

# 《更新系列》 Be Renewed Series

引导我们：反思、  
回转、经历福音带  
来的更新。

1 更新的起点- 当  
我做不到的时候  
(罗7:14-25)

2 回到示玛，回到  
创造 (诗51)

3 日日更新 (林后  
4:7-18)

4 在十架里与主相  
交 (受难节，可  
14:32-42)

5 新创造的第一天  
(复活节，罗  
12:1-2)



大卫需要被更新吗？  
DOES DAVID NEED  
TO BE RENEWED?



保罗需要被更新吗？  
DOES DAVID NEED  
TO BE RENEWED?



你需要被更新吗？ DO  
YOU NEED TO BE  
RENEWED?

**日日更新**

**- 保罗在困苦中的见证**

**Renewed day by day - Paul's testimony in suffering**

**林后 2Cor 4:7-18**



林后的背景  
Background of 2  
Corinthians



## 哥林多教会 The Corinthian church

### - 保罗写信给一个什么样的群体?

What kind of community did Paul write to?

- 质疑他的权柄
- 把他和更“令人印象深刻”的领导者做比较
- 看重外在的能力、口才和成功
- Questioned his authority
- Compared him with more “impressive” leaders
- Valued outward strength, eloquence, and success





相比之下，保罗的事工  
看起来是：

- 软弱的
- 充满痛苦的
- 不吸引人的

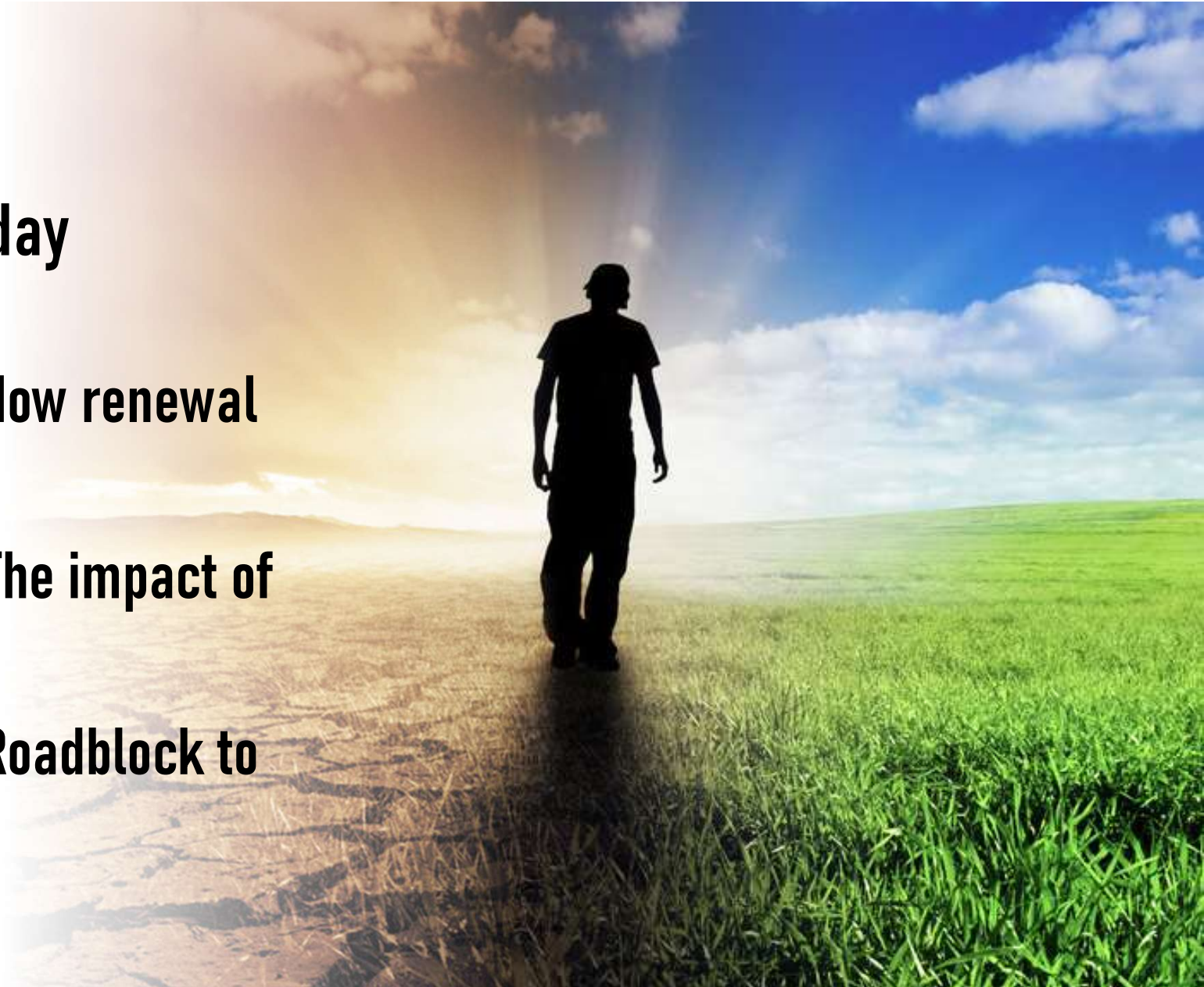
**In contrast, Paul's ministry  
looked:**

