

The Discipline of Commitment

作出承诺的管教

Nehemiah 1:1-2:5, Roman 12:1-2 尼希米记 1:1-2:5, 罗马书 12:1-2

When I was dating my wife, Vivian, we went rowing in the national park a couple of times. In the spirit of being equal and not wanting me doing all the driving and rowing, I guess also wanted to be more intimate, she would offer to sit next me and row with me. I would always tell her I enjoy seeing her face than having her sitting next to me, and do the rowing myself.

当我和我的妻子，维维安，约会时，我们去国家公园划了几次船。本着平等的精神和不希望我做所有的驾驶和划船，我想也可能是想更亲密，她会提出坐在我旁边和我一同划。我总是告诉她，我喜欢看到她的脸，而不让她坐在我旁边，然后自己划。

Have you ever rowed a boat with very uneven force or only one oar? The boat will just move in a circle and never goes anywhere. The two side need to be equally strong to get somewhere. If you have met Vivian, you would know why I would do the rowing myself. However I was truly sincere about enjoy seeing her face to face.

你曾经划船时力很不均匀，或者只有一个桨吗？船会一直绕圈，那里都去不了。船的两边需要同样的力量才能到达目的地。如果你有遇见过维维安，你就会明白我为什么要自己划船。然而，我当时是真正真诚的，喜欢面对面看到她。

Not just enjoy seeing her while dating, we made a commitment to marry each other in Nov 2003, a little bit more than 15 years ago, which compare to a lot of you, we are still newly wedded.

不只是喜欢在约会时见到她，我们在 2003 年 11 月作出承诺去结婚，已过了 15 年，与很多在这里的人相比，我们还算是新婚。

We made different commitments in our lifetime. If you are a Christian, can you remember the day you turned to Christ? What was the reason that you decide to become a follower of Jesus? What commitment did you make at the point of deciding to follow Jesus for the rest of your life?

我们在有生之年做出了不同的承诺。如果你是一个基督徒，你还记得你转向基督的那天吗？你决意成为耶稣的追随者的原因是什么？在决定余生跟随耶稣时，你作了什么承诺？

If you are not yet a Christian, or interested to find out more, what are you looking for as you investigate into Christianity? Are you waiting to find out what you should do or what you should bring to God as an entry fee?

如果你还不是基督徒，或者有兴趣了解更多，在你探索基督教的同时你在寻找什么？你在等待找出你应该做什么吗，或者你应该给上帝带来什么作为入场费吗？

The two D to ensure progress – Dependence and Discipline

确保进步的两个需要 = 依赖与管教

Last week we looked into the Discipline of Grace and today we are looking at the 3 Commitments of Discipline. But before we do so, I want to look at Dependence with you. Imagine all the Disciplines we are looking these few weeks as one of the oars when we row, Dependence is the other oar that we need, in order that we will not just go around and round in circle as Christian.

上周，我们看了被恩典管教，今天我们正要研究有关管教的三项承诺。但在我们这样做之前，我想看看依赖。如果我们这几周所看的管教加起来是我们划船时的一只桨，那么依赖是我们需要的另一个桨，这样我们基督徒生命才不会绕着圈子转了又转。

The Westminster Catechism says that the chief and highest goal for human is to glorify God, and fully enjoy him forever. We need both Dependence and Discipline to achieve the true and full meaning of life.

基督教的教条说，人类的首要 and 最高的目标是荣耀上帝，并永远充分享受他。我们需要依赖和管教来达到生命的真实和完整的意义。

We are reminded last week that Grace of God allow us to have assurance that despite the sin that we have done, we are loved and bought by Jesus, by his death our debts are paid. It is all about what God has done to save and to sanctify us. **God's grace is unearned, undeserved. But a gift.**

上周我们被提醒神的恩典让我们尽管犯了那很多罪也可有把握去被耶稣所爱，被他所买赎，我们的罪债藉他的死被偿还清了。这所有都是关于上帝做了什么来拯救我们和使我们成圣。神的救恩是一份我们没有赚取和不配得的礼物。

Unearned because we did nothing to earn it, Undeserved because of our sinful nature. And God's Grace transformed all Christian.

