubled

**Read Philippians 4:6-7**

If you are anxious about something--anything, Paul says to pray about it. *What does he say will happen if we do this?*

4. To develop a growing love relationship with your heavenly father

**Read Matthew 22:36-38**

*If you were a father to a child who only spoke to you to ask you to do things and get things they want, how would you feel about your child?*

In the same way, God wants us to come to him in prayer so we can get closer to him, seek his will, and become what he wants us to become. Doing this develops our love relationship with God and transforms us.



## 2) How Do We Pray?

We can always learn more about prayer. The Bible talks about praying alone and with others, silently and aloud, in different physical positions and more. Most important though, is expressing yourself to God in ways that open up your heart to him. In all situations, four types of prayer help with this. (“ACTS”)

1. Adoration: You tell God how much you love him and you acknowledge his greatness. This worship shows affection and respect. (**Read Psalm 63:1-5**)
2. Confession: You admit your wrong actions and attitudes, express regret and ask for forgiveness. God then cleanses you of your sins so you can have fellowship with him. (**Read Psalm 51:1-7**)
3. Thanksgiving: You thank God for all he has done for you and others. This reminds you of God's goodness; and he deserves thanks! (**Read Psalm 75:1**)
4. Supplication: You ask God to work in your life and in the lives of others. This gains God's intervention and help. (**Read Psalm 143:8-10**)

3. 在患难中经历神的平安

**阅读腓立比书 4:6-7**

如果你为某一事务而挂虑，保罗建议你祷告。我们这样做会有什么样的结果？

4. 增进与天父爱的关系

**阅读马太福音 22:36-38**

*如果你的孩子只向你索东西或者只求你为他做事情，你对这个孩子的感觉会如何呢？*

同样，神希望我们通过祷告亲近他，寻求他的心意，成为合他心意的人。祷告增进我们与神爱的关系。祷告改变我们。



## 2) 我们如何祷告？

在祷告上我们总是可以不断地学习。圣经中提到单独或与他人一起，有声的或者无声的，还有处于不同姿势的祷告。最重要的是向神敞开你的心。以下四种祷告对此会有帮助。

1. 敬拜：告诉神你对他的爱并且承认他的伟大。这表明你对神的尊敬和爱戴。(**阅读诗篇 63:1-5**)
2. 认罪：承认自己错误的行为和态度，并且为其感到懊悔。神会洗清你的罪，使你恢复与他亲密的关系。(**阅读诗篇 51:1-7**)
3. 感恩：对神为你和他人所做的一切献上感恩。这提醒你有神良善。他配得我们的感谢！(**阅读诗篇 75:1**)
4. 代求：求神在你和他人的生命工作中。这会带来神的参与和帮助。(**阅读诗篇 143:8-10**)

What if you don't feel thankful or adoring of God though? God knows your heart and he does not want you to be phony. Be real with God, tell him how you feel, but ask him to change your heart. Ask him if you need to change something too.

### 3) What Can We Expect When We Pray?

When you are trusting in and following Christ . . .

1. Expect peace and some times of joy in God's presence

#### Read Psalm 16:11

Philippians 4:6-7 said God's peace comes through prayer. Here we see joy is found in God's presence. Sometimes when we do not feel anything, we need to persevere and not give up. Rather than primarily seeking the feelings though, seek to know and please God. Then joy often follows.

2. Expect God to answer some specific requests

#### Read John 16:24

Look for answers to specific prayer requests in upcoming days and weeks.

However, if you are avoiding confessing some known sins, or refusing to obey God in some areas, don't expect these results. God wants us in restored fellowship with himself before he grants us our requests (Psalm 66:18). If you sense a distance from God, ask him if some sin has broken your fellowship.

### 4) When Should We Pray?

1. Spontaneously—Anytime you sense a need for God's help or to be with God, talk to him. With time, you can grow to do this more and more frequently. This also helps develop humble dependence on him.
2. Regularly—Set a regular time to talk to God so you can develop your relationship with him and pray for yourself and others. Try and find a quiet time and place to do this.

如果你不觉得感恩或者爱神呢？神知道你的心，他不希望你心口不一。对神诚实，将你真实的感觉告诉他，但请他改变你的心。并将你是否有需要改变的方面求问他。

### 3) 祷告会给我们带来什么？

当我们信靠跟随耶稣的时候...

1. 神的同在所带来的喜悦

#### 阅读诗篇 16:11

神的同在带给我们喜悦和福乐。有时候我们的心很冷漠，感觉不到什么。但我们要坚持，不要放弃。不要一味追求感觉，而要追求认识并且取悦神，喜悦会随之而来。

2. 期待神回答一些具体的祷告事项

#### 阅读约翰福音 16:24

在接下来的日子里，期待神回答你具体的祷告。

但是，如果你知罪不认，或者在某些方面拒绝顺服神，那就另当别论了。神希望在应允我们的请求之前，能够恢复与我们的相交。(诗篇 66:18)

### 4) 我们应该在什么时候祷告？

1. 随时 – 任何时候你觉得需要神或者需要他的帮助都可以对他讲。慢慢地，你会经常这样做。这也会帮助你培养依靠他的习惯。
2. 定时 – 找一个固定的时间与神交谈，这样可以增进与神的关系，也可以为自己和他人祷告。最好找一个安静的时间和地点来祷告。

## Summary:

God has provided a way for us to have fellowship with Him through prayer. To develop your relationship with God, include adoration, confession, thanksgiving and supplication in your prayers. You can have confidence God hears and answers your prayers in the way that is best.

## To Do:

- Each day this week, have a “**Quiet Time**” where you read the Bible for a few minutes and then pray for a few minutes. Seek to turn this into a habit to cultivate your relationship with God. Read “Seven Minutes with God” (see below) for more ideas.
- If you have not done so already, start to pray with other Christians. (Matthew 18:20)

We talk to God through prayer. God mainly speaks to us through the Bible. Next time we will look at some ways to develop a closer relationship with God and get God’s direction for our lives through the Bible.

