

# Philippians 腓立比書 2

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No, you can't do that. You're not good enough. You'll stuff it up again. I don't have time to teach you how. You're not worthy of my time.

你不能那樣做。你不够好。你會再把它弄壞。我沒時間教你怎麼做。你不值得我花時間。

Have you ever felt left out by others?

你曾否覺得被別人冷落？

Don't you hate when others think they're better than you and treat you like scum. We'd call them toxic and arrogant who don't understand people's values.

當別人認為他們比你強，把你當渣滓，你會不討厭嗎。我們會稱他們為不了解人們價值觀的有毒和傲慢。

We hate when this is done to us when we are pushed down and humiliated.

當我們被推倒和羞辱時，我們會討厭別人對我們這樣做。

But I wonder if we do it to others. Is it possible we do this in practice? Friends who need help, sorry, can't. Kids. I don't have time for you. People at work?

但我知道我們是否對其他人這樣做。我們在實際上是否有可能也是這樣做？朋友需要幫助，對不起，我不能。孩子，我沒時間陪你。對一起上班的人？

Do we count others as more worthy? Or are we good at making excuses and why they don't deserve it? Not worthy enough. I'd like to, but no.

我們是否認為其他人更有價值？還是我們善於找為什麼他們不值得的藉口？不够值得。我是想做的，但對不起。

We come this week to Philippians 2. Paul, the letter's author, has called us to be united by Joy. The key here for unity is humility. If we are arrogant and put people down, are we like Jesus, our saviour?

我們本週來到《腓立比書》第 2 章。這封信的作者保羅呼籲我們要被喜樂合一。這裡合一的關鍵是謙卑。如果我們狂妄自大，貶低別人，我們是不是像耶穌，我們的救主？

Today we will see how humility with others leads to unity and joy.

今天，我們將看到對他人謙卑如何帶來合一和喜樂。

## 1. Be Humility 謙虛

Before calling the Philippians to humility, he reminds them of God's work in their lives and the 'why'. Why should they have humility?

在呼籲腓立比人謙卑之前，他提醒他們上帝在他們生活中的工作以及“為什麼”。他們為什麼要謙卑？

He uses the word 'if' four times here. These questions assume that the answer is yes. Like a parent talking to a complaining child – have I ever done anything for you?

他在這裡用了四次「若有」這個詞。這些問題假設答案是肯定的。就像父母和抱怨的孩子說話一樣——我沒有為你做過什麼嗎？

Chapter 2:1.

第 2 章第 1 章。

*Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion,*  
1 所以，在基督裏若有任何勸勉，若有任何愛心的安慰，若有任何聖靈的團契，若有任何慈悲憐憫，

If there's any encouragement from being united with Christ. Jesus left heaven to come alongside us, to bring salvation, and to strengthen and lift us up when we are discouraged and downhearted. 在基督裏若有任何勸勉。耶穌離開天堂來到我們身邊，帶來救恩，並在我們灰心喪氣時加強和提升我們。

Comfort from his love. Comfort, that sense of lessening of anxiety, reducing worry. Comfort for a trembling heart. Comfort for a heart worried about the future, worried about their children's future. 任何愛心的安慰。安慰，那種減輕焦慮、減少憂慮的感覺。安慰顫抖的心。安慰一顆為未來擔憂，為孩子的未來擔憂的心。

If there is any common sharing in the Spirit. This language, 'common sharing,' is the same language we saw in chapter 1 last week. It's a business term. If there is a partnership with the Holy Spirit, bringing the comfort of Jesus to the depths of the soul. 若有任何聖靈的團契。「團契」這語言，與我們上週在第 1 章中看到的語言相同。這是一個商業術語。若與聖靈有夥伴關係，將耶穌的安慰帶到靈魂深處。

If any tenderness and compassion. The Spirit causes the blessings of Jesus to be experienced in the soul, 若有任何慈悲憐憫。聖靈使靈魂經歷耶穌的祝福，

Someone here can think – yes, God picked me up when I was downcast. His love comes to me at the very right time. His fellowship and faithfulness have been real when everyone else has deserted. How wonderful that Jesus does this.

