

以弗所書  
Ephesians  
3:14-15

因此，我在父面前屈膝，（天上地上的各〔或作：全家〕，都是從他得名）

**For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name.**

以弗所書  
Ephesians  
3:16-17

求他按著他豐盛的榮耀，藉著他的靈，叫你們心裡的力量剛強起來，使基督因你們的信，住在你們心裡，叫你們的愛心有根有基，

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. And I pray that you, being rooted and established in love,

以弗所書  
Ephesians  
3:18-19

能以和眾聖徒一同明白基督的愛是何等長闊高深，並知道這愛是過於人所能測度的，便叫神一切所充滿的，充滿了你們。

may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

以弗所書  
Ephesians  
3:20

神能照著運行在我們心裡的大力充充足足的成就一切，超過我們所求所想的。

**Now to him who is able to do  
immeasurably more than all we ask  
or imagine, according to his power  
that is at work within us,**



以弗所書  
Ephesians  
3:21

但願他在教會中，並在基督耶穌裡，得著榮耀，直到世世代代，永永遠遠。阿們！

to him be glory in the church and in  
Christ Jesus throughout all  
generations, for ever and ever!  
Amen.

# 明白基督的愛



Comprehend  
Christ's Love

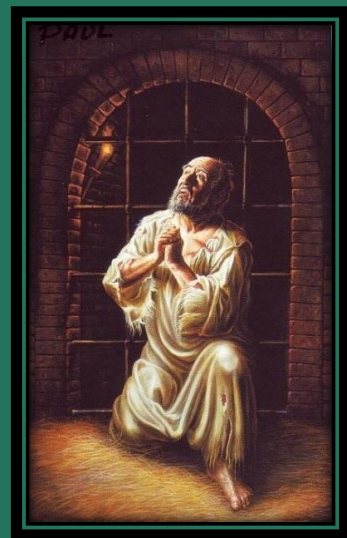
以弗所書  
Ephesians  
3:14-21

保羅為什麼要為以弗所教會的人禱告？  
Why did Paul pray for the church in Ephesus?

保羅如何為他們禱告？  
How did Paul pray for them?

保羅禱告的內容是什麼？  
What did Paul pray for?

保羅為什麼要為以弗所教會的人禱告？  
Why did Paul pray for the church in Ephesus?



## 三個原因 3 Reasons



1. 不要喪膽  
Do not be afraid

以弗所書  
Ephesians  
3:12-13

我们因信耶稣，就在他里面放胆无惧，笃信不疑的来到神面前。所以，我求你们不要因我为你们所受的患难丧胆这原是你们的荣耀。

In him and through faith in him we may approach God with freedom and confidence. I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.

## 三個原因 3 Reasons



1. 不要喪膽  
Do not be afraid



2. 承擔使命  
Undertake the great commission



3. 保羅的愛  
From Paul's love

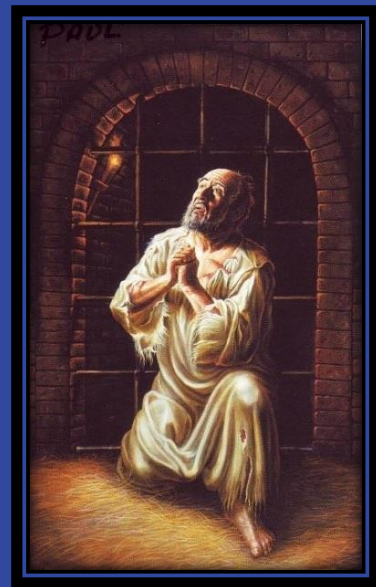


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➤ 向掌管天地的父禱告

Pray to the heavenly Father



以弗所書  
Ephesians  
3:14-15

因此，我**在父面前**屈膝，（天上地上的各〔或作：全家〕，都是從他得名）

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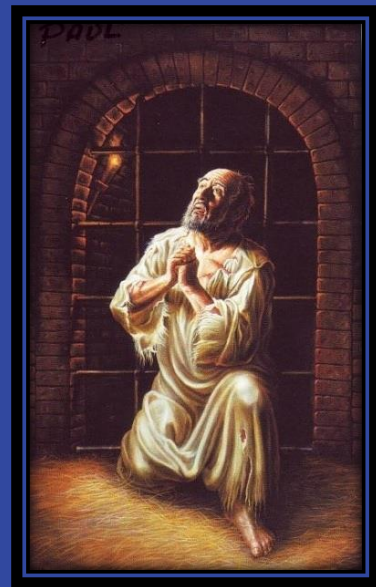
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➤ 向掌管天地的父禱告