没有赚取，因为我们没有为它而做任何事，不配得，因为我们的罪恶本性。而神的恩典改变了所有的基督徒。

Reformer Martin Luther said, Christians are simultaneously saints and sinners. In Christ, we are saints. In ourselves, we are sinners. Keeping these two perspectives about ourselves will help us to be humbly authentic as we follow Jesus.

宗教改革家马丁·路德说，基督徒既是圣人，也是罪人。在基督里，我们是圣人。在我们自己，我们是罪人。持守这两个有关我们的观点，将有助于我们跟随耶稣时真诚地谦卑地。

As a saint and a sinner simultaneously, we need both dependence and discipline to ensure we are going where God intended for us to get to. They are like the two oars on a rowing boat.

Our oar that sum up all the disciplines and our oar of dependence need to equal in size and portion.

既是圣人，也是罪人，我们同时须要依赖和管教来确保我们到达上帝打算要到达的地方。依赖与管教，就像划船上的两只桨。不同的管教加起来的桨与我们依赖的桨需要是相等的大小和分量。

Lesson from Nehemiah 从尼希米学的功课

There are many examples in the bible about dependence, we will look at one from the OT, from a person called Nehemiah.

在圣经中有许多关于依赖的例子，我们将从旧约中看一个，从一个人叫尼希米的人。

Nehemiah was the cupbearer to a Persian King, a high-ranking officer trusted by the King. His prestige in society did not lead to self-centredness or self-sufficiency, instead he was genuinely concern about the wellbeing of his countryman and his homeland.

尼希米是波斯国王的酒政，是国王信任的高级官员。他在社会中的显赫地位并没有导致他以自我为中心或自私自利，相反，他真正关心他同族的福祉和他故乡祖国的境况。

After hearing the report from his brothers of the situation of Jewish remnant and Jerusalem, it says in Nehemiah 1:4 that *“When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.”*

在听取了他的兄弟们报告关于残存的犹太人和耶路撒冷的情况后，在尼希米记 1:4 中说：“我听见这话，就坐下哭泣，悲哀几日，在天上的上帝面前禁食祈祷”

Based on his belief that *“God keeps his covenant of love with those who love him and keep his commandment,”* God must be pleased with him to give him such a high-ranking official job within the palace. But his concern was not just for himself, he was genuinely and sincerely caoncerned about God’s people and God’s name.

基于他相信上帝“向爱你、守你诫命的人守约施慈爱，”上帝给他在宫殿里这样一个高级的官方工作必是对他很满意。但他关心的不仅仅是他自己，他真诚地关心神的人民和神的名声。

He considered himself as part of the sinful nation of Israelites, he prayed in verse 6-7, *“let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father’s family, have committed against you. We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses.”* He fully entrusted himself to God by praying day and night.

他认为自己是犯了罪的以色列国的一份子，他在第 6-7 节中祈祷，“愿你睁眼看，侧耳听你仆人今日昼夜在你面前，为你众仆人以色列人的祈祷，承认我们以色列人向你所犯的罪；我与我父家都犯了罪。我们向你所行的非常败坏，没有遵守你吩咐你仆人摩西的诫命、律例、典章。”他以日夜的祈祷完全托付自己给神。

He called on God to remember His promises to His people. He prayed in verse 11 for God to “*Give your servant success today by granting him favour in the presence of this man.*” He wants to be successful not for his own good, but to be enabled to fix the situation of his homeland.

他呼吁神记住他对他的人民的承诺。他在第 11 节中祈求上帝，“使你仆人今日亨通，在这人面前蒙恩。”他想要成功不是为了自己的好，而是为了能够解决祖国的状况。

Nehemiah illustrated his dependence on God by his prayer and there were two kind of prayers.