這裡有人會想——有的，當我沮喪時，上帝把我抱起來了。他的愛來得正是時候。當其他人都離開時，他的友誼和忠誠是真實的。耶穌這樣做是多麼美妙。

Is there encouragement, is there comfort, is there partnership with Jesus in the Spirit, is there compassion and tenderness? And yes, is the answer.

有任何勸勉，任何安慰，任何在聖靈裡與耶穌合作，任何慈悲憐憫？答案都會是有的。

Based on this amazing foundation of Christ's love, affection, and comfort for us, the experience of unity with Jesus, share it. Paul calls for unity at Philippi

基於基督對我們的慈愛、愛心和安慰這個驚人的基礎，與耶穌合一的經歷，分享它。保羅呼籲在腓立比合一。

Verse 2.

第 2 節。

*then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.*

你們就要意志相同，愛心相同，有一致的心思，一致的想法，使我的喜樂得以滿足。

United by Joy – I will have joy, that feeling given by the Holy Spirit in my soul when I see Jesus working in you to be united.

在喜樂中合一…當我看到耶穌在你裡面工作以使你合一時，我就會有喜樂，那是聖靈在我靈魂中賦予的感覺。

And he will have joy when he sees them as a church in real partnership. Paul's main desire for them is their spiritual growth.

當他看到他們成為真正合一的教會時，他會很喜樂。保羅對他們的主要期望是他們的屬靈成長。

His language is like a full body, not just thinking or doing the same things.

他的語言是指向一個完整的身體，不只是思考或做同樣的事情。

Like-minded, thinking the same things as Jesus.

與耶穌有一致的心思，一致的想法。

Their hearts and affections love each other with the same love. They are not choosing to love some more than others, being in one spirit, one soul, like a picture of a marriage. Christians should be one souled, with common acceptance for one another, and one mind, but better, one purpose. They were pursuing Jesus as their same goal.

他們的心和愛以同樣的愛彼此相愛。不選擇愛一些人多於其他人，同一的靈，同一的魂。就像結了婚一樣。基督徒應該是同心一致，共同接受彼此，同心協力，但更好的是，有一個目的。他們同追求耶穌作為他們共同的目標。

This is a picture of the true church partnership that we spoke about last week. The kind of partnership that brings joy.

這是我們上週談到的真正的教會夥伴關係的圖景。那種帶來喜樂的伙伴關係。

So based on Christ's love and affection and comfort for us, we are called to have love and affection and comfort, to give all.

因此，基於基督對我們的愛、感情和安慰，我們被召去給予愛、感情和安慰，給予一切。

The challenge is how we view others, so Paul says, verse 3.

挑戰在於我們如何看待他人，所以保羅在第 3 節說。

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves*

凡事不可自私自利，不可貪圖虛榮；只要心存謙卑，各人看別人比自己強。

Selfish ambition is the kind of attitude that is self-seeking and self-promoting and causes divisions. Pride, I'm worth promoting. Vain conceit.

自私自利是一種自我追求、自我促進、導致分裂的態度。驕傲，我值得推廣。貪圖虛榮。

But instead – have humility.

但相反…只要心存謙卑。

We often think that humility is about lowering ourselves, but that's not a biblical definition. Humility is considering ourselves right. We deserve nothing good from God, but we are loved and valued and given good gifts from God.

我們經常認為謙卑是要降低自己，但這不是聖經的定義。謙卑是對自己有正確的評價。我們不配從上帝那裡得到任何好處，但我們卻被上帝所愛和重視的，並被賜予了上帝的最好的禮物。

So Paul is calling on us to have that can of humility, to view ourselves right, but also to view others right, viewing them as worthy of God's love.

因此，保羅呼籲我們要有心存謙卑，正確的評價自己，但也要正確的看待他人，將他們看為值得上帝愛的人。

And his language of valuing others above self, it's a mathematical term. Calculate their value, add up all their needs and subtract our interests, and the bottom line is to act in love.

