

为着一个新人的团体生活，
在一切事上长到基督里面，
并照着那在耶稣身上是实际者学基督

**Growing Up into Christ in All Things
and Learning Christ as the Reality Is in Jesus
for the Corporate Living of the One New Man**

诗歌：

Hymns:

读经：弗四 13 ~ 16、20 ~ 21、24

Scripture Reading: Eph. 4:13-16, 20-21, 24

- 弗 4:13 直到我们众人都达到了信仰上并对神儿子之完全认识上的一，达到了长成的人，达到了基督丰满之身材的度量，
- 弗 4:14 使我们不再作小孩子，为波浪漂来漂去，并为一切教训之风所摇荡，这教训是在于人的欺骗手法，在于将人引入错误系统的诡诈作为；
- 弗 4:15 唯在爱里持守着真实，我们就得以在一切事上长到祂，就是元首基督里面；
- 弗 4:16 本于祂，全身借着每一丰富供应的节，并借着每一部分依其度量而有的功用，得以联络在一起，并结合在一起，便叫身体渐渐长大，以致在爱里把自己建造起来。
- 弗 4:20 但你们并不是这样学了基督；
- 弗 4:21 如果你们真是听过祂，并在祂里面，照着那在耶稣身上是实际者，受过教导，
- 弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

- Eph 4:13 Until we all arrive at the oneness of the faith and of the full knowledge of the Son of God, at a full-grown man, at the measure of the stature of the fullness of Christ,
- Eph 4:14 That we may be no longer little children tossed by waves and carried about by every wind of teaching in the sleight of men, in craftiness with a view to a system of error,
- Eph 4:15 But holding to truth in love, we may grow up into Him in all things, who is the Head, Christ,
- Eph 4:16 Out from whom all the Body, being joined together and being knit together through every joint of the rich supply and through the operation in the measure of each one part, causes the growth of the Body unto the building up of itself in love.
- Eph. 4:20 But you did not so learn Christ,
- Eph. 4:21 If indeed you have heard Him and have been taught in Him as the reality is in Jesus,
- Eph. 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

壹 为着一个新人的团体生活，我们需要在一切事上长到基督里面——弗四 14 ~ 16、24:

I. For the corporate living of the one new man, we need to grow up into Christ in all things—Eph. 4:14-16, 24:

- 弗 4:14 使我们不再作小孩子，为波浪漂来漂去，并为一切教训之风所摇荡，这教训是在于人的欺骗手法，在于将人引入错误系统的诡诈作为；
- 弗 4:15 唯在爱里持守着真实，我们就得以在一切事上长到祂，就是元首基督里面；
- 弗 4:16 本于祂，全身借着每一丰富供应的节，并借着每一部分依其度量而有的功用，得以联络在一起，并结合在一起，便叫身体渐渐长大，以致在爱里把自己建造起来。
- 弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

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- Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

一 在一切事上长到基督里面，就是在一切事上得着基督加增到我们里面，直到我们达到长成的人——13 ~ 15 节。

A. To grow up into Christ is to have Christ increase in us in all things until we arrive at a full-grown man—vv. 13-15.

弗 4:13 直到我们众人都达到了信仰上并对神儿子之完全认识上的一，达到了长成的人，达到了基督丰满之身材的度量，
弗 4:14 使我们不再作小孩子，为波浪漂来漂去，并为一切教训之风所摇荡，这教训是在于人的欺骗手法，在于将人引入错误系统的诡诈作为；
弗 4:15 唯在爱里持守着真实，我们就得以在一切事上长到祂，就是元首基督里面；

二 我们都需要在一切事，就是每一件事，无论大事、小事上，长到基督里面—15 节：

弗 4:15 唯在爱里持守着真实，我们就得以在一切事上长到祂，就是元首基督里面；

1 我们在好些事上还没有长到基督里面；在这些事上，我们不在基督里面，乃在基督之外。

2 当我们都在一切事上长到基督里面，我们大家在基督里就是一个了；这就是宇宙的一个新人—24 节。

弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

3 在一切事上长到基督里面，乃是为着宇宙的一个新人实际的出现—24 节。

弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

4 十五节的长到基督里面，等于二十四节的穿上新人。

弗 4:15 唯在爱里持守着真实，我们就得以在一切事上长到祂，就是元首基督里面；

弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

5 十三节的长成的人是指二十四节的已经长成了一个新人。

弗 4:13 直到我们众人都达到了信仰上并对神儿子之完全认识上的一，达到了长成的人，达到了基督丰满之身材的度量，

弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

三 以弗所四章说到借着生命的长大成全新人；基督所创造的一个新人必须被成全好尽功用：

Eph 4:13 Until we all arrive at the oneness of the faith and of the full knowledge of the Son of God, at a full-grown man, at the measure of the stature of the fullness of Christ,

