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10 **For the rest, my brothers, be empowered in the Lord** / the word is: endunamoo; it's a verb; **be dynamited**

and in the power of His might.

11 **clothed in the full armor of God** / provided with the entire combat dress;

that you are empowered to stand / and not lose ground;

against the methods of the devil / **methodeia**; same word: his trickery and scheming

12 **For we wrestle not against flesh and blood** / the word is: **pale**; **one-on-one combat**: we spar, we box...we fight…one on one; Paul is talking about a spiritual battle; a battle in our spirit where things like love and joy and peace are found, or at least supposed to be found, but are often attacked!

but against rulers / against: the **arches**. We're learning about: the spiritual Nazis and bulldogs… local spiritual rulers where we live and work, that need to be wrestled down**,**

against powers / the **exousia**, the spiritual Nazis and bulldogs of regional systems and institutions like: education, medicine, entertainment… sports… and so many more, that need to be wrestled down**,**

against the rulers of the darkness of this world / the **kosmokrator-ass**… or something like that. the spiritual Nazis and bulldogs of world affairs, world councils, world finances, world religions, even world peace! In the news all the time! Any substitute for Christ… that needs to be wrestled down**,**

10 我还有末了的话，你们要靠着主，倚赖他的大能大力，作刚强的人。/这个词是endunamoo;；是个动词；充满活力

11 要穿戴神所赐的全副军装，/配备了全套的军装

就能抵挡魔鬼的诡计。/ **methodeia**；相同的词汇：他的阴谋诡计

12 因我们并不是与属血气的争战，/这个词是: **pale**;一对一的战斗:我们拳击，我们拳击……我们一对一地战斗;保罗说的是属灵的争战;这是我们精神上的一场战斗，在这里我们找到了爱、欢乐和和平，或者至少是应该找到的，但却经常遭到攻击!

乃是与那些执政的，/反对: **arches**。我们正在学习:精神上的纳粹和牛头犬，我们生活和工作的地方精神统治者，他们需要被打倒，

掌权的，/ **exousia**,他们是地区系统和机构的精神纳粹和斗牛犬，比如教育、医学、娱乐、体育等等，这些都需要推倒，

管辖这幽暗世界的，/ **kosmokrator-ass**...他们是世界事务、世界理事会、世界财政、世界宗教，甚至世界和平的精神纳粹和斗牛犬!总是在新闻里!任何代替基督的东西，都需要被推倒，

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against spiritual wickedness in the heavens / the words are: pneuematikos poneria; the spiritual evil opposing the kingdom of God. The spiritual Nazis and bulldogs and pains-in-the-ass… on high. Paul has told us about 4 levels of very real, evil opposition; from the devil's buck privates, and box kickers, and latrine queens… to his highest level of wing-weenies and generals under his command, that need to be wrestled down; but we'll leave them to Michael and Gabriel and their friends in eternity to handle.

以及天空属灵气的恶魔争战。/ pneuematikos poneria; 就是敌挡神国的属灵的恶。精神上的纳粹，牛头犬和讨厌鬼…在高处。保罗给我们讲了四个非常真实，邪恶的对立;从魔鬼的雄鹿二等兵，拳击踢手，厕所皇后……到他的最高级别羽翼和将军在他的指挥下，需要摔打;但我们把它们留给迈克尔和加百列以及他们永恒的朋友去处理。

13 **Why was this said?**

13 所以要拿起神所赐的全副军装，

take up the whole armor of God

好在磨难的日子，

that empowers you to stand in the evil day

抵挡仇敌，并且成就了一切，

and having done all, to stand / for a second time Paul says, take up your armor and be resolute; Fight if you must. Jesus said there is enough evil every day; do not lose ground.

还能站立得住。/保罗第二次说，拿起兵器，要刚强。如果你必须战斗。耶稣说每天的罪恶已经够多了;不要失去阵地。

14 **So stand! Having your loins belted with TRUTH,** / your vital parts protected…

14 所以要站稳了，用真理当作带子束腰，/你的关键位置被保护着…

having the breastplate of RIGHTNESS /endued in His Righteousness; in other words: protecting our heart… by doing things His Way… which is always the right way!

