

《天路导向（粤）》双语讲义

雅各书系列：生命成长的十二个步骤 - 7

EPISTLE OF JAMES - 7

1. Hello, listening friends.
亲爱的朋友，你好，
2. We are glad you tuned in to listen to the rest of this program.
很高兴，你能收听这个系列的节目。
3. We are in the midst of a series of messages from the Epistle of James.
关于雅各书信的系列信息，我们已经播出将近一半了。
4. In this broadcast, we will discuss step number six in the twelve-step program for spiritual maturity.
今天，我们要讨论信徒生命成长十二个步骤里的第六步。
5. James tells us that the control of the tongue is one of the most important steps toward Christian maturity.
雅各告诉我们，制服自己的舌头是基督徒生命成长最重要的步骤之一。
6. Let us review the previous steps.
我们来复习一下前几个步骤。
7. Step number one
第一个步骤，
8. is rejoicing in the middle of trials.
是在试炼中要喜乐。
9. Step number two
第二个步骤，
10. is saying "no" to temptation.
是拒绝试探的引诱。
11. Step number three
第三个步骤，
12. is obeying the Word of God.
是遵行神的道。
13. Step number four
第四个步骤，
14. is loving the unlovable.
是爱那些不可爱的人。
15. Step number five
第五个步骤，
16. is living out your claim of faith.
是活出信心的样式来。
17. Today, in step six, we turn to the taming of the tongue.
今天要讲的第六个步骤就是，要制服自己的舌头。
18. Why is that important?
为什么制服舌头是这么重要呢？
19. Because an uncontrolled tongue can slice up someone's reputation.
因为一个没有被驯服的舌头，可以毁掉一个人的名誉。
20. It can destroy someone's dream,
它可以毁掉你的理想，
21. or shatter a beautiful relationship.
破坏你与他人美好的关系。
22. An uncontrolled tongue can shatter lives and destroy marriages.
一个没有被驯服的舌头可以把你的婚姻生活给毁掉。
23. Too much idle talk tears down our ability to be good witnesses for Christ.
闲言闲语让你丧失为主做美好见证的能力。
24. It destroys our credibility and discredits our Savior.
它摧毁我们的威信，以致让神的名受到羞辱。
25. The ability to curb our tongue is a mark of Christian maturity.
能克制自己的舌头是成熟基督徒的标志。
26. James, as usual, does not mince words in the way he deals with the subject.
雅各保持他一贯的严谨作风，当他谈论这个问题时，并不马虎轻率。
27. Turn with me, please, to Chapter 3, beginning at verse 1, all the way to verse 12.
请翻到第三章，从第一节开始，一直到12节。（请读经文）

28. In verse 1, James begins with speaking to those who always want to be taken to a place of prominence.
在第一节里，雅各一开始就谈到那些好出风头，爱作师傅的人。
29. Let me paraphrase to you verse 1 of Chapter 3.
让我把这一节经文用通俗的话来讲一次。
30. "Stop and think before wanting to step in a position of leadership."
就是：“在你想着要作领袖之前，你要三思。”
31. Why is James saying this?
雅各为什么要这样说呢？
32. Because those who are in leadership pay a heavy price and will be judged by God in a much stricter standard.
因为凡是作领袖的，都要付出更多的代价，并且要受到神更严格的审判。
33. The Bible is full of examples of those who have thought that leadership in the church is an opportunity for gain.
圣经中有很多例子，他们一心想在教会里作领袖，以此为得利的门路。
34. Gehazi, Elisha's assistant, coveted the gift Naaman the Syrian brought to his master, and his master turned it down, and Gehazi was struck with leprosy with his whole family.
亚述的元帅乃幔带给以利沙礼物，被以利沙拒绝以后，他的助手基哈西贪念大发。结果，他和他的全家都患上了大麻疯的疾病。
35. Ananias and Sapphira thought that they could deceive the Holy Spirit of God, and both dropped dead on the spot.
亚拿尼亚和撒非喇认为圣灵是可以欺哄的，因此，双双倒在使徒脚前。
36. Do you aspire to leadership?
你渴望作领袖吗？
37. Then, you must learn the biblical correction; not crude criticism.
那么，你要学习用圣经的真理教导，而不是胡乱地批评。
38. Learn discipline, not domination.
学习培训，而不是管辖。
39. Learn authority, not autocracy.
学习建立威信，而不是搞独裁。
40. Learn leadership, not lordship.
学习领导，而不是支配别人。
41. James gives us a warning against carnal ambitions and against critical attitudes.
雅各针对存有嫉妒分争态度的人提出警告。
42. Why this warning?
为什么要警告他们呢？
43. Because those who aspire leadership will be judged strictly.
因为那些一心想着要作领袖的人，将要受到更重的判断。
44. James includes himself in the leadership of the church by saying "we."
当谈到教会的领袖时，雅各用“我们”这个词，其实也包含了他自己。
45. My listening friends, I want you to hear me correctly.
我亲爱的朋友，请注意我所说的话。
46. Whether you are a formal teacher or not,
无论你是不是一个专职的老师，
47. if you are a Christian living in this world, you are involved in teaching in some way.
身为基督徒生活在这个世界上，无论如何，你总在某方面教导别人一些事情。
48. We are teaching our friends.
我们教导我们的朋友。
49. We are teaching our spouses.
教导我们的配偶。
50. We are teaching our neighbors.
教导我们的邻居。
51. We are teaching our children;
教导我们的孩子；
52. and that is why James goes on to say that it is important for us to watch what we say; all of us,
这就是为什么雅各接着讲，要十分留心我们口中所说的话；每一个人都要留心。
53. because all of us shall render an account for what we say in the Day of Judgment.
因为，当审判的日子，我们都要为自己所说的在神面前交账。
54. Jesus said, "By your words, you shall be justified and, by your words, you shall be condemned."
耶稣说：“因为要凭你的话，定你为义；也要凭你的话，定你有罪。”