Eph 4:14 That we may be no longer little children tossed by waves and carried about by every wind of teaching in the sleight of men, in craftiness with a view to a system of error,

Eph 4:15 But holding to truth in love, we may grow up into Him in all things, who is the Head, Christ,

B. We all need to grow up into Christ in all things, that is, in every single thing, whether big or small—v. 15:

Eph 4:15 But holding to truth in love, we may grow up into Him in all things, who is the Head, Christ,

1. There are still many things in which we have not grown up into Christ; in these things we are not in Christ but are outside of Christ.

2. When we all grow up into Christ in all things, we all will be one in Christ; this is the universal one new man—v. 24.

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

3. Growing up into Christ in all things is for the practical existence of the universal one new man—v. 24.

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

4. The growth into Christ in verse 15 equals the putting on of the new man in verse 24.

Eph 4:15 But holding to truth in love, we may grow up into Him in all things, who is the Head, Christ,

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

5. The full-grown man in verse 13 refers to the one new man in verse 24, who has become full-grown.

Eph 4:13 Until we all arrive at the oneness of the faith and of the full knowledge of the Son of God, at a full-grown man, at the measure of the stature of the fullness of Christ,

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

C. Ephesians 4 speaks of the perfecting of the new man through the growth of life; the one new man created by Christ must be perfected in order to function:

弗 4:1 所以我这在主里的囚犯劝你们，行事为人要与你们所蒙的呼召相配，
弗 4:2 凡事卑微、温柔、恒忍，在爱里彼此担就，
弗 4:3 以和平的联索，竭力保守那灵的一：
弗 4:4 一个身体和一位灵，正如你们蒙召，也是在一个盼望中蒙召的；
弗 4:5 一主，一信，一浸；
弗 4:6 一位众人的神与父，就是那超越众人，贯彻众人，也在众人之内的。
弗 4:7 但恩典赐给我们各人，是照着基督恩赐的度量。
弗 4:8 所以经上说，“祂既升上高处，就掳掠了那些被掳的，将恩赐赐给人。”
弗 4:9 （若非祂也曾降到地的低下之处，“祂升上”是什么意思？
弗 4:10 那降下的，也是那升上，远超诸天之上，为要充满万有的。）
弗 4:11 祂所赐的，有些是使徒，有些是申言者，有些是传福音者，有些是牧人和教师，
弗 4:12 为要成全圣徒，目的是为着职事的工作，为着建造基督的身体，
弗 4:13 直到我们众人都达到了信仰上并对神儿子之完全认识上的一，达到了长成的人，达到了基督丰满之身材的度量，
弗 4:14 使我们不再作小孩子，为波浪漂来漂去，并为一切教训之风所摇荡，这教训是在于人的欺骗手法，在于将人引入谬误系统的诡诈作为；
弗 4:15 唯在爱里持守着真实，我们就得以在一切事上长到祂，就是元首基督里面；
弗 4:16 本于祂，全身借着每一丰富供应的节，并借着每一部分依其度量而有的功用，得以联络在一起，并结合在一起，便叫身体渐渐长大，以致在爱里把自己建造起来。
弗 4:17 所以我这样说，且在主里见证，你们行事为人，不要再象外邦人在他们心思的虚妄里行事为人，
弗 4:18 他们在悟性上既然昏暗，就因着那在他们里面的无知，因着他们心里的刚硬，与神的生命隔绝了；
弗 4:19 他们感觉既然丧尽，就任凭自己放荡，以致贪行种种的污秽。
弗 4:20 但你们并不是这样学了基督；
弗 4:21 如果你们真是听过祂，并在祂里面，照着那在耶稣身上是实际者，受过教导，
弗 4:22 在从前的生活样式上，脱去了旧人，这旧人是照着那迷惑的情欲败坏的；
弗 4:23 而在你们心思的灵里得以更新，
弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。
弗 4:25 所以你们既已脱去谎言，各人就要与邻舍说实话，因为我们是互相为肢体。
弗 4:26 生气却不要犯罪，不可含怒到日落，

