

10. Ephesians 以弗所書.

1. 00:02 - 00:49 Picture 1a and 1 b (Picture 1a) Paul's letter to the Ephesians. Ephesus was a huge city. It was the epicenter of worship for most of the Greek and Roman gods. For over two years, Paul had a really effective missionary presence there. Lots of people became _____ of Jesus. Years later, after being _____ by the Romans, Paul wrote this letter. (Picture 1b) The movement of thought in the letter divides into two really clear halves. Explain briefly how these two halves linked to each other. Use keywords as exploring, climax, multi-ethnic community, affect, personally, families.

2. 00:55 - 02:52 Picture 2 Chapter 1 opens with a beautiful Jewish style poem where Paul praises God the Father for the amazing things that he has done in _____. From eternity past, the father has purposed to _____ and _____ a covenant people. Think here of the family of Abraham and Genesis in chapter 12 verses 1-3. Through _____ now, anyone can be _____ into that family. Jesus' death _____ our worst sins, our worse failures. In Jesus, we find God's _____. In fact, Paul says that grace has opened up a whole new way for us to understand every part of our lives. He says, in chapter 1 verse 10, that God's purpose was to _____ all things in heaven and on earth under _____ which is a title that means _____. God's plan was always to have a huge family of restored human beings who are _____ in Jesus the Messiah. Paul talks

1. 图片 1a 和 1b (图片 1a) 保罗给以弗所书信。以弗所是一座大的城市，它是希腊神和罗马各种神明的敬拜的中心。两年多来，保罗在那里的宣教非常有效。许多人成为耶稣的_____。多年后，保罗被罗马人_____之后，保罗写了这封信。(图 1b)

《以弗所书》分为两部分。简要说明这两个半部分如何相互联系。使用关键字，探索，高潮，多族裔社区，影响，个人，和家庭。

2. 图片 2 第一章以一首优美的犹太风格诗开始。保罗赞美父神在_____里成就的奇妙大事。在创世之前，天父就决定_____并_____一群跟他立约的子民。想想亚伯拉罕一族和创世纪第 12 章 1-3 节，借着_____，任何人都能被_____进这个大家庭。耶稣的死_____了人最深的罪恶和最惨痛的失败，我们在耶稣里得到了神的_____。实际上，保罗说恩典为我们了解生活的每个部分开辟了一条全新的道路。他在第 1 章第 10 节中说“一切所有的都在_____里_____”。神的计划就是以耶稣弥赛亚_____，建立一个由新造之人组成的合一的大家庭。保罗谈论非犹太人如何都听过耶稣和通过他的救赎，并且他们也通过圣灵的工作被带入这个家庭。

1. 00:02 - 00:49 Afbeelding 1a en 1 b (Afbeelding 1a) De brief van Paulus aan de Efeziërs. Efeze was een hele grote stad. Het was het middelpunt van aanbidding voor de meeste Griekse en Romeinse goden. Paulus was daar meer dan twee jaar persoonlijk aanwezig en deed echt effectief zendingswerk. Veel mensen werden _____ van Jezus. Jaren later, nadat hij door de Romeinen was _____, schreef Paulus deze brief. (Afbeelding 1b) De opbouw van deze brief kan verdeeld worden in twee delen. Leg in het kort uit hoe deze twee delen met elkaar verbonden zijn. Gebruik trefwoorden als verkennen, hoogtepunt, multi-etnische gemeenschap, invloed hebben op, persoonlijk, gezinnen.

2. 00:55 - 02:52 Afbeelding 2 Hoofdstuk 1 begint met een prachtig gedicht in Joodse stijl waarin Paulus God de Vader prijst voor de wonderbaarlijke dingen die Hij heeft gedaan in _____. Al sinds heel lang was de Vader van plan een verbondsvolk te _____ en te _____. Denk hier aan de familie van Abraham en Genesis in hoofdstuk 12, vers 1-3. Door _____ kan iedereen nu in dat gezin worden _____. Jezus 'dood _____ onze ergste zonden en alles dat mis gaat met ons. In Jezus vinden we Gods _____. In feite zegt Paulus dat genade voor ons een geheel nieuwe manier heeft geopend om elk deel van ons leven te begrijpen. Hij zegt in hoofdstuk 1 vers 10 dat het Gods doel was om alle dingen in de hemel en op aarde _____ te brengen met _____, de _____. Gods plan was altijd om een hele

about how non-Jews, all heard about Jesus and the salvation through him and they were also brought into this family by the work of the Holy Spirit. Here he is referring to the events told in the stories of Acts about how God's Spirit brought together Jew and non-Jew into one family in Jesus. It is just like God _____ to Abraham long ago. Notice how in this poem Paul begins by talking about _____ the Father but then about _____ the Son and then, here the end, about the _____. All _____ work together as Paul tells the story of the gospel. After the poem, Paul responds with a _____. He prays that these followers of Jesus would not just know about, but _____ experience, the _____ of the gospel, that they would be _____ by the same power that _____ Jesus from the dead and placed him as the _____ head of the whole _____.

