

Feeding on the Bread of Life 吃生命糧

約翰福音

John 6:51-63

Maryland Gospel Church
馬利蘭福音教會

12/15/2019

Message Theme Song : I AM the Bread of Life

信息主題曲：我是生命糧

<https://www.youtube.com/watch?v=R85LqMrOJpw>

我就是生命的糧。到我這裡來的，必定不餓；信我的，永遠不渴。(約6:35)

這就是從天上降下來的糧。吃這糧的人，就永遠活著，不像你們的祖宗，吃過嗎哪還是死了。這些話是耶穌在迦百農會堂裡教訓人說的。(約6:58-59)



生命的糧從天上降臨
源自神賜生命給世人
主耶穌說：我就是生命糧
到我這裡來必定不餓
凡信我的人必定永遠不渴

生命的糧從天上降臨
源自神賜生命給世人
主耶穌說：我就是生命糧
任何人若吃了這糧
他必活到永遠

到我這裡來必定不餓
凡信我的人必定永遠不渴
任何人若吃了這糧
他必活到永遠

Message Scriptures : John 6:51-63

51 I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."

52 Then the Jews began to argue sharply among themselves, "How can this man give us his flesh to eat?"

53 Jesus said to them, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.

54 Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.

55 For my flesh is real food and my blood is real drink.

56 Whoever eats my flesh and drinks my blood remains in me, and I in him.

57 Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.

講道經文：約翰福音 6 章 51-63

51 我是從天上降下來生命的糧。人若喫這糧、就必永遠活著。我所要賜的糧、就是我的肉、為世人之生命所賜的。

52 因此、猶太人彼此爭論說、這個人怎能把他的肉、給我們喫呢。

53 耶穌說、我實實在在的告訴你們、你們若不喫人子的肉、不喝人子的血、就沒有生命在你們裡面。

54 喫我肉喝我血的人就有永生。在末日我要叫他復活。

55 我的肉真是可喫的、我的血真是可喝的。

56 喫我肉喝我血的人、常在我裡面、我也常在他裡面。

57 永活的父怎樣差我來、我又因父活著、照樣、喫我肉的人、也要因我活著。

Message Scriptures : John 6:51-63

58 This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever."

59 He said this while teaching in the synagogue in Capernaum.

60 On hearing it, many of his disciples said, "This is a hard teaching. Who can accept it?"

61 Aware that his disciples were grumbling about this, Jesus said to them, "Does this offend you?"

62 What if you see the Son of Man ascend to where he was before!

63 The Spirit gives life; the flesh counts for nothing. The words I have spoken to you are spirit and they are life.

講道經文: 約翰福音 6 章 51-63

58 這就是從天上降下來的糧。喫這種的人、就永遠活著、不像你們的祖宗喫過嗎哪、還是死了。

59 這些話是耶穌在迦百農會堂裡教訓人說的。

60 他的門徒中有好些人聽見了、就說、這話甚難、誰能聽呢。

61 耶穌心裡知道門徒為這話議論、就對他們說、這話是叫你們厭棄麼。

62 倘或你們看見人子升到他原來所在之處、怎麼樣呢。

63 叫人活著的乃是靈、肉體是無益的。我對你們所說的話、就是靈、就是生命。

Sermon Outline 講章大綱

Introduction 引言

Jesus' Proclamation 耶穌的宣告

What it means to feed on Jesus 何謂吃喝耶穌

How to obtain the Bread of Life 如何得生命的糧

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Recap some main points of previous message

重述上一篇文章信息一些重點



今昔的五餅二魚神蹟

Feeding of the 5,000
- Then & Now



Recap some main points of previous message

重述上一篇文章信息一些重點



今昔的五餅二魚神蹟

Feeding of the 5,000
- Then & Now



約翰福音 John 6: 1-13 MGC 11/17/2019

約翰福音 John 6: 1-13 MGC 11/17/2019

A large crowd of 5,000 men (20,000 including women & children) followed Jesus for days. They were all tired and hungry. These people weren't following Jesus because they recognized Him as the Son of God, Some were fascinated just seeing the miracles. Others needed a miraculous healing for themselves or their loved ones. But overall their reasons for following Jesus were misguided and superficial. Nevertheless, Jesus had compassion on them and performed a miracle which turned a kid's meal of 5 loaves & 2 fishes into an all-you-can-eat buffet that satisfied the crowd. Other than satisfying the crowd's physical hunger, Jesus had much more important reasons to performing the miracle of feeding the hungry crowd. One of those reasons was to lead them to realize their need for God's "Bread of Life" which can give them eternal life Another reason was to manifest His divinity. Hopefully, the crowd would realize it and believe Jesus is the Son of God