Eph 4:1 I beseech you therefore, I, the prisoner in the Lord, to walk worthily of the calling with which you were called,
Eph 4:2 With all lowliness and meekness, with long-suffering, bearing one another in love,
Eph 4:3 Being diligent to keep the oneness of the Spirit in the uniting bond of peace:
Eph 4:4 One Body and one Spirit, even as also you were called in one hope of your calling;
Eph 4:5 One Lord, one faith, one baptism;
Eph 4:6 One God and Father of all, who is over all and through all and in all.
Eph 4:7 But to each one of us grace was given according to the measure of the gift of Christ.
Eph 4:8 Therefore the Scripture says, "Having ascended to the height, He led captive those taken captive and gave gifts to men."
Eph 4:9 (Now this, "He ascended," what is it except that He also descended into the lower parts of the earth?
Eph 4:10 He who descended, He is also the One who ascended far above all the heavens that He might fill all things.)
Eph 4:11 And He Himself gave some as apostles and some as prophets and some as evangelists and some as shepherds and teachers,
Eph 4:12 For the perfecting of the saints unto the work of the ministry, unto the building up of the Body of Christ,
Eph 4:13 Until we all arrive at the oneness of the faith and of the full knowledge of the Son of God, at a full-grown man, at the measure of the stature of the fullness of Christ,
Eph 4:14 That we may be no longer little children tossed by waves and carried about by every wind of teaching in the sleight of men, in craftiness with a view to a system of error,
Eph 4:15 But holding to truth in love, we may grow up into Him in all things, who is the Head, Christ,
Eph 4:16 Out from whom all the Body, being joined together and being knit together through every joint of the rich supply and through the operation in the measure of each one part, causes the growth of the Body unto the building up of itself in love.
Eph 4:17 This therefore I say and testify in the Lord, that you no longer walk as the Gentiles also walk in the vanity of their mind,
Eph 4:18 Being darkened in their understanding, alienated from the life of God because of the ignorance which is in them, because of the hardness of their heart;
Eph 4:19 Who, being past feeling, have given themselves over to lasciviousness to work all uncleanness in greediness.
Eph 4:20 But you did not so learn Christ,
Eph 4:21 If indeed you have heard Him and have been taught in Him as the reality is in Jesus,
Eph 4:22 That you put off, as regards your former manner of life, the old man, which is being corrupted according to the lusts of the deceit,
Eph 4:23 And that you be renewed in the spirit of your mind
Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.
Eph 4:25 Therefore having put off the lie, speak truth each one with his neighbor, for we are members one of another.
Eph 4:26 Be angry, yet do not sin; do not let the sun go down on your indignation,

弗 4:27 也不可给魔鬼留地步。
弗 4:28 偷窃的不要再偷，倒要劳力，亲手作正经事，好有所分给需要的人。
弗 4:29 败坏的话一句都不可出口，只要按需要说建造人的好话，好将恩典供给听见的人。
弗 4:30 并且不要叫神的圣灵忧愁，你们原是在祂里面受了印记，直到得赎的日子。
弗 4:31 一切苦毒、恼恨、忿怒、喧嚷、毁谤，同一切的恶毒，都要从你们中间除掉。
弗 4:32 你们要以恩慈相待，心存慈怜，彼此饶恕，正如神在基督里饶恕了你们一样。

1 在以弗所二章十五节，我们看见新人生机的创造；在四章十三至十六节，我们看见新人功用的成全。

弗 2:15 在祂的肉体里，废掉了那规条中诫命的律法，好把两下在祂自己里面，造成一个新，成就了和平；
弗 4:13 直到我们众人都达到了信仰上并对神儿子之完全认识上的一，达到了长成的人，达到了基督丰满之身材的度量，
弗 4:14 使我们不再作小孩子，为波浪漂来漂去，并为一切教训之风所摇荡，这教训是在于人的欺骗手法，在于将人引入谬误系统的诡诈作为；
弗 4:15 唯在爱里持守着真实，我们就得以在一切事上长到祂，就是元首基督里面；
弗 4:16 本于祂，全身借着每一丰富供应的节，并借着每一部分依其度量而有的功用，得以联络在一起，并结合在一起，便叫身体渐渐长大，以致在爱里把自己建造起来。

