

生命轉變之路

The Road of Life Transformation



羅馬書 12:1-2

¹ 所以弟兄們，我以神的慈悲勸你們，將身體獻上，當作活祭，是聖潔的，是神所喜悅的；你們如此事奉，乃是理所當然的。² 不要效法這個世界，只要心意更新而變化，叫你們察驗何為神的善良、純全、可喜悅的旨意。

Romans 12:1-2

¹ Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies as a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. ² And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.



什麼才是生命轉變？

因為我們都是罪人，我們的生命如同劣質的材料，不適合在主為我們預備的根基上建造一座合適而美麗的房屋。當我們改變自己，與神所提供的根基保持一致時，這就是生命的轉變。

What is Life Transformation?

Because we are all sinners, our lives are like inferior materials, unsuitable for building a proper and beautiful house on the foundation the Lord has prepared for us. When we change ourselves and align with the foundation God has provided, this is a life transformation.

掃羅的轉變

Saul's transformation



生命的更新是重塑人的心靈和思想的內在轉變, 神利用改變來磨練人們, 讓人們更親近祂。

The transformation of life is an inner transformation that reshapes a person's heart and mind. God uses change to refine people and bring them closer to Him.

為何要有生命轉變？

羅馬書3:10-12 “就如經上所記：「沒有義人，連一個也沒有！沒有明白的，沒有尋求神的；都是偏離正路，一同變為無用。沒有行善的，連一個也沒有！」

1. 神已在基督裡賜給我們神的憐憫，讓我們可以在神的憐憫基礎上建立我們新的生命。

Why is there a need for life transformation?

Romans 3:10-12 “as it is written: There is no righteous person, not even one; There is no one who understands, There is no one who seeks out God; They have all turned aside, together they have become corrupt; There is no one who does good, There is not even one.”

1. God has given us His mercy in Christ, enabling us to build our new life on this foundation.

在羅馬書前11 章裡面，神的憐憫包括賜給我們這些不值得獲得的罪人神聖的**愛**（第5章），**恩典**，提供罪人無法獲得的救贖（第5章），**聖靈**，居住在我們里面（第5章），**和平**，能與神同在的平安（第5章）。其他神的憐憫包括有**信心**（第1, 3, 4, 5, 9章），**安慰**（第1章），**力量**（第1章），**希望**（第5, 8, 12章），**耐心**（第3章），**仁慈**（第11章），**榮耀**（第8章）和**榮譽**（第2章）。

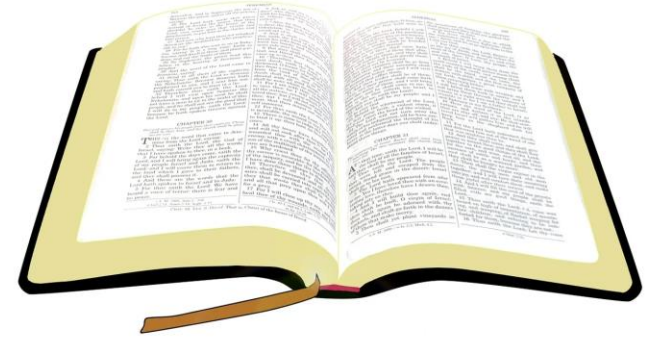
神賜給我們堅強地基，我們要在這地基上建上最美好的房子，就是建造我們的新生命，這就是為何我們要有生命轉變。

In the first 11 chapters of Romans, God's mercy includes bestowing upon us, unworthy sinners, divine **love** (Chapter 5), **grace**, offering redemption unattainable to sinners (Chapter 5), the **Holy Spirit** dwelling within us (Chapter 5), and **peace**, the tranquility of being in God's presence (Chapter 5). Other forms of God's mercy include **faith** (Chapters 1, 3, 4, 5, 9), **comfort** (Chapter 1), **strength** (Chapter 1), **hope** (Chapters 5, 8, 12), **patience** (Chapter 3), **kindness** (Chapter 11), **glory** (Chapter 8), and **honor** (Chapter 2).

God gives us a strong foundation upon which we build our finest house—our new life. This is why we need life transformation.

2. 神希望我們與祂同在

神不是僅僅把我們從罪惡的環境和在神永恆的譴責中拯救出來，神打算讓我們恢復到祂從一開始的意圖，祂讓我們與祂同在，以實現祂永恆的目標。



2. God desires our presence with Him.

God does not merely deliver us from sinful circumstances and from His eternal condemnation; He intends to restore us to His original purpose. He wants us to be with Him to achieve His eternal goals.