尼希米通过祈祷来表明他对上帝的依赖，当中有两种祈祷。

Planned prayer 计划好的祈祷

It said he prayed before God day and night for some days, which in fact was about 4 months before God gave him an answer. We can assume during that time, he most likely set aside time and planned his day, so he can go to God and pray regularly in between performing his official duties as the king's cupbearer. His planned prayer was with endurance, persistence, and perseverance.

他在神面前日夜祈祷几日，事实上，在上帝给他答案之前祈祷了大约 4 个月。我们可以假设，在那段时间，他最有可能是计划他的一天来留出时间，所以他可以固定定期的在履行他作为国王的酒政的公务之间去向神祈祷。他计划好的祈祷是有耐力，持久性，和有毅力的。

And after 4 months of praying, the king noticed his face look sad, and he had not been sad in front of the king, so the king asked about the cause of his sadness. And Nehemiah explained to the king in 2:1-3. And the king asked him in verse 4 “What is it you want?”

经过 4 个月的祈祷，国王注意到他面带愁容，他在王面前从来没有愁容，所以国王问他愁烦的原因。尼希米在 2:1-3 向国王解释。然后国王在第 4 节中问他：“你想求甚么？”

He had prayed for 4 months and the opportunity is right there for him to lay before the king his request to go to Jerusalem and rebuild its wall. But before he answered the king, verse 4 said, he prayed to the God of heaven. He offered up an unplanned, spontaneous prayer to God

他祷告了4个月之后，机会来了，他可以向国王陈明他的要求去耶路撒冷重建它的围墙。但在他回答国王之前，第4节说，他向天上的上帝祈祷。他向上帝献上了一个没有计划好的、自发实时的祈祷。

Spontaneous prayer 自发实时的祈祷

Nehemiah sent a quick silent prayer to God as he was opening up his mouth to speak to the king. He did not wait till this moment to pray, he saw a need, and persisted in prayer until God answered.

尼希米向国王张开嘴说话的同时向上帝发出快速的默祷。他没有等到这一刻才祈祷，他看到一个需要，并坚持祈祷，直到上帝回答。

At the same time, he was very conscious of his total dependence on God, he did not burst out with his request to the king without first praying quickly and silently.

同时，他很清楚自己完全依赖上帝，他没有向国王提出请求之前，他迅速而默默地祈祷。

Because of his consciousness of his total dependence on God, his quick and silent prayer was a reflex action rather than a planned one. His planned prayer of 4 months helped him to depend on God, his spontaneous prayer shows he was authentically humble and dependence.

由于他完全依赖上帝，他快速而无声的祷告是一种反射行动，而不是有计划的行动。他有计划的祈祷了4个月帮助他依靠上帝，他自发实时的祈祷表明他是真正的谦卑和依赖。

If you have been praying for a pay rise or change of position for a period of time, and the answer came as a question, "What is it you want?", how would you response? Would you reflexively pray or do you panic?

如果你一直在为加薪或转换岗位祈祷了一段时间，而答案却是一个问题，“你想要什么？”你会反射性地祈祷，还是惊慌失措？

Nehemiah did not allow his social prestige to get in the way for his genuine concern for his countryman, he did not rely on his position to rush into fixing things by his own strength, he depended on God to enable him to be successful.

尼希米没有让他的社会声望妨碍他真正关心他的同族，他没有依靠自己的地位来匆忙地用他自己的力量去解决问题，他依靠上帝去使他亨通。

In 2:8, he said, "because the gracious hand of my God was on me, the king granted my requests." In OT, the hand of God upon someone is often refers to the Holy Spirit is at work in that person, Nehemiah set aside each day for planned, persistence, enduring, persevering prayer for four months for God's Holy Spirit to enable him to deal with the situation. And prayed spontaneously when God answered his prayer.