2 那在生机上完全的一个新人，需要借着生命的长大得成全，好能正确地尽功用—12 ~ 15 节：

弗 4:12 为要成全圣徒，目的是为着职事的工作，为着建造基督的身体，
弗 4:13 直到我们众人都达到了信仰上并对神儿子之完全认识上的一，达到了长成的人，达到了基督丰满之身材的度量，
弗 4:14 使我们不再作小孩子，为波浪漂来漂去，并为一切教训之风所摇荡，这教训是在于人的欺骗手法，在于将人引入谬误系统的诡诈作为；
弗 4:15 唯在爱里持守着真实，我们就得以在一切事上长到祂，就是元首基督里面；

a 唯有得着正确的滋养，一个新人才能在功用上得以完全；这是整卷以弗所书最深奥的观念。

b 我们必须履行我们的责任，借着保养和顾惜来成全新人—五 29。

Eph 4:27 Neither give place to the devil.
Eph 4:28 He who steals should steal no more, but rather should labor, working with his own hands in that which is respectable, that he may have something to share with him who has need.
Eph 4:29 Let no corrupt word proceed out of your mouth, but only that which is good for building up, according to the need, that it may give grace to those who hear.
Eph 4:30 And do not grieve the Holy Spirit of God, in whom you were sealed unto the day of redemption.
Eph 4:31 Let all bitterness and anger and wrath and clamor and evil speaking be removed from you, with all malice.
Eph 4:32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ also forgave you.

1. In Ephesians 2:15 we see the creation of the new man organically; in 4:13-16 we see the perfecting of the new man in relation to his function.

Eph 2:15 Abolishing in His flesh the law of the commandments in ordinances, that He might create the two in Himself into one new man, so making peace,
Eph 4:13 Until we all arrive at the oneness of the faith and of the full knowledge of the Son of God, at a full-grown man, at the measure of the stature of the fullness of Christ,
Eph 4:14 That we may be no longer little children tossed by waves and carried about by every wind of teaching in the sleight of men, in craftiness with a view to a system of error,
Eph 4:15 But holding to truth in love, we may grow up into Him in all things, who is the Head, Christ,
Eph 4:16 Out from whom all the Body, being joined together and being knit together through every joint of the rich supply and through the operation in the measure of each one part, causes the growth of the Body unto the building up of itself in love.

2. The organically perfect one new man needs to be perfected through the growth of life in order to function in a proper way—vv. 12-15:

Eph 4:12 For the perfecting of the saints unto the work of the ministry, unto the building up of the Body of Christ,
Eph 4:13 Until we all arrive at the oneness of the faith and of the full knowledge of the Son of God, at a full-grown man, at the measure of the stature of the fullness of Christ,
Eph 4:14 That we may be no longer little children tossed by waves and carried about by every wind of teaching in the sleight of men, in craftiness with a view to a system of error,
Eph 4:15 But holding to truth in love, we may grow up into Him in all things, who is the Head, Christ,

a. The one new man can become perfect in relation to his function only through receiving the proper nourishment; this is one of the deepest concepts in the book of Ephesians.

b. We need to fulfill our responsibility to perfect the one new man through nourishing and cherishing—5:29.

弗 5:29 从来没有人恨恶自己的身体，总是保养顾惜，正象基督待召会一样，

c 一个新人越多借着接受正确的喂养而长大，就越正常的尽功用。

3 为使团体的新人长大，我们需要经历钉死、复活、升天又降下的基督，使包罗万有的基督作到我们里面，成为我们的一切；然后，在生机上完全的新人，就要在功用上成为完全—三 16 ~ 17 上，四 13、24。

