

# Stand Firm in Joy and Unity 在喜樂和團結中站穩

## Ash Kwok 郭弟兄, Philippians 《腓立比書》 4

1. Tomorrow shapes my relationships 以明天塑造我的人際關係 (4:1-3)
2. Tomorrow shapes my mind 以明天塑造我的思想 (4:4-9)
3. Tomorrow shapes my everyday 以明天塑造我的每一天 (4:10-20)

I don't know if you've ever had a party or event that you've planned. You've been so excited and keen that your whole week has changed. Everything is about that event in the future. In our little household of three friends, we do a little Christmas in July. And I'm not usually a festive person in December, but for some reason, I'm a bit chipper about Christmas in July. 我不知道你是否曾經計劃過一個派對或活動。你是如此的興奮和熱情，以至於你的整個星期都發生了變化。一切都是關於未來的那個事件。在我們三個朋友的小家庭裡，我們在七月過一個小小的聖誕節。而且我通常不會在 12 月過節，但由於某種原因，在 7 月，我會對聖誕節更有興趣。

A week or so before the event, I start putting on some Michael Bublé in the car. I begin scrolling Pinterest, investigating the best Christmas recipes. I then remembered about not buying those Bonbons in December. I'll call my friend who's never cooked before, with very specific instructions on how to make custard for the dessert, so they don't bring scrambled eggs. The day before, the three of us cleaned the house and made it look all festive and exciting. And I'm excited. It's changed everything that I do.

在活動開始前一周左右，我開始在車上放一些 Michael Buble 的歌。我開始在 Pinterest 調看最好的聖誕食譜。然後我想起為什麼不在 12 月買那些佈置。我會打電話給我那些從未下廚的朋友，詳細地告訴他們如何製作蛋奶凍甜點，所以他們不會帶炒蛋。在一天前，我們三個人打掃了房子，讓它看起來充滿喜慶和令人興奮。我很興奮。它改變了我所做的一切。

It's that event Tomorrow that I know is coming, but I am living as though Tomorrow is already here. Tomorrow changes how you live now.

我知道明天的那個事件即將到來，但我活得像明天已經到來一樣。明天會改變你現在的生活方式。

In Philippians, we're going to be encouraged about a Tomorrow. A Tomorrow that is a Good News. For the Christian, if you have put your trust in Jesus, your Tomorrow shapes your today. I'm not talking about your meals for Tomorrow, nor a big project you're working on, nor a Christmas celebration. For Paul, the big Tomorrow is that day when he goes home and is with his Saviour, Lord Jesus.

在《腓立比書》中，我們對明天感到鼓勵。明天是個好消息。對於基督徒來說，如果你信靠耶穌，你的明天就會塑造你的今天。我不是在談論你明天的飯菜，也不是你正

在做的一個大項目，也不是聖誕節慶祝活動。對保羅來說，最重要的明天是他回家和他的救主耶穌同在的那一天。

Join me as I pray,  
和我一起祈禱，

Gracious God,  
慈悲的上帝，

You are good. So good that you have given us Your Word this morning. Please speak to us today. Transform us so that we can be more like your son Jesus and that we might know you deeper and deeper.

你是美好的。你的美好就如你今天早上給了我們你的話語，今天請向我們說話。改變我們，讓我們更像你的兒子耶穌，讓我們對你的了解越來越深。

Amen  
阿門

### **The Story so far 故事到目前為止...**

So have your Bibles open with me in Philippians 4.  
請與我一起打開你的聖經到《腓立比書》第4章。

Paul's biggest concern in the previous three chapters has been about the gospel of Jesus. The good news of Jesus. The gospel is where Paul finds steadfast joy. Jesus is where he finds his hope, even though he is in chains. In fact, Paul calls the Philippians to find confidence not in themselves, not their status or achievements, but in what Christ has accomplished. He says in Philippians 3:8 that he considers all his achievements and status as a loss. He considers them rubbish that he may gain Christ. Why?

