

# Psalm 诗篇 141 – Into Temptation 进入诱惑

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Crowded House released that song in 1988. I find it beautifully haunting as it shows a picture of a person faced with temptation, eventually succumbing to it. Neil Finn who wrote that song was inspired when he was at a hotel, where there was also a netball team and rugby team staying. And over the course of the night he saw them pairing off and head upstairs.

《拥挤的房子》在 1988 年发行了这首歌。我发现它令人难以忘怀，因为它显示了一个人面对诱惑的情景，最终屈服了。作者尼尔·芬恩是一次在酒店时受到了启发，那时有一支无挡板篮球队和一支橄榄球队。夜晚慢慢地过，他看到他们一对一对的，搭上了就上了房间。

He artfully depicts the seduction that sin holds for all of us.

他巧妙地描绘了罪对我们所有人的诱惑。

The cradle is soft and warm, giving into this temptation couldn't do me any harm.

摇篮是柔软和温暖的，屈服于这诱惑中不会对我造成任何伤害。

The temptation to sin has an ability to cloud our minds, even though we might understand the consequences. Temptation has this ability to make us rationalise why this thing is the best thing for me. Yet guilt and remorse come for us quickly afterwards.

罪的诱惑能够蒙蔽我们的思想，尽管我们可能理解后果如何。诱惑有能力，使我们合理化，为什么这东西对我来说是最好的。然而，罪恶感和悔恨之后很快来到我们。

'I can't believe I did that again, she's not going to forgive me, how do I explain this, how can I get away with this, how can I cover this up before anyone knows.

我不敢相信我又这么做了，她不会原谅我，我该怎么解释，我怎样才能逃脱，我怎么能其他人知道之前掩盖起来。

Struggling with sin and temptation is part of life for all of us. None of us have overcome, except for Jesus. He calls us to live a life of holiness, pursuing perfection, because in his death and resurrection, he is now making his people to be like him. Perfect. Holy. Without spot or blemish. I think I can get so used to my sin that I forget that that's not how I was made to be. We were made to be perfect, we are being made to be perfect.

与罪和诱惑作挣扎是我们所有人的生命的一部分。除了耶稣，我们谁也未曾克服过。他呼吁我们去过圣洁的生活，追求完美，因为在他的死亡和复活中，他现在使他的百姓成为像他一样。完美。神圣。无斑点或瑕疵。我想我可以习惯我的罪，以致我忘了这不是我被造的模样。我们被造为完美，我们正被造为完美。

Yet everyday we are faced with many, many small and big choices. Will I follow God and honour him with my whole body / soul / mind? Or will I respond to the alluring call of sin and give into temptation.

然而，我们每天都面临着许多，许多，大大小小的选择。我会跟随上帝，用我的整个身体 / 灵魂 / 心灵来荣耀他吗？或许我会回应罪诱人的召唤，屈服于诱惑。

Today, David in Psalm 141 will model to us what to do when heading into temptation and how to prepare our lives for the best to battle sin, the devil, and our own sinful hearts to love God more than anything else.

今天，大卫在诗篇 141 将模范给我们当进入诱惑时要怎样做，以及如何去最好的准备我们的生命去战斗罪恶，魔鬼，和我们自己的罪恶去爱上帝比什么都重要。

There are five short parts to battling sin that we'll sin today in Psalm 141, The need for Help / Wisdom / Friends / Where our Vindication comes from / need for Protection.

我们今天将在诗篇 141 看见去击打罪，有五个简短的部分。需要帮助 / 智慧 / 朋友 / 我们的辩护从何而来 / 需要保护。

## 1. Help 帮助

David starts in desperation. Verse 1.

大卫从绝望中开始。第 1 节。

I call to you, Lord, come quickly to me; hear me when I call to you.

耶和華啊，我曾求告你，求你快快臨到我這裡！

我求告你的時候，求你側耳聽我的聲音！

He is clearly in great need and David cries out to the only one who can help. David is very audacious here. He calls God to come to him. Like a Master calling a slave. God run to me! David knows how dependent on God he is if he was going to stand up and survive under temptation.

他显然非常需要，大卫向唯一能帮忙的那位大声呼喊。大卫在这里很大胆。他叫上帝临到他那里。像主人叫奴隶。上帝跑向我！大卫知道他如果是要站起来，在诱惑下生还，是多么依赖上帝。

He's a person who wants to be faithful in the face of temptation and he has a real sense of urgency – God Help me before it's too late. There's 2 paths before me and choosing to honour you is hard. Quick come and help me!

