



One you've done  
everything else...

Stand

一旦你完成了一切事...  
还能站立得住

# Ephesians 6:10-20

6:10 Finally, be strong in the Lord and in the strength of his power.

6:11 Put on the whole armor of God, so that you may be able to stand against the wiles of the devil.

6:12 For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.

6:13 Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm.

6:14 Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness.

6:15 As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace.

6:16 With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one.

6:17 Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

6:18 Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.

6:19 Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel,

6:20 for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

# 以弗所书 6:10-20

10 我还有末了的话，你们要靠着主，倚赖他的大能大力做刚强的人。 11 要穿戴神所赐的全副军装，就能抵挡魔鬼的诡计。 12 因我们并不是与属血气的争战，乃是与那些执政的、掌权的、管辖这幽暗世界的，以及天空属灵气的恶魔争战。 13 所以，要拿起神所赐的全副军装，好在磨难的日子抵挡仇敌；并且成就了一切，还能站立得住。 14 所以要站稳了，用真理当做带子束腰，用公义当做护心镜遮胸， 15 又用平安的福音当做预备走路的鞋穿在脚上。 16 此外，又拿着信德当做藤牌，可以灭尽那恶者一切的火箭； 17 并戴上救恩的头盔，拿着圣灵的宝剑，就是神的道。

18 靠着圣灵，随时多方祷告祈求，并要在此警醒不倦，为众圣徒祈求； 19 也为我祈求，使我得着口才，能以放胆开口讲明福音的奥秘—— 20 我为这福音的奥秘做了戴锁链的使者——并使我照着当尽的本分放胆讲论。

# Ephesians 以弗所书简介

- Written by Paul in about 62 AD  
保罗在大约公元 62 年写成
- Taken by Tychicus to Ephesus  
由推基古带到以弗所
- Probably predates Paul's 1<sup>st</sup> letter to Timothy by 1 year.  
比保罗写给提摩太的第一封信早了大约一年
- A letter of encouragement and instruction to God's holy people in Ephesus.  
是一封给在以弗所的神的圣民的鼓励和教导信。

# Ephesus 以弗所简介

- Ephesus is in modern-day Turkey  
以弗所在现在的土耳其
- The city was a mix of Greco-Romans with a sizeable Jewish population.  
城市居民主要是希腊-罗马人，但也有一个相当大的犹太社区

Ancient Port City  
古老的港口城市

most important Greek city  
& trading centre 最重要的  
希腊城市和贸易中心

Seat of power for Artemis/  
Diana 亚底米/狄安娜女神权  
势中心

Temple of Artemis  
亚底米女神庙

Very strongly feminine  
女性地位很高



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# Strong in the Lord 在主里刚强

- Paul tells the people of God to be strong in the Lord and in the strength of his power.  
保罗教导神的子民在主里靠着神的大能大力刚强
- Being Strong in the Lord is not necessarily Strong according to human standards. Paul is writing this from prison in Rome.  
在主里刚强不是按着人的标准强大。  
保罗是在罗马的监狱里写的这封信。

# Whole Armour of God 神的全幅军装

- We are told by Paul to Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. 保罗教导我们要穿上神的全副军装，这样你就可以抵挡魔鬼的诡计。
- The Whole Armour of God has become a little bit of a cliché in some Christian circles. 在一些基督徒圈子里，神的全副军装已经变得有点陈词滥调了。
- It is worth us spending a few minutes addressing the meaning of this metaphor. 但却值得我们花几分钟时间来解释这个比喻的含义



Paul uses the metaphor of a Roman soldier for how we as Christians should prepare ourselves. 保罗以罗马士兵为比喻，教导我们基督徒应该怎样预备自己

- Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness.

所以要站稳了，用真理当做带子束腰，用公义当做护心镜遮胸。

- We must first adhere to the truth in God's word. Just as a sword hangs from a belt, our ministry hangs on whether it presents the truth of God.

我们必须首先坚持神话语的真理。正如剑是悬挂在腰带上，我们的事工依靠的是神的真理，即它是否展示了上帝的真理。

- Just as a breastplate protects the soldier, so our shunning of sin and striving for righteousness protects our witness.

