

James 3:1–12

Taming The Tongue

雅各书 3:1–12

制伏舌头



1. To tame the tongue, we must recognize that we will be held accountable for what we say. (James 3:1-2)

1.要制伏舌头，我们必须认识到，我们要为自己所说的话负责。
(雅各书 3：1-2)。



Matthew 23:6-12

they love the place of honour at banquets and the most important seats in the synagogues; they love to be greeted with respect in the marketplaces and to be called 'Rabbi' by others. "But you are not to be called 'Rabbi,' for you have one Teacher, and you are all brothers. And do not call anyone on earth 'father,' for you have one Father, and he is in heaven. Nor are you to be called instructors, for you have one Instructor, the Messiah. The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.



马太福音 23:6-12

6喜爱筵席上的首座，会堂里的高位， 7又
喜爱人在街市上问他安，称呼他拉比。 8但
你们不要受拉比的称呼，因为只有一位是你
们的夫子；你们都是弟兄。 9也不要称呼地
上的人为父，因为只有一位是你们的父，就
是在天上的父。 10也不要受师尊的称呼，
因为只有一位是你们的师尊，就是基督。
11你们中间谁为大，谁就要作你们的用人。
12凡自高的，必降为卑；自卑的，必升为高。

“



James 3:1-2

Not many of you should become teachers, my fellow believers, because you know that we who teach will be judged more strictly. For we all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.



雅各书 3:1-2

1我的弟兄们，不要多人作师傅，因为晓得我们要受更重的判断。2原来我们在许多事上都有过失；若有人在话语上没有过失，他就是完全人，也能勒住自己的全身。

Matthew 12:36-37

But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken.

For by your words you will be acquitted, and by your words you will be condemned.



马太福音 12: 36-37

36我又告诉你们，凡人所说的闲话，当审判的日子，必要句句供出来； 37因为要凭你的话定你为义，也要凭你的话定你有罪。

2. To tame the tongue,
we must recognize it has
power for good or for evil.
(James 3:3-5a)

2.要制伏舌头，我们必须认识
到，它有为善或作恶的能力。

(雅各书3：3-5a)



James 3:3-5a

When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example.

Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.

Likewise, the tongue is a small part of the body, but it makes great boasts.



雅各书 3:3-5a

3我们若把嚼环放在马嘴里，叫它顺服，就能调动它的全身。4看哪，船只虽然甚大，又被大风催逼，只用小小的舵，就随着掌舵的意思转动。5这样，舌头在百体里也是最小的，却能说大话。

Psalms 141:3

Set a guard over my mouth, Lord; keep
watch over the door of my lips.

诗篇 141:3

耶和华啊，求你禁止我的口，

把守我的嘴！



Proverbs 12:18

The words of the reckless pierce like swords, but the tongue of the wise brings healing.

箴言 12: 18

说话浮躁的，如刀刺人；智慧人的舌头却为医人的良药。

Proverbs 15:4

The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.

箴言 15: 4

温良的舌是生命树；乖谬的嘴使人心碎。



Proverbs 26:20

Without wood a fire goes out, without
a gossip a quarrel dies down.

箴言 26: 20

火缺了柴就必熄灭；无人传舌，争竞便
止息。



3. To tame the tongue, we must recognize that it is a humanly untameable source of terrible evil. (James 3:5b-8)

3. 要制伏舌头，我们必须认识到，它是人类无法制伏的可怕邪恶的源头。
(雅各书3：5B-8)。



James 3:5b-6

Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.



雅各书 3:5b-6

看哪，最小的火能点着最大的树林。6舌头就是火，在我们百体中，舌头是个罪恶的世界，能污秽全身，也能把生命的轮子点起来，并且是从地狱里点着的。

James 1:26

Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.

雅各书 1:26

若有人自以为虔诚，却不勒住他的舌头，反欺哄自己的心，这人的虔诚是虚的。



James 3:6b

It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

雅各书 3:6b

（舌头）能污秽全身，也能把生命的轮子点起来，并且是从地狱里点着的。

Hell = Greek word “Gehenna”
= “Valley of Hinnom”

地狱=希腊单词 “Gehenna”
= 希嫩谷



James 3:7-8

All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison.



雅各书 3:7-8

各类的走兽、飞禽、昆虫、水族，本来都可以制伏，也已经被人制伏了； 8惟独舌头没有人能制伏，是不止息的恶物，满了害死人的毒气。

4. To tame the tongue, we must recognize that its inconsistencies are rooted in the source.

(James 3:9-12)

4. 要制伏舌头，我们必须认识到，
它的不一致性根源于它的源头。

(雅各书 3：9-12)



James 3:9-10

With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.



雅各书 3:9-10

9我们用舌头颂赞那为主、为父的，又用舌头咒诅那照着上帝形象被造的人。 10颂赞和咒诅从一个口里出来！我的弟兄们，这是不应当的！

James 3:11-12

Can both fresh water and salt water flow from the same spring? My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.



雅各书 3:11-12

11泉源从一个眼里能发出甜苦两样的水吗？ 12我的弟兄们，无花果树能生橄榄吗？葡萄树能结无花果吗？咸水里也不能发出甜水来。

Matthew 12:34

You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the heart is full of.

马太福音 12: 34

毒蛇的种类！你们既是恶人，怎能说出好话来呢？因为心里所充满的，口里就说出来。

Matthew 15:18

But the things that come out of a person's mouth come from the heart, and these defile them.

马太福音 15:18

惟独出口的，是从心里发出来的，这才污秽人。



Proverbs 4:23

Watch over your heart with all diligence, for from it flow the springs of life.

箴言 4:23

你要保守你心胜过保守一切，因为一生的果效是由心发出。



Psalms 119:11

I have hidden your word in my heart, that I
might not sin against you.

箴言 119:11

我将你的话藏在心里，免得我得罪你。



Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

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。



Matthew 19:26

with man this is impossible, but with God all things are possible.

马太福音 19:26

在人这是不能的，在上帝凡事都能。