55. If, by your tongue, you confess Jesus Christ to be Lord of your life, you are saved and on your way to Heaven;
假如你承认耶稣基督为你个人的救主，你就可以得救；
56. but, if you say, “I don’t accept that Jesus is God...,” then, you already condemned yourself to Hell.
但是，如果你说：“我不接受耶稣是上帝”，那么你已经被定罪要下地狱。
57. Nobody condemned you. Your own tongue has condemned you.
不是别人定你的罪，是你自己的舌头定你的罪。
58. What we say with our mouth is very important.
因此，我们嘴唇所说的，是相当重要的。
59. It is very important.
它的确是非常重要的。
60. It is eternally important;
这重要性关系到永恒；
61. and that is why the psalmist in Psalm 141, verse 3, said,
这就是为什么诗人在诗篇 141 篇第 3 节里这样说：
62. “Set a guard over my mouth, O Lord;
“耶和华啊，求你禁止我的口，
63. keep watch over the door of my lips...”
把守我的嘴。”
64. and, in verses 3, 4 and 5, James wants us to comprehend what a powerful force our tongue can be.
在雅各书三章 3, 4, 5 节里，雅各让我们看到，舌头是多么的厉害。
65. He said it is like a bit in the mouth of a horse,
他说，舌头就像马嘴里的嚼环一样，
66. or the rudder in the ship.
也像船上的舵一般。
67. These are small components in comparison to the size of the horse or the ship, but they have powerful effect and control.
从体积上，嚼环和舵对于马或者船来说，只不过是微小的零件而已，但它们却有强大的影响和控制力。
68. That is why Proverbs 10:11 said, “The mouth of the righteous is a fountain of life, but the harsh word stirs anger.”
这就是为什么箴言 10 章 11 节这样说：“义人的口是生命的泉源，强暴蒙蔽恶人的口。”
69. In other words, from our lips can come out words of love and comfort,
换句话说，我们的口中可以发出慈爱和安慰的话，
70. words of encouragement, and wisdom and inspiration,
发出勉励、智慧和发人深省的话语，
71. words of faith that can lead men and women to the Lord Jesus Christ;
发出带领人归向主耶稣基督的信心之词；
72. yet, from that same tongue can come sarcastic comments and insinuating remarks,
然而，用同样的舌头，我们也可以发出讽刺、挖苦别人的话语，
73. can come a critical statement or a lie,
发出批评论断和谎言，
74. can come unfounded rumors, or a piece of misinformation.
散布谣言或不实之词。
75. Each of these can destroy.
每一样都足以毁掉别人的名声。
76. By our tongues, we can boldly speak the truth, even at the risk of suffering.
用舌头，我们可以临危不惧地说出实话。
77. By the power of words, we can change the world.
用话语的力量，我们可以改变世界。
78. Mary, the Queen of Scots, once said that she was more afraid of the tongue of John Knox than ten thousand fighting men, because John Knox preached the truth;
苏格兰的女王玛丽曾经说过：她很害怕约翰诺克斯的话，因为他所宣讲的真理比一万个战士更威猛。
79. yet, with our tongue we can injure, and we can kill reputations.
然而，我们的舌头也可以对别人的名誉造成伤害。
80. Think about this.
想想看。