### For Further Reading:

- “Seven Minutes with God”: [www.bibleteacher.org/7mwG.htm](http://www.bibleteacher.org/7mwG.htm)
- “How You Can Pray with Confidence”: [www.transferableconcepts.org/](http://www.transferableconcepts.org/) (in English & Chinese)
- Practical advice about prayer: [www.AllAboutPrayer.org](http://www.AllAboutPrayer.org)
- What it means to pray in Jesus’ name: [www.gotquestions.org/pray-Jesus-name.html](http://www.gotquestions.org/pray-Jesus-name.html) (in English & Chinese)
- How Jesus taught His disciples to pray: Matthew 6:5-13
- Some examples of prayer in the Bible:
  - i. Jesus’ prayer on the night before he was crucified: John 17
  - ii. Prayer of early believers: Acts 4:24-30
  - iii. Paul’s prayer for the Colossian believers: Colossians 1:9-13
  - iv. Many of the Psalms are prayers, e.g., Psalms 5, 8, 13, 30, 139

## 总结:

神为我们提供了一个通过祷告与他相交的方式。为了更好地增进你与神的关系，在你的祷告中包括敬拜，认罪，感恩，和代祷。你可以有把握神会以他最好的方式来聆听并且应允你的祷告。

## 作业:

- 这周，每天用几分钟的时间来“灵修”，即读经和祷告。力争养成灵修的习惯来培养你和神的关系。阅读“与神同行七分钟”（见下）。
- 开始与其他的基督徒一起祷告。（马太福音 18:20）

我们通过祷告与神交谈。神主要通过圣经向我们讲话。下一次，我们将学习如何与神建立一个更亲密的关系并且从圣经中获得神对我们生命的带领。

### 补充材料:

- “与神同行七分钟”: [www.bibleteacher.org/7mwG.htm](http://www.bibleteacher.org/7mwG.htm)
- “凭信心祷告”: [www.transferableconcepts.org/](http://www.transferableconcepts.org/) (中英文)
- 奉耶稣的名祷告是什么意思: [www.gotquestions.org/pray-Jesus-name.html](http://www.gotquestions.org/pray-Jesus-name.html) (中英文)
- 耶稣教他的门徒如何祷告: 马太福音 6:5-13
- 圣经中祷告的例子:
  - v. 耶稣受难前夜的祷告: 约翰福音 17
  - vi. 早期信徒的祷告: 使徒行传 4:24-30
  - vii. 保罗给歌罗西教会的祷告: 歌罗西书 1:9-13
  - viii. 很多诗篇都是祷告, 如诗篇 5, 8, 13, 30, 139

# 4

Developing Your New Relationship With God Series

## Developing Your Relationship With God Through The Bible

### Introduction:

- We talk to God through prayer. God mainly speaks to us through the Bible. He uses the Bible to draw us closer to himself, to guide us, to strengthen us, and to make us into people more like Jesus--caring and joyful in all circumstances. Let's see how this happens.

### 1) Understand that The Bible is God's Word to His People

#### Read II Timothy 3:16-17

This says all scripture (the entire Bible) is inspired by God—literally, “breathed out by God”. *As a result, what practical uses does the Bible have for God's children?*

#### Read II Peter 1:20-21

*How does this say that the prophecies (messages) of scripture came about?*

#### Read Psalm 119:160

*How trustworthy does this say the Bible is?*

### 2) God Strengthens and Nourishes Us Through the Bible

*What do the following verses say will happen as we fill our hearts and minds with the Bible?*

#### Psalm 119:104-5

#### Psalm 119:50

#### Psalm 119:11

# 4

发展你与神的新关系系列

## 通过圣经发展你与神的关系

### 导言:

- 我们通过祷告对神说话，神主要是通过圣经对我们说话。他用圣经拉近了我们与他的距离，引领和巩固我们的信心，让我们活得更象基督---随时随地都喜乐，又充满爱心。让我们看一看这些是如何可以实现。

### 1) 圣经是神要传达给他的子民的话语

#### 阅读提摩太后书 3:16-17

这段经文是说所有的经文（整部圣经）出自神的启示---按字面意思讲，“出自神的口”。因此，圣经对神的儿女来讲有哪些实际用途呢？

#### 阅读彼得后书 1:20-21

这两节说经上的预言（信息）是从哪里来的？

#### 阅读诗篇 119:160

这段经文说圣经是可信的吗？

### 2) 神通过圣经巩固和看护我们的成长

以下几段章节说当我们让圣经占据心思意念时会发生什么事呢？

#### 诗篇 119:104-5

#### 诗篇 119:50

#### 诗篇 119:11

What do the following say about our need for the Bible?

**Matthew 4:4**

**I Peter 2:2**

### 3) True Success Comes Through Living by the Bible

Computer programmers sometime have a “bible” for a particular computer language. This book contains all they need to know to successfully write programs in that language. Christians have such a book for living their lives God’s way—The Bible.

**Read Joshua 1:8**

*Why does God say to meditate on his word day and night? What does he promise comes from carefully following it?*

Many people think being successful is having a lot of money, good health, and/or big accomplishments. However, people can have these and still be empty and unhappy. Success for Christians is having in all circumstances a life of love and joy in which we truly grow to be more like Christ and benefit others.

**Read James 1:22-25**

Say a computer programmer reads through a computer language “bible”. However, he does not like to follow manuals. He writes a program in this new language, but he does not pay much attention to the manual and he writes whatever feels right to him. *How well do you think his program will run? Why?*

If we are not putting the Bible’s teachings into practice, we are deceiving ourselves that our new lives will run as God intends (v. 22). That’s the negative way of putting it. *On the positive side, what does James promise in verse 25?*

**Read John 15:10-11**

*Why does Jesus want us to know and then do what he says in the Bible?*

The Bible is not written as a big “to do” manual. It contains historical accounts, poetry, prophecy, teachings and more. Still, through it we get the guidance we need to follow Jesus and live all aspects of life with our loving God.

以下章节是怎么说我们需要圣经的?

**马太福音 4:4**

**彼得前书 2:2**

### 3) 真正的成功来自于在生活中照着圣经去做

电脑程序员通常说哪本书是某一编程语言的“bible”，那本书里有他们可以用那种语言成功写出程序的所有必要知识。基督徒也有一本如何按神的意愿去生活的参考书—圣经。

**阅读约书亚记 1:8**

*为什么神要我们昼思夜想他的话?他对谨守遵行他的话的人有什么应许?*

许多人认为成功是由金钱，健康和/或成就来衡量的，但是拥有了这些的人们仍会觉得空虚和不幸福。对于基督徒来讲，在任何情况下生命都充满喜乐，活出基督的样子并且让他人也获救才算是真正的成功。

**阅读雅各书 1:22-25**

假设一个电脑程序员仔细阅读了某汇编语言的“bible”，却不愿意照着书上写的去做。他用这种语言写了一段程序，不过是撇开参考书完全由着自己的喜好去写的。 *你认为他的程序会运行的如何呢?为什么?*

如果我们不把圣经里的教导付诸实施，而宣称自己的新生命是按神的意愿塑造的，这完全是自欺欺人(22节)，这是我们去行道的后果。相反，*如果我们去行道，雅各在第25节里又是如何承诺的?*

**阅读约翰福音 15:10-11**

*为什么在圣经上耶稣叫我们知道，然后要依他的话去做呢?*

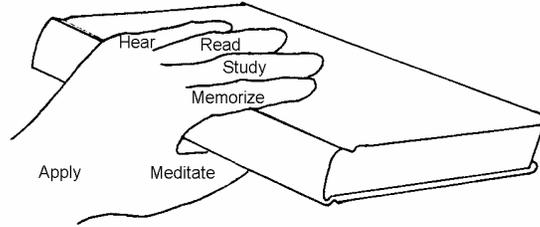
圣经不是一本单纯地记录该做什么事情的手册，它记载了史实，诗歌，预言，教训和其它内容。通过圣经我们了解到如何去跟随耶稣，与爱我们的神同在，活出丰丰富富的新生命。

## 4) We Take in the Bible Through Various Ways

To live our lives according to the Bible and be nourished through it, we need to 1) know it and 2) regularly take it in. The hand illustrates five ways we can do this. If you pick up a book with just two fingers, it is unsteady and easily taken away. However, with all five fingers, your grasp is firm.

