

Following and Resurrection Holiness 跟随和复活的圣洁

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The movie Holy Man came out in 1998, and it starred Eddie Murphy as a modern holy man who helped people. The only problem with the movie was the Eddie Murphy is usually a fun charismatic guy, but this movie robbed him of all that and just made him boring.

电影《圣人》于1998年上映，由埃迪墨菲扮演一位帮助人的现代圣人。这部电影唯一的问题是埃迪墨菲通常是一个有趣的有魅力的演员，但这部电影剥夺了他这一切，使他看来很沉闷。

What do you picture when you think of a holy person?

当你想到一个圣人时，你会联想到什么？

Is it the Eddie Murphy type holy man, who is somehow separate from the real world. Monk living in a cave. Maybe you picture Gandhi in your mind. Robes.

是埃迪墨菲般与现实世界有些脱节的圣人吗？或住在山洞里的僧侣。也许你会想起甘地和他的长袍。

But it's boring. It's not attainable. Holy man living is not for any of us.

但这都是很沉闷无聊，无法实现的。圣人的生活是不适合我们任何人的。

Maybe it's the person who has a Holier than thou attitude. Person who holds the moral high ground and gives judgement on everyone else. We pull back from people like these because they seem to like the sound of their own voice and don't see their own issues.

也许你想到那些满是傲慢觉得自己比其他人都更圣贤的人。坚持道德高地，对其他人的判断的人。我们不愿亲近这样的人，因为他们喜欢听自己说话的声音，而看不到自己的问题。

From an Asian culture perspective, it might be the Confucian noble man. One who has gone on a journey to enlightenment, who acts in proper conduct in public and to family, respectful to parents and superiors and is a person of learning.

从亚洲文化的角度来看，可能是儒家思想所指的圣贤。一个踏上启蒙之路，在外或在内都行为得当，尊重父母和上级，尊师重道有学问的人。

These different version of holy people seem very distant from us regular people, and being holy can seem very far away from us.

这些不同版本的圣人似乎离我们这些普通人很远，成为圣洁对我们来说似乎是遥不可及。

We know the call of God to be like him, to have a life to be like Jesus, but pursuing holiness just seems too hard.

我们知道上帝的呼召，要像他一样，活出生命，像耶稣一样的生活，但追求圣洁似乎太难了。

I'm sure you know this feeling of getting stuck in a cycle, do the wrong thing, feel guilty and get convicted of sin, and so you try harder.

我相信你知道这种陷入循环的感觉，做错事，感到内疚，被判有罪，所以你更加努力。

Sin again, feel guilty, try harder.

再次犯罪，感到内疚，更加努力。

And eventually we might just give up, because it's all too hard.

最终，我们可能因为全是太难了，而完全放弃。

And so pursuing holiness becomes something that feels very distant, and something that is for other people.

因此，追求圣洁就变成了一种感觉非常遥远的东西，一个由其他人来做的东西。

Over the last four weeks of our vision series, we have seen God call us to be disciples of Jesus. And he has given us three resources to do that, bible and prayer to be in relationship, holy spirit to know him, and the church, brothers and sisters in arms to walk towards Jesus together.

在过去的四个星期的远象系列的讲道里，我们看到上帝呼召我们去成为耶稣的门徒。他给了我们三个资源来做到这一点，圣经和祈祷去建立关系，圣灵去了解他，和教会，与弟兄姐妹手牵手一起走向耶稣。

Today we begin to see the characteristics of a disciple. Today, see that a Christian is Holy. Seek to understand what it means to be Holy, why we should be holy, and how.

今天，我们开始看看一个门徒的特性。第一样要看的是一个基督徒是圣洁的。让我们去理解成为圣洁是什么意思，为什么我们需要成为圣洁，以及如何达到。

Holiness is not about wearing Robes and spouting nice wisdom, or being so different from everyone else. Holiness is a gift of God that we have now, that we can pursue. Challenge will be that God wants us to pursue holiness.