81. Probably, none of us will purposely, physically injure another person;
我们也许不会故意去伤害别人的身体;
82. but just about all of us will speak angry words to someone else.
但是, 每一个人都会对别人发怒。
83. It is so much easier to sin with our tongue than to sin just about any other way.
用舌头犯罪比用任何其它方式犯罪容易得多。
84. No wonder James said if you control the tongue, you control all other areas of your life.
难怪雅各说, 如果你能制服舌头, 你就能够制服全身。
85. In the remaining part of this passage, verses 5 to 12, James tells us how to tame our tongues.
从第 5 节到 12 节, 雅各告诉我们怎样勒住我们的舌头。
86. Verse 5 tells us it is because of the fatal effect that the tongue can have.
第 5 节告诉我们, 正因为舌头所造成的后果是如此之严重,
87. The tongue, if untamed, will become like a spreading blaze.
因此, 如果不勒住舌头的话, 它就会像飞溅的火星一样。
88. I have seen the effect of fires.
我曾亲眼见过火灾所带来的后果。
89. It destroys everything around it.
它毁灭了周围的所有东西。
90. Let me tell you a true story.
让我告诉你一个真实的故事。
91. There was once a woman who constantly spread false rumors about her pastor.
有一个女人不断地散布有关她牧师的谣言。
92. She always criticized everything he did;
她总是对牧师所做的一切妄加论断;
93. but, one day, she realized the seriousness of what she was doing,
可是, 有一天, 她发觉事态严重,
94. and she went to him to confess and ask for forgiveness;
于是, 她去找牧师认错, 并请求他的原谅;
95. then, she asked, "Is there anything I can do to make up for what I have done?"
接下来, 她问牧师说: "有没有可以让我弥补过失的机会呢?"
96. He said, "Yes.
牧师说: "有的。"
97. Get a pillowcase full of feathers and go up on top of the hill and open the pillowcase and let all the feathers go."
你去拿一个装满羽毛的枕头到山顶上去, 打开枕头袋, 把羽毛撒到空中。"
98. She followed his instructions and, then, went back to the pastor and said, "I did what you've asked me."
那个妇人按照牧师的话照样做了, 然后, 她回来对牧师说: "我已经照着你的吩咐去做了。"
99. He said, "Now, go back and gather every one of these feathers."
牧师说: "现在, 你回去, 把所有的羽毛拣回来吧。"
100. She said, "But that's impossible!
那妇人说: "可是, 那是不可能的啊!"
101. There is no way I can find all these feathers!"
我不可能找到所有的羽毛了!"
102. He said, "That's exactly right; nor will you be able to undo the damage you did with your tongue."
牧师回答说: "同样, 你也不可能弥补你用舌头所造成的伤害。"
103. How can a tongue be the spark that creates a huge fire?
舌头是怎样引起大火来的呢?
104. There are five different ways.
有五种不同的途径。
105. First, by speaking idle words.
说闲话。
106. This means that we speak about an issue when we do not know all the facts.
意思就是, 对那些我们并不了解的事情, 妄加评论。
107. We just speak about the matter because it makes us feel important.
当我们自认为可以干涉某件事, 以突显自己重要的地位, 就随意发表意见。
108. A good cure for this is Proverbs 4:24.
对付这种毛病的良药就是箴言书 4: 24 节。
109. "Put away perversity from your mouth; keep corrupt talk far from your lips."
"你要除掉邪僻的口, 弃绝乖谬的嘴。"

