

# 互相担当

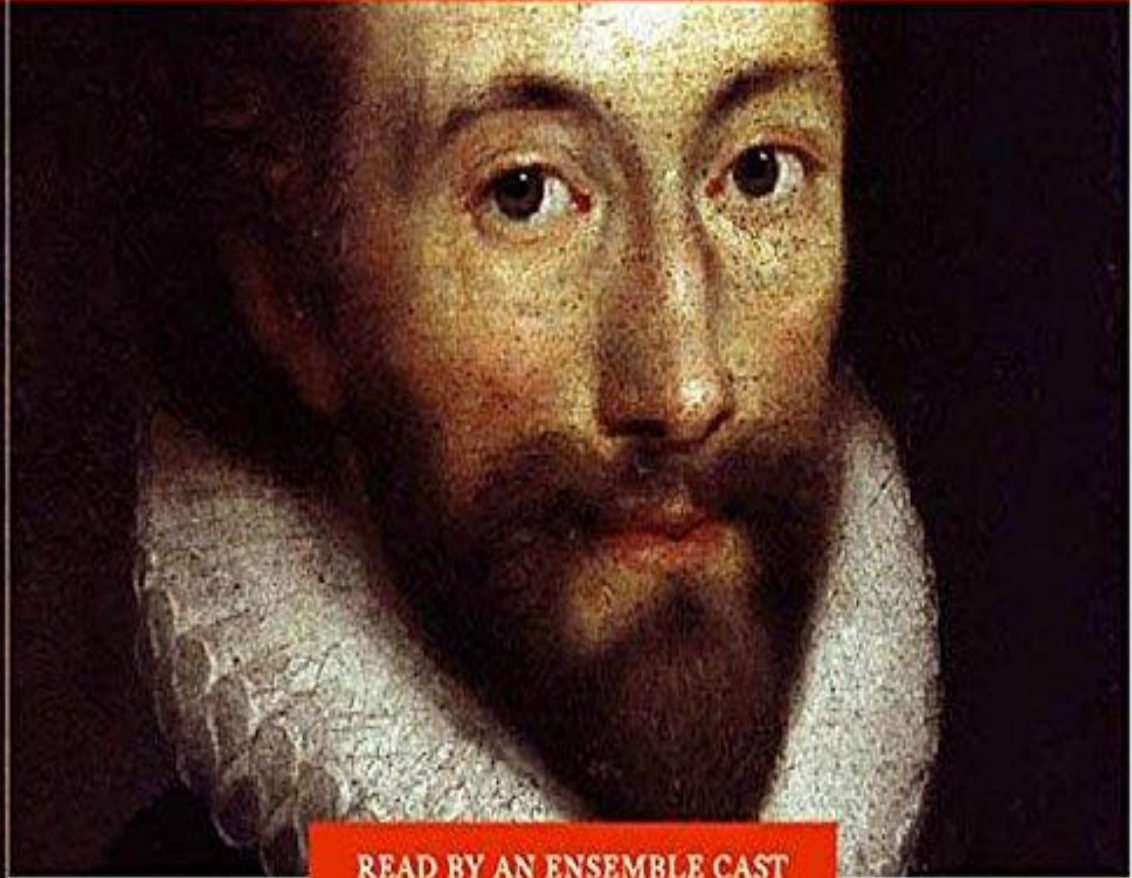
Bear one another's burdens

加拉太书 Galatians 6:1-5



HighBridge Classics

John Donne:  
Poems



READ BY AN ENSEMBLE CAST

没有人是孤岛

*No Man  
Is An Island*

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John Donne

# 加拉太书 Galatians 背景 Background

假教师进入教会 False teachers

遵守律法和礼仪 Obey the law and ordinances

恩典要加上行为 Grace adds works

外邦人须受割礼 Gentle subject to circumcision

## 律法主义者 Legalist

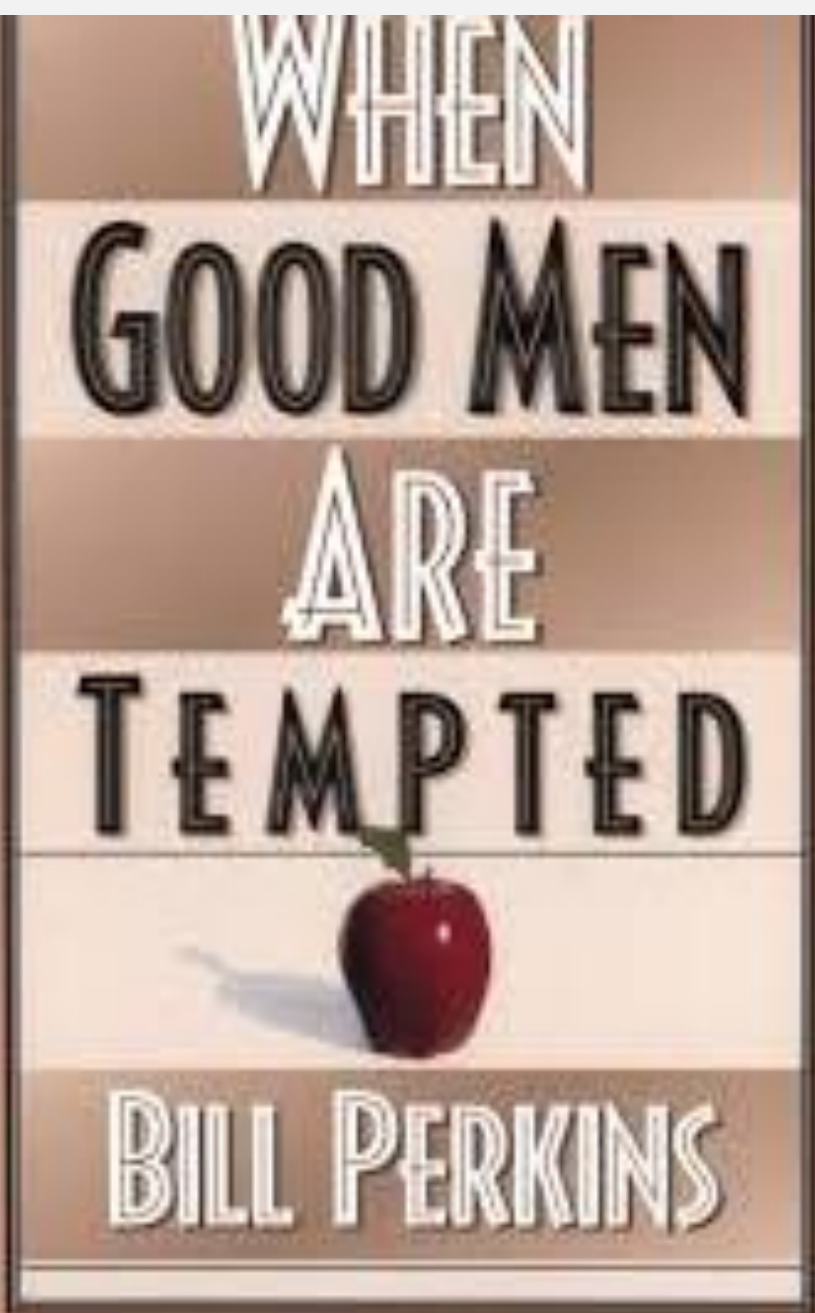
弟兄们，如果有人陷在一些过犯里，  
你们属灵的人，要用温柔的心  
使他回转过来，自己却要小心，  
免得也被引诱。

Brothers, if anyone is **caught in any transgression**, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.

加拉太书 Galatians 6:1



Help to carry one another's burdens.



如果我继续沉溺在罪里会有什么后果？

What will happen if I continue to indulge in sin?

1. 我的婚姻 Marriage
2. 家庭 Family
3. 工作 Work
4. 健康 Health
5. 名声 Reputation
6. 自我形象 Self-image
7. 财务 Finance
8. 将来 Future

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1. 体恤困难 Compassionate

2. 不贴标签 Do not label

- **不是救主** *"Messiah" mindset*
- **顾及隐私** *Confidentiality*



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Help to carry one another's burdens.

# 信徒的责任

## Believers' Responsibilities



Help to carry one another's burdens.

1. 你我有责，小心引诱  
Bear responsibility, Keep watch

# 信徒的责任

## Believers' Responsibilities



Help to carry one another's burdens.