3. 02:56 - 04:45 Picture 3a and 3b. In chapter 2, Paul goes back and elaborates on some key ideas from the poem in chapter one, especially God's grace and this new multi-ethnic family of Jesus. He begins by retelling the story of how these non-Jewish Christians came to know Jesus. Use picture 1b to tell the story of how the non-Jewish Christians came to Christ. Use keywords as physically, spiritually, trapped, deceived, saved, forgiven, life, new human beings, joy. (Picture 3b) Furthermore, not only have they been shown God's grace, they have also been invited into a _____ family. Before hearing about Jesus, these non-Jewish people were not just cut off from God, they were cut off

在这里，他指的是使徒行传中讲述的有关神的灵如何将犹太人和非犹太人聚集在耶稣的一个家庭中。这实现了神在很久之前对亚伯拉罕的____。请注意，保罗在这首诗里先提到____，然后提到神的儿子____，最后说到____。就像保罗在福音书里所讲的，神的____位格一同工作。在诗歌后面，保罗用____回应，他祈求神讓基督徒不仅要了解福音，还要____经历福音的____，经历到那种让耶稣从____并成为____的大能。

3. 图片 3a 和 3b。在第二章中，保罗回过头来阐述第一章里诗中的一些关键思想，特别是神的恩典和这个新的多民族的耶稣家庭。他首先讲述了这些非犹太基督徒如何认识耶稣的故事。使用图片 1b 讲述非犹太基督徒如何来到基督的故事。使用关键词，在身体上，精神上，被困，受骗，被保存，原谅，生活，新人类，喜乐。（图 3b）此外，不仅向他们展示了神的恩典，还邀请他们加入了一个____家庭。在听说耶稣之前，这些非犹太人既与神隔绝，也与跟神____就是亚伯拉罕大家庭隔绝。使用图片 3b 来说明非犹太基督徒如何与神隔绝，以及如何消除这一障碍。使用边界线，实现，统一人性等关键字。

grote familie van mensen te hebben die vernieuwd zijn en die _____ gebracht zijn in Jezus de Messias. Dit goddelijke plan werd duidelijk, zegt Paulus, toen we voor het eerst in dat gezin werden opgenomen. Hier verwijst hij naar etnische Joden in de familie van Abraham. Paulus vertelt hoe niet-joden allemaal hoorden over Jezus en zijn redding door hem en ook zij werden door het werk van de Heilige Geest in deze familie gebracht. Hier verwijst hij naar de gebeurtenissen die in Handelingen worden verteld over hoe Gods Geest Jood en niet-Jood samenbracht in één familie in Jezus. Het is precies zoals God lang geleden aan Abraham _____. In dit gedicht merk je hoe Paulus begint te praten over _____ de Vader, maar dan over _____ de Zoon. En dan aan het einde over de _____. Alle _____ werken samen terwijl Paulus het verhaal van het evangelie vertelt. Na het gedicht antwoord Paulus met een _____.

Hij bidt dat deze volgelingen van Jezus niet alleen de _____ van het evangelie zouden kennen, maar deze kracht ook _____ mogen ervaren. Dat deze zelfde kracht, die Jezus uit de dood heeft _____ en Hem als het _____ hoofd van de hele _____ heeft gemaakt, ook deze volgelingen _____ mag geven.

3. 02:56 - 04:45 Afbeelding 3a en 3b
In hoofdstuk 2 gaat Paulus terug en gaat hij in op enkele sleutelideeën uit het gedicht in hoofdstuk één. In het bijzonder Gods genade en deze nieuwe multi-etnische familie van Jezus. Hij begint met het navertellen van hoe deze niet-Joodse christenen Jezus leerden kennen. Gebruik afbeelding 1b om het verhaal te vertellen van hoe de niet-Joodse

from his _____ people, the family of Abraham, and for a really practical reason. Use picture 3b to explain how the non-Jewish Christians were cut off from God and how this barrier was removed. Use keywords like boundary line, fulfilled, unified humanity.

4. 04:48 - 05:45 Picture 4 The second half of the letter Paul starts challenging the reader to respond to the Gospel story by how they live their own life story. He starts in chapter 4 with just the everyday life of the church. The church is a big _____ with lots of different kinds of _____. But he emphasizes that they are _____. One is a key word in this chapter. They are one _____ that is unified by one _____. They have one Lord with one faith. They have one baptism. They believe in one God. It is a lot of _____. However, Paul says unity is not the same thing as _____. He goes on to explore how Jesus' new family consists of lots of very _____ kinds of people but they are all empowered by the _____ Holy Spirit, each using their unique talents and passions to _____ and to _____ each other, and to _____ the church. Here he uses two really cool metaphors. One is building up the church as a _____. The second is that they are all becoming a new _____ with _____ as the head.

5. 05:50 - 06:34 Picture 5 This new humanity is a metaphor Paul is then going to run with for the next couple chapters. Paul challenges every _____ to take off their old _____ like a set of old _____ and to put on their new humanity in which the _____ of God is being

4. 图片 4 保罗的这封信的后半部分开始挑战读者如何通过自己的生活故事来回应福音故事。从第 4 章开始，他介绍教会的日常生活。教会是一个很大的 _____，有许多不同种类的 _____，但他强调它们是 _____。合一是本章中的关键词，他们是由一个 _____ 统一的 _____，他们有一个有信仰的主，他们有一个洗礼。他们相信一个神。很多的 _____。但是，保罗说团结与 _____ 不是一回事。他继续探索耶稣的新家庭如何由许多 _____ 人组成，但他们都靠 _____ 圣灵得着恩赐，各人用独特的属灵恩赐和热情彼此 _____、彼此 _____，_____ 教会。在这里，他使用了两个非常酷的比喻。一个是将教会比作 _____。第二个是他们都将成为 _____ 让 _____ 成为他们的头。