110. Secondly, the tongue causes damage by uttering profanity.
第二，说亵渎的话。
111. If you're a person who speaks profanity and curses all the time, chances are your heart is not right with God.
如果你是一个整天亵渎和咒诅的人，你的心根本不尊重神。
112. Listen to what Paul said.
请听保罗所说的。
- PLEASE READ EPHESIANS 4:29 HERE.**
(请读以弗所书 4: 29)
- 污秽的言语，一句不可出口，只要随事说造就人的好话，叫听见的人得益处。
113. Thirdly, the tongue burns by insinuation.
第三，舌头可以煽风点火。
114. That is saying a word to stir up discussion or to fan discontentment.
也就是说：一句话可以引起纷争，惹动不满的情绪。
115. Proverbs 16:28 says,
箴言 16 章 28 节说：
116. "A perverse man stirs up dissension, and a gossip separates close friends."
“乖僻人播散分争；传舌的离间密友。”
117. Fourthly, the tongue burns by magnifying the faults of others.
第四，舌头会夸大别人的错误。
118. You might be constantly pointing out to your spouse his weakness and make him or her feel inadequate all the time.
也许你不断地指责你配偶的短处，以致让他总是感到很自卑。
119. Psalm 64:3, "They sharpen their tongues like swords and aim their words like deadly arrows."
诗篇 64 篇第 3 节说：“他们磨舌如刀，发出苦毒的言语，好像比准了的箭。”
120. Fifth, a tongue burns not only by what it says, but, also, by the way in which it says it.
舌头引起大火的第五种途径，不仅仅在于它说了些什么，而是怎么样说的。
121. The way we say things can be just as important as what we say;
我们说话的方式和我们说了些什么，同样重要；
122. so, where do we go from here?
因此，我们怎样做才好呢？
123. Can anybody just decide that he or she is just going to control their tongue?
是否下决心控制舌头就够了呢？
124. James' answer is, "no!"
雅各的回答是“不可能！”
125. In fact, James said that you can tame wild animals and wild beasts easier than taming the tongue.
实际上，雅各说，制服舌头要比驯服一头野兽还要难得多。
126. The untamed tongue is a visible example of man's inability, in which he finds himself sometimes crying out with the Apostle Paul, 人无法制服舌头，证明我们无法行善。因此他跟保罗有同感，喊着说：
127. "For what I do is not the good I want to do, but the evil I don't want to do, I keep doing!"
我所愿意的善，我反不作；我所不愿意的恶，我倒去作！”
128. Humanity can control spaceships out in the outer atmosphere, and can control all kinds of modern technology, but they cannot control the hearts or the wills from which overflows the words of the mouth;
人类可以操纵外太空的宇宙飞船，掌握所有的现代化技术，但人们却无法制服人心以及从人心里所发出的言语。
129. and that leads James to ask a rhetorical question in verses 9 to 12.
所以，雅各在 9 到 12 节中，提出了一个反问。
130. The tongue cannot equally bless and curse at the same time.
舌头不能同时说出祝福和咒诅的话。
131. This is no more possible than salt water and fresh water can flow out of the same spring.
正如一个泉源里，不能发出甜苦两种水来。
132. It is as impossible as getting figs out of a grapevine;
葡萄树上不能摘无花果；
133. so it is with the spiritual life.
我们属灵的生命也是一样的。
134. You cannot sing praises to God and, then, turn around and curse your spouse.
你不能又赞美神，又咒诅你的配偶。

135. You cannot teach your children about God and, then, put them down and destroy their spirit.
你不能一面教导你的儿女认识神，另一面却打击、摧毁他们的志气。
136. You cannot claim to talk with God one moment and, then, be spiteful the next.
你不能一面与神谈话，却一面对别人怀恨。
137. You cannot speak the language of Zion in one moment and, then, stab someone in the back with criticism in the next.
你不能一会儿赞美别人，一会儿又在人背后批评论断，中伤他。
138. This is the kind of inconsistency that James is speaking about;
这就是雅各所指的矛盾状态；
139. and that is why James said, "My brothers, this should not be!" This thing is not only inconsistent, but it is iniquitous.
这就是为什么雅各说：“我的弟兄们，这是不应当的！”这不仅仅是矛盾，而且是罪恶的事。
140. You and I might not be able to tame the loose tongue or the angry heart, or the critical spirit, or the controlling attitude;
你、我也许无法制服我们乱说的舌头、怀恨的心，批评的习惯和好管闲事的态度；
141. but God, the Holy Spirit can.
但是，圣灵能驯服这一切。
142. The blood of Jesus can cleanse us, and sets us free;
耶稣的宝血可以洗净我们，并让我们得以自由；
143. and this is the Good News that I bring you, today.
这就是我今天所要带给你的好消息。
144. God can do anything, but God wants for you to genuinely repent and humbly ask.
神能做到这一切，但神要你真诚地悔改并谦卑地向祂祈求，说：
145. "Lord, I repent of my sin.
“主啊，我愿意在你面前悔改。
146. I truly want to give You the control of my heart and tongue..."
求你来掌管我的心和我的舌头”
147. then, believe with all of your heart that there is power in the blood of Jesus.
然后呢，你要全心地相信主耶稣的宝血是大有功效的。
148. It is my prayer that you'll do exactly that;
愿你在生活中确实地实行出来；
149. and, until we meet again, I wish you God's richest blessing.
好，我们下一次节目再见，愿神大大地赐福给你。