

"ONE ANOTHER" COMMANDMENTS!

# 彼此相爱的命令!

His Church My Family!

主的教会  
我的家!



JOH  
约

13:34-35 我赐给你们 **一条新命令**，乃是叫你们 **彼此相爱**；我怎样爱你们，你们也要怎样相爱。你们若有 **彼此相爱的心**，众人因此就认出你们是我的门徒了。 A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another."

1CO  
林前

12:12 就如身子是一个，却有许多肢体；而且 **肢节虽多，仍是一个身子**；基督也是这样。 For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ.

EPH  
弗

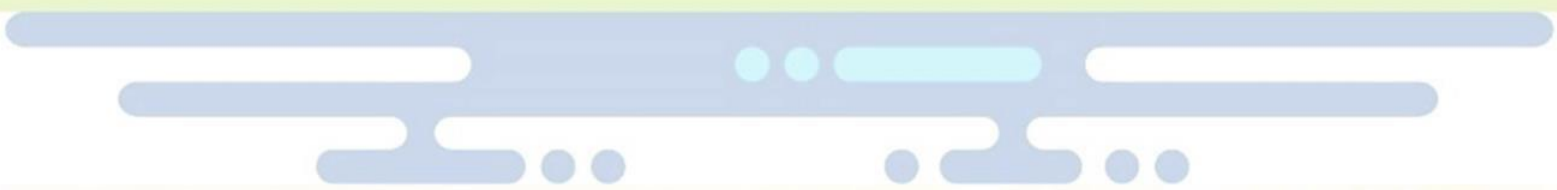
2:22 你们也 **靠他同被建造**，成为神藉著圣灵居住的所在。 in whom you also are being built together for a dwelling place of God in the Spirit.

肢体的多的，  
身子却是一个！

但如今 **肢体是多的，身子却是一个**。眼不能对手说：「我用不著你；」头也不能对脚说：「我用不著你。」不但如此，身上肢体人以为软弱的，更是不可少的。身上肢体，我们看为不体面的，越发给他加上体面；不俊美的，越发得著俊美。我们俊美的肢体，自然用不著装饰；但神配搭这身子，把加倍的体面给那有缺欠的肢体，免得身上分门别类，

**总要肢体彼此相顾**。若一个肢体受苦，所有的肢体就一同受苦；若一个肢体得荣耀，所有的肢体就一同快乐。

But now indeed there are many members, yet one body. And the eye cannot say to the hand, "I have no need of you"; nor again the head to the feet, "I have no need of you." No, much rather, those members of the body which seem to be weaker are necessary. And those members of the body which we think to be less honorable, on these we bestow greater honor; and our unrepresentable parts have greater modesty, but our presentable parts have no need. But God composed the body, having given greater honor to that part which lacks it, that there should be no schism in the body, but that the members should have the same care for one another. And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it.



2:17-22 并且来传和平的福音给你们远处的人，也给那近处的人因为我们两下藉著他被一个圣灵所感，得以进到父面前。这样，你们不再

都是  
一家人！

作外人和客旅，是与圣徒同国，是神家里的人

了；并且被建造在使徒和先知的根基上，有基督耶稣自己为房角石，

各（或作：全）房靠他联络得合式，渐渐成为主的圣

殿。你们也靠他同被建造，成为神藉著圣灵居住的所在。

And He came and preached peace to you who were afar off and to those who were near. For through Him we both have access by one Spirit to the Father. Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God, having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone, in whom the whole building, being fitted together, grows into a holy temple in the Lord, in whom you also are being built together for a dwelling place of God in the Spirit.