保羅在前三章中最關心的是耶穌的福音。有關耶穌的好消息。福音是保羅找到堅定喜樂的地方。耶穌是他找到希望的地方，即使他正在坐牢。事實上，他呼籲腓立比人不要依靠肉體，不要依靠他們的地位或成就，而是要相信基督所成就的。他在《腓立比書》3:8中說，他將自己所有的成就和地位都丟棄，看作糞土，為要贏得基督。為什麼？

Because Christ is his Saviour and his Lord, he knows his future with Christ.  
因為基督是他的救主和他的主，基督使他知道他的未來。

He says it so aptly in Philippians 3. Flip back with me to Chapter 3:20, Paul says:  
他在《腓立比書》第3章中說得非常恰當。和我一起翻到第3章20章，保羅說：

*But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, 21 who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.*

20 我們卻是天上的國民，並且等候救主，就是主耶穌基督從天上降臨。21 他要按著那能使萬有歸服自己的大能，把我們這卑賤的身體改變形狀，和他自己榮耀的身體相似。

Heaven is his home. Paul looks forward to his great Tomorrow. It's a tomorrow that lasts for eternity. That's what frames Philippians 4. We'll see that Paul's Tomorrow shapes three things: our relationships, our minds, and our everyday.

天國是他的家。保羅期待著他偉大的明天。是一個永恆的明天。這就是《腓立比書》4 的框架。我們將看到保羅的明天塑造了三件事：我們的關係、我們的思想和我們的日常生活。

## 1. Tomorrow shapes your relationships 以明天塑造你的人際關係

And so now we land in verse 1 of Chapter 4, and he goes on to say:  
所以現在我們進入第 4 章 1 節，他接著說：

*'Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends!*

1 我所親愛、所想念的弟兄們，你們就是我的喜樂，我的冠冕。我親愛的，你們應當靠主站立得穩。

A few weeks ago, James described Paul's relationship with the Philippians as partners in the gospel. Notice, however, that he moves away from that language and calls the Philippians **his joy and crown**.

幾週前，詹牧師已經描述了保羅與腓立比人作為福音夥伴的關係。然而請注意，他遠離那種語言，他稱腓立比人為他的喜樂和冠冕。

The image here is not of a King's crown. It's a reward given to a winner of a race. For Paul, the Philippians are his crown, his reward. The people he has invested in, prayed for, longed for, disciplined, and pointed to Jesus. A big part of Paul's love and longing for the Philippians is the hope of seeing them in heaven for eternity.

這裡的圖像不是國王的王冠。而是比賽的獲勝者所得的獎勵。對保羅來說，腓立比人是他的冠冕，他的獎賞。他所投資、祈禱、渴望、門徒訓練，將他們指向耶穌的人。保羅對腓立比人的愛和渴望的很大一部分，是希望在天國中永遠與他們同在。

But he then moves to something quite bold. Look with me in verse 2:  
但隨後他轉向了一些相當大膽的事情。跟我一起看第 2 節：

*I plead with Euodia, and I plead with Syntyche to agree with each other in the Lord*  
2 我勸友阿蝶和循都基要在主裏同心。

Paul publicly calls these two women out by name, which he doesn't usually do, and encourages them to reconcile. He wants their reconciliation rooted in who they are in Jesus. Now, imagine being called out like that in a letter. You'd almost think that either Euodia or

Syntyche or both are in the wrong. But Paul doesn't accuse either of them. We're not told what happened or what caused the breakdown of their relationship. In fact, Paul, in verse 3, urges the Philippians to:

保羅公開點名這兩個女人，他通常不會這樣做，並鼓勵她們和解。他希望他們的和解植根於他們在耶穌裡的身份。現在，想像一下在一封信中被這樣指名道姓，你幾乎會認為友阿蝶或循都基或兩者都錯了。但保羅沒有指責他們中的任何一個。我們沒有被告知發生了什麼，或者是什麼導致了他們的關係破裂。事實上，保羅在第3節敦促腓立比人：

*help these women who have contended at my side in the cause of the gospel*  
要幫助這兩個女人，因為她們在福音上……一同勞苦，

