

# 来尝你愛

-- 在愛中建立自己

【以弗所书 4:16】

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。凡事谦虚、温柔、忍耐、用爱心互相宽容、用和平彼此联络、竭力保守圣灵所赐合而为一的心。身体只有一个、圣灵只有一个、正如你们蒙召、同有一个指望、一主、一信、一洗、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。我们各人蒙恩、都是照基督所量给各人的恩赐。所以经上说、『他升上高天的时候、掳掠了仇敌、将各样的恩赐赏给人。』（既说升上、岂不是先降在地下么。那降下的、就是远升诸天之上要充满万有的。）

他所赐的有使徒、有先知。有传福音的。有牧师和教师。为要成全圣徒、各尽其职、建立基督的身体。直等到我们众人在真道上同归于一、认识神的儿子、得以长大成人、满有基督长成的身量。使我们不再作小孩子、中了人的诡计、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。惟用爱心说诚实话、凡事长进、连于元首基督。全身都靠他联络得合式、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。

弗4:1 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

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received

弗4:2 凡事谦虚、温柔、忍耐，用爱心互相宽容

Be completely humble and gentle: be patient, bearing with one another in love

弗4:3 用和平彼此联络，竭力保守圣灵所赐合而为一的心

Make every effort to keep the unity of the Spirit through the bond of peace

弗4:4 身体只有一个，圣灵只有一个，正如你们蒙召，同有一个指望

There is one body and one Spirit—just as you were called to one hope when you were called--

弗4:5 一主，一信，一洗 One Lord, one faith, one baptism

弗4:6 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

One God and Father of all, who is over all and through all and in all

弗4:7 我们各人蒙恩，都是照基督所量给各人的恩赐。

But to each one of us grace has been given as Christ apportioned it.

## 弗4:11-4:16

It was **He** (他)

who gave some to be apostles (所赐的有使徒)

some to be prophets (有先知)

some to be evangelists and (有传福音的)

some to be pastors and teachers (有牧师和教师)

**to prepare** God's people (为要成全圣徒)

for works of service (各尽其职)

so that the **body of Christ** may **be built up** (建立基督的身体)

until we all reach unity (直等到我们众人...同归于一)

in the faith and (在真道上)

in the knowledge of the Son of God (认识神的

儿子)

and become mature (得以长大成人)

attaining to the whole measure of the fullness of

**Christ**

(满有基督长成的身量)

Then we will no longer **be infants** (使我们不再作小孩子)  
tossed back and forth by the waves  
blown here and there by every wind of teaching and  
(被一切异教之风摇动,飘来飘去,就随从各样的异端)  
by the cunning and craftiness of men  
in their deceitful scheming  
(中了人的诡计和欺骗的魔术)

Instead(惟)

speaking the truth (说诚实话)  
in love (用爱心)

We will in all things **grow up** (凡事长进)  
**into Him** (连于元首基督)  
Who is the Head that is Christ  
From Him (靠他)

The whole body joined and held together (全身都...联络得合式)  
by every supporting ligament (百节各按各职  
**grows and builds itself up** (便叫身体渐渐增长...建立自己)  
in love (在爱中)  
as each part does its work  
(照着各体的功用彼此相助)

# 你这神的隐藏的愛

- \* 你这神的隐藏的愛
- \* 长阔高深无人知悉
- \* 远远我见你的光彩
- \* 我就叹息望得安息
- \* 我心痛苦不能安息
- \* 除非我心安息于你

- \* 你的声音仍然隐招
- \* 我来背你甜美的轭
- \* 我虽几乎前来应召
- \* 但是惧怕前途阻隔
- \* 我志虽定我情却离
- \* 我欲向你反而背你

- \* 全是恩典是你吸引
- \* 我心向你追求安息
- \* 我虽追求不能亲近
- \* 流荡的我无所凭依
- \* 哦要何时不再流荡
- \* 所有脚踪向你而往

\* 日下有无什么东西  
\* 与你相争来分我心  
\* 呀我求你把它割弃  
\* 求你做主无人与竞  
\* 我心才会不再拘泥  
\* 当他借你得了安息

- \* 哦我求你埋葬这己
- \* 使主非我从我而活
- \* 恶欲斜情钉死绝迹
- \* 不私留一宝贝罪恶
- \* 除你之外在凡事上
- \* 使我无求使我无望

- \* 哦主给我无上之助
- \* 就我脱离无用之虑
- \* 赶出己意离我心府
- \* 离我全人隐密之域
- \* 使我作个顺命的人
- \* 不断称颂时常感恩

- \* 求你使我时刻离地
- \* 谦卑等候听你吩咐
- \* 求你对我时常提起
- \* 我是你愛你命你主
- \* 来听你声来觉你力
- \* 来尝你愛是我所期