

以弗所書 Ephesians 4:25

Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

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。

以弗所書 Ephesians 4:26-27

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

生氣卻不要犯罪；不可含怒到日落，也不可給魔鬼留地步。

以弗所書 Ephesians 4:28

Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

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。

以弗所書 Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

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。

以弗所書 Ephesians 4:30

And do not
grieve the Holy
Spirit of God,
with whom you
were sealed for
the day of
redemption.

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。

以弗所書 Ephesians 4:31

Get rid of all
bitterness, rage
and anger,
brawling and
slander, along
with every form
of malice.

一切苦毒、惱恨、
忿怒、嚷鬧、毀
謗，並一切的惡
毒（或作：陰
毒），都當從你
們中間除掉；

以弗所書 Ephesians 4:32

Be kind and
compassionate
to one another,
forgiving each
other, just as in
Christ God
forgave you.

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。

謹慎
我的口舌



以弗所書
Ephesians
4:25-32

Guard My Mouth



三個戰場 3 Battlefields



空戰

Fight
In the air



地面戰場

Fight
On the ground



內部戰場

Fight
Inside

以弗所書 Ephesians 2:2

in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.

那時，你們在其中行事為人，隨從**今世的風俗**，順服**空中掌權者****的首領**，就是現今在悖逆之子心中運行的**邪靈**。

以弗所書 Ephesians 2:3

All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

我們從前也都在他們中間，放縱肉體的私慾，隨著肉體和心中所喜好的去行，本為可怒之子，和別人一樣。

三個敵人 3 Enemies

魔鬼
Satan

空戰

Fight
In the air

世俗
Worldliness

地面戰場

Fight
On the ground

舊人
Old self

內部戰場

Fight
Inside



脫去舊人
穿上新人

主戰場
Main
Battlefield

*Put Off the Old Self, and
Put On the New Self*

脫去舊人 穿上新人

具體應用 Applications

以弗所書
Ephesians
4:25-32

*Put Off the Old Self, and
Put On the New Self*

四個應用 4 Applications

- 說話問題 Speaking
- 發怒問題 Anger
- 偷竊問題 Stealing
- 靈性問題 Spiritual

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謊言，各人與鄰
舍**說實話**，因為
我們是互相為肢
體。

脫去

Put Off

穿上

Put On

棄絕謊言

Put off falsehood

與鄰舍說實話

Speak truthfully
to his neighbor

以弗所書 Ephesians 4:26-27

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

生氣卻不要犯罪；不可含怒到日落，也不可給魔鬼留地步。

脫去

Put Off

穿上

Put On

生氣導致犯罪

Sin in anger

生氣卻不犯罪

In anger do not
sin

脫去

Put Off

穿上

Put On

含怒到日落

Anger till sunset

及時對付怒氣

Deal anger
promptly

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Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

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。

脫去

Put Off

穿上

Put On

偷竊

Stealing

勞力，親手做

正經事

Work, doing
something useful
with their own
hands

以弗所書 Ephesians 4:29

Do not let any
unwholesome talk
come out of your
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脫去

Put Off

穿上

Put On

污穢的言語

Any
unwholesome
talk

說造就人的好話

Say what is helpful
for building others
up according to
their needs

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grieve the Holy
Spirit of God,
with whom you
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存憐憫的心，彼
此饒恕，正如神
在基督裡饒恕了
你們一樣。

脫去

Put Off

穿上

Put On

一切苦毒、惱恨、
忿怒、嚷鬧、毀謗，
並一切的惡毒

All bitterness, rage and
anger, brawling and
slander, along with
every form of malice

以恩慈相待，存憐
憫的心，彼此饒恕

Be kind and
compassionate to
one another,
forgiving each other

福音真道？
Gospel?



道德教訓？
moral lessons?

棄絕謊言

Put off falsehood



- 因為我們在基督裡是新人了
We are new creation in Christ
- 因為我們互為肢體
For we are all members of one body
- 因為不要給魔鬼留地步
Do not give the devil a foothold
- 因為不要使聖靈擔憂
Do not grieve the Holy Spirit

言語非常
重要
Importance
of the word

因為我們照著神的形象造的
We are created in God's image

因為我們天天使用言語
We speak everyday

因為言語最容易出問題
Words easily cause problems

4個 溝通原則 Communication Rules



- 說實話
Speak truthfully
- 及時溝通
Communicate promptly
- 為要造就別人
Be helpful for building others up
- 用恩慈憐憫的心腸講話
Be kind and compassionate to one another

結論 Conclusions



謹慎我們的口舌 Guard our mouth

- ✓ 說誠實話 Speak truthfully
- ✓ 及時溝通 Communicate promptly
- ✓ 說造就人的好話 Be helpful for building others up
- ✓ 用恩慈憐憫的心腸講話 Be kind and compassionate to one another

這是我們脫去舊人穿上新人的關鍵。

This is the key for us to put off the old self and put on the new self.



謹慎我的口舌



Guard My Mouth

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