圣洁不是关于穿上长袍，说出漂亮的智慧，或与表现得质众不同。圣洁是上帝的礼物，我们现在就有，也可以追求的。上帝要我们追求圣洁将是我们的挑战。

1. What does it mean to be Holy? 圣洁是什么意思？

God is described in the bible repeatedly as holy.

《圣经》中反复的描述上帝为神圣的。

Isaiah 6:3 says;

《以赛亚书》6: 3说，

Holy, Holy, Holy, is the Lord God Almighty.

圣哉！圣哉！圣哉！是万军之耶和华。

When some is repeated 3 times it is used to express that something is over the top. So God is over the top holy.

当一些事情被重复三次，表示这上事情是至关重要。所以上帝是超过最高的圣洁。

God is holy and we are not. It is the central divide between us and him. The word has the idea of being separate. God is separate from us. He is always good and perfect and just, yet we are not holy. We are not good, and perfect, and just.

上帝是圣洁的，而我们不是。这是我们和他之间的中心鸿沟。「圣洁」这词有分别出来的意思。上帝和我们是有所分别的。他总是永远的善良、完美和公正，而我们是不圣洁的。我们不好，不完美，而且不公正。

God is only good and because we are not we can't stand in his presence. So in the Old Testament, when the High Priest would enter in to the place called the Holy of Holies, the middle, the place where God himself dwelt. The High Priest could only go in there once a year. And he would have to bring blood to deal with his own sin.

上帝是完全的美好，而因为我们不是，我们不能在他的面前存在。因此，在《旧约》的时期，当大祭司进入被呼召为「至圣所」的地方时，在圣殿的中央，上帝自己居住的地方。大祭司只能一年进去一次。他必须带着血去处理自己的罪。

God is so good and just that man can not even stand before him in the temple.

上帝是如此的美好和公正严明，人甚至是不能在圣殿中站在他的面前。

So when Jesus comes he is the Holy God in flesh. He comes so God could work out his plan to deal with this problem. So that we would be like he is. Holy.

所以当耶稣来了，他是圣洁的神成为肉身。他来是为了上帝能实行出他处理这个问题的计划。这样我们就会像他一样。圣洁。

In Leviticus, it says

在《利未记》中说，

Be Holy, Like I am holy.

要成为圣，因为我是神圣的。

Jesus calls us to the same thing, Matt 5:48,

耶稣同样地吩咐我们，《马太福音》5:48，

Be perfect as your heavenly father is perfect.

你们要完全，如同你们的天父是完全的。

God calls us to be holy like him, but he is also making us holy.

上帝呼召我们去成为像他一样神圣，而且他也在使我们成为圣洁。

In Colossians 3:12 it says,

《歌罗西书》3:12说，

12 Therefore, as God's chosen people, holy and dearly loved

所以，你们既是上帝的选民，圣洁、蒙爱的人

God is making us holy, and yet he already sees us as holy. He has made us his people, his church – and this is set apart. Special to God, and he loves us and has made us holy.

上帝在使我们成为圣洁，但他已经把我们视为圣洁。他使我们成为他的选民，他的教会…是分别出来的。对上帝是特别的，他爱我们，使我们成为圣洁。

God does this in 2 ways. The first is the work of justification. Because of the death of Jesus in our place, we can stand before God. When he looks at us, he sees that we have been made clean by Jesus' blood, made pure and holy now.

上帝以两种方式来做。首先是「称义」的工作。因为耶稣代了我们去死，我们可以站在上帝的面前。当他看着我们时，他看到我们被耶稣的血洗净了，现在变得纯洁和圣洁。

The second work of God making us holy is sanctification. 1 Thess 4:3 says –

上帝使我们圣洁的第二部工作是「成圣」。《帖撒罗尼加前书》4:3说，

It is God's will that you be sanctified.

上帝的旨意就是要你们成为圣洁。

It is his process of day by day making us like his son. Shaping us to the image of Jesus.