Euodia and Syntyche are co-workers for the gospel. And from what others have gathered, they were probably long-time friends. This is not a matter of someone with bad theology, where someone needs to be corrected. For some reason, they've had a fallout. And what is interesting is Paul's motivation and his reminder of who they are. End of verse 3, it says:

友阿蝶和循都基是福音的同工。從其他人收集的信息來看，他們可能是多年的朋友。這不是神學不好，需要糾正的人的問題。不知為何，他們鬧翻了。有趣的是保羅的動機，以及他對他們是誰的提醒。第3節的結尾說：

*[these women], along with Clement and the rest of my fellow workers, whose names are in the book of life.*

因為她們在福音上曾與我、革利免和我其餘的同工一同勞苦，他們的名字都在生命冊上。

For Paul, he didn't want them united because he was conflict-averse, not because it made him sad (even though it would have been), but because they are in the book of life. In other words, they have a certain hope: a certain tomorrow, an eternity with Jesus. Paul's calling them to live as though Tomorrow shapes their relationships today. If your confidence is in Jesus, you're not a citizen of earth. You're a citizen of heaven. If heaven is your Tomorrow, it changes how you view relationships.

對保羅來說，他不是因為他厭惡衝突而希望他們團結在一起，不是因為這讓他難過（儘管本來會如此），而是因為他們的名字都在生命冊上。換句話說，因為他們有一定的希望。一個確定的明天，一個與耶穌在一起的永恆。保羅呼召他們活得好像明天會塑造他們今天的關係。如果你依靠耶穌，你就不再單是地上的公民，你是天上的國民。如果天國是你的明天，它會改變你看待人際關係的方式。

Are there relationships that are in urgent need in your heart that you must resolve? Perhaps, you must do what Paul encourages the Philippian church - Look forward to the day that Paul is looking to when we will be united with Christ in his presence forever. Dwell on the fact that your Tomorrow is heaven, where all people in Christ have reconciled with God and each other.

在你心中是否有急需處理的關係？也許，你必須做保羅鼓勵腓立比教會的事——期待保羅所期待的那一天，我們將在基督面前永遠與他聯合。牢記天國就是你的明天，在那裡所有在基督裡的人都與神和與彼此和好。

For some of us here, however, conflict/disunity in the church hasn't been a thing. We are a pretty agreeable people and don't make a huge fuss. We think we're pretty likeable. But that doesn't mean that our Tomorrow is changing our relationships.

然而，對於我們這裡的一些人來說，教會中的衝突/不團結並不是問題。我們是一個很和藹可親的人。我們不會大驚小怪。我們認為我們很討人喜歡。但這並不意味著我們的明天正在改變我們的關係。

Because we can be friendly people yet not invest in gospel relationships, relationships shaped by Tomorrow, our schism isn't the worship preference or being upset with one another right now. But perhaps, it's because we're not making space for relationships with Christian brothers and sisters. You might not have it in your head, but the relationships you make in church, if you are serving in a ministry where you regularly share the good news of Jesus when you pray for and with someone here in this room, it matters for eternity.

因為我們可以做一個友善的人，但不投資於福音關係；以明天來塑造的關係。我們的分裂不是崇拜偏好或現在對彼此心煩意亂。但也許，是因為我們沒有為與基督徒弟兄姐妹的關係騰出空間。你可能沒有這樣想，但是你在教堂裡建立的關係，如果你是一個經常分享耶穌好消息的事工中服務，當你為這裡的人祈禱時，是有永恆的重要性。

Can I encourage you to take one small step? Wherever your journey with the Christian community is. Maybe it's finally to say hi to that person you've been sitting close to at St Paul's for the last ten years. It could be to give a person in your community group a ring to check in on them this week in their devotional life. It might even be to sign-up for a community group. If there is someone who you have an inkling who is falling away from the church community and from Jesus altogether, do you go and think, 'that matters because Jesus is coming back?' Your relationships now affect eternity. Euodia and Syntyche's relationship matters because Jesus is coming back.

