



博愛讀經

Agape Bible Reading

追求真知，归和真神，活出真愛

Seek the wisdom, Reconcile to the true God, Live out true Agape

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ABR181

行在光明中

Walk in the Light

约翰一书 1 John 1:5-10

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我在中国西南四川省的农村长大。记得在那个时候，我们看露天电影通常在公共场地或者学校的操场。

有一天晚上，我去看电影，雷阵雨突然来临，我们必须离开回家去。我没有灯，在黑暗里走回去。当不是很黑而路又比较宽的时候，慢慢走还是比较安全的。但有一段很窄的田埂，泥泞的窄路很滑，两边的田都有水。天又很黑，真是伸手不见五指。我只得谦卑下来，爬了将近 50 米。

当没有光的时候，我们就不知道往哪里去了。我们需要光才能恰当地行走。圣经说，上帝就是光。

上帝就是光，在他毫无黑暗。这是我们从主所听见，又报给你们的信息。(约翰壹

I grew up in the countryside in Sichuan Province of southwest China. I remember at that time, we used to watch movies on the public square or basketball courts in elementary schools.

One night, I went to watch a movie when Suddenly a thunderstorm came and we had to leave for home. I did not have a light but walked in darkness. When it was not very dark and the road was wide, I tried to walk slowly and safely. But on a section of narrow path between rice paddies, the muddy path was very slippery, and the rice paddies on both sides were full of water. The sky was so dark that I simply could not see anything. So I had to be humble and crawl for about 50 meters.

When there is no light, we do not know where to walk. We need light to walk properly. The Bible says that God is light.

书 1:5)

我们需要光。黑暗意味着缺乏光。因此有光就没有黑暗。这意味着什么呢？

首先，光让我们能够看路，知道往哪里去。当我们没有光的时候，我们就用我们自己的努力摸索着走。那就是所谓的“摸着石头过河”。

上帝是光。我们有上帝之光的时候，我们就知道我们当走在上帝的道上，在上帝的眼里我们的人生才有意义。

主耶稣告诉我们，“我就是道路、真理、生命；若不借着我，没有人能到父那里去。”当我们有上帝的光，我们就知道基督的道路，让我们可以通过耶稣基督与上帝和好。

第二，我们有光，我们才知道什么是肮脏，哪里肮脏。我们清洁我们的房子，一般我们都清洁那些我们能够看见的地方。黑暗的地方，我们不知道那里肮脏。只有在光照的下面，我们才可以看见那里肮脏，才去清洁。同样地，我们没有上帝的光，就不知道我们的罪是什么。有些人感觉难以承认自己的罪，常常是因为他们没有上帝的光照。

我们若说是与上帝相交，却仍在黑暗里行，就是说谎

This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. (1 John 1:5)

We need light. Darkness means lack of light. Thus when there is light, there is no darkness. What are the implications?

First, light helps us to see our ways so that we know where to go. When we do not have light, we try with our own efforts to explore where to go. That is the meaning of so called “touching the stones to cross the river.”

God is light. When we have the light from God, we know we need to walk on the way of God so that our life will have significance in God's eye.

Jesus told us, “I am the way, and the truth, and the life. No one comes to the Father except through me.” When we have the light of God, we may know the way of Christ so that we can be reconciled to God through Christ.

Secondly, when we have light, we know what and where the dirt is. When we clear our houses, we usually clear the areas we can see. When an area is dark, we do not know it is dirty. Only under the light, we may see it is dirty so that we may clear it. Similarly when we do not have the light of God, we do not know what our sins are. Some people find it difficult to admit their own sins often because they do not have the light of God.

If we say we have fellowship with him while we walk in darkness, we

话，不行真理了。(约翰壹书 1:6)

有些人宣称自己是基督徒，但习惯性地犯罪，甚至常常扭曲圣经来为自己的罪辩护，表明他们心里没有上帝的光。上帝的圣灵没有住在他们里面，他们就没有上帝的光，他们生活在黑暗里面，还不知道他们自己的罪过。

上帝的光帮助我们认识我们心中的污秽，让我们可以认罪悔改，寻求上帝的饶恕。圣经应许我们，若我们真正认罪悔改，上帝就会饶恕我们的罪。

我们若认自己的罪，上帝是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义。(约翰壹书 1:9)

我们承认我们的罪，上帝就会饶恕我们的罪，因为上帝的儿子耶稣基督已经为我们的罪死了。

第三，光让我们看到我们与谁在一起。我们有光，就可以看到我们的家人和朋友。同样地，我们在上帝的光中行，就可以知道我们与上帝同行，与其他基督徒弟兄姐妹同行。

我们若在光明中行，如同上帝在光明中，就彼此相交，他儿子耶稣的血也洗净我们一切的罪。(约翰壹书 1:7)

lie and do not practice the truth. (1 John 1:6)

Some people claim to be Christians but habitually sin, often even twisting the Bible to explain away their sins, indicating that they do not have the light of God in their heart. The Holy Spirit of God does not indwell in them so that they do not have the light of God, and they live in darkness and do not know their own sinfulness.

