

穿戴神的全副军装 2
Put on the full armour
of God – Part 2

以弗所书 Ephesians 6:14–18

以弗所书 Ephesians 2:1–3

你们死在过犯罪恶之中，他叫你们活过来。那时，你们在其中行事为人，随从今世的风俗，顺服空中掌权者的首领，就是现今在悖逆之子心中运行的邪灵。我们从前也都在他们中间，放纵肉体的私欲，随着肉体 and 心中所喜好的去行，本为可怒之子，和别人一样。

As for you, you were **dead in your transgressions and sins**, in which you used to live when you **followed the ways of this world and of the ruler of the kingdom of the air**, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, **gratifying the cravings of our flesh** and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.

以弗所书 Ephesians 2:4–5

然而，神既有丰富的怜悯，因他爱我们的大爱，当我们死在过犯中的时候，便叫我们与基督一同活过来。你们得救是本乎恩。

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

以弗所书 Ephesians 3:19

便叫神一切所充满的，充满了你们。

that you may be filled to the
measure of all the fullness of God.



更像神
To be
more like
God

以弗所书 Ephesians 6:11–13

要穿戴神所赐的全副军装，就能抵挡魔鬼的诡计。因我们并不是与属血气的争战，乃是与那些执政的、掌权的、管辖这幽暗世界的，以及天空属灵气的恶魔争战。所以，要拿起 神所赐的全副军装，好在磨难的日子抵挡仇敌，并且成就了一切，还能站立得住。

Put on the full armour of God, so that you can take your stand against the devil' s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

以弗所书 Ephesians 6:11-13

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神的全副军装 The Full Armour of God



祷告 Prayer



救恩的头盔 Helmet of Salvation

公义的护心镜 Breastplate of Righteousness

真理的腰带 Belt of Truth

信德的盾牌 Shield of Faith

圣灵的宝剑 Sword of the Spirit

平安福音的鞋 Footwear of Peace

穿戴神的全副军装 Put on the full armour of God

以弗所书 Ephesians 6:14–18

1. 束上真理的腰带 Buckle up with the Belt of Truth (14a)

委身于真理，活出顺服圣经
真理的人生

Commitment to truth —
living a life that obeys
biblical truth.



穿戴神的全副军装 Put on the full armour of God

以弗所书 Ephesians 6:14–18

2. 用公义当作护心镜遮胸

Put on the Breastplate of Righteousness
(14b)

在心里立志过公义的生活，
不要贪爱罪的快乐

Resolving in our hearts to live righteously
rather than loving the pleasure of sin.



以弗所书 Ephesians 6:14-18

所以要站稳了，用真理当作带子束腰，
用公义当作护心镜遮胸，
又用平安的福音当作预备走路的鞋穿在脚上。

Stand firm then, with the belt of truth buckled around your waist,
with the breastplate of righteousness in place,
and with your feet fitted with the readiness that comes from the
gospel of peace.

以弗所书 Ephesians 6:14-18

此外，又拿着信德当作盾牌，可以灭尽那恶者一切的火箭；
并戴上救恩的头盔，
拿着圣灵的宝剑，就是神的道；

In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one.
Take the **helmet of salvation**
and the **sword of the Spirit**, which is the word of God.

以弗所书 Ephesians 6:14-18

靠着圣灵，随时多方祷告祈求；并要在此警醒不倦，为众圣徒祈求，

And **pray in the Spirit** on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

穿戴神的全副军装 Put on the full armour of God

以弗所书 Ephesians 6:14–18

3. 用平安的福音当作预备走路的鞋穿在脚上
Fitted with the readiness that comes from the
gospel of peace (15)

军鞋的设计有助于罗马士兵远征千里，又有很好的抓地力，让士兵能够站立得稳

The Romans Caliga was designed for long marches and to provide excellent grips for wearer



穿戴神的全副军装 Put on the full armour of God

以弗所书 Ephesians 6:14–18

3. 用平安的福音当作预备走路的鞋穿在脚上

Fitted with the readiness that comes from the gospel of peace (15)

❖ 立足于平安福音的根基

To be rooted in the Gospel of Peace

以弗所书 Ephesians 2:14-17

因他使我们和睦，将两下合而为一，拆毁了中间隔断的墙；而且以自己的身体废掉冤仇，就是那记在律法上的规条，为要将两下藉着自己造成一个新人，如此便成就了和睦。既在十字架上灭了冤仇，便藉这十字架使两下归为一体，与神和好了，并且来传和平的福音给你们远处的人，也给那近处的人。

For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. He came and preached peace to you who were far away and peace to those who were near.