我可以鼓勵你邁出一小步嗎？無論您與基督徒群體的旅程到了哪裡。也許終於要向過去十年來你一直坐在聖保羅堂附近的那個人打個招呼。可能是給你社群中的一個人打電話，看看他們在本週的靈修生活怎樣。甚至可能是開始參加一個社群小組。如果你有預感某個人正在遠離教會群體和耶穌，你會去想，「這很重要，因為耶穌要回來了？」你現在的關係影響著永恆。友阿蝶和循都基的關係很重要，因為耶穌要回來了。

Whatever it is, after the service, when you plan your calendar. Make space for the Christian community, and book it into your diaries.

不管是什麼，在崇拜之後，當你計劃你的日曆時。為基督社群騰出空間，並將其記入你的日程。

## 2. Tomorrow shapes your mind 以明天塑造你的心思

The next thing that Paul talks about is that Tomorrow shapes your mind. Let's look at verse 4:

保羅談到的下一件事是明天會塑造你的心思。我們來看第 4 節：

*Rejoice in the Lord always; again I will say, rejoice.*

4 你們要靠主常常喜樂。我再說，你們要喜樂。

Despite the conflict that is going on, Paul calls them again, like in 3:1, to rejoice, but this time, always: in all circumstances. Paul says that a Christian is to rejoice despite conflict on the highest of highs and the lowest of lows. Joy for the Christian isn't only when the sun is shining and your emotions are stable. Joy is when the clouds have set in, and all you can see is darkness because our joy is set on a certain hope. A Tomorrow that is coming. You might not feel that, but perhaps your hope and joy are not in the Lord. It's when we get good grades and when our kids are happy. Because if you fix your eyes on something that is not certain, changing, or movable, joy can't last. Paul encourages that joy can last when it's fixed on certain hope and certain faith.

儘管發生了衝突，保羅還是再次召喚他們，就像 3:1 一樣，要喜樂，但這一次，要常常：在任何情況下。保羅說的是即使有在衝突最高點或最低點，基督徒也要喜樂。基督徒的喜樂不僅在於陽光明媚，而且你的情緒穩定。喜樂是在烏雲密佈，你能看到的只有黑暗時喜樂，因為我們的喜樂是建立在一個確定的希望之上。一個即將到來的明天。你可能感覺不到，但也許你的希望，你的喜樂不在主裡。當我們取得好成績時，當你的孩子快樂時。因為如果你把目光集中在不確定的、變化的、可移動的東西上，快樂就不會持久。保羅的鼓勵是喜樂是可以持續下去的，只要它固定在堅定的希望和信心上。

What is more, is then in verse 6:

更重要的是，在第 6 節：

*6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

6 應當一無掛慮，只要凡事藉著禱告、祈求和感謝，將你們所要的告訴上帝。

It's really important to note that Paul is not talking about anxiety disorder, nor is he talking about the physiological experience some of us may have when we get anxious. In fact, the word used here is the same as in the original text used in 2:20, where he describes Epaphroditus's genuine interest or concern for the Philippians. Even Paul talks about the possibility of getting anxious in 2:28. So the anxiety here is a worry that sits outside the Christian reality. What's the Christian reality? How does Paul end the sentence?

值得注意的是，保羅不是在談論焦慮症，也不是在談論我們中的一些人在焦慮時可能會有的生理體驗。事實上，這裡使用的詞的原文與在 2:20 中使用的詞相同，他在其中描述了以巴弗提對腓立比人的真正興趣或關心。甚至保羅在 2:28 中也談到了可以減少他的憂愁的可能性。所以這裡的掛慮是一種超越基督教現實的擔憂。基督教的現實是什麼？保羅如何結束這句子？

*But in everything, by prayer and petition, with thanksgiving, present your requests to God.*  
 只要凡事藉著禱告、祈求和感謝，將你們所要的告訴上帝。

Prayer is a posture of dependence. It recognises that the reality is that God alone is the sovereign one, in control over everything. It's when you lose sight of who God is and that he's already got your whole life into eternity mapped out.