这是他日复一日去使我们成为像他的儿子的过程。去跟据耶稣的形象塑造我们。

So, justification is God's declaration that a sinner is righteous through the work of Jesus Christ. Sanctification is God's transformation of a believer's whole being, that is the mind, will, behaviours, and affections through the work of the Holy Spirit.

所以，「称义」是上帝的宣告，宣称一个罪人借着耶稣基督成就的工作成为义了。

「成圣」是上帝借着圣灵的工作，对信徒的整体，在思想、意志、行为和情感上的转化。

God's plan is to make us holy, and he does that through justifying us, and working to sanctify or holify us.

上帝的计划是要使我们成为圣洁，他通过称我们为义，并使我们成为圣洁或成圣来做到。

He is making us who we are.

他使我们成为真正的我们。

So Christians are holy and are also being made holy. Holiness is being of one mind with God, loving what he loves and hating what he hates. Working to put off sin and put on obedience to God's commands. Giving sacrificially because we treasure Jesus. Full of sacrifice and good deeds. And a Humility – lowliness of mind, thinking others better than self and see evil in own heart.

所以基督徒是圣洁的，也是被使为圣洁的。圣洁与神同心同意，爱他所爱的东西，恨他讨厌的东西。努力去脱下罪，穿上对神的命令的服从。作牺牲性的奉献，因为我们

珍惜耶稣。充满牺牲和善行。和谦卑…卑微的心灵，看别人比自己强，看到自己的心中的邪恶。

When I first became a Christian about 20odd years ago, there was so much excitement. I wanted with all my energy and zeal to live for God. I wanted to obey him, to act like Jesus. I used to wear the WWJD bracelet to remind me, what would Jesus do in this situation.

大约20年前，当我初成为基督徒时，我非常兴奋激动。我想用我所有的精力和热情去为上帝而活。我想去服从他，像耶稣一样行事。我曾经戴着WWJD手镯去提醒我自己，在这上情况下耶稣会怎么做。

But over time, the call to pursue holiness feels like it has turned from joy to drudgery.

Following God's commands can feel like a burden. It's not enjoyable.

但随着时间的过去，追求圣洁的呼召渐渐从欢乐觉得变成了苦差事。服从上帝的命令可让人觉得是一种负担。不是愉快的享受。

And sometimes it can feel like I've got a stark choice, do I do something that will make me happy, or do I do something that'll make God happy.

有时候，我会觉得自己有一个严峻的选择，我是否做一些能让我快乐的事情，或是做一些能让上帝喜乐的事情。

Do I pursue happiness or holiness?

我要追求快乐还是追求圣洁？

Sin feels like part of me. Don't necessarily want to get rid of it. Just make my life easier to deal with it.

我觉得「罪」像是我本身的一部分。不一定是想完全脱离。而是当我处理好它会让我的生活更容易。

Charles Spurgeon said that Many are troubled because the gospel interferes with their sin.

What a radical thought! God gets in the way of us sinning.

斯布珍说，有许多人感到不安，是因为福音在他们去犯罪时干扰了他们。多么激进的想法啊！上帝妨碍了我们去犯罪。

God makes us holy, and calls us to pursue holiness throughout life. To be holy like he is holy. But the challenge of our heart to pursue God and a life like Jesus' can be burdened, it can feel impossible. Maybe we see certain stereotypes of holy people and think 'I don't want to be that person' or 'I can't be that person'.

上帝要使我们成为圣洁，并号召我们终生追求圣洁。像他是神圣一样的圣洁。但是，我们心中的挑战是追求上帝，和像耶稣一样的生活，可以是负担，它可能觉得不可能。也许我们看到某些圣人的定型，认为「我不想成为那个人一样」或「我不能成为那个人那样」。

The hole in our holiness is that we don't really care about it. In the Christian world I don't see many people doing passionate calls to be holy. We talk about sin, and encourage good

behaviour. But holiness is not about being a better version of you, it's about becoming God's version of you.

我们成圣的缺漏是在于我们并不真正关心注意它。在基督徒圈子里，我没有看到很多人充满激情地呼吁要成为圣洁。我们谈论罪，鼓励良好的行为。但圣洁不是要成为更好版本的你，而是要成为上帝对你的版本的你。

2. Why should I pursue being Holy? 我为什么要追求圣洁？

So why should we pursue being holy?