### Hearing (Romans 10:17)

God has called leaders to preach and teach the Bible to us. This provides us with insight from Bible study done by spiritually mature people.



### Reading (Revelation 1:3)

Reading the Bible exposes us to God's work and will. Reading the Bible gives us breadth.

### Studying (Acts 17:11)

Studying the Bible gives us insight into the meaning of God's message to us. Studying the Bible gives us depth.

### Memorizing (Psalm 37:31)

Choosing select passages and memorizing them helps us take the Bible's teachings into the core of our hearts and minds.

### Meditation (Psalm 1:2-3)

Meditation is reflecting on God's Word, especially for the purpose of personal application. We consider implications for our own lives. Meditation is the thumb of the Hand. The thumb can touch each finger. Likewise we can meditate on the Bible as we hear it taught, read through it, study it and memorize it.

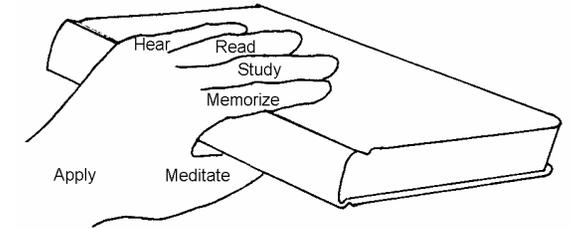
The more we fill our hearts and minds with the Bible, the more we can put it into practice. The more we put it into practice, the more we can experience new life as God intends.

## 4) 我们可以通过多种渠道吸收圣经的经文

为了能够按照圣经去生活，并通过圣经让我们的灵命得到滋养，我们应该 1) 了解和 2) 经常性吸收其中的营养。我们的手可以形象地代表五种学习的方式。如果你用两个手指去拿一本书，书会拿不稳，而且书容易被人抽走，不过，用五个手指一起去拿，就一定会抓得牢。

### 听道 (罗马书 10:17)

神呼召了一些领头人向我们讲道和讲解圣经的经文，听这些灵命成熟的人分享学经心得，可以加深我们对圣经的理解。



### 读经 (启示录 1:3)

读经让我们了解神的工作和神的心意，让我们对经文有更全面的了解。

### 查经 (使徒行传 17:11)

查经可以加深我们对神的话语的理解，让我们对经文有更深刻的认识。

### 诵经 (诗篇 37:31)

有选择地背诵圣经上的一些章节有助于我们把经上的教导扎根在心里和脑海里。

### 默想 (诗篇 1:2-3)

默想是思想神的话语，特别是在个人生活中的应用，我们要思考圣经对个人生活的作用。用大拇指代表默想因为它是最基本的学习方法，就像大拇指可以接触到其它四个手指一样，我们在听道，读经，查经和诵经的时候也离不开默想。

我们的心思意念越多地被圣经充满，我们就越可能付诸于实践。随着我们更多的实践，我们才更能够按神的意愿活出新人生。

## Summary:

- The Bible is God's word to us. God inspired the Bible writers to write what they did to teach, strengthen and guide us.
- As we regularly fill our hearts and minds with God's word, we get the spiritual nourishment we need to grow and live the way God wants us to live.
- We fill ourselves with the Bible through hearing, reading, studying, memorizing and meditating on it.

## To Do:

- 1) If you have not done so already, take a few minutes each day to read from the Bible and ask God to speak to you through this. Establish the habit of a daily **"Quiet Time"** where you talk to God in prayer and also read and ponder his Word for guidance.
- 2) If you have not done so already, go to a church where you can hear the Bible taught. Also get involved in a small group where you can discuss the Bible's teachings and how to apply them.

Next time we will look at some ways to develop a closer relationship with God through fellowship with other Christians.

### For Further Reading:

- A Short Guide to the Bible (in English & Chinese):  
[www.comusa.org/bible/bible.htm](http://www.comusa.org/bible/bible.htm)

### Additional References:

- Online tools to understand and study the Bible:  
[bible.crosswalk.com/](http://bible.crosswalk.com/) (English)  
[www.ccim.org/bibleresource](http://www.ccim.org/bibleresource) (Chinese)
- Bible Difficulties? [www.apocalipsis.org/difficulties.htm](http://www.apocalipsis.org/difficulties.htm),  
[www.carm.org/bible\\_difficulties.htm](http://www.carm.org/bible_difficulties.htm) (English)  
[c-highway.net/book/sjnt12/4/index.htm](http://c-highway.net/book/sjnt12/4/index.htm) (Chinese)
- Historical Reliability and Divine Inspiration of the Bible:  
[www.windmillministries.org/](http://www.windmillministries.org/) (English)  
[cbible.net/seek/0seek.htm](http://cbible.net/seek/0seek.htm) (Chinese)

## 总结:

- 圣经是神对我们说的话。神启示圣经的作者记录他们的行为从而教导，加强和引领我们成长。
- 当我们的心思意念常常专注神的话语时，我们的灵命就得到滋养而成长起来，活出神所喜悦的新生命。
- 我们要通过听道，读经，查经，诵经和默想吸收消化圣经经文。

## 应做的事项:

- 1) 如果你还没有开始做，请每天抽出几分钟时间读经，请求神通过经文给你启发。养成每天找一段时间与神独处的习惯，在这段时间里你通过祷告向神说话，阅读和思考他的话，寻求神的引领。
- 2) 如果你还没有开始做，请去教堂听道。也可以参加查经小组，在小组里和大家一起分享讨论经上的教导和生活中如何去实践的问题。

下一个讲座，我们来看一下如何通过团契生活和神发展更亲密的关系。

### 进一步的阅读:

- 圣经导读 (中英文):  
[www.comusa.org/bible/bible.htm](http://www.comusa.org/bible/bible.htm)

### 更多的参考链接:

- 理解和学习圣经的网上工具:  
[bible.crosswalk.com/](http://bible.crosswalk.com/) (英文)  
[www.ccim.org/bibleresource](http://www.ccim.org/bibleresource) (中文)
- 圣经疑难? [www.apocalipsis.org/difficulties.htm](http://www.apocalipsis.org/difficulties.htm),  
[www.carm.org/bible\\_difficulties.htm](http://www.carm.org/bible_difficulties.htm) (英文)  
[c-highway.net/book/sjnt12/4/index.htm](http://c-highway.net/book/sjnt12/4/index.htm) (中文)
- 圣经的史实查考和神的启示:  
[www.windmillministries.org/](http://www.windmillministries.org/) (英文)  
[cbible.net/seek/0seek.htm](http://cbible.net/seek/0seek.htm) (中文)

# 5

Developing Your New Relationship With God Series

## Developing Your Relationship With God Through Christian Fellowship

### Introduction:

- God has called us to be his children so we can have fellowship with him. However, fellowship with God is not just an individual matter. God wants us to live in fellowship with other Christians too.
- Let's explore why we have fellowship with other Christians, and then how.

