

Pray to Know God More 祈求神讓你更深入認識祂

Ephesians 以弗所書 1:15-23

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Glorious Father, would you please give us knowledge of you through Jesus Christ so we can thrive in life as we follow You? Amen.

榮耀的天父，請求您透過耶穌基督讓我們更認識您，以便我們在跟隨您時能夠在生命中茁壯成長？阿門。

- Why this passage 為什麼用這段經文？

This season, we're seeing what exploring Christianity and seeking to grow in faith in Christ might look like for **you** in 2024. Last week, Steve shared the life of Jonathan Edwards and others from the book of Hebrews, who lived imperfect, outstanding lives and pursued knowing God with their whole minds and hearts, and how that was of incredible benefit to their faith, community, and city.

在本季中，我們要研究在 2024 年探索基督教並尋求在基督的信中成長對您來說可能會是什麼樣子。上週，主任牧師分享了喬納森·愛德華茲和《希伯來書》中其他人的生命，他們過著不完美而出色的人生，全心全意地追求認識上帝，以及這對他們的信、社區和城市帶來了難以置信的益處。

Our next step together is into a book of the Bible called Ephesians in chapter 1, where we find an encouragement from one Christian to others to pursue knowing God. This comes in the form of a prayer asking God to provide that knowledge to His people as they seek it. This prayer shows us how Jesus meets the needs of every person, how knowing Him more and more meets the needs of every believer, and how praying in this manner fuels Christian faith and love that is of eternal benefit to Christians in the community and their city.

我們的下一步是一起閱讀聖經《以弗所書》的第一章，其中我們讀到一位基督徒鼓勵其他人追求認識上帝。這以祈禱的形式出現，請求上帝在祂的子民尋求知識時向他們提供這些知識。這個禱告向我們展示了耶穌如何滿足每個人的需要，如何越來越認識祂滿足了每個信徒的需要，以及以這種方式祈禱如何激發基督徒的信和愛，這對社區和城市的基督徒有永恆的益處。

Do you seek to grow in your faith in Jesus? Do you struggle to find a reason to do so? Have you never put your faith in Jesus? This passage is relevant to you today, as it was relevant for Christians in Ephesus millennia ago.

您是否尋求在對耶穌的信中成長？您是否很難找到這樣做的理由？您未曾信耶穌嗎？這段經文與今天的您息息相關，就像幾千年前它與在以弗所的基督徒息息相關一樣。

Paul's Prayer for Ephesus & us 保羅為以弗所和我們的禱告

A man called Paul wrote this letter from a prison cell in Rome. He wrote to the Ephesians, the people who followed Jesus in the city of Ephesus. He knew them very well, as he had spent nearly 2.5 years with them years before.

一位名叫保羅的人在羅馬的牢房裡寫下了這封信。他寫信給以弗所人，即在以弗所跟隨耶穌的人。他非常了解他們，因為多年前他曾和他們一起相處了近 2.5 年。

Ephesus was a multi-cultural place, the centre of the popular religion of the day, with famous temples and shrines to the goddess Artemis, and a place of international trade and thought, like the Roman empire's religious, commercial, and intellectual crossroad. I imagine main roads converging, centres for shopfronts, standstill traffic, people and signs with languages from all over the world. Sounds a bit like Chatswood to me, with our shopping centres, like shrines to consumerism and materialism (the popular religious pursuit of our day), terrible traffic, cultural diversity, and the crossroad of most train lines in Sydney.

以弗所是一個多元文化的地方，是當時流行宗教的中心，擁有著名的寺廟和阿爾忒彌斯女神的神殿，也是國際貿易和思想的場所；就像羅馬帝國的宗教、商業和知識十字路口。我想像主要道路匯聚在一起，店面中心，停滯的交通，人和來自世界各地的語言的標誌。對我來說，這聽起來有點像車士活，這裡有我們的購物中心，就像消費主義和物質主義（當今流行的宗教追求）的聖地，糟糕的交通，文化多樣性，以及雪梨大多數火車路線的十字路口。

While our cities might be similar in those ways, Christians in Ephesus felt the heat of persecution far more fiercely than Christians in Chatswood (open Acts 19 to read more about the conflict between the city and its believers). But even though our experience as Christians can't be the same city to city, we do face similar problems.

