



Bible Reading Guide

October 2015

聖經閱讀指引

2015年10月

Ephesians

以弗所書

The letter which we call Ephesians, is the most general of Paul's letters. It does not seem to be addressing any particular problem or situation in his audience. It seems likely that the letter was written around the same time as the letter to the Colossians as it has a similar end greeting that talks about Tychicus bringing news (Col 4:7, Eph 6:21). It seems likely that this letter was written to a group of churches or believers meeting in various places in the region around the city of Ephesus, reminding them of the great truths that they have in Christ (particularly chapters 1-3) and instructing them on how they should live in light of that (chapters 4-6).

這卷稱為以弗所書，是保羅書信裡最平凡的。信裡好像沒有解說讀者的任何獨特問題或情況。這封信看來與歌羅西書是差不多時間寫的，因為兩卷書的結語都提到推基古會帶來更多關於保羅的消息（西 4:7; 弗 6:21）。這信很可能是寫給在以弗所城附近的教會或信徒群體，提醒他們在基督裡所得的極大真理（尤其在 1-3 章），和怎樣將這真理活出來（4-6 章）。

Day 1 第一日

Acts 20:13-38

Paul had apparently spent most of 2 years with the people in Ephesus. What was Paul's relationship with the believers in Ephesus like? Although it seems likely that the people he's writing to in this letter are not exactly the same as those he spent time with in the account in Acts, as you continue in the readings for this month, try to keep in mind what it might have been like to be a believer in the Ephesus region to receive such a letter.

徒 20:13-38

看起來，保羅與以弗所人住在一起差不多兩年。

保羅與以弗所信徒的關係是怎樣的？

儘管以弗所書的讀者很可能與使徒行傳裡和保羅一起生活的不是同一群人；但當你繼續看本月的讀經資料時，嘗試體會在以弗所周邊的信徒收到這信時的感覺

<p>Day 2 第二日</p>	<p>Ephesians 1:1-2 We often skim over the greetings in the letters of the New Testament writers, let's instead pause to think about what is contained in these short verses. Who does Paul say he is, and why? (Hint: apostle means 'sent one') What does he call those he's writing to? What do we think about ourselves, and our brothers and sisters in Christ? (compared to what Paul says here)</p> <p>弗 1:1-2 看新約書信的時候，我們常常略過問安的部分，今天就讓我們細看一下這三言兩語。保羅說他自己是誰？為什麼？（提示：使徒就是「被差者」的意思）他怎樣稱呼收信的人？相對於保羅心中的信徒，我們怎樣看自己？怎樣看在主內的弟兄姊妹？</p>
<p>Day 3 第三日</p>	<p>Ephesians 1:3-10 If verses 4-10 can be summarized as our salvation in Christ, what does Paul say is the purpose of what God has done? (Hint: it might be helpful to read from verse 10 and piece together his argument backwards) How is your perspective about being chosen in Christ similar/different to this? Spend some time praising God that in him we are blessed with every spiritual blessing in Christ (v.3).</p> <p>弗 1:3-10 如果說，4-10 節總結了我們在基督裡的救恩，根據保羅的說法，神的計劃是什麼？（提示：從第 10 節倒過來看，會幫助我們把保羅的論據整理出來。）對於在基督裡被揀選的概念，你的想法與這裡有什麼相同或者不同？思想第 3 節，讚美神在基督裡賜給我們天上各樣屬靈的福氣。</p>
<p>Day 4 第四日</p>	<p>Ephesians 1:11-14 How did the Ephesians come to be part of God's salvation plan? Reflect on your journey with God, and how it came about; then spend some time praising God for the Holy Spirit who has been given to you sealing you, being the deposit guaranteeing eternity for you (v13-14).</p> <p>弗 1:11-14 以弗所人是怎樣成為神拯救計劃的一部分？回顧你與神同行的經歷，和你是怎樣遇見神的。花一點時間，為神賜聖靈給你作印記，作為你得基業的憑據而讚美祂（13-14 節）。</p>
<p>Day 5 第五日</p>	<p>Ephesians 1:15-19 Make a list of the things that Paul prays for. Spend some time praying for other believers following Paul's prayer.</p> <p>弗 1:15-19 保羅在禱告中祈求些什麼？把它們一一列出來。仿效保羅的禱告，為其他信徒祈禱。</p>