一大群的人(約五千男丁, 連婦孺共約二萬人) 跟隨耶穌已經多天了。大家都又餓又累

這些群眾跟隨耶穌並不是因為他們認識到耶穌是神的兒子, 乃是出於好奇、湊熱鬧和要看神蹟。當中也有需要得醫治的。總體來說, 他們跟隨耶穌的原因是不正確和表面的。

雖然如此, 耶穌憐憫他們, 給他們行了一個神蹟把一個小孩子的五餅二魚兒童餐變成餵飽二萬人的自助餐

除了要解決群眾肚腹的饑餓, 耶穌行五餅二魚的神蹟有更重要的原因

其中一個重要原因是引導他們了解到他們需要吃神賜的“生命的糧”使他們可以得著永生

另外一個原因是顯明祂的神性, 盼望群眾看出祂是神的兒子, 從而相信祂得永生

The Story Continues 故事繼續下去

The crowd's reactions were pretty disappointing

After the miracle they saw Jesus as the “coming prophet mentioned by Moses (Deut. 18:15)” and started a “Jesus for King” movement (John 6:14-15)

They found out Jesus and His disciples had left at night and gone across the lake to Capernaum (6:17)

They got on boats to cross the lake and found Jesus

Jesus knew their motive was to have another free meal (食過番尋味) and corrected them.

“I tell you the truth, you are looking for me, not because you saw miraculous signs but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.” (真係唔識貨)

The Story Continues 故事繼續下去

The crowd then asked Jesus what must they **DO** to **EARN** the food for eternal life (John 6:28-29)

Jesus told them :

- 1) believing in the one God has sent (Jesus Himself) is doing the work of God
- 2) The food that endures to eternal life is a **gift** from God, **not** something earned **by work** of man. (John 6:28-29; 33-34)

At this point, the discourse led Jesus to make this important proclamation:

“I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty...I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.” (John 6: 35, 51)

The Story Continues 故事繼續下去

群眾經歷五餅二魚神蹟後的反應是相當令人失望的
他們沒有看出耶穌的神性,卻推測祂或許是摩西在申命記(18:15)預言那將要來的先知。於是他們發起了“逼耶穌作王”運動 (約 6:14-15)

他們發覺耶穌和門徒夜間坐船離開了,於是他們也坐船渡海到迦伯農去 (約6:17)

他們在迦伯農找到耶穌了

耶穌知道他們找祂的企圖是為了要再吃免費餐 (食過番尋味)。於是祂糾正他們

“我實實在在的告訴你們、你們找我、並不是因見了神蹟、乃是因喫餅得飽。不要為那必壞的食物勞力、要為那存到永生的食物勞力、就是人子要賜給你們的。” (真係唔識貨)

The Story Continues 故事繼續下去

群眾問耶穌他們當作什麼工才可以得到那永生的食物 (約翰福音 6:28-29)

耶穌告訴他們:

- 1) 信神所差來的那位 (耶穌自己)、這就是作神的工
- 2) 那存到永生的食物是神所賜的,並不是人靠作工可以賺得的 (約翰福音 6:28-29; 33-34)

話題到了這裏,耶穌就作出一個非常重要的宣告:

“耶穌說：「我、就是生命的餅；來找我的、必定不餓；信我的、必定永遠不渴。...我就是這活的餅，從天上降下來的；人若吃這餅，就必永遠活著；并且我所要給的餅、就是我的肉，為了世人的生命而獻出的。” (約翰福音 6: 35, 51 呂振中譯本)

The Seven I Ams in the Gospel of John 約翰福音中的七個“我是”

I AM the Bread of Life (我是生命的糧) John. 6:35,51

I AM the light of the world (我是世界的光) John. 8:12

I AM the gate for the sheep (我就是羊的門) John. 10:7

I AM the good shepherd (我是好牧人) John. 10:11

I AM the resurrection and the life (我就是復活，
就是生命) John. 11:25

I AM the way, the truth, and the life (我就是道路、
真理、生命) John. 14:6

I AM I am the vine (我是葡萄樹) John. 15:5

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**“I AM the Bread of Life” is
A Daring, Shocking & Solemn Proclamation
“我是生命的糧”
是一個大膽、驚人、鄭重的宣告**

“I am the LIVING BREAD that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.”

