



圣灵充满的敬拜

(以弗所书 5:18-19)

朱瑞珊牧师

2023年8月27日与30日

EPH 以弗所书 5:15-21 (CUVMPS)

**15 你们要谨慎行事, 不要像愚昧人,
当像智慧人。 16 要爱惜光阴,
因为现今的世代邪恶。**

EPH 以弗所书 5:15-21 (CUVMPS)

17 不要做糊涂人, 要明白主的旨意如何。

**18 不要醉酒, 酒能使人放荡;
乃要被圣灵充满。**

EPH 以弗所书 5:15-21 (CUVMPS)

**19 当用诗章、颂词、灵歌彼此对说，
口唱心和地赞美主。 20 凡事要奉我们
主耶稣基督的名常常感谢父神。
21 又当存敬畏基督的心，彼此顺服。**

The background features a soft, painterly sky with pastel clouds in shades of pink, purple, and blue. Numerous blue birds, rendered in a low-poly, geometric style, are scattered across the scene, some in flight and others perched on thin, white, curved lines that sweep across the sky.

Life in the Spirit
圣灵充满的生命



圣经对圣灵充满的生命有什么说法？

What did the bible say about a spirit-filled life?

引言 Introduction

EPH 以弗所书 5:15-18 (CUVMPS)

15 你们要谨慎行事, 不要像愚昧人, 当像智慧人。

16 要爱惜光阴, 因为现今的世代邪恶。

17 不要做糊涂人, 要明白主的旨意如何。

18 不要醉酒, 酒能使人放荡; 乃要被圣灵充满。

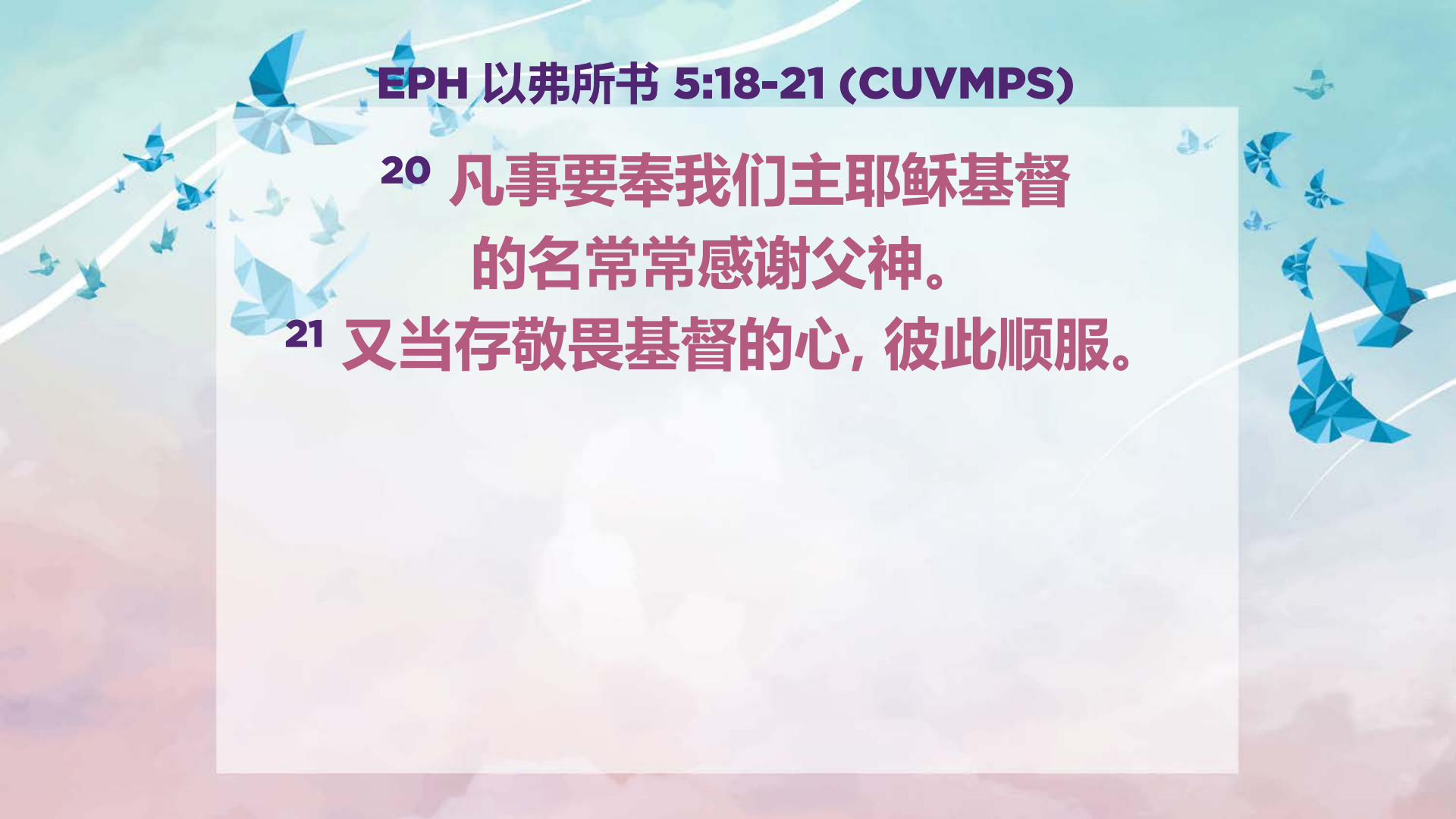
The background of the image is a soft, painterly sky with a gradient of light blue, green, and pink. Several stylized blue birds, composed of geometric shapes, are depicted in flight. They are scattered across the upper half of the image, with some following curved white lines that sweep across the sky. The birds are rendered in various sizes and orientations, giving a sense of movement.