- **Weak**
- **Suffering-filled**
- **Unimpressive**

# 日日更新

Renewed day by day

- I. **更新的体现** How renewal plays out in life
- II. **更新的影响** The impact of renewal
- III. **更新的拦阻** Roadblock to renewal



7 我们有这宝贝在瓦器里，是要显明这极大的能力是属于 神，不是出于我们。 8 我们虽然四面受压，却没有压碎；心里作难，却不至绝望， 9 受到迫害，却没有被丢弃；打倒了，却不至死亡。 10 我们身上常常带着耶稣的死，好让耶稣的生也在我们的身上显明出来。 11 我们这些活着的人，为耶稣的缘故常常被人置于死地，好让耶稣的生也在我们必死的身上显明出来。（7-11节）

**7 But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 8 We are hard pressed on every side, but not crushed; perplexed, but not in despair, 9 persecuted, but not abandoned; struck down, but not destroyed. 10 We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. 11 For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. (2 Cor 4:7-11)**



# 日日更新

Renewed day by day

## I. 更新的体现 How renewal plays out in life

- a. 神极大能力的保守 Protected by God's all-surpassing power





## 极卑贱的器皿

Extremely lowly vessels

瓦器：当时用粘土制成的瓦器是常见的日用品。廉价并且不经用，一旦破损就毫无用处。

**Jars of clay : At that time, pottery made of clay was a common daily necessity. Cheap and unused, once broken, useless.**

# 极残酷的患难

## Extremely cruel tribulation

四面受压。。。心里作难。。。受到迫害。。。打倒了，

我们四面受敌，却不被困住= 含有“受追捕”的意思 We are surrounded on all sides, but not trapped = contains the meaning of "being hunted"

1: 8-9: 弟兄们，我们在亚西亚遭受的患难，我们很想让你们知道。那时我们受到了过于我们所能忍受的压力，甚至活下去的希望都没有了，而且断定自己是必死的了；



雪地野兔遭2猎犬围捕  
狂飙逃命 万人屏息静观  
生死瞬间。

- [Dramatic Drone Footage of Dogs Chasing a rabbit in China](#)