**“For my flesh is real food and my blood is real drink.” –
(John 6: 51,55). This is a very shocking statement**

**“Then the Jews began to argue sharply among themselves, “How can this man give us his flesh to eat?”
(John 6: 52)**

On hearing it, many of his disciples said, “This is a hard teaching. Who can accept it?” (John 6:60)

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“我的肉真是可喫的、我的血真是可喝的。” –
(約翰福音 6: 51,55). 這是一個令人震驚的聲明**

“因此、猶太人彼此爭論說、這個人怎能把他的肉、給我們喫呢?”(約翰福音 6: 52)

“他的門徒中有好些人聽見了、就說、這話甚難、誰能聽呢?” (約翰福音 6:60)

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The feeding is a MUST, it is NOT OPTIONAL

1) The Bread of Life gives eternal life: Jesus said to them, “I tell you the truth, **unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.** (John 6: 53,54). This is a **very solemn statement**

2) The Bread of Life sustains spiritual life: ‘Man does not live on bread alone, but on every **WORD** that comes **from the mouth of God**’ (Mat 4: 4). “The **WORDS** I have **spoken** to you are spirit and they are life.” (John 6:63)

“the one who feeds on me will live because of me.” “yet you refuse to come to me to have life..”(John 6:57; 5: 40)

**“I AM the Bread of Life” is
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**“我是生命的糧”
是一個大膽、驚人、鄭重的宣告**

吃生命糧是必要的, 不是可有可無的

1) 因為生命的糧使人得永生: 耶穌說、我實實在在的告訴你們、你們若不喫人子的肉、不喝人子的血、就沒有生命在你們裡面。喫我肉喝我血的人就有永生。在末日我要叫他復活。(John 6: 53,54). 這是一個鄭重的聲明

2) 因為屬靈生命倚靠這生命糧得維持: 經上記著說、『人活著、不是單靠食物、乃是靠神口裡所出的一切話。』(馬太 4: 4). “我對你們所說的話、就是靈、就是生命。”(約翰福音 6:63)

“喫我肉的人、要因我活著” “然而你們不肯到我這裡來得生命.”(約翰福音 6:57; 5: 40)

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What Does Feeding on Jesus Mean?

吃喝耶穌是什麼義思？

Jesus was definitely not promoting cannibalism (耶穌絕對不是提倡食人主義), both the OT & NT tell us to abstain from meat with blood.

Neither was Jesus referring to partaking of communion (the LORD's supper). Jesus was speaking metaphorically, using physical eating to teach spiritual truth. **So He explained: The Spirit gives life; the flesh counts for nothing. The words I have spoken to you are spirit and they are life. (John 6: 63)**

In reality, eating Jesus' flesh and drinking His blood refers to believing in his sacrificial death as an atonement for our sin and feeding on his words

What Does Feeding on Jesus Mean?

吃喝耶穌是什麼義思？

當耶穌說到吃祂的肉和喝祂的血時, 祂絕對不是提倡食人主義, 新、舊約聖經都吩咐我們要禁戒吃帶著血的食物。

耶穌也不是指著守聖餐而言。耶穌是用肉身的吃喝隱喻地解釋屬靈的真理。所以耶穌隨後補充說：“叫人活著的乃是靈、肉體是無益的。我對你們所說的話、就是靈、就是生命。” (約翰福音 6: 63)

實際上來說, 吃耶穌的肉和喝祂的血是指相信祂犧牲的死是為贖我們的罪, 也是指著“吃祂的話語”

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How to Obtain the Bread of Life如何獲取生命的糧

They said to him, "Lord, give us this bread always. "Jesus said to them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst. .. For this is the will of my Father, that every one who sees the Son and believes in him should have eternal life; and I will raise him up at the last day." "But I said to you that you have seen me and yet do not believe" (John 6:34,35,40,36)

3 Essential steps in receiving the bread of life:

1) Come 2) See 3) Believe

And without faith it is impossible to please Him, for he who comes to see God must believe that He is the bread of life) and that He will give the seeker the bread of life. (Hebrew 11:6 paraphrased)

How to Obtain the Bread of Life如何獲取生命的糧

Step 1: come Jesus said:"No one can come to me unless the Father who sent me draws him"(Jn. 6:65)

Seekers should not be pressured to receive Jesus. We should let God do the work thru the Holy Spirit

(Jesus said) " when I am lifted up from the earth, I will draw all men to myself. (John 12:32)

A woman's testimony: she was invited by friends to attend a Billy Graham crusade. She was determined not to be influenced. She listened to the songs, to the testimonies and she said "I know this man is using this to manipulate people and psychologically preparing them to respond to an invitation." She was very confident that she could withstand the speaker's manipulation. But when Billy Graham gave the invitation, She found herself to be the first one to respond! Why? Because she was "drawn of the Father to the Son."