### 1) We Experience God's Love As We Develop Loving Relationships with Other Believers

#### Read John 15:10-12

Jesus says to obey his commands so we can experience his love and joy. He then immediately commands us to love each other as he loved us. *According to the Bible, how did Jesus love us?*

This is how Jesus says to love each other in God's family.

Jesus tells us to love all people, even enemies (Matthew 5:44). He says the second greatest commandment is to love your neighbor as yourself (Matthew 22:39). However, only with believers in fellowship with God do we have the potential to give and receive God's love and joy through one another.

#### Read Colossians 3:12-13

As in natural families, conflicts happen in God's family. We have differences and we all continue to sin. However, as we admit our wrongs to God and each other, and extend forgiveness as God forgave us, we can work through conflicts and then experience God's love more deeply than if we never had any conflicts.

# 5

发展你与神的新关系系列

## 通过基督徒团契来发展你与神的关系

### 导言:

- 上帝称我们是他的孩子，是要我们可以与他建立关系。然而，与上帝建立关系不仅是一件个人事情。上帝要我们与其他基督徒建立关系。
- 让我们探索一下为什么和怎样与其他基督徒建立关系。

### 1) 当我们发展与其他信徒彼此相爱的关系时，我们就会经历上帝的爱。

#### 阅读约翰 15:10-12

耶稣要我们遵从他的命令，因此我们能体验他的爱和喜乐。他爱我们，他也要我们彼此相爱。 *根据圣经，耶稣是怎么爱我们？*

这就是耶稣教导我们怎么在上帝的家庭里彼此相爱。

耶稣告诉我们爱所有人，甚至爱敌人 (马太 5:44)。第二个诫命是爱人如己 (马太·22:39)。然而，只有通过上帝，我们才能与信徒互相给予和接受上帝的爱和喜悦。

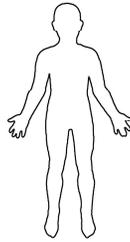
#### 阅读歌罗西书 3:12 - 13

和在自然家庭里一样，在上帝的家庭里也会发生冲突。我们每个人不同，我们继续犯罪。然而，我们彼此承认我们的错误，就如同向上帝承认我们的错误一样，求得饶恕。我们能解决矛盾，通过冲突更深地经历上帝的爱。

## 2) We Are Each a Part of Christ's Body

### Read 1 Corinthians 12:12-13, 27

Paul is writing to believers in Christ and he says that together we make up Christ's body. *What do you think he means by this?* (Note: dictionaries define body as "the physical structure of an organism".)



God's Spirit made each of us a part of Christ's body (v. 13). *Do you think God wants us to relate to him only in private, individual ways then?*

## 3) We Are All Mutually Dependent on Each Other

### Read 1 Corinthians 12:14-21

In a physical body, each member has an important role to play in cooperation with the other members. *What does this analogy say about why Christians need to live in fellowship with other Christians?*

*Do you think all Christians should act and be motivated completely the same? Why is that?*

### Read Ephesians 4:11-16

*Why do we need other Christians in order to mature spiritually?*

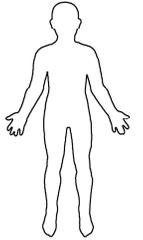
## 4) We Have Christian Fellowship in Various Ways

True fellowship happens when Christians meet together to help and encourage each other to 1) grow in Christ and 2) follow Christ. This builds us up and motivates us. Here are some ways we engage in fellowship.

## 2) 我们是基督的身体的一部分

### 阅读哥林多前书 12:12 - 13, 27

保罗给信徒写信时说，我们一起组成基督的身体。 *您认为这是什么意思？*（注释：字典定义身体作为“有机体的物理结构”。）



圣灵使我们成为基督身体的一部分。(v. 13). *您是否认为上帝要我们与他只有私下的、单独的联系？*

## 3) 我们相互彼此依靠

### 阅读哥林多前书 12:14 - 21

就如我们的身体，每个肢体在与其他肢体合作下都扮演一个重要角色。 *为什么基督徒需要与其他基督徒建立关系，彼此依靠，这个比喻说明了什么？*

*您是否认为所有基督徒都同样应该完全地行动起来？为什么会是那样？*

### 阅读以弗所书 4:11 - 16

*什么需要其他基督徒来帮助我们灵命的成长？*

## 4) 基督徒团契有不同的方式

当基督徒一起见面时，互相帮助并且互相鼓励 1) 在基督里共同成长； 2) 跟随基督。 这些建造我们并且激励我们。 这些是我们参与活动的一些方式。

### Read Acts 2:42

This passage describes what the Christians did in the very first local church—a church characterized by people with “glad and sincere hearts” (v. 44). *When they met together, what were their priorities?*

### Hebrews 10:24-25

*What is this saying to do and not to do? Why do you think we need these?*

### Read Ephesians 4:15

Paul emphasizes both truth and love in our speaking to one another. He says when we do this we will grow up to become more like Christ. *If we speak truth, but we don't do it in a loving way, what can happen?*

*If we try to speak in a loving way, but what we are saying is not really truth, what can happen?*

### Read Ephesians 5:19-20

*What is this saying to do when you come to meet together?*

Many Christians say that in worshipping God with others they experience and enjoy God in ways they can't when they are just by themselves.

### Galatians 6:2

*What are some burdens Christians may face?*

*How can we help each other with our burdens?*

To experience all these types of fellowship, we need some time with other Christians in large gatherings, in small gatherings, and one-on-one. Some times will be more structured while other times will be more informal. *Where are places where you can get fellowship like this?*

### 阅读使徒行传 2:42

这段描述在最初的教会里基督徒是怎样做得--教徒们有着非常“高兴和恳切的心”(v. 44) *当他们见面时, 他们最看重的是什么?*

### 希伯来 10:24 - 25

*什么是要做的和不要做的? 为什么您认为我们需要这些?*

### 阅读以弗所书 4:15

保罗强调在我们互相谈话中要真诚和彼此相爱。他说当我们这样做时, 我们将会成长并且更像基督。 *如果我们讲真话, 但我们不能以爱的方式做事, 什么能发生?*

*如果我们用一个友爱的方式来讲话, 但我们说的不是真相, 什么能发生?*

### 阅读以弗所书 5:19 - 20

*当你们一起见面时, 应该怎样做?*

许多基督徒说当他们在一起崇拜时, 他们体验并且经历神, 这是他们独自所不能经历的。

### 加拉太书 6:2

*基督徒也许会面对什么样的负担?*

*我们可以怎么互相帮助?*

要体验这些关系, 我们需要与其他基督徒在一起。大聚会, 小聚会和一对一。有些聚会是正式的, 有些聚会是不拘形式的。在哪个地方, *您能得到象这样的团体?*

## Summary:

- Loving relationships with other Christians enable us to experience fully God's love and joy.
- Each Christian is a part of Christ's body on earth and so we are mutually dependent. We need regular fellowship with other believers to grow and function as God intends.
- We can have meaningful fellowship as we engage together in
  1. Learning from the Bible
  2. Prayer
  3. Communion
  4. Encouraging one another, especially to love and to do good
  5. Speaking truth in love to each other
  6. Singing praise to God
  7. Helping each other out with problems

## To Do:

1) If you have not done so already, get involved with a local church where the Bible is taught and people want to follow Christ. Don't look for a perfect church (there are none), but get involved where you can grow in Christ, develop loving relationships, contribute to the life of the church, and serve God together.