雖然我們的城市在這些方面可能很相似，但以弗所的基督徒感到迫害的熱度比車士活的基督徒更嚴重（打開《使徒行傳》第19章，閱讀更多該城市與其信徒之間的衝突）。但是，儘管我們作為基督徒的經歷不可能在城市與城市之間相同，但我們確實面臨著類似的問題。

So Paul asks God for in prayer what he knows all Christians need, there in Ephesus and here in Chatswood: a knowledge of God that can help us process, cope, and even thrive in life following Jesus in our city.

因此，保羅在禱告中祈求上帝賜給他知道在以弗所和車士活這裡所有基督徒所需要的東西：對上帝的認識，可以幫助我們在我們的城市跟隨耶穌時，在生活中處理、應對，甚至茁壯成長。

Turn to Ephesians 1 with me. In verse 16, Paul first *remembers the Ephesians in his prayers*. In verse 17, he *keeps asking God that they might know Him better*. Pursuing to know God will take believers down infinite paths of deep knowledge through history, science, and testimony, and it would be unending. So Paul gets specific in praying for Christians to know God in three ways: 跟我一起翻到《以弗所書》第一章。首先，第16節，保羅在禱告的時候常常提到以弗所人。第17節 祈求上帝，使他們真正認識他。追求認識神將帶領信徒透過歷史、科學、見證走上無限的深知識之路，而且是永無止境的。因此，保羅具體地為基督徒以三種方式認識神禱告：

Verse 18: *that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people and his incomparably great power for us who believe*. Three areas of knowledge: Hope, Inheritance and Power.

第18節：使你們知道他呼召你們來得的指望是甚麼，他在聖徒中所得榮耀的基業是何等豐盛，並知道他向我們這些信的人所顯的能力是何等浩大。三個知識的領域：指望、基業、能力。

- Hope 指望

Firstly, to the *hope* that God has *called* us into. Christians embrace hope in Jesus Christ that He alone provides, like forgiveness that turns away wrath, freedom from our sin, purity in God's sight, holiness and a changed heart. So many benefits are provided at once at once at the very moment we follow Jesus. Knowing more and more our hope in the spiritual reality of our relationship with God in Jesus is what happened in the past that is still our hope in the present. Need a reminder of the hope into which you were called? Look on the board out there to see the hope you can find only the Gospel, the Good News of Jesus Christ, can bring to your life!

首先，是神呼召我們進入的**指望**。基督徒在耶穌基督裡抱持著只有祂才能提供的指望，例如消除憤怒的寬恕、擺脫罪孽、在上帝眼中的純潔、聖潔和改變的心。在我們跟隨耶穌的那一刻，有這麼多的好處立刻就被提供了。越來越多地認識到我們對在耶穌裡與神關係的屬靈現實的指望是過去發生的事情，這仍然是我們現在的指望。需要提醒你被呼召進入的指望嗎？看看黑板上的內容，你會發現只有福音，耶穌基督的好消息，才能為你的生命帶來指望！

- Inheritance 基業

And beyond that moment when we came to faith, where we discovered our hope in Jesus alone, we can look forward to a glorious future with God beyond this life. In verse 18, Paul describes us as a holy people who share a *glorious inheritance* together. Colossians 1:12 uses similar language, saying that God *qualifies us* to share in *the inheritance of His Holy People*. While eternity with God is far beyond our imagining, scripture is bejewelled with promises and certainty of a relationship with God that we will have forever through what Jesus has done for us. We find hope in the past and look forward to the future in Jesus.