他是一个想要在面对诱惑时忠诚的人，他有一种真正的紧迫感…上帝在为时已晚之前帮助我。有两条路在我面前，选择尊敬你是很难的。快来帮我！

David comes to God empty handed needing his help. He doesn't even have a sacrifice or incense. Verse 2.

大卫空手来到上帝面前，需要他的帮助。他甚至没有祭牲或香。第 2 节。

May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

愿我的祷告如香呈到你面前！愿我的手举起，如献晚祭！

Usually in the temple sacrifices would be offered and incense burnt to please the Lord. But David doesn't have these things, so he set's his hands before God in prayer like incense, lifting them up like a sacrifice.

通常，以取悦主，在圣殿中会供奉祭品和烧香。但大卫没有这些东西，所以他在上帝面前把双手举起，以祷告像香呈到神一样，像牺牲一样举起来。

It's a cry for help from God based on God's character. God is gracious and helps, not because of what we offer him but because of who he is.

这是根据上帝的本性向上帝呼救。上帝是满有怜悯和帮助的，不是因为我们给了他什么，而是因为他是谁。

I wonder how good we are at crying out to God for help?

我想知道我们向上帝呼救做得怎样？

Culturally I like to appear strong as if I don't need God's help. I can do it on my own. Do we think that there is shame or dishonour to appear weak? It can be easy to think that we are somehow impervious to temptation.

在文化上，我喜欢显得坚强，好像我不需要上帝的帮助。我可以自己做。我们认为显得软弱是羞耻或耻辱吗？我们可以很容易地认为我们在某种程度上不受诱惑。

David who was chosen to be the King cries out in utter desperation. Jesus himself cries out to God for help in the Garden of Gethsemane. In times of temptation, let's be like David and know we need help and cry out to God for it, because as 2 Corinthians 3 reminds us that our help comes from the Lord.

被选为国王的大卫在极度绝望中呼喊。耶稣自己在客西玛利园向神呼救。在诱惑时，让我们像大卫一样，知道我们需要帮助，并为此向上帝呼救，因为正如哥林多后书 3 章提醒我们，我们的帮助来自主。

We desperately need God's help because we are in a battle. I wish that once people became Christians that the battle was finished, I'm following God now, the hard parts over. I'm on his side. But we are still in a battle for our souls against Sin / The World / and the devil until Jesus returns.

我们迫切需要上帝的帮助，因为我们在战斗中。我希望一旦人们成为基督徒，战斗便结束，我现在跟随上帝，艰难的部分已过。我站在他这边。但是，我们仍然在为我们的灵魂，对抗罪 / 世界 / 和魔鬼战斗，直到耶稣回来。

My own heart can give into the temptation to sin all on it's own, I don't need the Devil to do that. So we are battling our own hearts.

我自己的心可以自己屈服于犯罪的诱惑，我不需要魔鬼来做。因此，我们正在与我们自己的心搏斗。

The world around us doesn't want us to follow God. One of my favourite TV shows is called Gruen, and it's all about advertising, and the tricks that people use in television, magazine,

billboard advertising to make us crave things. Turns us into consumers of things instead of people satisfied by God.

我们周围的世界不希望我们跟随上帝。我最喜欢的电视节目之一叫做《Gruen》，是关于一家广告公司的，以及人们在电视、杂志、广告牌广告中用什么技巧，去让我们渴望东西。把我们变成物质的消费者，而不是满足于上帝的人。

And we battle against the Devil. He is real, and he doesn't want us to find our joy and satisfaction in God. If he can't stop us from following God, he can certainly attempt to make us poor, Christians.

我们和魔鬼战斗。他是真实的，他不想让我们在上帝身上找到我们的喜悦和满足。如果他不能阻止我们跟随上帝，他当然可以试图让我们贫穷，弟兄姊妹们。

When facing his own sin, the Pastor A.W. Tozer learned to talk back to the Devil. To say, Yes devil, sin is terrible...and I remind you, Devil, that everything good – forgiveness and cleansing and blessing – everything that is good I have freely received from Jesus Christ!"

