

Following and the Church 跟随和教会

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How many memberships do you have?

您是多少个会的会员？

I'm a member of Crunch gym. I have subscriptions to Netflix and Disney+. I've been a member of sporting teams. I need to become a member of Chatswood RSL, they've got a really great Chinese place up the top. I'm part of a wine club, and I've been part of a coffee club.

我有一个健身房的会席，我订阅了「网飞」和「迪斯尼」频道。我一直是一个体育会的会员。我需要成为「车士活退伍军人会」的会员，因为他们的顶楼有一个非常好的中式餐厅。我是葡萄酒客户会员，也是咖啡店客户回馈的会员。

And I dip in and out of these. Get rid of Netflix, get something else.

我来去不定。取消了「网飞」，又订阅其他的东西。

I'll give them my dollars, they'll get me on their books as a member to boost their numbers.

我把我的钱给他们，他们就会把我加在他们的记录上作为会员，以提高他们的人数。

I choose when I go, what I'm part of, who I give my time and attention to, and if I don't like it, I vote by cancelling my membership.

我可选择什么时候去，我参加哪部份，我对谁给我的时间和关注。如果有使我不喜欢的，我可取消我的会员资格来表达不满。

I wonder if it's possible that we think of being a church member just like any other membership.

我想知道我们是否也会把作为教会成员看似作为任何其他会员一样。

I've been signed up to St Paul's since I was a kid, or since I was baptised. I attend. I give my dollars. I'm on their books as part of the church.

我从小时候或从受洗后，就成为了圣保罗堂的一份子。我参与聚会。我给我的金钱。我在他们的记录上是教会的成员。

I dip in and out as other things come up and pause my membership.

当其他事情出现时，我会暂停我的会席，我来去不定。

Maybe I'm still even on a trial membership and I'm not ready to commit.

也许我仍在试用我的会席，我还未准备好去投入。

Is it possible that we can have our view of church shaped by the world around us, instead of by God.

也许我们对教会的观点，是以我们周围的世界，而不是上帝，来塑造。

We are in vision series. A time to cast the vision of the church here at St Paul's for the next five years. And in this season we are looking at what it means to follow Jesus.

这段时间，我们在这里正在进行远象系列的讲道。把圣保罗堂对于将来五年的远象向教会分享。我们正专注于跟随耶稣的意义。

Steve told us the first week that God has given us 3 helps to follow Jesus. The first is his word and prayer, the holy spirit, and now it's the church.

主任牧师在第一周告诉我们，上帝给了我们三个帮助去跟随耶稣…他的话和祈祷，圣灵和教会。

People to help us as we walk towards Jesus, colleges, brothers and sisters.

那些帮助我们走向耶稣、同事、兄弟姐妹的人。

To understand what it means to be a member of the church, 2 points for us today, what is the church, and what is the purpose of the church.

去帮助我们了解成为教会成员的意义，我们今天有两点…教会是什么？，教会的目标是什么？

Challenge for us today will be to have God define who the church is and who we are to be, and not have superficial membership of church but to take a hold of God's gift of the church with both hands.

今天的挑战是让神定义教会是谁和我们应成为怎么样，放弃肤浅的教会成员的身份，去用双手抓住神所给的这教会的礼物。

1. What is the church? 教会是什么？

What even is a church? The building is often called the church, but it's not.

教会究竟是什么？一座教堂建筑物通常被称为教会，但不一定是。

The word church means gathering. The word originally meant any gathering, gathering at a soccer game on a Saturday morning of Angry parents. A church of people who like to drink Oolong tea.

「教会」的意思是聚会。这个词最初的意思是任何形式的聚会，星期六早上一群愤怒的父母聚集在一场足球比赛。一群喜欢喝乌龙茶的人聚集在一个教堂。

Over time, the word church has come to be associated with the building and religious activity in particular.