# 房子

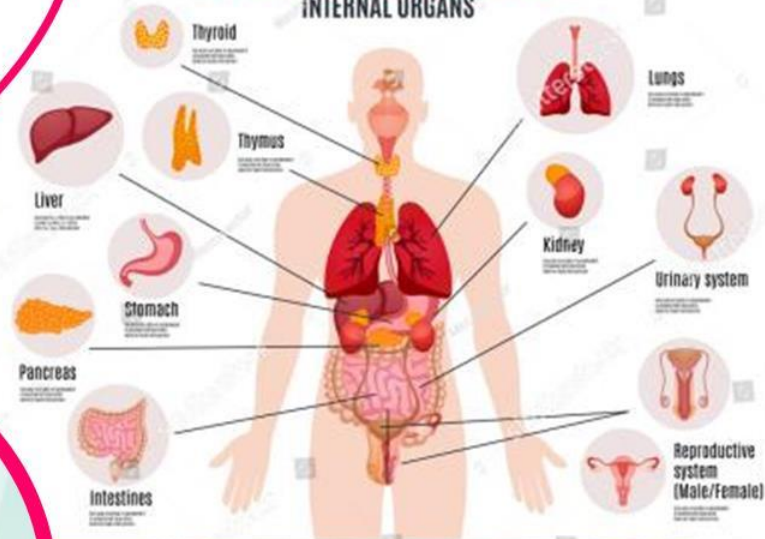
有蓝图的建造



各房靠他联络得合式，  
渐渐成为主的圣殿。  
你们也靠他同被建造，  
成为神藉著圣灵居住的所在。

# 身体 有机的联络

## THE HUMAN BODY INTERNAL ORGANS



全身都靠他联络得合式，  
百节各按各职，  
照著各体的功用彼此相助，  
便叫身体渐渐增长，在爱中建立自己。

我赐给你们 **一条新命令**，乃是叫你们 **彼此相爱**。

A new commandment I give to you, that you love one another.

Joh 约 13:34-35

GAL  
加

5:13

弟兄们，你们蒙召是要得自由，  
只是不可将你们的自由当作放纵情欲的机会，

**总要用爱心互相服事。**

For you, brethren, have been called to liberty;  
only do not use liberty as an opportunity for the flesh,  
but **THROUGH LOVE SERVE ONE ANOTHER.**

# love

John 13:34-35  
Romans 12:10; 13:8  
1 Thessalonians 4:9  
2 Thessalonians 1:3  
Hebrews 13:1  
1 Peter 1:22; 3:8  
1 John 3:11, 23; 4:7, 11-12  
2 John 1:5

恩慈相待

be kind to | Ephesians 4:31-32

问候

# greet

Romans 16:16  
1 Corinthians 16:20  
2 Corinthians 13:12  
1 Peter 5:14

# 爱

教导

teach | Romans 15:14  
Colossians 3:16

同心敬拜

worship with | Ephesians 5:19-20

彼此交接

fellowship with | 1 John 1:7

谦卑束腰

be humble toward | 1 Peter 5:5

submit to | Ephesians 5:21  
彼此顺服

饶恕

forgive | Ephesians 4:32  
Colossians 3:13

# encourage

2 Corinthians 13:11  
1 Thessalonians 4:18; 5:11  
Hebrews 3:13; 10:24-25

勉励

lay down your lives for | 1 John 3:16  
舍命

honor | Romans 12:10  
尊崇

## 圣经中 关于“彼此”的命令

接纳 accept | Romans 14:1-4, 13; 15:7

# 关心 care for

Isaiah 41:6  
1 Corinthians 12:24-25  
Philippians 2:4  
1 Peter 4:9

服侍 serve | Galatians 5:13

# 和睦相处 live in

1 Corinthians 1:10  
Galatians 5:25-26  
James 4:11; 5:9  
1 Peter 3:8

speak truth to | Ephesians 4:25  
Colossians 3:9

说诚实话

# harmony with

bear with | Ephesians 4:2  
Colossians 3:13

包容

归属

# belong to

Romans 12:5  
1 Corinthians 12:24-25  
2 Corinthians 13:11  
Ephesians 4:25

wash the feet of | John 13:14  
洗脚

admonish | Colossians 3:16  
劝戒

EPH  
弗

4:11-12,  
15-16

他所賜的，有使徒，有先知，有傳福音的，  
有牧師和教師，為要成全聖徒，

各盡其職，建立基督的身軀...