When God forgives a person, he doesn't think – I need to watch them just in case they sin again, but he starts again as though they had been recreated and there was no past at all! 当面对自己的罪时，托泽牧师学会了反驳魔鬼。说，是的魔鬼，罪是可怕的…我提醒你，魔鬼，一切美好的…宽恕、洁净和祝福…一切美好的，我已从耶稣基督那里白白的接受了！当上帝赦免一个人时，他不会认为…我需要看着他们，以防他们再次犯罪，但他好像他们被重新创造，没有过去的，又再开始！

That is the basis the assurance that God offers Christians!

这是上帝为基督徒提供的确据的基础！

Tozer said, the Devil will taunt you with the fact that you may have stumbled in the faith – and perhaps more than once! The devil wants you to live in a state of discouraged chagrin and remorse.

托泽说，魔鬼会以你可能在信仰中绊倒了…也许不止一次…来嘲弄你！魔鬼要你生活在一种灰心丧气的懊恼和悔恨的状态中。

But we have set free, and we can call out to God to continue to help us in the battle against our sin, the world, and the devil!

但是我们已经获得自由，我们可以继续求告上帝，来帮助我们对抗我们的罪、世界和魔鬼！

## 2. Wisdom 智慧

David has cried out to God for help, and now he asks for wisdom in the face of temptation. 大卫向上帝呼救，现在他要求智慧去面对诱惑。

3 Set a guard over my mouth, Lord; keep watch over the door of my lips.

耶和華啊，求你看守我的口，把守我的嘴唇！

God close my mouth because I'm going to say something I'll regret. Maybe you've had a moment when you've watched as the words slipped out of your mouth and couldn't do anything to stop them before they hurt someone.

上帝闭上我的嘴，因为我要说些我会后悔的话。也许你有一个时刻，看着你的话冲口而出，在它们伤害别人之前不能做任何事情来阻止它们。

God close my mouth so I don't attack this person. They've been attacking me and I really want to put them in their place Lord, I really want to share this juicy gossip, I want to say hurtful things because they've hurt me. But God come quickly over here and slam your hand over my mouth before I sin.

上帝闭上我的嘴，我就不会攻击这个人。他们一直在攻击我，我真的很想向他们反击，主啊，我真的很想分享这个精彩的闲话，我想说一些伤人的话，因为他们伤害了我。但上帝快点过来，在我犯罪之前，用你的手击打我的嘴。

God hold me back from doing something dumb. That takes wisdom and self understanding to see the temptation to hurt a person with words and desperately cry to God before it's too late.

上帝阻止我做蠢事。要看到用言语伤害一个人的诱惑，在为时已晚之前拼命地向上帝呼救是需要智慧和自我理解。

So God- please help me really practically by stopping my tongue, and not only that, give me wisdom to change my heart. Verse 4.

所以上帝，请真正实际的帮助我阻止我的舌头，不仅如此，给我智慧来改变我的心。第4节。

Do not let my heart be drawn to what is evil so that I take part in wicked deeds along with those who are evildoers; do not let me eat their delicacies.

不要使我的心偏向邪恶的事，以致我和作恶的人一同行恶；也不叫我吃他们的美食。

David sees what is in his heart and knows it needs to change, as Jesus would say 1,000 years later, out of the abundance of the heart the mouth speaks.

大卫看到了他心中的东西，知道它需要改变，正如耶稣在一千年后说的，因为心里所充满的，口里就说出来。

The underlying issue is the heart.

根本的问题是心。

Closing his mouth is just the first step, he needs wisdom and the help of God to change his heart.

封了他的嘴只是第一步，他需要智慧和上帝的帮助来改变他的心。

There are a number of parts to verse 4.

第 4 节有许多部分。

Firstly, don't let my heart be drawn to evil, it's reminiscent of the Lord's Prayer, lead me not into temptation. Change my heart from being drawn to evil. So I don't take part in wicked deeds with people who do evil.

首先，不要使我的心偏向邪恶的事，这让人想起主祷文，不叫我们陷入试探。改变我的心使它不偏向邪恶。以致我和作恶的人一同行恶。

David is asking for a new heart, but also wisdom for those he spends time with. We are all influenced by the people we spend time with in positive and negative ways.

大卫要求一颗新的心，也要智慧去定与谁花时间在一起。我们都受到我们共度时光的人正面和负面的影响。

My kids come home speaking strange words that their friends say, their rules for handball are totally different to what I learnt as a kid. But friendship groups can also develop sinful and devastating habits.

我的孩子回家后说一些奇怪的话，是他们的朋友说的，他们的手球规则和我小时候学到的完全不同。但是朋友圈也可以养成罪恶和毁灭性的习惯。

Some friendship groups find their identity in bullying others physically or with words. They develop a culture where it is okay to hurt others because that's what these friends do to others.