Pray to the heavenly Father

➤ 屈膝禱告 Kneel down



以弗所書  
Ephesians  
3:14-15

因此，我在父面前**屈膝**，（天上地上的各〔或作：全家〕，都是從他得名）

**For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name.**

但以理書  
Daniel  
6:10

但以理知道這禁令蓋了玉璽，就到自己家裡（他樓上的窗戶開向耶路撒冷），一日三次，**雙膝跪在他神面前**，禱告感謝，與素常一樣。

Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

歷代之下

2 Chronicles

6:12-13

所罗门当著以色列会众，站在耶和华的坛前，举起手来，（所罗门曾造一个铜台，长五肘，宽五肘，高三肘，放在院中）就站在台上，当著以色列的会众**跪下**，向天举手，

Then Solomon stood before the altar of the Lord in front of the whole assembly of Israel and spread out his hands. Now he had made a bronze platform, five cubits long, five cubits wide and three cubits high, and had placed it in the center of the outer court. He stood on the platform and then knelt down before the whole assembly of Israel and spread out his hands toward heaven.

詩篇  
Psalms  
95:6

來啊，我們要**屈身**敬拜，在造  
我們的耶和華面前**跪下**。

**Come, let us bow down in worship,  
let us kneel before the Lord our  
Maker;**



於是離開他們約有扔一塊石頭那麼遠，**跪下**禱告，說：「父啊！你若願意，就把這杯撤去；然而，不要成就我的意思，只要成就你的意思。」

He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done."

使徒行傳

Acts

7:59-60

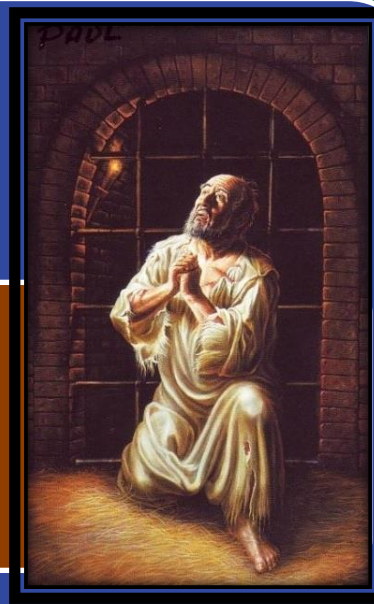
他们正用石头打的时候，司提反呼吁主说：「求主耶稣接收我的灵魂！」又跪下大声喊著说：「主啊，不要将这罪归於他们！」说了这话，就睡了。扫罗也喜悦他被害。

While they were stoning him, Stephen prayed, "Lord Jesus, receive my spirit." Then he fell on his knees and cried out, "Lord, do not hold this sin against them." When he had said this, he fell asleep.

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## 三個禱告 3 Prayers



明白基督的愛



1. 叫你們心裡的力量剛強起來

He may strengthen you in your inner being

Inner man

心裡



Heart

心

詩篇  
Psalms  
73:26

我的肉体和我的心肠衰残；但神是我心里的力量，又是我的福分，直到永远。



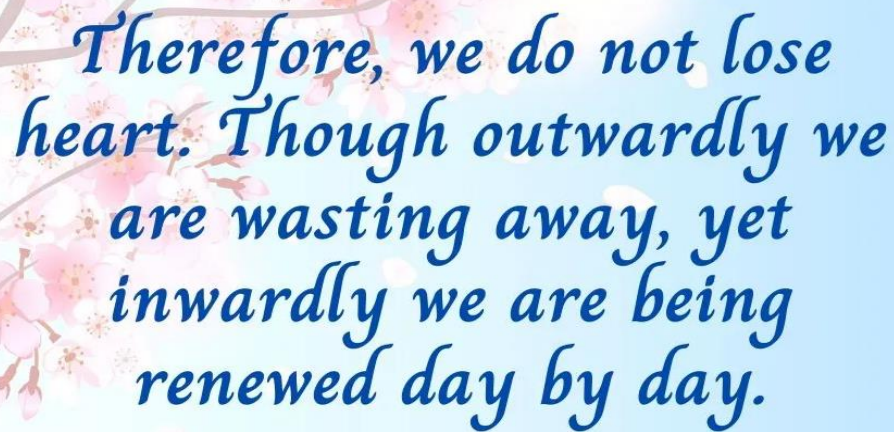
MY FLESH AND MY HEART  
FAILS, BUT GOD IS THE  
STRENGTH OF MY HEART  
AND MY PORTION  
FOREVER.

