

Sermon 讲道信息
 April 四月 6, 2025
 Philippians 腓立比书 3:7-14
 Consider...思索

This morning I will share some of the things I've learned as we've gone through the Freedom in Christ series. 今天上午，我将与大家分享我在“在基督里得自由”系列课程中学到的一些内容。

It'll be more a personal testimony than a sermon. And in three weeks, after Easter, others will share. 与其说是讲道，不如说是个人见证。三周后，也就是复活节后，还会有其他人来分享。

I first heard of the Freedom in Christ series about 35 years ago. The pastor who wrote the series, Neil Anderson, led a conference on Freedom in Christ at a church near where Catherine and I lived in England. 我第一次听说“在基督里得自由”系列是在三十五年前。撰写该系列的牧师尼尔-安德森（Neil Anderson）在我和凯瑟琳居住的英国一家教堂附近主持了一次关于“在基督里得自由”的讲座。

A group from our church attended. The series opened my eyes even more to a truth I was beginning to understand – that, as Paul says in 1 Corinthians 6:19-20, I am not my own, I've been bought at a price.

我们教会的一个小组参加了讲座。讲座内容让我更加看清了一个真理——正如保罗在《哥林多前书》6:19-20 中所说，我不属于我自己，我是被救主重价买赎回来的。

And this price is for my redemption. It is, as Peter says in 1 Peter 1:19, “the precious blood of Christ.” 正如彼得在《彼得前书》1:19 中所说，（重价）就是“基督的宝血”，为了救赎我。

I grew up in a non-Christian home. When I put my trust in Jesus and received him as Lord and Saviour of my life in 1981, I knew my life was no longer mine, but his.

我在一个非基督徒家庭中长大。1981 年，当我信靠耶稣，接受祂成为我生命的主和救主时，我知道我的生命不再属于我，而是属于耶稣基督。

I can picture that moment when a schoolteacher led me to Jesus and I prayed, “Lord, thank you for saving me. Come into my life. I want to live a life that is worthy of you.”

可以想象那一刻的情景，一位老师把我领到耶稣面前，我祷告说：“主啊，感谢你拯救了我。请进入我的生命。我想过一个与我蒙召的恩相称的生活。”

I remember telling my parents that I had become a Christian.

我记得我告诉父母我已经成为一名基督徒的时候。

My mom said it was just a phase of life I will go through – I guess she assumed I'll get over the “Christian stuff” in a short time.

母亲说这只是我人生中的一个阶段——我猜她以为我会很快就厌倦“基督教这玩意”。

That never happened! I joined a local church and regularly went to the youth group.

但事实并非如此！我加入了当地的一家教会，并定期参加青年团契。

Before long, as a teenager, I also joined an adult small group – I was the youngest by about 10 years. The group of about 12 people included young adults, couples, those in the fifties, seniors, and me.

没过多久，我又加入了成人小组——我是其中年龄最小的，大约比他们小十岁左右。小组有十二个人，包括年轻人、中年夫妇、五十多岁的年长者和十几岁的我。

The youth group and the small group showed me what it meant to follow Jesus.

青年组和成人小组向我展示了跟随耶稣的意义。

One of the most important truths I learned from these groups is how honesty with God and other believers makes fellowship so precious. We opened our lives and let people see what we were really like.

我从这些小组中学到的最重要的真理之一就是，对神忠心，信徒之间坦诚相交让团契生活显得格外珍贵。大家赤露敞开，让人们看到每个人生命的真实面貌。

You may remember that a couple of weeks ago I spoke about “boundaries” – knowing what’s mine and what’s yours.

你可能还记得，几周前我谈到了“界线”——知道什么是我的，什么是你的。

I began to learn in those small groups that when I am honest about what I’m going through, I can share “what’s mine” and others cared, prayed, encouraged, and supported me.

在那些小组中，我开始了解到，当我诚实地说出自己的经历时，我可以分享“我自己”，其他人也会关心我、为我祷告、鼓励我、支持我。

I tell you this because when I attended the Freedom in Christ series 35 years ago, I was so grateful to those wise youth leaders and the adult small group because they lived “freedom in Christ”.