當我們相信耶穌的那一刻之後，我們發現了唯獨耶穌的指望，我們可以期待在今生之後與上帝一起度過一個輝煌的未來。在第 18 節中，保羅將我們描述為眾聖徒，共同分享榮耀的基業。《歌羅西書》1:12 使用類似的語言，說是神使我們有資格分享祂眾聖徒的基業。雖然與神的永恆關係遠遠超出了我們的想像，但聖經充滿了與神的關係的應許和確定性，透過耶穌為我們所做的一切，我們將永遠擁有這種關係。我們在過去找到指望，並在耶穌裡展望未來。

- Power 能力

And for right now, Paul prays that we would know the *incomparably great power* that is literally *toward us who believe* that Jesus Himself has right now over the happenings, rulers and problems we face in life in our city. Nothing is beyond the reign of Jesus Christ. We hope in a past redeemed by Christ, a future promised in Christ, and can rest in His power over our present as He rules unseen over the chaos of our world.

就目前而言，保羅祈禱我們能夠知道，是何等浩大的大能大力顯給我們這些信耶穌親自掌管我們城市生活中所面臨的事件、統治者和問題的人。沒有任何事物是超越耶穌基督的統治的。我們指望過去得到基督的救贖，未來得到基督的應許，並且可以依靠祂的能力來掌管我們的現在，因為祂以看不見的方式統治著我們世界的混亂。

Why does Paul ask God to grow Christian's knowledge of their hope, inheritance, and power? Why does knowing God more in these ways matter? This is the knowledge Christians need to process, cope, and thrive in life in our city.

為什麼保羅請求神讓基督徒更了解他們的指望、基業和能力？為什麼透過這些方式認識上帝很重要？這是基督徒在我們城市中生活，去處理、應對和成長所需的知識。

Death & All Of His Friends 死亡和他所有的朋友

And what are the problems we feel in our city? Studies, books, and art all come to similar conclusions: we're lonely, hopeless, afraid of illness and death, anxious about finances and housing. Our relationships are bent to break down. We cower in isolation, participate in unending interracial conflicts, and are scarred by trauma of countless kinds. Every story in songs, movies, and even how products are advertised to us plays on how we long for such problems to be solved. 在我們城市中生活有哪些問題？研究、書籍、藝術，它們都得出相似的結論：我們孤獨、絕望、害怕疾病和死亡、對財務和住房感到焦慮。我們的關係即將破裂。我們在孤立中畏縮，參與無止盡的種族衝突，並因無數種創傷而傷痕累累。歌曲、電影中的每一個故事，甚至產品的廣告方式都在表達我們如何渴望解決這些問題。

There is a helpful summary of these problems in the Chorus in a song by the band Coldplay, in a song called Death and all of his friends:

「酷玩樂團」的一首歌曲《死亡和他所有的朋友》的和唱部分對這些問題進行了有用的總結：

I don't want to battle from beginning to end
我不想從頭到尾戰鬥

I don't want to cycle, recycle revenge
我不想循環，又循環復仇

I don't want to follow death, and all of his friends
我不想追隨死亡和他所有的朋友

Did you hear the three problems? Death & his friends, evil and disunity. This seems a good summary of humanity's struggle to process, cope, and thrive in life in our city.

這三個問題你聽到了嗎？死亡和他的朋友，邪惡和不團結。這似乎是對人類在城市生活中掙扎、應對和繁榮的一個很好的總結。

Coldplay's solution is in the title of the album - Viva La Vida OR Death & All Of His Friends, as if the choice is either. Viva La Vida, which translates to roughly LIVE LIFE WHILE IT IS LONG, is based on a Frida Kahlo painting of the same name. There's so much potential in life. Keep at it. Make the most of it while you have it. But even Frida herself said of her life, "I hope the exit is joyful, and I hope never to return." The world, Coldplay, Frida Kahlo, and our city have no reasonable solution to 'death and all of his friends' > death, evil and conflict between people. Humanity needs a hope better than Frida's: a future beyond themselves, for this life and beyond, and power over death, evil and disunity to trust in.

