

# 剛強基督徒的7種習慣

## 7 Habits of Strong Christians

Habit 1: Feed his Soul

習慣一：餵養他的靈

彼得前書 1 Peter 1:22 - 2:3



**22** 你们既因顺从真理洁净了自己的心，以致爱弟兄没有虚假，就当从心里彼此切实相爱。 **23** 你们蒙了重生，不是由于能坏的种子，乃是由于不能坏的种子，是借着神活泼常存的道。

<sup>22</sup> Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart. <sup>23</sup> For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God.

**24** 因为，“凡有血气的尽都如草，他的美荣都像草上的花。草必枯干，花必凋谢，**25** 唯有主的道是永存的。”所传给你们福音的就是这道。

**24** For, “All people are like grass, and all their glory is like the flowers of the field; the grass withers and the flowers fall, **25** but the word of the Lord endures forever.” And this is the word that was preached to you.

**2** 所以，你们既除去一切的恶毒、诡诈，并假善、嫉妒和一切毁谤的话，**2** 就要爱慕那纯净的灵奶，像才生的婴孩爱慕奶一样，叫你们因此渐长，以至得救。**3** 你们若尝过主恩的滋味，就必如此。

2 Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. <sup>2</sup> Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, <sup>3</sup> now that you have tasted that the Lord is good.

要穿戴神所赐的全副军装，就能抵挡魔鬼的诡计：不是与属血气的争战，乃是与那些执政的、掌权的、管辖这幽暗世界的，以及天空属灵气的恶魔争战。

## An invisible war against the invisible enemies

一場看不見  
敵人的無形  
戰爭



<sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

天空的惡魔名叫：魔鬼、不守真理的、敵基督、殺人的、說謊之人的父 (約8:44)，試探人的 (太 4:3)，古蛇、撒旦、大龍、迷惑普天下的、晝夜控告人的 (啟 12:9-10)，假光明天使→跟從者：污穢邪靈、獸、假先知、大淫婦、巴比倫 (啟13-19)

**An ultimate war** that subverts truth and human existence



The spiritual forces of evil in the heavenly realms: Satan, murder, anti-Christ, father of lies (Jn 8:44), tempter (Mt 4:3), serpent of old, great dragon, world-wide deceiver, accuser (Rev 12:9-10), disguises oneself as an angel of light (2 Cor 11:14). Satan's servants: unclean evil spirit, beast, false prophets, great harlot, Babylon (Rev 13-19).



每一個人的心，都是  
魔鬼要爭奪的戰利品！

Everyone's heart is the booty  
that the devil is fighting for!



<sup>8</sup> 务要谨守、警醒，因为你们的仇敌魔鬼如同吼叫的狮子，遍地游行，寻找可吞吃的人。<sup>8</sup> Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.



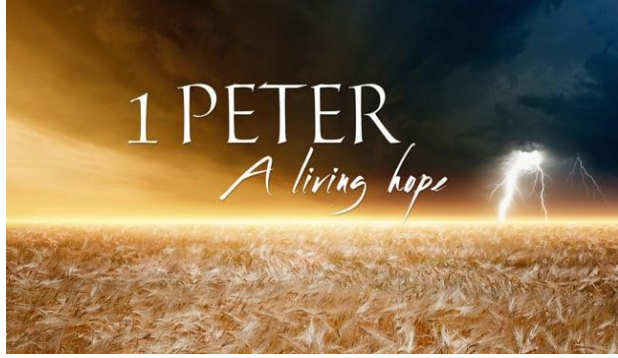
# 剛強基督徒的 7 種習慣

1. 餵養他的靈 : Feed their Spirit
2. 堅固他的信 : Build their Faith
3. 運用神的話 : Speak the Word

4. 控制他的思想生命 : Control their Thought Life
5. 以讚美謹守他的心 : Anchor their heart through Praise
6. 在聖靈裡禱告 : Pray in the Spirit
7. 脫去重擔與纏累 : Get ride of Baggage



- 1. 餵養他的靈 : Feed their Spirit (Mt 4:4; Jn 16:33)**
- 2. 堅固他的信 : Build their Faith (Colossians 2:6-7)**
- 3. 運用神的話 : Speak the Word (James 1:22, 26; Proverb 18:21)**
- 4. 控制他的思想生命 : Control their Thought Life (Joshua 1:8)**
- 5. 以讚美謹守他的心 : Anchor their heart through Praise (Psalm 34:1-2)**
- 6. 在聖靈裡禱告 : Pray in the Spirit (Eph 6:18; Juda 20)**
- 7. 脫去重擔與纏累 : Get ride of Baggage (Heb 12:1)**



## 彼得前書中剛強基督徒形象

The image of strong Christians in 1 Peter

- 在百般試煉中大有喜樂 (1:6-7)
- 在情慾及屬靈爭戰中得勝(2:11-12)
- 為義受苦，得勝且蒙福 (3:9-17)
- 以為基督受苦的心志為兵器，作得勝的基督徒 (4:1-6)
- 在火煉試驗中歡喜快樂 (4:12-13)

---

(a) Having greatly rejoice even in various trials (1:6-7), (b) To abstain from fleshly lusts which wage war against the soul (2:11-12), (c) Those who are suffered for the shake of Jesus or righteousness are blessed (3:9-17), (d) Arm the spiritual mind as weapon to subdue the flesh (4:1-6), (e) True attitude in affliction: rejoicing in suffering (4:12-13).



