

你們要謹慎行事，  
不要像愚昧人，  
當像智慧人。要  
愛惜光陰，因為  
現今的世代邪惡。

以弗所書 Ephesians 5:15-16

**Be very careful,  
then, how you  
live—not as unwise  
but as wise,  
making the most of  
every opportunity,  
because the days  
are evil.**



不要作糊塗人，  
要明白主的旨意  
如何。

以弗所書 Ephesians 5:17

**Therefore do not be  
foolish, but  
understand what  
the Lord's will is.**

不要醉酒，酒能  
使人放蕩；乃要  
被聖靈充滿。

以弗所書 Ephesians 5:18

**Do not get drunk  
on wine, which  
leads to  
debauchery.  
Instead, be filled  
with the Spirit,**

當用詩章、頌詞、  
靈歌、彼此對說，  
口唱心和的讚美  
主。

以弗所書 Ephesians 5:19

speaking to one  
another with  
psalms, hymns,  
and songs from the  
Spirit. Sing and  
make music from  
your heart to the  
Lord,



凡事要奉我們主  
耶穌基督的名常  
常感謝父神。又  
當存敬畏基督的  
心，彼此順服。

以弗所書 Ephesians 5:20-21

always giving thanks  
to God the Father for  
everything, in the  
name of our Lord  
Jesus Christ. Submit  
to one another out of  
reverence for Christ.



要被聖靈充滿



*Be Filled By the Holy Spirit*

以弗所書

**Ephesians 5:15-21**

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*Be Filled By the Holy Spirit*

以弗所書

**Ephesians 5:15-21**



**什麼是醉酒？**

**What is getting  
drunk on wine?**



你們等候驚奇吧！  
你們宴樂昏迷吧！  
他們醉了，卻非  
因酒；他們東倒  
西歪，卻非因濃  
酒。

以賽亞書 Isaiah 29:9

**Be stunned and  
amazed, blind  
yourselves and be  
sightless; be  
drunk, but not from  
wine, stagger, but  
not from beer.**



因為耶和華將沉睡  
的靈澆灌你們，封  
閉你們的眼，蒙蓋  
你們的頭。你們的  
眼就是先知；你們  
的頭就是先見。

The Lord has  
brought over you a  
deep sleep: He has  
sealed your eyes  
(the prophets); he  
has covered your  
heads (the seers).

所有的默示，你們  
看如封住的書卷，  
人將這書卷交給識  
字的，說：「請念  
吧！」他說：「我  
不能念，因為是封  
住了。」

以賽亞書 Isaiah 29:11

For you this whole vision is nothing but words sealed in a scroll. And if you give the scroll to someone who can read, and say, "Read this, please," they will answer, "I can't; it is sealed."



要被聖靈充滿



*Be Filled By the Holy Spirit*

以弗所書

Ephesians 5:15-21



三位一體中第三位  
the third Person in  
the Trinity

基督的靈  
the Spirit of Christ

永遠的靈  
the eternal Spirit

無所不知的、無所不  
能的、無所不在的靈  
omniscient, omnipotent,  
omnipresent Spirit

聖靈  
Holy Spirit  
保惠師  
Counselor

大有能力的靈  
the powerful Spirit

平安的靈  
the Spirit of peace

真理的靈  
the Spirit of truth

溫柔的靈  
the gentle Spirit



# 要被聖靈充滿

Be Filled by the Holy Spirit

- 什麼是  
被聖靈充滿

What 1

- 為什麼要  
被聖靈充滿

Why 2

- 如何才能  
被聖靈充滿

How 3



# 1. 什麼是 被聖靈充滿

**What is to be filled  
by the Holy Spirit?**

我們所領受的，  
並不是世上的靈，  
乃是從神來的靈，  
叫我們能知道神  
開恩賜給我們的  
事。

哥林多前書 1 Corinthians 2:12

What we have  
received is not the  
spirit of the world,  
but the Spirit who  
is from God, so  
that we may  
understand what  
God has freely  
given us.



並且我們講說這些事，不是用人智慧所指教的言語，乃是用聖靈所指教的言語，將屬靈的話解釋屬靈的事。

哥林多前書 1 Corinthians 2:13

This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words.



然而，**屬血氣的人**不領會神聖靈的事，反倒以為愚拙，並且不能知道，因為這些事惟有**屬靈的人**才能看透。

哥林多前書 1 Corinthians 2:14

**The person without the Spirit** does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit.

屬靈的人能看透萬事，卻沒有一人能看透了他。誰曾知道主的心去教導他呢？但我們是有基督的心了。

**The person with the Spirit** makes judgments about all things, but such a person is not subject to merely human judgments, for, “Who has known the mind of the Lord so as to instruct him?”