却经历到神极大能力的保守 But experienced the protection of God's great power

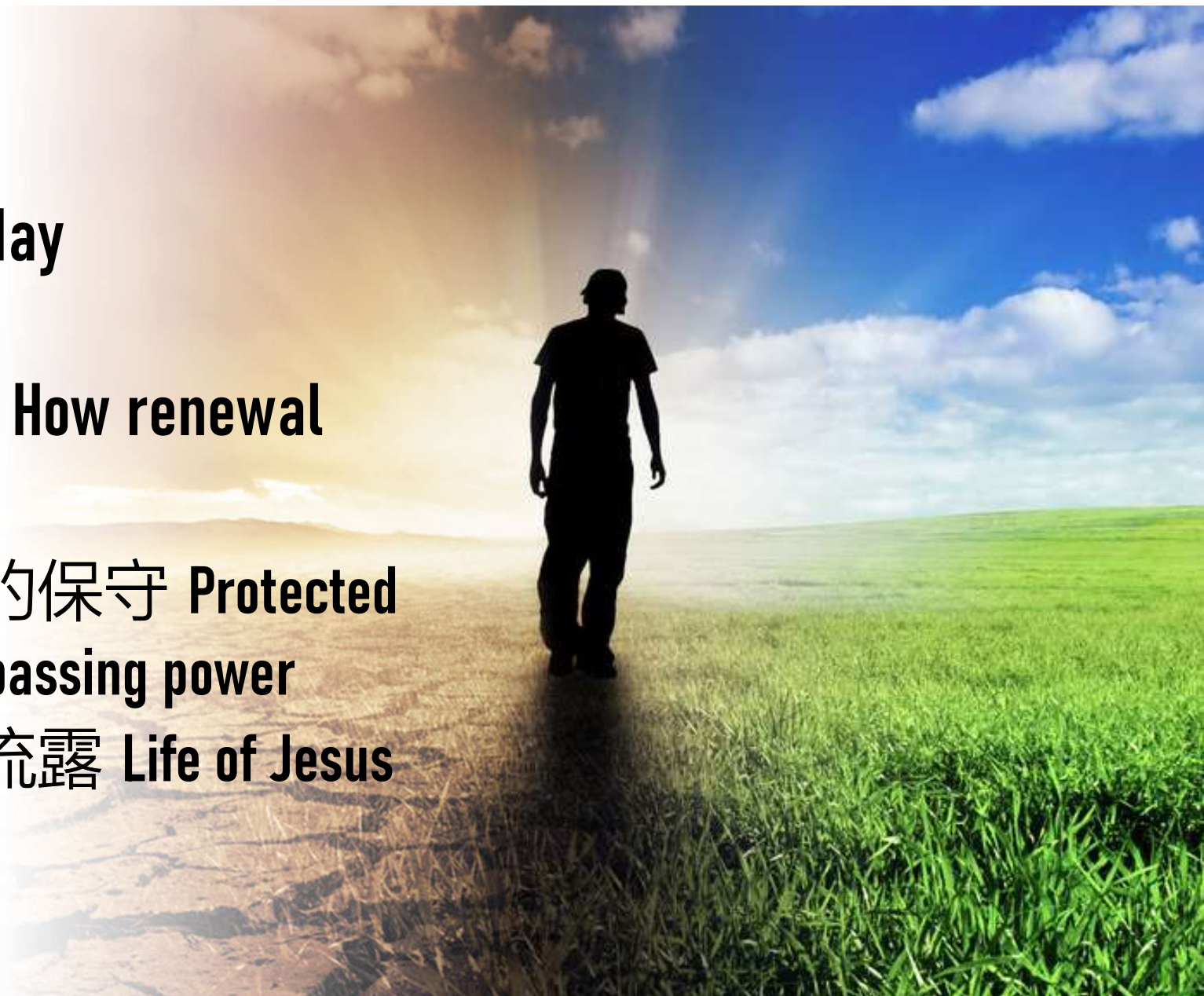
- 四面受压，**却**没有压碎； Hard pressed on every side, **but** not crushed;
- 心里作难，**却**不至绝望， perplexed, **but** not in despair,
- 受到迫害，**却**没有被丢弃； persecuted, **but** not abandoned;
- 打倒了，**却**不至死亡。 struck down, **but** not destroyed.

# 日日更新

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## I. 更新的体现 How renewal plays out in life

- a. 神极大能力的保守 Protected by God's all-surpassing power
- b. 耶稣生命的流露 Life of Jesus revealed



10 我们身上常常带着耶稣的死，好让耶稣的生也在我们的身上显明出来。 11 我们这些活着的人，为耶稣的缘故常常被人置于死地，好让耶稣的生也在我们必死的身上显明出来。  
(10-11节)

**<sup>10</sup> We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. <sup>11</sup> For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. (2 Cor 4:10-11)**

必死的身上

耶稣的死=  
耶稣的牺牲、  
舍己和顺服

常常带着耶稣的死

耶稣的生显明出来

耶稣的生=  
耶稣的生命和  
品性

常常被人置于死地



**Our mortal body**

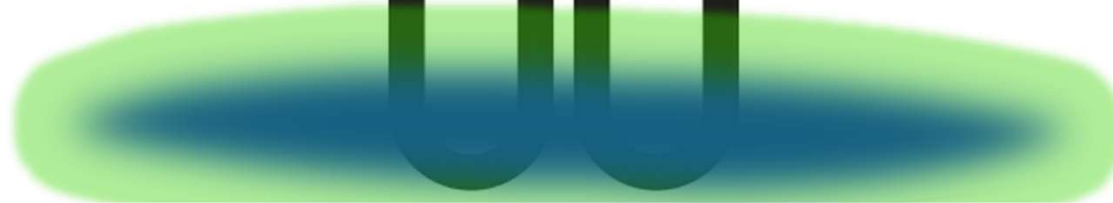
**The death of Jesus =  
Jesus' sacrifice,  
self-denial, and  
obedience**

**death of Jesus**

**Life of Jesus**

**The Life of Jesus =  
The life and  
character of Jesus**

**given over to death**



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Renewed day by day

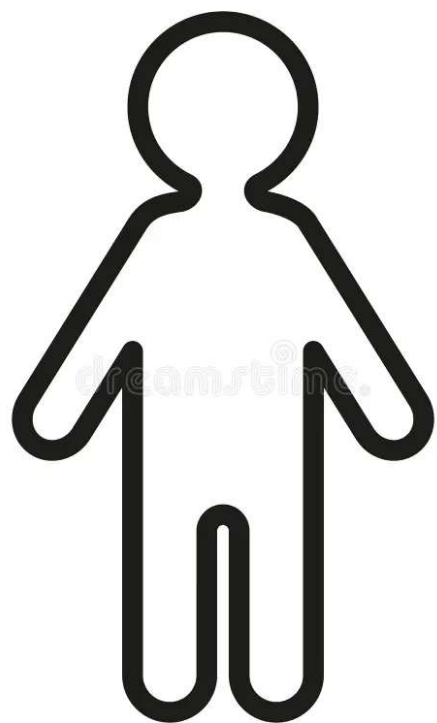
- I. **更新的体现** How renewal plays out in life
- II. **更新的影响** The impact of renewal