弗 3:16 愿祂照着祂荣耀的丰富，借着祂的灵，用大能使你们得以加强到里面的人里，

弗 3:17 上使基督借着信，安家在你心里，…

弗 4:13 直到我们众人都达到了信仰上并对神儿子之完全认识上的一，达到了长成的人，达到了基督丰满之身材的度量，

弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

贰 为着一个新人的团体生活，我们需要照着那在耶稣身上是实际者学基督—20~21 节：

弗 4:20 但你们并不是这样学了基督；

弗 4:21 如果你们真是听过祂，并在祂里面，照着那在耶稣身上是实际者，受过教导，

一 保罗在二十节说到学了基督：

弗 4:20 但你们并不是这样学了基督；

1 基督对我们不仅是生命，也是榜样；在主耶稣地上的生活中，祂设立了一个榜样，模型—约十三 15，彼前二 21。

约 13:15 我给你们作了榜样，叫你们照着我向你们所作的去作。

彼前 2:21 你们蒙召原是为这，因基督也为你们受过苦，给你们留下榜样，叫你们跟随祂的脚踪行；

2 得救乃是被神放在基督里—林前一 30。

林前 1:30 但你们得在基督耶稣里，是出于神，这基督成了从神给我们的智慧：公义、圣别和救赎，

3 借着浸，神把我们放在作为模型的基督里；受浸就是被放在作为模子的基督里—罗六 3，加三 27。

Eph 5:29 For no one ever hated his own flesh, but nourishes and cherishes it, even as Christ also the church,

c. The more the one new man grows through receiving the proper nourishment, the more he will function normally.

3. For the growth of the corporate new man, we need to experience the crucified, resurrected, ascended, and descending Christ so that the all-inclusive Christ is wrought into us to be our everything; then the organically perfect new man will become perfect functionally—3:16-17a; 4:13, 24.

Eph 3:16 That He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit into the inner man,

Eph 3:17a That Christ may make His home in your hearts through faith,

Eph 4:13 Until we all arrive at the oneness of the faith and of the full knowledge of the Son of God, at a full-grown man, at the measure of the stature of the fullness of Christ,

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

II. For the corporate living of the one new man, we need to learn Christ as the reality is in Jesus—vv. 20-21:

Eph. 4:20 But you did not so learn Christ,

Eph. 4:21 If indeed you have heard Him and have been taught in Him as the reality is in Jesus,

A. In verse 20 Paul speaks of learning Christ:

Eph. 4:20 But you did not so learn Christ,

1. Christ is not only life to us but also an example; in His life on earth the Lord Jesus set up a pattern, a mold—John 13:15; 1 Pet. 2:21.

John 13:15 For I have given you an example so that you also may do even as I have done to you.

1 Pet 2:21 For to this you were called, because Christ also suffered on your behalf, leaving you a model so that you may follow in His steps;

2. To be saved is to be put into Christ by God—1 Cor. 1:30.

1 Cor 1:30 But of Him you are in Christ Jesus, who became wisdom to us from God: both righteousness and sanctification and redemption,

3. By means of baptism God put us into Christ, who is the pattern; to be baptized is to be placed into Christ as the mold—Rom. 6:3; Gal. 3:27.