「酷玩樂團」的解決方案就在專輯的標題中：「生命萬歲」或「死亡和他的朋友」，就好像兩者中選擇一樣都便可以。「生命萬歲」大致意思是「趁著還有時間要活著」是根據弗里達·卡羅的同名畫作改編的。生活中有如此多的潛力，堅持下去，在擁有它的時候充分利用它。但就連弗里達本人也這樣評價她的生活：「我指望出口是快樂的，我指望永遠不再回來。」這個世界、「酷玩樂團」、弗里達·卡羅和我們的城市，對於「死亡和他所有的朋友」>死亡、邪惡和人與人之間的衝突都沒有合理的解決方案。人類需要比弗里達更好的指望；一個超越他們自己、超越今生和來世的未來，一個值得信賴的戰勝死亡、邪惡和不團結的力量。

- Jesus Defeated Death & All Of His Friends 耶穌擊敗了死亡和他所有的朋友

The Good News is that all people have an alternative to follow instead of 'death and all of his friends' **in Jesus.**

好消息是，**在耶穌裡**，所有人都有其他選擇可以跟隨，而不只是「死亡和他所有的朋友」。

Jesus came from an eternal life past without even a moment of hopelessness, disunity, lack of love or fear of the future, and gave that life up. He came as the lifeline into the lifetime of His own creation and joined with us in living a life headed toward hopelessness, disinheritance, death, and broken relationship with God. All so He could hand His sure hope to us through paying for our sins in our place.

耶穌從永生的過去而來，甚至沒有片刻的絕望、不團結、對未來不缺乏愛或恐懼，並且放棄了那生命。祂作為生命線進入了祂自己的創造物的生命中，並與我們一起過著走向絕望、被剝奪繼承權、死亡和與上帝關係破裂的生命。所有這些都是為了讓他能夠透過代替我們償還我們的罪孽，將他確實的指望交給我們。

All so we would not have to face another day of our lives without looking forward to a future of safety, eternal life, justice, and a perfect relationship with our Maker. Jesus exchanged His glorious future for our horrifying judgement and end. He embraced death so you could look forward to your glorious inheritance as God's Son.

這樣，我們就不必在沒有期待安全、永生、正義以及與我們的創造者完美關係的未來去面對生命中的另一天。耶穌用祂榮耀的未來來換取我們可怕的審判和結局。祂擁抱死亡，這樣你就可以期待作為上帝之子的榮耀繼承權。

And Jesus proved He has the power to give life to us for our right now. Look at how Paul reminds us in Ephesians 1 how Jesus' power has killed death and all of his friends dead.

耶穌證明祂有能力為我們現在賦予生命。看看保羅如何在《以弗所書》第一章提醒我們，耶穌的大能如何殺死了死亡，也殺死了祂所有的朋友。

Jesus first conquered death itself when He rose again. That power in verses 19-20 is a *mighty strength ... exerted when God raised Christ from the dead*. The power of death is defeated in Jesus' resurrection!

當耶穌復活時，他首先戰勝了死亡本身。第 19-20 節中的那種力量是一種強大的力量這大能曾運行在基督身上，使他從死人中復活。耶穌的復活戰勝了死亡的權勢！

And that same power raised Jesus to the throne of Heaven, where Jesus rules (v.21) above all rule and authority, power and dominion, and every name ... now and to come. There is no evil done in the world that Jesus' power does not rule over. No matter if we see it or not, we can trust our King through anything.

同樣的力量將耶穌提升到天上的寶座，耶穌在那裡統治（第 21 節），遠超越一切執政的、掌權的、有權能的、統治的和一切有名號的……不但是今世的，連來世的也都超越了。世界上沒有任何邪惡行為是耶穌的能力所不能統治的。無論我們是否看到，我們都可以在任何事情信靠我們的王。

Jesus is also the one ruler who can unify people (v.22-23) as the Church, *which is His body, the fullness of Him*. Jesus Himself is acting through people who follow Him as His power is displayed, impacting the world, as if He is here, for He is in and through His Church.

