

# EPHESIANS 4 vs 1 以弗所书 4:1

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<sup>1</sup>Therefore, I the prisoner of the Lord, ask that you walk **worthily** / for this reason; I call you near... I invite you to progress step by step... but the word is: **axios**; it is an adverb. Paul is talking about walking: an adverb modifies the action; **not** the actor. Often, this word is confused -- plainly Dr. Gene Scott reminded us, nobody is worthy; nobody will ever be worthy -- **Revelation 5** tells us: the Lamb who was slain is worthy...

**and has redeemed us to God by His blood.** Here, Paul is talking to those who say: **I'm going with Jesus.**

**that you walk worthily** / Paul says -- step by step; guard your step, **walk appropriately with dignity,**

**of the call with which you are called** / speaking to the church Jesus is building; **the out-called-ones**; called out into the street of life, joining those who hear the voice of the Lord, the Good Pastor,

**walk worthily...** And the first step is:

<sup>2</sup>**with all humility** / start there, because without humility, we go no further -- Matthew Henry.

But Paul adds...

**and meekness** / keep walking! the word is: **tamed-ness**... as the Word of God tames and harnesses us... like a powerful wild horse... brought under control of the Lord -- and not anybody else...and continue...

**with longsuffering** / as God suffers long for each of us; as He endures so much that is not allowed in His heaven... that would make where He lives into more of a hell. C.S. Lewis said, not all the luggage is taken on all trips, some things can be left behind.



<sup>1</sup> 我为主被囚的劝你们，既然蒙召，行事为人就当与蒙召的恩相称。 / 由于这个原因;我叫你走近，我邀请你一步一步前进，但这个词是: **axios**;它是一个副词。保罗在谈论行走:副词修饰动作;不是演员。这个词经常被混淆——吉恩·斯科特博士直白地提醒我们，没有人是值得的;**启示录 5** 告诉我们:被杀的羔羊是配得的，

**并且用自己的血将我们赎出来归与神。** 在这里，保罗对那些说: **我和耶稣同行**

**与蒙召的恩相称。** / 保罗说，一步一步来;小心你的脚步， **有尊严地适当地行走，**

**与蒙召的恩** / 对耶稣所建造的教会说话; **out-called-ones**; 被召唤到生活的街道上，加入那些听到主的声音的人，好牧师，

相称... 第一步是:

<sup>2</sup> **凡事谦虚，** / 从这里开始，因为没有谦虚，我们走不远--- 马太 亨利。

但是保罗补充...

**温柔，** / 永不止步!这个词是:驯服……就像神的话驯服和驾驭我们……就像一匹强壮的野马……被主控制住了——而不是其他人……并且继续……

**忍耐，** / 就如神忍耐我们各人一样。因为他所忍受的，在他的天堂里是不允许的，这会使他住的地方更像地狱。C.S.刘易斯说，并不是所有的行李都会被带上，有些东西可能会落下。

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keep walking... **forbearing one another in love** / lifting up one another in love; because all of us are like that awkward toddler being held up-right by a Father; taking our first steps. only in His power; holding on to Him. And it starts with humility; but it doesn't start with the other person.

And it is all done, in love serving one another... with the care of others in mind: that is the love of our Creator.

<sup>3</sup> **striving to keep the unity of the Spirit** / being eager as far as possible; notice what is to be maintained: Matthew Henry said centuries ago: unity does not lay in one set of thoughts; or in one form or mode of worship; but in one heart and one spirit -- the Spirit of God!

**in the bond of peace** / Matthew Henry adds, Many slender twigs of different lengths and different strengths... **when tied together by ONE bond... they are stronger than any...** even than the thickest and strongest was of itself.

<sup>4</sup> **There is one body, and one Spirit, even as you were called in one hope of your calling** / Matthew Henry says, two hearts in one body would be horribly tragic;

<sup>5</sup> **one Lord, one faith, one baptism** / Paul says there is one baptism that matters; John the Baptist said, when the Lord comes **He will baptize with fire and the Spirit!** which should have silenced long ago the tragic controversies over: sprinkling, dunking or immersing. **His people are on fire for the Lord:** enflamed by His Spirit... and no amount of water will quench it,

<sup>6</sup> **one God and Father of all** / prophet Ezekiel declared centuries earlier, the Lord God Himself told us: **All souls are Mine!** A thousand years earlier, He also told us: **have no other gods before Me...** and it is as if God tells us, that as far as He can see... and He sees everything... there is no competition anywhere on the horizon. Those who claim another god are fools not playing with reality!