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- ❖ 立足于平安福音的根基

To be rooted in the Gospel of Peace

- ❖ 维持和追求与神和睦，也与人和睦

Resolve to maintain and pursue peace with God and peace with men

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❖ 与神的和睦：远离罪，亲近神

Peace with God: keep away from sin, draw near to God

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以弗所书 Ephesians 6:14–18

3. 用平安的福音当作预备走路的鞋穿在脚上

Fitted with the readiness that comes from the gospel of peace (15)

- ❖ 与人的和睦：学习用主耶稣无条件的爱去爱人，学习放下自我
Peace with Men: Learn to love unconditionally like what Jesus does, let go of the ego

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- ❖ 每天反省我们与神、与人的关系是否带着福音的平安？
Daily reflection on how we have managed our relationship with God and men. Are they filled with the peace of Gospel?

穿戴神的全副军装 Put on the full armour of God

以弗所书 Ephesians 6:14–18

4. 此外，又拿着信德当作盾牌，可以灭尽那恶者一切的火箭

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

(16)

保存至今的最古老罗马士兵的盾牌，约1800岁

The oldest and only surviving shield of the Roman legionary shield, ~1800 years old



穿戴神的全副军装 Put on the full armour of God

以弗所书 Ephesians 6:14–18

4. 拿着信德的盾牌 Take Up the Shield of Faith (16)

具体意义是什么？ What does it mean?

❖ 考验来的时候第一反应为寻求神公义

Seek God as our immediate response to trials and challenges

腓立比书 Philippians 4:6-7

应当一无挂虑，只要凡事藉着祷告、祈求，和感谢，将你们所要的告诉神。神所赐、出人意外的平安必在基督耶稣里保守你们的心怀意念。

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

穿戴神的全副军装 Put on the full armour of God

以弗所书 Ephesians 6:14–18

4. 拿着信德的盾牌 Take Up the Shield of Faith (16)

具体意义是什么？ What does it mean?

- ❖ 考验来的时候第一反应为寻求神公义
Seek God as our immediate response to trials and challenges
- ❖ 抓住神的话语和应许
Holding on to God's Words and Promises

约翰壹书 1 John 1:9

我们若认自己的罪，神是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义。

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

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- ❖ 考验来的时候第一反应为寻求神公义
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- ❖ 抓住神的话语和应许
Holding on to God's Words and Promises
- ❖ 巩固我们对神的信心
Strengthen our faith in God

哥林多前书 1 Corinthians 10:13

你们所遇见的试探，无非是人所能受的。神是信实的，必不叫你们受试探过于所能受的；在受试探的时候，总要给你们开一条出路，叫你们能忍受得住。

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

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- ❖ 抓住神的话语和应许
Holding on to God's Words and Promises
- ❖ 巩固我们对神的信心 – 温习自己和参考他人的经历，如何更认识神？
Strengthen our faith in God – through personal reflection and the testimonies of others, how have we known God more and better?

希伯来书 Hebrews 12:1-2a

我们既有这许多的见证人，如同云彩围着我们，就当放下各样的重担，脱去容易缠累我们的罪，存心忍耐，奔那摆在我们前头的路程，仰望为我们信心创始成终的耶稣。

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.

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结论 Conclusion 1:

- ⊙ 穿上平安福音的鞋，表示我们建立在耶稣平安的福音上，向周围的人伸出主耶稣无条件的爱，带着舍己，追求与神与人的和睦。

Putting on the shoes of the gospel of peace signifies that we are rooted in the gospel of peace of Jesus, extending the Lord Jesus' unconditional love to those around us, and pursuing peace with God and man through self-denial.

穿戴神的全副军装 Put on the full armour of God

以弗所书 Ephesians 6:14–18

结论 Conclusion 2:

- 拿着信德的盾牌表示我们在磨难、在试探中寻求主，抓住主的应许，也不断操练我们对神的信心。

Taking up the shield of faith means seeking the Lord amid hardship and temptation, holding fast to His promises, and continually strengthening our faith in Him.