

以弗所書 **Ephesians 4:22-5:2**

就要脫去你們從前行為上的舊人，這舊人是因私慾的迷惑漸漸變壞的；又要將你們的心志改換一新，

To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds,

以弗所書 **Ephesians 4:24-4:25**

並且穿上新人；
這新人是照著神的
形像造的，有
真理的仁義和聖
潔。所以你們要
棄絕謊言，各人
與鄰舍說實話，
因為我們是互相
為肢體。

and to put on the new self,
created after the likeness
of God in true
righteousness and
holiness. Therefore, having
put away falsehood, let
each one of you speak the
truth with his neighbor, for
we are members one
of another.

以弗所書 **Ephesians 4:26-4:28**

生氣卻不要犯罪；不可含怒到日落，也不可給魔鬼留地步。從前偷竊的，不要再偷；總要勞力，親手做正經事，就可有餘分給那缺少的人。

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.

以弗所書 **Ephesians 4:29-4:30**

污穢的言語一句不可出口，只要隨事說造就人的好話，叫聽見的人得益處。不要叫神的聖靈擔憂；你們原是受了他的印記，等候得贖的日子來到。

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

以弗所書 **Ephesians 4:31-4:32**

一切苦毒、惱恨、忿怒、嚷鬧、毀謗，並一切的惡毒，都當從你們中間除掉；並要以恩慈相待，存憐憫的心，彼此饒恕，正如神在基督裡饒恕了你們一樣。

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

以弗所書 **Ephesians 5:1-5:2**

所以，你們該效
法神，好像蒙慈
愛的兒女一樣。
也要憑愛心行事，
正如基督愛我們，
為我們捨了自己，
當作馨香的供物
和祭物，獻與神。

Therefore be imitators of
God, as beloved children.
And walk in love, as Christ
loved us and gave himself
up for us, a fragrant
offering and sacrifice to
God.

Put Off Old Self, Put On New Self
脫去舊人， 穿上新人

以弗所書 (Ephesians 4:22-5:2)



Spiritual Renewal

靈性更新

1. Put off your old self, which belongs to your former manner of life (v22)
2. Be renewed in the spirit of your minds (v23)
3. Put on the new self, created after the likeness of God in true righteousness and holiness (v24)

1. 脫去你們從前行為上的舊人 (v22)
2. 將你們的心志改換一新 (v23)
3. 並且穿上新人；這新人是照著神的形像造的，有真理的仁義和聖潔 (v24)

Old Self vs. New Self 舊人vs.新人

Put Off (Vices) 脫去（惡行）	Put On (Virtues) 穿上（美德）
Falsehood 謊言	Truthful speech in love 與鄰舍說實話

Old Self vs. New Self 舊人vs.新人

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Unrighteous Anger 生氣	Timely anger resolution 不可含怒到日落

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Stealing 偷竊	Honest, productive labor 親手做正經事

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Unwholesome talk 污穢的言語	Edifying and encouraging words 隨事說造就人的好話

以弗所書 **Ephesians 4:29**

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Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

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Unwholesome talk 污穢的言語	Edifying and encouraging words 隨事說造就人的好話
Bitterness and malice 一切苦毒、惡毒	Kindness, compassion and forgiveness 以恩慈相待，存憐憫的心，彼此饒恕

Not only Put Off, Also Put On

不僅脫去，還要穿上

Put Off (Vices) 脫去（惡行）	Put Off W/O Put On 脫去卻不穿上	Put On (Virtues) 穿上（美德）
Falsehood 謊言	Silent withdrawal 沉默退縮	Truthful speech in love 與鄰舍說實話
Unrighteous Anger 生氣	Suppressed resentment 壓抑怨恨	Timely anger resolution 不可含怒到日落
Stealing 偷竊	Idleness / "Lying flat" 游手好閒 / 「躺平」	Honest, productive labor 親手做正經事
Unwholesome talk 污穢的言語	Unhelpful silence 無濟於事的沉默	Edifying and encouraging words 隨事說造就人的好話
Bitterness and malice 一切苦毒、惡毒	Cold indifference 漠不關心	Kindness, compassion and forgiveness 以恩慈相待，存憐憫的心，彼此饒恕