耶穌也是一位能夠將人們統一為教會的統治者（第 22-23 節），教會是他的身體，是那充滿萬有者所充滿的。耶穌自己正在透過追隨他的人行事，因為他的力量展現並影響世界，就好像他在這裡一樣，因為他就在他的教會中並充滿他的教會。

Coldplay said they don't want to follow death and all of his friends. Jesus defeated death and all of His friends. So follow Jesus!

「酷玩樂團」表示他們不想追隨死亡和他所有的朋友。耶穌戰勝了死亡和他所有的朋友。所以跟隨耶穌吧！

Knowing God in Jesus helps us grow 在耶穌裡認識神可以幫助我們成長

If you follow Jesus, you have hope, you have an inheritance, and you have God's power in Jesus for you right now, but you will still feel the effects of the problem of death and all of his friends. We are so prone to forget how Jesus has solved the problems of life that we all face daily in our cities. Life was hard in Ephesus. It's hard in Chatswood. Paul's solution for all believers is to pursue knowing what we have already in Jesus and not forgetting it. Otherwise, two things may happen.

如果你跟隨耶穌，你就有指望，你就有了產業，並且你現在就在耶穌裡擁有了上帝的能力，但你仍然會感受到死亡和他所有朋友的問題的影響。我們很容易忘記耶穌如何解決我們每天在城市中面臨的生活問題。以弗所的生活很艱苦。在車士活生活很難。保羅為所有信徒提供的解決方案是追求認識我們在耶穌裡已經擁有的東西，並且不要忘記它，否則可能會發生兩件事。

- Forgetting faith is fragile or fearful 忘記信是脆弱的還是可怕的

Forgetful believers might lean into the world's way to process, cope and thrive in life. Viva La Vida believers are more connected to the world than to the functions of the Church, irregularly exploring the hope, future, and power of God in Jesus. They are rarely a part of the life of the Church. Faith that embraces the world more than Jesus is fragile at best but false or broken in reality. This is a dead faith that doesn't have a functional relationship with Jesus personally and misses out on a life lived alongside believers who grow together as they follow Jesus. Life with Jesus in His Church is better than life the world can offer.

健忘的信徒可能傾向於採用世界的方式來處理、應對和在生命中茁壯成長。「生命萬歲」的信徒是那些與世界的聯繫比與教會的功能聯繫更緊密的人，他們不定期地探索上帝在耶穌裡的指望、未來和力量。它們很少成為教會生活的一部分。比耶穌更擁抱世界的信充其量是脆弱的，但在現實中卻是虛假錯誤的或破碎的。這是一種死的信，與耶穌個人沒有任何功能性的關係，並且錯過了與信徒一起在跟隨耶穌時共同成長的生活。與耶穌一起在祂的教會中生活比世界所能提供的生活更好。

Other believers show they have forgotten all that Jesus has done and is for them as they seek more and more spiritual experiences as if what Jesus has done is not enough. They fearfully demand Jesus push away death and all of his friends and fix their lives to suit their vision for our comfort and control over their world. Theirs is a disordered desire to be on the throne where Jesus is, as they don't trust Him in His power and wisdom while they feel the problems of the world around them. But Jesus is enough to thrive in life.

其他信徒則表明，當他們尋求越來越多的屬靈體驗時，他們已經忘記了耶穌為他們所做的一切，好像耶穌所做的還不夠。他們恐懼地要求耶穌趕走死亡和他所有的朋友，並修復他們的生命，以適應他們讓我們舒適並控制他們的世界的願景。他們渴望登上耶穌所在的寶

座，因為當他們感受到周圍世界的問題時，他們不相信耶穌的能力和智慧。但耶穌足以讓生命茁壯成長。

- Knowing and remembering 知道並記住

Instead, we ought to respond to our proneness to forget the hope, future, and power of Jesus for us by seeking to know God more in regularly remembering all his benefits to us, past, future, and for our present. So, what is your next step in knowing God through the completed work of Jesus Christ?