2) In addition to regular worship services at a church, get involved with other Christians in different encouraging situations such as small groups where you study and discuss the Bible and pray together.

Next time we will look at how we can experience God working in us.

### For Further Reading:

- Connections between love/fellowship with God and love/fellowship with other Christians: 1 John 1:3, 6-7, 2:9-11, 3:10, 14-15; 4:7-12, 19-21
- Christians together in Christ's body: Romans 12:4-8, Colossians 1:18, 24, 2:19, 3:15
- Seek love and unity: John 13:34-35, Romans 15:1-7, Ephesians 4:25-32, Philippians 2:1-5, 1 Thessalonians 4:9-10, 1 Peter 1:22, 3:8-9, 4:8, 2 John 5-6
- How to treat one another: 1 Thessalonians 5:11-15, Hebrews 3:13, 1 Peter 4:8-9

## 总结:

- 与其他基督徒爱的关系使我们充分地体验上帝的爱和喜悦。
- 在这个世界上每个基督徒都是基督的身体的一部分，因此我们是相互依赖。我们需要和其他信徒不断聚会，以求灵命增长。
- 我们的团契生活将有意义，如果我们参与
  1. 学习圣经
  2. 祷告
  3. 圣餐
  4. 互相鼓励，互相关怀
  5. 彼此以关爱的心说诚实话
  6. 歌颂赞美我们的神
  7. 同甘苦，共患难，互相帮助

## 行动:

1) 如果您还未参加教会，请你找一个宣讲圣经、人们渴望跟随基督当地教会。不要寻找一个完善的教会(其实也没有)，而是要参与教会的各种活动，让你在基督中成长，对教会的生活有所贡献，与他人一起服侍上帝。

2) 除通常周日崇拜之外，尽量参加其他基督徒的小组聚会，学习讨论圣经并且一起祈祷。

下次我们将看怎么可以体验上帝与我们同在。

### 进一步阅读关于你与神的关系:

- 连接与上帝的爱和与其他基督徒的爱: 约翰一书 1:3, 6-7, 2:9-11, 3:10, 14-15; 4:7-12, 19-21
- 基督徒在基督里面: Romans 12:4-8, 歌罗西书 1:18, 24, 2:19, 3:15
- 寻求爱和团结: 约翰 13:34-35, Romans 15:1-7, 以弗所书 4:25-32, 腓立比书 2:1-5, 帖撒罗尼加前书 4:9-10, 彼得一书 1:22, 3:8-9, 4:8, 约翰二书 5-6
- 如何互相对待: 帖撒罗尼加前书 5:11-15, 希伯来 3:13, 彼得一书 4:8-9

# 6

Developing Your New Relationship With God Series

## Experiencing God Working in You

### Introduction:

- The Bible says God “has given us everything we need for life and godliness” (2 Peter 1:3). This is a life devoted to God that results in joy. For this, we have seen how God has given us 1) prayer for access to himself, 2) the Bible for spiritual nourishment and overall guidance, and 3) fellowship with other Christians in Christ’s body for mutual love and support.
- Here we will see how God has also given us the power to follow him and change us from the inside out through his Spirit.

### 1) In Ourselves, We Lack the Power to Live As God Intends

#### Read Romans 7:15-25

Paul was one of the most influential and outstanding Christians who has ever lived. Yet here he describes an inner conflict.

*How did he view God’s law that told him how he should live? (vv. 16, 21)*

*What was his conflict then? (vv. 15-19; 23-24)*

*Can you relate at all with this experience?*

Paul describes a universal problem for Christians—wanting to live as God says, but repeatedly failing at parts of doing this. We still have sinful human natures with many ingrained bad habit patterns that hold us back. In ourselves, we find we lack the strength and ability to live new lives. This is very frustrating and leads some to give up on trying. However, God has made a provision for us.

# 6

发展你与神的新关系系列

## 感受神在你身上做的工作

### 导言:

- 圣经上说神“已将一切关乎生命和虔敬的事赐给我们”（彼得后书 1:3）。这是充满喜乐奉献神的生命。为此，我们看到神给了我们 1) 祈祷以接近神， 2) 圣经来丰富灵魂和给我们总的指导， 3) 与基督徒的团契使我们能在基督里互爱互助。
- 这里，我们将看到神如何给我们跟随他的力量并通过圣灵让我们从内到外的改变自己

### 1) 在我们自身，我们缺少按神所期望那样生活的力量

#### 读罗马书 7:15-25

保罗是史上最富影响力及卓越出众的基督徒之一。而他描述了他内心的冲突。

*他如何看待告诉他如何生活的上帝的律法？（16, 21 节）*

*他那时的冲突是什么？（15-19; 23-24 节）*

*你能结合自己这样的经历吗？*

保罗描述了基督徒的一个普遍问题——想象神说的那样生活，但不断的失败。我们仍然有罪恶的人类本性和内在的坏习惯，让我们后退。在我们自身，我们发现自己缺少过新生活的力量和能力。这是非常沮丧的，导致一些人放弃尝试。但神给我们做了预备。

## 2) The Holy Spirit Came to Give Us the Power We Need

### Read Romans 8:1-4

*What did Paul say set him free from the law (ruling power) of sin? (v. 1)*

God has given his Spirit to those who are in Christ Jesus. Verse 4 says if we want to carry out God's righteous requirements, we need to live not according to our human nature corrupted by sin, but according to the Spirit.

### Read John 14:16-17

The Bible always calls God's Holy Spirit "he" and "him", never "it". The Holy Spirit has thoughts, will, and emotions (e.g., Romans 8:26-27, Ephesians 4:30). Here Jesus calls him the Spirit of truth as well as Counselor (or Helper). Jesus emphasizes that the Spirit will not only be with his disciples, but will be in them.

### Read John 16:7

Jesus probably surprised his disciples when he told them it was for their good that he was going away. *Why did he say it was better that he leave them?*

Jesus disciples spent all their time with him, observing him and listening to him. Yet they seemed slow to apply his teachings, and when Jesus was arrested, they all fled out of fear. After Jesus left earth to return to Heaven, the Bible says the Holy Spirit came upon them (Acts 2). The rest of Acts shows how they were changed people after this, joyfully standing up for Jesus even in great hardships.

