

He must increase, but I must  
decrease

他必興旺，我必衰微

JOHN 約翰福音 3:22-30



# Humility

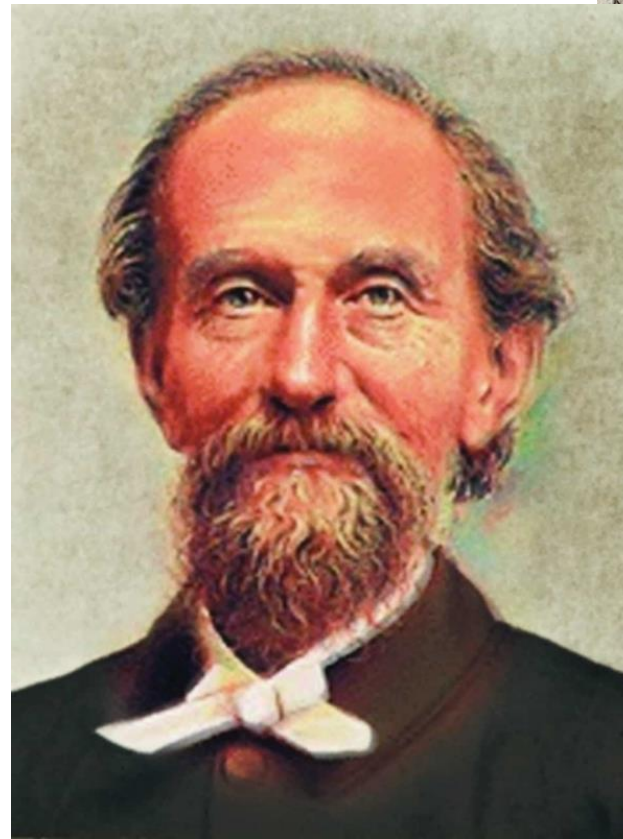
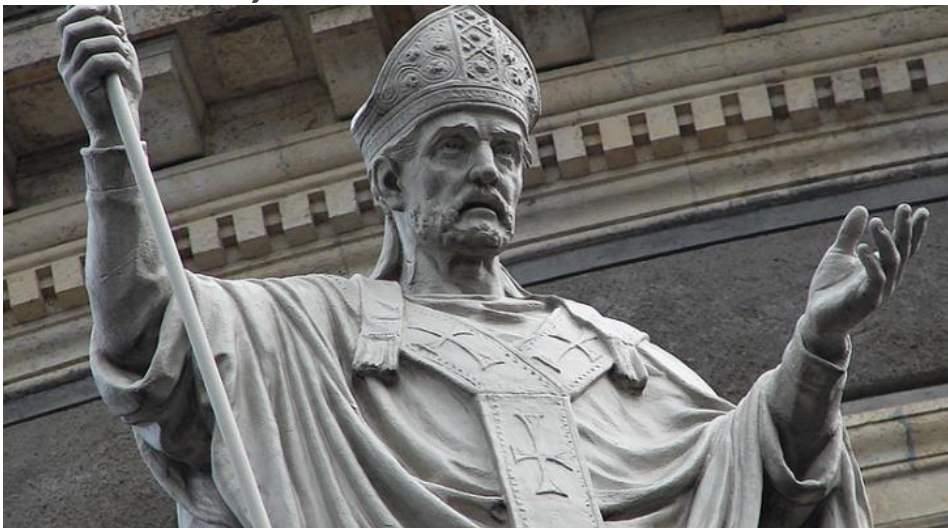
## 謙卑

- ▶ “把天使變成魔鬼的是驕傲；謙卑使人成為天使。” 聖奧古斯丁
- ▶ “It was pride that changed angels into devils; it is humility that makes men as angels.” *Saint Augustine*



▶ “謙卑是所有美德的根源、母親、護士、基礎和聯繫，”約翰·克里索斯通

▶ “Humility is the root, mother, nurse, foundation, and bond of all virtue,”  
*John Chrysostom*



