

## The Spirit Gives Life

圣灵赋予生命

Not Ashamed

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Our verses for today are Romans 8:1-11, but before we can study these verses we have to go back and see what Paul has already written. Paul has argued thus far that justification, being declared righteous by God, is by God's grace through faith. You can do anything to earn it. It's not about you being good and it isn't by keeping the law. It is the free gift of God for all who believe. 我们今天的经文是罗马书8:1-11, 但是在我們学习这些经文之前, 我们必须回头看看保罗已经写了什么。到目前为止, 保罗认为称义, 即被神称义, 是因神的恩典, 因信称义。你可以做任何事来赢得它。不是要你做个好人也不是要遵守法律。这是上帝给所有信仰的人的免费礼物。Then in Chapter 5, Paul transitions to the results of justification in the life of the believer. He does this by setting up several dichotomies like: Peace with God vs the Wrath of God; Death in Adam vs Life in Christ; Dead in sin vs Alive to God; and Slaves to sin vs Slaves to righteousness (which is actually freedom). He has basically been saying that apart from Jesus the only result for sinful man under the yoke of a righteous law is wrath, death and slavery. But, when we place faith in Christ the righteous requirement of the law is fulfilled in Christ and the results are peace with God, access to God, life in Christ, life to God and slavery to righteousness, which again is freedom. 然后在第五章, 保罗过渡到信徒生命中称义的结果。他通过设置一些二分法来做到这一点, 如:与上帝的和平vs上帝的愤怒; 亚当的死vs基督的生; 在罪中死了, 在神面前是活着的; 和罪的奴隶对义的奴隶(这实际上是自由)。他基本上是在说, 除了耶稣, 罪人在义律所的轭下, 唯一的结果就是愤怒、死亡和奴役。但我们若信了基督, 律法的义就在基督里得以实现, 其结果就是与神得平安, 归与神, 在基督里得生命, 归与神, 为奴而归义, 义就是自由。Then in chapter 7 Paul gives an analogy as to how we are released from the law, yet another result of our justification. The way we are released is actually through death. He talks about how a wife commits adultery if she lives with another man while her husband is still alive, but if he dies and she marries another man she is not committing adultery. Why is that? Because, her husband's death releases her from the law of marriage. In the same way, we are released from the law because we have also died through Christ's death. Or, to say it another way, "we die with Christ." 然后在第7章, 保罗举例说, 我们怎样脱离律法, 这是我们称义的另一一个结果。我们被释放的方式是通过死亡。他说妻子如果在丈夫还活着的时候和别人同居, 就犯了奸淫, 但如果丈夫死了, 她又嫁给了别人, 她就没有犯奸淫。这是为什么呢? 因为她丈夫的死解除了她的婚姻的律法。同样的, 我们就脱离了律法、因为我们也是藉著基督的死而死了。或者换一种说法, "我们与基督同死。" Then Paul lets us behind the curtain of his own life. He talks about his struggle with the flesh. He talks about doing the things he does not want to do. These are probably some of the most vulnerable passages in all of Paul's writings. He doesn't sugar coat the daily struggle with sin. It's ugly and hard. He tells us all of this and then comes to a question, "Who will save me from this body of

death?” Then the answer comes, “Thanks be to God through Jesus Christ our Lord.” Then he reaffirms one more time that the struggle is real at the end of verse 25. Then he goes on to the conclusion of all that wrestling, “There is therefore now no condemnation for those who are in Christ Jesus.” Let’s read it. 然后保罗让我们进入他自己生活的幕后。他谈到了他与肉体的斗争。他谈论做他不想做的事情。这些可能是保罗所有作品中最脆弱的部分。他不粉饰每天与罪的斗争。它既丑陋又艰难。他把这些都告诉了我们，然后问了一个问题，“谁能把我从这死亡的身体中救出来？”回答就说：“感谢神，藉着我们的主耶稣基督。”然后他在第25节的末尾再次重申，斗争是真实的。然后他在一切角力的结尾说：“如今那些在基督耶稣里的，就不定罪了。”让我们读下它。