那么，我们为什么要追求圣洁呢？

It is the path to human flourishing. Holiness is God's plan for us. It is the way to have the best life.

这是人类繁荣的道路。圣洁是上帝为我们制定的计划。是拥有最美好生活的方式。

I'm a pretty bad handy man when it comes to doing things around the house. And if I need a screwdriver and I'm already in the kitchen, I'll just get a knife from the drawer and make do. But when I go to the effort of using the tool that was designed for it, makes it so much better. It's like the tool is singing in my hand, compared to stabbing at a screw with a knife.

说到做房子周围的修补，我是一个很差劲的杂工。如果我在厨房里而需要一把螺丝刀，我会从抽屉里拿一把刀就算。但当我使用正确的工具时，会事半功倍。就像工具在我手里唱歌，而不是用刀去坎在螺丝钉上。

We blunt ourselves living the wrong way. Pursuing holiness is how God has made us, to be like him. It is being who we were made to be.

我们用错的方法生活而使自己钝了。追求圣洁是上帝对我们的旨意，他做我们去成为像他一样。成为圣洁就是我们活出我们的真我。

In Leviticus chapter 9, God's people have come out of Egypt, and all of the people are gathered to praise God.

在《利未记》第九章中，神的选民已走出埃及了，所有的人聚集在一起赞美上帝，

23 Moses and Aaron then went into the tent of meeting. When they came out, they blessed the people; and the glory of the Lord appeared to all the people. 24 Fire came out from the presence of the Lord and consumed the burnt offering and the fat portions on the altar. And when all the people saw it, they shouted for joy and fell facedown.

23摩西和亚伦进了会幕。他们出来，为百姓祝福；耶和华的荣光向全体百姓显现。24有火从耶和华面前出来，焚烧了坛上的燔祭和脂肪；全体百姓一看见，就都欢呼，脸伏于地。

God's people have been saved, and in the offerings their sin is taken, and they see God work and respond with joy! Absolute Joy.

神的百姓得救了，他们的罪在献祭中被焚烧了，他们看到上帝的工作，并欣喜地响应！绝对的快乐。

Jesus' disciples when locked up, when they see Jesus resurrected, they respond with Joy.

耶稣的门徒在被关起来的时候，当他们看到耶稣复活时，他们用喜悦来作响应。

We seem to have to choose between the impossible, undesirable, boring pursuit of holiness and happiness through depravity.

我们似乎不得不在通过堕落的幸福和不可能、不可取、无聊的圣洁之间做出选择。

If we believe the lie that saying no to sin means saying no happiness, no amount of self control keeps us from seeking happiness.

如果我们相信对「罪」说不是表示对「幸福」说不的谎言，那么没有任何的自我控制能阻止我们去寻求幸福。

When we fail we beat ourselves up, try harder, read bible four or more times a week, have good accountability, and fall over again! Just become despondent and depressed.

当我们失败时，我们自责，更加努力，每周读四次或以上的圣经，保持良好的责任心，又再次跌倒！渐渐变得消沉和沮丧。

Self-control is not the lever to pursue being holy long term. Might work in the short term. Pursuing holiness is not choosing to not be happy, to live in a cave in a monastic monk style of life. That doesn't work! Satan tries to rig the game by convincing us that Pursuing Christlikeness and holiness makes dull boring humans.

自我控制不是长期追求圣洁的杠杆。可能短期内有效。追求圣洁不是选择不悦快，在山洞里像僧侣般生活。那行不通！撒旦试图说服我们，追求基督般的圣洁使人沉闷无聊来操纵游戏。

Pursuing holiness is not about saying no to things in life, but it is about saying Yes to something better.

追求圣洁不是对生活中的事情说不，而是对更好的东西说「是」。

It is a reorientation of loves.

