

# *Forgetting the past, Straining Ahead* 忘記過去，努力面前

1 Corinthians 哥林多前書 3:21-4:7

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The top ten New Year's resolutions for 2022 were:

2022 年的十大新年決志是：

1. Only do exercise you enjoy, 2. Healthy eating, 3. turn off “self-view” in ZOOM, 4. review relationship with alcohol, 5. find a new hobby, 6. travel more, 7. volunteer, 8. meet someone, 9. sleep more, 10. start therapy.

1. 只做自己喜歡的運動，2. 健康飲食，3. 在 ZOOM 中關閉“自身視圖”，4. 回顧與酒精的關係，5. 找到新的愛好，6. 多旅行，7. 作義工，8. 認識新朋友，9. 多睡點，10. 開始治療。

I was doing some reading on NY resolutions, and one article read:

我閱讀了一些關於新年決志的文章，其中一篇文章寫道：

*Self-improvement, or at least the desire for it, is a goal shared by all Australians, which is why many of us make a New Year's Resolution in the first place.*

*自我提升，或者至少是渴望自我提升，是所有澳大利亞人的共同目標，這就是為什麼我們中的許多人起初制定新年計劃的原因。*

*Unfortunately, only a fraction of us keeps to our resolutions, with experts estimating only about 8% commit to the very end.*

*不幸的是，我們中只有一小部分人堅持我們的決志，專家估計只有大約 8% 的人堅持到最後。*

There is something in all of us that loves a fresh start and improving the things we don't like about ourselves. 我們所有人都喜歡重新開始並改善我們不喜歡自己的事情。

What is intriguing about today's passage is that it gives us a way of *seeing ourselves* - and how we change - that is absolutely different from traditional or contemporary western cultures.

今天這段經文的有趣之處在於，它給了我們一種看待自己——以及我們如何改變——的方式，它與傳統或當代西方文化截然不同。

Until the 20th century, traditional cultures believed that too high a view of yourself was the main cause of personal problems and evil between people.

直到 20 世紀，傳統文化都認為自視過高是導致個人問題和人與人之間的罪惡的主要原因。

The Greek word for it was *HUBRIS*-an excessive pride. Arrogance. Overly high self-confidence. 希臘語中的詞是「胡夫雷斯」…過度的驕傲。傲慢。自信心過高。

In our modern western culture, we have developed an opposite cultural consensus.

在我們的現代西方文化中，我們形成了相反的文化共識。

Our belief today - deeply embedded in everything - is that people feel bad about themselves and do bad things to others because of low self-esteem.

我們今天的信念——深深植根於一切——是人們因為自卑而對自己感到難過，並對他人做壞事。

All you have to do is put people on a path of self-improvement.

你所要做的就是讓人們走上自我提升的道路。

*So do we fix our issues and the ones between people and nations by a higher or lower opinion of ourselves?*  
那麼，我們是否通過對自己的更高評價還是更低評價來解決我們的問題，以及人與國家之間的問題呢？

1 Corinthians gives us an approach to seeing ourselves that is absolutely different from the traditional or contemporary way.

《哥林多前書》為我們提供了一種看待自己的方式，它與傳統或現代方式截然不同。

The way to see ourselves in 1 Corinthians is to forget ourselves. Real change can come about when we forget about ourselves.

在《哥林多前書》看自己的方法就是忘記自己。當我們忘記自己時，真正的改變就會到來。

Maybe 2023 is the year to find true freedom by forgetting yourself.

也許 2023 年是通過忘記自己找到真正自由的一年。

### **The Fragile Ego 脆弱的自我**

The Corinthian church was filled with division.

哥林多教會充滿了分裂。

Paul shows that the real core issue was pride and boasting.

保羅表明真正的核心問題是驕傲和自誇。

In 4:6, he urges them not to ‘take pride in one man over against another.’

在 4:6 中，他敦促他們不要「自高自大，看重這個，看輕那個。。」

The word Paul uses here for *pride* is an unusual word. The word literally means to be *overinflated* or *swollen beyond its proper size*.

保羅在這裡用作自高自大這個詞是一個不尋常的詞。這個詞的字面意思是過度膨脹、腫脹、超出其適當的尺寸。

It's **swollen, inflamed**, and ready to burst. That is the condition of the natural human ego.

