



说话 (3) SPEAKING

11/27/2022

主要经文

The Primary Verses

箴言/Proverbs

18:21

诗篇/Psalms

141:3-4

约翰福音/John

7:45-46

基督徒常犯的言语问题

Commonly Seen Problems with Christian's Speaking

- 发怨言 (grumbling)
- 批评论断人 (speaking against one another)
- 妄论神的作为 (judging God)
- 自夸 / 夸大 (boasting)
- 不合圣徒体统的言词 (unwholesome words)
- 恶言、辱骂、咒诅 (malicious words, insults, curses)
- 谎言 (lying)
- 丧气话 (evil reports, discouraging words)
- 唠叨、重复、好辩
(nagging, long-winded, contentious words)

如何管治你的言语

How to Control Your Speaking

- 拒绝说不合圣经教导的话

Refuse to speak unbiblical words

- 与言语愚昧的人 / 事保持距离

Keep a distance from people with unbridled tongue, and from unprofitable talks

- 生气却不说话犯罪

Do not speak in anger

如何管治你的言语

How to Control Your Speaking

- 先听后说

Listen Before Speak

- 视听话的对象，不合宜不开口

Speak Depending on the Audience

- 少言胜于多语

Fewer words always preferred

- 学会说「不」

Learn to say NO

对不合神心意的事说“不”

Say No to Things Not of the Will of God

- 对罪说“不” (say NO to sinful matters)
 - “所以不要容罪在你们必死的身上作王，使你们顺从身子的私欲。”
(罗马书/Romans 6:12)
“Therefore do not let sin reign in your mortal body so that you obey its lusts.”
- 对试探说“不” (say NO to temptations)
 - “**耶稣说，撒旦退去吧。**因为经上记着说，『当拜主你的神，单要事奉他。』于是魔鬼离了耶稣，有天使来伺候他。(马太/Matt 4: 10-11)
“**Then Jesus said to him, “Go, Satan!** For it is written, ‘YOU SHALL WORSHIP THE LORD YOUR GOD, AND SERVE HIM ONLY.’”

对不合神心意的事说“不”

Say No to Things Not of the Will of God

- 对没有益处、或辖制我们的事说“不” (say NO to things unprofitable to self)
 - “凡事我都可行。但不都有益处。凡事我都可行，但无论那一件，我总不受他的辖制。” (林前/I Cor. 6:12)
“All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.”
- 对不造就人的事说“不” (say No to things unprofitable to others)
 - “凡事都可行，但不都有益处。凡事都可行。但不都造就人。无论何人，不要求自己的益处，乃要求别人的益处。” (林前/I Cor. 10:23-24)
“All things are lawful, but not all things are profitable. All things are lawful, but not all things edify. Let no one seek his own good, but that of his neighbor.”

学主耶稣说话

Learn how to Speak from Jesus

- “差役回到祭司长和法利赛人那里。他们对差役说，你们为什么没有带他来呢？差役回答说，从来没有像他这样说话的。”
(约翰福音/John 7:45-46)

“The officers then came to the chief priests and Pharisees, and they said to them, “Why did you not bring Him?” The officers answered, “**Never has a man spoken the way this man speaks.**”

耶稣常常引用“经上的话”

Jesus Frequently Quotes the Scripture

- 面对试探 (to counter temptations)
 - “耶稣说，撒旦退去罷。因为经上记着说、『当拜主你的神，单要事奉他。』” (马太/Matt. 4:10)
“Then Jesus said to him, “Go, Satan! **For it is written**, ‘YOU SHALL WORSHIP THE LORD YOUR GOD, AND SERVE HIM ONLY.’”
- 回答、提醒、与教导人遵守 (to answer, remind and teach)
 - “耶稣对他们说，经上记着，大卫和跟从他的人饥饿之时所作的事，你们没有念过么” (马太/Matt. 12:3)
“But He said to them, “**Have you not read** what David did when he became hungry, he and his companions,”

耶稣常常尊荣父神

Jesus always honor God, the Father

- 常感谢 神 (give thanks to God always)
 - “那时，耶稣说，父阿、天地的主，我感谢你，因为你将这些事，向聪明通达人，就隐藏起来，向婴孩就显出来。” (马太/Matt. 11:25)
“At that time Jesus said, “I praise You, Father, Lord of heaven and earth, that You have hidden these things from the wise and intelligent and have revealed them to infants.”
- 常归荣耀给 神 (give glory to God always)
 - “耶稣回答说，我若荣耀自己，我的荣耀就算不得什么。荣耀我的乃是我的父，就是你们所说是你们的神。” (约翰/John 8:54)
“Jesus answered, “If I glorify Myself, My glory is nothing; it is My Father who glorifies Me, of whom you say, ‘He is our God’”

