

引言 INTRODUCTION

Whoever or whatever you trust will affect your life. Users of social media know that well. Nowadays, a lot of people rely on the social media for news, advice and popular trends. Influential people tell others what to buy, how to dress and who to believe. Followers tend to accept something to be true if many people say so. How can we tell right from wrong when people's opinions may change and new ideas keep popping up? Fortunately, God's truth will never need a revision. It is the standard we can always trust. God puts the Holy Spirit as a moral compass in His children. Paul highlights some of the works of the Holy Spirit in previous chapters. (1) The Holy Spirit gives us a new life when we accepted Jesus (1:13). (2) He strengthens us in our spiritual growth (3:16). (3) He unites all the Christians into one church body (4:3). The Holy Spirit speaks to us through the Bible. He will lead us when we listen to Him. The Holy Spirit is our ever-present help. We must always rely on Him. Paul explains that with an interesting comparison in verse 18: **And do not get drunk with wine, for that is debauchery, but be filled with the Spirit.** Those who consume too much alcohol will be under its control. A drunk person cannot think and walk straight. In comparison, a person filled with the Holy Spirit will be under His direction. This filling happens when we submit to Him. He will lead us like the best teacher and coach if we obey Him. In today's passage Paul tells us the effects when our life is filled by the Holy Spirit.

解釋 EXPLANATION

1. 把握目前的機會 Seize Current Opportunities

First, people who are filled by the Holy Spirit will seize current opportunities. Paul says in verse 16: **Making the best use of the time, because the days are evil.** The Greek text for the first half of the statement can be translated as "redeeming the time." We exchange one thing for something valuable in redemption. For example, we redeem coupons when we shop. The cash-register will deduct the amount indicated on the slip of paper. When Paul asks us to redeem time, he is telling us to spend it wisely. It is not just about hours or days. It also has to do with opportunities. It may not matter much whether you mow your lawn today or tomorrow. But you will lose the opportunity if you do not do so before a thunderstorm comes. Paul says we need to seize current opportunities because the days are evil. The world is under the influence of Satan. He encourages us to chase after treasure and indulge in pleasure. When Paul talks about seizing opportunities, it is not a self-centered, but a God-centered life. We choose to do the right things in God's eyes at the right time. Two factors we need to keep in mind: discernment and discipline. God puts you in a spot to serve Him and others. There are church ministries that you can participate, and people who need help, encouragement and prayer. God keeps bringing newcomers to our church. Someone needs to share the gospel with non-believers. Do not say to yourself: "Nah, someone else will do it." Take actions if God puts those needs in your heart. Also, duties will piled up if you keep

delaying. Then you simply do not have time to handle it when something urgent comes up. I find the two-minute rule someone suggested quite useful. Some trivial tasks such as skimming through advertisements or tidying your desk does not take much time. You can complete them easily and then get back to your major assignments. Therefore, wise people always make plans and prioritize their work. That way they can focus on important matters that need the most attention. It does not require much brain power to wash dishes or vacuum the floor. But you need a lot of concentration to study for an exam or to write a business proposal. You have to cut down distractions as much as possible. Modern people have an urge to reply instantly when messages come in to their phones. Before long, you may be spending too much time viewing your friends' vacation pictures or watching their kids' birthday videos. In most cases, you can respond later. You can even consider closing email window, turning off notification or even setting your device on a do-not-disturb mode. Trust me, your friends still love you and the world will not collapse when you do so!