禱告是一種依賴的姿態。它承認只有上帝才是至高無上的現實，掌管一切。就是當你看不到上帝是誰，而且他已經把你的一生都安排在了永恆之中時。

When I am worried, I often overthink all the outcomes that might happen. In fact, I am anxious because I realise that I am not in control. That moment of anxiety reminds me that I need to be Christ-dependent. Not self-dependant, but Christ-dependant. So this passage isn't saying be stoic and doesn't care or be concerned about anything in life. Because Paul does, Epaphroditus does. Put your worries into reality. God is sovereign, so pray to him and lean on him.

通常，當我擔心時，我會過度考慮所有可能發生的結果。事實上，我很焦慮，因為我意識到我無法控制。對我來說，那一刻的焦慮提醒我要依靠基督。不是靠自己，而是靠基督。所以這段話並不是說要堅忍，不要關心或掛心生活中的任何事情。因為保羅有，以巴弗提也會有。把你的擔心放在現實中。上帝是主宰一切的，所以向他祈禱，依靠他。

As I kept reading this passage, I thought, "What happens if I don't always have that feeling of joy? What do I do when I'm worried sick about Tomorrow?" Have a look at verse 8:

對我來說，當我繼續閱讀這段話時，我想，「如果我不總是有那種喜樂的感覺，當我為明天擔心至生病時該怎麼辦，會發生什麼？」請看第8節：

*8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

8 末了，弟兄們，凡是真實的、凡是可敬的、凡是公義的、凡是清潔的、凡是可愛的、凡是有美名的，若有甚麼德行，若有甚麼稱讚，你們都要留意。

What are the things that you are thinking? Am I thinking of pure things? Is there self-talk or self-condemnation that doesn't fit with how God sees me? But instead, let your mind think of all these things: true, noble, right, pure, lovely, admirable. And what encapsulates all of these things? The gospel. The gospel is from God's true Word. It gives us the means to know the righteous one. The gospel is so shockingly gorgeous and beautiful. It is fully deserving of my attention. That God would send his perfect son to die on the cross for a sinner like me. Fix your eyes on the Lord, and meditate on the promises God has given to you in Jesus.

你會留意些什麼？我在想清潔的東西嗎？是否有不符合上帝對我的看法的自言自語或自我譴責。而是讓你的頭腦去想所有這些事情：真實的、可敬的、公義的、清潔的、可愛的、有美名的。是什麼把所有這些東西包括在一起？福音。福音是來自上帝的真實話語。它給了我們認識那公義的人的方法。福音是如此的華麗和美麗，完全值得我

們去留意。上帝會派他完美的兒子為像我這樣的罪人死在十字架上。定睛仰望主，默想神在耶穌裡給你的應許。

Think of your brain as a piggy bank. Your brain is to be a gospel-filled piggy bank. Instead of thinking, 'I'm not enough,' drop this gold in your head, 'I no longer need to strive, for Christ is enough for me.' When I'm feeling lonely, meditate on John 16:33, 'that Jesus will never leave you or forsake you.' Preach the gospel to yourself daily, that your piggy bank is full of riches of gospel knowledge and wisdom.

把你的大腦想像成一個存錢罐。你的大腦將成為一個充滿福音的存錢罐。與其想「我還不足夠」，不如把這塊金子放在你的腦海中，「我不再需要過度努力，因為基督對我來說已經足夠了。」當我感到孤獨時，默想《約翰福音》16:33，「耶穌永遠不會離開你或拋棄你。」每天向自己傳福音，讓你的存錢罐充滿豐富的福音知識和智慧。

Gosh, I am not saying this is easy, by no means. I'm not even close at even being a beginner at this. But let's keep gazing at Jesus, the hope of our Tomorrow. I also need accountability. I need a godly community around me to intervene when I'm grumbling too much, and I need people to remind me that God's working and changing me when I don't think I am.

天哪，我並不是說這是易事，絕非。我什至還沒有成為這方面的初學者。但讓我們繼續注視耶穌，我們明天的希望。我也需要問責。當我抱怨太多時，我需要周圍的敬虔的社群進行干預，當我認為自己不是時，我需要人們提醒我，上帝正在工作和改變我。

But there's a promise there for us in Verse 7, right?