我之所以告诉你这些，是因为三十五年前我参加“在基督里得自由”系列时，我非常感谢那些睿智的青年领袖和成人小组，因为他们活出了“在基督里的自由”。

Jesus was their first love, living for him was their joy. They were confident of their identity in Christ. Attending the Freedom in Christ series 35 years ago was like a “stamp of approval” on what I already experienced.

耶稣是他们所爱的，为耶稣而活是他们的喜乐。他们对自己在基督里的身份充满信心。参加三十五年前的“在基督里得自由”系列学习就像是对我已有经历的“认可”。

So, I have freedom in Christ. This does not mean I am a perfect example of complete freedom in Christ.

因此，我在基督里有自由，并不意味着我是在基督里完全自由的完美典范。

But as I’ve preached through this series this year, listened to the teaching videos, shared with my wife and with my pastoral colleagues at Trinity, and listened to some of the stories they’ve told about how God has been working among you, one of the key points that remains with me is honesty.

但是，当我今年通过这个系列讲道、听教学视频、与我的妻子和我在三一教会的教牧同工分享、听他们讲述神如何在他们中间作工的一些故事时，其中一个关键点让我记忆犹新，那就是坦诚。

Freedom in Christ is a first and foremost a declaration about who I am and who you are in Christ.

在基督里的自由首先是对“我是谁”和“你们在基督里是谁”的宣告。

The world, our flesh (our sinful ways), and the devil attempt to convince us otherwise, but let’s take God at his Word – he is honest about us: we are saints, holy in his sight.

世界、我们的肉体（我们罪恶的行为方式）和魔鬼都试图以谎言说服我们，但是，让我们相信神的话——祂对我们是诚实的：我们是圣徒，在神眼中是圣洁的。

And let’s speak this to ourselves daily, as Paul says in Galatians 2:20: “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”

正如保罗在《加拉太书》2:20 中所说：“我已经与基督同钉十字架，现在活着的不再是我，乃是基督在我里面活着；并且我如今在肉身活着，是因信神的儿子而活；他是爱我，为我舍己。”

This single truth lies at the centre of what it means to be a Jesus follower. I come to him with nothing. I have nothing that entitles me to his grace.

对信徒而言，真理的核心就是跟随耶稣。我们来到神面前，没有任何可以夸口的，白白享受神丰盛的恩典并不是因为我有资格。

In fact, I deserve the opposite – I am under the sentence of death. But Jesus has taken my sin and it is placed on him, and he dies instead of me. He suffers my sentence of death.

事实上，我应得的恰恰相反——我被判了死刑。是耶稣背负了我的罪债，祂代替我死去。祂承受了我的死刑判决。

The living God bleeds and dies for me. Everything about having freedom in Christ rests on this truth about the grace of God – the cross is the indisputable, unquestionable, incredible, and to our minds, gloriously unfathomable love of God for you and me.

永生的上帝为我流血，为我而死。在基督里获得一切的自由，都建立在神恩典的这一真理之上——十字架是神对你我无可争议、不容置疑、不可思议的爱，在我们的心目中，更是无上光荣和深不可测的爱。

I am “in Christ”. The irony is that we know this – we hear it preached every week, we sing it in our hymns and songs, we follow it in our daily devotions, we read it on every page of the Bible – but how many of us, myself included, come back to it every day and just dwell on the wonder of God’s grace in Christ?

我是“在基督里”的。具有讽刺意味的是，我们都知道这一点——我们每周都听讲道，我们在赞美诗和歌曲中唱这一点，我们在日常灵修中遵循这一点，我们在《圣经》的每一页上读到这一点——但有多少人，包括我自己在内，每天都回到这一点上，沉浸在上帝在基督里的恩典的奇妙之中呢？

If the Freedom in Christ series has helped in any way, I trust it is this: remember what Christ has done for you and who you are in Him!

