

對新舊生活的勸勉  
Exhortation About  
Old and New

以弗所書 Ephesians 4:25-5:2

- 25** 所以，你們要除掉謊言，  
各人要與鄰舍說真話，  
因為我們彼此是肢體。
- 26** 生氣卻不要犯罪；含怒不可到日落。
- 27** 不可給魔鬼留地步。
- 28** 偷竊的，不要再偷，卻要作工，  
親手作正當的事，  
使自己可以把所得到的，分給缺乏的人。
- 29** 一句壞話也不可出口，卻要適當地說  
造就人的好話，使聽見的人得益處。

**30** 不可讓 神的聖靈憂傷，

因為你們受了祂的印記，等候得贖的日子。

**31** 一切苛刻、惱怒、暴戾、嚷鬧、毀謗，  
連同一切惡毒，都應當從你們中間除掉。

**32** 要互相友愛，存溫柔的心，彼此饒恕，  
就像 神在基督裡饒恕了你們一樣。

**5:1** 因此，你們既然是蒙愛的兒女，  
就應當效法 神。

**2** 要憑著愛心行事，好像基督愛我們，為  
我們捨己，當作馨香的供品和祭物獻給神。

**25** Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

**26** “In your anger do not sin”: Do not let the sun go down while you are still angry,

**27** and do not give the devil a foothold.

**28** Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

**29** Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

**30** And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

**31** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

**32** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**5 1** Follow God's example, therefore,  
as dearly loved children

**2** and walk in the way of love,  
just as Christ loved us and  
gave himself up for us  
as a fragrant offering and  
sacrifice to God.

## 2. 信主後 **After Christ (vv. 21-24)** 新人

a. 除去舊人 Put off the old self

b. 心靈更新 Be renewed in the  
spirit of your mind

(羅馬書Romans 5-8)

c. 穿上新人 Put on the new self

1. 謊言 **Lying** (v. 25) – **unclear / partial truth**
2. 脾氣 **Anger** (vv.26-27) – 三不 3 'no' s  
生氣卻不要犯罪 ; **do not** sin”  
含怒不可到日落 。 **Do not** let the sun go down  
while you are still angry  
不可給魔鬼留地步 **do not** give the devil a foothold
3. 偷盜 **Stealing** (v. 28) – 貪便宜 **advantage**
4. 穢語 **Talks** (v. 29) – 不全面 **twisted**
5. 苦毒 **Bitterness** (vv. 31) – (source of 1-4)
6. 良策 **Suggestions** (vv. 32-5:1-2) – 解藥 **only...**  
**Solution/strategy/way of life**  
**with help from peers/church and above**



1. 謊言 Lying (v. 25) – thorough truth

2. 脾氣 Anger (vv.26-27) – v. 32

要互相友愛，存溫柔的心，彼此饒恕

Be kind and compassionate to one another,  
forgiving each other

3. 偷盜 Stealing (v. 28) – 使自己可以把所得到的，  
分給缺乏的人

they may have something to share with  
those in need

4. 穢語 Talks (v. 29) – 要適當地說造就人的好話

building others up according to their needs

5. 苦毒 Bitterness (vv. 31) – v. 32

你們既然是**蒙愛的**兒女，  
就應當**效法** 神。  
要**憑著愛心**行事，  
好像基督**愛**我們，為我們**捨己**，  
當作馨香的供品和祭物獻給 神。

**Follow God's example**, therefore, as  
**dearly loved** children and

**walk in the way of love**,

just as Christ **loved** us and **gave himself up** for  
us as a fragrant offering and sacrifice to God.



- 1. “We don’t go to church,  
we ARE the C H U R C H ! !”**  
我們不上教會，我們就是教會
- 2. “Everybody gets to play!”**  
人人有份參與
- 3. “Every member a missionary!”**  
每位會員都是宣教師 - 傳道人
- 4. “God’s church doesn’t have a mission,  
God’s mission has a church!”**  
神的教會沒有使命，神的使命包含教會