你只活一次

“YOLO” (You Only Live Once)

EPH 以弗所书 5:18-21 (CUVMPS)

**18 不要醉酒, 酒能使人放荡;
乃要被圣灵充满。 19 当用诗章、颂词、
灵歌彼此对说, 口唱心和地赞美主。**



EPH 以弗所书 5:18-21 (CUVMPS)

**20 凡事要奉我们主耶稣基督
的名常常感谢父神。**

21 又当存敬畏基督的心, 彼此顺服。



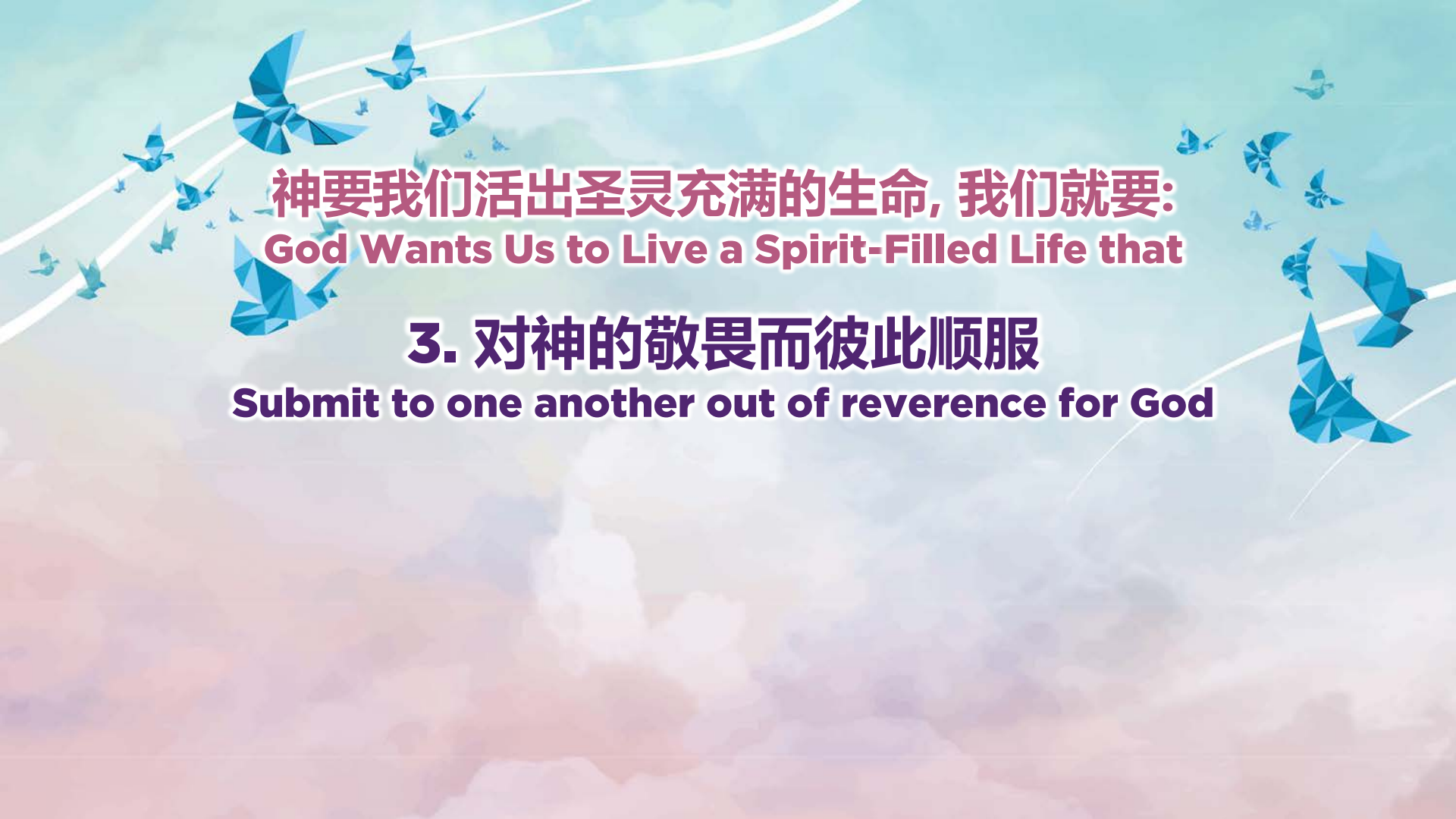
神要我们活出圣灵充满的生命, 我们就要:
God Wants Us to Live a Spirit-Filled Life that