2. 敏銳上主的旨意 Sense the Lord's Will

People who are filled by the Holy Spirit will seize the current opportunities. Secondly, they will also sense the Lord's will. Paul says in verse 17: **Therefore do not be foolish, but understand what the will of the Lord is.** The conjunction "therefore" connects with the previous context. Spirit-filled people who seize current opportunities are not foolish because they understand the Lord's will. Foolish is directly opposite to wise. In the Old Testament wisdom literature, fools are not dumb people. Rather, they believe they are too smart to believe in God. True wisdom from God makes us humble. We will discern the will of the Lord. The point is not just to understand, but also to follow God's will. Knowledge should help us make good decisions. It is like knowing how a product functions is not enough. You have to follow the manual to receive the biggest benefits from it. When we think of the Lord's will, the choices we make in daily life come to mind. Examples are like school, career and marriage. We often ask if God has some designated plans for us. The notion is: if going to college A is God's will for me then attending college B will be against His will. Granted, God gives us a wide range of freedom to conduct our life. Eating rice or hamburger for lunch is equally fine. For Christians, the key is about how to live our life down here when we know that we will spend eternity with God up there. God's general will for all believers is the same. He hopes that people will come to know Him, accept Him and follow Him. He also expects us to stand firm in our faith until we see Him in glory. God's personal will for each follower will not contradict His general will regardless of our roles in the society. When we call Jesus as Lord, we should follow His guidance in our decision-making. We should not only consider how the results will affect ourselves. We also need to ask how they will affect our relationship with the Lord and our witness for Him. For example, you are looking for a job. Most people will focus on factors like pay and promotion prospect. What if a potential job requires a lot of travel? That may affect your family life and your church ministries. Or perhaps the company is located in an area that is more hostile to Christianity. That will impact the spiritual growth of yourself and your children. Another example is dating. Some people will put appearance, personality and profession at higher priorities. Faith background will actually have more far-reaching impact. It will be hard to compromise if two persons

have completely different worldviews. You may want to serve the Lord overseas as a missionary. But the other person wants to retire at 50 to enjoy life. There will be a great difference whether you sense the Lord's will or you seek after your own desire.

3. 歌頌美善的恩主 Sing Praise to the Lord

Spirit-filled people do not only seize current opportunities and sense the Lord's will. Thirdly, they will also sing praise to the Lord. Look at verses 19-20: **19 Addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, 20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.** Paul brings up two purposes of church music. First is the horizontal aspect of teaching one another. Second is the vertical aspect of praising God. Paul mentions three categories of music. Psalms refer to the book in the Old Testament. Many of them could be song lyrics. Hymns could be the music used in Jewish festivals. Spiritual songs point to the Holy Spirit as the source of inspiration. Christian songs work like commentaries of the Bible. They explain who God is, what He has done for us, His expectations on us and our proper response to Him. Many Christians love traditional hymns because those songs echo their faith journey. A good example is "Amazing Grace." It talks about our conversion from sinners to saints, our spiritual growth afterward, our conviction that God is our constant help, our life struggles and our future hope of glory. That sets some time-tested standards for "good" Christian music. It is not just about the melody but the content. Many contemporary praise songs tend to be human-focused and not God-centered. Song-writers share how they feel: they are lost, low in their faith or they love God, etc. What is lacking is why they praise God. I am not undermining the effort of Christian artists. It takes weeks and months to compose a song. But some songs may be more suitable for personal devotion than Christian gatherings. After singing, the correct reaction should not only be "this is a good song" but also "He is a great God!" God is the object of our praise. That is why Paul encourages us in verse 20 we should give thanks to God always and for everything. Giving thanks should not be a once-a-year holiday. It must be a daily habit. We can give thanks to God the moment we get out of bed. Thank Him that you are still breathing. Thank Him for giving you a new day to walk with Him. Moreover, we should not only thank God when we have success, or when we receive praise. We can also thank God when we face a setback, challenge or uncertainty. When we show gratitude to God, we pull ourselves out of the situation and elevate us to His throne of grace. We acknowledge His sovereignty in our life. We affirm that God is with us in good and bad times. He has a good purpose in our experience. He wants to grow our faith and shape us to be more like Jesus. We know that God has not finished His work in us yet. He is the reason why we can rejoice.

4. 順服彼此的帶領 Submit to One Another

The fourth sign of a Spirit-filled life is submitting to one another. Paul states in verse 21: **Submitting to one another out of reverence for Christ.** The word "submit" is a military term. It means to line up a troop under the direction of an officer. There is a chain of commands in a military company. One person gives orders to his subordinates, and henceforth to the