对我们来说，如果“在基督里得自由”系列有任何帮助，我相信它就是：记住基督为你所做的一切，以及你在祂里面的身份！

And this brings me to today’s Scripture reading: Philippians 3:7-14. This is one of those moments in Paul’s writings when he is raw, vulnerable, personal.

这让我进入了今天所读的经文：《腓立比书》3：7-14。在保罗的著作中，这是他最本真、最脆弱、最个人化的时刻之一。

In fact, in this passage – and only in this passage in all his letters – he calls Jesus “my Lord” (verse 8). You sense the depth of love he shares with Jesus.

事实上，在这段经文中——在他所有的书信中也只有这段经文——他称耶稣为“我主”（第八节）。你可以感受到他与耶稣之间的深情。

In verses 7-11, Paul uses the word “consider” three times. It’s a word from the world of accountancy.

在第七到十一节中，保罗三次使用了“考虑”一词。这是一个来自会计领域的用词。

On the balance sheet are the entries of the past from verses 5-6: Paul’s Jewish background, his heritage, his pride, his zeal for the Jewish Law.

在资产负债表上，有过去的项目，来自第五和第六节：保罗的犹太背景，他的传承，他的骄傲，他对犹太律法的狂热。

These used to be in the plus column of his life. These were symbols of his own religious confidence – symbols of how better he was than anyone else. But now he compares these with the one thing that matters: knowing Jesus.

这些曾经是他生命中的正向项目。这些是他自己宗教自信的象征——象征着他比其他人更优越。但现在，他把这些与唯一最重要的事做了比较：就是认识耶稣。

And the calculation is clear: all these things in the plus column are moved into the loss column.

计算结果显而易见：所有这些算在正向项目里优越的部分都被转移到了亏损项目里。

Paul says he considers – he’s calculated – everything is a loss for the sake of Christ; everything is a loss because of the surpassing worth of knowing Jesus Christ my Lord; everything is garbage (loss!) that he may gain Christ.

保罗说，他考量——也就是说他计算过——先前以为与我有益的，现在因基督的缘故都当作有损的；因我以认识耶稣基督为至宝，便也将万事当作有损的；为了得着基督，保罗丢弃万事，看作粪土。

You may remember the quote from the missionary Jim Eliot in the final session: “He is no fool to give up that which he cannot keep in order to gain that which he cannot lose.”

你可能还记得宣教士吉姆-艾略特在最后一课中说的那句话：“放弃那不能长存的，赢得那不会朽坏的，这人不是愚昧者。”

On the balance sheet of life, knowing Jesus outweighs everything else: family, possessions, education, status, employment, lifestyle.

在人生的资产负债表上，认识耶稣胜过其它一切：家庭、财产、教育、地位、工作、生活方式。

So, the word “consider” in these verses is chosen deliberately by Paul; it captures Paul’s carefully thought-through conclusion.

因此，这几节经文中的“考虑”一词是保罗特意选择的；它捕捉到了保罗深思熟虑的结论。

In a way, what Paul is doing in these verses are the Steps to Freedom (I hope you have gone through these during this series).

从某种意义上说，保罗在这几节经文中所做的就是“在基督里得自由的步骤”（我希望你们在这个系列中已经经历过这些）。

He’s analyzed his past, he’s scrutinized his former way of life, and he’s seen it for what it was – compared to Christ, it’s nothing.

他分析了自己的过去，审视了自己以前的生活方式，并看到了它的本来面目--与基督相比，那一切什么都不是。

As I’ve journeyed through this series, the Holy Spirit has spoken to me again and again and asked, “What really matters? What am I holding on to that hinders my experience of freedom in Christ?”

在我学习这个系列的过程中，圣灵一次又一次地对我说：“什么才是真正重要的？是什么阻碍了我在基督里自由的体验？”

For me this is a mix of things. These past few weeks have been some of the most challenging of my life: things have happened that I cannot share but have brought me and Catherine to tears. I watch my dear son and daughter wrestle with so much and I feel helpless, I become frustrated, I am impatient – not with them but with what happens.