5. 图片 5 这个新人类是一个比喻，然后保罗将在接下来的两章中继续讨论。保罗挑战每一位基督徒像脱去 _____ 一样脱去 _____，“穿上新人”，这个新人 _____ 被造时神的 _____。然后，他继续进行这一较长的部分，比较新人类和旧人类。使用图片 5 比较新旧人类。

6. 图片 6 保罗用四种不同的方式阐明了这种影响。（问题）这四种不同的方式是什么？（使用

christenen tot Christus kwamen. Gebruik trefwoorden als lichamelijk, geestelijk, gevangen, bedrogen, gered, vergeven, leven, nieuwe mensen, vreugde.

4. 04:48 - 05:45 Afbeelding 4 In het tweede deel van de brief begint Paulus de lezer uit te dagen om op het evangelieverhaal te reageren door hun eigen levensverhaal te leiden. Hij begint in hoofdstuk 4 met alleen het dagelijkse leven van de kerk. De kerk is een grote _____ met veel verschillende soorten _____. Maar hij benadrukt dat ze _____ zijn. Eén is een sleutelwoord in dit hoofdstuk. Ze zijn één _____ dat is verenigd door één _____. Ze hebben één Heer met één geloof. Ze hebben één doop. Ze geloven in één God.

Er is veel _____. Paulus zegt echter dat éénheid niet hetzelfde is als _____. Vervolgens onderzoekt hij hoe het nieuwe gezin van Jezus uit heel veel _____ soorten mensen bestaat. Maar ze worden allemaal bekrachtigd door de _____ Heilige Geest, en allemaal gebruiken hun unieke talenten en passie om te _____ en elkaar _____ te hebben, en de kerk op te _____. Hier gebruikt hij twee geweldige beeldspraak. De ene bouwt de kerk op als een n _____ t _____. En bij de tweede worden ze allemaal een nieuwe _____ met _____ als hoofd.

5. 05:50 - 06:34 Afbeelding 5 Deze nieuwe mensheid is een beeldspraak waarmee Paulus dan aan het werk gaat voor de volgende paar hoofdstukken. Paulus daagt elke _____ uit om hun oude _____ uit te doen als een stel oude _____ en om hun nieuwe leven aan te trekken waarin het _____ van God wordt _____. Hij gaat dan

_____. He then goes on into this long section where he compares this new and old humanity. Use picture 5 to compare the old and new humanity.

6. 06:40 - 07:50 Picture 6 Paul spells out what that influence looks like in four different ways. (Question) What are these four different ways? (Use picture 6) Moreover, Paul expands on this fourth point by showing how it works in Christian marriage. You have a wife who follows Jesus. She is called to _____ and allow her husband to become _____ for her. The husband is called to _____ his wife and to use his responsibility to lay down his _____ agenda to prioritize his wife's well-being _____ his own. Paul says it is this kind of marriage that is actually a replica of the gospel story. The husband's actions imitates _____ and his love and self-sacrifice. The wise actions imitate the _____ which allows Jesus to love her and to make her new. Paul then applies the same idea to children and parents as well as slaves and masters.

7. 07:56 - 08:47 Picture 7 Paul closes out the letter by reminding these Christians of the reality of _____. These are beings and forces that will try to _____ the _____ of Jesus' people and to compromise their new _____. So Paul challenges them to stand _____ and to put on this figurative set of body armor which he describes in detail. Paul has drawn all of these pieces of body armor from the book of Isaiah and how Isaiah depicted the messianic king. Now, as the Messiah's followers, we need to make the Messiah's

图片 6) 此外，保罗在第四点作了扩展，展示了它在基督教婚姻中的运作方式。你有一个妻子是基督徒，她就要_____丈夫，并允许丈夫为她_____；而丈夫应该_____妻子，并因着责任放下_____要_____，並_____考虑妻子的利益。保罗说这是婚姻，实际上这是福音故事的翻版。丈夫的举止模仿了_____，以及祂的爱心和自我牺牲。妻子明智的举止模仿了_____，它使耶稣可以爱她并让她崭新，然后保罗将同样的想法应用于孩子，父母以及奴隶和主人。

7. 图片 7 保罗通过提醒基督徒_____是真实存在来结束这封信。它们将试图_____耶稣子民的_____，并诱惑_____妥协。保罗挑战他们要站立_____并穿上他详细描述的那套具象征意义的盔甲。保罗从以赛亚书中吸取了所有这些盔甲，以赛亚如何描绘了弥赛亚国王。跟随者，我们必须将弥赛亚的属性设为我们的_____，因为我们组成了耶稣的_____。实际上，保罗的意思是基督徒要从建立_____开始，主动使用_____、_____和与彼此的_____，来帮助我们每个人在基督里_____和_____。那是给以弗所人的信。很强大。保罗在这里总结了整个福音故事，以及它应该如何_____我们生活故事的每个部

verder in dit lange gedeelte waar hij deze nieuwe en oude mensheid vergelijkt. Gebruik plaatje 5 om de oude en nieuwe mensheid te vergelijken.