一些朋党以身体或言语中欺负他人来定他们的身份。他们发展一种文化，可以伤害别人，因为这是这些朋友对别人做的事。

The desire to fit in with others, coworkers, friends, family, team mates is alluring.

Temptation to compromise living a life following God.

受别人、同事、朋友、家人、队友接纳的渴望是诱人的。诱惑去以跟随上帝生活来作妥协。

See the impact of cancerous culture in many places. Australian Cricket had a win at all costs attitude even if it meant cheating. AFL has been dealing with a culture of sexual harassment. Organisations get accused of bullying and abusing people from the CEO down.

可以在许多地方看到这癌症文化的影响。澳大利亚板球有一个不惜代价也要胜利的态度，即使这意味着作弊。澳洲榄球一直在处理性骚扰的文化。很多组织从 CEO 下来的人被指控欺负和虐待。

David cries for wisdom! Close my mouth, change my heart, and give me wisdom on those people I spend my time with because I don't want to keep falling into the same temptation.

大卫为智慧而求告！封了我的嘴，改变我的心，给我智慧去定与那些人在一起花时间，因为我不想继续陷入同样的诱惑。

And it is so tempting. David cries “do not let me eat their delicacies”. Whether or not he’s actually talking about food – but there is something delicious about standing with others pursuing evil.

它是如此诱人。大卫哭求，「不叫我吃他们的美食」。不管他是否真的在谈论食物，但和追求邪恶的人站在一起是一件美味的事情。

I used to play a card game with friends call Cards Against Humanity. It’s a very fun game because it was horribly rude, and offensive, the more offensive the funnier is how to game works. It was almost like a secret sin, that we would carefully pick people to play with. But when we started joking that you had to leave your Christianity at the door to play it, I realised that it was wrong. I was loving a delicacy that had me enjoying sin and depravity. 我曾经和朋友玩纸牌游戏，叫害人类的牌。这是一个非常有趣的游戏，因为它是可怕的粗鲁，无礼，游戏的方法就是越冒犯越有趣。这几乎就像一个秘密的罪，我们会仔细挑选人玩。但是当我们开始开玩笑说，你必须暂时不做基督教才能享受，我意识到这是错的。我喜欢了一种让我享受罪和堕落的美味佳肴。

The joy of delighting in sinful degrading humour was drawing me to wickedness. It was hard to stop because it was fun. I have stopped playing it by God’s grace, but I needed God’s wisdom to see that I was justifying wickedness and sin.

在罪恶的有辱人格的幽默中欢欣鼓舞的喜悦把我吸引到邪恶。这是很难停止，因为它很有趣。在上帝的恩典帮助下，我已经停止玩它，但我需要上帝的智慧来让我看到我是在为邪恶和罪恶辩护。

This is true of any temptation. We so easily justify why this particular sin is okay. 任何诱惑都是如此。我们很容易去证明为什么这种特殊的罪是可以的。

Be aware of this when we are with non Christians. 当我们与非基督徒在一起时，请注意这一点。

Not called to go and hide in cave, exclude ourselves. But to be witnesses of God’s goodness, and not give into the worlds demands.

不叫去躲在山洞里，排除自己。但是，要见证神的美善，而不是向世界的要求妥协。

### 3. Friends 朋友

Instead of pursuing evil with those who are also pursuing evil, David asks for good friends. 大卫没有和那些追求邪恶的人一起追求邪恶，而是要求好朋友。

Third point and section of the Psalm. Verse 5. 这篇诗篇的第三点和部分。第5节。

5 Let a righteous man strike me—that is a kindness; let him rebuke me—that is oil on my head. My head will not refuse it, for my prayer will still be against the deeds of evildoers.

任凭义人击打我，这算为仁慈；任凭他责备我，这算为头上的膏油；我的头不躲闪。人正行恶的时候，我仍要祈祷。

You might be thinking, I'd prefer wicked friends than a righteous friend if they're going to punch me in the face.

你可能会想，如果他们要击打我的脸，我宁愿不要正义的朋友，而要邪恶的朋友。

But David is seeking a friend who will love him enough to rebuke him, even when it hurts. David says that this is kindness, the Hebrew word is Hesed, loving kindness.