3. 我們的生命主權屬於神

神對我們的憐憫體現在十字架上，我們的生命可以更新，萬物是本於神，我們的生命應完全屬於神，獻出我們的生命主權。立志用我們的轉變生命去榮耀神。

3. Our lives belong to God

God's mercy towards us is shown on the cross.

Our lives can be renewed. All things originate from God, and our lives should belong entirely to Him. We should offer up our life sovereignty and resolve to glorify God with our transformed lives.

4. 我們需要成為聖潔的, 神所喜悅的活祭

(1) 明白獻祭與敬拜的關係:

獻祭是敬拜的一種, **敬拜是獻祭的基礎。事奉亦是敬拜。** 事奉神是對主虔誠和敬畏的表達。強調了信徒生活的各個層面都應該奉獻給神的信念。

歌羅西書 3:23-24 “無論做甚麼, 都要從心裏做, 像是給主做的, 不是給人做的, 因你們知道從主那裏必得着基業為賞賜。你們所事奉的乃是主基督。”

4. We need to be holy, living sacrifices pleasing to God

(1) Understanding the relationship between sacrifice and worship:

Sacrifice is a form of worship, and **worship is the foundation of sacrifice. Serving is also worship.** Serving God is an expression of piety and reverence for the Lord, emphasizing the belief that every aspect of a believer's life should be dedicated to God.

Colossians 3:23-24 “Whatever you do, do your work heartily, as for the Lord and not for people, knowing that it is from the Lord that you will receive the reward of the inheritance. It is the Lord Christ whom you serve.”

(2) 明白保羅呼籲的獻上活祭：

- 保羅所要求的犧牲是讚美的犧牲。我們獻出自己為神事奉，作出讚美和奉獻的行為。反映出因神的恩典，榮耀祂，這就是活祭。
- 我們無時無刻都可以成為活祭，獻給神，榮耀祂的名。
- 路加福音 9:23 “若有人要跟從我，就當捨己，天天背起他的十字架來跟從我”



(2) Understanding Paul's call for a living sacrifice:

- The sacrifice Paul requested was a sacrifice of praise. When we offer ourselves to God in service, through acts of praise and dedication, we reflect His grace and glorify Him—this is a living sacrifice.
- We can be living sacrifices at any time, offering ourselves to God and glorifying His name.
- Luke 9:23 “And He was saying to them all, “If anyone wants to come after Me, he must deny himself, take up his cross daily, and follow Me.”

如何才能生命轉變？

(A)先決條件：

- (1)必須是重生的基督徒：經歷了得救的改變，在基督裡經歷了神豐盛的憐憫。
- (2)有正確動機：不是「臨陣脫逃」式的轉變，你是出於對神憐憫的感恩，真心渴望你的生命榮耀祂。

How to transform life ?

(A) Prerequisites:

- (1) **You must be a born-again Christian:** having experienced the transformation of salvation and God's abundant mercy in Christ.
- (2) **You must have the right motivation:** not a "last-minute" change, but a genuine desire for your life to glorify Him, out of gratitude for God's mercy.



(B)不效法這個邪惡世界的模式

選擇不隨波逐流，就是在捍衛自己的信仰，顯示我們致力於按照神的原則而非人類的期望生活。

Dr. John Murray, 他的著作 *《羅馬書》* 寫道：“**隨波逐流就是沉溺於世俗之事**，使我們所有的思想都圍繞著看得見的、短暫的事物……如果我們所有的算計、計劃和抱負都取決於今生之事，那麼我們就是這世代的兒女”。

(B) Not following the patterns of this evil world.

Choosing not to follow the crowd is defending one's faith and showing that we are committed to living according to God's principles, not human expectations.

Dr. John Murray, in his book "**The Epistle to the Romans**," writes in Romans: "**To follow the crowd is to indulge in worldly things**, to fix all our thoughts on visible, transient things... If all our calculations, plans, and ambitions depend on the things of this life, then we are children of this generation."

哥林多後書 4:3-4 “如果我們的福音蒙蔽，就是蒙蔽在滅亡的人身上。此等不信之人，被這世界的神弄瞎了心眼，不叫基督榮耀福音的光照着他們。基督本是神像”

2 Cor. 4:3-4 “And even if our gospel is veiled, it is veiled to those who are perishing, in whose case the god of this world has blinded the minds of the unbelieving so that they will not see the light of the gospel of the glory of Christ, who is the image of God.”