How to Obtain the Bread of Life如何獲取生命的糧

他們說、主阿、常將這糧賜給我們。"耶穌說、我就是生命的糧。到我這裡來的、必定不餓。信我的、永遠不渴。... 因為我父的意思、是叫一切見子而信的人得永生。並且在末日我要叫他復活。" "只是我對你們說過、你們已經看見我、還是不信。" (約翰福音6:34,35,40,36)

領受生命糧的三個基要步驟:

1) 來 2) 見 3) 信

"人非有信、就不能得神的喜悅, 因為到神面前來見祂的人、必須信祂是生命的糧, 且信祂會賞賜(得)生命糧給那尋求祂的人" (希伯來書 11章6 節意譯)

How to Obtain the Bread of Life如何獲取生命的糧

第一步: 來 耶穌說: "若不是差我來的父吸引人、就沒有能到我這裡來的。"(約 6:44)

傳福音時不應當給慕道者任何壓力接受耶穌。應該讓神的聖靈作工感動人來歸信耶穌

(耶穌說) "我若從地上被舉起來、就要吸引萬人來歸我. (John 12:32)

見證一: 一位女士被朋友邀請去赴葛倍理牧師的佈道會。她私下已決定了拒絕福音。她聽到聚會的詩歌和見證, 就對自己說: 我知道他們是想用這些操作在心理上預備聽眾接受福音。她很有信心自己不會被說服, 不會受聚會的操作影響。

那知當葛倍理牧師邀請人上前決志信主時, 她發覺自己竟然是第一個上前接受的人。為什麼會這樣呢? 因為是父神親自吸引她到主耶穌面前

How to Obtain the Bread of Life 如何獲取生命的糧



Step 1: come

- drawn by the Father to the Son
Testimony 2

Derek Prince (1915-2003) was a highly educated Cambridge scholar but during WWII he served in the British army. He was invited to attend a church meeting by a fellow soldier. The speaker had little education and was formerly a taxi driver. The message was unimpressive to Derek. At the end of the service the speaker gave an invitation to receive Jesus Christ. Derek was not moved and he heard a voice in one of his ears: "how silly to raise your hand up in front of these folks in the church". But he also heard another voice in his other ear: "if it is good for you, why not?". Then strangely he found his right hand raised up involuntarily by some "mysterious force". That was how Derek became a Christian. He too was drawn by God the Father to the Son. Later on Derek was called to be a preacher and was greatly used by God.

How to Obtain the Bread of Life 如何獲取生命的糧



第一步: 來

見證二: 被父神親自吸引來到主耶穌面前

Derek Prince (1915-2003) 是個學問高深的英國劍橋大學學者, 但在世界第二次大戰期間他要在軍中服役。

有一次他被同僚邀請去參加一個教會聚會。講道的牧師以前是個的士司機, 沒有受過很多教育。他的講道沒有感動 Derek。講道完畢牧師呼召人決志信主。

這時 Derek 聽到一個聲音在他的一個耳朵說 "在教會這群人中舉手信主看起來很傻"。

但 Derek 的另一個耳朵聽到另一個聲音說: "如果這樣做對你有益處, 為什麼你不去做呢?". 之後 Derek 發覺自己的右手不由自主的被一種神秘的力量舉起來。

這就是 Derek 成為基督徒的故事。他也是被父神親自吸引來到主耶穌面前信主的。Derek 後來被神呼召作傳道, 並且被神大大使用

How to Obtain the Bread of Life 如何獲取生命的糧

Step 2: See – After we comes to Jesus the Holy Spirit has opens our eyes so we can see spiritual matters & truths.

