



# **Train to be Godly**

## **敬虔的操练**

**1 Timothy**  
**提摩太前书**  
**4:7-10**

## **Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)**

We tend to choose material things over spiritual things

我们自然看重物质多过属灵

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real: can feel it  
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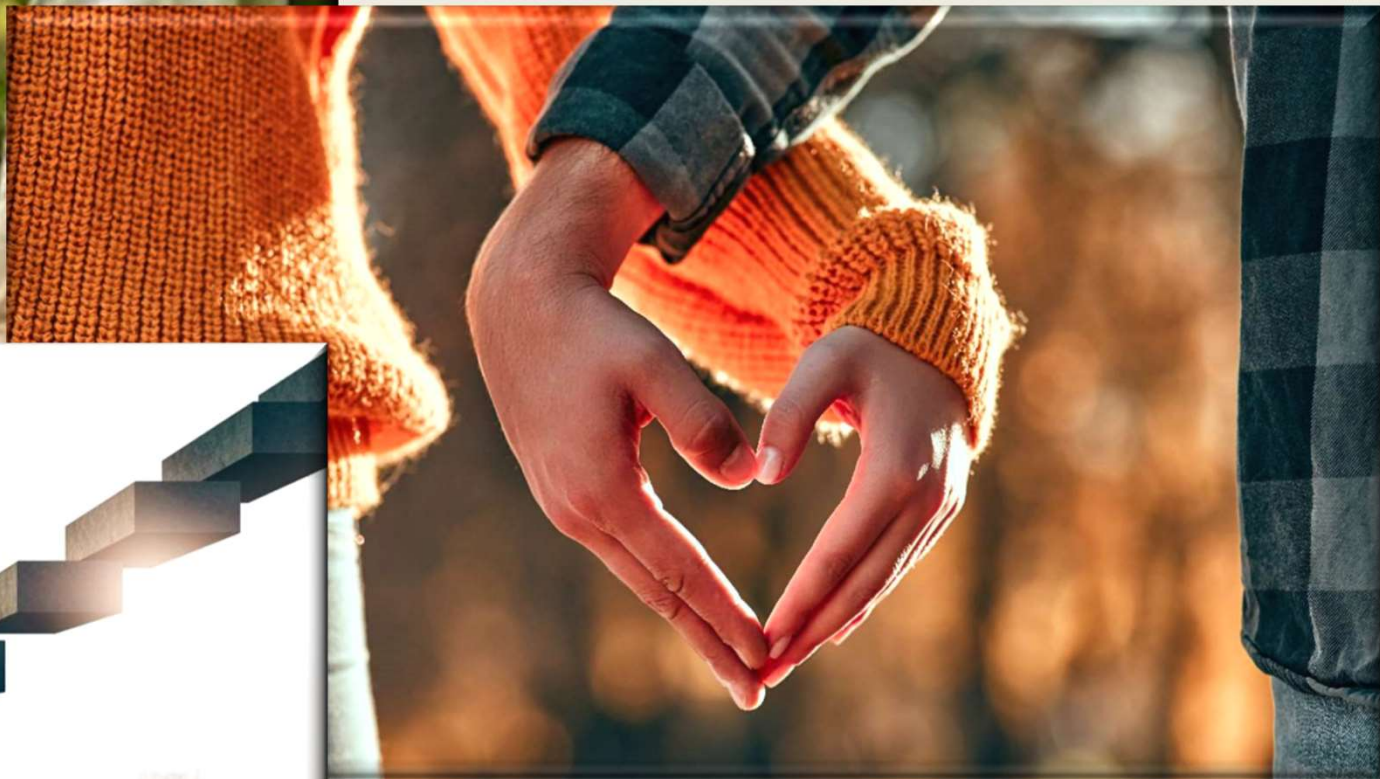
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## **Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)**

<sup>7a</sup> Have nothing to do with godless myths and old wives' tales

<sup>7a</sup> 只是要弃绝那世俗的言语和老妇荒渺的话?