随着时移至异，「教会」渐渐特别与建筑身和宗教活动联络在一起。

We can understand it's usage in English, but how does God describe the church?

我们可以理解它在语文上的用法，但上帝是如何描述教会？

The church is Invisible and Universal, and it is also Visible and Local.

教会是无形和普遍的，也是可见和本地的。

Peter says in 1 Peter 2,
彼得在《彼得前书》2章说，

¹⁰ Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

¹⁰ 你们从前不是子民，现在却成了上帝的子民；从前未曾蒙怜悯，现在却蒙了怜悯。

Peter connects receiving God's mercy, his salvation with becoming God's people. The two things happen at the same time. When we're saved we immediately become part of something larger, something bigger than us, something universal.

彼得把成为神的子民与接受神的怜悯，他的救恩联在一起。这两件事情同时发生。当我们被拯救时，我们立刻成为一件更大的事情的一份子，比我们更大的东西，遍及一切的事情。

Paul in Romans 8:15 says,
保罗在《罗马书》8:15说，

¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.

¹⁵ 你们所领受的不是奴仆的灵，仍旧害怕；所领受的是儿子名分的灵

We are adopted as sons. We all have the full legal standing of a male heir in Roman culture. We are fully part of God's family all across the globe.

我们被收为儿子。在罗马文化中，我们都有男性继承人的全部法律地位。我们完全是上帝在世界上的大家庭的一份子。

Hebrews 12;
《希伯来书》12章，

²² But you have come to Mount Zion, to the city of the living God, the heavenly Jerusalem. You have come to thousands upon thousands of angels in joyful assembly, ²³ to the church of the firstborn, whose names are written in heaven.

²² 但是你们是来到锡安山，永生上帝的城，就是天上的耶路撒冷，那里有千千万万的天使，²³ 有名字记录在天上众长子的盛会，

Christians are now in a spiritual sense part of a heavenly gathering.
基督徒现在在属灵的意义上是天上的盛会的一份子。

So the bible describes the church in a quick snapshot as one whole people, a group of brothers and sisters made one family, who are already gathering in heaven in a spiritual way.

因此，圣经以一个整体的景象来描述教会，一群兄弟姐妹成为一个家庭，已经以属灵的方式聚集在天堂。

This is one of the reasons it is so great and encouraging when we meet another Christian. So encouraging going to a conference or convention and seeing thousands of other Christians that love the same God as me.

这是与我们其他的基督徒聚在一起时是如此绝妙和鼓舞的原因之一。参加一些会议或年会，看到成千上万，和我同样爱上帝的其他基督徒，是如此的鼓励。

This universal and invisible collection of Christians everywhere doesn't stay invisible. It shows up in real and physical locations.

这些无处不在的，普遍和无形的基督徒集会，不会保持无形的。它以真实和具体的形式出现。

The universal becomes local.

普遍的变为本地的。

The invisible becomes visible.

无形的变为可见的。

The church has a street address, fullers road and view st Chatswood. And there are faces and names of real people that are knowable.

教会会有一个街道地址，车士活的Fullers路和View街。还有真实的可认识的人的面孔和名字。

So Paul writes letters to the Church of God in Corinth, to the church in Galatia, to the church of the Thessalonians.

因此，保罗写信给哥林多的教会，给加拉太的教会，和帖撒罗尼迦的教会。

If we are really part of Christ's body as the church, it can't stay just an abstract idea. We don't remain part of a church if we are just baptised into it, and then don't attend ever again.

如果我们真是以基督的身体作为的教会的一份子，不可以只停留在一个抽象的想法。如果我们只接受洗礼，然后不再参加，我们就不继续是教会的一份子。

If we are really part of the heavenly church, the family of God, it shows up on earth. In time and space with real people.

如果我们真的是天上的教会，上帝的家庭，的一份子，会在地上显明。与真正的人在时空之中。

Being a member of the universal and invisible church must become visible in regular local gatherings of Christians.