但是第7節對我們有一個應許，對嗎？

*7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

7 上帝所賜那超越人所能了解的平安，必在基督耶穌裏，保守你們的心懷意念。

Verse 7 is a promise for the one who brings all this to the Lord. There have indeed been times, and I'm sure for many of you, when there are sleepless nights, anxiety or despair just sinks in. Paul is not here saying you need to will yourself to feel happy. Instead, you're encouraged to lean into Jesus, the one who knows our worries and is in control. God will be the peacemaker in your heart and mind. We don't know when that day will be, but it's a promise.

第7節是對將這一切帶給主的人的應許。確實有過這樣的時期，而且我敢肯定，對你們中的許多人來說，有不眠之夜，焦慮或絕望沉沒了你。保羅在這裡並不是說你需要讓自己有幸福的感覺。相反，我們鼓勵你倚靠耶穌，他知道我們的掛慮和掌控一切。上帝將成為你心靈和思想中的和平締造者。我們不知道那一天是什麼時候，但這是一個承諾。

A prayer I have for friends whose brains are crippled by anxiety, and it's a prayer I pray when I'm in good spirits for my future despairing self, is that the Holy Spirit will intervene in mind and heart to bring hope in the gospel. Because in those moments, it's really hard to

see outside of that. So start praying before crisis strikes, ask the Lord to intervene in your heart and pray for peace.

這是我為那些因焦慮而心思癱瘓的朋友祈禱，是當我精神振奮時，我為未來絕望的自己的祈禱，是聖靈會干預思想和心靈，在福音中為你帶來希望。因為在那些時刻，真的很難看到外面的東西。所以在危機來臨之前開始禱告，求主介入你的心，祈求平安。

### 3. Tomorrow changes your everyday. 以明天改變你的每一天。

Our final point is that Tomorrow changes our everyday. Paul's partnership with the Philippians has been long, deep, and fruitful, and the Philippians haven't been able to support Paul physically or financially, but now they have a gift. Check out verse 10 with me: 我們的最後一點是，以明天改變我們的日常生活。保羅與腓立比人的伙伴關係是長期、深入和富有成果的，腓立比人過去無法在物質上或經濟上支持保羅，但現在他們預備了饋贈。跟我一起看第 10 節：

*10 I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. 11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.*

10 我靠主大大喜樂，因為你們關懷我的心如今又表現了出來；其實你們一直都關懷我，只是沒有機會罷了。11 我並不是因缺乏而說這話，因為我已經學會無論在甚麼景況都可以知足。

Notice in verse 11, that although he is thanking them for the gift, he did not need it. But Paul enjoys that the gift represents their renewed partnership. His reason for not being in need isn't the fact that he's in plenty. He hasn't suddenly won the lottery; now, he's content and no longer in need. It's not like suddenly the bank has given him massive growth on his compound interest. No, verse 12 says:

請注意第 11 節，雖然他感謝他們的饋贈，但他並不是缺乏。但簡而言之，保羅很高興這份饋贈代表了他們重新建立的伙伴關係。然而，他不是缺乏的原因並不是他有錢財。他並沒有突然中了彩票，現在他很滿足，不再需要。銀行並沒有突然讓他的複利大幅增長。不，第 12 節說：

*12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.*

12 我知道怎樣處卑賤，也知道怎樣處豐富；或飽足或飢餓，或有餘或缺乏，任何事情，任何景況，我都得了祕訣。

Friends, don't forget this is Paul, who is in chains, hoping that the good news will be proclaimed despite the chains. But more than that, he sees that these chains have served to advance the gospel because it has encouraged others to be bolder and more courageous with the gospel. Verse 12 in some translations says of the first phrase of Paul being in need, as 'being made low', being humiliated. This is counter-cultural in this era, where power was

everything, and to be humiliated was the worst possible thing. So how can someone who is in those situations be content? Verse 13:

朋友們，不要忘記這是正在坐牢的保羅，希望福音繼續被傳開不會被鎖。但更重要的是，他看到他的被捆鎖有助於推進福音，因為它鼓勵其他人更大膽、更勇敢地傳福音。在一些翻譯中，提到第 12 節保羅的第一句話是缺乏的，用「處卑賤」，被羞辱。這在這個時代是反文化的，一個權力就是一切的時代，被羞辱是最糟糕的事情。那麼在這種情況下的人怎麼能滿足。第 13 節：

*13 I can do everything through him who gives me strength.*

13 我靠著那加給我力量的，凡事都能做。

This verse is commonly known, and often it's taken out of context to refer to when particularly large, extraordinary events like the HSC climb the Himalayas. Everything I do indeed is because the Lord has graciously enabled it. I rise each morning because God has graciously given me a new day. But this verse is not talking about that. Paul is talking about the secret to his contentment, about the contentment of the everyday. He can be content in all those things, and it's a power outside himself. Because where does Paul find his sufficiency and contentment from?

現在這是一個眾所周知的經文，並且經常被斷章取義地指代特別大的、非凡的事件發生時，比如高考，或攀登喜馬拉雅山。誠然，我所做的一切，都是因為主仁慈地啟動用了它。我每天早上能起來，都是因為上帝仁慈地給了我新的一天。但這節經文不是在講這個。保羅正在談論他滿足的秘訣。保羅在談論日常生活的滿足。他可以滿足於所有這些事情，這是一種在他之外的力量。因為保羅從哪裡找到他的滿足和滿足？

From Christ. Not from himself but Christ's strength.

來自基督。不是來自他自己，而是來自基督的力量。

But what does that mean? What does it look like to be content in Christ?

但是，這是什麼意思？在基督裡知足是什麼感覺？

We've already seen that all of Paul's life is for and about Christ. If Paul is poor, he has Christ. If Paul is in want, he has Christ. But even if Paul has plenty, he has Christ. Paul has been confident in what Christ has accomplished for him. It's changed who he is. He's so certain about what he has received already in Christ. But as we've seen, Paul's eyes are fixed forward to Tomorrow. He finds contentment in his every day, because of his Tomorrow.

我們已經看到，保羅的一生都是為了基督，也是關於基督。如果保羅是窮，他有基督。如果保羅缺乏，他有基督。但即使保羅有很多，他也有基督。保羅依靠基督為他成就的一切。這改變了他的身份。他對自己在基督裡已經領受的東西非常肯定。但正如我們所看到的，保羅的目光一直注視著明天。因為他的明天，他在他的每一天都感到滿足。

In fact, the gift that he rejoices for from the Philippians, it's not even the gift itself. But the fruit of the gift. Look at verse 17:

事實上，他為來自腓立比人的饋贈而喜樂，甚至不是饋贈本身。而是饋贈的果實。請看第 17 節：

*17 Not that I seek the gift, but I seek the fruit that increases to your credit.*  
 17 我並不求甚麼饋贈，只求你們的果子不斷增多，歸在你們的賬上。

He hopes that God uses that gift so that the gospel might be advanced, that God's kingdom is grown, and that God alone would be glorified. And Paul is then so confident about God, who provides in verse 19,

他希望上帝使用這份饋贈，使福音得以傳播，使上帝的國度得以擴展，唯獨上帝會得到榮耀。然後保羅對在第 19 節提供的上帝充滿信心，

*And my God will supply every need of yours according to his riches in glory in Christ Jesus.*  
 19 我的上帝必照他榮耀的豐富，在基督耶穌裏，使你們一切所需用的都充足。

You see, contentment is fickle when it's about you and me. In our nature, we will always want. We've been made to be needy – we have needs. But we won't be fully satisfied when it becomes us-centred rather than Christ-centred, having our needs met in Christ.

你看，當它是關於你和我時候，滿足是善變的。在我們的本性中，我們將永遠想要。我們被造成了有需要的——我們有需要。但是當它變得以我們為中心，而不是以基督為中心，在基督裡滿足我們的需要時，我們就不會完全滿足。

We all are living for Tomorrow. The thing is: what is your Tomorrow?