Read Romans 8:1-11 阅读罗马书8章1-11

### v.1 No Condemnation in Christ 在基督里不定罪

Paul picks right back up where he left off talking about the results of justification in the believer’s life. He has already told us we have peace with God, access to God, life to God, slavery to righteousness, and now NO CONDEMNATION! Think about that for a moment. Despite everything you did before knowing Christ and despite the struggle you still have after believing in Christ, God’s declaration about you is, “Not guilty!” “Not condemned!” Let that sink in. 保罗从他结束谈论信徒生命中称义的结果的地方重新开始。他已经告诉我们，我们与神有平安，进入神，生命归于神，为奴归于义，现在没有定罪。想想看。尽管你在认识基督之前所做的一切，尽管你在信基督之后仍有挣扎，神对你的宣告是：“无罪！”“不是谴责！”让你明白这一点。You may say, “But I was addicted to drugs and I hurt so many people. Even after Christ, I still struggle with going back to that.” God’s pronouncement over you in Christ is, “Not condemned!” Or maybe you say, “I was so sexually promiscuous and it the results of it are hurting me up to this day. I’m ashamed of the way it has perverted my mind. In fact, I’m still struggling with it.” God’s pronouncement over you in Christ is, “Not condemned!” Maybe you say, “I struggled so much with greed, pride, self-righteousness, hopelessness, depression, and hating myself for everything I have done.” God’s pronouncement over you in Christ is, “Not condemned!” “Not guilty!” Hear this loud and clear, “Guilt and condemnation are NOT for the Christian!” You have been set free from guilt, condemnation, and the ensuing spiritual death that come along with that guilty verdict. Don’t believe that is possible? Keep reading in verses 2-4. 你可能会说，“但是我对毒品上瘾了，我伤害过很多人。即使在基督诞生后，我仍在为回到那个时代而挣扎。”神在基督里对你的宣告是：“不可定罪！”或者你可能会说，“我是如此的淫乱，它的结果一直伤害着我直到今天。我为它扭曲了我的思想而感到羞愧。事实上，我至今仍在与之斗争。”神在基督里对你的宣告是：“不可定罪！”也许你会说：“我曾与贪婪、骄傲、自以为是、绝望、沮丧作过斗争，并为我所做的一切恨自己。”神在基督里对

你的宣告是：“不可定罪!”“无罪!”听清楚这句话：“罪与定罪不是属于基督徒的!”你已经从罪责、定罪以及随之而来的精神死亡中解脱出来。相信这是不可能的吗?继续读第2-4节。

Read v.2-4a The law of the Spirit vs the law of sin

读第二节到第四节前段 圣灵的律对罪的律

The law of the Spirit of life has set you free from the law of Sin and death. This harkens back to chapter 5 where it talks about being in Adam which results in death and being in Christ which results in life. Jonah described this as being on Team Adam or being on Team Jesus. You see when you are on team Adam you are still in your sin and when the righteous law is applied to you the verdict is that you are deserving of physical and spiritual death. This is what it means to be under the law of sin and death. But when we through faith go over to team Jesus, we are given the Holy Spirit who gives life. And when the righteous law is applied to this person the verdict is, “not guilty,” “no condemnation.” The result is new life now and eternal life in the Kingdom of God.

赐生命圣灵的律已经把你们脱离罪和死的律了。这要追溯到第5章，在那一章里说到在亚当里面，导致死亡，在基督里面，导致生命。Jonah将其描述为“站在亚当一边”或“站在耶稣一边”。你看，当你与亚当同在时，你仍在罪中，当正义的律法适用于你时，判决就是你肉体 and 属灵的死是应得的。这就是在罪和死的律之下的意思。但当我们因信归主耶稣的时候，我们就被赐给赐生命的圣灵。当正义的律法适用于这个人时判决是“无罪” “不定罪”结果就是现在的新生命和在神的国度里的永生。