作为普遍和无形的教会的成员，必须在定期的当地的基督徒的聚会上显现出来。

The church is those that God has called out to be his. To be part of his family, brothers and sisters who show that by meeting together locally.

教会是那些神叫来成为他的。成为他的家庭的一份子，通过与当地的弟兄姐妹的见面表明。

One way to understand this is through McDonalds. Does any love Macca's?

去理解这一点的方法之一是通过麦当劳。有人喜欢麦当劳吗？

Macca's uses a franchise model. It's universal. It's everywhere. Not everywhere in the universe, it will be soon. Head office sets the new burgers, the colour scheme, the type of store layout.

麦当劳使用特许经营的模式。是普遍的。到处都有的模式。虽然仍未去到宇宙的所有地方，但很快就会。总部设定新的汉堡，色彩系列，商店的布局。

But you don't go to the head office to get a cheese burger, you go to the local store! I can't say I go to Macca's unless I go into a local store.

但你不是去总部买芝士汉堡，你去当地的分销店！除非我进入当地的店，我不能说我去麦当劳。

The Local and Universal church is like McDonalds. Now it's not a perfect illustration of the church, hopefully the church won't leave you feeling sick in 30 minutes.

地方和普遍的教会就像麦当劳。这不是教会的完美例证，希望教会不会在30分钟后，让你感到恶心。

But the church is universal, it's everywhere across all time and space. In heaven in a spiritual way right now, and in every continent.

但教会是普遍的，它无处不在，跨越所有的时间和空间。现在在天堂以属灵方式，并在每一个大陆。

But I can't say that I'm part of the church unless I show in a local church. Being part of the church means I show up.

但除非我参与在当地的教会，我不能说我是教会的一份子。成为教会的一员意味着我会出席。

Here at St Paul's Chatswood every Sunday we get to rub shoulders with the universal church, but not all of it, an expression of it.

每个星期天，在这里，车士活圣保罗堂，我们可以与普遍教会擦肩而过，不是整个所有的，而是它所表现的。

So a member of this church means you're also a part of the church everywhere.

所以作为这个教会的成员表示你也是无处不在的教会的一份子。

2. Purpose of the Church 教会的宗旨

Now, I know what I'm supposed to do when I get McDonalds. I'm there to eat, If I'm on a long trip I'm there for the bathroom.

现在，我知道当我到麦当劳时我应该做什么，我是来吃东西的，如果我在长途旅行，我是为了上洗手间。

But what is the church supposed to do when we gather. Now that we're all here, what's the point?

但是，当我们在教会聚集时，应该做怎么办呢？既然我们现在都在这里了，要点应放在那里？

Second point today, what is the purpose of the church?

今天的第二点，教会的目标是什么？

As we saw in 1 Peter, the church is God showing mercy, calling a people to himself. It is a restoration of the vertical relationship. Humanity and God are reconciled.

正如我们在《彼得前书》看到，教会是上帝向人施怜悯，召唤他们到他那里。是垂直的关系的修复。人类和上帝和好。

But there is also a horizontal reconciliation. The purpose of the church is to bring unity. Unity to a scattered, diverse, very different collection of warring humans. Church is the reconciliation between God and people – but the church is also God bringing unity between these people.

但也有横向和好。教会的目的是带来团结。把一个分散的，多样化的，非常不同的在交战的人类集合团结起来。教会是神与人之间的和好，但教会也是神为这些人之间带来团结。

Ephesians 2:11-12

《以弗所书》2：11-12，

¹¹ Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (which is done in the body by human hands)—¹² remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world.

¹¹ 所以，你们要记得：从前你们按肉体是外邦人，是「没受割礼的」；这名字是那些凭人手在肉身上「受割礼的人」所取的。¹² 要记得那时候，你们与基督无关，与以色列选民团体隔绝，在所应许的约上是局外人，而且在世上没有指望，没有上帝。

All people were separated from God and also divided from each other. There was a real, painful, and deep hostility between Jews and Gentiles, but also between Gentiles and Gentiles from different regions.