而他說要各人看別人比自己強的語言，這是一個數學術語。計算他們的價值，把他們所有的需求加起來，減去我們的興趣，底線是要在愛中行動。

So, verse 4.

所以，第4節。

*not looking to your own interests but each of you to the interests of the others.*

各人不要單顧自己的事，也要顧別人的事。

Paul stresses that Christians must take concern for themselves and apply it to others. To be on the look out for the interests of others. It's a call to be aware and engaged with people's needs.

保羅強調基督徒必須以關心自己的態度應用於他人。要顧慮別人的事。這是對人們需求的認識和參與的號召。

Everything in the Christian life is to bring humility and greater care for other people. The word of God promotes humility as a mindset.

基督徒生命的一切都是為了心存謙卑地為給他人帶來更多的關懷。上帝的話語提倡謙卑作為一種心態。

Jesus' death on the cross tells us that all we bring to our salvation is our need to be saved! It is impossible to enter the Christian life with pride. The cross sends us to our knees in prayer with empty hands. Worship causes us to look to God in our place before him. But our hearts struggle with pride.

耶穌在十字架上的死告訴我們，我們為我們的救恩帶來的一切就是我們需要被拯救！驕傲地進入基督徒生命是不可能的。十字架讓我們空手跪地禱告。敬拜使我們在上帝面前仰望上帝。但我們的心在驕傲中掙扎。

I'm sure every single person here would say that they are humble. I know you. You're all nice people. None of you is going around saying how great you are. Cultures do humility differently. 我敢肯定這裡的每個人士都會說他們很謙虛。我認識你。你們都是好人。你們沒有人到處說自己有多棒。不同的文化以不同的方式表現謙遜。

American.

美國人。

Australian. In Australia, when complimented, we have false modesty and say no, I'm not that great. 澳大利亞人。在澳大利亞，當受到稱讚時，我們會假裝謙虛，說不，我沒那麼好。

Chinese. When learning the language, I've been taught that when someone compliments you, to say 哪里哪里. Where.

中國人。在學習語言時，我被教導說，當有人稱讚你，就說「哪裡哪裡」。哪裡有。

I wonder if we often think of humility as just modesty. Australians and Chinese are far more modest.

我想知道我們是否經常認為謙卑只是謙遜。澳大利亞人和中國人要謙遜得多。

Let's not get stuck thinking that we're being humble when we're being modest. Modesty is being frank about one's abilities. Humility is valuing others more highly than ourselves.

當我們謙遜時，我們不要以為我們是心存謙卑。謙遜是對自己的能力坦誠相待。謙卑卻是把別人看得比自己更重要更強。

Modesty is not shouting your greatness, while humility is celebrating someone else.

謙遜是不高喊你的偉大，而謙卑為別人的偉大而高慶。

Paul here is not calling for Christians to be modest and downplay who they are. No, it is real humility, understanding that I am not great, and anything great is a gift from God. But also to see that my neighbour is great.

保羅在這裡並不是在呼籲基督徒謙遜和淡化他們的身份。不，真正的謙卑是，明白我並不偉大，任何偉大的事物都是上帝的禮物。但也看到我的鄰居很棒。

## **2. Jesus' Example 耶穌的榜樣**

Real humility and valuing others are hard. Paul gives us one of the earliest descriptions of the awesomeness of Jesus as an example of humility.

真正的心存謙卑和看別人比自己強是很難的。作為謙卑的一個例子，保羅給了我們最早的關於耶穌令人敬畏的描述之一。

He is calling us to be humble, verse 5.

他呼召我們要謙卑，第5節。

*In your relationships with one another, have the same mindset as Christ Jesus:*

*你們當以基督耶穌的心為心：*

No greater model than Jesus. Not just for an outward Christianity, but the same attitude and heart of Jesus.

沒有比耶穌更偉大的榜樣了。不只是在外在看似基督徒，而是與耶穌有一致的心態。

Paul describes the supreme humility and selflessness of Jesus.