6. 06:40 - 07:50 Afbeelding 6 Paulus legt op vier verschillende manieren uit hoe die invloed eruit ziet. (Vraag) Wat zijn deze vier verschillende manieren? (Gebruik afbeelding 6) Daarnaast breidt Paulus dit vierde punt uit door te laten zien hoe het werkt in het christelijk huwelijk. Je hebt een vrouw die Jezus volgt. Ze wordt geroepen om te _____ en toe te laten dat haar man _____ voor haar wordt. De man wordt geroepen zijn vrouw _____ te hebben en zijn verantwoordelijkheid te gebruiken om niet _____ te zijn maar om het welzijn van zijn vrouw _____ die van hem te zetten. Paulus zegt dat dit soort huwelijk eigenlijk een kopie is van het evangelieverhaal. De daden van de man zijn een kopie van _____ en Zijn liefde en offer. De wijze daden zijn een kopie van de _____ die Jezus toelaat om haar lief te hebben en haar nieuw te maken. Paulus past vervolgens hetzelfde idee toe op kinderen en ouders, maar ook op slaven en meesters.

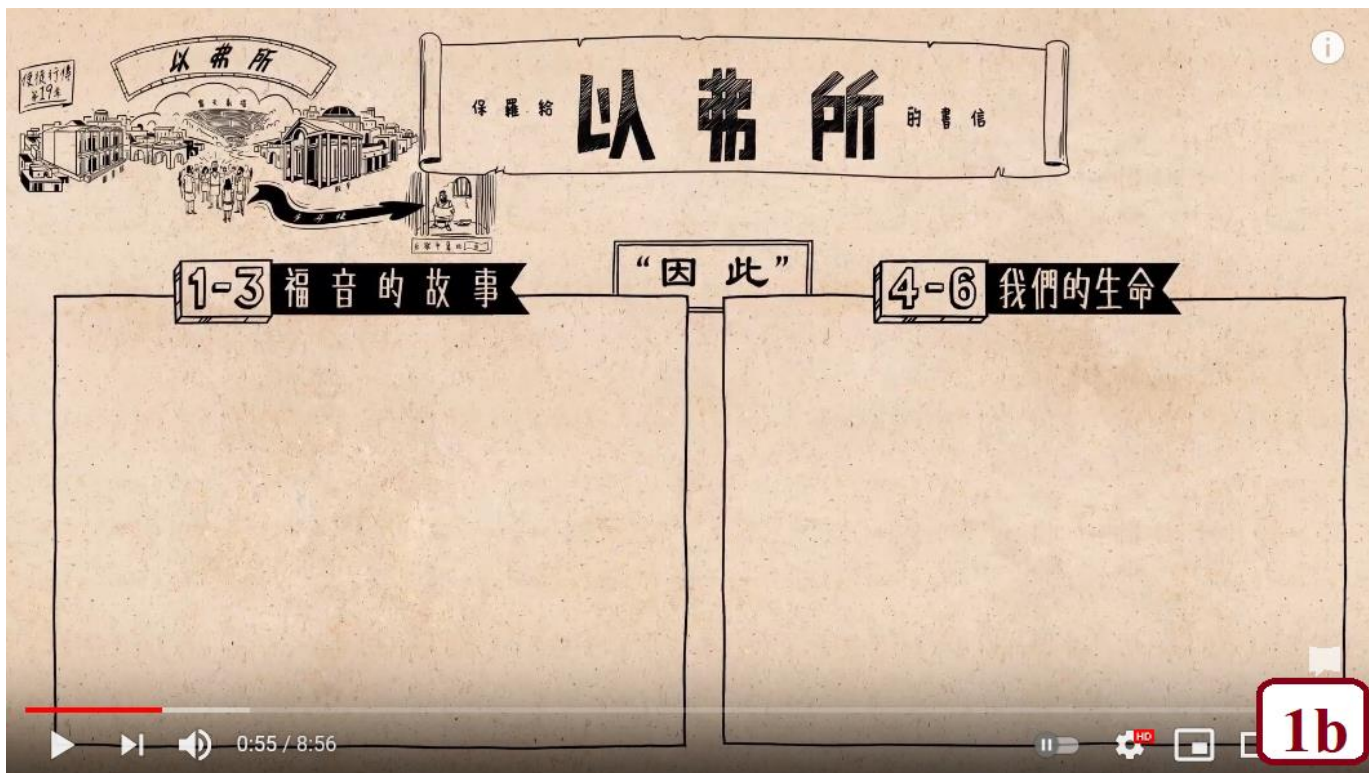
7. 07:56 - 08:47 Afbeelding 7 Paulus sluit de brief af door deze christenen te herinneren aan de realiteit van g_____ k_____. Dit zijn wezens en krachten die zullen proberen de _____ van Jezus 'volk helemaal _____ te maken en om hun nieuw _____ in gevaar te brengen. Daarom daagt Paulus hen uit om _____ te staan deze figuurlijke wapenrusting aan te trekken die hij in detail beschrijft. Paulus heeft al deze wapenrusting uit het boek Jesaja gehaald en hoe Jesaja de Messiaanse koning afbeeldde.