<p>Day 6 第六日</p>	<p>Ephesians 1:19-23 What does God's power do in this passage? Again, Paul has a cosmic scale in mind as he describes what God has achieved in Christ (see also Day 3). How does knowing that this same power is at work in you give you confidence that God is achieving his purposes in your life?</p> <p>弗 1:19-23 在這段經文中，神的能力成就了什麼事情？ 在這裡，再一次看見當保羅描述神在基督裡所成就的事，表現出有宇宙的視野（參考第3天經文）。當知道神賜同樣的能力在你裡面作工，如何給你信心確知神必定也成就祂在你生命中的旨意？</p>
<p>Day 7 第七日</p>	<p>Ephesians 2:1-7 What is the great transition that Paul describes here? Praise God for the grace he has shown us, and spend some time praying for your yet-to-believe friends and family, that God might also "make them alive" (v5).</p> <p>弗 2:1-7 保羅在這裡描述的是一個怎樣的生命大轉變？ 讚美神，因為祂賜我們恩典，也為我們未信的家人、朋友禱告，祈求神使他們「活過來」（5節）。</p>
<p>Day 8 第八日</p>	<p>Ephesians 2:8-10 These three verses are a good summary of the gospel, and the effect of salvation in our life. Spend some time memorizing these verses and meditating on the truth throughout the day.</p> <p>弗 2:8-10 這三節扼要地說出了福音的重點，和救恩對我們生命的影響。 背誦這段經文，並在今天裡反覆思想它。</p>
<p>Day 9 第九日</p>	<p>Ephesians 2:11-18 What has been the impact of Christ's work on the relationship between Gentiles and Israel? What has happened to the law? And why is this important? What then is the motivation to have peace between people? And are there relationships that you have with other believers where there should be peace?</p> <p>弗 2:11-18 因為基督所作的工，怎樣影響外邦人和以色列人之間的關係？ 對律法的影響是什麼？這一點為什麼重要？ 這樣看來，是什麼驅使我們與其他人和好？你與那些信徒之間的關係，需要復和？</p>
<p>Day 10 第十日</p>	<p>Ephesians 2:19-22 How are we described in this passage? What is Christ's place in this? How does today and yesterday's image of God's people shape your view of the church and relationships with other believers?</p>

	<p>弗 2:19-22 在這裡，保羅怎樣形容我們？ 基督扮演了什麼的角色？ 神的子民以前和現在形象的改變，使你對教會有怎樣的看法，對與其他信徒的關係又有什麼看法？</p>
<p>Day 11 <i>第十一日</i></p>	<p>Ephesians 3:1-13 What was the 'mystery'? What was God's purpose for Paul? What was God's purpose for the church? How are each of these things the same/linked?</p> <p>弗 3:1-13 經文提到的「奧秘」是什麼？ 神對保羅定下了什麼的旨意？ 神對教會定下了什麼的旨意？ 這兩者之間如何相似，又是如何互相關連的？</p>
<p>Day 12 <i>第十二日</i></p>	<p>Ephesians 3:14-21 Another passage of prayer. List out the things Paul prays for here. Spend some time praying for yourself and others using his words as a starting point.</p> <p>弗 3:14-21 這裡又是一段禱告。請把保羅祈求的東西一一列出來。 用保羅的禱告作開始，為自己和別人禱告。</p>
<p>Day 13 <i>第十三日</i></p>	<p>Eph 4:1-6 What are the things in v4-6 that our 'unity' (v3) should reflect? How does this perspective encourage us to live the way we are commanded in v1-2?</p> <p>弗 4:1-6 4-6 節怎樣反映第 3 節所提到的「合一」？ 明白了這一點，它又如何鼓勵我們活出 1-2 節裡的生活模式？</p>
<p>Day 14 <i>第十四日</i></p>	<p>Ephesians 4:7-16 Again Paul's view is cosmic in dimension as he looks at what Christ has done in v7-10. From this perspective he then speaks about the 'gifts' he's given to his people, what are they? (v11) What is the purpose of these 'gifts'? How are you participating in either being a 'gift' to others, or in the effect of these 'gifts'?</p> <p>弗 4:7-16 再一次，保羅在 7-10 節以宇宙的視野來形容基督的工作，然後從這裡指出祂賜給子民的「恩賜」。這些恩賜是什麼？（11 節） 這些「恩賜」的目的是什麼？ 至於你，你是神給別人的「恩賜」嗎，還是受惠於別人的「恩賜」？</p>