(C)藉著心意的更新而轉變

轉變始於內心。透過更新你的思想來改變你，好讓你在實踐中證明神的良善和完美的旨意。

(1) 轉變的過程：是神在我們身上的工作，我們對此亦負有責任。

我們有責任為了敬虔的目的而自律。得救的人必須學會每天依靠主。

提摩太前書 4:7 “只是要棄絕那世俗的言語和老婦荒渺的話，在敬虔上操練自己”。

神不會改變我們基本的性格類型；但祂會改變我們性格中罪惡的表現。仔細檢視你容易犯的弱點，這樣你才能警惕它們，並努力克服它們。

(C) Transformation through the Renewal of the Mind

Transformation begins within. Change yourself by renewing your thoughts so that you may demonstrate God's goodness and perfect will in practice.

(1) The Process of Transformation: This is God's work in us, and we are responsible for it.

We have a responsibility to be self-disciplined for godly purposes. The saved must learn to rely on the Lord daily.

1 Timothy 4:7 “But stay away from worthless stories that are typical of old women. Rather, discipline yourself for the purpose of godliness”

God does not change our basic character type; but He changes the sinful manifestations within our character. Carefully examine your weaknesses so that you can be vigilant about them and strive to overcome them.

(2) 轉變的手段：是更新我們的思想：

一切罪惡和一切順服都始於思想。因此，克服罪惡、在敬虔上成長的關鍵在於改變我們的思考方式。

(a) 改變想法的主要來源是神的話語。

聖經幾乎涵蓋了生活的各個層面。默想神的話語，思考它如何應用在你的生命中，以便你能根據聖經來評估任何情況或決定。

詩篇119:160：“你話的總綱是真實，你一切公義的典章是永遠長存！”

(2) The means of transformation: It is renewing our minds:

All sin and all obedience begin in the mind. Therefore, the key to overcoming sin and growing in godliness lies in changing our way of thinking.

(a) The primary source of this change in thinking is the Word of God.

The Bible covers almost every aspect of life. Meditate on God's Word and consider how it applies to your life so that you can evaluate any situation or decision based on Scripture.

Psalms 119:160: “The sum of Your word is truth, And every one of Your righteous judgments is everlasting.”

(b) 改變你思想的次要來源是有天賦的教師和神話語的例子。

神賜給教會許多有恩賜的教師，我們要聆聽敬虔的牧師，傳道人的講道，多閱讀關於屬靈生活的優秀書籍及文章。此外，神也賜給我們許多敬虔的榜樣，無論是歷史上的人物，或是我們認識的人，他們都可以成為我們的導師。

弗4:11-12 “他所賜的有使徒，有先知，有傳福音的，有牧師和教師。為要成全聖徒，各盡其職，建立基督的身體”

(b) Secondary sources of change in your thinking include examples of gifted teachers and the Word of God.

God has given the church many gifted teachers. We should listen to the sermons of godly pastors and preachers, and read more excellent books and articles about spiritual life. Furthermore, God has given us many godly examples, whether historical figures or people we know; they can all be our teachers.

Ephesians 4:11-12 "And He gave some as apostles, some as prophets, some as evangelists, some as pastors and teachers, for the equipping of the saints for the work of ministry, for the building up of the body of Christ”

(3)轉變的結果是:你將在實踐中證明神的善良、可接受和完美的旨意。

一旦我們經歷了這種心智的更新，就能更清楚地了解神對我們生命的旨意。保羅談論的是聖經中所揭示的神的道德旨意。

“檢驗並認可”祂的旨意需要分辨力、虔誠的禱告和深思熟慮，有時還需要尋求他人的智慧建議。當我們培養這種習慣時，就能更接近理解在神眼中什麼是真正、良善、蒙悅納和完全的。**透過轉化你的思想，你將更能分辨何為真正美好、蒙神喜悅和符合神標準的完美之事。**這種分辨力將指引你的決定和行動。

(3) The result of this transformation: You will demonstrate God's good, acceptable, and perfect will in practice.

Once we experience this mental renewal, we will have a clearer understanding of God's will for our lives. Paul is talking about God's moral will as revealed in the Bible.

"Examining and acknowledging" His will requires discernment, devout prayer, and careful consideration, and sometimes seeking wise advice from others. As we cultivate this habit, we will come closer to understanding what is truly good, pleasing, and perfect in God's eyes. **By transforming your mind, you will be better able to discern what is truly good, pleasing to God, and perfect according to His standards.** This discernment will guide your decisions and actions.

A close-up photograph of a person's hand, palm facing up, with fingers slightly spread. A small, dark, crescent-shaped tattoo is visible on the back of the hand. The hand is positioned against a bright, hazy background that transitions from a light yellowish-white on the left to a dark blue-grey on the right. The text "Thank you and God bless" is overlaid in the center of the image in a black, serif font.

Thank you and God bless