"Jesus asked His disciples "Who do you say I am?" Simon Peter answered, "You are the Christ, the Son of the living God." Jesus replied, "Blessed are you, Simon son of Jonah, for this was not revealed to you by man, but by my Father in heaven. (Matthews 16:15-17)

"Ananias, Placing his hands on Saul, said, "Brother Saul, the Lord--Jesus, who appeared to you on the road as you were coming here--has sent me so that you may see again and be filled with the Holy Spirit. Immediately, something like scales fell from Saul's eyes, and he could see again" (Acts 9:17-18).

How to Obtain the Bread of Life 如何獲取生命的糧

第二步: 看見 – 我們被吸引到主跟前, 聖靈就開啟我們的心眼讓我們明白屬靈的事物和真理。

耶穌(問門徒)說、你們說我是誰。西門彼得回答說、你是基督、是永生 神的兒子。耶穌對他說、西門巴約拿、你是有福的, 因為這不是屬血肉的指示你的、乃是我在天上的父指示的 (馬太福音 16:15-17)

"亞拿尼亞把手按在掃羅身上說、兄弟掃羅、在你來的路上、向你顯現的主、就是耶穌、打發我來、叫你能看見、又被聖靈充滿。掃羅的眼睛上、好像有鱗立刻掉下來、他就能看見" (使徒行傳 9:17-18).

How to Obtain the Bread of Life 如何獲取生命的糧

Step 3: **Believe** – “So they (the crowd) asked Him (Jesus), “What miraculous sign then will you give that we may see it and believe you?” (vs. 30) they were blind because they just experienced the feeding of 5,000 the previous day.

(Jesus replied) “As I told you, you have seen me and still you do not believe.”(v. 36).. “For Jesus had known from the beginning which of them did not believe (vs. 64).

Believing in Jesus is following Jesus all the way to the end.

Not following Jesus is not believing Him. “From this time many of his disciples turned back and no longer followed him...” “You do not want to leave too, do you?” Jesus asked the Twelve.” (John 6:66-67)

“For in the gospel a righteousness from God is revealed, a righteousness that is by **faith from first to last (from the beginning to the end)**” (Romans 1:17)

How to Obtain the Bread of Life 如何獲取生命的糧

第三步: **相信** – “他們(羣眾)又說、祢(耶穌)行甚麼神蹟、叫我們看見就信你?” (約6:30) (他們昨天才經歷過五餅二魚的神蹟)

(耶穌回答說) “只是我對你們說過、你們已經看見我、還是不信。”(約6: 36).. “耶穌從起頭就知道、誰不信祂、誰要賣祂。(約6: 64).

信耶穌就是由始至終的跟隨耶穌

不跟隨耶穌就是不信耶穌: “從此祂門徒中多有退去的、不再和祂同行。耶穌就對那十二個門徒說、你們也要去麼?” (約 6:66-67)

“因為神的義、正在這福音上顯明出來。這義是**始于信而終于信的**(羅馬書 1:17 呂振中譯本,英文NIV譯本也是這樣說)”

Sermon Outline 講章大綱

Introduction 引言

Jesus' Proclamation 耶穌的宣告

**What it means to feed on Jesus
何謂吃喝耶穌**

**How to obtain the Bread of Life
如何得生命的糧**

**How to feed on the Bread of Life
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Feeding on the WORD (Jesus) of God 吃神的話/道 (道成肉身的耶穌)

Bread of Life = Jesus Christ = Word of God

A seminary principal in Taiwan once attended a retreat. He was deeply impressed by the speaker's understanding of the Bible and his ability to explain it. So afterwards, he asked the speaker what was his secret. The speaker told him God's word is for eating (versus reading). The seminary principal was greatly surprised.

God's Word is for EATING Both the OT & NT said this.

Jeremiah said: "When your words came, I ate them; they were my joy and my heart's delight O LORD God Almighty." (Jeremiah 15:16)

The apostle John said: "I took the little scroll from the angel's hand and ate it. It tasted as sweet as honey in my mouth" (Revelation 10:10)

How to Feed on God's WORD 如何吃神的話 The Common Way:

1) Read (讀) 2) Study (研究) 3) Explain (解釋)

But something very important is missing!