正如护心镜保护士兵一样，我们以远离罪恶和追求公义来保护我们的见证。

- As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace.  
又用平安的福音当做预备走路的鞋穿在脚上
- You can't go very far without shoes. Prepare yourself with Gospel of Peace – we are not going out in the world looking for a fight but taking the Good News that we humans can actually have Peace with God!  
没有鞋子你走不了很远。用和平的福音为自己做好准备——我们出去不是为了找人战斗，而是要把人与神和好的好消息带出去！

- With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. 此外，又拿着信心当做盾牌，可以灭尽那恶者一切的火箭。
- A shield protects you. In Christianity our shield is faith. Faith is best understood NOT as really strong belief which you can whip up, but rather a solid Trust in God.  
盾牌可以保护你。对基督徒来说，信心是我们的盾牌。请不要把信心理解为你自己的很强大的信念，信心是对上帝坚定地信靠。
- No matter what the evil one sends your way, if you keep trusting that God is good and is in control, whatever comes our way won't stop us.  
无论那恶者如何攻击你，如果你始终相信上帝是良善的并且在掌权，那么无论发生什么，我们都不会失败。



- Take the helmet of salvation, and the sword of the Spirit, which is the word of God.  
戴上救恩的头盔，拿着圣灵的宝剑，就是神的道。
- Just as a helmet protects the head, so our assurance of salvation protects our minds.  
正如头盔保护头部一样，我们对救恩的确定也保护我们的思想。
- The sword is the only offensive weapon Paul mentions. The sword of the Spirit is the word of God – We have Jesus' example for that – when Jesus did battle with the enemy He used the words of Scripture.  
剑是保罗提到的唯一攻击性武器。圣灵的宝剑就是神的话——耶稣已经为我们做了榜样——当耶稣与仇敌争战时，他用圣经里的话战胜了仇敌。

- We are to Put on the whole armor of God, so that you may be able to stand against the wiles of the devil, BECAUSE our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.

我們要穿戴神所賜的全副軍裝，就能抵擋魔鬼的詭計。因我們並不是與屬血氣的爭戰，乃是與那些執政的、掌權的、管轄這幽暗世界的，以及天空屬靈氣的惡魔爭戰。

So if we use all the armour that God has given us, we can stand firm against any spiritual attack.

所以，如果我们使用上帝赐给我们的全副军装，我们就可以站立得稳，可以抵抗任何属灵的攻击。

# Then Paul's instructions turn to prayer 保罗的指示转为了祷告

- FOR SELF AND OTHERS Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.  
为自己和他人祷告：靠着圣灵，随时多方祷告祈求，并要在此警醒不倦，为众圣徒祈求。

# Then Paul's instructions turn to prayer 保罗的指示转为了祷告

- FOR PAUL AND PEOPLE LIKE HIM Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

为保罗和像他一样的人：也为我祈求，使我得着口才，能以放胆开口讲明福音的奥秘——我为这福音的奥秘做了戴锁链的使者——并使我照着当尽的本分放胆讲论。

# Take Home Points 要记住的要点

- Make the Word of God your baseline for truth  
以上帝的话语为真理的基准
- Shun sin and keep yourselves pure – that affects our witness as Christians 远离罪恶，保持纯洁 — 这会影响我们作为基督徒的见证
- Go into the world with the Good News that we humans can actually have Peace with God!  
将人与神和好的福音带给这个世界
- Maintain your trust in God – trust that God is good and is in control 保持对上帝的信心 — 相信上帝是良善的，并且在掌管一切

# Take Home Points 要记住的要点

- Guard what you allow into your minds  
要警醒你允许什么东西进入你的思想
- Remember that we are not at war with people but against the spiritual forces of evil.  
要记住我们不是在与人类争战，而是在与属灵的邪恶势力争战。
- The Bible is not used to bash people over the head – but to be used when battling those spiritual forces.  
圣经不是用来攻击人的 — 而是用来与属灵的邪恶势力争战的。



# Take Home Points 要记住的要点

- As time gets closer to the Christs return – its likely we will face adversity – we need to pray for each other that when that time comes, we will stand and share the Good News with boldness.

基督再来的日子越来越近了——我们很可能会面临逼迫——我们需要为彼此祷告，当那个日子到来时，我们能够站得住，并勇敢地传扬这个好消息。