Read v.4b-10 Who’s side am I on? Test yourself to see if you are in the faith

阅读第4节后段到第10节 我站在哪一边?测试你自己，看看你是否有信仰

At the end of verse 4 Paul inserts a caveat about those who are under the law of the Spirit of life. He says you must walk according to the Spirit and not according to the flesh. What does this mean? He explains in verses 5-8. He says that if you live according to the flesh, you “set your mind” on the things of the flesh. And, if you live according to the Spirit you “set your mind” on the things of the Spirit. What does it mean to “set your mind” on the things of the Spirit or things of the flesh? We could be tempted to interpret “set your mind” as “to think about.” If we interpret it this way the question of course comes, “I have thought about things of the flesh since trusting Christ. Am I still under the law of sin and death?” But this is not how we should interpret the phrase, “set your minds.” It actually means to “take the side of the Spirit” or “take the side” of the flesh. It doesn’t mean just to think, but to have a settled way of understanding. This is a fixed and resolute way of thinking that results in a lifestyle either for the flesh or for the Spirit. 在第4节的末尾，保罗插入了一个关于那些在生命之灵的律法之下的人的警告。他说你们必须按圣灵行事，而不是按肉体行事。这是什么意思?他在第5-8节解释。他说，如果你按着肉体活着，你就“专注于”肉体的事。你们若顺从圣灵而活，就“专心”于圣灵的

事。“专注于”圣灵的事或肉体的事是什么意思?我们可能会把" set your mind "解释为" to think "。如果我们这样解释,问题就来了:“自从信靠基督,我就想过肉体的事。”我还在罪和死的律之下吗?”但这不是我们应该如何理解的阶段,“集中你的思想。”它实际上的意思是“站在圣灵的一边”或“站在肉体的一边”。这并不意味着仅仅思考,而是要有一种固定的理解方式。这是一种固定而坚定的思维方式,导致了一种生活方式,要么是肉体,要么是精神。We are given examples of the results of a mind set on the things of the flesh. They are: death, hostility to God, no submission to God's righteous law, and an inability to please God. The results of “setting your mind” on the Spirit are the exact opposite. They are: life and peace. Paul then says, “You, however, are not in the flesh but in the Spirit!” That’s awesome! Christian you can know that you are in the Spirit! But at the end of verse 9 he gives yet another caveat, “If in fact the Spirit of God dwells in you.” I think it is important to stop right here and do a little application, because you are probably thinking, “When you were talking about no condemnation! No guilt! I was feeling pretty good. Now we have read the end of verse 4 with its caveat about walking according to the Spirit and not the flesh. And again here in verse 9 “If in fact the Spirit of God dwells in you. How can I know if I am in Christ?” Did you know it’s actually biblical to test yourself in the area of being in Christ or not? 2Corinthians 13:5 says, “Examine yourselves to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves that Jesus Christ is in you? Unless indeed you fail to meet the test.” So what might a test like this look like? Well, let’s take Paul as a case study from Chapter 7. 我们已经得到了一些例子,说明我们的思想是如何对待肉体的。它们是:死亡,对神的敌意,不服从神公义的律法,不能讨神的喜悦。“定心”于圣灵的结果恰恰相反。它们是:生命与和平。保罗说:“你们不属肉体,乃属灵。”太棒了!基督徒,你可以知道你是在圣灵里!但在第9节结尾,他又给出了另一个警告:“如果上帝的灵真的住在你们里面。”我认为很重要的一点是,停在这里,做一些应用,因为你可能会想,“当你谈论没有谴责!没有内疚!我感觉很好。现在我们已经读到了第4节的结尾,它告诫我们要按照圣灵而不是肉体行事。在第9节,“神的灵若真住在你们心里。”我怎么知道我是在基督里呢?”你知道吗,圣经上说要测试自己是否在基督里?哥林多后书13:5说:“你们要自己省察有信心没有。测试自己。岂不知耶稣基督已经在你们心里吗。除非你真的没有通过测试。”这样的测试应该是什么样的呢?让我们以保罗为例来研究第七章的内容。As we read, I want you to ask the questions: What are his wants and desires? What does he delight in? Is he comfortable with or apathetic to his sin? Does he excuse it? First, What are his wants? V.15 for I do not understand my own actions. I do not do what I want.” He wants to obey God. Does he struggle with carrying it out? Yes, but he wants to please God. Second, What does he desire? V.18 for I have the desire to do what is right. Does he struggle against his flesh? Yes. But, he desires to do what is right. Third, What does he delight in? V.22 for I delight in the law of the Lord. He delights in the righteous law. Lastly, Is he comfortable or apathetic towards his sin? Does he excuse it? V.24 Wretched man that I am! Who will deliver me from this body of death? Paul is not at all comfortable with his