相反，我們應該透過經常記住祂對我們過去、未來和現在的所有好處來尋求更多地認識上帝，以應對我們忘記耶穌對我們的指望、未來和力量的傾向。那麼，透過耶穌基督所完成的工作來認識神，你的下一步是什麼？

Knowing God in Jesus helps us grow 在耶穌裡認識神可以幫助我們成長

If you don't yet follow Jesus and, like Coldplay, aren't satisfied following death and all of his friends, your step is to explore Christianity. God is known through Jesus. Please speak to me or another Christian here after the service! We would love to help you explore knowing Jesus through history, His teachings and all He's done for you today!

如果你還沒有跟隨耶穌，並且像「酷玩樂隊」一樣，對死亡和他的所有的朋友不滿意，那麼你的下一步就是探索基督教。神是透過耶穌而被認識的。禮拜結束後請與我或這裡的另一位基督徒交談！今天，我們很樂意幫助您透過歷史、祂的教導以及祂為您所做的一切來探索了解耶穌！

If you follow Jesus, your next step will always be to pursue deeper knowledge of God in Jesus in the Bible day by day. I invite you to take a step you may not have yet taken this year towards opening your Bible in a more purposeful way. Even picking up a resource to guide you through the Bible in your week. So that you grow to know Jesus more and more as we follow Him, process life with Him, cope with life with Him, and thrive in life with Him.

如果你跟隨耶穌，你的下一步將永遠是日復一日地在聖經中追求在耶穌裡對神的更深入的認識。我邀請你踏出今年可能還沒有採取的一步，以更有目的的方式打開你的聖經。甚至拿起資源來指導您在一周內閱讀聖經。這樣，當我們跟隨耶穌、與祂一起處理生活、與祂一起應對生活、與祂一起在生活中茁壯成長時，你就會越來越了解耶穌。

And do this together with others. We have Community Groups starting up again next month where we can ask questions about the Bible and faith together. Christians flourish in God's Words in the community. I encourage you to consider joining a group this year to grow your knowledge of God in Jesus!

並與其他人一起這樣做。我們下個月將再次啟動社群小組，我們可以一起提出有關聖經和信仰的問題。基督徒在社群中因神的話語而蓬勃發展。我鼓勵您今年考慮加入一個小組，以增加您在耶穌裡對上帝的認識！

- Knowing God comes from God 認識神來自於神

You might not want to take your next step. Some of us find the idea of knowing more about God in the pages of books or with others intimidating, fearful, or just too hard. If that's you, Ephesians 1 has an encouragement for you.

您可能不想採取下一步。我們中的一些人覺得，透過書本或與他人一起更多地了解上帝的想法令人生畏、害怕，或者太難了。如果那是你，《以弗所書》第一章會給你鼓勵。

Look in verse 17: where does this knowledge come from? From your hard work? From your intellect, or how well you know English, or how hard you strive to find it? No! Knowledge of God comes from God Himself! Paul asks that God *may give you the Spirit of wisdom and revelation!* There's a Spirit from God that gives knowledge of Him to us. This 'Holy Spirit' works through the Words of scripture in books and through people to help us grow in our faith in God! And in verse 18, it's only when God Himself *enlightens the eyes of your heart* that knowledge comes to us in a life-giving way. Jesus, The Light of the World (John 8:12), works through His Holy Spirit to do the knowledge-giving we seek. The pressure to grow in the knowledge of God is on God as we take our next step to know Him more!

請看第 17 節，這些知識從哪裡來？來自你的辛勤工作嗎？是根據你的智力，還是你對英語的了解程度，還是你努力尋找它的程度嗎？不！對神的認識來自於神自己！保羅求神賜給他們那賜人智慧和啟示的靈！有一位來自上帝的靈讓我們認識祂。這位「聖靈」透過聖經裡的經文和他人來工作，幫助我們增強對神的信！在第 18 節中，只有當神親自照亮你內心的眼睛時，知識才能以賦予生命的方式降臨到我們身上。耶穌，世界之光（約翰福音 8:12），透過祂的聖靈提供我們所尋求的知識。當我們採取下一步更多地認識祂時，增加對神的認識的壓力就落在神身上！

Paul has told us he's praying for us to receive from God knowledge of Him that we find in what Jesus has already done, will do, and is doing in and through us. His prayer shows us how to take our next step and that God will work to give us that knowledge as we take that step.