这是爱的重新调整方向。

If you've ever tried to change what you eat or read about dieting it's the same kind of concept. If you try really hard to say no to all of the delicious food that you love that was unhealthy, and for me, I love all food. I have a sweet tooth and a savoury tooth, and a butter tooth. I'm not sure that's a thing.

如果你曾经试图改变你的饮食习惯作节食是同一种概念。如果你真的努力去拒绝所有你喜欢而不健康的食物，对我来说，我喜欢所有的食物。我有一个甜食和咸味的牙齿，和黄油牙。我不确定是否有这回事。

But it doesn't work to just say no. A diet is much more likely to work when you have a clear yes instead.

但只对食物说「不」是行不通的。要节食更有作用，你要有一些是明确「可吃」的。

No, I'm not going to eat that food, yes I'm going to eat this instead.

不，我不会吃那种食物，是的，我会吃这些。

Pursuing Holiness is the same. It is not just about saying no to sin that we think will make us happy. We must say yes to true happiness that God has for us.

追求圣洁是一样的。不仅仅是对那些我们认为会让我们快乐的罪说「不」。我们必须对上帝为我们预备好了真正的幸福说「是」。

So the mouth might be tempted to spread gossip to feel important and valued by friends. Say no to that, and say yes to reminding yourself that you are valued by the great God of the universe. Lies that protect the self for a moment but end up coming back to hurt, or saying yes to loving friends building them up.

你的嘴可能试图传八卦，去使你觉得重要和受朋友重视。拒绝这一点，并答应要提醒自己，你被宇宙的伟大的神所重视。谎言可能片刻的保护自己，但最终带来伤害，相反地可答应去爱朋友和建立他们。

Retail therapy to bring a measure of happiness? Say no to temporary happiness that leaves feeling flat, and yes to pursuing the God who has given every blessing in Jesus.

零售疗法能带来一定程度的幸福感？对暂时的，但最终感觉平淡的，幸福说不，去追求借着耶稣给了每一个祝福的上帝。

Lust and the eyes chasing someone for a couple of extra seconds as a little taste of happiness, say no to chasing a little taste, and yes to pursuing the God that made beauty honouring him with whole body.

情欲和眼睛追逐某人多几秒可带来幸福的味道，向追逐一点儿的味道说不，去追求创造出美丽的上帝，以整个身体去尊敬他。

Pursuing holiness doesn't mean ignoring joy and happiness, but following the God who made joy and happiness. Created to treasure Jesus with our hearts.

追求圣洁并不代表忽视放弃快乐和幸福，而是跟随制造快乐和幸福的上帝。创造我们去用我们的心来珍惜耶稣。

Lust is the love of beauty and desire for sexual intimacy in the wrong place.

情欲是在错误的地方对美丽的爱慕和对性亲密的欲望。

Impatience is the love of order and timeliness over people.

不耐烦是对秩序和及时性的热爱超过于人。

Consumerism is the love of the created over the creator.

消费主义是热爱受造之物过于创造者。

Gossip and slander are the love of self over the love of others.

流言和诽谤是爱自我胜过爱别人。

Over the last week I've been thinking about my own pursuit of holiness. One of my challenges is the desire for control. I get frustrated and impatient when people, particularly my kids take longer than expected to do things. Happiness in this context is very sinful, people doing what I want when I want. But true happiness here for me is to remember that I'm not in control. That there is a God who is in control of all things and I definitely take too long to learn lessons, and am slow to patience and quick to frustration. Yet God is patient and loving towards me.

我在过去的一周一直在思考我自己对圣洁的追求。我的一个挑战是对控制的渴望。当其他人，尤其是我的孩子，做事的时间比我预想的要长时，我会感到不忿和不耐烦。在这种情况下得快乐是非常有罪的，要他人随我所愿去做我想要的。但真正的幸福是我要紧记我不是控制者。有一个上帝在控制着一切，我肯定是花了太长时间去吸取教训，而且很慢的有耐心和很快速的挫折。然而，上帝对我有耐心和爱。

So for me, the path to holiness is to acknowledge that, and not just saying no to myself struggling really hard, but saying yes to a greater love for my kids.