所有人都与神无关，也彼此分离。犹太人与外邦人之间，以及不同地区的外邦人与外邦人之间，有着真实、痛苦和深刻的敌意。

Eph 2:13-16

《以弗所书》2：13-16

¹³ But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. ¹⁴ For he himself is our peace, who has made the two groups one and

has destroyed the barrier, the dividing wall of hostility, ¹⁵ by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, ¹⁶ and in one body to reconcile both of them to God through the cross, by which he put to death their hostility.

¹³ 从前你们是远离上帝的人，如今却在基督耶稣里，靠着他的血，已经得以亲近了。¹⁴ 因为他自己是我们的和平，使双方合而为一，拆毁了中间隔绝的墙，而且以自己的身体终止了冤仇，¹⁵ 废掉那记在律法上的规条，为要使两方借着自已造成一个新人，促成了和平；¹⁶ 既在十字架上消灭了冤仇，就藉这十字架使双方归为一体，与上帝和好，

Jesus gathers people to himself who now have peace. The dividing walls that we put up between people are torn down.

耶稣聚集所有人到自己那里去促成和平。拆毁了我们之间所建立的隔绝的墙。

God's great plan is to gather diverse people to each other and to himself. SO that every one would know how great he is. He puts warring people together, the lion and the lamb, and they don't fight! They don't devour because Jesus' blood has brought peace. Ended peoples' wars and made them all the same family and have the same loyalty.

上帝绝妙的计划是把不同的人聚集在彼此和自己身上。这样，每个人都知道他是多么伟大。他把交战的人放在一起，狮子和羔羊，而他们不再交战！他们不再吞噬，因为耶稣的血带来了和平。结束了人们的战争，使他们成为同一个家庭的成员，拥有同样的忠诚。

So, before Church is about us. The purpose of the church is seeing what God has already done here.

所以，在教会是关于我们的之前。教会的目标是认识上帝已经在这里做了什么。

If the U.S. President is able to unite his divided country, divided on social issues, health care, democrats vs republicans; if he's able to do that, he'll have done a great job. He'll be celebrated. They'll carve his face into the side of Mt Rushmore!

如果美国总统能够团结他的分裂的国家，在社会问题、医疗保健、民主派和共和党之间的分歧；如果他能够做到这一点，他就是做得很好。他会被尊崇。他们会把他的脸容刻在总统山上！

But what God has done in Jesus is far, far greater. He has united people across all time and space, different languages, ethnicities, personal preferences, and brought us all into one family together. Not a family at war with itself, but one with peace.

但神在耶稣中所成就的，要远、远超越他们。他团结了所有不同时空，不同语言，种族，个人喜好的人，把我们带到一个家庭。不是一个在与自己开战的家族，而是一个和平的家庭。

That is who we are to be. One showing God's awesomeness in bringing peace.

这就是我们要成为的。促成和平以显示上帝令人敬畏的各方面。

A multiethnic, multigenerational, socio economically diverse gathering of people declaring that Jesus is the Lord, for God's glory.

多民族、多代、社会经济多样化的人聚在一起去为神的荣耀宣认耶稣是主。

That is who we are to be.

这就是我们要成为的。

That is the big picture purpose of church, what being a part of following Jesus at St Paul's means.

这就是教会的目标，大局，是作为在圣保罗堂中跟随耶稣的一份子的意义。

The author of the letter to the Hebrews get's more specific and practical for us about the purpose of the church and to each other.

给希伯来人的信的作者对我们教会和对彼此的目标，给了更加具体和实用的说明。

Hebrews 10:19-20

《希伯来书》 10: 19-20

¹⁹ Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, ²⁰ by a new and living way opened for us through the curtain, that is, his body,

¹⁹ 所以，弟兄们，既然我们靠着耶稣的血得以坦然进入至圣所，²⁰ 是借着祂给我们开了一条又新又活的路，从幔子经过，这幔子就是祂的身体。

Since all that Jesus has done, the author has a series of calls for us as the church, and they start with Let Us.