<p>attributes our _____, since we make up Jesus' _____.</p> <p>Practically, it means for Christians to begin to form _____, proactively using _____, the _____ and our _____ with each other to help us _____ and _____ as followers of Jesus. That is the letter to the Ephesians. Very powerful. It is where Paul summarizes the whole gospel story and how it should _____ every part of our life story.</p> <p>8. Use 1 picture to share 1 thing you have learned from this lesson about God the Father/Son/Holy Spirit.</p> <p>Scripture reading:</p> <p>Isaiah 11:5; 49:2; 59:17 Ephesians 4 Ephesians 5:15-33</p>	<p>分。</p> <p>8.使用 1 张图片分享你从本课程中学到的关于父神，圣子，圣灵的 1 件事。</p> <p>经文阅读： 以赛亚书： 11：5； 49：2； 59:17 以弗所书 4 以弗所书 5：15-33</p>	<p>Dus nu als de volgelingen van de Messias, moeten we de eigenschappen van de Messias tot ons _____, aangezien we het _____ van Jezus vormen. In de praktijk betekent het dat christenen _____ gaan vormen door vooruitlopend gebruik te maken van _____, de _____ en onze _____ met elkaar om ons te helpen _____ en _____ te worden als volgelingen van Jezus. Dat is de brief aan de Efeziërs. Heel krachtig. Hier vat Paulus het hele evangelieverhaal samen en hoe het elk deel van ons levensverhaal moet _____.</p> <p>Schriftlezing: Jesaja 11:5; 49:2; 59:17 Efeziërs 4 Efeziërs 5:15-33</p>
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English: <https://www.youtube.com/watch?v=Y71r-T98E2Q>

國語: <https://www.youtube.com/watch?v=0RU9aZZDqmk>

粵語: <https://www.youtube.com/watch?v=oz59u5m-QYs>



1-3 福音的故事

1:3-14

開篇詩歌

讚美神在
基督裡

所做成的

使徒行傳
第2章

1:15-23

禱告

經歷
那使耶穌從
死裡復活的
能力

1:10 萬有都在彌養亞裡同歸於一

2:56 / 8:56

2

2:1-10 神的恩典...

2:11-22

新人

新的
目的
&
使命

神的
恩典

沒有意義 蒙騙 罪
自私

3:45 / 8:56

3a

死裡復活能力

我們猶太人 你們外邦人

如 恩

立約的新家庭

1:10 萬有都在彌養亞裡同歸於一

2:1-10 神的恩典...

2:11-22 全新的、多種族家庭

新人

新命

立約的新家庭

“成爲一個新人,這樣就締造了

罪 和平”

沒有意義 蒙騙 自私

4:20 / 8:56

3b

為要 建立 教會:

1 新聖殿

2 耶穌為首 建造的人

5:50 / 8:56

4

4:17-6:9

舊

新

除去

穿上

謊言

真話

憤怒

和平

偷竊

慷慨

閒話

鼓勵

報復

饒恕

淫亂

節制

醉酒

聖靈

主洗禮

信仰神

統

位聖靈，

恩賜

知

•作教導的

•作傳福音的

6:39 / 8:56

5

被聖靈影響的標誌

① 讚美的合唱

② 讚美的獨唱

③ 凡事感恩的心

④ 彼此順服

7:10 / 8:56

6a





保羅給以弗所的信

保羅總領了福音的故事
並它會如何重現我們生命的故事

1-3 福音的故事

“因此”

4-6 我們的生命

1-3-11 開篇詩歌
1-15-23 禱告

神在美神在基督裡

所做成的

經歷 那使耶穌從死裡復活的能力

1-10 萬有都在彌賽亞裡同歸於一

2-1-10 神的恩惠...

2-1-22 全新的、多種家庭

“成爲一個新人,這就夠了”

罪 和平

3-1 保羅獨特的身份
保羅是給非猶太人

你們保羅的基督

4-1-16

會 一 一 一 一 一

一位 靈

許多恩賜

使徒 先知 傳福音的

為要 建立 教會:

4-17-21 神的軍裝

邪靈

標記

聖靈

基督

家庭

教會

恩賜

[Q1]

00:02

Paul's letter to the Ephesians.

00:05

The story of how Paul came to the city of Ephesus is really interesting.

00:08

You can go read about it in Acts chapter 19.

00:11

Ephesus was a huge city.

00:12

It was the epicenter of worship for most of the Greek and Roman gods.

00:16

For over two years, Paul had a really effective missionary presence there.

00:20

Lots of people became followers of Jesus.

00:22

Years later, after being imprisoned by the Romans, Paul wrote this letter.

00:27

The movement of thought in the letter divides into two really clear halves.

00:31

In the first half, Paul is exploring the story of the gospel,

00:34

how all history came to its climax, and Jesus,

00:38

and in his creation of this multi-ethnic community of his followers.

00:42

The second half of the letter is linked to the first by the word "therefore".

00:45

Here Paul explores how the gospel story should affect how we live

00:49

every part of our life story, personally, in our neighborhoods and communities and in our families.

[Q2]

00:55

So let's dive in and we can see how Paul develops all of this.

00:58

Chapter 1 opens with a beautiful Jewish style poem where Paul praises God the Father

01:04

for the amazing things that he has done in Christ Jesus.

