

SUNDAY FEBRUARY 7, 2021

*SUBJECT—SPIRIT*  
精神

*GOLDEN TEXT: ZECHARIAH 4 : 6*

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*“Not by might, nor by power, but by my spirit, saith the LORD of hosts.”*  
“萬軍之主說，不是憑力量，也不憑力量，而是憑著我的精神。”

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RESPONSIVE READING: **I Corinthians 2 : 9, 10**  
**Galatians 5 : 16-18, 22, 23**

- 9.** As it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.  
正如經上所寫，上帝為愛他的人所預備的東西，沒有見過人的眼睛，也沒有聽見過，也沒有聽到過。
- 10.** But God hath revealed *them* unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.  
但神有通過他的聖靈向我們揭示它們：因為聖靈搜索一切事物，是的，神的深層事物。
- 16.** *This* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.  
我說，在聖靈中行走，你們將不能滿足肉體的慾望。
- 17.** For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.  
因為肉體對聖靈的渴慕，聖靈對肉體的渴慕；而這些是彼此相反的：所以你們不能做自己想做的事。
- 18.** But if ye be led of the Spirit, ye are not under the law.

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*This Bible Lesson was prepared by Plainfield Christian Science Church, Independent. It is composed of Scriptural Quotations from the King James Bible and Correlative Passages from the Christian Science textbook, Science and Health with Key to the Scriptures, by Mary Baker Eddy.*

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但是，如果你們被聖靈帶領，你們就不受法律約束。

22. But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 但是聖靈的果子是愛，喜樂，和平，忍耐，柔和，善良，信仰，
23. Meekness, temperance: against such there is no law. 溫柔節制：沒有這樣的律法。

## LESSON SERMON

### *The Bible*

#### 1. Psalm 143 : 1, 10

- <sup>1</sup> Hear my prayer, O LORD, give ear to my supplications: in thy faithfulness answer me, *and* in thy righteousness.  
主啊，請聽我的祈禱，請聽我的懇求：忠誠回答我，以及你的正義。
- <sup>10</sup> Teach me to do thy will; for thou *art* my God: thy spirit *is* good; lead me into the land of uprightness.  
教我遵行你的旨意。因為你是我的上帝，你的靈是善的。帶我進入正直之地。

#### 2. I Corinthians 12 : 13

- <sup>13</sup> For by one Spirit are we all baptized into one body, whether *we be* Jews or Gentiles, whether *we be* bond or free; and have been all made to drink into one Spirit.  
因為我們全都受洗歸入一個身體，無論我們是猶太人還是外邦人，無論我們是束縛還是自由。都被喝成一種靈。

#### 3. Mark 1 : 9-11

- <sup>9</sup> And it came to pass in those days, that Jesus came from Nazareth of Galilee, and was baptized of John in Jordan.  
那時，耶穌來自加利利的拿撒勒，在約旦受洗約翰。

10 And straightway coming up out of the water, he saw the heavens opened, and the Spirit like a dove descending upon him:  
徑直從水里冒出來, 他看見天開了, 聖靈像只鴿子降在他身上:

11 And there came a voice from heaven, *saying*, Thou art my beloved Son, in whom I am well pleased.  
從天上傳來一個聲音, 說: 你是我所愛的兒子, 我在其中感到高興。

#### 4. Luke 4 : 14, 15, 33-36

14 And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.  
耶穌藉著聖靈的能力回到加利利。

15 And he taught in their synagogues, being glorified of all.  
他在會堂裡教書, 被所有人榮耀。

33 And in the synagogue there was a man, which had a spirit of an unclean devil, and cried out with a loud voice,  
在會堂裡有一個人, 他有個不潔魔鬼的精神, 大聲喊叫著,

34 *Saying*, Let us alone; what have we to do with thee, *thou* Jesus of Nazareth? art thou come to destroy us? I know thee who thou art; the Holy One of God.  
說,讓我們一個人;拿撒勒人耶穌,我們與你有什麼關係。? 你是來摧毀我們的。? 我知道你是誰;上帝的聖者。

35 And Jesus rebuked him, saying, Hold thy peace, and come out of him. And when the devil had thrown him in the midst, he came out of him, and hurt him not.  
耶穌斥責他說, 保持你的平安, 從他裡面出來。 魔鬼把他扔在中間時, 他就出來了, 不傷他。

36 And they were all amazed, and spake among themselves, saying, What a word *is* this! for with authority and power he commandeth the unclean spirits, and they come out.  
他們都驚呆了, 彼此打招呼, 說, 這是什麼意思! 因為他憑著權柄命令不潔的靈就出來了。