耶稣既然已做了这些一切的事，作者对我们教会有一系列的要求，都以「我们该」作开始，

²² let us draw near to God with a sincere heart and with the full assurance that faith brings,

²² 那么，我们该用诚心和充足的信心……来亲近上帝。

We follow the Lord with faith because of the work of the Holy Spirit, centered around God's word the bible.

我们因为圣灵的工作，可以充足的信心跟随主，以神的话语「圣经」为中心。

Whenever we gather, we do it around Jesus, and him revealed in the bible. This is why there is always a bible reading in church. When Steve or I preach, or anyone else, we point to the bible, these are never my thoughts in isolation.

每当我们聚集时，我们是围绕着耶稣，跟据在圣经中揭示了的祂而聚集。这就是为什么在教会里总会阅读圣经的原因。当主任牧师或我，或其他人，讲道，我们指向圣经，这些从来不是我孤立的想。

We draw close to God as the church, growing in faith around his word, vs 22 continues...

作为教会，我们亲近上帝，围绕着他的话在信心中成长，22节还说，

having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

同已蒙洁净、无亏的良心，和清水洗净了的身体

That's why we often say a confession in church to remind each other that my sin, your sin is dealt with in Jesus.

这就是为什么我们经常经常在教会里忏悔，彼此提醒对方，我的罪和你的罪都已被耶稣处理好了。

Vs 23,
23 节，

²³ Let us hold unwaveringly to the hope we profess, for he who promised is faithful.

²³ 我们要坚守所宣认的指望，毫不动摇，因为应许我们的那位是信实的。

We remind each other as the church about who our hope is in. We hear the bible expounded each week about this hope. But more than that, the church is vs 24,

作为教会，我们彼此提醒对方，我们的指望谁。我们每周听到圣经阐述这个指望。但更重要的是，24节，教会是，

²⁴ And let us consider how we may spur one another on toward love and good deeds,

²⁴ 我们要彼此相顾，激发爱心，勉励行善；

These are both more than what happens in church services, but not less. Up here in service we get to encourage each other to worship God, but also after the service, at community group.

这些都比在教会崇拜中发生的事情更多，但不超过。在崇拜中，我们互相鼓励对方崇拜上帝，但也在崇拜后，在群体小组中。

The last in the list of the Let us' is in verse 25,

在清单中，最后的「我们该」是在第25节，

Let us...not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

²⁵ 不可停止聚会，好像那些停止惯了的人，倒要彼此劝勉，既然知道那日子临近，就更当如此。

The author of Hebrews is speaking about the tension between the local and universal church. It's the thought that says, I'm a Christian I can just read my bible and pray at home. God can still talk to me. I'm a Christian, part of the universal church. And this is true, but it isn't true in isolation from being part of a local church.

《希伯来书》的作者正在谈论地方和普遍教会之间的紧张关系。就是针对说，我是一个基督徒，我可以在家里读我的圣经，祈祷的这个想法。上帝仍会向我说话。我是一个基督徒，是普世教会的一份子。这都是事实，但若与成为当地教会的一份子单独出来，就是不正确的。

In previous years at this point I may have encouraged you to be more regular at church. But the problem for us in the last year is that we were unable to meet.

在前几年，在这一点上，我可能鼓励你更经常来到教会。但是，我们去年的问题是，我们不可能见面。

The church building was closed. We couldn't do what this says, we couldn't meet together. And we adapted really well. We moved online, we livestreamed church services, had community groups on Zoom.

教堂要关闭。我们不能做这里说的，我们不能聚在一起见面。我们适应得非常好。我们搬到网上，我们直播教会崇拜，和在 Zoom 中有小区团契。

And now we continue to livestream our services, and it's really great. Nick Freestone wasn't here 2 weeks ago being unwell after surgery, and he watched and was part of it to some degree.