继续走... 用爱心互相宽容， /用爱心彼此扶助。因为我们所有人都像那个笨拙的蹒跚学步的孩子，被父亲扶着;迈出我们的第一步。只是在他的大能之下;抓住他。它始于谦卑;但这不是从另一个人开始的。

这一切都是在爱中完成的，互相服务，心里想着别人，这就是造物主的爱。

<sup>3</sup> **用和平彼此联络**， /马太·亨利补充道：“许多不同长度、不同强度的细枝，用一根绳子绑在一起，比任何一根都要结实，甚至比最粗最结实的树枝本身都要结实。”

**竭力保守圣灵所赐合而为一的心。** /渴望尽可能地渴望;请注意要保持的是什么:马太·亨利几个世纪前就说过:**团结不存在于一套思想中**;或以一种崇拜形式或方式;惟有一心一灵，就是神的灵。

<sup>4</sup> 身体只有一个，圣灵只有一个，正如你们蒙召，同有一个指望， /马太·亨利说，两颗心在一个身体里会是可怕的悲剧;

<sup>5</sup> 一主，一信，一洗， /保罗说只有一种洗礼很重要;施洗约翰说，主来的时候，**要用火和圣灵施洗**。它应该在很久以前就平息了关于喷洒、浸泡或浸泡的悲剧性争论。**他的百姓为耶和华如火**，被他的灵焚烧...再多的水也不能扑灭。

<sup>6</sup> 一神，就是众人的父， /先知以西结几个世纪前就说过，主耶和华亲口告诉我们:**所有的灵魂都是我的!**一千年前，他还告诉我们:**在我之前没有其他的**神……就好像上帝告诉我们，在他所能看到的一切……在地平线上没有任何竞争。那些声称另一个神的人是傻瓜，不是在玩弄现实!

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one God and Father of all, who is above all, and through all, and in you all.

<sup>7</sup> But to every one of us is given grace / in some degree; according to the measure of the gift of Christ.

<sup>8</sup> For this reason He says, When He ascended on high, He led captivity captive / we are learning about a multitude of captives; we could say: He captivated those who were imprisoned; like Allied troops liberating concentration camps; the Lord Jesus does that today with His captivating Words; capturing the listening hearts in every nation, calling them to His kingdom,

He captivated, and gave gifts to men / and no, they are not cheap gifts. They are real gifts given to all mankind – men and women alike.

the New English Bible says...

<sup>9</sup> Now, the word ascended implies He also descended to the lowest level, down to the very earth / then He ascended on high, after coming from heaven to live among us.

<sup>10</sup> He who descended is the same who also ascended far above all heavens, that He might fill all things / that He might touch all His creation; surely you know His name and His Son's name

And what were these gifts He gives?

<sup>11</sup> And He gave some / xurao; the definite article,

He gave the apostles / not some: whatever amount; however many, He gave the apostolos; sent ones; His ambassadors; those speaking His words; going in His Name. After the 12 Jesus sent 70.

一神，就是众人的父，超乎众人之上，贯乎众人之中，也住在众人之内。

<sup>7</sup> 我们各人蒙恩/或多或少，都是照基督所量给各人的恩赐。

<sup>8</sup> 所以经上说，他升上高天的时候，/我们正在了解大量的俘虏;我们可以说:他俘虏了那些被囚禁的人;比如盟军解放集中营;主耶稣今天用他迷人的话语做到了这一点;抓住各国倾听的心，呼召他们到他的国中去，

掳掠了仇敌，将各样的恩赐赏给人。

/不，它们不是便宜的礼物。它们是给全人类的真正礼物——男人和女人都一样。

新英语圣经说...

<sup>9</sup> 既说升上，岂不是先降在地下吗？/他从天上降下来，就升上高天，与我们同住。

<sup>10</sup> 那降下的，就是远升诸天之上要充满万有的。/要摸他一切所造的;你肯定知道他的名字和他儿子的名字;

他给的这些礼物是什么?