罗 6:3 岂不知我们这浸入基督耶稣的人，是浸入祂的死么？

加 3:27 你们凡浸入基督的，都已经穿上了基督。

4 借着被放在模子里，我们脱去了旧人并穿上了新人—弗四 22、24。

弗 4:22 在从前的生活样式上，脱去了旧人，这旧人是照着那迷惑的情欲败坏的；

弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

5 我们乃是照着耶稣生活的模子学基督；耶稣生活的模子就是实际—20 ~ 21 节。

弗 4:20 但你们并不是这样学了基督；

弗 4:21 如果你们真是听过祂，并在祂里面，照着那在耶稣身上是实际者，受过教导，

6 学基督就是被放在作为模子的基督里，就是模成主在地上年日中所设立的模型—20 节。

弗 4:20 但你们并不是这样学了基督；

二 “那在耶稣身上是实际者”这个发表，是指耶稣生活实际的光景，如四福音书所记载的；耶稣的生活乃是实际的生活—21 节：

弗 4:21 如果你们真是听过祂，并在祂里面，照着那在耶稣身上是实际者，受过教导，

1 在十七和二十一节我们看见，心思的虚妄与那在耶稣身上是实际者相对。

弗 4:17 所以我这样说，且在主里见证，你们行事为人，不要再象外邦人在他们心思的虚妄里行事为人，

弗 4:21 如果你们真是听过祂，并在祂里面，照着那在耶稣身上是实际者，受过教导，

2 实际就是光的照耀；光是源头，实际是彰显—约八 12：

约 8:12 于是耶稣又对众人讲论说，我是世界的光，跟从我的，就绝不在黑暗里行，必要得着生命的光。

a 主耶稣乃是那是光之神的照耀—来一 3，约壹一 5。

来 1:3 祂是神荣耀的光辉，是神本质的印像，用祂大能的话维持、载着并推动万有；祂成就了洗罪的事，就坐在高处至尊至大者的右边；

Rom 6:3 Or are you ignorant that all of us who have been baptized into Christ Jesus have been baptized into His death?

Gal 3:27 For as many as were baptized into Christ have put on Christ.

4. By being placed into the mold, we have put off the old man and have put on the new man—Eph. 4:22, 24.

Eph 4:22 That you put off, as regards your former manner of life, the old man, which is being corrupted according to the lusts of the deceit,

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

5. We learn Christ according to the mold of the life of Jesus, which is reality—vv. 20-21.

Eph. 4:20 But you did not so learn Christ,

Eph. 4:21 If indeed you have heard Him and have been taught in Him as the reality is in Jesus,

6. To learn Christ is to be put into Christ as the mold; it is to be molded into the pattern set up by Him during His years on earth—v. 20.

Eph. 4:20 But you did not so learn Christ,

B. The expression the reality is in Jesus refers to the actual condition of the life of Jesus as recorded in the four Gospels; the life of Jesus was a life of reality—v. 21:

Eph. 4:21 If indeed you have heard Him and have been taught in Him as the reality is in Jesus,

1. In verses 17 and 21 we see a contrast between the vanity of the mind and the reality in Jesus.

Eph 4:17 This therefore I say and testify in the Lord, that you no longer walk as the Gentiles also walk in the vanity of their mind,

Eph 4:21 If indeed you have heard Him and have been taught in Him as the reality is in Jesus,

2. Reality is the shining of light; light is the source, and reality is the expression—John 8:12:

John 8:12 Again therefore Jesus spoke to them, saying, I am the light of the world; he who follows Me shall by no means walk in darkness, but shall have the light of life.

a. The Lord Jesus is the shining of God, who is light—Heb. 1:3; 1 John 1:5.

Heb 1:3 Who, being the effulgence of His glory and the impress of His substance and upholding and bearing all things by the word of His power, having made purification of sins, sat down on the right hand of the Majesty on high;

约壹 1:5 神就是光，在祂里面毫无黑暗；这是我们从祂所听见，现在又报给你们的信息。

b 因着主在地上生活的每一面都有光的照耀，所以祂的生活乃是实际的生活，就是那照耀之神自己的生活；这实际的生活就是神的彰显—约八 12，十四 6。

约 8:12 于是耶稣又对众人讲论说，我是世界的光，跟从我的，就绝不在黑暗里行，必要得着生命的光。

约 14:6 耶稣说，我就是道路、实际、生命；若不借着我，没有人能到父那里去。

三 一个新人的生活该与耶稣的生活一模一样—弗四 20:

弗 4:20 但你们并不是这样学了基督；

1 主耶稣在地上生活的方式，乃是今天新人所该生活的方式—太十一 28 ~ 30，约六 57，四 34，五 17、19、30，六 38，十七 4。

太 11:28 凡劳苦担重担的，可以到我这里来，我必使你们得安息。

太 11:29 我心里柔和谦卑，因此你们要负我的轭，且要跟我学，你们魂里就必得安息；

太 11:30 因为我的轭是容易的，我的担子是轻省的。

约 6:57 活的父怎样差我来，我又因父活着，照样，那吃我的人，也要因我活着。

约 4:34 耶稣说，我的食物就是实行差我来者的旨意，作成祂的工。

约 5:17 耶稣就对他们说，我父作工直到如今，我也作工。

约 5:19 耶稣对他们说，我实实在在地告诉你们，子从自己不能作什么，唯有看见父所作的，子才能作；父所作的事，子也照样作。

约 5:30 我从自己不能作什么；我怎么听见，就怎么审判；我的审判也是公平的，因为我不寻求自己的意思，只寻求那差我来者的意思。

约 6:38 因为我从天上降下来，不是要行我自己的意思，乃是要行那差我来者的意思。

约 17:4 我在地上已经荣耀你，你交给我要我作的工，我已经完成了。

2 我们生活的标准必须是照着那在耶稣身上是实际者—弗四 20：

弗 4:20 但你们并不是这样学了基督；

a 祂与神是一，祂过一种在神里面、同着神、并为着神作一切事的生活。

1 John 1:5 And this is the message which we have heard from Him and announce to you, that God is light and in Him is no darkness at all.