弟兄們，我從前對  
你們說話，不能把  
你們當作屬靈的，  
只得把你們當作屬  
肉體，在基督裡為  
嬰孩的。

Brothers and  
sisters, I could not  
address you as  
people who live by  
the Spirit but as  
people who are still  
worldly—mere  
infants in Christ.



我是用奶餵你們，  
沒有用飯餵你們。  
那時你們不能吃，  
就是如今還是不能。

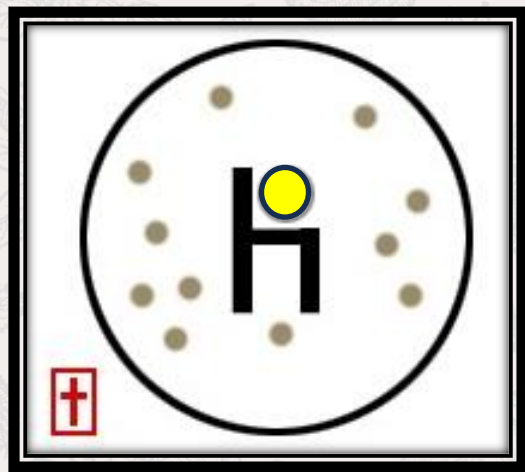
I gave you milk, not  
solid food, for you  
were not yet ready  
for it. Indeed, you  
are still not ready.

你們仍是屬肉體的，  
因為在你們中間有  
嫉妒、分爭，這豈  
不是屬乎肉體、照  
著世人的樣子行  
嗎？

You are still  
worldly. For since  
there is jealousy  
and quarreling  
among you, are  
you not worldly?  
Are you not acting  
like mere humans?

# 三種人 Three kinds of people

1. 屬血氣的人  
- 非基督徒



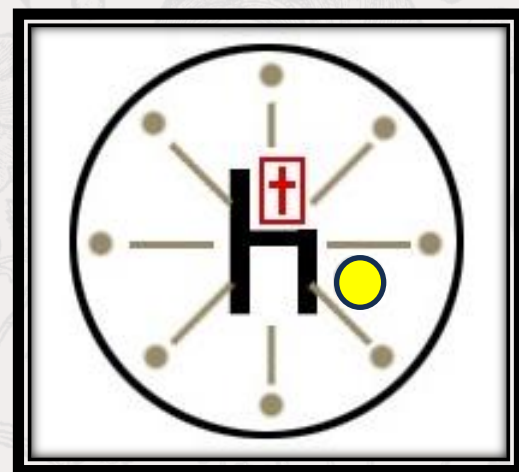
The person  
without the Spirit

2. 屬肉體的人  
- 不信靠神的基督徒



The worldly man

3. 屬靈的人  
- 信靠神的基督徒



The spiritual man



# 什麼是被聖靈充滿

## What is to be filled by the Holy Spirit?

2. 屬肉體的人

- 不信靠神的基督徒

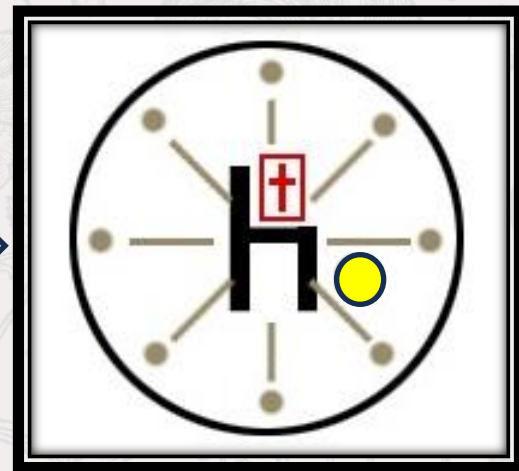


The worldly man

被聖靈充滿

3. 屬靈的人

- 信靠神的基督徒



The spiritual man



讓聖靈在我們的心中掌權作主  
Let the Holy Spirit reign in our hearts

聖靈充滿



讓聖靈在我們的心中掌權作主

Let the Holy Spirit reign in our hearts



讓聖靈的工作藉著我們流淌出來

Let the work of the Holy Spirit flow through us

聖靈充滿



當用各樣的智慧，  
把基督的道理豐豐富富的存在心裡，  
用詩章、頌詞、靈歌，彼此教導，互相勸戒，心被恩感，歌頌神。

不要醉酒，酒能使人放蕩；乃要被聖靈充滿。當用詩章、頌詞、靈歌、彼此對說，口唱心和的讚美主。

以弗所書 Ephesians 5:18-19

Do not get drunk on wine, which leads to debauchery. Instead, **be filled with the Spirit**, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord,