保羅描述了耶穌至高無上的謙卑和無私。

*6 Who, being in very nature God, did not consider equality with God something to be used to his own advantage; 7 rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.*

6 他本有上帝的形像，卻不堅持自己與上帝同等；7 反倒虛己，取了奴僕的形像，成為人的樣式；

Again, Jesus is never modest. He never says that he's not powerful or that his walking on water was just an accident. He knew who he was. But he was humble.

同樣，耶穌從不謙遜。他從來沒有說過他不是強大，或者說他在水上行走只是一個意外。他知道自己是誰。但他很謙虛。

God himself was made human.

上帝自己成為了人。

He made himself nothing. Not literally nothing, but a human. Took on the nature of a servant. Or, more literally, he became a slave. 'Nothing' is the defining characteristic of a servant. They have no rights. They are nobodies. But this is the eternal Son who had all the rights to the deity for eternity.

虛己。不是完全的成為什麼都沒有，而是成為人的樣式。取了奴僕的形像。或者，更準確地說，他成了奴僕。「虛」是僕人的定義特徵。他們沒有權利。他們是無名小卒。但這是擁有永恆的神性的所有權利的永生神的兒子。

But he valued us more than himself.

但他看我們比自己強，更重視我們。

Jesus, the Son of God, always existed with the Father and the Spirit, took on the limitations of humanity. Staying God fully, he took on humanity. He was a man who hungered and thirsted. Got tired. Works. He was tempted and pressured.

耶穌，一直與父和聖靈同在的神的兒子，承擔了人性的局限。保持作為完全的神，他成為人。他是一個會飢渴難耐，累，要工作，受到誘惑和壓力的人。

And he humbled himself.

而他謙卑自己。

*8 And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!*

既有人子的樣子，8 就謙卑自己，存心順服，以至於死，且死在十字架上。

The Jesus we serve made himself a nobody became a slave to death for us, and then humbled himself even further than just becoming bound to a human body. Your worthless, sinful, rebellious lives, I will give them worth. He obeyed his father and valued us so much that he went to the cross. He was dying a revolting shameful death.

我們所侍奉的耶穌虛己，為我們成為一個無名小卒，成為奴僕，然後讓自己更加謙卑，而不僅僅是被束縛在一個人的身體上，更為我們死。你毫無價值的、有罪的、叛逆的生命，我會給他們價值。他存心順服了他的父，非常重視我們，以至於他上了十字架。他接受死亡，一個令人作嘔，可恥的死。

*9 Therefore God exalted him to the highest place and gave him the name that is above every name, 10 that at the name of Jesus, every knee should bow, in heaven and on earth and under the earth, 11 and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.*

9 所以上帝把他升為至高，又賜給他超乎萬名之上的名，10 使一切在天上的、地上的和地底下的，因耶穌的名，眾膝都要跪下，11 眾口都要宣認：耶穌基督是主，歸榮耀給父上帝。

How amazing is Jesus? This challenges the thought, “I deserve better. How dare you treat me like this.” Because Jesus, the very greatest, valued others more highly than himself.

耶穌有多奇妙？這挑戰了，「我應該得到更好的。你怎麼敢這樣對我。」的想法。因為耶穌，最偉大的人，看別人比自己強。

### **3. Be Obedience 存心順服**

Therefore, because of Jesus' example of humility and valuing us, continue in obedience.

所以，因為耶穌謙卑和重視我們的榜樣，繼續存心順服。

So then, we start with humility and move on to obedience.

所以，我們從謙卑開始，然後繼續順服。

*12 Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, 13 for it is God who works in you to will and to act in order to fulfill his good purpose.*

12 我親愛的，這樣看來，你們向來是順服的，不但我在你們那裏，就是我現在不在你們那裏的時候更是順服的，就當恐懼戰兢完成你們自己得救的事；13 因為是上帝在你們心裏運行，使你們又立志又實行，為要成就他的美意。

The call to obedience is two-fold. God is working to change our will so we can press on in obedience.

