



Welcome to Network Church

歡迎來到網絡教會



The Kindness That Imitates God Himself

效法上帝自己的仁慈

— Ephesians 以弗所書 4:25-5:2 —

Ephesians 以弗所書 4:25-5:2

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tender-hearted, forgiving one another, just as God through Christ has forgiven you.

Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.

(New Living Translation)

所以，不要再撒謊了；我們要向鄰居說真話，因為我們都同屬於一個身體。「不要受怒氣操控而犯罪」，不要到日落後仍然懷怒，因為怒氣會讓魔鬼有機可乘。從前偷竊的，不要再偷了。要用自己的雙手努力做正當的工作，然後慷慨地贈予有需要的人。污穢的話或罵人的話，一句都不要說出口；只要說對人有益的好話，讓聽見的人受到鼓勵。

你們行事為人不要讓上帝的聖靈難過。要記住，他已經確認你們是屬於他的了，並擔保你們在被贖之日必能得救。

你們要除掉一切的苦毒、狂怒、憤怒、惡言、毀謗，以及各種邪惡的行為。

你們反而要彼此善待，有溫柔的心，互相饒恕，正如上帝藉着基督饒恕了你們一樣。

因此，無論你們做甚麼，都要效法上帝，因為你們是他親愛的兒女。

你們要以基督為榜樣，讓生活充滿愛。基督愛我們，為我們獻上了他自己，成為上帝所喜悅的馨香之祭。（新普及譯本）

How to make a cup of tea? 如何泡茶？

English tea

vs

China tea

How to make a proper tea by Louise Chick – Louise 教泡茶

- Place a teabag in a cup 將茶包放入杯中
- Pour boiling water over it 將沸水倒在上面
- Leave for 2 minutes 等2分鐘
- Remove teabag 取出茶包
- Add milk and sugar to taste 加入牛奶和糖調味
- Enjoy with a biscuit! 搭配餅乾一起享用吧！

Old and New 送舊迎新 (4:25-32)

<u>Old</u>	<u>New</u>
Lies 撒謊	Truth 真話
Anger 怒氣	Peace 平安
Stealing 偷竊	Hard Work and Generosity 努力做正當的工作，慷慨
Abusive Language 污穢的話或罵人的話	Encouraging Language 鼓勵人的話
Bitterness, Rage, Anger, Harsh Words, Slander and Evil Behaviour 苦毒、狂怒、憤怒、惡言、毀謗，以及各種 邪惡的行為	Kind, Tender-Hearted, Forgiving 善待，溫柔的心，饒恕

Discussion

- a. How does being truthful contribute to the building up of the body of Christ (Church)? 誠實如何有助於建立基督的身體（教會）？
- b. What is the significance of dealing with anger immediately and not letting it linger? 立即處理憤怒而不讓它持續存在有何意義？
- c. Why is it important for followers of Christ to work and share with others? 為什麼基督的跟隨者努力工作和分享很重要？
- d. How can our words be used to build others up and reflect the grace of God?
我們如何用言語來造就他人並反映神的恩典？
- e. How can we cultivate a heart of forgiveness and kindness, following the example of God's forgiveness towards us?
我們要如何效法神饒恕我們的榜樣，培養一顆饒恕和仁慈的心呢？

Imitate God (5:1-2)

What does it truly mean to imitate God?

什麼是效法神的真正意義？

Conclusion:

1. Get rid of the old self and embrace the new life found in God
擺脫舊有的自我，擁抱在神那裡發現的新生命
2. Imitate God in everything we do because we are His dear children.
我們所做的每一件事都要效法上帝，因為我們是祂親愛的孩子。