

Cultivating the Presence of the Holy Spirit

培養聖靈的同在



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The Greatest Gift

最好的禮物

John 16:7

"Nevertheless, I tell you a truth. It is to your advantage that I go away, for if I do not go away, the Helper will not come to you, but if I depart, I will send Him to you."

約翰福音16:7

然而我將真情告訴你們，我去是於你們有益的。我若不去，保惠師就不到你們這裡來；我若去，就差他來。

Helper = One called alongside to help us – role description – life coach.

一位旁邊幫助我們的人 – 角色描述 – 生命教練。



John 16:13-15

13 Howbeit when he, the Spirit of truth, is come, he will **guide you into all truth**: for he shall not speak of himself; but **whatsoever he shall hear, that shall he speak**: and he will **shew you things to come**.

14 He shall glorify me: for he shall receive of mine, and shall shew it unto you.

15 All things that the Father hath are mine: therefore said I, that he shall take of mine, and shall shew it unto you.

約翰福音16:13-15

13 只等真理的聖靈來了，他要**引導你們明白一切的真理**，因為他不是憑自己說的，乃是把他所聽見的都說出來，並要把將來的事告訴你們。

14 他要榮耀我，因為他要將受於我的告訴你們。

15 凡父所有的，都是我的，所以我說，他要將受於我的告訴你們。

- "Guide you into all truth."
- "Speak what he hears."
- "Tell you things to come."
- Reveal Jesus to us.

- 「引導你明白一切的真理」
- 「把他所聽見的都說出來」
- 「把將來的事告訴你們」
- 向我們啟示耶穌



Holy Spirit Can Be Experienced

聖靈是可以經歷的

Romans 14:17

"Kingdom of (heaven - God) is not eating and drinking (rule keeping) but is **righteousness**, peace and joy in the Holy Ghost."

羅馬書14:17

因為神的國不在乎吃喝，只在乎
公義、和平並聖靈中的喜樂。

Righteousness - right standing as a son in the presence of God.
公義——在神面前作為兒子的權利。

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Peace - can be experienced, felt, is an internal referee.

和平 - 可以體驗、感受，是內部裁判。

Colossians 3:15

And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

歌羅西書 3:15

又要叫基督的平安在你們心裡做主，你們也為此蒙召，歸為一體；且要存感謝的心。



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因為神的國不在乎吃喝，只在乎公義、和平並聖靈中的喜樂。

Joy - can be experienced, felt, characteristic of the Holy Spirit.

喜樂 - 可以被體驗、感受到，是聖靈的特徵。

Galatians 5:22-23

But the fruit of the Spirit is love,
joy, peace, longsuffering, gentleness,
goodness, faith,
23 Meekness, temperance: against
such there is no law.

Romans 15:13

Now the God of hope fill you with
all joy and peace in believing, that ye
may abound in hope, through the
power of the Holy Ghost.

加拉太書 5:22-23

聖靈所結的果子，就是仁愛、
喜樂、和平、忍耐、恩慈、良
善、信實、 23 溫柔、節制；
這樣的事沒有律法禁止。

羅馬書 15:13

但願使人有盼望的神，因信將
諸般的喜樂、平安充滿你們的
心，使你們藉著聖靈的能力大
有盼望！

The life of the Spirit is an energising force
that you can experience.

聖靈的生命是一種你能體驗到的活力。

Philippians 2:13

For it is God which worketh in you both to will and to do of his good pleasure.
因為你們立志行事，都是神在你們心裡運行，為要成就他的美意。

God is everywhere 神無處不在

- the problem we have is experiencing Him, feeling His presence.

我們的問題是如何經歷他，感受他的存在。

We need to train our spirit and soul to become conscious of the Holy Spirit
我們需要訓練我們的靈和魂來意識到聖靈

Every Person can 'Enter' the Presence of God

每個人都可進入神的同在

Hebrews 10:19

"Having boldness to enter the holiest of holies by the blood of Jesus."

希伯來書10:19

弟兄們，我們既因耶穌的血得以坦然進入至聖所

PRACTICAL WAY TO "ENTER" THE PRESENCE OF HOLY SPIRIT

“進入”聖靈同在的實際方法

1. Gratitude 感恩

Expressing thanks and appreciation for who He is and what He has done.

Opposite: Complaining, Negative, Critical, Ungrateful.

對神是誰以及神所做的感謝和讚賞。

反義詞：抱怨、否定、批評、忘恩負義。

Psalms 69:30

I will praise the name of God with a song, and will magnify Him with Thanksgiving

我要以詩歌讚美神的名，以感謝稱他為大。

PRACTICAL WAY TO "ENTER" THE PRESENCE OF HOLY SPIRIT

“進入”聖靈同在的實際方法

2. Praise 讚美

Focus attention upon Him by acknowledging who He is and what He has done.

