

# 改变生命的能力

*Life-Changing Power*



盗贼来，无非要偷窃，杀害，毁坏。我来了，是要叫人得生命，并且得的更丰盛。

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

(约10:10)

# 我们的难题

*Our Problem*



# 为什么人们倾向于**论断**别人？

*Why people tend to **judge** others?*

- 提升自己 *Boost own self-image*
- 幸灾乐祸 *Take pleasure in hearing/  
sharing bad news*
- 自以为义 *Self-righteousness*
- 强人自居 *How strong/smart I am*
- 比较心理 *Mentality of comparison*

你们不要论断人，免得你们被论断。因为你们怎样论断人，也必怎样被论断；你们用甚么量器量给人也必用甚么量器量给你们。为甚么看见你弟兄眼中有刺，却不想自己眼中有梁木呢？你自己眼中有梁木，怎能对你弟兄说‘容我去掉你眼中的刺’呢？你这假冒为善的人！先去掉自己眼中的梁木，然后才能看得清楚，去掉你弟兄眼中的刺。

*"Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye. (太7:1-5)*

# 1. 耶稣警告我们 *Jesus cautions us*

你们不要论断人，免得你们被论断。因为你们怎样论断人，也必怎样被论断；你们用甚么量器量给人，也必用甚么量器量给你们。

*"Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.*

(太7:1-2)

2. 耶稣挑战我们 *Jesus challenges us*  
为甚么看见你弟兄眼中有刺，却不想自己眼中有梁木呢？你自己眼中有梁木，怎能对你弟兄说容我去掉你眼中的刺呢？

*"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye?"*

(太7:3-4)

3. 耶稣**劝告**我们 *Jesus **counsels** us*  
你这假冒为善的人！先去掉自  
己眼中的**梁木**，然后才能看得  
清楚，去掉你弟兄眼中的刺。

*You hypocrite, first take the **plank** out  
of your own eye, and then you will see  
clearly to remove the **speck** from your  
brother's eye.*

(太7:5)



如何去掉自己眼中的梁木呢？

*How can you take the plank out  
of your own eye?*



信我的人，就如经上所说，从他腹中要流出活水的江河来。耶稣这话是指着信他之人，要受**圣灵**说的。

*Whoever believes in me, as the Scripture has said, streams of living water will flow from within him. By this he meant the **Spirit**, whom those who believed in him were later to receive.*

(约7:38-39)

圣经都是神所默示的，于教训督责，使人归正，教导人学义都是有益的。叫属神的人得以完全，预备行各样的善事。

***All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.***

(提后3:16-17)

# 能力定律（属灵界）

## *The Power Law (Spiritual)*

$$P = B * HS$$

*Where P = Power* 能力

*B = Bible* 圣经

*HS = Holy Spirit (0 or 1)* 圣灵

***S.P.E.C.K.***



1. 有什么罪恶要避免？  
*Is there any Sin to avoid?*

2. 有什么应许要掌握？

*Is there any **Promise** to claim?*



3. 有什么**榜样**要效法？

*Is there any **Example** to follow?*





4. 有什么命令要遵行？

*Is there any **Command** to obey?*



5. 有什么**知识**要领悟？

*Is there any **Knowledge** to apprehend?*



## 结语 *Conclusion*

如何得改变生命的能力呢？

*How can we receive  
such life-changing power?*

首先要**信靠**耶稣，

*First **trust** in Jesus,*

然后要**亲近**主道。

*then **read** His Word.*

# 成人2015 读经计划

## *Adults 2015 Bible Reading Plan*

一 月	玛 太 福 音	使 徒 行 传	诗 篇	创 世 记
1	1: 1-17	1: 1-11	1	1-2
2	1: 18-25	1: 12-26	2	3-4
3	2: 1-12	2: 1-21	3	5-8
4	2: 13-23	2: 22-47	4	9-11
5	3: 1-12	3	5	12-14
6	3: 13-17	4: 1-22	6	15-17
7	4: 1-11	4: 23-37	7	18-20
8	4: 12-17	5: 1-16	8	21-23
9	4: 18-25	5: 17-42	9	24
10	5: 1-12	6	10	25-26
11	5: 13-20	7: 1-38	11	27-28
12	5: 21-32	7: 39-60	12	29-30
13	5: 33-48	8: 1-25	13	31
14	6: 1-15	8: 26-40	14	32-33
15	6: 16-24	9: 1-19	15	34-35
16	6: 25-34	9: 20-43	16	36
17	7: 1-14	10:1-23	17	37-38
18	7: 15-29	10:24-48	18:1-25	39-40
19	8: 1-13	11:1-18	18:26-40	41
20	8: 14-22	11:19-30	19	42-43
21	8: 23-34	12	20	44-45
22	9: 1-13	13:1-25	21	46-47
23	9: 14-26	13:26-52	22:1-11	48
24	9: 27-38	14	22:12-31	49
25	10: 1-20	15:1-21	23	50

# 青少年2015读经计划

## *Youths Bible Reading Plan*

5x5x5x5