服從的呼召是雙重的。上帝正在我們心裏運行改變我們的心志，使我們能夠繼續順服。

There is no fight between what people do for salvation and what God does. We are not working for our salvation. But working out what God has already worked in.

人為得救所做的事與神所做的事之間沒有爭鬥。我們不是為我們的得救而工作。但是在實行上帝已經在我們心裏運行使我們立志要做的。

It is a call to obedience and holiness that requires work. Every Christian must resist temptation, avoid sin, and pursue love for others.

是在順服和成為聖潔方面我們需要工作。每個基督徒都被召去抵抗誘惑，避免犯罪，追求愛他人。

We do it out of fear of God, not dread, but whole-hearted reverence for God and a sober realisation we need to take him seriously.

我們這樣做是出於對上帝的敬畏，而不是恐懼，而是全心全意地敬畏上帝，並且清醒地意識到我們需要認真對待他。

Maybe we've been following for a long time, and we once were serious Christians. Who sought to get to know him and read his word. But now we can feel like we know enough. And the fear and awe of God have gone, and we have put God into a box and sanitised him.

也許我們追隨了很長時間，我們曾經是認真的基督徒。曾經試圖了解他並閱讀他的話。但現在我們可能覺得我們知道的足夠多了。對上帝的恐懼和敬畏已經消失，我們把上帝放進一個盒子裡，消毒隔離。

God is not a teddy bear, a kind grandfather, or a puppy dog. A line from Naria. Dangerous but good.

上帝不是泰迪熊、慈祥的祖父或小狗。他是《納里亞》故事中的一句話，危險但美善。

While this calls for a serious devotion to faith and our walk, this book is also about joy. So it is a joyful trembling following God.

雖然這裡呼籲我們需要在信心和行為上認真對待，但這本書也是關於喜樂的。所以跟隨神是一種喜樂的戰栗。

Humility leads to obedience leads to unity.

謙卑會帶來順服而導致合一。

*14 Do everything without grumbling or arguing, 15 so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." Then you will shine among them like stars in the sky*

14 你們無論做甚麼事，都不要發怨言起爭論，15 好使你們無可指責，誠實無偽，在這彎曲悖謬的世代作上帝無瑕疵的兒女。你們在這世代中要像明光照耀，

Grumbling and arguing are the product of a contentious spirit that constantly needs to question what is done in the church. My ideas are being listened to; I'm not catered to here. It's an attitude of the heart and tone of voice that lifts self above others.

發怨言起爭論是爭吵精神的產物，這種精神不斷地質疑教會中的所作所為。我的想法正在被傾聽沒有；我這裡有沒有受到招待。這是一種自己高於他人的心靈態度和語氣。

These behaviours can't exist when there is humility. These are the secret displeasures not openly spoken about. Maybe they are spoken about within a small community or just at home. Oh, there was this problem again with this person at church. How dare they do that!

當心存謙卑時，這些行為就不可能存在。這些是不公開談論的秘密不滿。也許在一個小社群或只是在家裡被談論。哦，教堂裡的這個人又出現了這個問題。他們怎麼敢這樣做！

Grumbling about other people won't happen if we consider them of higher value than ourselves.

如果我們看別人比我們自己強，就不會抱怨別人。

#### **4. Paul, Timothy, and Epaphroditus' example 保羅、提摩太和以巴弗提的榜樣**



Paul has called on the church to have humility that leads to obedience which leads to unity in the church.

保羅呼籲教會保持謙卑，從而帶來順服，以導致教會合一。

He has given the life-changing example of Jesus' humility. Who would become a servant, becoming nothing, dying on a cross? But it's almost as if that example is too hard to follow.

他舉了耶穌改變人生的謙卑的例子。誰會成為奴僕，虛己，死在十字架上？但似乎這個例子太難跟隨。

I recently heard someone speak to talk about WWJD wristbands. Wear it, and the idea was that you'd think about your action and change it. But it's almost too hard. Jesus was perfect. He was God!