他在 2:8 说, “王就允准我, 因为我上帝施恩的手帮助我。” 在旧约中, 上帝施恩的手的帮助, 通常代表圣灵正在该人身上工作, 尼希米四个月以来每天留出一些计划好, 坚持, 持久, 坚毅的祈祷, 为了让神的圣灵, 使他能够处理当时的情况。当上帝回答他的祷告时, 他们实时自发地祈祷。

Prayer help us to focus our dependence upon God, instead of our own willpower as we live out our life, and brings the assistance of the Holy Spirit to our life, we need both planned and spontaneous prayers, both to help us cultivate a sense of our dependence on Christ and to receive His help that He sends through His Spirit.

祷告帮助我们注视对神的依赖, 而不是靠我们自己的意志力去生活, 我们的生活因而得到圣灵的帮助, 我们同样需要有计划的祷告和自发实时的祷告, 两者一同帮助我们培养对基督的依赖, 帮助我们去接受神通过他的圣灵给与的帮助。

As we look at different Disciplines in this series, remember to balance the boat with an ever increasing oar of Dependence, because in failing to do so, you will only move in circle and will not go anywhere.

当我们在这个系列中查看不同的管教时, 请记住以不断增加的依赖的桨来平衡这船, 因为如果不这样做, 你只会一直在打圈, 而不会去到任何地方。

***The three Commitments of Discipline* 管教所需的三项承诺**

Now I would like to talk to you about the 3 Commitments of Discipline and let us turn to Roman 12:1, starting with Commitment to show Christlikeness and to resist sin

我现在想和你们谈谈管教所需的 3 个承诺, 让我们翻开罗马书 12:1, 从承诺去活出基督的模样和抗拒犯罪作开始。

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

所以, 弟兄们, 我以上帝的慈悲劝你们, 将身体献上当作活祭, 是圣洁的, 是上帝所喜悦的, 你们如此事奉敬拜乃是理所当然的。

I quoted Reformer Martin Luther earlier of his conclusion that Christians are simultaneously saints and sinners, we are saints in view of what Jesus has done for us and we are sinners because we still sin every day and many times a day.

我之前引用了宗教改革家马丁·路德的结论, 基督徒既是圣人, 也是罪人。鉴于耶稣为我们做了什么, 我们是圣人, 我们同时是罪人, 因为我们每天仍然多次的犯罪。

That is what we are, we are brought by Christ to be a new person, we are saints of God. And we need to commit ourselves in showing Christlike characters in our daily life as we are committed to resist sinful habits.

这就是我们，我们是被基督买赎的一个新人，我们是神的圣徒。我们需要承诺在我们日常生活中展示基督般的性情，而同时致力于抵制罪性的习惯。

Paul calls and urges us to offer our bodies as a living sacrifice in view of God's mercy, an offering is once-for-all, all-in, without holding back sort of action, at the same time a living sacrifice means a constant repeated dedication that is never to be neglected. A decisive commitment that is continually reaffirmed.

保罗呼吁并敦促我们，鉴于上帝的慈悲，把身体献上当作活祭，献祭是一次性，澈底，无保留，无回头的行动，同时，活祭意味着这是不断的不容忽视的奉献。不断重申的果断的承诺。

The term "in view of God's mercy" helps me to think about the time I learned to ride a push bike which was a very long time ago. I was so concerned about falling and running into other people, I keep looking at the front wheel to make sure I am going ok. And as I focus so much on the short distance in front of me, I keep wobbling and eventually fall down because I could not find my balance.

“鉴于上帝的慈悲”一词使我回想起学骑单车的时候，那是很久以前的事了。我很担心摔倒和撞到别人，我一直看着前轮，以确保我没事。当我如此专注于眼前的短距离时，我不停地摇晃，最终摔倒，因为我找不到平衡。

I was then suggested to pick a target in a distance and stop looking so closely in front of me, it was at that point that I find my balance. Our sins are like that front wheel and are real every day right in front of us, we need to make a commitment to resist it, however if we focus on it too much we will fall even more.