#### 5. Matthew 12 : 22-28

- 22 Then was brought unto him one possessed with a devil, blind, and dumb: and he healed him, insomuch that the blind and dumb both spake and saw.  
然後被一個魔鬼，瞎子和啞巴所擁有的人帶到他身上，他醫治了他，使瞎子和啞巴都說話並看見了。
- 23 And all the people were amazed, and said, Is not this the son of David?  
所有的人都很驚訝，說，這不是大衛的兒子嗎？
- 24 But when the Pharisees heard *it*, they said, This *fellow* doth not cast out devils, but by Beelzebub the prince of the devils.  
但是法利賽人聽見他們說，這傢伙不是驅趕魔鬼，而是魔鬼王子別西卜。
- 25 And Jesus knew their thoughts, and said unto them, Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand:  
耶穌知道他們的想法，對他們說：每個分裂給自己的王國都淪為荒涼。每個與之相對立的城市或房屋都不得站立：
- 26 And if Satan cast out Satan, he is divided against himself; how shall then his kingdom stand?  
如果撒旦拋棄撒旦，他對自己是分裂的；那麼他的王國會如何站立呢？
- 27 And if I by Beelzebub cast out devils, by whom do your children cast *them* out? therefore they shall be your judges.  
如果我由貝爾澤布拋棄魔鬼，你的孩子把他們從誰那裡拋棄？因此，他們應是你的法官。
- 28 But if I cast out devils by the Spirit of God, then the kingdom of God is come unto you.  
但是，如果我被神的靈拋棄魔鬼，那麼神的國度就來到你們面前。

## 6. John 6 : 63

- 63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, *they* are spirit, and *they* are life.  
是精神加速了；肉體毫無利得：我對你說話的話，它們是精神，它們是生命。

## 7. II Corinthians 3 : 4-6, 17, 18

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- 4 And such trust have we through Christ to God-ward:  
這樣的信任使我們通過基督進入了神的旨意:
- 5 Not that we are sufficient of ourselves to think any thing as of ourselves; but our  
sufficiency *is* of God;  
並不是說我們有足夠的能力去考慮自己的任何事情; 但我們的能力是上帝的;
- 6 Who also hath made us able ministers of the new testament; not of the letter, but of the  
spirit: for the letter killeth, but the spirit giveth life.  
誰也讓我們能幹的新遺囑的部長;不是信, 而是精神:為了信, 而是精神賦予生命。
- 17 Now the Lord is that Spirit: and where the Spirit of the Lord *is*, there *is* liberty.  
現在主是聖靈:主的靈在哪裡, 哪裡就自由了。
- 18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into  
the same image from glory to glory, *even* as by the Spirit of the Lord.  
但是, 我們所有人都以敞開的眼神注視著玻璃杯中的榮耀, 就像榮耀歸於榮耀一樣,  
也從榮耀變為榮耀。

## 8. II Corinthians 5 : 1-8

- 1 For we know that if our earthly house of *this* tabernacle were dissolved, we have a  
building of God, an house not made with hands, eternal in the heavens.  
因為我們知道, 如果我們這個會堂的塵世房子被解散了, 我們有一座神的建築, 一座  
不是用手建造的房子, 在天上永恆。
- 2 For in this we groan, earnestly desiring to be clothed upon with our house which is from  
heaven:  
因為我們在此吟,懇切希望穿上我們來自天堂的房子:
- 3 If so be that being clothed we shall not be found naked.  
如果是這樣的話, 我們就不會赤裸著。
- 4 For we that are in *this* tabernacle do groan, being burdened: not for that we would be  
unclothed, but clothed upon, that mortality might be swallowed up of life.  
因為我們在這個標籤上確實呻吟著, 背負著沉重的負擔:不是因為那我們將不穿衣服  
, 而是穿著衣服, 死亡可能被生命吞沒。

5 Now he that hath wrought us for the selfsame thing *is* God, who also hath given unto us the earnest of the Spirit.

如今，為我們同一件事而使我們受苦的人是神，他也將聖靈的誠意賜給了我們。

6 Therefore *we are* always confident, knowing that, whilst we are at home in the body, we are absent from the Lord:

因此，我們始終充滿信心，因為我們知道，雖然我們在家中身體不在家，但主不在：

7 (For we walk by faith, not by sight:)  
(因為我們憑信心行走，而不是憑眼見：)