面对充满挑战的人生，常常是千头万绪，好像一言难尽。过去几周是我生命中最具挑战性的日子：发生了许多事，我无法与人分享，只能和凯瑟琳一同流泪。目睹我们亲爱的一双儿女的挣扎和破碎，我感到无助、沮丧和不耐烦--不是对孩子们，而是对发生的事情。

And things happen that seem trivial – like, remember, car tire punctures – but quickly add up. If I am honest – and I’ve just said honesty matters – I call out to God and say, “Lord, give us a break!”

这些事情看似微不足道--比如，记得吗，汽车轮胎扎破了--但很快就会再充满。如果我诚实的话--我刚说过诚实很重要--我会呼唤上帝，说：“主啊，可以让我们消停了吧！”

And then, we’ve journeyed through this Freedom in Christ series at a time of wider national and international challenges that are unlike anything most of us have known in our lives – and these have come upon us so quickly and their outcome on a human level is still very, very uncertain.

然后，我们在学习“在基督里得自由”系列中经历了更广泛的全球范围内的挑战，这些挑战是我们大多数人一生中从未经历过的--它们来得如此之快，令人瞠目结舌，未来的光景仍然非常、非常不确定。

I have held a mix of thoughts and emotions as I think about what is happening internationally: anger, concern, anxiety. My mind can run in different directions simultaneously.

当我想到国际上正在发生的事情时，我的思绪和情感交织在一起：愤怒、担忧、焦虑。我的思绪可以同时奔向不同的方向。

So, I want to learn as Paul has learned in Philippians – which, remember, was written while he was in prison at a time when he could have chosen anger, concern, and anxiety for his responses.

因此，我想学习保罗在《腓立比书》中所提到的--记住，这封书信是他在狱中写的，当时他完全有理由选择愤怒、担忧和焦虑。

I want to learn to place all those issues, challenges, and concerns to one side. I must “consider” them in the same way Paul “considers” his past – that when compared to the glory of Jesus and who I am in Christ, I can be at peace.

我要学会把所有这些问题、挑战和担忧都放在一边。我必须以保罗“看”他的过去的方式来“考虑”它们——当与耶稣的荣耀和我在基督里的身份相比时，我可以拥有平安。

In fact, at every turn, in Bible readings, in social media posts, in worship songs, in prayer, and in the Freedom in Christ series, God has clearly said to me, “Cast all your anxiety on me for I care for you.” (1 Peter 5:7).

事实上，在读《圣经》、在社交媒体上发帖、在敬拜诗歌中、在祷告中、在“在基督里得自由”系列中，每一次神都明确地对我说：“你们要将一切的忧虑卸给神，因为他顾念你们。”（彼得前书 5:7）。

I still cry out, “Lord, give us a break!” but I do so while singing the melody of God’s love: Jesus is my Lord, my goal, my life. Practically, this means I’ve done three things.

我仍在呼喊：“主啊，可以让我们消停了吧！”但我是在唱着上帝之爱的旋律时这样做的：耶稣是我的主，是我的目标，是我的生命。实际上，这意味着我做了三件事。

First, I’ve limited my exposure to the news.

首先，我限制了对新闻的接触。

Yes, I know we have a General Election approaching.

是的，我知道大选在即。

Yes, I know there are enormous challenges because of tariffs.

是的，我知道关税带来了巨大的挑战。

Yes, I know there are verbal attacks on Canadian sovereignty.

是的，我知道有人在口头上攻击加拿大主权。

But I choose not to give those more time than they deserve. For me, Freedom in Christ includes not letting myself be inundated with news so I can call upon Jesus instead.

但我选择不给这些问题更多的时间。对我来说，在基督里的自由包括不让自己被新闻淹没，这样我就可以专心地呼唤耶稣。

The second practical thing I’ve done is to walk more. I’ve been walking every day since the beginning of January – to pray, listen to Scripture, and hum or sing along to worship songs.