惟用愛心說誠實話，凡事長進，連於元首基督，

全身都靠他聯絡得合式，百節各按各職，

照著各體的功用彼此相助，便叫身體漸漸增長，  
在愛中建立自己。

And He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ...but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.



“在爱中建立自己” — “彼此”的命令

9个建立“基督之家”活出真爱的具体表现



A. 肯定  
AFFIRM

B. 分享  
SHARE

C. 服事  
SERVE

新约共有 59个关于如何“彼此相待”的命令

# 9个建立“基督之家”活出真爱的具体表现

## A. 肯定 AFFIRM

### 1. 肯定彼此的优点，才干和恩赐

Affirm one another's  
STRENGTHS, ABILITIES,  
AND GIFTS

恭敬人，要彼此推让…你们不要彼此埋怨…在基督里成为一身，互相联络作肢体

ROM 罗 12: 10

JAS 雅 5: 9

ROM 罗 12: 3-8

### 2. 肯定彼此在主里同样重要的身份

Affirm one another's  
EQUAL IMPORTANCE  
in Christ

你们要彼此接纳…总要肢体彼此相顾…都要以谦卑束腰…不可按著外貌待人

ROM 罗 15: 7

1CO 林前 12: 25

1PT 彼前 5: 5

JAS 雅 2: 1

### 3. 用关爱的行动彼此肯定

Affirm one another through  
VISIBLE AFFECTION

ROM 罗 16: 16 亲嘴问安，彼此务要圣洁…各人要快快的听，慢慢的…

JAS 雅 1: 19

Eph 弗 4: 32 以恩慈相待，存怜悯的心，彼此饶恕…爱众人的心都能增长、充足

1TH 帖前 3: 12

A. 肯定  
AFFIRM

B. 分享  
SHARE

C. 服事  
SERVE

# 9个建立“基督之家”活出真爱的具体表现

## B. 分享 SHARE

### 4. 互相分享彼此的空间, 物品, 和时间

Share one another's  
SPACE, GOODS,  
AND TIME

爱弟兄, 要彼此亲热…你们要互相款待, 不发怨言…有了机会就当向众人行善

ROM 罗 12: 10

1Pt 彼前 4: 9

GAL 加 6: 10

### 5. 互相分享彼此的需要和问题

Share one another's  
NEEDS AND PROBLEMS

各人的重担要互相担当…你们该彼此劝慰, 互相建立…天天彼此相劝

GAL 加 6: 2

1Th 帖前 5: 11

Heb 希 3: 13

### 6. 互相分享彼此的信仰, 观念和属灵生命

Share one another's  
BELIEFS, THINKING,  
AND SPIRITUALITY

COL 西 3: 16 彼此教导, 互相劝戒…当用诗章、颂词、灵歌, 彼此对说… Eph 弗 5: 19

ROM 罗 12: 16 要彼此同心…你们中间也不可分党, 只要一心一意, 彼此相合 1CO 林前 1: 10

A. 肯定  
AFFIRM

B. 分享  
SHARE

C. 服事  
SERVE

# 9个建立“基督之家”活出真爱的具体表现

## C. 服事 SERVE

### 7. 通过彼此交代和负责，相互服侍

彼此认罪，互相代求…彼此劝戒…各人与邻舍说实话

JAS 雅 5: 16

ROM 罗 15: 14

Eph 弗 4: 25

Serve one another  
through  
ACCOUNTABILITY

### 8. 通过饶恕和和好，相互服侍

凡事谦虚、温柔、忍耐，用爱心互相宽容…总要彼此包容，彼此饶恕…

Eph 弗 4: 2

COL 西 3: 13

Serve one another THROUGH  
FORGIVENESS and  
RECONCILIATION

不要彼此惹气，互相嫉妒…不可彼此批评…去同弟兄和好…

GAL 加 5: 26

JAS 雅 4: 11

Mat 太 5: 23-24, 18: 15

### 9. 服事彼此的益处胜过自己的益处

又要彼此相顾，激发爱心，勉励行善…不求自己的喜悦…使他得益处…用爱心互相服事

Heb 希 10: 24

ROM 罗 15: 1-2

GAL 加 5: 13

Serve ONE ANOTHER'S  
INTERESTS rather  
than our own

A. 肯定  
AFFIRM

B. 分享  
SHARE

C. 服事  
SERVE

开心  
FUN

開心幸福  
Happy

家庭溫馨  
Homely

親子  
FAMILIES

公義聖潔  
Holy

團契  
FELLOWSHIP

健壯  
FITNESS

健壯興盛  
Healthy

THE FRUITFUL LIFE

结果不止的生命

Become  