<sup>11</sup> 他所赐的有使徒，/不是一些;无论多少;无论多少，他都赐给使徒;派的;他的大使;说他话语的人;以他的名义。12 次之后，耶稣送了 70 次。

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True story, in one country our friend had a knock at the door early in the morning; on opening it was his brother who had walked 2 hours. Our friend said, why are you here? His brother said, In the middle of the night, someone came to me and said, **I am Way; I am Truth; I am Life**. When I asked, Who are you? He said, go see your brother, he will tell you. Today, the brother is a great preacher of the Word of God! Our Lord is still busy calling out and giving gifts to His people;

**and the prophets** / He gave the **prophetes**; telling forth... like a volcano erupting with God's word;

**and the evangelists** / He gave the **euaggelistes**; those joyfully sharing the Good News of God's mercy and redemptive love;

**and the pastors-teachers** / the word for pastor is: **poimen**; 18 times used in the NT; 17 times it identifies with Jesus Christ, **the Good Pastor**. Only here this word expresses a gift given to the only church Jesus Christ is building. This phrase suggests: that **poimen** and **didaskalos**... is one kind of assignment: **pastoring-teachers**; or the **teaching-pastors**; **it is one of many gifts given to be exercised; not merely an office to be occupied**. Now days, many who occupy pulpits do neither; they cannot seem to teach; and they cannot seem to pastor. Some want to wear weird robes and jump around and tell dumb stories... for a few coins.

He gave them...

<sup>12</sup> **for the equipping of the saints** / to equip and enable those who God calls to reach the end, to fulfill their purpose as holy – wholly integrated ones; living people, not the dead,

**to the work of the ministry**, / what Paul knew of these words never made it in tact through the last 2,000 years; the old hocus pocus crew populating the male-dominated world... never got removed and **ministry**... for the most part has become meaningless, and useless: **And what do ministers do?**

这是一个真实的故事，在一个国家，我们的朋友清晨有人敲门;打开门一看，是他走了两个小时的哥哥。我们的朋友说，你为什么在这里?他哥哥说:半夜有人来对我说:**我是道;我是真理;我的生命**。当我问:“你是谁?”他说，去看看你哥哥，他会告诉你的。今天，这位兄弟是一位伟大的传道者!我们的主仍然忙着呼召祂的子民，赐给他们礼物;

**有先知。** /他赐给先知;像火山爆发上帝的话语;

**有传福音的。** /他给了 **euaggelistes**;那些喜悦地分享神的怜悯和救赎的爱的好消息的人;

**有牧师和教师。** /牧师的意思是:poimen;在新界使用 18 次;17 次与耶稣基督, **好牧师**有关。只有在这里,这个词表达了耶稣基督所建造的唯一教会所得到的恩赐。这个短语表明:poimen 和 didaskalos 是一种任务:牧师教师;或者 teaching-pastors;**它是许多礼物中的一种,是用来锻炼的;不仅仅是一间要占用的办公室**。如今,许多占据讲坛的人两者都不做;他们似乎不能教导;他们似乎也不能做牧师。有些人想穿奇怪的长袍,跳来跳去,讲愚蠢的故事……就为了几个硬币。

他给了他们...

<sup>12</sup> **为要成全圣徒**, /装备并使那些神呼召的人能够达到目的,完成他们的目的,成为圣洁完整的人;活着的人,不是死人,

**各尽其职**, /在过去的两千年里,保罗对这些话的了解从未被完整地记录下来;男性主宰的世界里充斥着古老的骗术团伙...而事奉...大部分已经变得毫无意义,毫无用处了。**部长们都做些什么呢?**



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1. They shout like citizens of eternity at the top of their lungs: **Glory to God in the highest** and sing the praises of the Savior, Jesus Christ our Lord, in such a way that common folk say: **let's go check it out!**

2. They stand silently at the cross... like women who had just joyously walked 80 miles... and now must take their stand... while Jesus does all the talking.

3. They clean tables and serve meals, and probably scrub toilets, too, like young, exemplary foreign folks who could have been very successful entrepreneurs; but instead give their last breath for Jesus Christ. some think they are above those important activities. **for the equipping of the saints to the work of the ministry, to the building up of the whole body of Christ.**

<sup>13</sup> **until we all arrive united by the faith, and the knowledge of the Son of God** / and that is not speculative knowledge. Knowledge is the information needed in order to act appropriately. Paul wants us to build up the hands and feet of the Son of God... at work in the world, to know the One who gave His life for us!

unto a **perfect** man to the measure of the stature of the fullness of Christ / **teleios**; Jesus said, **Be perfect like your Father in heaven is perfect.** He did not lower our expectations. He has high hopes for His people. And notice, if Jesus said: Be perfect, it is because **we are not!** Hebrews 6 says, **let us advance to perfection.** So, keep our heavenly Father in focus as we walk through life. Advance toward Him; and someday, with Him in view... we will awaken in His likeness. That's what Paul is talking about: so, keep on walking in all humility toward one another with love! And if we fall down, well, get up and keep going! Don't quit! Now days we would say: **till we're grown up** -- measured by no one less than Jesus Christ: and that's Good News. Others might want to point out our flaws; but those defects don't bother Jesus. He took care of them. **: WE are measured by Christ...** and nobody else!