它**腫脹、發炎**，隨時可能爆裂。這就是人類自然自我的狀況。

The ego is **empty**. The ego that is puffed up and over-inflated has nothing at its centre.

自我是**空的**。自高自大和過度膨脹的自我在它的中心沒有任何東西。

Spiritual pride is the illusion that we are competent to run our own lives, achieve our own sense of self-worth and find a purpose big enough to give us meaning in life without God.

屬靈的驕傲是一種錯覺，認為我們有能力經營管理自己的生命，實現自己的自我價值感，並找到一個足以讓我們在沒有上帝的情況下賦予我們生命的意義的目標。

Not only is it not possible, but it's also **painful**. We do not notice our body until there is something wrong with it.

這不但不可行，還很**痛苦**。我們不會注意到我們的身體，直到它出現問題。

It would be rare for us to think how brilliantly our elbows are working today. We would only feel like that if there had previously been something wrong with them.

我們很少會去想到我們的手肘今天工作得多麼出色。我們只會這樣想如果他們以前曾出現問題。

The ego often hurts because it has something unbelievably wrong with it. It always makes us think about how we look and are treated.

自我會常常受傷，因為它有一些令人難以置信的錯誤。它總是讓我們思考我們的外表和我們受到的待遇。

It is very hard to get through a whole day without feeling snubbed or ignored, stupid or getting down on ourselves.

很難熬過一整天而不感到被冷落、被忽視、愚蠢或對自己感到失望。

That's because there is something wrong with our sense of self.

那是因為我們的自我意識出了問題。

Therefore the ego is incredibly **busy** trying to fill the emptiness and deal with the pain. It's busy **comparing** and **boasting**.

因此，自我非常忙於試圖填補空虛，並處理痛苦。它忙著比較和吹噓。

There is no full stop after the word *pride* in v6. It says, '*Then you will not take pride in one man over against another.*'

「自高自大」一詞後沒有句號。它說，「免得你們自高自大，看重這個，看輕那個。」

That is the very essence of the fragile ego. It tries to fill its emptiness and deal with its pain by comparing itself to other people.

這就是脆弱的自我的本質，它試圖通過與他人比較來填補自己的空虛，並處理自己的痛苦。

In his chapter on pride in *Mere Christianity*, C.S. Lewis points out that pride is by nature competitive.

路易斯在《反璞歸真》中關於驕傲的一章中指出，驕傲本質上是競爭性的。

*'Pride gets no pleasure out of having something, only out of having more of it than the next person.'*

「驕傲不會因為擁有某樣東西而感到快樂，只會因為比其他人擁有更多而感到快樂。」

In other words, we are only proud of being more **successful**, more **intelligent** or more **good-looking** than the next person.

換句話說，我們只是為比下一個人更成功、更聰明或更漂亮而感到自豪。

When we are in the presence of someone who is more successful, intelligent and good-looking than we are, we lose all pleasure in what we had.

當我們在比我們更成功、更聰明、更漂亮的人面前時，我們會對我們所擁有失去所有的樂趣。

That is because we really had **no pleasure** in it. We were proud of it.

那是因為我們真的對它們沒有樂趣。我們是為擁有而感到自豪。

The ego is **fragile**. Anything that is overinflated is in imminent danger of being deflated.

自我是脆弱的。任何過度膨脹的東西都有迫在眉睫被放氣的危險。

Empty, painful, busy and fragile - the normal state of the human self.

空虛、痛苦、忙碌和脆弱——都是人類自我的正常狀態。

Paul wants the Corinthian church and us to know the difference Jesus makes and how the Christian gospel has transformed things for him.

保羅希望哥林多教會和我們知道耶穌帶來的不同，以及基督教福音如何為他改變了一切。

### The Transformed Ego 轉變了的自我

In verses 3 and 4, Paul shows them how the Christian gospel has transformed his sense of self-worth.

在第3和4節中，保羅向他們展示基督教福音如何改變了他的自我價值感。

*I care very little if I am judged by you or by any human court; indeed, I do not even judge myself. My conscience is clear, but that does not make me innocent. It is the Lord who judges me.*

3 我被你們評斷，或被別人評斷，我都以為是極小的事；連我自己也不評斷自己。4 雖然我不覺得自己有錯，卻也不能因此判為無罪；審斷我的是主。

The word translated *judge* here has the same meaning as the word *verdict*.