现在我们继续直播我们的崇拜，这真的很棒。尼克两周前因手术后身体不适，不在这里，他在网上观看，并在一定程度上参与在其中。

But since our return from COVID there is a different challenge before us, we can face the temptation of thinking that being part of church = watching a service. Thinking that watching a video of a church service is the same as being a part of church.

但自从COVID后的回归到教会，我们面临不同的挑战，我们面对的诱惑是可能认为观看崇拜便等同参与了教会作为的一份子。认为在观看教会崇拜的视频与参与成为教会的一份子是一样的。

Youtube is great, our team do an amazing job. Don't hear me saying bad things about them, or for those watching at home.

Youtube很棒，特别是我们的制作团队干得很不错。我不是在说关于他们，或那些在家看的人的坏话。

We actually want to increase the amount of people that are watching church on youtube. 我们实际上想增加在YouTube上观看教会的人的数量。

But the livestream has a purpose. If you have a friend who is interested in what goes on in church, send them to youtube.com/stpaulschatswood.

但直播是有目标的。如果你有朋友有兴趣认识教会崇拜的流程，把这个 www.youtube.com/stpaulschatswood 的网址发给他们。

But watching a church service is not being part of church.

但在网上看教会崇拜并不是参与成为教会的一份子。

I think for us our view of church can be impacted by our tv habits. I can watch and binge whatever I want. It's easy to think that watching church is like watching a sport.

我认为我们对教会的看法可能是受着我们看电视的习惯所影响。我可以看我想要的，可无节制地看。很容易去认为教会崇拜就像看体育运动或球赛。

I can go to the AFL game and watch the swans play, in the rain and the cold. Or I can watch it at home from the comfort of my lounge.

我可以在雨中或寒冷中到场去看澳式榄球，看天鹅队的比赛。或者我可以在家里舒适的大厅的大椅上去观看。

The only problem is that being at church might feel like just sitting and watching what's going on. But church is much more like we are on the field together.

唯一的问题是，在教会中也可能感觉像只是坐下来看发生了什么。但是教会更像是我们一起在场上。

If you chose to stay at home on the lounge, we are a person down on the field.

如果您选择留在家中坐在大椅上，我们是在赛场上缺少了一个人。

This passage in Hebrews 10 is full of Let us, let us do this together. And we have to be together to do that. We are together for the churches benefit, and for the individuals benefit as we serve each other.

《希伯来书》10章中的这段话充满了「我们该」，让我们一起做。我们必须在一起才能做到。我们为了教会的利益而团结在一起，为了个人的利益去互相服务。

Together as a church we draw near to God reminding each other of what the blood of Jesus has done.

作为一个教会，我们亲近上帝，互相提醒耶稣的血成就了什么。

Let us hold to that hope, spur one another to good deeds all the more as the last day approaches. We need each other because times are hard.

让我们坚守所宣认的指望，彼此相顾，激发爱心，勉励行善，既然知道那日子临近，就更当如此。我们需要彼此，因为有很多时间都是艰难的。

It is why we have the value of treasuring Jesus together.

这就是为什么我们推动一起珍惜耶稣的核心价值。

This value says;

此价值说，

Every member of St Paul's has been led individually by the Spirit of God to receive Jesus Christ as the Lord, Saviour, and supreme treasure of our lives. The Holy Spirit gathers us from all the variety of our individual backgrounds and unites us together as one body of Christ. We believe the people whom Jesus has called into relationship with himself from every tribe, language, nation, and generation are his Church and not an institution or a building. In an age of individualism we value vigilance and accountability in treasuring Jesus together as his diverse people.