01:08

From eternity past, the father has purposed to choose

[Q1]

00:02

以弗所書

00:05

保羅來到以弗所這座城市的故事非常有趣，

00:08

你可以去翻翻使徒行傳 19 章。

00:11

以弗所是一座很大的城市，

00:12

是當時很多希臘羅馬神祇的祭祀中心，

00:16

保羅在那裏傳教兩年多，有很不錯的效果。

00:20

很多人成為耶穌的門徒。

00:22

幾年後保羅被羅馬抓到監獄裡，他在獄中寫了這封信。

00:27

這封信的脈絡可以被清楚地分成兩個部份。

00:31

第一部份，保羅細講福音的故事。

00:34

包括故事如何發展到最高點-耶穌誕生，

00:38

還有耶穌將他的追隨者建立為一個多元的社群。

00:42

「因此」這個詞連接了這封信的第二部分，

00:45

這裡保羅解釋了福音如何影響我們生活的每個部份，

00:49

在鄰居間、在社群團體中、還有在我們的家庭裡。

[Q2]

00:55

讓我們沉浸到這封信裡，看看保羅如何探討這些事情吧。

00:58

第一章開頭是一首優美的猶太詩，保羅在詩裡讚美父神

01:04

成就在耶穌基督身上的奇妙作為。

01:08

從創世以前，神就定了人選與他立約，並賜福給他。

01:14

也就是亞伯拉罕一家。

01:16

翻翻創世紀第 12 章 1-3 節就可以知道。

01:19

現在透過耶穌，誰都可以進到神的家裡，

01:23

耶穌的死免除了我們最糟糕的罪，還有最不堪的失敗。

01:26

and bless a covenant people.
01:14
Think here the family of Abraham
01:16
and Genesis chapter 12 verses 1-3.
01:19
Through Jesus now, anyone can be adopted into that family.
01:23
Jesus's death covers our worst sins, our worse failures.
01:26
In Jesus, we find God's grace.
01:29
In fact, Paul says that grace has opened up a whole new way for us to understand every part of our lives.
01:36
He says, in chapter 1 verse 10, that God's purpose was to unify all things in heaven and on earth under Christ
01:44
which is a title that means Messiah.
01:46
God's plan was always to have a huge family of restored human beings who are unified in Jesus the Messiah.
01:52
This divine purpose became clear, Paul says, when we were first made into that family.
01:59
Here he is referring to ethnic Jews in the family of Abraham.
02:02
But then Paul talks about how you, and here he means non-Jews,
02:06
you all heard about Jesus and the salvation through him.
02:09
and you were also brought into this family by the work of the Holy Spirit.
02:13
Here he is referring to the events told in the stories of Acts about how God's Spirit
02:18
brought together Jew and non-Jew into one family in Jesus.
02:23
It is just like God promised to Abraham long ago.
02:25
Notice how in this poem Paul begins by talking about God the Father
02:30
but then about Jesus the Son and then, here the end, about the Spirit.
02:34

在耶穌裡面，我們找到了神的恩典。
01:29
事實上，保羅說，這樣的恩典為我們開闢了一條全新的道路，使我們可以了解我們生命的每一個部分。
01:36
他在以弗所書 1 章 10 節說，神要使天上地下的萬物在基督裡面同歸於一。
01:44
(基督的意思是彌賽亞，神指派的救主)
01:46
神的計畫是要讓歸於彌賽亞耶穌的人成為一個大家庭。
01:52
保羅說，這個神聖的目的 從我們一進入神的家裡就很清楚了，
01:59
他指的是亞伯拉罕一家的猶太人。
02:02
但是保羅接著談的是你們，非猶太人，
02:06
你們都聽過耶穌和他的救恩。
02:09
藉著聖靈，你們也被納入了這個家庭。
02:13
這裡保羅說的是在使徒行傳中，聖靈讓
02:18
猶太人和非猶太人在耶穌裡成為一家人。
02:23
就像神很久以前應許亞伯拉罕的一樣，
02:25
注意保羅在這首詩中是由父神開始談起，
02:30
接著談的是神的兒子耶穌，最後談的是聖靈
02:34
這三者是一起工作的。
02:36
這實在是一件很酷的事情
02:39
這首詩結束之後，保羅做了一個禱告。
02:41
他希望這群耶穌的門徒不只是腦袋知道，還要親身去體驗福音的能力。
02:49
如此一來，他們也會被那使耶穌從死裡復活的力量所激勵，
02:52
並把他視為萬國之王。

[Q3]

02:56
在第二章中，保羅回溯說明了第一章詩中的一些重要概念，
03:01

All three work together.

02:36

As Paul tells the story of the gospel. It is really cool.

02:39

After the poem, Paul responds with a prayer.

02:41

He prays that these followers of Jesus would not just know about, but personally experience, the power of the gospel,

02:49

that they would be energized by the same power that raised Jesus from the dead

02:52

and placed him as the exalted head of the whole world.

[Q3]

02:56

In chapter 2, Paul goes back and elaborates on some key ideas from the poem in chapter one,

03:01

especially God's grace and this new multi-ethnic family of Jesus

03:05

He begins by retelling the story of how these non-Jewish Christians came to know Jesus.

03:10

Before hearing about Jesus they were physically alive but they were spiritually dead.

03:15

They were trapped in a purposeless life of selfishness and sin.

03:19

They were deceived by dark, spiritual forces of evil.

03:22

But, amazingly, God in his great love and mercy, he saved them.