## 彼得書信論：為何基督徒能剛強？

1 & 2 Peter: Why Christians are strong

- 基督徒是所撒的神的種子 (道)，所結的重生屬靈生命 (1:23)
- 神的道是不朽壞、活潑 (有生命力) 長存 (剛強) 的 (1:23-25)
- 被潔淨、脫離世上情慾來的敗壞 (2 Pet. 1:4)

---

(a) Life of regeneration: Christian's new life comes from the sowing seed of God (1:23), (b) Word of God (seed) is imperishable, living and enduring forever (1:23-25), (c) Souls been purified, and having escaped the corruption that is in the world by lust (2 Peter 1:4).



因为神赐给我们  
不是胆怯的心，  
乃是刚强、仁爱、  
谨守的心。

---

**For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline (2 Tim 1:7)**



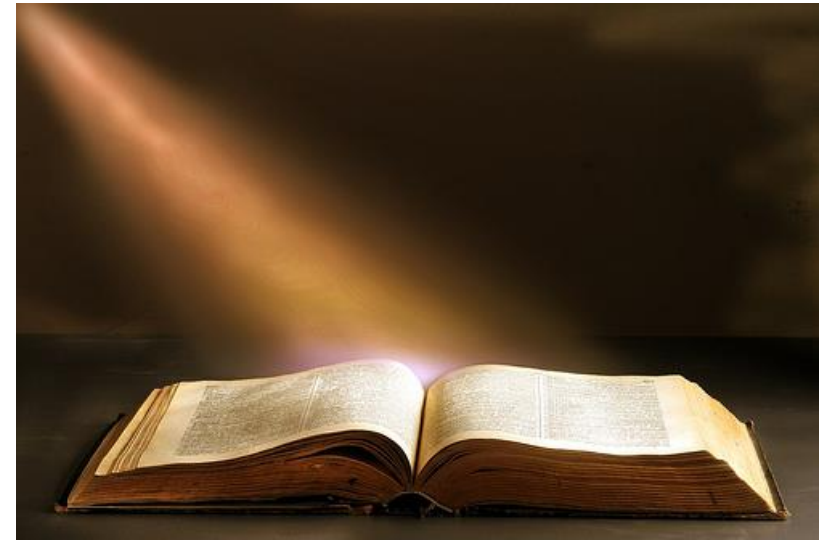
## 愛慕靈奶

Long for the pure  
milk of the Word.

1. 信徒活著是靠神的話與神的靈 (太4:4; 約 6:63)
2. 渴慕神的話與神的同在 (彼前 2:2; 詩 42:1-2)

- 
1. Believers live by God's Word and God's Spirit (Mt 4:4; Jn 6:63)
  2. Desire the Word of God and His Presence (1 Pet 2:2; Ps 42:1-2)

- a) 定時的餵養：每日  
b) 定點的餵養：獨處  
c) 系統的餵養：從吃奶到吃  
乾糧。速讀、走讀、靈讀、  
研讀、釋經、主題、系列、系統讀經。
- 



(a) Feed your soul daily in the fixed time, (b) Feed your soul daily at the fixed place, (c) Feed your soul systematically: from the milk to the solid food. Read your Bible through the various ways: rapidly read through the whole Bible, daily devotion, series Bible study, exegesis Bible study, topics Bible study, systematic Bible study.

剛強基督徒：  
鍛鍊屬靈體魄

2

## 剛強他的靈：Strengthen his Spirit



專心搜求、寶藏神的話，讓神藉祂的話與聖靈改變你的心靈 (箴言 2:1-10)。常此以往，帶來靈裡的醫治、復興與健壯 (箴言 4:20-23; 弗 3:16)

靈命成長

Spiritual Growth

Focus on searching and treasure God's Word, and let God change your soul with His Word and the Holy Spirit (Pro 2:1-10) As this practice which bring spiritual healing, revival and strength (Pro 4:20-23; Eph 3:16)

3



- a) 制定依據聖經原則的行動計劃
  - b) 打破壞的循環 (壞的行為、思想、態度、情緒)
  - c) 建立好的屬靈習慣
  - d) 建立好的循環
- 

- (a) Set a biblical action plan
- (b) Break a bad cycle (bad behaviors, thoughts, attitudes, and emotions)
- (c) Build a good spiritual habit
- (d) Build a good cycle



# 家家有這幅畫？



very popular picture  
for everyone's living  
room.

1. 形動計畫 (1:22)：藉著聖靈及順從真理，使心潔淨充滿愛。
2. 打破壞的循環 (2:1)：既除去一切的惡毒、詭詐，并假善、嫉妒和一切毀謗的話。

- 
1. Action Plan (1:22): Purify your souls & filled with God's love by obeying the truth through the Spirit.
  2. Brake the bad cycle (2:1): Laying all malice, and all guile, and hypocrisies, and envies, and all evil speakings.

# 家家有這幅畫？



very popular picture for everyone's living room.

3. 建立好的屬靈習慣 (2:2a)：像新生嬰孩，愛慕純淨的靈奶。
4. 建立好的循環 (2:2b-3)：在神的美善及救恩中不斷的長進。

- 
3. Build up good spiritual habit (2:2a): As newborn babes desire the sincere milk of the word.
  4. Build up good cycle (2:2b-3): continuously grow in God's goodness and personal salvation.



# 剛強基督徒的 7 種習慣

1. 餵養他的靈 : Feed their Spirit
2. 堅固他的信 : Build their Faith
3. 運用神的話 : Speak the Word

4. 控制他的思想生命 : Control their Thought Life
5. 以讚美謹守他的心 : Anchor their heart through Praise
6. 在聖靈裡禱告 : Pray in the Spirit
7. 脫去重擔與纏累 : Get ride of Baggage