以弗所書 **Ephesians 4:23**

又要將你們的心
志改換一新

and to be renewed in
the spirit of your minds

羅馬書 **Romans 12:2**

不要效法這個世界，
只要心意更新而變化，
叫你們察驗何
為神的善良、純全、
可喜悅的旨意。

Do not be conformed to this
world, but be transformed by
the renewal of your
mind, that by testing you
may discern what is the will
of God, what is good and
acceptable and perfect.

Ephesians

以弗所書 4

1. Put off old self, put on new self 脫去舊人，穿上新人 (v22, 24)
2. Be renewed in the spirit of your minds 心志改換一新 (v23)
3. List of vices and virtues 惡行與美德清單 (v25-32)

Colossians

歌羅西書 3

1. Put off old self, put on new self 脫去舊人，穿上新人 (v9-10)
2. Be renewed as you learn to know your Creator and become like him. 在知識上漸漸更新，正如造他主的形像 (v10)
3. List of vices and virtues 惡行與美德清單 (v5-8, 12-17)

Renewed Mind

1. Discern and approve God's will (Romans 12:2)
2. Become more like God (Colossians 3:10)

心志改換一新

1. 察驗神的旨意 (羅馬書 12:2)
2. 正如造他主的形像 (歌羅西書 3:10)

Physically 身體



Spiritually 心靈



因為他心怎樣思量，他為人就是怎樣。(箴言 23:7a)

For as he thinks in his heart, so is he. (Proverbs 23:7a)

Renewed Mind

心志改換一新

Put Off (Vices) 脫去（惡行）	Put Off W/O Put On 脫去卻不穿上	Put On (Virtues) 穿上（美德）	Renewed Mind 心志改換一新
Falsehood 謊言	Silent withdrawal 沉默退縮	Truthful speech in love 與鄰舍說實話	We are all members of one body 我們是互相為肢體
Unrighteous Anger 生氣	Suppressed resentment 壓抑怨恨	Timely anger resolution 不可含怒到日落	Do not give the devil a foothold 不可給魔鬼留地步
Stealing 偷竊	Idleness / "Lying flat" 游手好閒 / 「躺平」	Honest, productive labor 親手做正經事	Have something to share with those in need 就可有餘分給那缺少的人
Unwholesome talk 污穢的言語	Unhelpful silence 無濟於事的沉默	Edifying and encouraging words 隨事說造就人的好話	Benefit those who listen 叫聽見的人得益處
Bitterness and malice 一切苦毒、惡毒	Cold indifference 漠不關心	Kindness, compassion and forgiveness 以恩慈相待，存憐憫的心， 彼此饒恕	Just as in Christ God forgave you 正如神在基督裡饒恕了你們 一樣

Renewed Mind

心志改換一新

Community instead of individual 團體而非個人

- Build up a community 建立團體
- Benefit a community 造就團體
- Protect a community 保護團體

God-centered instead of self-centered

以神而非自我為中心

- Created to be like God 新人是照著神的形像造
- Just as God forgave you 正如神饒恕了你們
- Be imitators of God 效法神

以弗所書 **Ephesians 5:1-5:2**

所以，你們該效法神，好像蒙慈愛的兒女一樣。也要憑愛心行事，正如基督愛我們，為我們捨了自己，當作馨香的供物和祭物，獻與神。

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

以弗所書 **Ephesians 4:17-19**

所以我說，且在主裡確實的說，你們行事不要再像外邦人存虛妄的心行事。他們心地昏昧，與神所賜的生命隔絕了，都因自己無知，心裡剛硬；良心既然喪盡，就放縱私慾，貪行種種的污穢。

Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.

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