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false gospel: mixture of errors

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sarcastic expression

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讽刺的话

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哲学家 **讽刺的话**

7a 只是要弃绝那世俗的言语和 老妇荒渺的话？  
**假福音：错误混合**



## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

- false teachings will stifle growth in godliness
- false gospels, cults, extremism: hypercalvinism, King James Version only, Arminianism, charismatic: tongues, prophecy, person having ability to heal; harmful worldviews:
- increase your knowledge: train yourself/children to differentiate
- 假教训会压制敬虔的成长
- 假福音, 异/极端: 极端加尔文主义, 惟独钦定本圣经, 亚米念主义, 灵恩派: 说方言, 说预言, 人有能力医病, 等; 害人的世界道理
- 要增加知识: 锻炼自己/孩子能分辨

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love people

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爱人

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与信徒团契

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love people

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teach truth/correct errors gently

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reject false teachings 拒绝假道理 steadfastly 坚决 (1 Timothy 提摩太前书 4:7-10)

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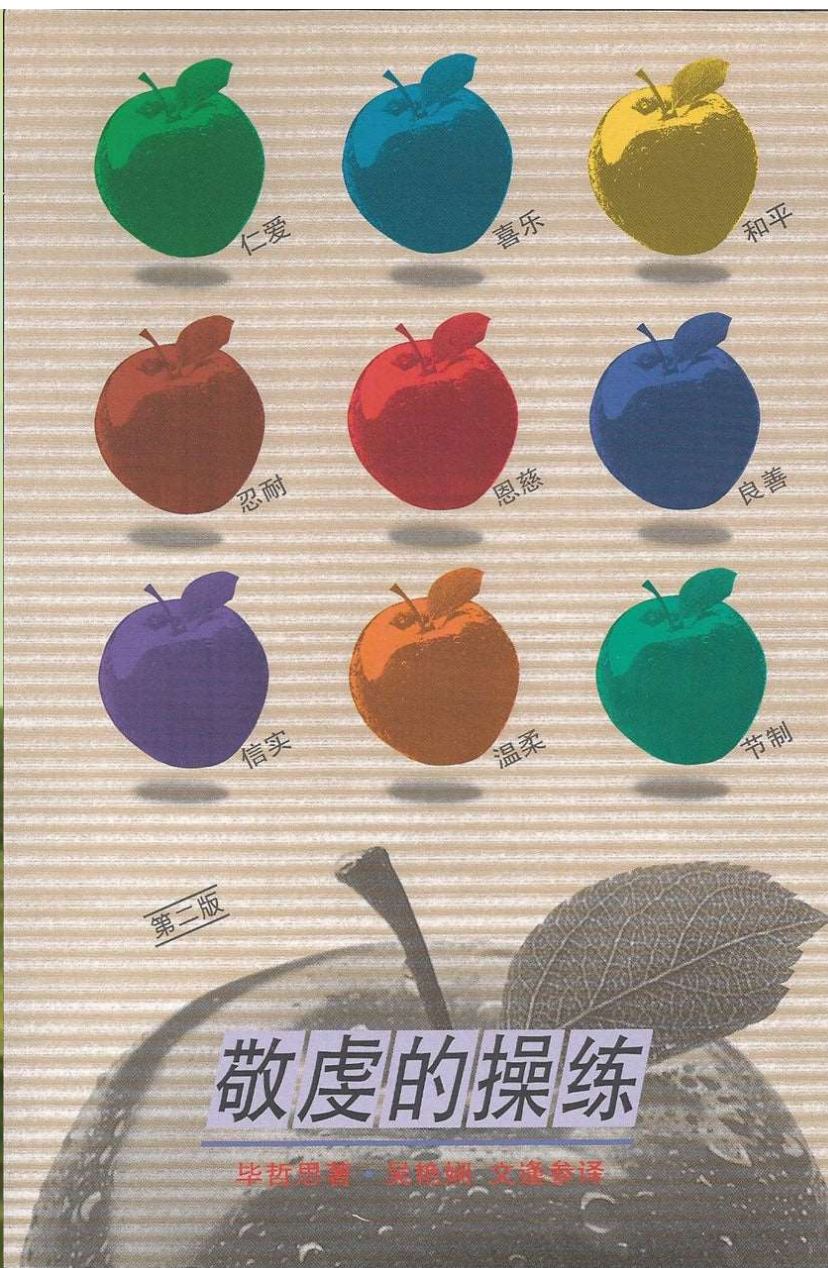
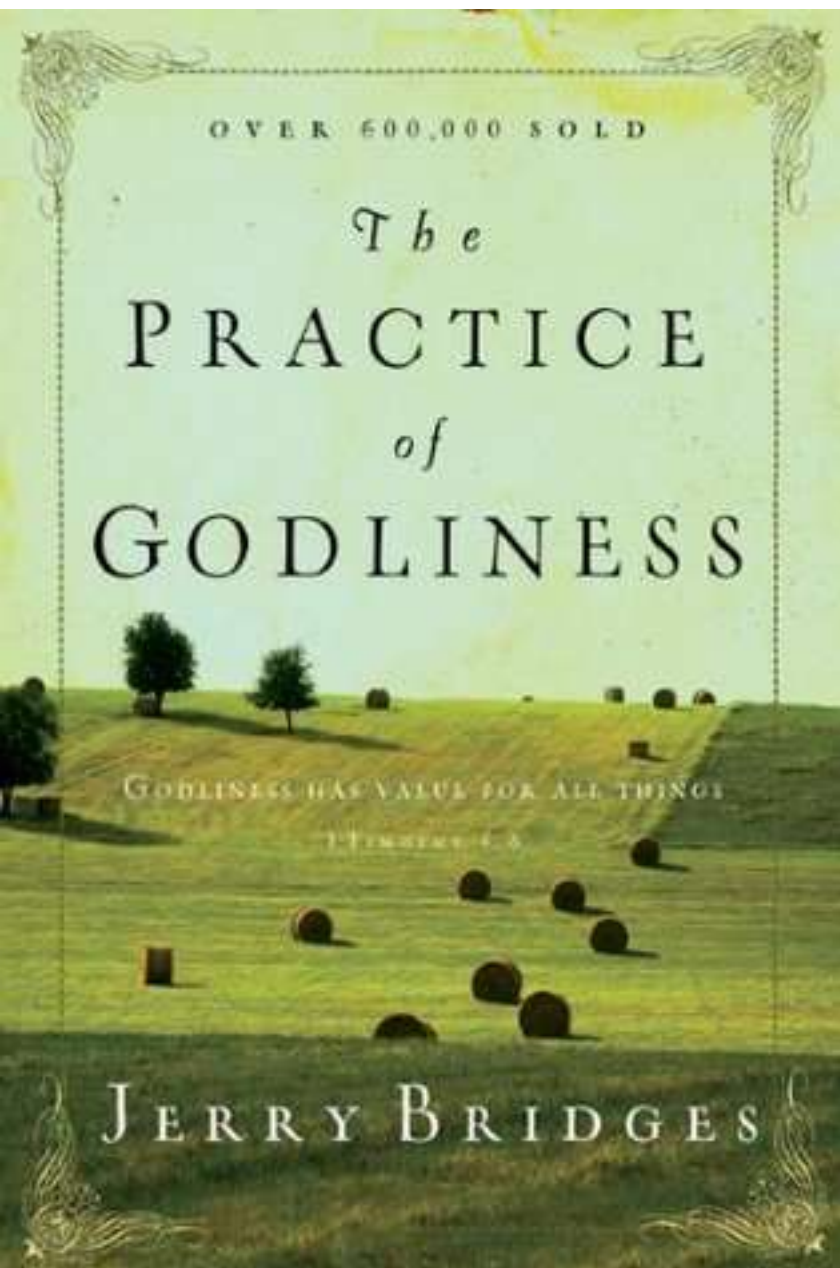
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consecrate entire life to God