8 We are confident, *I say*, and willing rather to be absent from the body, and to be present with the Lord.

我說，我們有信心，並且願意離開身體，與主同在。

### 9. **Romans 8 : 1-6, 16, 17 (to 2nd ;)**

1 *There is* therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

因此，現在沒有譴責那些在基督耶穌裡的人，他們不是跟隨肉體，而是跟隨聖靈。

2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

耶穌因著基督裡生命之靈的律法，使我脫離了罪惡和死亡的律法。

3 For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

因為律法不能做，因為它通過肉而軟弱，上帝差遣自己的兒子像有罪的肉一樣，為罪而譴責了肉體中的罪：

4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

願我們的律法公義得以實現，他們不是跟隨肉體，而是跟隨聖靈。

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

因為那些跟隨肉體的人確實介意肉體的事。但是那些跟隨聖靈的人就是聖靈的事。

6 For to be carnally minded *is* death; but to be spiritually minded *is* life and peace.

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因為肉慾是死亡。但是要有精神上的思想就是生活與和平。

16 The Spirit itself beareth witness with our spirit, that we are the children of God:  
聖靈本身以我們的精神見證了我們是上帝的兒女:

17 And if children, then heirs; heirs of God, and joint-heirs with Christ;  
如果是孩子,那麼繼承人;上帝的繼承人,與基督的聯合繼承人;

## ***Science and Health***

### **1. 335 : 12-15**

Spirit is the only substance, the invisible and indivisible infinite God. Things spiritual and eternal are substantial. Things material and temporal are insubstantial.

精神是唯一的物質,是看不見的和不可分割的無限上帝。精神 and 永恆的事物是實質性的。物質和時間的事物是無關緊要的。

### **2. 468 : 11-12 (to ;), 12-13 (to ;), 13-15**

Spirit is immortal Truth; ... Spirit is the real and eternal; ... Spirit is God, and man is His image and likeness. Therefore man is not material; he is spiritual.

精神是不朽的真理。.....精神是真實而永恆的;.....精神是上帝,人是他的形象和肖像。因此人不是物質。他是精神的。

### **3. 481 : 2-9**

Man is tributary to God, Spirit, and to nothing else. God's being is infinity, freedom, harmony, and boundless bliss. "Where the Spirit of the Lord is, there is liberty." Like the archpriests of yore, man is free "to enter into the holiest," — the realm of God.

人是上帝,聖靈和其他事物的支流。上帝的存在是無限,自由,和諧和無窮的幸福。“主的精神在哪裡,就有自由。“就像昔日的大祭司一樣,人可以自由地“進入最聖潔的”,即上帝的境界。

Material sense never helps mortals to understand Spirit, God. Through spiritual sense only, man comprehends and loves Deity.

物質意識永遠不會幫助凡人理解聖靈,上帝。人僅憑精神上的理解和熱愛神靈。

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**4. 505 : 16-17, 20-28**

Spirit imparts the understanding which uplifts consciousness and leads into all truth. ... Spiritual sense is the discernment of spiritual good. Understanding is the line of demarcation between the real and unreal. Spiritual understanding unfolds Mind, — Life, Truth, and Love, — and demonstrates the divine sense, giving the spiritual proof of the universe in Christian Science. 精神賦予理解,使意識提升並帶入所有真理。...精神意識是對精神利益的辨別。理解是真實與虛幻之間的分界線。精神上的理解展現了心靈-生命,真理和愛-並展示了神聖的感覺,為基督教科學中的宇宙提供了精神上的證明。

This understanding is not intellectual, is not the result of scholarly attainments; it is the reality of all things brought to light. 這種理解不是理智的,不是學術成就的結果;這是萬物的現實。

**5. 312 : 31-1 (to 1st .)**

Jesus' spiritual origin and his demonstration of divine Principle richly endowed him and entitled him to sonship in Science. 耶穌的精神淵源和他對神聖原則的證明豐富了他,並使他獲得了科學界的榮譽。

**6. 315 : 11-24, 29-2**

The opposite and false views of the people hid from their sense Christ's sonship with God. They could not discern his spiritual existence. Their carnal minds were at enmity with it. Their thoughts were filled with mortal error, instead of with God's spiritual idea as presented by Christ Jesus. The likeness of God we lose sight of through sin, which beclouds the spiritual sense of Truth; and we realize this likeness only when we subdue sin and prove man's heritage, the liberty of the sons of God.