歌羅西書 Colossians 3:16

**Let the message of Christ dwell among you richly** as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

歌羅西書 Colossians 3:17

無論做什麼，  
或說話或行事，  
都要奉主耶穌  
的名，藉著他  
感謝父神。

以弗所書 Ephesians 5:20

凡事要奉我們  
主耶穌基督的  
名常常感謝父  
神。



歌羅西書 Colossians 3:17

**And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.**

以弗所書 Ephesians 5:20

**always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.**



讓聖靈在我們的心中掌權作主  
Let the Holy Spirit reign in our hearts



讓聖靈的工作藉著我們流淌出來  
Let the work of the Holy Spirit flow through us



被神的話語所充滿  
To be filled with God's word

聖靈充滿

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 4:30

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



要常常喜樂，不  
住的禱告，凡事  
謝恩；因為這是  
神在基督耶穌裡  
向你們所定的旨  
意。

帖撒羅尼迦前書

1 Thessalonians 5:16-18

**Rejoice always,  
pray continually,  
give thanks in all  
circumstances; for  
this is God's will  
for you in Christ  
Jesus.**

不要消滅聖靈的  
感動；不要藐視  
先知的講論。

帖撒羅尼迦前書

1 Thessalonians 5:19-20

**Do not quench the  
Spirit. Do not treat  
prophecies with  
contempt**



讓聖靈在我們的心中掌權作主  
Let the Holy Spirit reign in our hearts



讓聖靈的工作藉著我們流淌出來  
Let the work of the Holy Spirit flow through us



被神的話語所充滿  
To be filled with God's word



是主給我們的命令  
It's the command given by the Lord

聖靈充滿



## 2. 為什麼要 被聖靈充滿

**Why we should be  
filled by the Holy  
Spirit?**

# 屬肉體的 VS 屬靈的

- 以自我為中心
  - 被罪惡所轄製
  - 結不出好果子
  - 讀不懂聖經
  - 沒有信心，不能順服
  - 嫉妒、紛爭、論斷
  - 靈命停滯，不成長
- 以基督為中心
  - 過德勝的生活
  - 結出好果子
  - 明白神的旨意
  - 信靠順服
  - 合一，建造別人
  - 生命活潑，不斷成長



## 2. 為什麼要 被聖靈充滿

Why we should be  
filled by the Holy  
Spirit?

- 因為我們需要  
神的智慧

Because we need  
God's wisdom

- 因為我們需要  
神的能力

Because we need  
God's power



耶穌和他們聚集的時候，囑咐他們說：  
「不要離開耶路撒冷，  
要等候父所應許的，  
就是你們聽見我說過的。  
約翰是用水施洗，  
但不多幾日，你們要  
受聖靈的洗。」

使徒行傳 Acts 1:4-5

On one occasion, while he was eating with them, he gave them this command: “Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. For John baptized with water, but in a few days you will be baptized with the Holy Spirit.”

但聖靈降臨在你們身上，你們就必得著能力，並要在耶路撒冷、猶太全地，和撒瑪利亞，直到地極，作我的見證。

**But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.**



# 3. 如何才能 被聖靈充滿

**How to be filled by  
the Holy Spirit?**



# 認罪悔改 Confess and repent

理智上  
承認  
Confess sin

約翰一書 1 John 1:9

我們若認自己的  
罪，神是信實的，  
是公義的，必要  
赦免我們的罪，  
洗淨我們一切的不義。

If we confess our  
sins, he is  
faithful and just  
and will forgive  
us our sins and  
purify us from all  
unrighteousness.