但大卫正在寻找一个爱他的朋友，即使会带来伤害也会足以责备他。大卫说，这是仁慈，希伯来语单词是 Hesed，信实的慈爱。

The love of a friend that says – James what are you doing? Don't do this. This is foolishness. 朋友的爱说，詹姆斯，你在干什么？别这样做。这是愚蠢的。

It's one thing to have loving friends who will rebuke you, but another to hear that rebuke. David says, my head will not refuse it, but it will be like oil, like a blessing on his head.

爱你的朋友会责备你是一回事，听到责备是另一回事。大卫说，我的头不躲闪，算为头上的膏油，是一个祝福。

In our battle against sin, the world and the devil, we have God in our corner who can cry to for help. And he does help us. And he also provides a community of believers, friends to rebuke and point out our sin.

在我们对抗罪、世界和魔鬼的战斗中，我们的这边有上帝可以呼救。他确实会帮助我们。他还提供了一个信徒、朋友的社群来责备和指出我们的罪。

Do you have a person who you will let rebuke you?

你有一个你会让他责备你的人吗？

A person that you can trust to speak truthfully with words of loving kindness, even when it hurts.

一个你可以信任的人，用慈爱仁慈的话如实说话，即使会使你伤痛。

For me, that person is Alisa, my wife. She knows me best. She sees through me, and I know she's on my side. She knows all my faults so I try to give her space to speak, to strike me with hard words of loving kindness.

对我来说，那个人是艾莉莎，我的妻子。她最了解我。她看穿了我，我知道她站在我这边。她知道我所有的缺点，所以我试着给她说话的空间，用慈爱的实话来击打我。

It doesn't need to be a spouse, it can be a friend. Someone you can trust, a Christian brother or sister, that you can ask point out my sin, speak up when you see me tempted to sin and chase evil and not God.



不需要是配偶，可以是朋友。一个你可以信任的人，一个基督徒的弟兄或姐妹，你可以请求去指出我的罪，当你看到我被罪诱惑和追逐邪恶，而不是上帝时，直言不讳。

Steve is also someone who knows me really well. He said to me a couple of weeks ago, I know when you're being really stubborn, you get this look on your face.

史蒂夫也是一个很了解我的人。几周前他跟我说，我知道当你真的很固执的时候，你脸上就有这样的表情。

Words of loving kindness are never fun never fun. They hurt. But they help us to keep following God.

慈爱仁慈的话语从来不是有乐趣的，从不有趣。它们会伤害。但它们帮助我们继续跟随上帝。

We need them because Satan wants to tempt us, just like with Adam and Eve. To trick us into being satisfied with sin, and not what God has intended for us.

我们需要它们，因为撒旦想引诱我们，就像对亚当和夏娃一样。欺骗我们满足于罪，而不是神意图我们去做。

David cries for wisdom, for friends who will keep him accountable to following God.

大卫要求智慧，要求那些让他对跟随神负责的朋友。

#### 4. Vindication 平反

These last 2 points are much quicker. Fourthly, David wants to wait for God's justice and vindication instead of being tempted to take it into his own hands.

这最后 2 点很快。第四，大卫想等待上帝的正义和辩护，而不是被诱惑去自己把它掌握在手中。

It appears that David was asking God to stop him from attacking his enemies. His temptation to sin came from a desire to see his enemies be brought down in his time – but his vindication comes in God's timing. Verse 6.

看来大卫是请求上帝阻止他攻击他的敌人。他犯罪的诱惑来自于希望看到他的敌人在他而前被打倒的愿望...但他的辩护的时机是在上帝里。第 6 节。

Their rulers will be thrown down from the cliffs, and the wicked will learn that my words were well spoken.

他们的审判官被扔在岩下，他们就要听我的话，因为这话甘甜。

He doesn't need to defend himself, they'll learn from God that he was in the right. David is reminding himself not to be tempted to do God's job. Instead to focus upon his own character.

他不需要为自己辩护，他们会从上帝那里得知他是对的。大卫提醒自己不要被诱惑去做了神的工作。相反，专注于自己的品格。

## 5. Protection 保护

Finally, David asks for protection. Verse 8.

最后，大卫请求保护。第 8 节。

8 But my eyes are fixed on you, Sovereign Lord; in you I take refuge—do not give me over to death.

主—耶和华啊，我的眼目仰望你；我投靠你，求你不要使我的性命陷入危险！

Even when faced with temptation, David still keeps his eyes focussed on God. God is the refuge, the safe place. Not himself.