## 3) The Holy Spirit Empowers Us When He Fills Us

### Read Ephesians 5:17-18

Paul says don't be foolish, understand God's will. He then immediately instructs us to do something that is God's will—be filled with the Spirit.

All true Christians have God's Spirit in them (e.g., John 14:17, Romans 8:9). However, the idea here is to let the Spirit affect all areas of your life. We see this from the contrast Paul makes. When someone gets drunk, alcohol goes throughout them and affects all their thoughts and actions. Paul says this leads to ruin. Instead, Paul says let God's Spirit saturate all areas of your life.

- Holy Spirit indwells us = lives in us (true of all real Christians)
- Holy Spirit fills us = affects every part of us (not always true of us)

## 2) 圣灵给我们所需的力量

### 读罗马书 8:1-4

*保罗说什么让他脱离罪恶的法律（统治力量）？(1:1)*

神把圣灵赐给那些在耶稣基督里的人。罗马书八章第四节说如果我们要执行神正义的要求，我们需要按圣灵生活而不是按我们受罪恶腐蚀过的人性生活。

### 读约翰福音 14:16-17

圣经上称神的圣灵为“他”，“他”，而不是“它”。圣灵有思想，意愿和情感（例如，罗马书 8:26-27，以弗所书 4:30）。耶稣称他是真理的圣灵，也是保惠师（或帮助者）。耶稣强调圣灵不只是和他的门徒在一起，而是在他们里面。

### 读约翰福音 16:7

当耶稣告诉他的门徒他离开是为他们好，他也许让他的门徒吃惊了。*他为什么说他离开他们更好？*

耶稣的门徒花了所有的时间和他在一起，观察他，聆听他。而他们仍然不能很快地实践他的教导。当耶稣被捕时，他们因害怕而逃跑了。在耶稣离开地球回到天堂之后，圣经上说圣灵临到他们（使徒行传 2）。其余的使徒行传显示了他们的变化，即使在极大的困难中，也乐于为耶稣站出来。

## 3) 圣灵充满我们给我们以力量

### 读以弗所书 5:17-18

保罗说，不要作糊涂人，要明白主的旨意如何。接着他立即指示我们按被圣灵充满的神的意愿做事。

所有真正的基督徒都有神的灵在他们里面（例如，约翰 14:17，罗马书 8:9）。但是，这里的主旨是让圣灵影响你的整个生活。我们从保罗做的对比可以看到这一点。当人喝醉的时候，酒精通过他们影响他们的思想和行为。保罗说这会导致毁灭。反之，保罗说让圣灵浸润你的整个生活。

- 圣灵住在我们里面 = 住在我们中间（对所有真正的基督徒是真的）
- 圣灵充满我们 = 影响我们每一方面（有时候不完全如此）

### Read Galatians 5:22

What are the results (fruit) of the Spirit's working in you?

We cannot directly make ourselves loving, joyful, peaceful, etc. However, we can let God's Spirit fill us. When we do this, these traits grow stronger in us and we grow to become more like Christ.

If you want to follow Christ and grow, why is it foolish not to let God's Spirit fill you? It's like being given a car, and then trying to push it everywhere. Very frustrating! Cars are made to run on gas, not human power. Similarly, a Christian life as God intends needs to run on the power that comes from the Holy Spirit, not us.



## 4) The Holy Spirit Fills You When You Give Yourself Fully to God

### Read Romans 6:13

What is this saying to do?

People often want to run their own lives. However, when we just follow our own desires, many of our desires are corrupted by sin. We end up making ourselves servants and instruments of sin. The Bible says the only way to avoid this is to offer all of yourself to God. When we do this, God changes us from the inside out through His Spirit. This produces a joyful, more Christ-like life.

Christians are sometimes afraid of doing this. "Maybe He will make me do things I don't like and I'll be miserable". *What do you say about this comment?*

God loves you. He knows you and what's best for you even better than you. Knowing this gives us confidence, even in hardships, to want to give ourselves fully to God to fill us with his Spirit.

We receive Christ only once, but we need to be filled with God's Spirit regularly. When you are aware you have sinned, practice "spiritual breathing":

- "Exhale"—Confess your sin to God to restore fellowship
- "Inhale"—Give yourself again to God for him to fill you with his Spirit

The more you do this, the more you experience God empowering you to make you more like Christ, joyful in all circumstances.

### 读加拉太书 5:22

圣灵在你身上所结的果子（成果）是什么？

我们无法直接让自己变得充满爱，喜乐，平静等等。但是，我们可以让神的圣灵充满我们。当我们这样做，这些品质在我们里面变得更加明显，而且我们也成长起来变得更象耶稣基督。

如果你想跟随基督成长，为什么要不让神的圣灵充满你呢？这好象有了车，然后推着它到处走。多让人懊恼！车是用汽油开的而不是人力。同样的，象神所期望的基督徒的生活要靠圣灵的力量来运作而不是靠我们。



## 4) 当你把自己完全献给神，圣灵就会充满你

### 读罗马书 6:13

这句话是什么意思？

人们通常想经营自己的生活，但是，当我们只跟从自己的欲望时，许多的欲望会被罪恶所玷污。我们最终让自己成为罪恶的奴仆和工具。圣经上说，避免这样的唯一方法是把自己全部奉献给上帝。当我们这么做，上帝通过他的圣灵从内到外改变我们。这就产生了快乐的更象基督的生活。

基督徒有时害怕。“也许他会让我做我不喜欢的事，那我就惨了。” *你怎么认为？*

上帝爱你。他甚至比你自己更了解你和什么对你更好。了解这点给我们信心，即使在困难中，也要将自己全身心献给神，让他用圣灵充满我们。

我们接受基督只需要一次，但我们需要定期地让圣灵充满我们。当你知道你有罪，就练习“灵魂呼吸”。

- “呼”——向神承认你的罪来修复你和神的关系
- “吸”——再把你自己交给神，让他用圣灵充满你

你练习得越多，你越能感受神赐给你力量，让你更象基督，任何情况下都充满喜乐。

## Summary:

- Because our human natures are still affected by sin, we lack in ourselves the power to follow Christ. Therefore, God gave us the Holy Spirit to live in us and to produce in us the “fruit of the Spirit”.
- The Holy Spirit fills us with his power and we grow to become more like Christ when we regularly give all aspects of ourselves to God. We give ourselves fully to God because we trust him and his love.
- Prayer, Bible learning and fellowship support regularly giving ourselves to God like this. Also, being filled with the Spirit empowers these activities and makes them more meaningful and life changing.

## To Do:

Can you honestly tell God you will fully give yourself to him to fill you with his Spirit and to work in you as he pleases?

- If no, can you share what is holding you back?
- If yes, tell him this now and be filled with his Spirit.