1. 你我有责，小心引诱

Bear responsibility, Keep watch

2. 他人重担，互相担当

Bear each other burdens

2 你们各人的重担要互相担当，  
这样就成全了基督的律法。

<sup>2</sup> Bear one another's burdens,  
and so fulfill the law of Christ.

加拉太书 Galatians 6:2



Help to carry one another's burdens.

**A. 施予者，也是接受者 Giver, also recipient**

- ❖ **双方承认软弱** Both admit weaknesses
- ❖ **双方愿意敞开** Both willing to open up

## A. 施予者，也是接受者 Giver, also recipient

❖ 双方愿意敞开 Both willing to open up

### 封闭自己的4个挡箭牌 Covering with shields

. 沉默 Silence; . 高谈阔论 Tirade ;

. 躲躲闪闪 Evasive; . 自高自大 Arrogant

法国小说家杜尼耶 French Novelist, Tournier

❖ 坦诚相待 Be honest and open

❖ 属灵知己 Spiritual confidant





**A. 施予者，也是接受者 Giver, also recipient**  
**B. 施予和接受者都受益 Both sides benefit**

# The Healing Power of Doing Good

## The Health and Spiritual Benefits of Helping Others

Allan Luks  
with Peggy Payne

背痛与头疼消除，血压与胆固醇降低，暴饮暴食和滥用酒精药物的习惯都得到压制。

Backaches and headaches are eliminated, blood pressure and cholesterol are reduced, overeating and alcohol abuse are all suppressed.

- A. 施予者，也是接受者 Giver, also recipient
- B. 施予和接受者都受益 Both sides benefit
- C. 双方都愿意付出时间 Both devote time



忙碌”是“关系”最大的敌人。我们的生活常被生计、工作、账单、目标挤得满满的，好像这些事情是人生的重点。其实，人生的重点是学习去爱——爱神和爱人。

**人生减去爱，等于零！**

Busyness is a great enemy of relationships. We become preoccupied with making a living, doing our work, paying bills, and accomplishing goals as if these tasks are the point of life. They are not. The point of life is learning to love — God and people. **Life minus love equals zero!**

华理克牧师 Rick Warren



## 2 你们各人的重担要互相担当， 这样就成全了基督的律法。

<sup>2</sup> Bear one another's burdens,  
and so **fulfill the law of Christ.**

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Help to carry one another's burdens.



we believe in a *society* where  
every **MIGRANT WORKER**  
lives a life of *dignity*

**HEALTHSERVE**  
healing, inspiring & bridging communities  
ANNUAL REPORT 2018/19

以便以谢播道会  
**EBENEZER**  
EVANGELICAL FREE CHURCH

# 信徒的责任

## Believers' Responsibilities



Help to carry one another's burdens.

1. 你我有责，小心引诱  
Bear responsibility, Keep watch
2. 他人重担，互相担当  
Bear each other burdens
3. 个人担子，勇于承担  
Bear own load

# 5 因为各人的担子， 是要自己担当的。

5 For each will have to bear his own load.

加拉太书 Galatians 6:5



Help to carry one another's burdens.



	罪担 Sins ( V1 )	重担 Burden ( V2 )	担子 Load ( V5 )
<b>意义</b> <b>Meaning</b>	<b>犯罪而招致的内疚感/羞耻感</b> Guilt / shame caused by sins	<b>精神，经济苦难，误会生离死别</b> Mental, financial, suffering, misunderstanding, death	<b>个人应尽的责任</b> Personal responsibility
<b>行动</b> <b>Action</b>	<b>用温柔的心将对对方挽回</b> Respond gently for restoration	<b>互相担当</b> Bear one another burdens	<b>自己承担</b> Bear own load

**1. 当你知道有弟兄/姐妹陷在一些过犯里，你会如何处理？**

**When you know that a brother / sister is caught in any transgression, what will you do?**



**2. 请思想在教会里有哪些重担我可以帮忙去分担？**

**Please think about the burdens in the church that I can help bear?**

**3. 透过这篇讲道，神今天对您说了什么话？您如何用在生活中？**

**What has God spoken to you through today's sermon? How can you apply what you have received from God?**



感恩十一奉献

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你们白白地得来  
也要白白地舍去



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祝福

**BENEDICTION**