用公义当作护心镜遮胸。/在他的公义中被赋予;换句话说:用上帝的方式来保护我们的心，上帝的方式总是正确的!

15 **And prepare your feet booted with the gospel of PEACE** / this letter began with grace and peace from God our Father. As far as possible go in peace! Start there! But don't forget, there is a war going on,

15 又用平安的福音，当作预备走路的鞋穿在脚上，/这封信是以神我们的父所赐的恩典与平安开始的。尽量走得平平安安!从这里开始!但别忘了，战争正在进行，

16 **above all, take up the shield of FAITH, to empower you to extinguish all the fiery missiles of the wicked** / all the fiery arrows and missiles… large or small; whatever is coming your way, of all that is evil; including the evil chump enemy of our soul.

16 此外又拿着信德当作藤牌，可以灭尽那恶者一切的火箭。/所有的箭和飞弹，无论大小;凡从你们那里来的，就是一切的恶。包括我们灵魂的邪恶敌人。

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17 and receive the helmet of SALVATION / it's a gift from God; receive it, take it; and use it in the battle. So when things heat up and emotions fly, your head is protected. Keeping your head cool will enable you to stay in command of the body,

17 并戴上救恩的头盔，/这是上帝的恩赐;接受它，接受它;并在战斗中使用。所以，当情绪高涨、情绪失控时，你的大脑就会受到保护。保持头脑冷静可以让你保持对身体的控制，

and the sword of the Spirit which is the Word of God / receive it: that powerful dagger; And did you notice: in God's battle gear for war… there are NO stones to throw! Not even one. Anyone fighting with stones might not be empowered by the Spirit. So just leave the stones at home.

拿着圣灵的宝剑，就是神的道。/收下吧:那把有力的匕首;你有没有注意到:在神的战衣中，没有石头可以扔!连一个也没有。任何拿石头打架的人都可能没有圣灵的力量。所以把石头留在家里吧。

18 Praying at all times in the Spirit / talking to God… who speaks good words, so let's be speaking good words to Him… starting with words of thanks and praise… to Him!

18 靠着圣灵， /与说好话的上帝交谈，所以让我们对他说好话，从感谢和赞美开始，对他说!

with all prayer and supplication / remember Who we are talking to: we are not whistling in the dark! We're talking to God our Father -- the Center of all creation. He's not a big mouth! He's the Ultimate Gentleman! We hardly know Him. He doesn't show off. We can have our requests ready. Requests, but not a pile of demands. After all, it is His will we want to accomplish, right? It is His power… for His purposes… in His people… who are prepared:

随时多方祷告祈求，/记住我们在跟谁说话:我们不是在黑暗中吹口哨!我们在和上帝说话，我们的父亲——万物的中心。他不是一个大嘴巴!他是终极绅士!我们几乎不认识他。他从不炫耀。我们可以准备好我们的要求。要求，但不是一堆要求。毕竟，我们要完成的是神的旨意，不是吗?这是他的力量…为了他的目的…在他预备好的子民中…

and watch to this end: with all persistence / even chasing sleep; so praying with our eyes open. Paul says: with all persistence; keep alert… continue to be strong: don't give up; don't quit.

并要在此儆醒不倦，/甚至追逐睡眠;所以我们睁大眼睛祈祷。保罗说:要百般坚持;保持警惕，继续坚强:不要放弃;不要放弃。

and petition for all saints / pray and petition God… for those around you – those who are alive, those in your gathering. Pray for one another that God keeps them strong; that their faith does not fail;

为众圣徒祈求，/为你周围的人——那些活着的人，那些和你在一起的人——祈祷和祈求上帝。你们要为彼此祷告，叫神坚固他们。使他们的信心没有落空。

19 and that the word is given to me, / Paul just said: after you heard the word of Truth… the gospel of your salvation; he said, let no rotten word proceed out of your mouth; and he said, let no one deceive you with vain words. Jesus said, Keep My words.