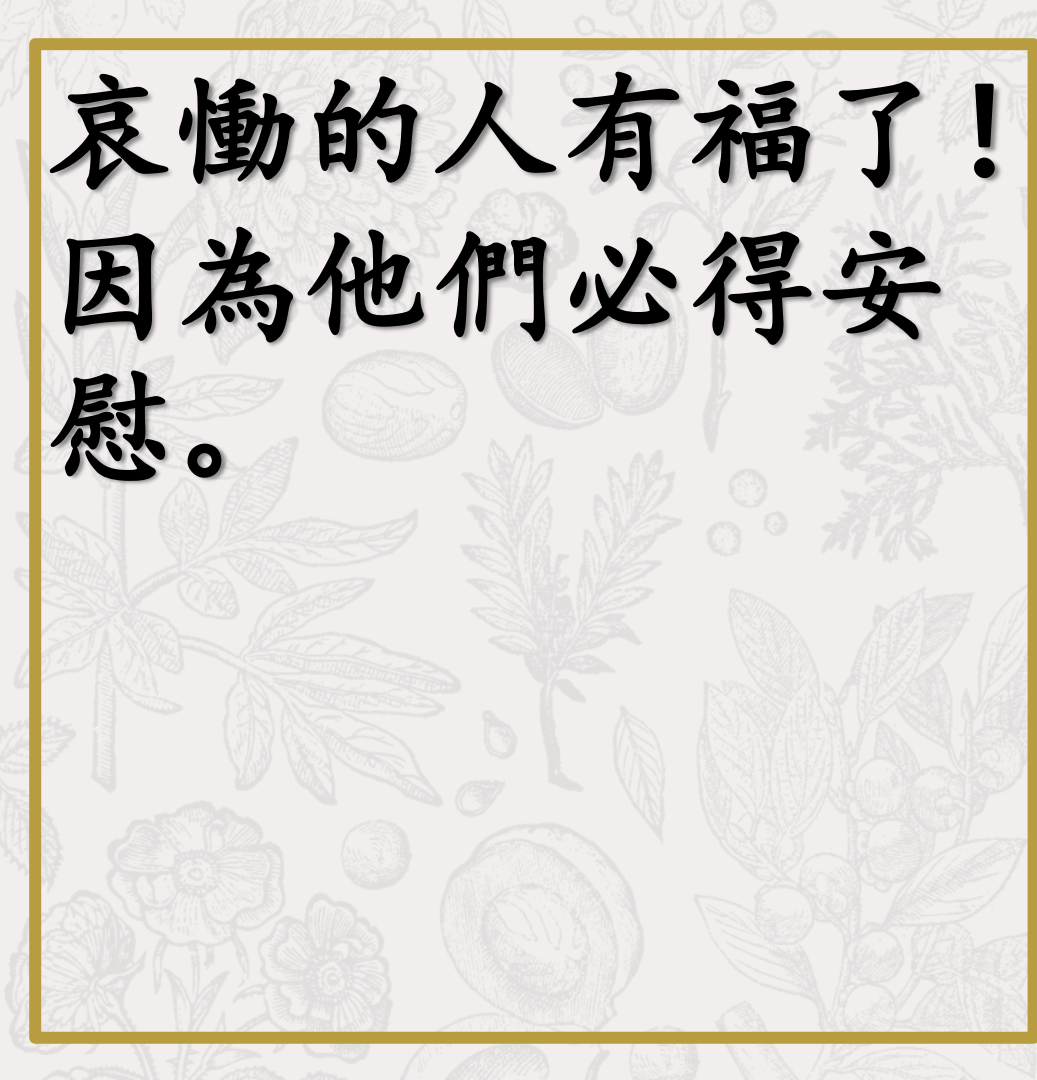
# 認罪悔改 Confess and repent

理智上  
承認  
Confess for  
sin

情感上  
認同  
Feel sorrow  
for sin







哀慟的人有福了！  
因為他們必得安慰。

馬太福音 Matthew 5:4

**Blessed are  
those who  
mourn, for they  
will be  
comforted.**

# 認罪悔改 Confess and repent

理智上  
承認  
Confess for  
sin

情感上  
認同  
Feel sorrow  
for sin

意志上  
轉向  
Turn away  
from sin



遮掩自己罪過的，  
必不亨通；承認  
離棄罪過的，必  
蒙憐恤。

**Whoever  
conceals their  
sins does not  
prosper, but the  
one who  
confesses and  
renounces them  
finds mercy.**



# 認罪悔改 Confess and repent

理智上  
承認  
Confess for  
sin

情感上  
認同  
Feel sorrow  
for sin

意志上  
轉向  
Turn away  
from sin

行為上  
改變  
Change in  
behaviors

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 4:28

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.

# 結論 Conclusions

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被聖靈充滿是神給我們的命令，是活出耶穌基督裡豐盛生命的必要條件。讓我們通過認罪悔改除去生命中的攔阻，讓聖靈來充滿我們！





# 結論 Conclusions



**Being filled with the Holy Spirit is a command given by God and a necessary condition for living an abundant life in Jesus Christ. Let us remove the obstacles in our lives by confessing our sins and repenting, and let the Holy Spirit fill us!**