“devotion to God which results in a life that is pleasing to Him”

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“因为渴慕神而导致  
整个生命讨神喜悦”

## **Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)**

**Jerry Bridges 毕哲思**

“Too many of us focus on the outward structure of character and conduct without taking the time to build the inward foundation of devotion to God.

This often results in a cold morality or legalism, or, even worse, self-righteousness and spiritual pride.”

“我们当中有太多人只注重外在的品格和行为，却不花时间建立内在对神的渴慕。

这往往导致冷漠的道德观或律法主义，甚至更糟的是，导致自以为是和属灵骄傲。”

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## Train as an athlete Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

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运动员

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Train athlete work hard; pay a price Timothy 提摩太前书 4:7-10)

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用工; 付代价

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# Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

Jerry Bridges 毕哲思

“Though the power for godly character comes from Christ,  
the responsibility for developing and displaying that character is ours.”

“虽然敬虔品格的力量来自于基督，  
但发展和展现它的责任却在于我们。”

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Heb 5:14: “But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”

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来 5:14: “惟独长大成人的, 才能吃干粮, 他们的心窍, 习练得通达, 就能分辨好歹了.”

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<sup>7b</sup> 在敬虔上操练自己.

<sup>8</sup> 操练身体, 益处还少.  
惟独敬虔, 凡事都有益处.  
因有今生和来生的应许.

## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

<sup>7b</sup> rather, train yourself to be godly.

<sup>8</sup> For physical training is of some value,  
but godliness has value for all things,

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## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

7<sup>b</sup> rather **jogging** yourself to be godly.

8 For physical training is of some value,  
but godliness has value for all things,

holding promise for both the present life and the life to come.

7<sup>b</sup> **跑步**虔上操练自己.

8 操练身体, 益处还少.  
惟独敬虔, 凡事都有益处.

因有今生和来生的应许.

## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

7b rather **health foods**  
**jogging** yourself to be godly.

8 For physical training is of some value,  
but godliness has value for all things,

holding promise for both the present life and the life to come.

健康食品  
7b 跑步虔上操练自己.

8 操练身体, 益处还少.  
惟独敬虔, 凡事都有益处.

因有今生和来生的应许.

Enrichment course 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

7b rather than health foods  
jogging yourself to be godly.

8 For physical training is of some value,  
but godliness has value for all things,

holding promise for both the present life and the life to come.

强化班

健康食品

7b 跑步 虔上操练自己.

8 操练身体, 益处还少.  
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Enrichment course 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

7b rather than health foods  
jogging yourself to be godly.

8 For physical training is of some value,  
but godliness has value for all things,

giving promise for both the present life and the life to come.

强化班

健康食品

7b 跑步 虔上操练自己.

8 操练身体, 益处还少.  
惟独敬虔, 凡事都有益处.

因有今生和来生的应许.







7b 7c 8 1  
T enrichment course 敬虔的操 death, hell thy 提摩太前书 4:7-10)

health foods

fear

jogging

family quarrels

8 For physical training is of

some value,

but godliness has

value for all things,

强化班

死亡, 地狱

健康食品

惧怕

跑步

虔上操练

家庭纠纷

8 操练身体,

益处还少.

惟独敬虔,

凡事都有益处.

因有今生和来生的应许.

Enrichment of health, healthy 提摩太前书 4:7-10)

limited, temporal

health foods

jogging

family quarrels

7b ratl yourself to be godly

8 For physical training is of

some value,

but godliness has

value for all things,

holding promise for both the present life and the life to come.

强化班

有限, 短暂的好处

健康食品

跑步

度上操练

家庭纠纷

8 操练身体,

益处还少.

惟独敬虔,

凡事都有益处.

因有今生和来生的应许.

7b rat The enrichment of health foods jogging yourself to be godly family quarrels  
ends at death with, healthy 提摩太前书 4:7-10)

8 For physical training is of some value,  
but godliness has value for all things,

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强化班

健康食品

跑步

度上操练

人死就结束

家庭纠纷

8 操练身体, 益处还少.  
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## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

7b rather, train yourself to be godly.

8 For physical training is of some value,  
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7b 在敬虔上操练自己。

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## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

7b rather, train yourself to be godly.

devote life to God **ing is of** some value,  
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7b 在敬虔上操练自己。

8 **渴慕神**，益处还少。

惟独**敬虔**，凡事都有益处。

因有今生和来生的应许。

## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

7 **grow in holiness** 操练自己 to be godly.

**devote life to God** 敬虔 is of some value,

but **godliness** has value for all things,

holding promise for both the present life and the life to come.

7b **成长成圣** 操练自己.

8 **渴慕神**, 益处还少.

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7b **成长成圣** 操练自己.

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value for all things



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7b 成长成圣 操练自己.

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惟独敬虔，凡事都有益处。  
因有今(生)和来(生)的应许。

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因有今生和来生的应许。

永生

## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

“present life 今生”

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, self-control.

Against such things, there is no law” (Galatians 3:22-23).

“圣灵所结的果子就是仁爱, 喜乐, 和平, 忍耐, 恩慈, 良善, 信实, 温柔, 节制. 这样的事, 没有律法禁止” (加拉太书 3:22-23).

“For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction” (Psalm 1:6).

“因为耶和华知道义人的道路. 恶人的道路, 却必灭亡” (诗篇 1:6).

## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

“life to come 来生”

“God will repay each person according to what they have done. To those who by persistence in doing good seek glory, honor and immortality, he will give eternal life” (Rom 2:6-7).