所以对我来说，通往圣洁的道路是承认这一点，不只是对自己说不，和努力奋斗，而是在对我的孩子有更大的爱说「是」。

3. How to Pursue Holiness 如何追求圣洁

God has justified us and he is making us holy, sanctifying us.

上帝已称我们为义，他在使我们成为圣洁，使我们成圣。

So Paul in Colossians 3 has 2 lists for us, things to put off, to say no to, and to put on to say yes to.

所以保罗在《歌罗西书》第3章列出了两个表给我们，要脱下弃绝的，和穿上接受的。

Just another reminder, we put on holiness because God has already made us holy. God has made us holy and he is working in us and through us to make us Holy.

再次提醒，我们穿上圣洁，因为上帝已经使我们圣洁。上帝使我们成为圣洁，他正在我们里和通过我们去使我们成为圣洁。

So list in verse 5,

在第5节中列出，

5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

5 所以，要治死你们在地上的肢体；就如淫乱、污秽、邪情、恶欲和贪婪…贪婪就是拜偶像。

Put to death. Don't allow it to continue.

要治死，不要让它继续下去。

8 But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

8 但现在你们要弃绝这一切的事，就是恼恨、愤怒、恶毒、毁谤和口中污秽的言语。

And we need to kill them dead.

我们需要弃绝灭绝他们。

I've been trying to put to death the clover in my grass at home for the last 3 years. It requires persistence, hard work, and if I slack off, it comes back very quickly!

在过去的三年里，我一直试图把家里草里的三叶草弄死。需要坚持，努力工作，如果我松懈下来，它会回来得很快！

Sin is much more deeply rooted in my heart and yours than any plant. We are not called to prune our sin and make it look acceptable to the people around us, but kill it.

罪在我的内心和你的心中扎根得比任何植物都更深。我们不是被召要去修剪我们的罪，使它看起来可被我们周围的人所接受，我们是要杀死它。

To do this, I really appreciate John Pipers acrostic to help kill sin dead.

为此，我真的很感激约翰·派珀提出去帮助杀死罪的方法。

So if you can imagine a sin that you've been struggling with, read over the list in verse 5 and verse 8, and picture that sin.

如果你想象不到一个你一直在挣扎的罪，再阅读第5和8节的清单，并想象那罪。

The acronym ANTHEM is a practical help.

首字母缩略词「ANTHEM」(国歌)是一个实际的帮助。

Avoid. Don't put your self in situations where possible that will encourage you to sin.

避免…不要把自己置于可能鼓励你去犯罪的境地。

No! Say no to the sin in the first 5 seconds. The longer you dwell on it, the more likely you are to continue down that path.

不!…在罪出现的头5秒说不。你停留的时间越长，你就越有可能继续沿着这条路走下去。

Turn. Turn away from the sinful fallen thing, and turn to what God's plan for true happiness is in that moment.

转身…转身离开罪恶堕落的东西，转向上帝在那一刻所计划好的真正幸福是什么。

Hold. Just wait a minute until the temptation is gone.

等一等…等一下，直到诱惑消失。

Enjoy. Enjoy greater pleasure in God's promises.

享受…在上帝的承诺中享受更大乐趣。

Move. Move and do something to exalt Jesus, music, praise, pray.

行动…移动去做一些事情，音乐，赞美，祈祷，来赞美耶稣。

So my sin of frustration, which comes out at my kids.

所以我不忿和不耐烦的罪，特别是对我的孩子。

I can't just avoid them, but I can be in the right mindset to be more patient. I'm a better Dad when I've slept well, so I need to avoid staying up late. In those first five seconds, when I feel the frustration boiling up like a kettle, say no to it. And not just clamp the lid on the kettle so that it will burst, but turn from frustration and put on patience, change my tone of voice, and hold on to that.