Again, being filled with the Spirit is not a one-time event. To experience God working in you and producing the Spirit’s fruit in you, keep re-giving yourself to God like this, especially after you are aware you have sinned.

Next time we will look at how you can experience God working through you to affect others’ lives.

### For Further Reading:

- “How You Can Be Filled with the Spirit” and “How You Can Walk in the Spirit”:  
[www.transferableconcepts.org/](http://www.transferableconcepts.org/) (in English & Chinese)
- “My Heart, Christ’s Home” (Helpful in understanding what it means to let Christ into all areas of your life):  
[www.hcm2.org/prose/home.htm](http://www.hcm2.org/prose/home.htm)
- Some important Bible verses on the Holy Spirit: John 14:15-28; 15:26-16:15; Romans 8:1-30, 1 Corinthians 12:1-13; Galatians 5:16-26
- Understanding about the Holy Spirit:  
[www.wordtruth.com/theholyspirit.htm](http://www.wordtruth.com/theholyspirit.htm),  
[thinkpoint.wordpress.com/category/holy-spirit/](http://thinkpoint.wordpress.com/category/holy-spirit/)

## 总结:

- 因为人的天性受罪影响，我们缺少跟从基督的力量。因此，神给我们圣灵来住在我们中间，来结出“圣灵的果实”。
- 圣灵用他的力量充满我们。当我们定期将自己全方面交给神，我们就会成长得更象基督。我们将自己全面交给神，因为我们相信他和他的爱。
- 祷告，学习圣经，和团契有助于我们定期地将自己交给神。而且，圣灵的充满赐给这些活动力量，让他们更有意义，更改变生活。

## 作业:

你能诚实地告诉神你会全面地将自己交给他，让圣灵充满你，按他所喜悦的在你身上做工吗？

- 如果不能，你能说说是什么阻挡你？
- 如果能，现在就告诉他，让他的圣灵充满你。

同样的，被圣灵充满不是一次的事。要感受神在你身上做工和结出圣灵的果实，不停地象这样将自己交付给神，特别是在你知道你有罪之后。

下一次我们来看看你如何感受神通过你做工来影响他人的生活。

### 进阶阅读:

- “如何让圣灵充满你”和“如何行走在圣灵中”：  
[www.transferableconcepts.org/](http://www.transferableconcepts.org/) (中英文)
- “我的心，基督的家” (有助理解让基督进入你生活的各方面意味着什么):  
[www.hcm2.org/prose/home.htm](http://www.hcm2.org/prose/home.htm)
- 关于圣灵的重要圣经章节: 约翰 14:15-28; 15:26-16:15; 罗马书 8:1-30, 哥林多前书 12:1-13; 加拉太书 5:16-26
- 了解圣灵:  
[www.wordtruth.com/theholyspirit.htm](http://www.wordtruth.com/theholyspirit.htm),  
[thinkpoint.wordpress.com/category/holy-spirit/](http://thinkpoint.wordpress.com/category/holy-spirit/)

# 7

Developing Your New Relationship With God Series

## Experiencing God Working Through You

### Introduction:

- Last time, we looked at how God's Spirit empowers us to become more like Jesus and joyful in all circumstances, as we offer ourselves to God.
- This time we look at a closely related topic. As we give ourselves to him, God also wants to work through us to benefit others significantly. Letting God work through us deepens our relationships with him too.

### 1) God Has Good Works He Wants to Accomplish Through You

#### Read Ephesians 2:10

God saved us and made us new creations in Christ. *According to this verse, what is one reason he did this?*

Since God has prepared good works for you to do, talk to him to ask what he has in mind for you.

#### Read 2 Corinthians 9:8

Sometimes we may think we do not have much to offer others. Other times we may think we are naturally quite talented. *However, what does this say makes us competent to do the good works God has in mind for us?*

# 7

发展你与神的新关系系列

## 经历神藉着你的作为

### 导言:

- 上一次，我们了解到当我们愿意献上自己，圣灵会赐我们力量让我们变得更像耶稣并且在任何环境中喜乐。
- 今天，我们会学习一个相关的主题。当我们向神献上自己，神也会通过我们大大地祝福他人。允许神使用我们会增进我们与祂的关系。

### 1) 神想通过你成就祂的善工

#### 以弗所 2:10

神拯救了我们，叫我们成为新造的人。根据这节经文，祂这样做的一个原因是什么？

既然神已经给你预备了善工，求祂告诉你祂想让你做的事情。

#### 哥林多后书 9:8

有时候我们会觉得自己能力有限；有时候又觉得自己在某些方面很有天赋。可是根据以上经文，是什么使我们可以为神做祂为我们预备的善工？

## 2) Offer Yourself to God to Work Through You

### Read Romans 12:1

Here Paul says to offer to God our bodies as living sacrifices. *Why do you think he specifies our bodies and not just our minds or hearts?*

Again, people sometimes find it scary to offer themselves to God to do what he wants. However, Paul says to do this “in view of God’s mercy”. God’s mercy toward us proves he loves us. What he wants is best for us.

## 3) God Especially Wants to Empower You to Witness for Christ

### Read Acts 1:8

Jesus is speaking here to his disciples after his resurrection and just before he ascends to return to God the Father. He says they will receive power when the Holy Spirit comes on them. *What does he say will happen next?*

Witnesses tell what they have seen and experienced. To be a witness for Christ is to share what you know and have experienced concerning Christ. *Why do you think Christ wants his followers to be witnesses for him to others?*

The rest of Acts tells how the disciples received the Holy Spirit, were filled with him, and made Jesus known throughout the land. Although they had abandoned Jesus when he was arrested, now, by the Spirit’s power, they joyfully told others about Jesus. Despite hardships and their own flaws, God used them to lead many to Christ—and these new believers became witnesses for Christ too.

### Read 2 Corinthians 5:17-19

Anyone in Christ is a new creation. This is from God who 1) reconciled us to himself through Christ and 2) gave us the ministry of reconciliation. So God not only wants you in a restored relationship with himself, he wants to use you in helping restore others too.