“他必照各人的行为报应各人. 凡恒心行善寻求荣耀尊贵, 和不能朽坏之福的, 就以永生报应他们” (罗 2:6-7).

“His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’” (Matt 25:23).

“主人说, ‘好, 你这又良善又忠心的仆人. 你在不多的事上有忠心, 我要把许多事派你管理. 可以进来享受你主人的快乐’” (太 25:23).

## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

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永生



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如何才能经历?

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永生

追求敬虔

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永生

追求敬虔



有益

## **Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)**

<sup>9</sup> This is a trustworthy saying that deserves full acceptance.

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## **Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)**

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Paul: “Please believe me. This is true!”

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“physical training”  
food, pleasure, money are more “real”?

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<sup>10</sup> That is why we labour and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

<sup>10</sup> 我们劳苦努力, 正是为此. 因我们的指望在乎永生的神. 他是万人的救主, 更是信徒的救主.

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work very hard

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农夫 争斗  
非常用力

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work very hard godliness gives life now + eternity

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操练你的孩子成为敬虔

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全时间事奉主

奉献时间, 金钱

操练你的孩子成为敬虔

必经历  
永生



## 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

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为此. 因我们的 train your child in godliness 人的

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操练你的孩子成为敬虔

## **Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)**

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<sup>10</sup> 我们劳苦努力, 正是为此. **因我们的指望在乎永生的神. 他是万人的救主, 更是信徒的救主.**

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**willing to save**

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**愿意救人**

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10 able to give life labour and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

if you believe,  
don't doubt

willing to save

能赐生命

10 我们劳苦努力, 正是为此. 因我们的指望在乎永生的神. 他是万人的救主, 更是信徒的救主.

只要你信,  
不要怀疑

愿意救人

## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

10 7 able to give life labour and strive, because we have put our hope in the (living) God, who is the Savior of all people, and especially of those who believe.

willing to save

if you believe,  
don't doubt

Jesus can save you;  
godliness has real value

能赐生命

10 我们劳苦努力, 正是为此. 因我们的指望在乎(永生)的神. 他是万人的救主, 更是信徒的救主.

愿意救人

只要你信,  
不要怀疑

耶稣能救你;  
敬虔有真价值



## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

Dear Parents, your child has a soul that will enter eternity:

Ensure they enter heaven!

If you give them everything except godliness,  
you don't love your child.

Train them in godliness: it gains them eternal life now and in eternity.

亲爱的家长, 你的孩子有一个灵魂, 要进入永恒:

你要确保他们进天堂!

你若给了他们所有, 却没有敬虔, 你不爱你的孩子.

训练他们成为敬虔: 他们就获取现在的永生和将来的永生.

不要怀疑 耶稣能救你;

敬虔有真价值



## 2 Cor 林后 5:17

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

若有人在基督里，他就是新造的人。旧事已过，都变成新的了。

## Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)

<sup>8</sup> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

<sup>8</sup> 操练身体, 益处还少. 惟独敬虔, 凡事都有益处, 因有今生和来生的应许.

- We must pursue godliness, that is, a life devoted to God.  
我们要追求敬虔, 就是渴慕神.
- Reject false teachings, regardless of how attractive it is.  
无论假教训有多吸引人, 要拒绝假教训.
- God has given us everything to attain godliness. But we have a responsibility to train to attain godliness.  
神给了我们一切所需的成为敬虔. 但我们有责任操练自己成敬虔.

## **Train to be Godly 敬虔的操练 (1 Timothy 提摩太前书 4:7-10)**

- We must work hard to attain godliness. When is that chance? They are times of hardships. Instead of losing faith in God, do the opposite: persevere in faithfulness to God. Then you will grow in godliness.  
我们必须努力争取敬虔. 什么时候是机会? 是试炼和苦难的时候. 我们不可对神失去信心. 相反的: 坚持对神忠心. 你就会成为更敬虔.
- It is worth it to train for godliness because ❶ it holds benefits for life now and the life that is to come: godliness brings us abundant life now and eternal life in eternity ❷ we will surely attain it because God gives life, God will save, and God saves when we believe in Him.  
追求敬虔是值得的, 因为 ❶ 它带给我们今生和来生的好处: 敬虔带给我们现在有丰盛的生命, 和在永恒里有永远的生命; ❷ 我们必定成为敬虔因为神赐生命, 神必拯救, 拯救信他的人.