保羅告訴我們，他祈求我們從神那裡得到關於祂的認識，我們可以在耶穌已經在我們裡面、透過我們所做的、將要做的和正在做的事情中找到祂。他的禱告向我們展示瞭如何邁出下一步，當我們踏出這一步時，上帝會努力給我們知識。

Paul shares this prayer with us as an example of what we should pray for to shape the culture of our God's Church's culture: to be thankful, expectant, and prayerful observers of fellow Christians as He grows us in Christ.

保羅與我們分享這個禱告，作為我們應該為塑造上帝教會的文化而禱告的一個例子：祂在基督裡使我們成長的同時，成為一群感恩、期待和時常祈禱的基督徒同伴。

Praying this prayer in our Community 社區中進行此祈禱

How often do you pray for other Christians like Paul prays here?

你有多少次像保羅在這裡為其他基督徒祈一樣的禱告？

- Praying for other Christians 為其他基督徒禱告

If Ephesians one is our example to follow, then we should pray for other Christians when (verse 15) we *hear of their faith in the Lord Jesus and their love for God's people*. Beyond just our relationship with God, we should consider the work He is currently doing in the lives of Christians around us and look for signs of faith and love in them. And then respond with (verse 16) ongoing *thankfulness*, not waiting for something to go wrong in a fellow believer's life to pray, but never *stopping* in thankful prayer, asking God to grow faith and acts of love in people whom we are thankful for as we see God working in them.

如果《以弗所書》是我們效法的榜樣，當我們聽見其他基督徒對主耶穌有信心，對眾聖徒有愛心（第 15 節）我們就應該為他們禱告。除了我們與神的關係之外，我們還應該考慮祂目前在我們周圍基督徒生活中所做的工作，並在他們身上尋找信心和愛的跡象。然後以

持續的感謝來回應（第 16 節），不要等到信徒同工的生命出了問題才去禱告，而是時候常常感恩的禱告，求神在我們所感謝的人身上增強信和愛的行為。我們看見神在他們身上動工。

- Living alongside other Christians 與其他基督徒一起生活

And when you have time in conversation with Christians around you, talk to them about what is really going on in their life: **How are you going?** And what is really going on in their spiritual life? **How are you GROWING?** Ephesians 1 demands that this second question be motivated by an ongoing, unstoppable thankfulness for that person and that they ask that God would be spiritually imparting knowledge in them through His Spiritual wisdom and revelation so they would grow day by day in Jesus. Is your heart for other believers moved in this way? Are our conversations as a Christian community filled with questions about growing in our faith and answers of how God has given us hope, a future, and rest in the power of Christ for right now?

當你有時間與周圍的基督徒交談時，與他們談論他們生命中真正發生的事情：**你過得怎麼樣？**他們的屬靈生活到底發生了什麼事？**你成長得怎麼樣？**《以弗所書》第 1 章要求，第二個問題的動機是對那個人持續不斷的、不可阻擋的感激，並要求神透過祂的屬靈智慧和啟示，在屬靈上將知識傳授給他們，這樣他們就能在耶穌裡一天天成長。你對其他信徒的心是否也有這樣的感動呢？作為一個基督教團體，我們的對話是否充滿了關於信仰成長的問題，以及上帝如何給我們指望、未來以及現在在基督的力量中安息的答案？

And if fellow believers are not growing or not pursuing knowing God, are you ready to pray for them and even with them like Paul prays? Are you ready to come alongside someone with a fragile or fearful faith and encourage them practically, from the Word, and in an ongoing *unstopping* way to see them grow in their knowledge of God in Jesus alongside you?