*According to verse 19, the ministry of reconciliation we have been given is to pass on what basic message?*

## 2) 把自己献给神，让祂藉着你工作

### 罗马书 12:1

这里保罗教导我们“将身体献上，当作活祭”。*为什么保罗特指我们的身体而不只是我们的心思意念？*

人有时候会认为做神想让他们做的事情很可怕。可是保罗劝我们这样做是“因着神的恩典”。神的恩典是祂爱我们的最佳凭据。神为我们预备的是最好的。

## 3) 神想赐你力量去为祂作见证

### 使徒行传 1:8

这是耶稣复活后，要升天回到父那里之前跟门徒们讲的话。他告诉门徒们当圣灵降临到他们身上时，他们就要获得能力。*他接着还说了什么？*

见证人把自己的所见所闻和经历告诉别人。作基督的见证人就是将自己关于基督的经历与别人分享。*为什么耶稣想让他的门徒向别人作他的见证人呢？*

使徒行传其余的部分讲述主的门徒如何领受了圣灵，被圣灵充满，以及在全地为耶稣基督作见证。尽管当日耶稣被捕时他们弃绝了主，如今他们靠着圣灵的能力，充满喜乐地传讲耶稣。虽然他们有患难和软弱的时候，但神仍然使用他们领人归主——这些新信主的人以后也成为耶稣的见证人。

### 歌林多后书 5:17-19

若有人在基督里，他就是新造的人。这是来自于神的。他 1) 通过基督使我们与他和好并且 2) 给我们这劝人和好的职事。所以神不仅是想让我们与他和好，他也不想通过我们让他人与他和好。

*根据 19 节，那与人和好的职事是要我们传达什么信息？*

## 4) Witness for Christ by Acting As His Ambassador

### Read 2 Corinthians 5:20

As a consequence of God giving us a reconciling ministry, Paul says we are Christ's ambassadors. *To understand this better, what does an ambassador do?*

To carry out their roles well, ambassadors have to care about both what they communicate and how they communicate. *Why is this?*

*How then can you function as Christ's ambassador?*



Sometimes people think they don't know enough to act as Christ's ambassador. While learning the Bible better is certainly beneficial, you don't have to have a deep knowledge, or have all your flaws corrected, before you can be a witness.

John 4 tells the story of an immoral woman who met Jesus at a well, interacted with him, and immediately went to tell people in her hometown about him. They were intrigued, listened to Jesus and ended up believing too. If God can use a woman like that as a witness, he can use any of us.

### To Do:

- 1) While we don't need to have all our flaws straightened out first, we do need to be filled with God's spirit to experience God working through us. To do this, spiritually "breathe" regularly: "Exhale" by confessing all known sins to God and "inhale" by yielding yourself to God to work fully in and through you.
- 2) Pray and list at least 5 people you know who you want to see reconciled to God through Christ. Regularly pray for them and ask God for wisdom as to how you can be a witness to them. Consider inviting them to a Christian meeting, giving them some Christian literature, telling them your story of your receiving Christ and/or anything else God puts on your heart.

## 4) 作基督的使者见证祂

### 歌林多后书 5:20

由于神的恩典，我们领受了这叫人与神和好的事工。保罗说我们是基督的使者。使者是做什么的？

一个称职的使者会留意他们表达的内容和方法。为什么呢？

*你怎样可以作基督的使者？*



有时候很多人觉得他们对基督的认识不够而不能作祂的使者。虽然读圣经是很重要的事情，但是你并不需要有很深的学问、或者改正了身上所有的毛病才可以为耶稣作见证。

约翰福音第四章讲到了一个不贞的妇人在井边遇见耶稣。她在跟耶稣交谈后就立刻告诉城里的人一切关于祂的事情。那些人听了十分惊奇，就去见耶稣，并也相信了祂。如果神可以使用那样的一个女子为祂作见证，祂也可以使用我们。

### 行动:

- 1) 虽然我们不必等所有的毛病都改正了才见证神，但是我们需要被神的灵充满才能经历神藉着我们的作为。“属灵的呼吸”可以帮助我们被圣灵充满：“呼”代表向神认自己一切的罪；“吸”代表向神委身，让祂任意地通过你或在你里面作工。
- 2) 为五个你希望看到藉着基督与神和好的人祷告。定期为他们祷告，并且求神赐你智慧向他们见证祂的爱。你可以邀请他们去参加基督徒的聚会、给他们属灵的书籍、向他们分享你得救的经历、或任何其它神放在你心中的想法。

## Overall Series Summary:

- 1) Your relationship with God is an undeserved gift. When you put your trust in Christ, God did great things for you. The Lord has a wonderful, important plan for you, and he will never leave nor forsake you.
- 2) Your basic relationship with God does not change, but your fellowship with him is broken when you sin. To have restored fellowship with God, you must sincerely confess your sins to God.
- 3) Prayer enables you to develop your relationship with God, receive God's help, and experience his peace. To get closer to God, include in your prayers adoration, confession, thanksgiving and supplication (ACTS).
- 4) The Bible is God's word to his people by which he strengthens, nourishes, and guides us into true successful living. To live according to the Bible, regularly hear, read, study, memorize, and meditate on it.
- 5) We need to live in loving fellowship with other members of Christ's body to grow spiritually, experience God's love more fully, and function as God wants. We all need fellowship in bigger groups, in smaller groups, and one-on-one.
- 6) In ourselves, we lack the power to live as God intends. That is why he gave us the Holy Spirit to empower us and to help us become more like Jesus. To have the Holy Spirit fill you, give yourself fully to God.
- 7) God has significant good works he wants to accomplish through you. He especially wants to empower you to be a witness for Christ—helping reconcile others to God. Offer yourself to God for this and be an ambassador for Christ.

## What Next?

Growth in your relationship with God is always beneficial, always needed, and always available (Philippians 1:9-11). This series was designed to help you get started on a path of growth. Talk with the person leading this study about ideas on what you can do next.

### For Further Reading:

- "How You Can Be a Fruitful Witness":  
[www.transferableconcepts.org/](http://www.transferableconcepts.org/) (in English & Chinese)

## 全系列总结:

- 1) 你跟神的关系是一份你不配得到的礼物。当你相信基督的时候，神就为你成就了大事。神对你有一个奇妙而又重要的计划，祂永远不会离弃你。
- 2) 你跟神的基本关系永远不会改变，但你跟祂的亲密程度却会由于你犯罪而受到影响。要想恢复与神亲密的相交，你一定要真诚地向祂认罪悔改。
- 3) 祷告可以使你增进与神的关系、从祂那里获得的帮助、并且经历祂的平安。要想亲近神，你可在祷告中包括赞美、认罪、感恩和祈求。
- 4) 圣经是神给他子民的话。通过圣经，祂给我们加添力量、喂养并带领我们过真正得胜的生活。要想将圣经作为生活的准则，我们要规律地聆听、诵读、研习、记忆和默想经文。
- 5) 我们要与弟兄姊妹在主内彼此相爱，一起追求灵里的长进，更全面地经历神，并且按照神的心意各尽其职。我们的团契都需要在大团体，小组，和一对一的环境中体现。
- 6) 我们自己没有能力活出神的心意。这就是祂给我们圣灵的原因。圣灵会加添我们的力量，帮助我们变得更像主耶稣。我们若要被圣灵充满，就要全然顺服神的带领。
- 7) 神有很多美善的事想通过你来成就。祂特别想赐你能力为基督作见证—帮助别人与祂和好。把自己献给神，作基督的使者。

## 下一步?

在主里成长是一件大有益处、随时需要、随时可行的事(腓立比书 1:9-11)。这个系列的目的是帮助你开始你的属灵旅程。请与带领你学习这份材料的人谈谈你下一步想学或者做些什么。

### 阅读材料:

- 《怎样作有果效的见证人》  
[www.transferableconcepts.org/](http://www.transferableconcepts.org/) (附中英文版本)