即使面对诱惑，大卫仍把眼目仰望上帝。上帝是避难所，安全的地方。不是他自己。

It is easy when we're tempted to fixate on the sin, weighing up the cost and the reward – but David wants to keep his eyes fixed on God. He's totally dependent to be kept safe from himself and from his enemies.

当我们被诱惑时是很容易专注于罪，权衡成本和回报…但大卫却想把眼目仰望上帝。他完全依赖来远离自己和敌人。

When we have cry out for God's help, ask for wisdom, get friends, keep vindication in God's hands, and depend on him for protection. Go someway to surviving temptation.

当我们呼求神的帮助，要求智慧，找朋友，在神的手中保持辩护，并依靠他的保护。以某种方式去躲闪诱惑。

Because it comes for all of us.

因为它是为我们所有人而来。

## Conclusion 结论

John Ortberg, another Christian Pastor from the U.S. wrote this book, 'the me I want to be', and he talks about temptation like fishing. Not that fishing is a sinful temptation.

另一位美国基督教牧师约翰·奥尔伯写了这本书，《我想成为的我》，他谈到诱惑就像钓鱼一样。不是说钓鱼是一种罪恶的诱惑。

But about how dumb fish are. Throw a lure, a fake bait, into the water, saying – hey fish, swallow this. It's not the real thing. You think it will feed you, but it won't. It'll trap you. It's just a matter of time before your enemy reels you in and you're cooked.

但关于鱼是多么愚蠢。把一个诱饵，一个假诱饵扔进水里，说，「嘿，鱼，吞下这个。这不是真实的东西。您认为它会养活你，但它不会。会陷害你的。只是时间的问题，很快你的敌人会把你拉起，把你煮熟。

You'd think fish would see the line, their friends go flying out of the water to never return. 你会认为鱼会看到鱼丝，它们的朋友飞出水，永远不会回来。

Are we much smarter than a fish?

我们比鱼聪明吗？

Sin and temptation are dangled in front of us and we can't help but bite it, even though it's not the real deal, it won't satisfy, but just enslave us.

罪恶和诱惑悬在我们面前，我们不禁咬它，即使它不是真正的，它不会满足，但只是奴役我们。

Temptation promises freedom – take this, do this, look at this and it'll bring joy – but it makes us slaves, because there is always a hook.

诱惑承诺自由…接受这个，做这个，看看这个，它会带来快乐…但它使我们成为奴隶，因为总有一个钩子。

Real freedom – the way God made us to be, is the not the ability to have everything we desire, but to not be enslaved. Real freedom is to not be enslaved to our temptations.

真正的自由…是上帝使我们成为的那样，不是拥有我们渴望的一切的能力，而是没有被奴役。真正的自由是不要被我们的诱惑所奴役。

We are more than a stomach, more than lustful eyes, more than angry hands, and hurtful words. Ortberg said,

我们不仅仅是一个胃，不仅仅是欲望的眼睛，不仅仅是愤怒的手，和伤人的话。奥尔特说，

The battle against temptation is a noble fight, but if we simply try to repress a desire, it will wear us out. We need to have a very clear picture of what kind of person we want to become, and why...page 140.

与诱惑的斗争是一场高尚的战斗，但如果我们只是试图压制欲望，会让我们消耗不堪。我们需要有我们希望成为什么样的人的一个非常清楚的画面，为什么...第 140 页。

David has a clear picture of who he wants to be. A man that honours God with his words, influenced by the right people.

大卫很清楚自己想成为谁。一个用他的话来尊贵上帝的人，受正确的人的影响。

What steps do need to win the battle of temptation against your sin / the world / and the devil?

要赢得你的罪 / 世界 / 和魔鬼的诱惑之战，你需要什么步骤？

1. Let me encourage you in a moment, imagine a picture of who you'd like to be, what words would you use to describe the a version of yourself that honours God.  
让我鼓励你，想象一个你想要成为什么样的人的照片，你会用什么词来形容荣誉上帝的你自己。
2. Pray for God's help to journey to be that person.

祈求上帝的帮助，去成为那个人。

**3. Identify the first step in that direction.**

确定朝该方向迈出的第一步。

**4. What are the temptations that are going to battle against you to not be that person.**

有什么诱惑要使你成为那个人。

**5. Find a friend to keep you accountable**

找个朋友来让你负责。

**6. Always remember the God loves you, he has forgiven you in Jesus, and you can have assurance of his love.**

永远记住神爱你，他在耶稣里赦免了你，你可以有他的爱的确据。