我們都為明天而活。問題是：你的明天是什麼？

Is your Tomorrow the whims of life, to have a house that is finally gorgeous, the perfect relationship you've idolised and wanted? The answer for Paul is that none of those are the secret to contentment in all circumstances.

你的明天是生命的一時興起嗎，擁有一個最終華麗的房子，你崇拜和想要的完美關係嗎？保羅的答案是，在任何情況下，這些都不是滿足的秘訣。

Or is your Tomorrow something greater? If you love Jesus, your Tomorrow is found in heaven. The secret to contentment is found in Christ. You no longer need to strive to get into God's good books because Christ paid the price, and you are already in his good books. Finished. Paid. Done. You've found the most fulfilling purpose in life: to treasure and make him known.

或者你的明天更偉大。如果你愛耶穌，你的明天就在天國。知足的秘訣在於基督。你不再需要努力在上帝的生命冊上記上你的名字，因為基督付出了代價，而你已經被記在他的冊上了。完成了。付清了。完畢了。你找到了人生中最充實的目標，就是珍惜他，讓人認識他。

Perhaps, you've been listening to this today, reading this passage, reading Philippians and thinking you don't currently feel the contentment that Paul has, the joy Paul has. You're worried about everything. We've learnt that Biblical joy is a steadfast experience fixed on

our salvation in Jesus. You don't need to live legalistic lives to attain salvation because you can only attain salvation through trusting in Jesus. For Paul, the only thing that is his secret to a content life is Jesus.

也許，你今天一直在聽這個，讀這段經文，讀《腓立比書》，並認為你現在沒有感受到保羅所擁有的滿足，保羅所擁有的喜樂，你對一切都感到擔憂。我們一起了解到，聖經中的喜樂是一種堅定的經驗，它固定在我們在耶穌裡的救恩上。你不需要過著律法主義的生活來獲得救恩，因為你只能通過信靠耶穌才能獲得救恩。對保羅來說，他滿足生活的唯一秘訣就是耶穌。

Do you hear it? The key word is Jesus. If what I described earlier is you, perhaps you need to re-acquaint yourself with Jesus – see his character, his steadfastness, and God's promises fulfilled in Christ. I want you to listen carefully. If you're trying to find joy, contentment, and gospel-centred relationships, you don't need a new lifestyle, a new fad, or a new diet. You need the gospel to sink in deeper.

你聽到了嗎？關鍵詞是耶穌。如果我之前描述的是你，也許你需要重新認識耶穌——看看他的品格、他的堅定、上帝在基督裡實現的應許。我要你仔細聽。如果你想找到喜樂、滿足、以福音為中心的關係，你不需要新的生活方式、新的時尚、新的飲食，你需要讓福音深入你心。

Be bold and share with the community group that you've lost that awe, and can I tell you, there will be a flock of support, prayer, and encouragement around you. Be encouraged that Jesus has secured you a certain tomorrow.

大膽地與你的社群小組分享你已經失去了敬畏，我可以告訴你，你周圍會有一群支持你、為你祈禱和鼓勵你的人。耶穌已經為你保證了一個確定的明天，你應該感到鼓舞。

Maybe you've sat here for this entire talk not knowing who Jesus is but wanting to have that lasting joy and contentment, wanting to have that certain, forever Tomorrow. Take your first step, and chat with me, Jess, Nick, or the person who brought you here. We'd love for you to see who Jesus is.

也許你坐在這裡聽了整個演講，並不知道耶穌是誰，而是想要擁有那種持久的喜樂和滿足，想要擁有那確定的、永遠的明天。來邁出你的第一步，和我，或者 Jess，或者 Nick，或者把你帶到這裡的人聊聊。我們很樂意讓你看耶穌是誰。

Because the Tomorrow in heaven that has been made certain in Jesus changes everything, it changes your relationship, how you think, and your every day.

因為在耶穌裡確定的天上的明天改變了一切。它改變了你的關係，改變了你的心思，改變了你的每一天。

So stand firm in joy and unity, and live as if heaven is your home because that great Tomorrow is indeed coming.

所以，在快樂和團結中站穩，像天堂是你的家一樣生活，因為那個偉大的明天確實即將到來。