然后，有人建议我在远处选择一个目标，不要那么专注于我面前，这样，我找到了平衡。我们的罪就像前轮，每天都真真实实的在我们面前，我们需要做出抵抗它的承诺，但是，如果我们过于关注它，我们就会陷入更多。

We need to fix our eye in God's mercy and grace, consider more on how to show our Christlikeness in our daily life, while you are driving, while you are doing your shopping, in your dealing and interaction with people that God put into your path, with your family and friends, spouses and children, and your colleague and fellow students.

我们需要将我们的眼睛固定在上帝的慈悲和恩典中，更多思考如何在日常生活中展示我们属基督的真性情。在你开车的时候，当你购物的时候，在你和其他人互动交往的时候，上帝安排了这些人与你接触，与您的家人和朋友，配偶和孩子，以及您的同事和同学。

There are many occasions in daily life that you can present Christ character to them in how you love and stand up for righteousness and truth. In whatever you do, in what your eyes look at, what your mouth speaks, what your hand and feet do, in your mind and heart, be committed to show Christlikeness with a view to God's mercy and grace. It is almost impossible to resist sin if we are not fully committed to become like Christ, to live out our true identity as a saint to glorify God and enjoy Him.

在日常生活中，有许多场合，你可以向他们展示基督的性情，在你怎样爱和怎样为正义和真理站出来。无论你做什么，你眼睛所看的，你嘴所说的话，你的手和脚做些什么，在你的思想和内心，致力鉴于上帝的怜悯和恩典去显示基督的性情。如果我们不完全致力于成为像基督一样，活出我们作为圣徒的真实身份，去荣耀神和享受他，我们几乎不可能抗拒犯罪。

It seems almost impossible to keep such a commitment and we are often reluctant to make a commitment we know we will not keep, but if you are a Christian, I believe you had once made similar commitment. Are you confident in telling others that you are Christian? Have you been focusing on the front wheel of sin on your push bike of Christian life and wobbled and fell? Or have you lost your focus of God's grace, stopped paddling completely, only doing things to look like a rider?

似乎几乎不可能遵守这样的承诺，我们常常不愿意做出承诺因为我们知道我们不会遵守，但如果你是基督徒，我相信你曾经作出过类似的承诺。你有信心告诉别人你是基督徒吗？你是否因为一直过于专注你基督徒生命的脚踏车上那罪的前轮，摇摆不定，甚至跌倒了？或者你失去了对上帝恩典的关注，完全停止踏了，只是在做一些让你看起来像骑士的事情？

Find your aim of God's grace again, in view of his mercy, start paddling again. And you will realise you are not alone on this journey, because God's Spirit is always be by our side.

再次找到你上帝恩典的目标，鉴于他的慈悲，重新踏上。你将会发现在这旅程中，你并不孤单的，因为神的圣灵永远一直陪伴着我们。

This leads to the 2nd Commitment we need, *Commitment to be led by the Spirit*, let us read on in Roman 12:2

我们接着看看第二个需要的承诺，承诺让圣灵带领，让我们继续阅读罗马书 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

不要效法这个世界，只要心意更新而变化

We are presented with two alternatives, we are either conforming to the pattern of this world or be transformed by the renewing of our mind. These two alternatives are very hard to realise, because we often not realised that we are doing the first one and or the second one being done to us.

我们面临两种选择，我们可以符合这个世界的模式，或通过心意更新而变化。这两种选择是很难意识清楚，因为我们往往没有意识到我们正在效法这个世界或正在被变化。

I don't know about you, I like patterns, in most the things I do, I like something I can follow along. When I cook a new dish, I like to look at a cookbook, when I write an essay, I need sample essay to give me the structure and guideline. I often look for some sure fool proof way of doing things. I genuinely do not like to think too much. And if I follow a pattern and thing do not work out, at least I have someone else to blame.