但漏掉了一項很重要的！

What is missing? 漏掉了什麼？

The Holy Spirit is Missing 漏掉了聖靈

The Bible is inspired by the Holy Spirit. He is the author and the interpreter of God's Word (1 Tim 3:16)

"for the letter kills, but the Spirit gives life" (2 Cor 3:6)

No one knows the thoughts of God except the Spirit of God. but God has revealed it to us by His Spirit. (1 Corinthians 2: 11, 12)

When He, the Spirit of truth, comes, He will guide you into all truth (John 16: 13)

Feeding on the WORD (Jesus) of God 吃神的話/道 (道成肉身的耶穌)

生命的糧 = 耶穌基督 = 神的話語 (道)

台灣某神學院長有一次參加退修會。他很佩服那位講員，因他對聖經有深度了解並且能清楚解釋聖經。

事後他問那位講員有什麼秘訣。那位講員告訴他神的話語是用來吃的 (聖經通常是被人讀的)。神學院長感到很驚奇。

神的話語是用來吃的。新、舊約聖經都這樣說

先知耶利米說：“耶和華萬軍之神阿、我得著祢的言語、就當食物喫了。祢的言語、是我心中的歡喜快樂。” (耶利米書15:16)

使徒約翰說：“我從天使手中把小書卷接過來、喫盡了。在我口中果然甜如蜜” (啓示錄 10:10)

How to Feed on God's WORD 如何吃神的話 常用的方式:

1) Read (讀) 2) Study (研究) 3) Explain (解釋)

But something very important is missing!

但漏掉了一項很重要的！

What is missing? 漏掉了什麼呢？

The Holy Spirit is Missing 漏掉了聖靈

聖經是聖靈默示的 (提摩太前書 3:16)。

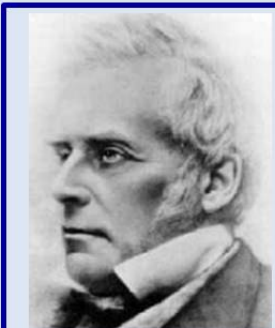
祂是聖經的作者和聖經解釋的權威

“因為那字句是叫人死、聖靈是叫人活”(林後 3:16)

“只有神藉著聖靈向我們顯明了。因為聖靈參透萬事、就是神深奧的事也參透了。除了神的靈、也沒有人知道神的事。(林前 2: 11, 12)

只等真理的聖靈來了、祂要引導你們明白一切的真理 (約翰福音 16: 13)

God's Word & God's Spirit are Inseparable 神的話和神的靈是不可分開的

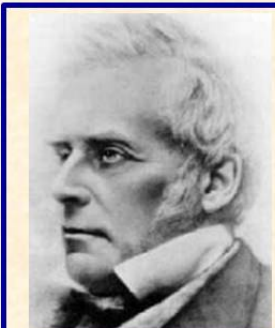


John Nelson Darby
達秘 (1800 – 1882)
Bible translator,
writer, educator,
and clergyman

神的靈和神的話是不可分開的，否則，若不是陷入「惟靈」的狂熱極端，就會落到研究學問之「惟理」的範圍裏，結果是脫離了祂的引導和對祂的倚靠 - 達秘

God's Spirit and God's Word is inseparable. Otherwise, one would either falls into the fanatic extreme of pursuing only the Spirit, or falls into the other extreme of pursuing "knowledge" based on rationality. The result is a departure from His guidance and dependence - J.N. Darby

God's Word & God's Spirit are Inseparable 神的話和神的靈是不可分開的



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達秘 (1800 – 1882)
聖經翻譯家,
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How to Feed on God's WORD 如何吃神的話

4 Steps in eating God's Word:

- 1) **Get the food** – Hear God speaks:
'Man does not live on bread alone, but on every word (rhema) that comes from the mouth of God.' (Mt. 4:4)
'When your words came, I ate them' (Jer. 15:16)
- 2) **Understand it** – receive light (understanding) from the Holy Spirit.
The unfolding of your words gives light; it gives understanding to the simple. (Psalm 119:130)
When He, the Spirit of truth, comes, He will guide you into all truth (John 16: 13)

How to Feed on God's WORD 如何吃神的話

吃神話語的四個步驟:

- 1) **獲取食物** – 聽到神的話語:
耶穌說:『人活著、不是單靠食物、乃是靠神口裡所出的一切話(rhema)』(馬太福音 4:4)
“我得著祢的言語、就當食物喫了”(耶利米書15:16)
- 2) **明白神的話語** – 得著從聖靈來的亮光。
你的言語一解開、就發出亮光、使愚人通達。(詩篇 119:130)
只等真理的聖靈來了、祂要引導你們明白一切的真理 (約翰福音 16: 13)

How to Feed on God's WORD 如何吃神的話

吃神話語的四個步驟:

- 3) **Chew on it** – i.e. meditate on it day & night (Psalm 1:2) . Among Christians today, meditation on God's words is an art on the verge of being lost

Reading is coming in contact with the letters, whereas meditation is absorbing God's words and transforming our thoughts and our lives.