人民的相反和錯誤的觀點從他們的意義上隱藏了基督與上帝的兒子身份。他們無法辨別他的精神存在。他們的肉體思想對此感到仇恨。他們的想法充滿了致命的錯誤,而不是基督耶穌提出的上帝的屬靈觀念。我們通過罪惡看不見上帝的形像,掩蓋了屬靈的真理。只有當我們服從罪惡並證明人的遺產,上帝兒子的自由時,我們才會意識到這種相似之處。

Jesus' spiritual origin and understanding enabled him to demonstrate the facts of being, — to prove irrefutably how spiritual Truth destroys material error, heals sickness, and overcomes death.

耶穌的精神淵源和理解使他能夠證明存在的事實,從而無可辯駁地證明精神真理如何破壞物質錯誤,治愈疾病並克服死亡。

Wearing in part a human form (that is, as it seemed to mortal view), being conceived by a human mother, Jesus was the mediator between Spirit and the flesh, between Truth and error.



Explaining and demonstrating the way of divine Science, he became the way of salvation to all who accepted his word.

耶穌在人類母親的懷抱中部分地穿著人類的形式(也就是說,在凡人的視野中),是聖靈與肉體之間,真理與錯誤之間的調解人。他解釋並展示了神聖科學的方式,成為所有接受他話語的人的救贖方式。

## 7. 146 : 2-12

The ancient Christians were healers. Why has this element of Christianity been lost? Because our systems of religion are governed more or less by our systems of medicine. The first idolatry was faith in matter. The schools have rendered faith in drugs the fashion, rather than faith in Deity. By trusting matter to destroy its own discord, health and harmony have been sacrificed. Such systems are barren of the vitality of spiritual power, by which material sense is made the servant of Science and religion becomes Christlike.

古代基督徒是治療者。為什麼失去了基督教的這一元素? 因為我們的宗教制度或多或少地受到我們的醫學制度的支配。第一個偶像崇拜是對物質的信仰。學校以時尚的方式表達了對毒品的信仰,而不是對神靈的信仰。通過信任物質來破壞自己的不和,健康和和諧被犧牲了。這種制度是精神力量活力的貧瘠之地,通過這種精神力量使科學成為僕人,宗教變得像基督。

## 8. 97 : 17-20

The more material the belief, the more obvious its error, until divine Spirit, supreme in its domain, dominates all matter, and man is found in the likeness of Spirit, his original being.

信念越重要,其錯誤就越明顯,直到神聖的精神在其領域中至高無上,統治著一切,而人類卻被發現為他最初存在的精神。

## 9. 490 : 19-27

"Quench not the Spirit. Despise not prophesyings." Human belief — or knowledge gained from the so-called material senses — would, by fair logic, annihilate man along with the dissolving elements of clay. The scientifically Christian explanations of the nature and origin of man destroy all material sense with immortal testimony. This immortal testimony ushers in the spiritual sense of being, which can be obtained in no other way.

“不要熄滅聖靈。鄙視而不是預言。“按照合理的邏輯,人類的信仰或從所謂的物質感官中獲得的知識將使人類與粘土的溶解元素一起消滅。科學的基督教對人的本性和起源的解釋以不朽的證詞破壞了所有物質意義。這種不朽的見證帶來了精神上的存在感,這是無法以其他方式獲得的。

## 10. 7 : 18-21

If spiritual sense always guided men, there would grow out of ecstatic moments a higher experience and a better life with more devout self-abnegation and purity.

如果精神上的意識總是引導著人們,那麼從欣喜的時刻中就會有更高的經歷和更好的生活,而更加虔誠的自我厭惡和純潔。

### 11. 14 : 1-11

If we are sensibly with the body and regard omnipotence as a corporeal, material person, whose ear we would gain, we are not "absent from the body" and "present with the Lord" in the demonstration of Spirit. We cannot "serve two masters." To be "present with the Lord" is to have, not mere emotional ecstasy or faith, but the actual demonstration and understanding of Life as revealed in Christian Science. To be "with the Lord" is to be in obedience to the law of God, to be absolutely governed by divine Love, — by Spirit, not by matter.

如果我們明智地對待身體,並將萬能視為一個有形,物質的人,我們將獲得耳朵,那麼在聖靈的顯現中,我們並不是“身體缺席”和“與主同在”。我們不能“為兩位主人服務。“與主同在”不僅要有情感上的狂喜或信仰,而且要有基督教科學所揭示的對生命的實際示範和理解。“與主同在”就是服從上帝的律法,絕對受神的愛統治,即受聖靈而不是物質統治。

### 12. 96 : 4-11 (to 2nd .)

Love will finally mark the hour of harmony, and spiritualization will follow, for Love is Spirit. Before error is wholly destroyed, there will be interruptions of the general material routine. Earth will become dreary and desolate, but summer and winter, seedtime and harvest (though in changed forms), will continue unto the end, — until the final spiritualization of all things. "The darkest hour precedes the dawn."