我不能只是避开他们，但我可以预备正确的心态以便我更有耐心。当我有足够睡眠时，我是一个更好的爸爸，所以我需要避免熬夜。在不忿的感觉像水壶一样沸腾的头五秒时，抗拒弃绝它。不只是夹住水壶的盖子，让它不爆裂，而是从不忿转向耐心，改变我的语气，并坚持下去。

Enjoy that for a moment, thanks be to God for his patience and love for me. And then get moving.

享受那片时刻，感谢上帝对我的耐心和爱。然后开始行动。

ANTHEM is a helpful reminder and practice to pursue holiness, to not put on sin, but to put on holiness.

ANTHEM是追求圣洁的一个有益的提醒和实践，不再穿上罪，而是穿上圣洁。

Because verse 12 reminds us that we are already dearly loved, that is the motivation.

Motivation for putting on in

因为第12节提醒我们，我们已经被深深地爱着，这就是动力。去穿上的动力

clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity.

要穿上怜悯、仁慈、谦虚、温柔和忍耐。13倘若这人与那人有嫌隙，总要彼此容忍，彼此饶恕；主怎样饶恕了你们，你们也要怎样饶恕人。14除此以外，还要穿上爱心，因为爱是贯通全德的。

Anthem is helpful in a moment of temptation.

ANTHEM在诱惑的时刻是有帮助的。

Kevin de Young, who is a pastor and author has a practice of working through his whole body to bring it pure to God. He's a man with 7 children, so I'm very encouraged by him.

牧师和作家，凯文德杨，有一个针对整个身体，把它圣洁地带到上帝的工作实践。他有七个孩子，所以我非常感到他的鼓舞。

Starts with his mind, is it filled with the knowledge of God and set on things above?

他从自己的思想开始，是否充满了对上帝的认识，并以天上的事为念？

Eyes, do they turn away from lust and evil acts, bullying, or are they dragged towards them.

眼睛，有否转离情欲，邪恶的行为和欺凌，还是他们被这些吸引着。

Mouth, does the mouth speak words of love or slander and gossip.

嘴，嘴是否在说爱的话，还是诽谤和八卦。

Soul, is it resting and rejoicing in Jesus, or is it full of anxiety.

灵魂，是否在耶稣里的安息和欢欣鼓舞，还是充满焦虑。

Shoulders, are they burdened with the world or living each day for God.

肩膀，是否背负着世界的重担，还是每天为上帝而活。

Heart, is it full of Joy treasuring Jesus or full of pride and envy.

心灵，是否充满珍重耶稣的欢乐，还是充满的骄傲和嫉妒。

The sexual organs, are they pure reserved for marriage between 1 man and 1 woman.

性器官，是否纯粹为一男一女之间的婚姻而保守。

Hands, are they quick to help or fold in prayer.

手，是否快快的去帮助，还是合十在祈祷。

And the feet, do they move towards others in love or out of senseless conflict.

脚，是否在爱中走向别人，还是因毫无意义的冲突而离开。

The reason why we exist as a church is to treasure Jesus together for God's glory and the joy of all people. We treasure Jesus, he's the ultimate treasure and he shows us how to life a life that is full of joy. Pursuing holiness treasuring Jesus is the key to who we are to be as a church and who we want to become over the next 5 years.

我们之所以作为一个教会，是为了一起为上帝的荣耀和所有人的喜悦去珍惜耶稣。我们珍惜耶稣，他是终极的宝藏，他向我们展示了如何活出充满欢乐的生命。珍重耶稣追求圣洁是我们作为一个教会活出我们是谁，并我们希望在未来5年成为什么的关键。

The key objective for our church is here on this page. 65% of St Paul's identifying much growth in faith through this church.

我们教会的主要目标是在这一页上。圣保罗堂里65%的人借着这个教会认定自己在信心方面有显著的成长。

Faith, trusting in God's plan for us. Pursuing holiness and God's designed happiness is a big step of faith. Do that and our faith will grow in God, because God is good.

信心，相信上帝为我们定的计划。追求圣洁和上帝设计的幸福是信心的一大步。这样做，我们的信心将在上帝中成长，因为上帝是美好的。