12 这样看来，死在我们身上运行，生却在你们的身上运行。13 经上记着说：「我信，所以我说话。」我们既然有同样的信心，也就信，所以也说话，14 因为知道那使主耶稣复活的，也必定使我们与耶稣一同复活，并且把我们和你们呈献在他的面前。15 这一切都是为了你们，好使恩惠既然因着许多人而增多，感恩的心也更加增多了，使荣耀归给 神。（4：12-15节）

**12 So then, death is at work in us, but life is at work in you. 13 It is written: "I believed; therefore I have spoken." [b] Since we have that same spirit of [c] faith, we also believe and therefore speak, 14 because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to himself. 15 All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.**

死在我们身上运行



耶稣的生显明出来



生在你们身上运行

锡安群体被更新- 满溢的生命会影响其他人

The Zion community is renewed - Overflowing life affects others

# 日日更新 Renewed day by day

## II. 更新的影响 The impact of renewal

- a. 同享信心 a common faith
- b. 同享复活的盼望 hope of the resurrection
- c. 恩惠增多 More grace
- d. 感恩增多 Overflowing thanksgiving
- e. 荣耀归给神 All glory to God



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所以，我们并不沮丧，我们外面的人虽然渐渐朽坏，但里面的人却日日更新，因为我们短暂轻微的患难，是要为我们成就极大无比、永远的荣耀。我们所顾念的，不是看得见的，而是看不见的；因为看得见的是暂时的，看不见的是永远的。（16-18节）

**Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (2 Cor 4:16-18)**

# 更新的拦阻 Roadblock to renewal

为什么会沮丧？

**Why do we lose heart?**

因为有朽坏和患难

**For there is wasting away and troubles**

➤ 不再坚持、不再顺服、不再相信

**Stop pressing on, stop obeying, stop trusting.**





保罗使用不断的对比来告诉我们一个更大的事实：  
更新正在进行中 Paul uses constant contrasts to tell us a  
bigger narrative: Renewal is taking place

- 外面的人 outwardly
- 渐渐朽坏 wasting away

- 里面的人 inwardly
- 日日更新 renewed day by day

保罗承认朽坏正在发生，但那不是一个完整的叙事  
Paul acknowledges that the “wasting away” is happening, but that's  
not a complete narrative.

保罗使用不断的对比来告诉我们一个更完整的图画： 荣耀正在形成中 Paul uses constant contrasts to tell us a more complete picture: Glory is taking shape

- 患难 troubles
- 短暂 momentary
- 轻微 light

- 荣耀 glory
- 永远 eternal
- 极大无比 outweighs

因为我们短暂轻微的患难，是要为我们成就极大无比、永远的荣耀。  
For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all

## 保罗“短暂轻微”的患难 Paul's “light and momentary” troubles

我受更多的劳苦，更多的坐监，受了过量的鞭打，常常有生命的危险。我被犹太人打过五次，每次四十下减去一下，被棍打过三次，被石头打过一次，三次遇着船坏，在深海里飘了一昼一夜；多次行远路，遇着江河的危险、强盗的危险、同族的危险、外族的危险、城中的危险、旷野的危险、海上的危险、假弟兄的危险；劳碌辛苦，多次不得睡觉，又饥又渴，多次缺粮，赤身挨冷。除了这些外面的事，还有为各教会挂心的事，天天压在我的身上。有谁软弱，我不软弱呢？有谁陷在罪里，我不焦急呢？（11：23-29）

I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. <sup>24</sup> Five times I received from the Jews the forty lashes minus one. <sup>25</sup> Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, <sup>26</sup> I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. <sup>27</sup> I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. <sup>28</sup> Besides everything else, I face daily the pressure of my concern for all the churches. <sup>29</sup> Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn?

# 螃蟹不断成长的一生

The life of a crab that is constantly growing



# 应用 **Application:**



有什么患难或是朽坏现在让你觉得很沮丧？求神改变你的眼光  
**What troubles or wasting away is making you lose heart right now? Ask God to change your perspective**



我信，所以我说话- 在这周向一个人分享你如何经历到神的更新。  
**I believed; therefore I have spoken— Share with someone this week how you have experienced God's renewal.**

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