personnel at the next level below. You do not need to be a soldier to understand that concept. Students listen to their teachers in school, and employees follow the instructions of their supervisors. Submission is an expected reaction to a higher authority. Without a doubt, modern people do not like to hear the word “authority.” Pictures of dictatorship and manipulation of power for self-gain come to their mind. However, authority is necessary to maintain order. Driving in Memphis can be an exciting experience. Just imagine people ignore traffic lights and even the police. It will be a complete chaos! Therefore, authority is actually a good thing when it is used correctly. Submission does not prove that a person is inferior to others. Even Jesus said multiple times that He willingly submitted to the Father when He was in the world. The Father, Son and Holy Spirit are equal in their power and glory. However, Jesus was sent into the world by the Father. Jesus’ mission was to obey the Father’s will to complete the salvation plan. We follow the same model when we exercise authority in the church. Paul emphasizes that we should submit to one another “out of reverence for Christ.” We submit to church leaders because we submit to the headship of Christ in the church. Jesus is the source of church authority. Therefore, Biblical authority is not gained but given. For example, God shares authority with Bible teachers. Students should listen to their teachers in the classroom. The authority lies in God’s Word and not in the teachers’ words. They do not share their personal opinions, but they are interpreting Bible passages with the help of the Holy Spirit. Similarly, our Council members derive their leadership authority from God. They make decisions based on the needs of all of us. We follow their direction when they are following the Lord’s. They need our constant prayer so that they can discern God’s will for our church. Together, we work in the same team. When we choose leaders we do not look at their IQ, education background or titles in their profession. But we should focus on their spiritual maturity, character and knowledge of God’s Word. We submit to them as long as their instructions are consistent with the Bible. Leaders actually carries some huge responsibilities. Ultimately, they have to give an account to the Lord.

結論 CONCLUSION

Whoever we trust will affect the outcomes of our life. God created us and Jesus saved us. Now the Holy Spirit is in us to embark on a new journey. The more we trust Him, the more we will be willing to yield to Him. Our relationship with God will then grow stronger as we experience His faithfulness. Whether in church life or personal life, in our study, family or career, we let the Holy Spirit take the lead. As a result, we receive God’s blessings and He receives all the glory.

引言 INTRODUCTION

你所相信的人或事情會影響你的生活。使用社交媒體的人都清楚這一點。如今，許多人依賴社交媒體獲取新聞、建議和流行趨勢。有影響力的人告訴人們該買什麼、如何穿著、該相信誰。如果很多人都說同樣的事，跟隨者便接受那是事實。人們的觀點不斷改變、新的想法不斷湧現，我們該如何辨別是非呢？幸好神的真理永遠不需要修改。那是我們一直可以信賴的標準。神賜聖靈給祂的兒女作為道德指南針。保羅在前面的章節中強調了聖靈的一些工作。(1) 當我們接受耶穌時，聖靈賜給我們新生命（1:13）。(2) 聖靈幫助我們的靈命成長（3:16）。(3) 祂聯合所有信徒成為一個合一的教會（4:3）。聖靈透過聖經向我們說話。當我們聆聽祂的時候，祂就會引導我們。聖靈是我們隨時的幫助。我們必須緊緊倚靠祂。保羅在第 18 節用一個有趣的比較來解釋這一點：**不要醉酒，酒能使人放蕩；乃要被聖靈充滿。**喝醉酒的人會受到酒精的控制。他們無法正常地思考和走路。相比之下，一個被聖靈充滿的人就會受到聖靈的指導。如果我們順服祂，祂就會像最好的老師和教練一樣帶領我們。在今天的經文中，保羅告訴我們被聖靈充滿時的表現。

解釋 EXPLANATION

1. 把握目前的機會 Seize Current Opportunities

首先，被聖靈充滿的人會把握目前的機會。保羅在第 16 節說：**要愛惜光陰，因為現今的世代邪惡。**上半節的經文可以翻譯為「救贖時間」。我們用一件東西來贖另一樣更有價值的東西。例如，我們購物時會贖優惠券。收銀機將扣除紙條上註明的金額。保羅要我們救贖時間，意思是要有智慧地運用時間。重點不只是時間，而是時機。你今天或明天剪草可能都無所謂。但如果你不趁下大雨前去剪的話，你就會錯過時機。保羅說我們要把握目前的機會，因為現今的世代邪惡。世界被撒旦所掌控。他鼓勵我們追逐名利並盡情享樂。當保羅談到把握目前的機會時，那不是以自我為中心的生活，而是以神為中心的生活。我們必須在正確的時間做神眼中看為正確的事。我們需要記住兩個因素：洞察力和紀律。神把你放在某個位置來服事祂和別人。你可以參與一些教會事工，可以幫助、鼓勵和為別人禱告。神也不斷把新朋友帶到我們的教會。需要有人向非信徒傳福音。不要對自己說：「沒關係，別人