19 也为我祈求，使我得着口才，/保罗刚才说:“你们听了真理的话后，就是你们救恩的福音;他说，坏话不可从你口中出来。12 就说，不要被人虚浮的话欺哄。耶稣说，你们要遵守我的话。

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Paul wanted to know Jesus better; and have us know Jesus better; too. And the best way to learn about somebody is to listen to what they say, right? When was the last time you read something Jesus said? Paul didn't have 1 page of the 450+ found in our NT that many of us have. Start there, with what Jesus spoke; words of grace and peace.

保罗想更了解耶稣;让我们更了解耶稣;了。了解一个人最好的方法就是听他们说什么，对吧?你上次读耶稣的话是什么时候?保罗没有一页的450+在我们很多人在我们的 NT 找到。从耶稣所说的开始;恩典与和平的话语。

Paul says…

保罗说…

that opening my mouth boldly, to make known the mystery of the gospel / which is no longer a mystery… the center piece of that mystery being: Jesus Christ the Lord. Now days, people will ignore the 2,000 pages the prophets wrote down for us; and they want to put God to the test and get a special word from Him.

能以放胆，开口讲明福音的奥秘， / 这已不再是一个谜……这个谜的中心是:主耶稣基督。如今，人们将忽略先知为我们写下的 2000 页;他们要试探神，从他那里得到特别的话。

Well, God doesn't work that way. Paul says, Study! And show ourselves approved by God**,**

好吧，上帝不是这样工作的。保罗说,学习!让我们得到上帝的认可，

[20] For which I am an ambassador in bonds that I speak boldly, as I ought to speak. / here, most commentators express something about roman imprisonment and the irony that Paul was preaching peace, and it's true: but he wasn't complaining; he knew how to be abased and how to abound; Paul says: Pray for me, to make known the mystery of the gospel… that's what I represent; that Good News captured and captivates me; as he knew it would others**:**

[20] 我为这福音的奥秘，作了带锁链的使者并使我照着当尽的本分，放胆讲论。 / 在这里，大多数评论家表达了一些关于罗马监禁的东西，讽刺的是，保罗在宣扬和平，这是真的，但他并没有抱怨;他知道如何卑躬屈膝，如何致富;保罗说:“为我祷告，使人知道福音的奥秘……这就是我所代表的;“好消息”抓住了我，使我着迷;他知道其他人也会这样:

[21] But that you also may know how it goes, and how I do, Tychicus, a beloved brother and faithful minister in the Lord will make known to you all: / obviously Tychicus was one of many beloved and faithful servants… his name appears 5 times in the New Testament**,**

[21] 今有所亲爱忠心事奉主的兄弟推基古，他要把我的事情并我的景况如何，全告诉你们叫你们知道。 /很明显，推基古是许多受人爱戴、忠心耿耿的仆人之一，他的名字在新约中出现了 5 次，

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22 **whom I sent to you for the same purpose, that you know about us, and that he strengthens and fortifies… your hearts.**

22 我特意打发他到你们那里去，好叫你们知道我们的光景，又叫他安慰你们的心。

23 **Peace to the brothers and sisters, and love with faith,**

23 愿平安，仁爱，信心，

from God the Father and the Lord Jesus Christ / the Father is known by His good words; this letter started with God our Father; and the Son, the Word of God; like Father, like Son, surely you know His name.

从父神和主耶稣基督，归与弟兄们。/父因他的美言而为人所知;这封信是从我们的父神开始的;儿子就是神的道。像父，像子，你们当然知道他的名字。

24 **Grace be with all who love our Lord Jesus Christ – with love indestructible Amen.**

24 并愿所有诚心爱我们主耶稣基督的人，都蒙恩惠。

Where Your Heart Is

JESUS it is YOU

This is My Father's World

The Love of God