我不知你是怎么样，我很喜欢模式，我在做大多数的事情时，我喜欢有可以遵循的样板。当我做一道新菜时，我喜欢看烹饪书，当我写一篇论文时，我需要样本来给我结构和指南。我经常寻找一些可靠的傻瓜也做得到的方式来做事。我真的不喜欢思想太多。如果我遵循一种模式，事情不奏效，至少我还有别人可以责怪。

What kind of pattern are you looking for or are you following in being a Christian? Do you have a list of things to tick off to tell yourself that you are right with God? Can you give a reason to why you do what you do? Do you come to church, read to bible and pray, do charity works because they are the right thing to do? All these show that you are only following a pattern but not having a renewing mind.

对于作为一个基督徒，你在寻找什么样的模式，或者你在遵循什么样的模式？你有一份清单，来告诉自己上帝是对你满意的吗？你能给出一个理由来说明你为什么做你做的事吗？你来教会，读圣经和祈祷，做慈善工作，是因为他们是正确的事而做吗？所有这些都表明，你只遵循一种模式，但没有更新的心意。

We are being urged to be transformed by the renewing of our mind and it is done through a commitment to be led by the Holy Spirit. How do we know whether we are being led by the Spirit? Remember Nehemiah, he knows because he spent time thinking and praying. When he prays, he recalls what God has done through history, he meditates on the great and awesomeness of God. He remembers God's promises to his nation and reminds God. And he did that day and night over a long period of time.

我们正被敦促通过更新我们的心意来变化，去实现它需要通过承诺让圣灵来领导。我们怎么知道我们是否被圣灵所领着？记得尼希米吗？他知道，因为他用时间去思考和祈祷。当他祈祷时，他回忆起上帝在历史上所做的事，他沉思默想上帝的伟大和敬畏，他记起神对他的国家的承诺，并提醒神。他昼夜在神面前持之以恒一段很长时间的在做。

When talking about meditate on God day and night, it does not mean every moment in life, especially, like Nehemiah, we all have works and other duties to fulfil. We need a commitment to turn our mind to God and His word when our mind is free to turn to anything.

当谈论昼夜思想神时，它并不意味着生命中的每分每秒，特别像尼希米一样，我们都有工作和其他责任要完成。当我们的思想可以自由地转向任何东西时，我们需要承诺把我们的头脑转向上帝和他的话语。

When you can think about anything you want to think about, what do you think about? Do you think about your problem, or do you engage in mental arguing with someone else, or perhaps even allow your mind to drift into wasteland of impure thoughts? To allow yourself to turn to God and meditate about him, we need to be practical.

当你能想到任何你想思考的事情时，你会想什么？你是在想你的问题，还是和别人进行在心理中的争论，或者甚至让你的思想陷入不纯洁思想的荒原？为了让自己转向上帝，思考他，我们需要实事求是。

When you read the Bible, take note of passages that remind you of God, passages that address issues that you are dealing with in life, address sin that easily entangle you, take time and find ways to memorise those passages. Write them on your hand, in a card keep on you or on your desk. When you have God's Word in you or near you, when you are free to think about anything, you can think of the greatness of God or draw on them to deal with sin when temptation arises.

当你读圣经时，注意那些提醒你有关上帝的段落，那些针对你在生活中要处理的问题的段落，解决容易纠缠你的罪的段落，用时间和各样方法去记忆这些段落。把它们写在你手上，写在卡片上，放在你身上或桌子上。当你有神的话语在你心中或在你附近，当你可以自由地思考任何事情，你可以思考上帝的伟大，或罪的诱惑出现时用他们来处理。

We can meditate about what the Bible tells us about God, how is it different to what you assume Him to be, and how are you going to response to this new knowledge. We can reflect on our own life to determine the degree of conformity between our character or conduct to what God has set for his people, and how are you going to response to this information.

我们可以思考圣经告诉我们关于神的事情，它和你假设他是什么有什么不同，以及你将如何响应这些新知识。我们可以反思自己的生命，以确定我们的性格或行为与神为他的子民设定之间的一致性程度，以及你将如何回应。

Like Nehemiah, we allow the Spirit of God to guide us and to bear fruits in our life as we meditate on God's word and pray day and night. And our mind will be renewed and our life will be transformed.