這裡的「評斷」一詞與「判決」一詞的含義相同。

It's referring to that **elusive stamp of approval** that we all crave.

它指的是我們都渴望的那種難以捉摸的認可印章。

Paul's self-worth is not tied to their evaluation of him.

保羅的自我價值與他們對他的評價無關。

Now, most parents would say to their child at some point, especially when they are having problems with other kids, that it *doesn't matter what their friends think of them*.

大多數父母會在某些時候對他們的孩子說，尤其是當他們與其他孩子相處時出現問題時，他們的朋  
友對他們的看法並不重要。

In our modern world, there seems to be only one way of dealing with low self-esteem; fix it with high self-esteem.

在我們的現代世界中，似乎只有一種方法可以應對低自尊；以高自尊修復它。

We tell someone that they need to see that they are a great person. They need to see how wonderful they are.

我們告訴某人，他們需要看到自己是一個偉大的人，他們需要看到自己有多棒。

Paul's approach could not be more different. He cares very little if he is judged by the Corinthians, BUT he will not even judge himself.

保羅的方法截然不同。他不在乎自己是否被哥林多人評斷，而且，連他自己也不評斷自己。

It's as if he says, 'I don't care what you think - **but I don't care what I think either**.'

就好像他在說，「我不在乎你怎麼想——但我也不在乎我自己怎麼想。」

He says that about his own opinion, even though he declares himself to have a clear conscience.

他對他自己的意見這樣說，儘管他宣稱不覺得自己有錯。

Look carefully at what he says in verse 4. '*My conscience is clear, but that does not make me innocent.*'

仔細看他在第4節中說的話。「雖然我不覺得自己有錯，卻也不能因此判為無罪。」

I'm pretty confident that Paul would say that it is a trap to set your own standards.

我非常有信心保羅會說設定自己的標準是一個陷阱。

We feel rotten because we can't live up to other people's standards, and so the answer is to boost our self-esteem by living up to our own standards.

我們因為不能達到別人的標準而覺得自己很爛，所以答案就是通過達到我們自己的標準來提升我們的自尊。

It can't deliver either. We cannot keep our own standards.

它也無法交付。我們不能保持自己的標準。

Only 8% of people follow through with self-improving New Year's resolutions.

只有 8% 的人會堅持貫徹執行自我提昇的新年決心。

Maybe set incredibly low standards is the answer? That makes us feel terrible because we realise we are the type of person who has low standards.

也許設定令人難以置信的低標準就是答案？這讓我們感覺很糟糕，因為我們意識到我們是那種標準低的人。

Boosting our self-esteem by trying to live up to our own standards is a trap.

通過努力達到我們自己的標準來提升我們的自尊是一個陷阱。

Paul does not look to the Corinthians for the verdict that he is a 'somebody', but he **also** doesn't get it from himself.

保羅並沒有從哥林多人那裡得到關於他是“大人物”的結論，但他也沒有從他自己那裡得到。

Now Paul moves into territory that very few know anything about. This is Paul, one of the most influential people in history.

現在，保羅進入了鮮有人知的領域。這是保羅，歷史上最具有影響力的人物之一。

And yet, in 1 Timothy, he says *Christ Jesus came into the world to save sinners - of whom I am the worst.*

(1 Tim. 1:15 NIV). Not that I *was* the worst, but I am the worst.

然而，在《提摩太前書》，他說，「基督耶穌到世上來是要拯救罪人」，而在罪人中我是個罪魁。

（提前 1:15）。不是我曾是最差的，而是我是個罪魁。

We are **not used** to someone with incredible confidence volunteering that opinion about themselves.

我們不習慣一個非常自信的人，自願對自己發表這種看法。

Someone who is totally honest and aware of all sorts of moral flaws -yet has incredible poise and confidence.

一個完全誠實並意識到各種道德缺陷的人 - 但擁有令人難以置信的鎮定和自信。

When he says that he does not let the **Corinthians** judge him, nor will he judge **himself**, he is saying that he knows about his deep failures but does not connect them to his identity.