Psalms 73:26



哥林多後書  
2 Corinthians  
4:16

所以，我們不喪胆。外體雖然  
毀壞，內心却一天新似一天。



*Therefore, we do not lose  
heart. Though outwardly we  
are wasting away, yet  
inwardly we are being  
renewed day by day.*

2 CORINTHIANS 4:16



心裡的力量剛強起來

Strengthen you in your inner being

- 使基督因你們的信，住在你們心裡，
- **so that Christ may dwell in your hearts through faith.**



## 三個禱告 3 Prayers



# 明白基督的愛



1. 叫你們心裡的力量剛強起來  
He may strengthen you in your inner being



2. 叫你們的愛心有根有基  
Be rooted and established in love



叫你們的愛心有根有基

Be rooted and established in love

- 能以和眾聖徒一同明白基督的愛是何等長闊高深
- together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,



愛

# 的4個維度

長

Long

從永遠到  
永遠

From  
everlasting to  
everlasting

古時（或作：從遠方）耶和華  
向以色列（原文作我）顯現，  
說：我以永遠的愛愛你，因此  
我以慈愛吸引你。

The Lord appeared to us in the past,  
saying: “I have loved you with an  
everlasting love; I have drawn you  
with unfailing kindness.



愛

## 的4個維度

長

**Long**

從永遠到  
永遠

From  
everlasting to  
everlasting

濶

**Wide**

包括天下  
萬族

For all  
nations

何況這尼尼微大城，其中不能分辨左手右手的有十二萬多人，並有許多牲畜，**我豈能不愛惜呢？**」

**And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left—and also many animals?**



愛

## 的4個維度

長

**Long**

從永遠到  
永遠

From  
everlasting to  
everlasting

濶

**Wide**

包括天下  
萬族

For all  
nations

高

**High**

超越諸天

Above the  
heavens



詩篇  
Psalms  
103:11-12

**天離地何等的高**，他的慈愛向敬畏他的人也是何等的大！東離西有多遠，他叫我們的過犯離我們也有多遠！

**For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.**



愛

## 的4個維度

長

**Long**

從永遠到  
永遠

From  
everlasting to  
everlasting

濶

**Wide**

包括天下  
萬族

All  
nations

高

**High**

超越諸天

Above the  
heavens

深

**Deep**

深不可測

Unsearch-  
able

約拿書  
Jonah  
2:5-6

諸水環繞我，幾乎淹沒我；深淵圍住我；海草纏繞我的頭。我下到山根，地的門將我永遠關住。耶和華我的神啊，你卻將我的性命從坑中救出來。

The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains I sank down; the earth beneath barred me in forever. But you brought my life up from the pit, O LORD my God.

長  
Long

濶  
Wide

高  
High

深  
Deep

神的愛是不可測度的

God's love is immeasurable



## 三個禱告 3 Prayers



# 明白基督的愛



1. 叫你們心裡的力量剛強起來

He may strengthen you in your inner being



2. 叫你們的愛心有根有基

Be rooted and established in love



3. 叫神一切所充滿的，充滿了你們

Be filled to the measure of all the fullness of God

以弗所書 Ephesians  
1:23

教會是他的身體，  
是那充滿萬有者  
所充滿的。

which is his body,  
the fullness of him  
who fills everything  
in every way.



以弗所書 Ephesians  
3:19

便叫神一切所充  
滿的，充滿了你們。

that you may be  
filled to the measure  
of all the fullness of  
God.

# 結論 Conclusions

## 明白基督的愛

保羅為以弗所人禱告 Paul prayed for the Ephesians:

➤ 明白基督的愛

To comprehend Christ's love

➤ 成為主的聖殿

To become the Lord's temple

➤ 承擔主所交付的使命

To undertake the great commission from the Lord