如果信徒同工沒有成長，沒有追求認識神，你準備好為他們禱告，甚至像保羅那樣與他們一起禱告嗎？你準備好與那些信仰脆弱或恐懼的人在一起，從聖經中實際地鼓勵他們，並以持續不斷的方式看到他們與你一起在耶穌裡對神的認識不斷增長嗎？

That community culture of faith and love displayed in verse 15 is why Paul is thankful and why he prays. That is the kind of community we should seek to be, and what we should pursue openly as we live together in our city = knowing God more, together!

第 15 節所展現的信和愛心的群體文化是保羅感恩和祈禱的原因。這就是我們應該追求的社群，也是我們在城市中共同生活時應該公開追求的……一起更多地認識上帝！

Death & All Of His Friends... or Jesus! 死亡和他所有的朋友……或者耶穌！

The best answer to how to process, cope and thrive in life is found in the hope, future and power of following Jesus. Only in Jesus Christ can we know hope, an unshakable foundation for life. Only in Jesus Christ can we know a future that is an unshakable promise worthy to carry through life. And only in Jesus Christ can we know a power that is an unshakable force working unseen in our world right now that drives away the despair and power of death and all of his friends.

如何處理、應對和在生命中茁壯成長的最佳答案可以在跟隨耶穌的指望、未來和力量中找到。只有在耶穌基督裡，我們才能知道指望是生命不可動搖的基礎。只有在耶穌基督裡，我們才能知道未來是值得一生實踐的不可動搖的承諾。只有在耶穌基督裡，我們才能知道一種不可動搖的力量，在我們的世界中看不見的力量，驅走了死亡和祂所有朋友的絕望和力量。

Jesus conquered death, reigns over all things, and is Himself our head, and we are the body of Christ. He alone can unify people from any background, culture, gender, age group, and language. Those who have turned to follow Jesus need to know deeper and deeper, day by day, that all He has been will ever be and is right now for them to continue to grow as His people and make an impact on one another and their city that Paul hoped and prayed for in Ephesians 1. May such a prayer shape us, inspire us, and be ours over each other as we live in Chatswood following Jesus. 耶穌戰勝了死亡，掌管萬有，祂自己是我們的頭，我們是基督的身體。祂獨自一人就可以團結來自任何背景、文化、性別、年齡層和語言的人們。那些轉向跟隨耶穌的人需要日復一日地越來越深入地了解祂過去、將來和現在對他們來說的一切，以便作為祂的子民繼續成長，並對彼此和他人和保羅在《以弗所書》1章中指望並為他們祈禱的城市產生影響。願這樣的祈禱塑造我們，激勵我們，並在我們跟隨耶穌生活在車士活時成為我們彼此的祈禱。

[Prayer 禱告]

Glorious Father, we praise You that in Jesus, there is an alternative to following death and all of his friends. Please help us follow Him and life.

榮耀的天父，我們讚美你，在耶穌裡有一個替代死亡和祂所有朋友的選擇。請幫助我們跟隨祂和生活。

Please give us wisdom and revelation to know our Lord, Your Son Jesus, deeper and deeper, day by day. Would you enlighten our hearts in His light to know You more?

請賜給我們智慧和啟示，讓我們日復一日地越來越深入地認識我們的主，您的兒子耶穌。請你在祂的光中啟發我們的心，讓我們更認識你嗎？

Give us knowledge of the hope we have in all we are called to in Him, knowledge of the riches of our glorious inheritance in Him to come, and knowledge of Jesus' power that is right now, over death, evil and injustice, and powerfully binding together as His.

讓我們知道我們在祂的呼召中所擁有的指望，讓我們知道我們在祂未來的榮耀基業中的財富，讓我們知道耶穌現在的能力，勝過死亡、邪惡和不公正，並且大有能力結合在一起作為祂的人。

Help us know You more. Oh God in Jesus, who is our Lord and our all-in-all. Amen!

幫助我們更認識你上帝，在耶穌裡，你是我們的主，我們的一切。阿門！