當他說他不讓哥林多人評斷他，也不評斷他自己時，他是在說他知道自己深深的失敗，但他沒有將它們與他的身份聯繫起來。

He does not see sin and let it destroy his sense of self.

他沒有看到罪惡，就讓它摧毀了他的自我意識。

Neither does he see an **accomplishment** and congratulate himself.

他也沒有看到成就並祝賀自己。

He sees all kinds of sins in himself -and all kinds of accomplishments too -but he refuses to connect them to his sense of worth.

他在自己身上看到了各種各樣的罪惡…也看到了各種各樣的成就…但他拒絕將它們與他的價值感聯繫起來。

Paul is saying his ego is not **puffed up**, it is filled up.

保羅是在說他的自我不是**自高自大**，而是被填滿的。

It's like he has reached a place where his ego draws no more attention to itself.

就好像他已經到達了一個地方，他的自我不再引起人們的注意。

When he does something wrong or something good, he does not connect it to himself any more.

當他做錯事或做好事時，他不再將它與自己聯繫起來。

C.S. Lewis in *Mere Christianity* makes a brilliant observation at the very end of his chapter on pride.

路易斯在《反璞歸真》中關於驕傲的一章的最後做了一個精彩的觀察。

*If we were to meet a truly humble person we would never come away from meeting them thinking they were humble.*

如果我們遇到一個真正謙卑的人，我們永遠不會離開時認為他們是謙虛的。

They would not be always telling us they were a nobody because a person who keeps saying they are a nobody is actually a **self-obsessed person**.

他們不會總是告訴我們他們是無名小卒，因為一個一直說自己是無名小卒的人實際上是一個**自我迷戀**的人。

The thing we would remember from meeting a truly humble person is how much they seemed to be totally interested in us, and how happy and at peace they are.

遇到一個真正謙遜的人，我們會記住的是，他們似乎對我們非常感興趣，他們是多麼快樂和平靜。

The essence of a transformed ego is not thinking more of oneself or thinking less of oneself, it is thinking of oneself less.

轉變了的自我的本質不是看高自己或看小自己，而是少想著自己。

It's *the freedom of self-forgetfulness*. This is not high self-esteem, or low self-esteem. It's not about self-esteem.

這是忘我的自由。這不是高自尊，也不是低自尊。這與自尊無關。

A truly humble person is not a self-hating person or a self-loving person, they are a **self-forgetful person**.

真正謙虛的人，不是自恨的人，也不是自愛的人，而是**忘我**的人。

For example, the self-forgetful person would never be devastated by criticism, because they don't put too much value on other people's opinions.

例如，忘我的人永遠不會被批評所摧毀，因為他們不會太看重別人的意見。

The fragile ego is either devastated by criticism, or they are not devastated by criticism because they do not listen to it.

脆弱的自我要么被批評摧毀，要么因為不聽批評而沒有被批評摧毀。

They will not listen to it, or learn from it, because they do not care about it.  
他們不會聽它，也不會從中學習，因為他們不關心它。

The person who is self-forgetful is the complete opposite. When someone whose ego is filled up gets criticised, they are not devastated, they listen to it and see it as an opportunity to change.  
忘我的人則完全相反。當一個自我被填滿的人受到批評時，他們不會崩潰，他們會傾聽，並將其視為改變的機會。

Wouldn't you want to be a person who does not need honour -nor is afraid of it?  
難道你不想做一個不需要榮譽、也不怕榮譽的人嗎？

Someone who does not lust for recognition -nor, on the other hand, is frightened to death of it?  
做一個不渴望被認可的人...另一方面，也不害怕被認可？

Don't you want to be the kind of person who does not admire what they see in the mirror, but does not cringe either?  
難道你不想成為那種不欣賞鏡子裡所見的，但也不畏縮去見的人嗎？

Wouldn't you like to be the type of person who, in their imaginary life, does not sit around daydreaming about successes that gives them the edge over others?  
難道你不想成為這樣一種人，在他們想像的生活中，不會坐在那裡做白日夢，幻想得到成功，讓他們比別人更有優勢的嗎？