▶ “謙卑是一切美德的根源。所以驕傲，或失去這種謙卑，是一切罪惡和邪惡的根源。”  
慕安德烈

▶ “Humility is the root of every virtue. And so pride, or the loss of this humility, is the root of every sin and evil.”  
*Andrew Murray*

# John 約翰福音 3:22-24

- ▶ <sup>22</sup> After this Jesus and his disciples went into the Judean countryside, and he remained there with them and was baptizing. <sup>23</sup> John also was baptizing at Aenon near Salim, because water was plentiful there, and people were coming and being baptized <sup>24</sup> (for John had not yet been put in prison).
- ▶ <sup>22</sup> 這事以後，耶穌和門徒到了猶太地，在那裡居住，施洗。<sup>23</sup> 約翰在靠近撒冷的哀嫩也施洗；因為那裡水多，眾人都去受洗。<sup>24</sup> 那時約翰還沒有下在監計。)

# John

## 約翰福音

### 3:25-27

- ▶ <sup>25</sup> Now a discussion arose between some of John's disciples and a Jew over purification. <sup>26</sup> And they came to John and said to him, “Rabbi, he who was with you across the Jordan, to whom you bore witness—look, he is baptizing, and all are going to him.” <sup>27</sup> John answered, “A person cannot receive even one thing unless it is given him from heaven.
- ▶ <sup>25</sup> 約翰的門徒和一個猶太人辯論潔淨的禮，<sup>26</sup> 就來見約翰，說：「拉比，從前同你在約旦河外、你所見證的那位，現在施洗，眾人都往他那裡去了。」<sup>27</sup> 約翰說：「若不是從天上賜的，人就不能得甚麼。

# John

## 約翰福音

### 3:28-30

- ▶ <sup>28</sup> You yourselves bear me witness, that I said, 'I am not the Christ, but I have been sent before him.'
- <sup>29</sup> The one who has the bride is the bridegroom. The friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice. Therefore this joy of mine is now complete. <sup>30</sup> He must increase, but I must decrease."
- ▶ <sup>28</sup> 我曾說：『我不是基督，是奉差遣在他前面的』，你們自己可以給我作見證。<sup>29</sup> 娶新婦的就是新郎；新郎的朋友站著，聽見新郎的聲音就甚喜樂。故此，我這喜樂滿足了。<sup>30</sup> 他必興旺，我必衰微。」

# Who was John the Baptist? 施洗約翰是誰？

- ▶ Relative of Jesus 耶穌的親戚



# Who was John the Baptist? 施洗約翰是誰？

- ▶ Prophesied in Old Testament 舊約中的預言
  - ▶ Isaiah 以賽亞書 40:3 A voice cries: “In the wilderness prepare the way of the Lord; make straight in the desert a highway for our God. 有人聲喊著說：在曠野預備耶和華的路，在沙漠地修平我們神的道。



# Who was John the Baptist? 施洗約翰是誰？

- ▶ Prophesied in Old Testament 舊約中的預言
  - ▶ Malachi 瑪拉基書4:5-6 “Behold, I will send you Elijah the prophet before the great and awesome day of the Lord comes. And he will turn the hearts of fathers to their children and the hearts of children to their fathers, lest I come and strike the land with a decree of utter destruction.” 看哪，耶和華大而可畏之日未到以前，我必差遣先知以利亞到你們那裡去。他必使父親的心轉向兒女，兒女的心轉向父親，免得我來咒詛遍地。





# Who was John the Baptist? 施洗約翰是誰？

- ▶ Forerunner of Jesus 耶穌的先驅
  - ▶ Luke 路加福音1:17 “and he will go before him in the spirit and power of Elijah, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just, to make ready for the Lord a people prepared.” 他必有以利亞的心志能力，行在主的 前面，叫為父的心轉向兒女，叫悖逆的人轉從義人的智慧，又為主預備合用的百姓。



## The Foundation of Humility 謙卑的基礎

- ▶ John 約翰福音 3:27 “A person cannot receive **even one thing** unless it is **given** him from **heaven.**” 約翰說：「若不是從天上賜的，人就不能得甚麼。