愛將最終標誌著和諧的時刻,精神化將隨之而來,因為愛就是精神。在完全消除錯誤之前,一般材料例程將中斷。地球將變得沉悶而荒涼,但是夏季和冬季,播種時間和收穫(儘管形式有所改變)將一直持續到最後,直到萬物最終實現。“最黑暗的時刻在黎明之前。”。

### 13. 14 : 12-30

Become conscious for a single moment that Life and intelligence are purely spiritual, — neither in nor of matter, — and the body will then utter no complaints. If suffering from a belief in sickness, you will find yourself suddenly well. Sorrow is turned into joy when the body is controlled by spiritual Life, Truth, and Love. Hence the hope of the promise Jesus bestows: "He that believeth on me, the works that I do shall he do also; ... because I go unto my Father," — [because the Ego is absent from the body, and present with Truth and Love.] The Lord's Prayer is the prayer of Soul, not of material sense.

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一會兒就意識到生活和智慧純粹是精神上的,無論在物質上還是在物質上,然後身體就不會抱怨。· 如果患有疾病,您會突然發現自己很好。· 當身體受到精神生活,真理和愛的控制時,悲傷變成了快樂。· 因此,耶穌應許的希望賦予了他:“相信我的人,我也要我的工作;.....因為我去了我的父親,” [因為自我不在身體中,並且存在與真理和愛。]主禱文是靈魂的祈禱,而不是物質上的祈禱。

Entirely separate from the belief and dream of material living, is the Life divine, revealing spiritual understanding and the consciousness of man's dominion over the whole earth. This understanding casts out error and heals the sick, and with it you can speak "as one having authority."

生命神聖是與物質生活的信念和夢想完全分開的, 它揭示了人類對整個地球統治的精神理解和意識。這種理解可以消除錯誤並醫治病人, 並且您可以說“有權威的人”。

## THE DAILY DUTIES

日常職責

by Mary Baker Eddy

瑪麗·貝克·埃迪

### Daily Prayer

每日祈禱

It shall be the duty of every member of this Church to pray each day: "Thy kingdom come;" let the reign of divine Truth, Life, and Love be established in me, and rule out of me all sin; and may Thy Word enrich the affections of all mankind, and govern them!

每天，每個教會成員都有責任祈禱：“你的王國來了；” 要在我裡面建立神聖真理，生命和愛的統治，並排除一切罪惡。願你的話語豐富全人類的情感，並統治們！

*Church Manual*, Article VIII, Sect. 4

### A Rule for Motives and Acts

動機和行為規則

Neither animosity nor mere personal attachment should impel the motives or acts of the members of The Mother Church. In Science, divine Love alone governs man; and a Christian Scientist reflects the sweet amenities of Love, in rebuking sin, in true brotherliness, charitableness, and forgiveness. The members of this Church should daily watch and pray to be delivered from all evil, from prophesying, judging, condemning, counseling, influencing or being influenced erroneously.

仇恨或僅僅出於個人依戀都不應推動母教會成員的動機或行為。在科學中，神的愛獨自統治著人；一位基督徒科學家在斥責罪惡，真正的友愛，慈善和寬恕方面反映了愛的甜蜜便利。這個教會的成員應該每天觀察並祈禱，使他們脫離一切邪惡，從預言，審判，譴責，勸告，影響或錯誤地受到影響。

*Church Manual*, Article VIII, Sect. 1

### Alertness to Duty

警覺性義務

It shall be the duty of every member of this Church to defend himself daily against aggressive mental suggestion, and not be made to forget nor to neglect his duty to God, to his Leader, and to mankind. By his works he shall be judged, — and justified or condemned.

這個教會的每一個成員都有責任每天捍衛自己免受侵略性的精神暗示，而不是忘記或忽視他對上帝，對他的領袖和對人類的義務。通過他的作品，他將被審判，定罪或定罪。

*Church Manual*, Article VIII, Sect. 6

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**Take Notice**  
記筆記

from *Miscellany*, by Mary Baker Eddy, page 237

To Christian Scientists: — See *Science and Health*,  
page 442, line 30, and give daily attention thereto.

**“Christian Scientists, be a law to yourselves that mental malpractice  
cannot harm you either when asleep or when awake.”**

“基督教科學家，請成為自己的法律，以免心理弊病睡著或醒著都不會傷害你。”

(S&H, p. 442)