Or perhaps you tend to beat yourself up and to be tormented by regrets. Wouldn't you like to be free of them?  
或者，也許您傾向於自責並被遺憾折磨。你不想擺脫它們嗎？

Wouldn't you like to be the athlete who wins the bronze, and yet is thrilled to celebrate with the gold medal winner because you got to be there and experience their brilliance.  
難道你不想成為贏得銅牌的運動員，但又很高興與金牌獲得者一起慶祝，因為你可以在那裡體驗他們的才華。

This is the possibility for you and me if we keep on going where Paul is going. We can start to enjoy things that are not about me.  
如果我們繼續沿著保羅前進的方向前進，這對你和我來說都是有可能的。我們可以開始享受與我無關的事物。

We can actually enjoy things for what they are. They are not just a way of filling up the emptiness.  
我們實際上可以享受事物的本質。它們不僅僅是填補空虛的一種方式。

This is the transformed ego, blessed self-forgetfulness. Our society doesn't know what category to put this in.  
這就是轉變後的自我，幸福的忘我。我們的社會不知道該把它歸入什麼類別。

### **How To Get a Transformed Ego 如何獲得轉變後的自我**

Paul tell us how he got to this place of self-forgetfulness.  
保羅告訴我們他是如何走到這種忘我境地的。

He says '*My conscience is clear, but that does not make me innocent*'. The word translated 'innocent' comes from the word 'justify'.

他說，「**雖然我不覺得自己有錯，卻也不能因此判為無罪。**」無罪是指被判為。

He is saying that even if his conscience is clear, that does not justify him.

他是在說，即使他不覺得自己有錯，卻也不能因此判為無罪。

What Paul is looking for is an **ultimate verdict** that he is important and valuable.

保羅正在尋找的是一個他是重要的和有價值的最終的判決。

We look for that **ultimate verdict** every day in all the situations and people around us.

我們每天都在我們周圍所有情況和人中尋找**最終的裁決**。

The problem with self-esteem -whether it is high or low -is that, every single day we are on trial.

自尊的問題…無論是高還是低…是在於我們每一天都在接受審判。

There is the prosecution and the defence. Everything we do is providing evidence for the prosecution or evidence for the defence.

有控方和辯方。我們所做的一切都是為控方或辯方提供證據。

Some days we feel we are **winning** the trial and other days we feel we are **losing** it.

有些日子我們覺得我們正在**贏得**審判，而其他日子我們覺得我們正在**失敗**。

Paul says the trial is over for him. He is out of the courtroom because the ultimate verdict is in.

保羅說審判對他來說已經結束了。他不在法庭上，因為最終判決已經作出。

He knows that the Corinthians cannot justify him. He knows he cannot justify himself.

他知道哥林多人不能稱他為義。他知道他不能為自己稱義。

He says that it is the **Lord who judges him**.

他說**審斷我的是主**。

It is only in the gospel of Jesus Christ that Paul, and us, get the final verdict. Crucially, it comes **before** the performance.

只有在耶穌基督的福音中，保羅和我們才能得到最終的裁決。至關重要的是，它出現在表現**之前**。

Most get their **self-image** from being a good person, and hope that eventually they will get a verdict that confirms that they are a good person.

大多數人都通過成為一個好人來獲得**自我形象**，並希望最終他們會得到一個確認他們是一個好人的判決。

Performance leads to the verdict.

以表現帶出判決。

All the great religions and philosophies of the world work like that; performance leads to the verdict.

世界上所有偉大的宗教和哲學都是這樣運作的；以表現帶出判決。

Only in Christianity, does the verdict leads to performance. In Christianity, the moment we believe, God says '**This is my beloved son in whom I am well pleased.**'

只有在基督教中，是判決導致表現。在基督教中，當我們相信的那一刻，上帝就說：「**這是我的愛子，我所喜愛的。**」

Or Romans 8:1 which says '*Therefore, there is now no condemnation for those who are in Christ Jesus*'.  
或《羅馬書》8:1說：「如今，那些在基督耶穌裏的人就不被定罪了。」

The moment we trust in Jesus, God credits Jesus' perfect performance to us as if it were our own, and adopts us into His family.

當我們信耶穌的那一刻，上帝就把耶穌的完美表現歸功於我們，就好像這是我們自己的表現一樣，並收我們進入他的家庭。

The verdict is in, and now we perform on the basis of the verdict.