我最近聽到有人談論「耶穌會怎樣做」腕帶。穿上它，你的想法是你會考慮你的行為並改變它。但這幾乎太難了。耶穌是完美的。他是上帝！

Here Paul gives us three wonderful real-life human examples of humility, leading to obedience, leading to unity. Himself, Timothy, and Epaphroditus.

在這裡，保羅給了我們三個謙卑帶來順服導致合一的美妙的真人實例。他自己、提摩太和以巴弗提。

Paul was sending Timothy to the church in Philippi, verse 20.

保羅派提摩太去腓立比的教會，第 20 節。

*20 I have no one else like him who will show genuine concern for your welfare*

20 因為我沒有別人與我同心，真正關懷你們的事。

Paul would value the Philippians' church over himself so that he would send Timothy to them. And Timothy's humility and obedience to God would mean unity and seeking their welfare.

保羅看重腓立比教會的人勝過自己，所以他派提摩太到他們那裡去。提摩太對上帝的謙卑和順服意味著合一和尋求他們的福祉。

But they've also sent him a co-worker and fellow soldier, Epaphroditus, to care for his needs.

但他們也派了他們的同工和戰友以巴弗提來照顧他的需要。

*25 But I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs... 28 so that when you see him again you may be glad and I may have less anxiety.*

25 然而，我想必須差以巴弗提到你們那裏去。他是我的弟兄、同工和戰友，是你們差遣來供應我需要的。……28 所以，我更要盡快送他回去，好讓你們再見到他而喜樂，我也可以減少憂愁。

Paul sends Epaphroditus back, who was sent to care for Paul's needs. But he wants them to get benefits and value. And almost died.

保羅派以巴弗提回去，他被差遣去照顧保羅的需要。但他希望他們獲得好處和價值。並且差點死掉。

Because Paul valued them above himself, he could send Timothy. He had no one like him and Epaphroditus, who was there to help him. Timothy had genuine care for them. Epaphroditus would bring joy to them.

因為保羅把看他們比自己更重要，所以他可以差派提摩太去。沒有別人像他這樣的與他同心和照顧他的以巴弗提。提摩太真正關懷他們的事。以巴弗提會帶給他們喜樂。

Paul and Timothy and Epaphroditus would give up on the little they had.

保羅、提摩太和以巴弗提同樣會放棄他們僅有的一點點。

Humility – Obedience – Unity.

謙卑——順服——合一。

Which of these is getting in the way for you?

其中哪一個會是您的阻礙？

I wonder if it is the issue of true real humility for most of us. Is it possible that we've gotten used to the idea that Jesus died for me, and we've internalised it, and it has crept into I've earned it, I deserve it in some way? I'd never say that I'm saved by what I do, but I'm so used to the world making a decision based on the value that I must have some value.

我想知道我們大多數人是否在真正謙卑的問題上。有沒有可能我們已經習慣了耶穌為我而死的想法，並且我們已經將它內化了，潛入我們的心志認為我們是配得的，某程度上是我們應得的？我永遠不會說我是因我所作的而得救，但我已經習慣了這個世界根據我是必須有某些價值的評價來做出決定。

If you lack humility before God and other people, there is no way that you'll obey him. How can you love your neighbour as yourself if you don't value them?

如果你在上帝和其他人面前缺乏謙卑，你就不可能順服他。如果你不重視你的鄰居，你怎麼能像愛自己一樣愛他們呢？

It is a challenge to view others highly and have humility.

看別人比先自己強並保持謙卑是一項挑戰。

When we value something, it gets our attention.

當我們重視某件事時，它會引起我們的注意。

What is grabbing your attention? Is it your phone? Have you ever had a conversation with someone, and they have their phone out? Immediately, it says that I do not value you. This thing is more important.

是什麼吸引了你的注意力？是你的手機嗎？您曾否與某人進行交談時，他們一直在看電話？這表示我不重視你。有其他事更重要。

I've done it. What would it look like this week to value the people around you more than yourself?

我曾經這樣做。本週，更重視你周圍的人而不是你自己會是什麼樣子？