# The Meaning of Humility

## 謙卑的定義

- ▶ John 約翰福音 3:28 You yourselves bear me witness, that I said, “I am not the Christ, but I have been sent before him.” 我曾說：『我不是基督，是奉差遣在他前面的』，你們自己可以給我作見證。



# The Meaning of Humility

## 謙卑的定義

- ▶ “Humility is not thinking less of yourself, but thinking of yourself less.” 「謙虛不是小看自己，乃是少看自己。」





## The Fruit of Humility 謙卑結的果子

- ▶ John 約翰福音 3:29: The one who has the bride is the bridegroom. The friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice. Therefore this joy of mine is now complete. 娶新婦的就是新郎；新郎的朋友站著，聽見新郎的聲音就甚喜樂。故此，我這喜樂滿足了。



## The Fruit of Humility 謙卑結的果子

- ▶ Not boastful 不自誇
- ▶ Not belittling 不低貶
- ▶ Not jealous 不嫉妒
- ▶ Not possessive 不具佔有欲
- ▶ Joyful 喜樂
- ▶ Courageous 勇敢

# The Pursuit of Humility

## 謙卑的建立

- ▶ John 約翰福音 3:27 He must increase, but I must decrease. 他必興旺，我必衰微。



## Self-Exaltation 自高

- ▶ Luke 18:14 “I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.” 我告訴你們，這人回家去比那人倒算為義了；因為，凡自高的，必降為卑；自卑的，必升為高。