A Church  
Characterised By

COVENANT RELATIONSHIP  
APOSTOLIC FOUNDATION  
MASTER'S PASSION  
PROGRESSIVE REVELATION

我的教会是：

家，学校，医院 和 军队！

箴言 29:18 没有异象（或作：默示），民就放肆；  
惟遵守律法的，便为有福。

约内的关系  
使徒性的根基  
宣教的热忱  
渐进的启示

在约内的关系中，我们的内心充满主爱。  
在使徒和先知的根基上，我们坚固扎根。  
带着满腔的热忱，出去宣教，传扬福音。  
在神启示的带领下，我们一起迈进，成为荣耀，神所喜悦的教会。

成为

家



Our  
Vision  
我们的异象

# 1. 互相倾听 LISTEN to each other



## 健康的关系 HEALTHY RELATIONSHIPS

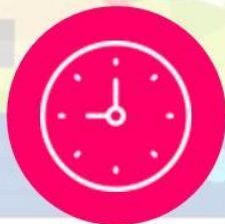
处于健康关系的人



2. 开诚布公地交流,  
不妄下结论  
COMMUNICATE openly and  
without judgement



3. 互相信任,  
互相尊重  
TRUST and RESPECT each other



4. 总是为彼此腾出时间  
CONSISTENTLY MAKE TIME for each other



6. 一起参加有益的,  
健康的活  
动 ENGAGE in healthy  
activities together



5. 记得彼此生  
活中的细节  
REMEMBER details about  
each other's lives

# 以下是健康关系的几个好处:

Here are a couple benefits of healthy relationships:

1. 更少压力 Less Stress
  2. 更好地复原 Better Healing
  3. 更健康的行为 Healthier Behaviours
  4. 更强的使命感 Greater Sense of Purpose
  5. 长寿的生活 Longer Life
- 
- A colorful illustration of a landscape. In the background, there are grey mountains under a bright yellow sun. In the middle ground, there is a yellow house with a red roof and a white sheep. The foreground is a green field with some stylized trees and a blue decorative element at the bottom.



但如今 **肢体的是多的，身子却是一个**。眼不能对手说：「我用不著你；」头也不能对脚说：「我用不著你。」不但如此，身上肢体人以为软弱的，更是不可少的。身上肢体，我们看为不体面的，越发给他加上体面；不俊美的，越发得著俊美。我们俊美的肢体，自然用不著装饰；但神配搭这身子，把加倍的体

肢体的是多的，  
身子却是一个！

面给那有缺欠的肢体，免得身上分门别类， **总要肢体彼此相顾**。

若一个肢体受苦，所有的肢体就一同受苦；若一个肢体得荣耀，所有的肢体就一同快乐。 But now indeed there are many members, yet one body. And the eye cannot say to the hand, "I have no need of you"; nor again the head to the feet, "I have no need of you." No, much rather, those members of the body which seem to be weaker are necessary. And those members of the body which we think to be less honorable, on these we bestow greater honor; and our unrepresentable parts have greater modesty, but our presentable parts have no need. But God composed the body, having given greater honor to that part which lacks it, that there should be no schism in the body, but that the members should have the same care for one another. And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it.