圣保罗堂的每个成员都由神灵单独带领，去接受耶稣基督作为我们生命中的主、救主和至高无上的宝藏。圣灵将我们从各种个人背景中聚集起来，把我们团结在一起，成为基督的一个身体。我们相信，耶稣从每个部落、语言、民族和世代中

与自己建立关系的人，都是他的教会，而不是一个机构或建筑物。在一个个人主义的时代，我们重视警惕和问责，作为他的多样化的子民共同珍惜耶稣。

This is something that we want to value as a church. Going deeper in discipleship with God, and deeper in relationships together. It's about our togetherness as a dynamic spiritual community, hand in hand following and treasuring Jesus.

这是我们作为教会所想要重视的东西。更深入地与神有门徒的关系，更深入的与其他人在一起有关系。这是关于我们在一起作为一个充满活力的属灵团体，手牵手跟随和珍惜耶稣。

For those who are unable to be here in person, I don't mean to make you feel guilty. But I want to point out that you are missing out on God's designed goodness for church to gather. 对于那些不能亲自来到这里的人，我并不想让你感到内疚。但我想指出，你错过了上帝为教会安排设计的聚集在一起的好处。

Because there is something unique about the universal and invisible church made visible in the local church.

因为当普遍和无形的教会在当地的教会中显现出来时是独一无二的。

Let me encourage you don't stop gathering in person for community group, as we gather for church.

正当我们聚集在教会，让我鼓励你们，不要停止亲自参与社群小组的团聚。

This vision series is not about being a hammer to bludgeon you into feeling guilt and coming to church more, or about being a better Christian, working harder. 4 weeks ago, when Steve started this series, he set the vision that Jesus has called us to follow him deeply as his disciples. And he gives us 3 gifts to help us.

这个远象系列的讲道不是用锤子来敲击你，使你感到内疚，以致你多来教会，也不是更加努力地用工去作为一个更好的基督徒。四周前，当主任牧师开始这个系列时，他设定了耶稣叫我们深深跟随他去作为他的门徒的远象。他提出了三件来帮助我们的礼物，

God's word and prayer.

神的话语和祈祷。

The Holy Spirit.

圣灵

And the third is the church. The colleges, the close friends in the trenches of life.

第三是教会。同事，在生命战壕里的亲密朋友。

I've never run a marathon.

我从没跑过马拉松。

They seem a little too far to run for me. But I've seen a number of times videos and photos of people right at the end, right at the finish line. Their body is just about to give up and collapse. And there are all these other people running past totally ignoring them and focussed on themselves.

对于我似乎要跑的有点太远了。但我经常看过很多的视频和照片，就在终点线的那一刻，他们的身体正要放弃和崩溃。还有所有这些在他们身边跑过完全忽视他们，只专注于自己的其他人。

But then a person stops, they sacrifice their own time, their own race, their PB, and they help, they carry them across the finish line.

但随后有一个人停下来，他们牺牲自己的时间记录，自己的比赛，他们的个人最佳成绩，来帮助他们，他们携带他们越过终点线。

That is who we are to be.

这就是我们要成为的。

We are running a race following Jesus, and we will fall over and need to be encouraged, lifted up with a reminder of Jesus' love. We'll see others in need and help them too.

我们跟着耶稣在赛跑，我们会摔倒，需要受到鼓励，被耶稣的爱去提醒而振作起来。我们将看到其他有需要帮助的人，也会去帮助他们。

Everyone else is heading in their own direction. But the church helps each other get to the end following Jesus.

其他人都朝着自己的目标方向前进。但是教会互相帮助去达到跟随耶稣的终点。

We can try to run the race following Jesus on our own, but God hasn't designed us that way – he has given to each of us each other. The church! One body, local and universal, showing the world how good God is in uniting us, as we charge towards him arm in arm.

我们可以试着自己跟随耶稣来去比赛，但上帝并没有这样设计我们…他把彼此都给了我们。就是这教会！一个身体，本地和普遍的，在我们手牵手跑向他的同时，显示给世界知道上帝团结了我们是多么的好。