判決已經作出，現在我們根據判決表現。

Because he loves and accepts us, we don't have to do things just to build up our reputation. Free now do things for the joy of doing them.

因為他愛我們並接納我們，我們不必為了建立我們的聲譽而做事。現在自由地做事是為了享受做事的樂趣。

Free to help people in order to help people - not so we can feel better about ourselves, or fill up the emptiness.

自由地為了幫助別人而幫助別人…不是為了讓我們對自己感覺更好，或者填補空虛。

In Christianity, Jesus Christ went on trial instead. Jesus went into the courtroom.

在基督教中，耶穌基督反而受到審判。耶穌走進法庭。

He faced the trial that should be ours so that we do not have to face any more trials.

祂面對本該屬於我們的審判，使我們不必再面對審斷。

He took the condemnation we deserve for our lack of performing to God's standard of perfection.

他承擔了我們因沒有達到上帝完美標準而應受的譴責。

We simply need to ask God to accept us because of what the Lord Jesus has done.

我們只需要因著主耶穌所做的，求神接納我們。

When we do, the only person whose opinion counts looks at us and he finds us more valuable than all the jewels in the earth.

當我們這樣做時，唯一有意見的人會看著我們，他發現我們比地球上所有的珠寶都更有價值。

Perhaps that is new for some of us here today. Don't let this pass you by. This is revolutionary.

也許這對我們今天在座中的一些人來說是新的信息。不要讓這個與你擦肩而過。這是革命性的。

Keep looking. Keep digging. Keep asking questions. There is a lot to discover.

繼續尋找。繼續挖掘。繼續提問。有很多東西要發現。

I have covered a lot of ground in a short space. There are lots of pieces of the jigsaw to put together -

我在很短的篇幅中介紹了很多內容。有很多拼圖可以拼湊起來放在一起…

Why did Jesus have to die?

為什麼耶穌必須死？

Why did He rise from the dead?

他為什麼從死裡復活？

Was He really the Son of God?

他真的是神的兒子嗎？

Keep looking until you understand the whole picture. Make this a matter of central importance in **2023**.

繼續尋找，直到你理解了整個畫面。將此作為 **2023** 年的核心問題。

But maybe you are in a different position. Maybe you trust in Jesus, maybe done so for years. But every day you find yourself being sucked back into the courtroom.

但也許你處於不同的位置。也許你已信耶穌，多年來一直信。但每天你都發現自己被帶回到審判的法庭。

All I can tell you is that we have to re-live the gospel every time we **pray**.

我只能告訴你，我們每次**禱告**時都必須重溫福音。

Every time we come to **church** and interact each other.

每次我們來**教會**，互相交流時。

Every time we feel **rejected**.

每次我們感到**被拒絕**。

Forgetting self and remembering the gospel is the key to us treasuring Jesus, and embracing diversity and discomfort as a church.

忘記自我並記住福音是我們作為教會一起珍愛耶穌、擁抱多樣性和不舒適的關鍵。

It is the key to letting go and finding rest.

這是放手和找到休息的關鍵。

We have to re-live the gospel in the supermarket and at work, doing the dishes, and raising the kids.

我們必須在超市和工作中，洗碗時，或照顧孩子時重新活出福音。

We need to re-live the Christian gospel on the spot and ask ourselves what we are doing back in the courtroom.

我們需要當場重溫基督的福音，並問問自己我們做什麼又回到審判庭。

Like Paul, we can say, 'I don't care what you think. I don't even care what I think. I only care about what the Lord thinks.'

我們可以像保羅一樣說，「我不在乎你的評斷。連我自己也不評斷自己。我只關心主對我的審斷。」

He has said, '*You are my beloved child in whom I am well pleased*'.

他說了，「*這是我的愛子，我所喜愛的。*」

Embrace Jesus and all his work more each day this year, put self-forgetfulness at the top of your New Year resolutions, and pray for the help to remember Jesus moment by moment, and what he has achieved for you.

今年，每天更多地擁抱耶穌和他的所有工作，把忘我放在新年決志的首位，並祈求幫助你時時刻刻記住耶穌，以及他為你所成就的一切。