2:17-22 并且来传和平的福音给你们远处的人，也给那近处的人因为我们两下藉著他被一个圣灵所感，得以进到父面前。这样，你们不再

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# 健康家庭的原则:

PRINCIPLES OF HEALTHY FAMILIES (AND THEREFORE, HEALTHY CHURCHES)

1. 健康的家庭 需要“行为的榜样”胜于“光是说教”

*Healthy families TEACH BY EXAMPLE MORE THAN BY LECTURE*

2. 健康的家庭 以“喜庆的气氛”迎接新成员

*Healthy families WELCOME NEW MEMBERS WITH JOYOUS CELEBRATIONS*

3. 健康的家庭 是由“健康的领袖”所带领的

*Healthy families DON'T LET DYSFUNCTIONAL MEMBERS CALL THE SHOTS*

4. 健康的家庭 以“谨慎和建设性”的方式适当使用纪律

*Healthy families USE DISCIPLINE SPARINGLY AND CONSTRUCTIVELY*

5. 健康的家庭 面对挑战时，会更加“团结共同面对”

*Healthy families COME TOGETHER WHEN THEY FACE CHALLENGES*



# 如何活出“彼此相爱”的5个方面:

5 Ways to Live with Love

1. 扶持破碎的，卑微的，恩待软弱的

*Lift up the broken, enlarge the small, and favor the weak*

2. 彼此之间有耐心

*Have patience with each other*

3. 慷慨的对待他人

*Be generous*

4. 彼此包容，饶恕他人的过犯

*Don't withhold forgiveness*

5. 信守承诺

*Keep your promises*

Call To LOVE ONE ANOTHER!

彼此相爱!

主的教会，  
我的家!



# 如何活出“彼此相爱”的5个方面:

5 Ways to Live with Love

## 1. 扶持破碎的，卑微的，恩待软弱的

Lift up the broken, enlarge the small, and favor the weak

MAT  
太

19:14 耶稣说：「让小孩子到我这里来，不要禁止他们；因为在天国的，正是这样的人。」 But Jesus said, "Let the children alone, and do not hinder them from coming to me; for the kingdom of heaven belongs to such as these"

## 2. 彼此之间耐心相待

Have patience with each other

COL  
西

3:12-13 所以，你们既是神的选民，圣洁蒙爱的人，就要存(原文作穿；下同)怜悯、恩慈、谦虚、温柔、忍耐的心。倘若这人与那人有嫌隙，总要彼此包容，彼此饶恕；主怎样饶恕了你们，你们也要怎样饶恕人。 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other.

# 3. 慷慨的对待他人

Be generous

JAS  
雅

2:16 你们中间有人对他们说：「平平安安的去吧！愿你们穿得暖，吃得饱」；却不给他们身体所需用的，这有什么益处呢？

and one of you says to them, "Depart in peace, be warmed and filled," but you do not give them the things which are needed for the body, what does it profit?

1TH  
帖前

5:11 所以，你们该彼此劝慰，互相建立，正如你们素常所行的。

Therefore comfort each other and edify one another, just as you also are doing.

GAL  
加

6:2 你们各人的重担要互相担当，如此，就完全了基督的律法。

Bear one another's burdens, and so fulfill the law of Christ.

# 4. 彼此包容，饶恕他人的过犯

Don't withhold forgiveness

COL  
西

3:13 倘若这人与那人有嫌隙，总要彼此包容，彼此饶恕；主怎样饶恕了你们，你们也要怎样饶恕人。 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

JAS  
雅

5:16 所以你们要彼此认罪，互相代求，使你们可以得医治。义人祈祷所发的力量是大有功效的。 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.



# 5. 信守承诺

Keep your promises

PSA  
诗

89:34 我必不背弃我的约，  
也不改变我口中所出的。

I will not violate my covenant or alter the word that went forth from my lips.

Our consistency in this matter not only shows our respect for truth, but it serves those around us by building trust in relationships. It takes a true act of love to consider our words and actions so deeply before we choose to speak. Christians serve a promise-keeping God: one who continued to sustain Israel through slavery in Egypt, exile in Babylon, and occupation by Rome. We worship a Christ who forgives us no matter what, is generous with his blessings, has patience with our shortcomings, and fights for the smallest and weakest among us. By following his example in these ways, perhaps we can teach one another (and ourselves) a little more about living with love.