通過承認神是誰以及神做了什麼來集中注意力在神身上。

Ps 100:4 “Enter His gates with thanksgiving and into His courts with praise.”

當稱謝進入他的門，當讚美進入他的院

Heb. 13:15 “Offer sacrifice of praise, fruit of lips, giving thanks”我們應當靠著耶穌，常常以頌讚為祭獻給神，這就是那承認主名之人嘴唇的果子。



PRACTICAL WAY TO "ENTER" THE PRESENCE OF HOLY SPIRIT

“進入”聖靈同在的實際方法

3. Meditation: Fix mind upon Him 默想：整理思緒回到神裡面

Col. 3:2 "Set your affection (mind) on things which are above ..."

你們要思念上面的事，不要思念地上的事，

Ps. 16:8 "I have set the Lord before me."

我將耶和華常擺在我面前，因他在我右邊，我便不致搖動。

Meditation: Use imagination to fix mind on the truth.

默想：用想像力將注意力集中在真理上。



PRACTICAL WAY TO "ENTER" THE PRESENCE OF HOLY SPIRIT

“進入”聖靈同在的實際方法

4. Confidence 自信

Heb. 4:16 “Let us **come boldly** to the Throne of Grace ...”

所以我們只管**坦然無懼**地來到施恩的寶座前

Need to resist and overcome negative, condemning thoughts (Rom. 8:1)

Confidence is based on knowing and holding what the Word of God says about us.

需要抵制和克服消極、譴責的想法（羅馬書 8:1）

信心是基於了解並持有上帝的話語關於我們的內容。



PRACTICAL WAY TO "ENTER" THE PRESENCE OF HOLY SPIRIT

“進入”聖靈同在的實際方法

5. Expectation 期待

Rev.1:10 "I was in the spirit on the Lord's Day and I heard a voice

啟示錄1:10 當主日，我被聖靈感動，聽見在我後面有大聲音如吹號說：

Don't be passive 不要被動

Expect = to hope, anticipate, look for.
= 希望，期待，尋找。



PRACTICAL WAY TO "ENTER" THE PRESENCE OF HOLY SPIRIT

“進入”聖靈同在的實際方法

6. Focus 焦點

Rev. 4:1 “I looked and I saw....”

此後，我觀看……

- eliminate distractions
- give your attention



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“進入”聖靈同在的實際方法

7. Waiting 等候

Ps. 27:14 "Wait on the Lord and be of good courage and He shall strengthen ..."

要等候耶和華！當壯膽，堅固你的心！我再說，要等候耶和華！

Waiting is not passive – it is resting in the Love of God in anticipation of intimacy.

等候不是被動的—它是在上帝的愛中安息，期待親密。



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“進入”聖靈同在的實際方法

8. Respond to Holy Spirit impressions 回應聖靈的感動

Mk 4:24 "To him that has ears to hear - more shall be given."

你們所聽的要留心……並且要多給你們。

Pursue more – speak and act
upon what you are receiving:
Journal.

追求更多——根據你收到的內容說話
並採取行動：日記。



PRACTICAL WAY TO "ENTER" THE PRESENCE OF HOLY SPIRIT

“進入”聖靈同在的實際方法

9. Yielding 降服

intentionally responding to impressions
and the leading of the Holy Spirit.

有意識地回應印象和聖靈的引導

Mt. 18:3 "Unless you are converted and become as little
children in no wise enter the Kingdom of Heaven."

我實在告訴你們：你們若不回轉，變成小孩子的樣式，
斷不得進天國。



PRACTICAL WAY TO "ENTER" THE PRESENCE OF HOLY SPIRIT

“進入”聖靈同在的實際方法

10. Sensitivity 敏銳度

Eph. 4:28-30 “Don't Grieve the Holy Spirit”

不要叫聖靈擔憂



Identify attitudes and actions that **grieve** the Holy Spirit and quickly address by repentance and confession.

找出使聖靈**擔憂**的態度和行為，並通過悔改和認罪迅速解決。

PRACTICAL WAY TO "ENTER" THE PRESENCE OF HOLY SPIRIT

“進入”聖靈同在的實際方法

11. Practice His Presence 練習祂的同在

1 Thess. 5:17 "Pray without ceasing."

不住地禱告

Develop a lifestyle of tuning into and responding to the Holy Spirit.

培養一種適應聖靈並回應聖靈的**生活方式**。