耶稣忠心的说话

Jesus Speaks Faithfully

- 耶稣只说父神要他说的话

Jesus says only what Father wants Him to say

- “因为我没有凭着自己讲。惟有差我来的父，已经给我命令，叫我说什么，讲什么。我也知道他的命令就是永生。故此我所讲的话，正是照着父对我所说的。”（约翰/John 12:49-50）

“For I did not speak on My own initiative, but the Father Himself who sent Me has given Me a commandment as to **what to say and what to speak. I know that His commandment is eternal life; therefore the things I speak, I speak just as the Father has told Me.**”

耶稣诚诚实实的说话

Jesus Speaks Truthfully

- 耶稣不畏说难接受的真理

Jesus refrains not from saying the hard truth

- “于是耶稣对门徒说，若有人要跟从我，就当捨己，背起他的十字架，来跟从我。”（马太/Matt. 16:24）

“Then Jesus said to His disciples, “If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me.”

- “耶稣说，手扶着犁向后看的，不配进神的国。”（路加/Luke 9:62）
- “But Jesus said to him, “No one, after putting his hand to the plow and looking back, is fit for the kingdom of God.”

耶稣直接对难处、问题吩咐

Jesus Speaks Directly to the Problems/Issues

- “...我实在告诉你们，你们若有信心像一粒芥菜种，就是对这座山说，你从这边挪到那边，他也必挪去。并且你们没有一件不能作的事了。”（马太/Matt. 17:20）

“...for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you.”

说造就人的好话 - 感谢

Speak words that edify - Give Thanks

- 用感谢代替不合宜的话 (give thanks in place of unwholesome words)
 - “淫词、妄语、和戏笑的话，都不相宜，**总要说感谢的话。**” (以弗所/Ephesians 5:4)
“And there must be no filthiness and silly talk, or coarse jesting, which are not fitting, **but rather giving of thanks.**”
- 用感谢代替挂虑 (giving thanks repels anxieties)
 - “应当一无挂虑，只要凡事借着祷告、祈求、和感谢，将你们所要的告诉神。” (腓利比/Phil. 4:6)
“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

说造就人的好话 - 祝福

Speak words that edify - Give Blessings

- 以祝福代替咒诅 (give blessings, not curses)
 - “逼迫你们的，要给他们祝福。只要祝福，不可咒诅。” (罗马书/Romans 12:14)
“Bless those who persecute you; bless and do not curse.”
- 以祝福代替辱骂 (give blessings, not insults)
 - “不以恶报恶，以辱骂还辱骂，倒要祝福。因你们使为此蒙召，好叫你们承受福气。” (彼得前书/I Peter 3:9)
“not returning evil for evil or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing.”

说造就人的好话 - 安慰

Speak words that edify - Speak Comforting Words

- 以同理心安慰人 (speak in empathy)
 - “我们在一切患难中，他就安慰我们，叫我们能用神所赐的安慰，去安慰那遭各样患难的人。” (林后/II Co. 1:4)
“Who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.”
- 以安慰代替丧气话 (give comforts in place of discouraging words)
 - “但那安慰丧气之人的神，借着提多来安慰了我们。” (林后/II Cor. 7:6)
“But God, who comforts the depressed, comforted us by the coming of Titus;”

说造就人的好话 – 实话

Speak words that edify – Speak in Truth

- 以实话（真理）代替谎言（speak in truth, in stead of lies）
 - “所以你们要弃绝谎言，各人与邻舍说实话。因为我们是互相为肢体。”
（以弗所书/Ephesians 4:25）
“Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another.”
- 说实话（真理），使彼此长进（speak in truth to edify each other）
 - “惟用爱心说实话，凡事长进，连于元首基督。”（以弗所书/Ephesians 4:15）
“but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ,”

慢慢的说

Speak Gently and Slowly

- 不要急躁 (be not hasty in speaking)
 - “你见言语急躁的人么。愚昧人比他更有指望。” (箴言/Proverbs 29:20)
“Do you see a man who is hasty in his words? There is more hope for a fool than for him.”
- 快听慢说 (quick to hear; slow to speak)
 - “我亲爱的弟兄们，这是你们所知道的，但你们各人要快快的听，慢慢的说，慢慢的动怒。” (雅各书/James 1; 19)
“This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger;”