The light of God helps us to see the dirt in our heart so that we may repent our sins and seek God's forgiveness. The Bible promises that God will forgive our sins when we truly repent.

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

When we repent our sins, God will forgive our sins because Jesus Christ, the Son of God, has died for our sins.

Thirdly, light helps us to see whom we are with. When we have light, we may see our family and friends. Similarly when we walk in the light of God, we may know that we have fellowship with God and with other Christian brothers and sisters.

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. (1 John 1:7)

When we walk in the light, we are in the light and we are with the light. When we walk in the light of

我们在光中行，就在光的里面，与光同在。我们在上帝的光中行，就与上帝同在，与上帝同行。同时，我们在上帝的光中行，我们就与其他基督徒弟兄姐妹同行。与上帝同行和与其他基督徒同行，帮助我们远离试探，避免犯罪。

今天我们非常容易就能接触信息。有些信息对我们的工作和日常生活都是好的。但同时，来自互联网的很多试探都吸引我们去犯罪。例如，互联网色情对许多人都是很大的试探。统计表明，大约有 66% 的年轻男子和大约 18% 的妇女每周至少一次使用色情。¹

男人看色情资料的可能性比女性高六倍。曾经犯奸淫的人看色情可能性高 218%；婚姻幸福的人看色情的低 61%；经常参与教会崇拜的比不去教会的低 26%。

一个中国谚语说，常在河边走，难免打湿脚。我们常常接近试探，就很可能掉进去了。如果我们感觉没有谁可以看见我们，很容易就会掉进试探。如果我们决定要过一个高尚的人生来荣耀上帝，我们就要在上帝的光中行。愿上帝赐给我们每一个人这样的决心：每天行在上帝的光中。

God, we are with God, and we have fellowship with God. At the same time, when we walk in the light of God, we will have fellowship with other Christian brothers and sisters. The fellowships with God and with other Christians will help to keep us away from temptations and sins.

Nowadays, information is so easy to access. Some information is good for our work and our daily life. But at the same time, many temptations are from the internet to attract us to sin. For example, Internet pornography is a huge temptation for many people. Statistics show that about 66% of young adult men and about 18% of women use porn at least once every week.¹

Men are six times more likely to look at porn than females. Those who have ever committed adultery are 218% more likely to look at porn. Those who are happily married are 61% less likely to look at porn. Regular church attenders are 26% less likely to look at porn than non-attenders.

A Chinese proverb says, if you often walk close to the river, it is hard to keep your feet dry. If we are close to temptations, it is likely we may fall into them. If we feel that no one can see us, it is easy to fall into temptations. If we decide to live a decent life to glorify God, we need to walk in the light of God. May God grant each one of us such a determination: to walk in the light of God daily.

1. <http://www.covenanteyes.com/2013/02/19/pornography-statistics/>

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博愛读经问题

ABR Questions

阅读: 复习路加福音; 诗篇 123 篇; 约翰一书 1-5 章

Weekly Bible reading: Review Luke; Psalm 123; 1 John 1-5

礼拜六 Saturday

- 读经 Bible Reading: 复习路加福音; Review the Gospel of Luke
- 路 12:8 “我又告诉你们, 凡在人面前认我的, 人子在上帝的使者面前也必认他; 9 在人面前不认我的, 人子在上帝的使者面前也必不认他。”
- 问题: 这是不是意味着在逼迫中放弃基督信仰的就不能进天国?
- Luke 12:8 "And I tell you, everyone who acknowledges me before men, the Son of Man also will acknowledge before the angels of God, 9 but the one who denies me before men will be denied before the angels of God."
- Question: Does this mean those who denied the Christian faith under persecution will not enter the Kingdom of God?

礼拜天 Sunday

- 读经 Bible Reading: 诗篇 123 篇; Psalm 123
- 诗 123:4 我们被那些安逸人的讥诮和骄傲人的藐视, 已到极处。
- 问题: 你经历过他人的讥诮和藐视吗? 你怎样反应的呢?
- Psalm 123:4 Our soul has had more than enough of the scorn of those who are at ease, of the contempt of the proud.
- Question: Have you experienced the scorn and contempt of other people? How did you respond?

礼拜一 Monday

- 读经 Bible Reading: 约翰一书 1 章; 1 John 1
- 约壹 1:6 我们若说是与上帝相交，却仍在黑暗里行，就是说谎话，不行真理了。
- 问题：这样看来，某基督徒犯罪，就是不行真理，表明他没有得救，是吗？
- 1 John 1:6 If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth.
- Question: Does this mean that, when a Christian sins, he does not walk in darkness, indicating that he is not saved. Is this idea right?

礼拜二 Tuesday

- 读经 Bible Reading: 约翰一书 2 章; 1 John 2
- 约壹 2:6 人若说他住在主里面，就该自己照主所行的去行。
- 问题：“照主所行的去行”是什么意思？主耶稣为我们的罪而死。我们照祂行的去行的目的是什么？
- 1 John 2:6 whoever says he abides in him ought to walk in the same way in which he walked.
- Question: What is the meaning of “walking in the same way”? Jesus died for our sins. Why should we walk in the same way with Him?