和尼希米一样，我们允许神的灵指引我们，在我们的生活中结出果实，因为我们沉思着神的话语，日夜祈祷。我们的心意将被更新，我们的生命将被变化。

And finally, we need *Commitment to search God's Word*, follows in Roman 12:2, it says

最后，我们需要承诺去查考神的话语，继续在罗马书 12:2,它说

Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.

叫你们察验何为上帝的善良、纯全、可喜悦的旨意。

As we commit ourselves to meditate on God and the Bible, we need to be confident that the Bible do tell us about God's will. We will not be able to test and approve God's good, pleasing and perfect will if we are not committed to search and examine the Scripture to confirm what we heard is in fact the truth of God.

当我们致力于思想神和圣经时，我们需要确信圣经确实告诉我们神的旨意。如果我们不致力于搜索和研读圣经，以确认我们听到的实际上是神的真理，我们将无法察验何为上帝的善良、纯全、可喜悦的旨意。

As mentioned last week, God has a multitude of options to show us his will, especially when ours is not in line with His. He uses preaching, words of someone in our community group or a friend to correct and train us. Our commitment should be like the Berean Jews in Acts 17, receive the message with great eagerness and examine the Scriptures everyday to see if what they said was true.

正如上星期所提到的，上帝有很多选择来向我们展示他的意愿，尤其是当我们的意愿与他的不一致时。他用讲道，我们小组中的人或朋友的话来纠正和训练我们。我们的承诺应使徒行传 17 章中庇哩亚的犹太人一样，热心领受这道，天天查考圣经，要知道这道是否真实。

To be able to receive God's message with great eagerness and to allow ourselves to examine it, we need to be a person that is quick to listen and slow to speak. We need to listen and revisit what had been said.

要做到热心领受神的讯息，并允许自己去考查，我们需要成为一个快快的听和慢慢的说的人。我们需要倾听和重温所说的话。

Imagine we only rely on listening to God's Word for 20 to 30 minutes on Sunday once a week to be healthy and grow Spiritually, it is like having only one meal a week and starving yourself for the rest of time. We will become spiritually anorexic. If we let our busy life get into the way to search into God's Word and we will be left desperately wanting.

想象一下，若我们只依赖每周一次，只听神的话语 20 到 30 分钟，去达成属灵的健康成长，就像每周只吃一顿饭，其余时间饿死自己一样。我们将变得属灵厌食。如果我们让我们忙碌的生活阻碍探索神的话语，我们余下的是困乏的绝望。

The Word of God is the food of the Spirit, without which will be impossible for us to become holy and be like God. Our attitude and commitment to the Word of God should be like a tree planted by streams of water, which yields its fruit in season to glorify God.

神的话语是圣灵的食物，没有它，我们不可能成为圣洁和像神一样。我们对神的话语的态度和承诺应该像一棵栽在溪水旁的树，按时候结果子，来荣耀上帝。

A commitment to a good spiritual diet is so important, and most of us knows that, however as you open the Bible, are you at a lost in where to start reading? Should I start from the OT or one of the Gospel? As you are reading more, what should you do, when there are things that seem not in unison or worst still contradict each other?

承诺有良好的属灵饮食的是非常重要的，我们大多数人都知道，然而，当你打开圣经开始阅读时，你是否有迷失在某地方不知所措？我应该从旧约开始，还是从福音书之一开始？当你读更多的时候，当有些事情似乎不相对应或甚至最坏的相互矛盾时，你应该怎么做？

It is at those points that we need to use our Oar of Dependence to keep us on course. Bring those issues to God in prayer, speak with others within God's family to ask for suggestions. Most importantly, remember that you are not alone in your journey, the Spirit of God is always be your side.