我做的第二件实事是多走路。从一月初开始，我每天都走路——祷告、听经文、唱赞美敬拜歌曲。

And third, I ask the Spirit to help me have a Christlike attitude: this means embracing gratitude, practicing forgiveness, performing acts of kindness, finding joy in simple moments, and remembering that Jesus is above all power and rule and authority. I want, like Paul, to choose to keep in mind what matters.

第三，我祈求圣灵帮助我拥有基督般的态度：这意味着心怀感恩、践行宽恕、行善事、在平凡简单中找到喜乐，并牢记耶稣是万主之主，万王之王，在一切权力、统治和权威之上。我要像保罗一样，选择牢记重要的事情。

Three times Paul says he considers everything a loss in verses 7-11.

在第七到十一节中，保罗三次说他看一切都是损失。

But these are not the only times he considers something in our Scripture reading.

但在我们所读的经文中，这并不是他唯一一次看某些东西是损失。

Look at verses 12-14. Paul will press on to take hold of that for which Christ Jesus took hold of him. But, he says, he does not consider himself yet to have taken hold of it.

请看第十二到十四节。保罗将继续竭力追求，或许可以得着基督耶稣所要他得着的。但他并不以为自己已经得着了。

If I watch anything on TV it’s usually highlights of English Premier League soccer games, home renovation shows, and jazz piano performances on YouTube.

通常我会在电视上看英超足球赛的集锦、家庭装修节目和爵士钢琴演奏会。

The soccer highlights are because these connect me with my country of birth – and I do enjoy watching dramatic and amazing goals.

看足球集锦是因为它将我与我的出生国联系在一起——喜欢看戏剧性的出人意料的进球瞬间，这也是真的。

The home renovation shows and jazz piano performances, however, speak to me in a different way. I love seeing people's creativity, ingenuity, and skill. People who rebuild or renovate their homes have a vision.

家庭装修节目和爵士钢琴表演则以不同的方式与我交流。我喜欢看到人们的创造力、智慧和技能。重建或翻新房屋的人都有自己的理想。

Jazz pianists hear melody, harmony, and rhythm, coupled with wonderful technique and musicianship, that transform a regular piece of music into something that melts my heart.

爵士钢琴家们的旋律、和声和节奏，加上美妙的技巧和演绎，将一首普通的乐曲变成能融化我心的音符，可陶冶我的性情。

Paul says he does not consider himself yet to have taken hold of that for which Christ took hold of him.

保罗说，他认为自己还没有得着基督耶稣所要他得着的。

I read this as if God is saying to Paul, you, and me, "I've got a renovation, a reconstruction, a rebuild in your life that is going to be magnificent. You will be like my Son Jesus – perfect, restored, shining bright with the radiance of my grace and goodness."

我读这句话的时候，仿佛上帝在对保罗、对你、对我说：“我正在对你的生命进行翻新、重构和重建，这将会是非常壮观的。你将像我的儿子耶稣一样——完美、已经修复、闪耀着我的恩典和良善的光芒。”

It's as if God is saying to Paul, you, and me, "Keep looking to me, keep your eyes on the glory that awaits, on the certainty of the final resurrection when there will no longer be death, mourning, crying, or pain – for I am creating a stunning melody through you that will praise Jesus for ever!"

这仿佛是上帝在对保罗、你和我说：“继续仰望我，继续注视着等待着你的荣耀，注视着最后复活的确定性，那时将不再有死亡、哀伤、哭泣或痛苦——因为我正在通过你创造出令人惊叹的旋律，将永远赞美耶稣！”

So, I press on in the freedom Christ has won for me.

因此，我在基督为我赢得的自由中继续前行。

How has Jesus changed me through the Freedom in Christ series?

耶稣是如何通过“在基督里得自由”系列改变我的？

How will Jesus continue to change me as I live this freedom in Christ day-by-day?

当我日复一日地活在基督里，耶稣将如何继续改变我？

So I consider what he has done. I consider what really matters – only Jesus. And I consider the path to glory that lies ahead – and I keep walking in freedom in Christ.

因此，看耶稣为我成就的一切，思考什么才是真正重要的——唯有耶稣，认定前方通往荣耀的道路——我将继续在基督里自由前行。