

HOW TO GROW STRONGER  
如何變得更強大  
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A. What Should Be Happening Within You...

你內裡應該有什麼變化……

1. As followers of Jesus, this should be our reality: while our exterior is getting weaker, our interior should be getting stronger.

作為耶穌的門徒，這應該是我們的實況：當我們的外表變得越來越軟弱時，我們的內裡應該變得更強大。

***“Though outwardly we are wasting away, yet inwardly we are being renewed day by day.”***

(2 Corinthians 4:16)

“所以，我們不氣餒。身體雖然日漸衰殘，內在的生命卻日日更新。”

(哥林多後書 4:16)

B. How Can I Strengthen My Soul?

我怎樣才能堅強我的靈魂？

***“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.***

***And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.”*** (Ephesians 3:16-19)

“祈求祂按照自己豐富的榮耀，藉著祂的靈，以大能使你們內在的生命剛強起來，使基督藉著你們的信心住在你們心裡，使你們在愛中扎根、堅立，以便能夠與眾聖徒一同領悟基督的愛是多麼長闊高深，並知道基督的愛是遠超過人所能理解的愛，好叫上帝無限的豐富充滿你們。” (以弗所書 3:16-19)

1. According to the Apostle Paul, you strengthen your soul by deepening your roots.  
根據使徒保羅，你可以透過深化你的根來堅強你的靈魂。

2. Our faith is rooted in the love of God...  
我們的信仰是植根於神的愛……

a. Eros: sexual love... 性愛……

- b. Philia: friendly affection... 友情……
- c. Storge: family affection... 親情……
- d. Agape: the highest form of love. The purest love imaginable...  
愛的最高形態。能想像到的最純潔的愛……

3. We will grow stronger as individuals, and we will grow stronger as a congregation,  
if we grow deeper in our understanding and experience of God's agape love.

如果我們能更深入地理解和經歷神無私的愛，作為個人 我們會變得更強大，而作為一個會眾 我們亦會變得更強大。

### C. What Are Some Practical Ways to Accomplish This?

有哪些實用的方法可以實現這一目標？

#### *Some Word Studies...* 一些字詞的研究……

**“Grasp”** (katalambano): to lay hold of, to seize, to possess with your hand or with your mind...

“捉緊” 用你的手或思想抓住、把握、擁有……

**“Know”** (ginosko): to recognize, to perceive, to understand...

“認識” 認出、察覺、理解……

**“Surpasses”** (hyperballo): to exceed, to throw beyond, to transcend...

“超越” 超出、越過、勝過……

**“Filled”** (pleroo): to be crammed full...

“填滿” 被塞滿……

1. Ponder it! 琢磨一下
2. Experience it! 經歷一下
3. Express it! 表達一下

#### *Today's Big Idea...* 今日主旨……

The Agape Love of God:

神至高無尚的愛：

It is why Jesus came. It is why we exist. It is how we will grow.

這就是耶穌為什麼要來。這就是我們為什麼會存在。這就是我們將會怎樣成長。

So it is what we will do.

所以這就是什麼我們要做的。

Discussion Questions: 問題討論：

1. What are some practices you do to strengthen your soul?  
你做了哪些練習來堅強你的靈魂？
2. How have you pondered the “purest love imaginable” in 2022? Share a story of God's practical and immeasurable love in your life.  
你如何看 2022 年的“能想像到的最純潔的愛”？分享一個關於神在你生命中實際和無法估量的愛的故事。
3. How can you reveal the “purest love imaginable” to others in your life in 2023?  
在 2023 年，你可以如何向生活中的其他人展示“能想像到的最純潔的愛”？