03:26

He forgave all of their sins and he joined their lives to Jesus' resurrection life.

03:32

He brought them back to life, too.

03:34

So now, having been created as new human beings through Jesus,

03:38

they have the joy of discovering all of the new calling and purposes and tasks that God has set before them.

03:45

Not only have they been shown God's grace, they have also been invited into a new family.

03:50

Before hearing about Jesus, these non-Jewish people were not just cut off from God,

03:54

特別是神的恩典和耶穌廣納四海的家。

03:05

他開頭又講了一次這群非猶太基督徒認識耶穌的故事。

03:10

在認識耶穌以前，他們肉體雖然活著，但心靈卻是死的，

03:15

他們被困在充滿自私和罪的空虛人生中，

03:19

他們被邪惡的黑暗力量欺騙。

03:22

神奇的是，神用祂廣大的愛和憐憫，拯救了他們。

03:26

祂原諒了他們所有的罪，並將他們的生命與耶穌復活的生命聯繫起來。

03:32

祂也讓他們重新活過來

03:34

所以現在他們都靠著耶穌成為新的人了。

03:38

他們為上帝給予他們的所有呼召、目的和任務，感到喜樂。

03:45

他們不只嚐到神的恩典，他們也被邀請進入一個新家。

03:50

在聽過耶穌以前，這些非猶太基督徒不只與神隔絕，

03:54

他們也被排除在與神立約的人，也就是亞伯拉罕一家之外，出於一個很實際的原因：

04:00

因為神在西乃山上立的命令就像這個家庭的邊界，(譯註：西乃山是舊約當中神的聖山)

04:04

有如一道圍籬將非猶太人排除在外。

04:08

但因著耶穌，神的命令已經被成全了，而這道圍籬也被拆除了。

04:13

正如保羅所說，這兩個種族已經成為一個可以和睦共存的群體了

04:20

保羅在第三章對他蒙召

04:25

得以向非猶太人傳福音的身份深深感激。

04:28

既使人在監獄裡，他依然感謝神讓他看見這麼多人信主

04:34

所以保羅再用一個禱告，結束這封信的第一部份

04:37

這次他祈求耶穌的門徒們能被聖靈堅固，且單單抓住、理解

04:45

they were cut off from his covenant people, the family of Abraham, and for a really practical reason.

04:00

The commands of the Sinai covenant formed like a boundary line around the family.

04:04

They were like a barrier that kept most non-Jewish people away.

04:08

But in Jesus, the laws of the Torah have been fulfilled and the barrier is removed.

04:13

The two ethnic groups have become, as Paul puts it, "A new unified humanity that can live together in peace."

04:20

Paul goes on in chapter 3 to marvel at the unique role that he got to have

04:25

in spreading this good news to non-Jewish people.

04:28

Even though he is in prison, he is thanking God for the chance he has had to see this covenant family grow so huge.

04:34

So Paul closes the first half of the letter with another prayer.

04:37

This time he prays that Jesus' followers would be strengthened by God's Spirit to simply grasp and comprehend

04:45

the love that Christ has for his people.

[Q4]

04:48

The second half of the letter begins with Paul shifting gears.

04:51

He starts challenging the reader to respond to the Gospel story by how they live their own life story.

04:57

He starts in chapter 4 with just the everyday life of the church.

05:01

The church is a big family with lots of different kinds of people.

05:04

But he emphasizes that they are one.

05:07

One is a key word in this chapter.

05:09

They are one body that is unified by one Spirit.

05:12

They have one Lord with one faith.

05:14

主耶穌對屬他的人的愛。

[Q4]

04:48

信的第二部分保羅轉而

04:51

開始挑戰讀者用實際行動回應福音。

04:57

第四章保羅開始討論教會的日常生活。

05:01

教會是一個由各式各樣的人組成的大家庭，

05:04

但是他強調他們同為一個身體。

05:07

「一個」是這一章的關鍵詞

05:09

他們是一個身體，被一個聖靈連結

05:12

他們只有一位主，有同一個信心，

05:14

他們受同一種洗禮，信同一位神。

05:17

這些都是「合一」。

05:19

然而，保羅說合一不等於單一，

05:24

他繼續解釋到 耶穌的新家如何涵納許多迥異的人，

05:30

但是他們都被同一個聖靈加添了能力，以他們獨特的才能和熱情來服事神。

05:36

也彼此相愛，建立教會。

05:39

在這裡，他使用了兩個很酷的比喻。

05:41

第一個是讓教會成為一個新的聖殿

05:45

二來是他們全部成為一個新人，而耶穌是他們的頭

[Q5]

05:50

這個「新人」是他在接下來幾章使用的比喻

05:54

保羅挑戰每一個基督徒，像脫下一套舊衣服一樣脫下舊人，

05:59

並穿上恢復神形象的新人。

06:04

然後他講了一大段新人和舊人的比較，

06:09

新人說實話、不說謊，。

06:13

They have one baptism. They believe in one God.

05:17

It is a lot of unity.

05:19

However, Paul says unity is not the same thing as uniformity.

05:24

He goes on to explore how Jesus' new family consists of lots of very different kinds of people

05:30

but they are all empowered by the one Holy Spirit, each using their unique talents and passions to serve

05:36

and to love each other, and to build up the church.

05:39

Here he uses two really cool metaphors.

05:41

One is building up the church as a new temple.