sin. 在阅读过程中，我希望你们问这样的问题:他想要什么?他喜欢什么?他对自己的罪是坦然还是无动于衷?他找借口了吗?首先，他想要什么?15 .因为我不了解自己的行为。我不做我想做的事。”他想服从上帝。他是否挣扎着去实现它?是的，但他想讨神的喜悦。第二，他想要什么?18 .因为我愿意为义而行。他是在和自己的肉体斗争吗?是的。但是，他渴望做正确的事。第三，他喜欢什么?因为我喜爱耶和华的律法。他喜爱公义的律法。最后，他对自己的罪是坦然还是冷漠?他找借口了吗?我是一个不幸的人!谁能救我脱离这死亡的身体呢?保罗对自己的罪一点也不舒服。I guess the best question we can ask is: “Is the struggle with sin real?” Or, in our heart of hearts, is the answer, “I’m really just apathetic to the things of God. I say with my mouth that I belong to him, but my heart and desires are far from him.” Without this type of introspection we will end up with pharisees not Christians. I can illustrate this with my experience growing up in the Southeast. There is a type of cultural Christianity there that is not genuine, but is mixed in with those who are. Often times it is hard to tell the difference because everyone knows all the right answers. Sometimes the only way to differentiate is a heart of repentance and struggling over sin and a love for the things of God. This is not meant for you to doubt your salvation any more than the confessions of Paul in chapter 7 made him doubt his salvation. The result of this introspection for the Christian will be the same results Paul came to: “Thanks be to God through Jesus Christ our Lord!” and “There is therefore now no condemnation for those who are in Christ Jesus!”

我想我们能问的最好的问题是:“与罪的斗争是真实的吗?”或者，在我们的内心深处，答案是，“我真的只是对上帝的事情漠不关心。”我亲口说，我是属他的，但我的心和心愿远离他。没有这样的自省，我们最终会变成法利赛人，而不是基督徒。我可以用我在东南部长大的经历来说明这一点。那里有一种基督教文化，它不是真正的基督教，而是和那些真正的基督教混在一起的。很多时候很难区分，因为每个人都知道所有的正确答案。有时，唯一的区分方法是悔改的心，为罪挣扎的心，以及对神的事物的爱。这不是要你怀疑你的救恩，就像保罗在第七章的忏悔让他怀疑他的救恩一样。基督徒这样反省的结果与保罗所得到的结果是一样的:“感谢神，藉着我们的主耶稣基督!”所以在基督耶稣里的，如今就不定罪了。”

v.11 Resurrection life through the Spirit

第11节 藉著圣灵复活生命

Paul ends by saying that if the Spirit is in you, he will give life to your mortal bodies. This is a reference to the resurrection of the believer. One day our bodies of flesh will die, but our bodies will be resurrected just like Christ’s body never to die again. This is the promise for all those who are in Christ and this is when the struggle with the flesh will end. There will be no more testing, no more temptation, no more striving and failing to do what we want to do. We will have life in its purest sense, when our mortal bodies are raised and given life never to die again.

保罗在结尾处说，圣灵若在你们心里，就必叫你们必死的身体活过来。这是指信徒的复活。有一天，我们的肉体会死亡，但我们的肉体会复活，就像基督的身体永远不会再死一样。这是给一切在基督里的人的应许，与肉体的争战到此为止。不再有测试，不再有诱惑，不再有奋斗，不再有失败。我们将拥有最纯粹意义上的生命，当我们必死的身体复活，赋予生命，永不再死。

Application:

1. There is no condemnation for those who are in Christ, even though the struggle with sin is still ongoing.
2. The result of justification is being indwelt by the Holy Spirit. The Holy Spirit gives life and freedom.
3. Anyone who is in Christ and indwelt by the Holy Spirit will walk according to the Spirit and not the flesh.
4. Examine yourself to see if you are in the faith.
5. The life the Holy Spirit gives will result in a resurrected body living in the Kingdom of God never to die again.

应用:

1. 那些在基督里的人是不会被定罪的，尽管与罪的斗争仍在继续。
2. 称义的结果是被圣灵所压制。圣灵赐给人生命和自由。
3. 凡在基督里，因圣灵而居于其中的人，必按圣灵而行，不按肉体而行。
4. 你要自省，看你是否有信心。
5. 圣灵所赐的生命将使一个复活的身体活在神的国度里，永不再死。