會做的。」如果神把那些需要放在你心裡，你便應該採取行動。另外，如果你繼續拖延，事情就會堆起來。當緊急情況發生時，你根本沒有時間去處理。有人建議兩分鐘的原則。我發現非常實用。有些瑣碎的事務，例如看郵件的廣告或整理辦公桌，並不需要太多時間。你可以輕鬆地完成，然後回到你的主要任務。因此，有智慧的人總是會制定計劃並安排工作的優先次序。這樣他們就可以專注於最重要的事務。例如洗碗或吸塵不需要什麼腦力。但你需要集中精神來準備考試或寫商業計劃書。你也必須減少干擾。現代人在手機收到訊息時便有衝動馬上回覆。但逐漸，你可能會花太多時間看朋友的度假照片或他們孩子的生日影片。在大多數情況下，你可以稍後回覆。你甚至可以考慮關閉電子郵件、關掉通知，甚至轉到請勿打擾模式。請放心！當你這樣做之時，你的朋友仍然愛你，世界也不會塌下來的！

2. 敏銳上主的旨意 Sense the Lord's Will

被聖靈充滿的人會把握目前的機會。其次，他們也會敏銳上主的旨意。保羅在第 17 節說：**不要作糊塗人，要明白主的旨意如何**。被聖靈充滿的人會把握目前的機會，他們不做愚昧人，因為他們明白主的旨意。愚昧是與明智相對的。在舊約智慧文學中，愚昧人並不是智商低的人。相反，他們認為自己太聰明而不用相信神。來自神的真智慧使我們謙卑，幫助我們分辨主的旨意。重點不只是理解，更重要的是遵循神的旨意。知識幫助我們做出正確的決定。就像了解產品的功能還不足夠，你必須按照說明書去使用產品。當我們想到主的旨意時，就會聯想到日常生活中的選擇，例如讀書、職業和婚姻。我們常常問神是否對我們有一些指定的計劃。如果去大學 A 是神對我的旨意，那麼上大學 B 便是違反祂的旨意。神其實給予我們很大的自由來過生活。午餐吃米飯或漢堡都沒有分別。對基督徒來說，關鍵是當我們知道將會在天上與神共度永恆時，我們該如何在地上過生活。神對所有信徒的普遍旨意都是一樣的。祂希望人們認識祂、接受祂、跟隨祂。祂也期望我們在信仰上站穩，直到我們在榮耀中見祂的面。無論我們在社會中扮演什麼角色，神對每個跟隨者的個人旨意都不會與祂的普遍旨意相抵觸。當我們稱耶穌為主時，我們在做決定時應該服從祂的帶領。我們不應該只考慮結果將如何影響我們自己。我們也需要問，結果會如何影響我們與主的關係以及我們為主的見證。例如，你正在找工作。大多數人會考慮工資和晉升機會等因素。如果某一份工作需要你經常出差怎麼辦？這可能會影響你的家庭生活和教會事奉。或者那家公司所在的城市比較敵視基督信仰。這將影響你和孩子的屬靈成長。另一個例子是交男女朋友。有些人會看重對方的外表、個性和職業。

信仰背景其實會產生更深遠的影響。如果兩個人的世界觀完全不同，就很難妥協。你可能打算到海外當宣教士，但另一個人卻計劃 50 歲退休享受生活。敏銳上主的旨意還是追求自己的心意，會有很大的差別。