1. 献给神圣灵充满的敬拜
Pour out Spirit-filled worship to God

The background of the slide features a soft, painterly sky with a gradient from light blue at the top to a warm, hazy pink and orange at the bottom. Several stylized blue birds, composed of geometric, low-poly shapes, are scattered across the upper half of the image, appearing to fly along curved white lines that sweep across the sky.

神要我们活出圣灵充满的生命, 我们就要:
God Wants Us to Live a Spirit-Filled Life that

2. 凡事称谢神
Give thanks to God in everything



神要我们活出圣灵充满的生命, 我们就要:
God Wants Us to Live a Spirit-Filled Life that

3. 对神的敬畏而彼此顺服
Submit to one another out of reverence for God



**当你被圣灵充满, 要做的
第一件事就是敬拜神。**

**When you are filled with the Spirit, the
first thing that flows out of you is worship.**

The background features a soft, painterly sky with pastel clouds in shades of pink, purple, and blue. Numerous blue, geometric birds are scattered across the scene, some following curved white lines that sweep across the frame. The birds are rendered in a low-poly, faceted style.

圣灵充满的敬拜是什么样的呢？

What Happens During Spirit-Filled Worship?

EPH 以弗所书 5:18-21 (CUVMPS)

**18 不要醉酒, 酒能使人放荡;
乃要被圣灵充满。 19 当用诗章、颂词、
灵歌彼此对说, 口唱心和地赞美主。**

圣灵充满的敬拜是什么样的呢？
What Happens During Spirit-Filled Worship?

1. 当用诗章、颂词、灵歌彼此对说

Speak to One Another with Psalms, Hymns and Spiritual Songs

2. 口唱心和地赞美神

Sing and Make Melody in Your Hearts to the Lord

1. 当用诗章、颂词、灵歌彼此对说

Speak to One Another with Psalms, Hymns and Spiritual Songs

1. 彼此对说 Speak to One Another

- 指的是我们在一起敬拜时, 集体被圣灵充满。
implies directly about public (corporate) worship moments
where we are corporately filled with the Holy Spirit.

1. 彼此对说 **Speak to One Another**

牧师: 1 你们要称谢耶和华, 因祂本为善,

群体: 祂的慈爱永远长存!

牧师: 2 你们要称谢万神之神,

群体: 祂的慈爱永远长存!

牧师: 3 你们要称谢万王之王,

群体: 祂的慈爱永远长存!

PSALM 诗篇 136:1-3 (CUVMPS)

1. 当用诗章、颂词、灵歌彼此对说
**Speak to One Another with Psalms,
Hymns and Spiritual Songs**

COL 歌罗西书 3:16 (CUVMPS)

当用各样的智慧, 把基督的道理丰丰富富地存在心里, 用诗章、颂词、灵歌彼此教导, 互相劝诫, 心被恩感歌颂神。

1. 彼此对说 **Speak to One Another**

- “彼此对说”指的就是把基督的道丰丰富富地存在心里,再以各样的智慧,彼此教导或劝诫的方式,互相建立。

To “speak to one another” means we are to teach and admonish one another in all wisdom with the word of God so that His word is inscribed into our hearts.