正是在这些点上，我们需要用我们的依赖的桨来保持我们的航道。祈祷把这些问题带给神，与神家中的其他人交谈，征求建议。最重要的是，记住，你并不孤单，在你的旅程中，神的灵永远是你的身边。

God's Spirit enable us to be successful in pleasing God, to live out His will. I am so glad that God is not like me, he would not ask me to sit on the other side of the boat and do all the rowing and make me feel useless.

神的灵能使我们成功地取悦神，和活出他的旨意。我很高兴上帝不像我，他不会让我坐在船的另一边，自己划船，让我觉得没用。

God invite us to sit next to him and do the rowing with our disciplines and at the same time rely on him to do the rowing on the side of dependence. Even though there is such a great mismatch of strength, the boat can and will always get to where God want us to go if we keep rowing and paddling, because God knows exactly how much strength we have and he will match it to a point to keep the boat on course.

上帝邀请我们坐在他旁边，用我们的管教在一边划船，同时依靠他在依赖的那边划船。即使我们的力量有如此巨大的不匹配，如果我们继续划船，船可以而且必定到达上帝希望我们去的地方，因为上帝确切地知道我们的力量有多大，他会就着它到一个点，以保持船在前进。

Our tendency is to even out all the disciplines on both side and rely on our own strength, it will work for a short while, but you will be so exhausted that you cannot go any further. God does not want that to happen to you, in His mercy, He wants you to glorify Him and at the same time fully to enjoy Him forever. He is there sitting next to you and work with you to get there.

我们的天性是把所有的纪律管教平衡在两边，依靠我们自己的力量来前进，有一小段时间是可行的，但你会如此疲惫，你不能再往前多一步。神不希望这种情况发生在你身上，在神的慈悲恩典下，他想你荣耀他的同时永远充分享受他。他坐在你旁边，和你一起到达那里。

As we look at different Disciplines in this series, remember to balance the boat with an ever increasing oar of Dependence, because in failing to do so, you will only move in circle and will not go anywhere.

当我们在这个系列中查看不同的管教时，请记住以不断增加的依赖的桨来平衡这船，因为如果不这样做，你只会一直在打圈，而不会去到任何地方。

There is a hymn that I learned long time ago and it had helped me to renew my commitment to God especially when I wanted to stop rowing. It says.

有一首我很久以前学会了的圣诗，经常在我不想继续前往时帮助我重申我对上帝的承诺。

I am resolved no longer to linger, charmed by the world's delight; things that are higher, things that are nobler, these have allured my sight.

我决心不再徘徊，不再被世界的喜悦迷住了；更高的东西，更高贵的东西，这些都吸引了我的视线。

I am resolved to go to the Saviour, Leaving my sin and strife; He is the true One, He is the just One, He hath the words of life.

我决心去救世主那里，离开我的罪恶和挣扎；他是真理，他是唯一的，他有赐生命的话语。

I am resolved to follow the Saviour, Faithful and true each day; Heed what He sayeth, do what He willeth, He is the living Way.

我决心跟随救世主，每一天都忠实和真实的跟随；注意他所言，实行他做旨意，他是生存的方式。

I am resolved, and who will go with me? Come, friends, without delay; taught by the Bible, led by the Spirit, we'll walk the heavenly way.

我下定决心，谁会和我一起去？来吧，朋友们，不再迟延；由圣经教导，由圣灵带领，我们将走天堂的道路。

The chorus say *I will hasten to Him, hasten so glad and free, Jesus greatest highest, I will come to thee.*

这歌的副歌是我会赶紧去他那里，那么高兴和自由的赶紧去，耶稣是至高至大，我要去他那里。

If you are a Christian, can you remember what commitment did you make on the day you turn to Christ? Let us live out those commitments again in your life to glorify God and fully enjoy him.

如果你是一个基督徒，你还记得你转向基督的那天做了什么承诺吗？让我们在你的生活中再次履行这些承诺，去荣耀上帝，充分享受他。

If you have been searching and investigating about Christianity, I hope you join the heavenly way soon.

如果你一直在搜索和查考如何作为基督徒，我希望你很快加入天堂之路。