1. 他们像永恒的公民一样，高声呼喊：“至高的荣耀归给神，歌颂救主，我们的主耶稣基督，就像普通人说的那样：**让我们去看看!**

2. 他们默默地站在十字架前…就像刚刚快乐地走了 80 英里的女人…现在必须站着…而耶稣在说话。

3. 他们打扫桌子、上菜，可能还会擦洗厕所，就像那些本可以成为成功企业家的年轻模范外国人一样;而是把他们的最后一口气献给耶稣基督。有些人认为他们高于那些重要的活动。

**建立基督的身体。**

<sup>13</sup> 直等到我们众人在真道上同归于一，认识神的儿子，/这不是投机性知识。知识是采取适当行动所需要的信息。保罗要我们建立神儿子的手和脚，在世上工作，认识那位为我们舍弃生命的主。

得以长大成人，**满**有基督长成的身量。/ **teleios**; 耶稣说，**要像你在天上的父那样完全**。他没有降低我们的期望。他对他的人民寄予厚望。注意，如果耶稣说:要完美，那是因为**我们不是!**希伯来书第 6 章说:“**我们要追求完全。**”所以，当我们在生活中行走时，要专注于我们的天父。提前向他;总有一天，当我们看见他的时候，我们就会像他一样醒来。这就是保罗所说的:所以你们要存谦卑的心，存爱心待人。如果我们摔倒了，站起来继续走!别放弃!如今，我们会说:**直到我们长大成人——以耶稣基督为标准:这是好消息。**其他人可能想指出我们的缺点;但这些缺点并不困扰耶稣。他照顾他们。**:我们是由基督来衡量的**，没有别的!

**14 That we no more be childish, tossed to and fro, and carried about with every wind of doctrine / by lots of goofy teaching, by the sleight of men and by cunning craftiness, where they use the: 'lie in wait' method to deceive / kubeia; where we get cube – or dice. by gamesters, gambling with our lives; skillful to deceive. Things don't change much. They ambush, and defraud; with schemes and trickery Paul says, that is NOT our method. He was aware of them; Jesus was aware of them; we are aware of them, too!**

**15 but speaking the truth in love that we grow up in all things in Him, who is the head, even Christ / the Messiah / love is excellent, but not at the expense of truth; and truth can be a contentious club. In His love His church will grow and increase in all dimensions:**

**16 from whom the whole Body closely-stitched together and compacted / by the love of God... all joints supplying, according to the **energy** in the measure of every part, every person causes growth of the Body, building up itself in love. / [everyone working and contributing, through the Spirit](#); the word is: **energia; the joy of the Lord is our strength**. The body, whose Head is Jesus Christ, and every part = every person producing something, building up in love; the Love of God! showing the same concern for others...as our Father God shows us.**

**14 使我们不再作小孩子，中了人的诡计/许多奇怪的教导，和欺骗的法术，被一切异教之风摇动，飘来飘去，就随从各样的异端。/ kubeia; 我们得到立方体或骰子。被赌徒，用我们的生命赌博;熟练的欺骗。事情不会有太大变化。他们埋伏行诡计。用诡计和诡计，保罗说，那不是我们的方法。他意识到了他们。耶稣知道他们。我们也知道他们!**

**15 惟用爱心说诚实话，凡事长进，连于元首基督。/弥赛亚 / 爱是卓越的，但不能以真理为代价;真相可以是一个有争议的俱乐部。在他的爱里，他的教会会在各方面成长，增加:**

**16 全身都靠他联络得合式/借着神的爱，百节各按各职，照着各体的**功用**，彼此相助，便叫身体渐渐增长，在爱中建立自己。/ [人人靠著圣灵做工、作贡献](#)。这个词是: **energia; 主的喜乐是我们的力量**。身体，以耶稣基督为头，全身各部分=各人都有所生产，用爱建造;上帝的爱!表现出对他人同样的关心，就像我们的父神所显示的一样。**