b. Because in every aspect of the Lord's living on earth there was the shining of light, His life was a life of reality, a life of the shining God Himself; that life of reality was the expression of God—John 8:12; 14:6.

John 8:12 Again therefore Jesus spoke to them, saying, I am the light of the world; he who follows Me shall by no means walk in darkness, but shall have the light of life.

John 14:6 Jesus said to him, I am the way and the reality and the life; no one comes to the Father except through Me.

C. The living of the one new man should be exactly the same as the living of Jesus—Eph. 4:20:

Eph. 4:20 But you did not so learn Christ,

1. The way that the Lord Jesus lived on earth is the way that the new man should live today—Matt. 11:28-30; John 6:57; 4:34; 5:17, 19, 30; 6:38; 17:4.

Matt 11:28 Come to Me all who toil and are burdened, and I will give you rest.

Matt 11:29 Take My yoke upon you and learn from Me, for I am meek and lowly in heart, and you will find rest for your souls.

Matt 11:30 For My yoke is easy and My burden is light.

John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.

John 4:34 Jesus said to them, My food is to do the will of Him who sent Me and to finish His work.

John 5:17 But Jesus answered them, My Father is working until now, and I also am working.

John 5:19 Then Jesus answered and said to them, Truly, truly, I say to you, The Son can do nothing from Himself except what He sees the Father doing, for whatever that One does, these things the Son also does in like manner.

John 5:30 I can do nothing from Myself; as I hear, I judge, and My judgment is just, because I do not seek My own will but the will of Him who sent Me.

John 6:38 For I have come down from heaven not to do My own will but the will of Him who sent Me.

John 17:4 I have glorified You on earth, finishing the work which You have given Me to do.

2. Our standard of living must be according to the reality in Jesus—Eph. 4:20:

Eph. 4:20 But you did not so learn Christ,

a. He was one with God, and He lived a life in which He did everything in God, with God, and for God.

b 耶稣的人性生活是照着实际，就是照着神自己，满了义和圣—24 节。

弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

3 我们需要学基督，并在祂里面受教导，过实际的生活—20 ~ 21 节，约贰 1，约四 23 ~ 24。

弗 4:20 但你们并不是这样学了基督；

弗 4:21 如果你们真是听过祂，并在祂里面，照着那在耶稣身上是实际者，受过教导，

约贰 1 作长老的写信给蒙拣选的夫人和她的儿女，就是我真所爱的；不单我爱，也是一切认识真理之人所爱的；

约 4:23 时候将到，如今就是了，那真正敬拜父的，要在灵和真实里敬拜祂，因为父寻找这样敬拜祂的人。

约 4:24 神是灵；敬拜祂的，必须在灵和真实里敬拜。

4 一个新人是团体人，该过一种实际的生活，如同那在耶稣身上是实际者，也就是彰显神的生活—弗四 21。

弗 4:21 如果你们真是听过祂，并在祂里面，照着那在耶稣身上是实际者，受过教导，

5 我们若照着心思的灵生活，就会有团体新人的生活—与那在耶稣身上是实际者相符的生活—23 节。

弗 4:23 而在你们心思的灵里得以更新，

四 召会生活乃是一个团体新人的日常行事为人，也就是在性情上和样式上绝对更新的行事为人；与一个新人有关的一切全都是新的—17 ~ 32 节。

弗 4:17 所以我这样说，且在主里见证，你们行事为人，不要再象外邦人在他们心思的虚妄里行事为人，

弗 4:18 他们在悟性上既然昏暗，就因着那在他们里面的无知，因着他们心里的刚硬，与神的生命隔绝了；

弗 4:19 他们感觉既然丧尽，就任凭自己放荡，以致贪行种种的污秽。

弗 4:20 但你们并不是这样学了基督；

弗 4:21 如果你们真是听过祂，并在祂里面，照着那在耶稣身上是实际者，受过教导，

弗 4:22 在从前的生活样式上，脱去了旧人，这旧人是照着那迷惑的情欲败坏的；

弗 4:23 而在你们心思的灵里得以更新，

b. The human living of Jesus was according to the reality, that is, according to God Himself, full of righteousness and holiness—v. 24.