3. 歌頌美善的恩主 Sing Praise to the Lord

被聖靈充滿的人，不只是把握目前的機會，和敏銳上主的旨意。第三，他們也會歌頌美善的恩主。請看第 19 至 20 節：**19 當用詩章、頌詞、靈歌、彼此對說，口唱心和的讚美主。20 凡事要奉我們主耶穌基督的名常常感謝父神。**保羅指出教會音樂的兩個目的。首先是橫向的互相教導，其次是縱向的讚美神。保羅提到三類音樂。詩章指的是舊約聖經的詩篇，其中許多可能是歌詞。頌詞可能是在猶太人節期中使用的音樂。靈歌點出聖靈是音樂靈感的來源。基督教會歌曲的功用就像聖經的註解。它們講述神的性情、祂的工作、祂對我們的期望以及我們對祂該有的回應。許多基督徒喜歡傳統聖詩，因為他們能認同歌曲的內容。一個很好的例子是「奇異恩典」。它講述了我們從罪中得救，我們的靈性成長，神給予我們的幫助，我們在生活中的掙扎以及我們將來榮耀的盼望。這就設定了「好」的詩歌的標準。重點不只是旋律，更重要的是歌詞。許多近代讚美詩往往以人為中心，而不是以神為中心。作者分享他們的感受：他們曾經迷失，他們的信仰低落，或者他們愛慕神，等等。缺少的是他們為什麼要讚美神。我不是要貶低作曲人的努力。創作一首歌需要幾週甚至幾個月的時間。但有些詩歌可能比較適合個人靈修，而不是在教會聚會中使用。唱完之後，正確的反應不應該只是「這首歌很好聽」，還應該是「這位神真偉大！」神是我們讚美的對象。因此保羅在第 20 節鼓勵我們凡事要常常感謝神。感恩不應該是一年一度的假期，而必須成為日常的習慣。當我們起床的那一刻，我們就可以感謝神。感謝神你還有呼吸。感謝祂賜給你新的一天與祂同行。此外，我們不應該只在成功、得到讚賞時才感謝神。當我們面對挫折、挑戰或未知時，我們也可以感謝神。當我們向神感恩時，我們就會把自己從困境中拉出來，並提升到神施恩的寶座前。我們認定祂在我們生命中的主權。我們確信無論順境或逆境，神都與我們同在。祂對我們有一個美好的目的。祂希望增加我們的信心，塑造我們更像耶穌。我們知道神在我們身上的工作還沒有完成。祂是我們可以喜樂的原因。

4. 順服彼此的帶領 Submit to One Another

被聖靈充滿的生活的第四個標記是順服彼此的帶領。保羅在第 21 節說：**又當存敬畏基督的心，彼此順服。**「順服」這個字是軍事用語，意思是在軍官

的指揮下排列隊伍。部隊中有一個指揮系統。一個軍官對下屬發號施令，然後下屬對再下一級的士兵發出命令。不用是當兵的人也能明白這個概念。學生在學校聽老師的話，員工聽從主管的指示。順服是對上級權柄的適當回應。毫無疑問，現代人不喜歡聽到「權柄」這個字。他們腦海中浮現出獨裁和為個人利益操縱權力的畫面。然而，維持秩序需要權柄。在孟菲斯開車很可能是刺激的經歷。想像一下人們不理交通燈甚至警察會如何。那肯定是徹底的混亂！因此，權力只要運用得合宜，其實是一件好事。順服並不是證明你比別人低一等。連耶穌也多次說過，當祂在世時，祂順服天父。聖父、聖子和聖靈的能力和榮耀是平等的。然而，耶穌是被天父差遣到世上來的。耶穌的使命是要遵行天父的旨意來完成救恩計畫。當我們在教會中使用權柄時，我們也是效法同樣的模式。保羅強調，我們應該出於對基督的敬畏而彼此順服。我們順服教會的領袖，因為我們順服基督在教會中的元首地位。耶穌是教會權柄的來源。因此，聖經的權柄不是我們爭取的，而是神給予的。例如，神分享權柄與聖經老師。學生應該聽老師講課。權柄在於神的話，而不是老師的話。他們不是分享個人觀點，而在聖靈的幫助下解釋經文。同樣，我們的同工會成員的領導權也來自神。他們根據全體的需要來做決定。如果他們跟隨主的方向，我們便要跟隨他們的方向。我們需要經常為他們禱告，讓他們能明白神對我們教會的旨意。我們是在同一個團隊中一起服事。當我們選擇同工時，我們不考慮他們的智商、教育背景或專業頭銜。但我們應該注意他們的靈命成熟度、品格和對神話語的認識。只要他們的指示符合聖經，我們就順服他們。領袖們需要承擔重大的責任。最終，他們必須向主交帳。

結論 CONCLUSION

你所相信的對象會影響你的生活。神創造了我們，耶穌拯救了我們。現在聖靈在我們裡面，讓我們踏上新的旅程。我們越信靠聖靈，就越願意順服祂。當我們經歷神的信實時，我們與神的關係就會變得更加穩固。無論是在教會生活或個人生活中，無論是在學習、家庭或事業上，我們都讓聖靈來帶領。結果，我們得到了神的祝福，神也得到了一切的榮耀。