05:45

The second is that they are all becoming a new humanity with Jesus as the head.

[Q5]

05:50

This new humanity is a metaphor he is then going to run with for the next couple chapters.

05:54

Paul challenges every Christian to take off their old humanity like a set of old clothes

05:59

and to put on their new humanity in which the image of God is being restored.

06:04

He then goes on into this long section where he compares this new and old humanity.

06:09

Instead of lying, new humans speak truth.

06:13

Instead of harboring, anger they peacefully resolve their conflicts.

06:17

Instead of stealing, new humans are generous.

06:20

Instead of gossiping, they encourage people with their words.

06:24

Instead of getting revenge, new humans forgive.

06:27

Instead of gratifying every sexual impulse new humans cultivate self control of their bodily desires.

06:34

Instead of getting drunk, new humans come under the influence of God's Spirit.

[Q6]

06:40

他們和氣地解決紛爭、不懷怒氣，

06:17

新人慷慨給予、不竊取別人的東西，

06:20

他們說造就人的好話、不八卦。

06:24

新人善於原諒、不以惡報惡，

06:27

新人對情慾有自制、不放縱性衝動，

06:34

新人願意被聖靈充滿、不沉迷於酒精，

[Q6]

06:40

他詳細地用四種方式來解釋聖靈的影響有甚麼特徵。

06:43

前兩個和歌唱有關。

06:45

有合唱，同時也有獨唱。

06:48

有趣的是，當保羅想到聖靈如何影響基督徒的生命，

06:51

第一件想到的事情是唱歌和音樂。

06:56

第三個被聖靈影響的特徵是凡事感恩。

07:00

而第四個是聖靈會讓基督徒謙卑，

07:03

看別人比自己更重要。

07:10

實際上保羅把第四點延伸到基督徒的婚姻上。

07:17

一位跟隨耶穌的妻子，她要尊重她的丈夫，

07:21

並且讓丈夫對她負責。

07:24

丈夫要愛他的妻子，負起他的責任，謙卑他自己

07:31

為妻子著想多過於為他自己。

07:34

保羅說這樣的婚姻才是切合福音的

07:40

這位丈夫的行為效法耶穌的愛和捨己，

07:45

而這位妻子的行為效法被耶穌愛和更新的教會。

07:50

保羅接下來把同樣的想法 應用到孩子和父母之間、奴隸和主人之間

[Q7]

07:56

信的最後，保羅提醒這些基督徒 現實中邪惡的靈

He spells out what that influence looks like in four different ways.

06:43

The first two have to do with singing.

06:45

Singing together but also singing alone.

06:48

This is really interesting that the first thing that Paul thinks of

06:51

about how the Spirit works in the lives of Jesus' people is singing and music.

06:56

The third sign of the Spirit's influence is being thankful for everything.

07:00

And the fourth is that the Spirit will compel Jesus' followers

07:03

to put themselves underneath others and to elevate others as more important than themselves.

07:10

Paul actually expands on this fourth point by showing how it works in Christian marriage.

07:17

You have a wife who follows Jesus. She is called to respect and allow

07:21

her husband to become responsible for her.

07:24

The husband is called to love his wife and to use his responsibility to lay down his selfish agenda

07:31

to prioritize his wife's well-being above his own.

07:34

Paul says it is this kind of marriage that is actually reenacting the gospel story.

07:40

The husband's actions mimic Jesus and his love and self-sacrifice.

07:45

The wise actions mimic the church which allows Jesus to love her and to make her new.

07:50

Paul then applies the same idea to children and parents as well as slaves and masters.

[Q7]

Paul closes out the letter by reminding these Christians of the reality of spiritual evil.

These are beings and forces that will try to undermine the unity of Jesus' people and to compromise their new humanity.

So Paul challenges them to stand firm and to put on this metaphorical set of body armor which he describes in detail.

08:01

他們是嘗試破壞基督徒合一的存在和勢力，

08:06

也會叫基督徒不願意穿上新人。

08:09

所以保羅挑戰他們站穩腳跟，並穿上他詳細描述的、

08:14

隱喻性的全副軍裝。

08:17

保羅從以賽亞書汲取了這些武裝的隱喻，

08:21

和以賽亞如何描述彌賽亞。

08:24

如今，作為彌賽亞的追隨者，我們應該學習彌賽亞，

08:29

因為我們是耶穌的身體。

08:31

實際上我認為保羅要基督徒養成

08:35

多禱告、多讀聖經、多培養彼此關係的習慣，

08:40

進而幫助我們長大成熟，作耶穌的門徒

08:43

這就是以弗所書，

08:46

強而有力。

08:47

保羅在信裡完整簡述了福音 還有福音重塑我們生命的每一個部份。

08:17

Paul has drawn all of these pieces of body armor from the book of Isaiah

08:21

and how Isaiah depicted the messianic king.

08:24

Now, as the Messiah's followers, we need to make the Messiah's attributes our own,

08:29

since we make up Jesus' body.

08:31

Practically I think Paul means for Christians to begin to form habits,

08:35

proactively using prayer, the Scriptures and our relationships with each other

08:40

to help us grow and mature as followers of Jesus.

08:43

That is the letter to the Ephesians

08:46

Very powerful.

08:47

It is where Paul summarizes the whole gospel story and how it should reshape every part of our life story.