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

3. We need to learn Christ and be taught in Him to live a life of reality—vv. 20-21; 2 John 1; John 4:23-24.

Eph. 4:20 But you did not so learn Christ,

Eph. 4:21 If indeed you have heard Him and have been taught in Him as the reality is in Jesus,

2 John 1 The elder to the chosen lady and to her children, whom I love in truthfulness, and not only I but also all those who know the truth,

Eph 4:23 And that you be renewed in the spirit of your mind

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.

4. As a corporate person, the one new man should live a life of reality, as the reality is in Jesus, which is a life of expressing God—Eph. 4:21.

Eph. 4:21 If indeed you have heard Him and have been taught in Him as the reality is in Jesus,

5. If we live according to the spirit of our mind, we will have the living of the corporate new man—a living that corresponds to the reality in Jesus—v. 23.

Eph 4:23 And that you be renewed in the spirit of your mind

D. The church life is the daily walk of the corporate one new man, a walk that is absolutely new in nature and in manner; everything related to the one new man is new—vv. 17-32.

Eph 4:17 This therefore I say and testify in the Lord, that you no longer walk as the Gentiles also walk in the vanity of their mind,

Eph 4:18 Being darkened in their understanding, alienated from the life of God because of the ignorance which is in them, because of the hardness of their heart;

Eph 4:19 Who, being past feeling, have given themselves over to lasciviousness to work all uncleanness in greediness.

Eph 4:20 But you did not so learn Christ,

Eph 4:21 If indeed you have heard Him and have been taught in Him as the reality is in Jesus,

Eph 4:22 That you put off, as regards your former manner of life, the old man, which is being corrupted according to the lusts of the deceit,

Eph 4:23 And that you be renewed in the spirit of your mind

弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。
弗 4:25 所以你们既已脱去谎言，各人就要与邻舍说实话，因为我们是互相为肢体。
弗 4:26 生气却不要犯罪，不可含怒到日落，
弗 4:27 也不可给魔鬼留地步。
弗 4:28 偷窃的不要再偷，倒要劳力，亲手作正经事，好有所分给需要的人。
弗 4:29 败坏的话一句都不可出口，只要按需要说建造人的好话，好将恩典供给听见的人。
弗 4:30 并且不要叫神的圣灵忧愁，你们原是在祂里面受了印记，直到得赎的日子。
弗 4:31 一切苦毒、恼恨、忿怒、喧嚷、毁谤，同一切的恶毒，都要从你们中间除掉。
弗 4:32 你们要以恩慈相待，心存慈怜，彼此饶恕，正如神在基督里饶恕了你们一样。

五 这一个新人既是照着神自己，有神的生命与性情，就必定有神圣的生命；这样的生命乃是团体的，不是单独的—24 节。

弗 4:24 并且穿上了新人，这新人是照着神，在那实际的义和圣中所创造的。

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.
Eph 4:25 Therefore having put off the lie, speak truth each one with his neighbor, for we are members one of another.
Eph 4:26 Be angry, yet do not sin; do not let the sun go down on your indignation,
Eph 4:27 Neither give place to the devil.
Eph 4:28 He who steals should steal no more, but rather should labor, working with his own hands in that which is respectable, that he may have something to share with him who has need.
Eph 4:29 Let no corrupt word proceed out of your mouth, but only that which is good for building up, according to the need, that it may give grace to those who hear.
Eph 4:30 And do not grieve the Holy Spirit of God, in whom you were sealed unto the day of redemption.
Eph 4:31 Let all bitterness and anger and wrath and clamor and evil speaking be removed from you, with all malice.
Eph 4:32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ also forgave you.

E. Since the one new man is according to God Himself, with God's life and nature, the one new man must have the life that is divine; such a life will be corporate, not individualistic—v. 24.

Eph 4:24 And put on the new man, which was created according to God in righteousness and holiness of the reality.