1. 当用诗章、颂词、灵歌彼此对说
**Speak to One Another with Psalms,
Hymns and Spiritual Songs**

1. 彼此对说 **Speak to One Another**

- **集体圣灵充满的敬拜时, 神的道, 神的话语将通过诗章、颂词、灵歌, 被传递出去。因此, 我们把神的话语唱出来。**

During spirit-filled worship, the word of God is delivered through Psalms, Hymns and Spiritual Songs. So, it involves singing out His word.

1. **当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs**

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

诗章 Psalms

- 诗章是配上歌曲、旋律或音乐的经文。经文来自诗篇。
scriptures set to a song, melody or musical phrase from the Book of Psalms.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

诗章 Psalms

- 讲述神昔在的大能和祂在人间的作为。
speaks of the past of God's acts over all the years and of God's work among men.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

颂词 Hymns

- 把经文的释义或真理编为歌曲、旋律或音乐。
paraphrases of scriptures or scriptural truths set to a song,
melody or musical phrase.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

颂词 Hymns

- 述说神今在的品德, 颂扬祂的本性和祂在门徒中的工作。

speaks of the present about God's character, praising God's nature and God's work among believers.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

颂词 Hymns

- 初代教会采用的一种新形式的歌, 来歌颂基督的生平和复活。

adopted by the early Church in order to sing about the life and resurrection of Christ.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

灵歌 Spiritual Songs

- 一种受圣灵带动, 含有自发性的歌。
spontaneous songs of the Spirit.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

灵歌 Spiritual Songs

- 带有特定启示, 彰显在那时刻。
carry specific revelations for the moment or occasion.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

灵歌 Spiritual Songs

- 用方言或神的话语配上旋律来表达出来的。
expressed in tongues or in words to a melody.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

灵歌 Spiritual Songs

- 讲述永在将要发生的事。 speak of the things to come.

- 灵歌呼唤我们关注神在我们生命中持续的工作和品格。

They call us to the ongoing work and character of God in our lives for today and beyond.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

灵歌 Spiritual Songs

- 希腊文的“属灵”是“Pneumatikos”。
- 这希腊文从没出现在福音书或任何旧约圣经里，只有在五旬节之后才有用到。

The word “Spiritual”, “Pneumatikos” in Greek does not appear in the Gospels or any scripture until after the day of Pentecost.

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms,
Hymns and Spiritual Songs

2. 诗章、颂词、灵歌 Psalms, Hymns and Spiritual Songs

灵歌 Spiritual Songs

- 灵歌是圣灵所启示的负担。

Spiritual songs are songs of which the burden is the things revealed by the Spirit.

- 灵歌是预言性的诗歌。

Spiritual songs are prophetic songs.

1. 当用诗章、颂词、灵歌彼此对说

Speak to One Another with Psalms,
Hymns and Spiritual Songs

The background features a soft, painterly sky with white and light blue clouds. Scattered across the sky are numerous blue birds, some of which are stylized with a low-poly, geometric design. Two thin, white curved lines sweep across the upper portion of the image, framing the central text.

<请观看敬拜视频>

1. 当用诗章、颂词、灵歌彼此对说
**Speak to One Another with Psalms,
Hymns and Spiritual Songs**

2. 口唱心和地赞美神

Sing and Make Melody in Your Hearts to the Lord

- “从心底唱出赞美主的旋律” (CCB)。
- 指的是我们个人私底下对神的敬拜。
implies about our private (personal) worship to God.





MATT 马太福音 15:8 (CUVMPS)

**这百姓用嘴唇尊敬我，
心却远离我。**



唱新歌

Sing A New Song

2. 口唱心和地赞美神
Sing and Make Melody in
Your Hearts to the Lord

PSALM 诗篇 96:1-2 (CUVMPS)

**你们要向耶和华唱新歌, 全地都要向
耶和华歌唱! ² 要向耶和华歌唱,
称颂他的名, 天天传扬他的救恩**

PSALM 诗篇 103:1 (CUVMPS)

**我的心啊, 要称颂耶和华,
我要全心全意地称颂祂的圣名。**

圣灵充满的敬拜是什么样的呢？

What Happens During Spirit-Filled Worship?