礼拜三 Wednesday

- 读经 Bible Reading: 约翰一书 3 章; 1 John 3
- 约壹 3:10 从此就显出谁是上帝的儿女，谁是魔鬼的儿女；凡不行义的不属上帝，不爱弟兄的也是如此。
- 问题：你认为你行义和爱你的兄弟姐妹吗？你认为你是属神的人吗？
- 1 John 3:10 By this it is evident who are the children of God, and who are the children of the devil: whoever does not practice righteousness is not of God, nor is the one who does not love his brother.
- Question: Do you think that you practice righteousness and love your brothers? Do you believe you are of God?

礼拜四 Thursday

- 读经 Bible Reading: 约翰一书 4 章; 1 John 4
- 约壹 4:2 凡灵认耶稣基督是成了肉身来的, 就是出于上帝的, 从此你们可以认出上帝的灵来。
- 问题: 这是不是意味着只要承认耶稣道成肉身就是真正的基督徒?
- 1 John 4:2 By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God,
- Question: Does this mean that whoever confesses that Jesus was God in flesh is a true Christian?

礼拜五 Friday

- 读经 Bible Reading: 约翰一书 5 章; 1 John 5
- 约壹 5:8 作见证的原来有三: 就是 [圣] 灵、水与血, 这三样也都归于一。
- 问题: 那三样怎样见证耶稣基督呢?
- 1 John 5:7 For there are three that testify: 8 the Spirit and the water and the blood; and these three agree.
- Question: How do the three testify for Jesus Christ?

背诵: 约壹 4:9 上帝差他独生子到世间来, 使我们借着 he 得生, 上帝爱我们的心在此就显明了。

Memorize: 1 John 4:9 In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him.

博愛读经提示

ABR Hints

阅读: 复习路加福音; 诗篇 123 篇; 约翰一书 1-5 章

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- 问题：这是不是意味着在逼迫中放弃基督信仰的就不能进天国？
- Luke 12:8 "And I tell you, everyone who acknowledges me before men, the Son of Man also will acknowledge before the angels of God, 9 but the one who denies me before men will be denied before the angels of God."
- Question: Does this mean those who denied the Christian faith under persecution will not enter the Kingdom of God?

提示 Hints

如果他或她真正放弃了他的信仰，而后来没有为这个罪认罪悔改，他可能不能在天堂与上帝同在，因为他甚至连愧疚和悔改都没有。

If he or she truly gave up his faith and do not repent the sin, it is likely that he or she will not be with God in heaven, because he was not even sorry for his sin.

礼拜天 Sunday

- 读经 Bible Reading: 诗篇 123 篇; Psalm 123
- 诗 123:4 我们被那些安逸人的讥诮和骄傲人的藐视，已到极处。
- 问题：你经历过他人的讥诮和藐视吗？你怎样反应的呢？
- Psalm 123:4 Our soul has had more than enough of the scorn of those who are at ease, of the contempt of the proud.
- Question: Have you experienced the scorn and contempt of other people? How did you respond?

提示 Hints

分享你的经历和感受。

Share your experiences and feelings.

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- Question: Does this mean that, when a Christian sins, he does not walk in darkness, indicating that he is not saved. Is this idea right?

提示 Hints

请分享你的想法。

| Please share your thoughts.

礼拜二 Tuesday

- 读经 Bible Reading: 约翰一书 2 章; 1 John 2
- 约壹 2:6 人若说他住在主里面，就该自己照主所行的去行。
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提示 Hints

荣耀上帝。

| Glorify God

礼拜三 Wednesday

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- 约壹 3:10 从此就显出谁是上帝的儿女，谁是魔鬼的儿女；凡不行义的不属上帝，不爱弟兄的也是如此。
- 问题：你认为你行义和爱你的兄弟姐妹吗？你认为你是属神的人吗？
- 1 John 3:10 By this it is evident who are the children of God, and who are the children of the devil: whoever does not practice righteousness is not of God, nor is the one who does not love his brother.
- Question: Do you think that you practice righteousness and love your brothers? Do you believe you are of God?

提示 Hints

评估你自己的信仰。

Please assess your own belief.

礼拜四 Thursday

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- Question: Does this mean that whoever confesses that Jesus was God in flesh is a true Christian?

提示 Hints

指灵的层面。

At the spiritual level.

礼拜五 Friday

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- 问题：那三样怎样见证耶稣基督呢？
- 1 John 5:7 For there are three that testify: 8 the Spirit and the water and the blood; and these three agree.
- Question: How do the three testify for Jesus Christ?

提示 Hints

圣灵见证，水里洗礼和十字架流血而死。

Spiritual testimony, water baptism, and death

背诵：约壹 4:9 上帝差他独生子到世间来，使我们借着 he 得生，上帝爱我们的心在此就显明了。

Memorize: 1 John 4:9 In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him.

博爱路以人生辅导、团契建造和教育援助，祝福中华民族。请为我们祷告并与我们同工。Agape Way blesses Chinese people with life coaching, fellowship building and educational assistance. Please pray for us and join us as a ministry partner. ©2014 by Dr. Wanbing Frank Li 李万兵博士版权所有

