

# WELCOME TO NETWORK CHURCH

歡迎來到網絡教會

3 MAY 2026



Photo credit: Andrew Chan

# Fruit of the Spirit 聖靈果子

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SELF CONTROL AND FREEDOM -  
LIVING BY THE SPIRIT  
節制與自由 - 靠着聖靈而活

Fruit 聖靈果子	Effect 果效
Love 仁愛	Love BIG 愛得熾熱
Joy 喜樂	EXUBERANT 熱情洋溢
Peace 和平	Revert inwards 轉向內心
Patience 忍耐	With sustained effort 持之以恆
Kindness 恩慈	GENEROUS to a fault 慷慨得近乎過了頭
Goodness 良善	Becomes TOO MUCH 變成了過多
Faithfulness 信實	Fiercely LOYAL 忠誠不二
Gentleness 溫柔	With careful deliberate thought 經過深思熟慮
Self-control 節制	A Discipline at which to succeed! 一門成功的必修課

# Intro 引言

## Proverbs 箴言 25:28

*'A man without self-control is like a city broken into and left without walls.'*

人不克制自己的心，就像毀壞的城沒有牆。

Balance of Rules v scaffolding

規則與架構的平衡

## 1. The Paradox of Christian Freedom 基督徒的自由悖論

Paul says, “**Against such things there is no law,**” - life in the Spirit isn't about checking boxes or following rules.

保羅說：「**這些事，律法是無能為力的**」— 活在聖靈裡，並非只是完成清單上的選項或遵守律法。

*Galatians 5:1 — “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”*

加拉太書 5:1 — 「**基督釋放了我們，為使我們得自由。所以要站穩了，不要再被奴隸的軛挾制。**」

Freedom in Christ means having the Spirit within us, guiding us out of bondage to selfish impulses and into a life that reflects God's character.

在基督裡的自由是指聖靈住在我們裡面，引導我們脫離自私衝動的捆綁，進入一種彰顯神品格的生活。

## 2. Self-Control: The Guardrail of the Spirit 節制: 靈魂的護欄

Titus 2:11–12 says, “The grace of God... teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright, and godly lives.”

提多書 2:11–12 說：「神的恩典.....訓練我們除去不敬虔的心和世俗的情慾，在今世過克己、正直、敬虔的生活」

Greek word for self-control, *enkrateia*, means “to have power over oneself.”

希臘文中「節制」一詞「enkrateia」，意為「能夠掌控自己」。

Without self-control,	沒有了節制
Love 愛 →	Indulgence 放縱
Joy 喜樂 →	Recklessness 魯莽
Peace 和平 →	Passivity 消極
Etc.	

Self-control is not about repression; it's about direction — letting the Spirit steer your freedom toward righteousness.

節制並非壓抑，而是引導 — 讓聖靈引導你的自由走向公義。

### 3. Freedom That Leads to Flourishing

Galatians 5:13, “Do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”

加拉太書5:13 「弟兄們，你們蒙召是要得自由；只是不可把這自由當作放縱情慾的機會，總要用愛心互相服侍。」

Self-control anchors our freedom so that it becomes fruitful —  
節制是自由的基石，使自由得以開花結果—

Love 愛	➡	Serves 服侍
Peace 喜樂	➡	Endures 忍耐
Joy 和平	➡	Resists despair 對抗絕望
<i>Etc.</i>		

## 4. Living It Out 活出來

- ❖ Stay connected to the vine (John 15:5).  
要常連於葡萄樹（約翰福音 15:5）。
- ❖ Renew your mind (Romans 12:2).  
要更新你們的心思意念（羅馬書 12:2）。
- ❖ Walk daily with the Spirit (Galatians 5:16).  
要每日靠著聖靈而行（加拉太書 5:16）。

## 5. Closing Reflection 終結反思

*“Where the Spirit of the Lord is, there is freedom”*

*(2 Corinthians 3:17).*

「主就是那靈；主的靈在哪裏，哪裏就有自由。」哥林多後書 3:17

Consider individually where you want more freedom?

請各自思考一下，在哪些方面你希望擁有更多的自由？

Where do you need greater self-control?

在哪些方面你需要更多的自制力？

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