



WELCOME TO NETWORK CHURCH

歡迎來到網絡教會

29 MARCH 2026

Photo credit: Andrew Chan

In Acts chapters 1 & 2 we saw how the Holy Spirit was given so we could be witnesses to Jesus, to demonstrate his life in the way that we choose to live.

After Easter we are going to look at what this means in practice as we look at the fruit of the spirit as described by Paul when he writes to the Galatians.

在《使徒行傳》第一和二章中，我們看見聖靈是如何降臨，好讓我們成為耶穌的見證人，並在我們所選擇的生活方式中，彰顯祂的生命。

復活節過後，我們將探討這在實際生活中的意義，並一起來看保羅寫給加拉太人的書信中所描述的「聖靈的果子」。

But the fruit of the Spirit is love, joy, peace,
patience, kindness, goodness,
faithfulness, gentleness and self-control.
Against such things there is no law. Those who
belong to Christ Jesus have crucified the flesh
with its passions and desires. Since we live by
the Spirit, let us keep in step with the
Spirit. Let us not become conceited, provoking
and envying each other.

Galatians 5: 22-26

聖靈的果子就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、溫柔、節制。這樣的事沒有律法禁止。凡屬基督耶穌的人，是已經把肉體與肉體的邪情私慾同釘在十字架上了。我們若靠著聖靈而活，也要靠著聖靈行事。不要貪圖虛名，彼此惹氣，互相嫉妒。

加拉太書 五: 22 - 26 (和修版)

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: 'Love your neighbour as yourself.' If you bite and devour each other, watch out or you will be destroyed by each other.

Galatians 5: 13-15

弟兄們，你們蒙召是要得自由；只是不可把這自由當作放縱情慾的機會，總要用愛心互相服侍。因為全部律法都包括在「愛鄰如己」這一句話之內了。你們要謹慎，你們若相咬相吞，恐怕要彼此消滅了。

加拉太書 五: 13 - 15 (和修版)

So Paul starts the list of what the fruit of our lives will look like as the Holy Spirit indwells us.

The foundation is love.

Love is a choice, a sacrificial choice.

God chooses to be love

He does this by being Father, Son and Holy Spirit, choosing to live in relationship.

因此，保羅開始列出當聖靈住在我們裡面時，我們生命所結的果子會是什麼樣子的。

其根基就是愛。

愛是一種選擇，是一種願意付出、犧牲的選擇。

神選擇成為愛。

祂藉著成為父、子、聖靈，在彼此的關係中選擇去活出這份愛。

He asks us to live in relationship with Him
and with those around us.

Remember the verses from last week Jesus
says we are to

"love God with all your heart, soul, and
mind, and to love your neighbour as
yourself"

(Matthew 22:37-40)

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此消滅了。

加拉太書 五: 13 - 15 (和修版)

There is a battle going on in us, Paul describes it in Galatians 5: 16 & 17.

So I say, live by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

我們內心正進行著一場爭戰，保羅在《加拉太書》5:16-17中如此描述。

我說，你們要順著聖靈而行，絕不可滿足肉體的情慾。因為肉體的情慾和聖靈相爭，聖靈和肉體相爭，這兩個彼此敵對，使你們不能做所願意做的。



How do you find out what's in a tea bag?

怎樣得知茶包裡有甚麼？

But the fruit of the Spirit is
Love, joy, peace, patience,
kindness, goodness, faithfulness,
gentleness and self-control.

Choose one of the above that you would
like the Holy Spirit to help you with.

但聖靈的果子是：
仁愛、喜樂、和平、忍耐、
恩慈、良善、信實、
溫柔、節制。

在以上的果子中, 選擇一個是你希望
得到聖靈幫助成長的。



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