<p>Day 15 第十五日</p>	<p>Ephesians 4:17-24 What was their former way of life? What has been your way of life before you came to a living relationship with Christ and/or how has your life been progressively changed by this relationship? What are the commands in this passage? What are the motivations given for these commands?</p> <p>弗 4:17-24 他們從前是怎樣生活的？ 在你認識基督、與祂有真正的關係之前，你是怎樣生活的？認識了基督之後和與祂的關係怎樣逐漸把你改變過來？ 這段經文裡有什麼命令？ 有什麼激勵我們去遵行這些命令？</p>
<p>Day 16 第十六日</p>	<p>Ephesians 4:25-5:7 As you read this passage, pray that God would reveal in you any of the sinful thinking or behaviour that Paul is describing. Spend some time confessing this to God and asking for forgiveness, knowing that in Christ, we are assured of his forgiveness, and that by his Holy Spirit we might live lives pleasing to him.</p> <p>弗 4:25-5:7 當讀這段經文時，向神祈求讓你看到自己裡面是否有保羅描述的犯罪思想或行為。向神認罪，祈求赦免，因為我們確知道在基督裡必蒙赦免，並且憑著聖靈我們可以活出神所喜悅的生命。</p>
<p>Day 17 第十七日</p>	<p>Ephesians 5:8-20 What are the things 'of darkness' described here? How should children of light live? If possible, spend some time listening to/ or singing a hymn/Christian song (even better if you can sing with someone!), reflect on the truths in the song.</p> <p>弗 5:8-20 這裡形容的「暗昧的事」是什麼？ 光明的子女該怎樣生活？ 如果可以，用一點時間聽或唱（與被人一起唱更好！）一首聖詩或基督教的歌曲，同時仔細思想歌詞裡的真理。</p>
<p>Day 18 第十八日</p>	<p>Ephesians 5:21-33 (For those who are married) How well are you living in obedience to what Paul is commanding in this passage? (For everyone) How does marriage give us a picture of Christ's relationship with the church? – reflect on some of the healthy marriages that you know, how does this enrich your understanding of your relationship with Jesus? Spend some time praying for married couples (and your own marriage, if you are married), and thanking God for the intimate relationship we have with Christ.</p> <p>弗 5:21-33 （已結婚的）在你的婚姻生活裡，你是怎樣遵從保羅在這段經文裡的命令？ （所有人）婚姻關係怎樣反映基督與教會的關係？思想一些健康婚姻的例子，他們怎樣</p>

	<p>豐富了你對你和基督之間關係的了解？ 為已結婚的（如你已結婚，也包括自己）禱告，同時感謝神，賜給我們與基督之間親密的關係。</p>
<p>Day 19 第十九日</p>	<p>Ephesians 6:1-9 What are the motivations given for the commands here? Although we are not 'slaves', we are 'like slaves of Christ'. With this in mind, how does this affect the way you serve God in the role(s) that you have, whether as a student, worker, or within your family?</p> <p>弗 6:1-9 有什麼激勵我們去遵行這些命令？ 雖然我們不是奴僕，但我們要像是基督的奴僕一般。這看法怎樣影響你在今天的角色裡去服侍神，無論你的身份是學生、僱員、或者是家庭的一份子？</p>
<p>Day 20 第二十日</p>	<p>Ephesians 6:10-24 What are the armour and sword that we have to fight the spiritual battle? How might you 'put on' these things? Paul urges us to pray 'on all occasions with all kinds of prayers and requests' as part of the spiritual battle. Particularly, he requests prayer for himself. Spend some time praying for gospel workers and gospel work that you know of, that they may be ready for the battle against the forces that would prevent Jesus from being known and worshipped.</p> <p>弗 6:10-24 在屬靈爭戰中，我們的全副軍裝包括了什麼？ 我們可以怎樣「穿戴」這全副軍裝？ 保羅催促我們，在屬靈戰爭之中要「隨時多方禱告祈求」。保羅也要求為保羅自己祈求。 花點時間為你認識的宣教士和福音工作禱告，祈求他們能準備得好，去抵擋那些妨礙人們認識和敬拜耶穌的惡魔。</p>

Next month: Luke 12 - 24

下月：路加福音 12-24