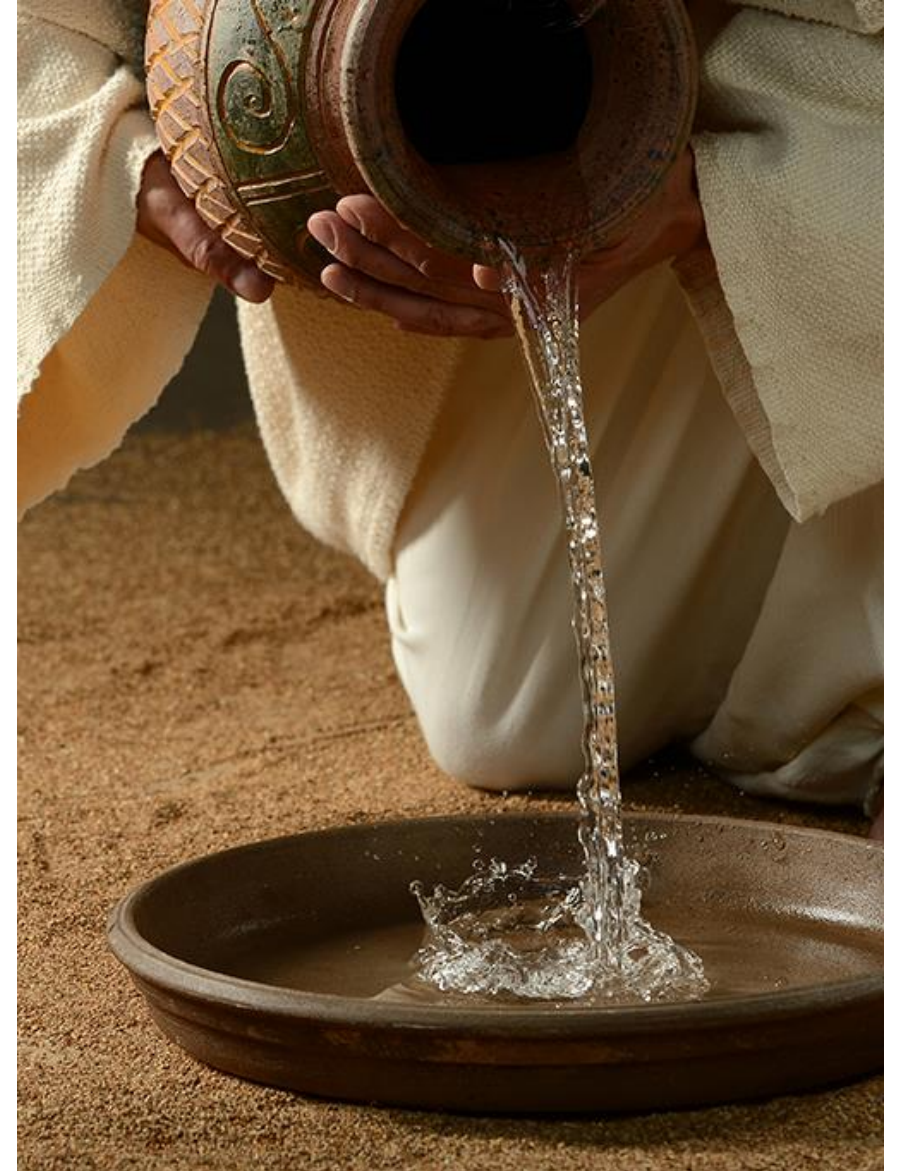
## Humble Yourself 謙卑像小孩

- ▶ Matthew 18:3-4: Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. Whoever humbles himself like this child is the greatest in the kingdom of heaven.” 說：我實在告訴你們，你們若不回轉，變成小孩子的樣式，斷不得進天國。所以，凡自己謙卑像這小孩子的，他在天國裡就是最大的。



## Humble Yourself 謙卑像僕人

- ▶ Matthew 23:11-12 The greatest among you shall be your servant. 12 Whoever exalts himself will be humbled, and whoever humbles himself will be exalted. 你們中間誰為大，誰就要作你們的用人。凡自高的，必降為卑；自卑的，必升為高。



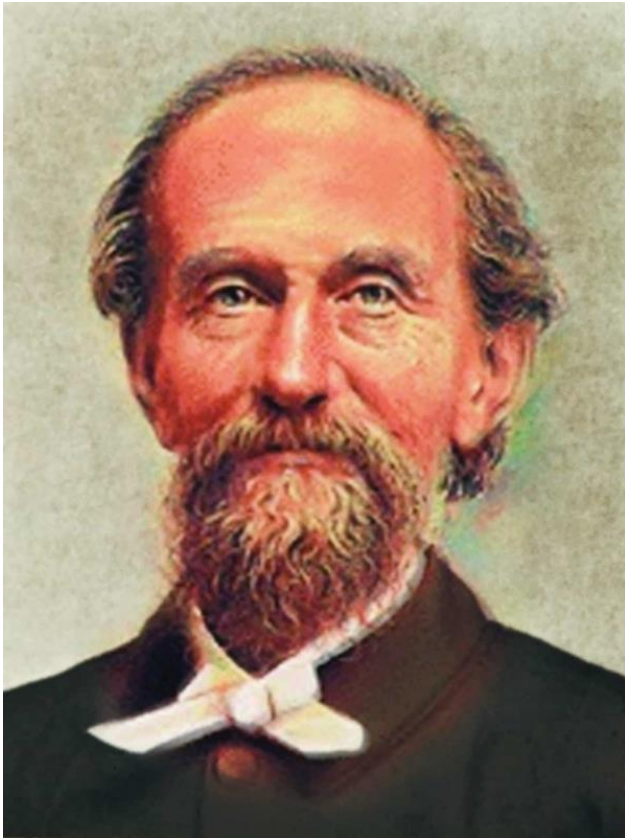
# Summary

- ▶ The Foundation of Humility 謙卑的基礎
- ▶ The Meaning of Humility 謙卑的定義
- ▶ The Fruit of Humility 謙卑結的果子
- ▶ The Pursuit of Humility 謙卑的建立



# Humility

## 謙卑



- ▶ “Humility is perfect quietness of heart. It is to expect nothing, to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised. It is to have a blessed home in the Lord, where I can go in and shut the door, and kneel to my Father in secret, and am at peace as in a deep sea of calmness, when all around and above is trouble.” — *Andrew Murray*  
“謙卑是內心完美的平靜。就是什麼都不期待，對他人對我的所作所為不以為驚愕，也沒有感覺。當沒有人讚美我，當我受到責備或鄙視時，仍然是安息。就是在主裡有一個蒙福的家，我可以進去關上門，跪在我的天父面前，當周圍都是困難時，我仍像在平靜的深海中。” 慕安德烈