1. 当用诗章、颂词、灵歌彼此对说
Speak to One Another with Psalms, Hymns and Spiritual Songs

2. 口唱心和地赞美神
Sing and Make Melody in Your Hearts to the Lord

2. 口唱心和地赞美神
Sing and Make Melody in
Your Hearts to the Lord

我们实行圣灵充满的敬拜了吗？

Do We Engage in Spirit-Filled Worship?

身为一个被圣灵充满的教会, 我们应该完全参与被圣灵充满的敬拜。

As a spirit-filled church, we should engage fully in spirit-filled worship.

2. 口唱心和地赞美神
Sing and Make Melody in
Your Hearts to the Lord

**我们都有唱诗篇和颂词。这两个类型的歌
是比较结构化的。但是, 大部分的会众不唱
没结构化的灵歌或新歌。**

**We do sing psalms and hymns that are filled with the
word of God but we distance ourselves from anything that is not
structured like singing spiritual songs or new songs to the Lord.**

**2. 口唱心和地赞美神
Sing and Make Melody in
Your Hearts to the Lord**

**为了改变我们的模范,
以实行被圣灵充满的敬拜, 我们需要**

**In order to Change Our Paradigm to
Engage in Spirit-Filled Worship, we need to**

**1. 在圣灵的自由中运行
Move in the Freedom of the Spirit**

**2. 口唱心和地赞美神
Sing and Make Melody in
Your Hearts to the Lord**

**为了改变我们的模范,
以实行被圣灵充满的敬拜, 我们需要**

**In order to Change Our Paradigm to
Engage in Spirit-Filled Worship, we need to**

2. 体验阿爸天父丰盛的爱 Encounter the Fullness of God's Love

**2. 口唱心和地赞美神
Sing and Make Melody in
Your Hearts to the Lord**

1. 在圣灵的自由中运行
Move in the Freedom of the Spirit

2. 口唱心和地赞美神
Sing and Make Melody in
Your Hearts to the Lord



2 COR 哥林多后书 3:17 (CUVMPS)

**主就是那灵, 主的灵在哪里,
哪里就得以自由。**



1. 在圣灵的自由中运行 Move in the Freedom of the Spirit

**如果我们不放弃这拘束的思想和姿态来接近神，
那我们准备见证神在我们当中有限制性的行动了。**

**If we choose to embrace restriction and controlled expression to
approach the Presence of God, then be sure to witness a limited
move of God in our midst too.**

2. 口唱心和地赞美神 Sing and Make Melody in Your Hearts to the Lord



1 COR 哥林多前书 15:46 (CUVMPS)

**但属灵的不在先, 属血气的在先,
以后才有属灵的。**



2. 体验阿爸天父丰盛的爱

Encounter the Fullness of God's Love



2. 口唱心和地赞美神
Sing and Make Melody in
Your Hearts to the Lord

圣灵充满的敬拜是什么样的呢？
What Happens During Spirit-Filled Worship?

1. 当用诗章、颂词、灵歌彼此对说

Speak to One Another with Psalms, Hymns and Spiritual Songs

2. 口唱心和地赞美神

Sing and Make Melody in Your Hearts to the Lord

终结 Conclusion

如何改变我们的模范, 以实行被圣灵充满的敬拜。 In order to Change Our Paradigm to Engage in Spirit-Filled Worship

1. 在圣灵的自由中运行

Move in the Freedom of the Spirit

2. 体验阿爸天父丰盛的爱

Encounter the Fullness of God's Love

终结 Conclusion

1. 你渴望体验圣灵充满的敬拜吗？

Do you want to engage in spirit-filled worship?

**2. 你渴望在圣灵的自由中敬拜我们的阿爸天父吗？
你愿意放下个人的限制，毫无保留地表达敬拜给神吗？**

**Do you want to move in freedom of the Spirit to worship our
Abba Father? Are you willing to let go of personal restriction
so that you can unreservedly express your heart of worship
for God?**

终结 Conclusion

3. 你渴望在你只活一次的生命中, 经历到神丰盛的爱, 从而知道如何全心全意地敬拜祂吗?

Do you want to experience the fullness of God's love in your life so that you know how to worship Him wholeheartedly?

终结 Conclusion



圣灵充满的敬拜

(以弗所书 5:18-19)

朱瑞珊牧师

2023年8月27日与30日