Benefits of meditation on God's word:

- a) be blessed (Ps. 1:2)
- b) be prosperous and successful (Joshua 1:8)
- c) be smart :“I have more insight than all my teachers, for I meditate on your statutes” (Ps. 119:99)

How to Feed on God's WORD 如何吃神的話

4 Steps in eating God's Word:

- 4) **Experience it & execute it**
God's word is given not just for our knowledge and understanding, He also wants us to experience it and execute His instructions and commands.

“though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the **mature**, who **by constant use have trained themselves to distinguish good from evil.**” (Hebrew 5: 12-14)

Practice makes perfect - constant practice of God's words promotes spiritual maturity and skillfulness

How to Feed on God's WORD 如何吃神的話

吃神話語的四個步驟:

- 3) **咀嚼** (即默想) 晝夜思想神的話語 (詩篇1:2)
有人指出在今天的基督徒當中, 默想神的話語是瀕臨失落的“藝術”

閱讀聖經是與字面接觸, 而默想神的話語則是吸收神的話語進入我們的思想和生命中作改變工作。

默想神的話語有以下益處:

- a) 使人蒙福。(詩篇1:2)
- b) 使人凡事亨通、順利 (約書亞記 1:8)
- c) 使人更聰明 “我比我的師傅更通達。 因我思想你的法度” (詩篇 119:99)

How to Feed on God's WORD 如何吃神的話

吃神話語的四個步驟:

- 4) **經歷和執行(遵行)神的話語**
神將祂的話語賜給我們不單是讓我們知道和明白, 更是要我們經歷和執行祂的話語。

“你們本該作師傅、誰知還得有人將神聖言小學的開端、另教導你們。並且成了那必須喫奶、不能喫乾糧的人。凡只能喫奶的、都不**熟練**仁義的道理。因為他是嬰孩。惟獨長大成人的、纔能喫乾糧、他們的心竅、**習練得通達**、就能分辨好歹了。”(來5:12-14)

熟能生巧 – 時常經歷、使用和遵行神的話語能**促進**靈命的成長、和真理分辨的能力

Ending Words 結語

Remember: Feeding on the Bread of Life is not optional, it is a MUST

A lot more can be said on this subject if not for time constraints

I highly recommend listening to a two part messages on "How to Eat the Lord's Word 如何吃主的話" by Godwin Sun (孫國鐸) of Seattle Christian Assembly 西雅圖基督的教會. It is spoken in Chinese with very fluent English translation (中文講道, 有流利英語翻譯).
http://www.seattlechristianassembly.org/Audio/Godwin_Sun/2011/2011_02_27_How_to_Eat_God's_Word_Godwin_Sun.mp3
http://www.seattlechristianassembly.org/Audio/Godwin_Sun/2011/2011_03_13_How_to_Eat_God's_Word_2_Godwin_Sun.mp3

A Script of today's message in both English and Chinese can be read and downloaded from the church website, together with the audio recording.

Ending Words 結語

要記得: 吃生命糧是必須要的, 不是可有可無的

若不是時間的限制, 這個講題還有很多可以說的

我極力推薦大家聽一個講座 "如何吃主的話 How to Eat the Lord's Word" 講員是西雅圖基督教會的孫國鐸 (Godwin Sun of Seattle Christian Assembly). 是中文講道兼有流利英語翻譯. 講座分兩篇, 共約兩小時半
http://www.seattlechristianassembly.org/Audio/Godwin_Sun/2011/2011_02_27_How_to_Eat_God's_Word_Godwin_Sun.mp3
http://www.seattlechristianassembly.org/Audio/Godwin_Sun/2011/2011_03_13_How_to_Eat_God's_Word_2_Godwin_Sun.mp3

這一篇講道的中英文講章, 連同錄音會上傳到教會網站供弟兄姊妹重溫及下載.



**Feeding on the
Bread of Life
吃生命糧**



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Bread of Life
吃生命糧**

約翰福音

John 6 : 51 - 63

Maryland Gospel Church
馬利蘭福音教會

12/15/2019

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