

三个生命四个律（拾壹）

Three Kinds of Life and Four Laws (XI)

陆 犯罪与脱罪的秘诀（续）

VI. Sins and the secret of being freed from sin (continued)

二 体贴灵就脱离罪—因为灵里有生命的律（续）

B. Setting the Mind on the Spirit Resulting in Freedom from Sin because of the Law of the Spirit of Life in the Human Spirit (continued)

（四）‘若靠着灵…必要活着。’罗马八章十三节。

4. “If by the Spirit...you will live” (Rom. 8:13).

我们体贴肉体、顺从肉体活着，怎样不只必要犯罪，并且必要死；我们体贴灵、顺从灵活着，也怎样不只必要行义，并且必要活着。死怎样是罪带来的，活也怎样是义带来的。罪所带来的死怎样是叫我们软弱，义所带来的活也怎样是叫我们刚强。所以我们顺从灵、靠着灵活着，不只能叫我们脱离罪，而行出义，并且能叫我们免去死亡软弱，而得以活泼刚强。我们脱离了罪，就能免去死和属死的软弱；我们活出义，也就能得着活和属活的刚强。这些都是我们必须顺从灵，靠着灵活着，才能得到的。

When we set our mind on the flesh and live by the flesh, we not only sin but also die. In the same way, when we set our mind on the spirit and live according to the spirit, we are righteous and also live. Just as sin brings in death, righteousness brings in life. Just as sin brings in death and weakens us, life brings in righteousness and strengthens us. When we follow the Spirit and live according to the Spirit, we are not only freed from sin and live out righteousness, but we are also kept from the weakness of death through the strength of life. We are kept from death and weakness by being freed from sin, and we gain life and strength by living out righteousness. We must follow the spirit and live by the spirit in order to obtain righteousness and life.

所以，今天我们犯罪和脱罪的秘诀，就在我们体贴肉体，或是体贴灵。我们若体贴肉体，凭肉体活着，肉体里犯罪的律就必使我们犯罪。我们若体贴灵，凭灵活着，灵里生命之灵的律就必使我们脱罪。所以我们要脱离罪，要不犯罪，只有一个秘诀，就是体贴灵，随从灵里生命之灵的律活着。魂里为善的律，我们不必理，体里犯罪的律，我们也不必顾，我们只要在灵里活在生命之灵的律里就够了。这不需要我们立志为善，努力拒恶，这只需要我们活在灵里，随从灵而行。

Whether we sin or enjoy freedom from sin depends on whether our mind is set on the flesh or on the spirit. If we set our mind on the flesh and live according to the flesh, the law of sin in our body will cause us to sin. If we set our mind on the spirit and live according to the spirit, the law of the Spirit of life in our spirit will free us from sin. The secret of being free from sin is to set our mind on the spirit and follow the law of the Spirit of life in our spirit. We should not focus on the law of good in our soul or even be concerned about the law of sin in our body. It is sufficient to live according to the law of the Spirit of life in our spirit. This is not a matter of striving or struggling to do good or reject evil; it requires us only to live in our spirit and to follow the spirit.

我们立志为善，努力拒恶，并不能叫我们脱罪，反倒拦阻我们活在灵里，而常将我们陷于悲惨的失败里，为善无力，拒恶不成。所以我们要拒绝立志为善，像拒绝犯罪作恶一样，要不以善为我们生活的目标，像不以恶为我们生活的目标一般。除了活在灵里，随从灵而行，我们不注意别的，也不看重别的。除了神和神的生命，我们也不以别的为我们生活的目标。我们要不愿意活出善来，像我们不愿意活出恶来一样，我们只要活出神和神的生命来。这就需要我们不活在人的生命里，也不活在撒但的生命里，只活在神的生命里。

If our will is set on doing good and strives to reject evil, we will not be freed from sin. On the contrary, we will be hindered from living in the spirit and trapped in a pitiful condition; we will be impotent in doing good and powerless to reject evil. Therefore, we should not focus on trying to do good, just as we should not focus on rejecting things that are sinful and evil. Doing good should not be the goal of our living, just as avoiding evil should also not be the focus of our living. We should focus our attention on living in the spirit and following the spirit. We should have no other goal than God and His life. Our only desire should be to live out God and His life. This requires us to live by the life of God, not by our human life or by the satanic life in us.

我们要这样活在神的生命里，就必须不活在魂里，也不活在肉体里，只活在灵里，随从灵而行，因为神的生命是在灵里。我们活在灵里，随从灵而行就是活在神的生命里，而不是活在撒但的恶里，也不是活在人的善里，所以就能不活出撒但的恶来，也不活出人的善来，只活出神的生命来；也就是能不活出撒但的生命，也不活出人的生命，只活出神和祂的生命来。当我们这样活出神和神的生命，当神和神的生命这样从我们灵里活出来，也就是当我们在灵里和神联合为一，让神和我们联合为一的时候，我们就能脱离那在我们肢体中犯罪的律，也就是能脱离那在我们肉体中困扰我们的罪。这就是我们脱罪的秘诀！也是我们得胜的秘诀！

In order to live according to God's life, we must not live in our soul or in our flesh. **We should live in our spirit and follow our spirit because God's life is in our spirit.** If we live in spirit and follow the Spirit, we will live out the life of God, not the life of our fallen satanic nature or the life of our good, created human nature. As a consequence, our living will not be out of either the evil life of Satan or the good life of man. Instead, we will live out the life of God. **When we live out God and His life from our spirit, we are one with God, and God is one with us. In this union with God, we are freed from the law of sin that binds us in our members.** This is the secret to being freed from sin. This is the secret of overcoming.

柒 信徒的责任

VII. The Responsibility of the Believers

（一）‘随从灵…体贴灵。’罗马八章四至六节。

1. "Walk...according to the spirit...the mind set on the spirit" (Rom. 8:4-6).

神给我们的拯救，总是需要我们负责与祂合作；若没有我们的合作，神的拯救还不能成为我们的经历。比方，神藉着基督为我们所成功的救赎，必须我们负责相信，否则就不能成为我们所经历的救恩。照样，神将祂的灵和祂的生命，放在我们灵里作我们的拯救，也必须我们负责与祂的灵和祂的生命合作，才能使我们得到实际的拯救。我们在这事上所该负的合作责任，乃是随从灵、体贴灵。神既是将祂的生命摆在祂的灵里，叫祂的灵带着这生命进到我们灵里，与我们的灵联为一灵，好使我们得着拯救，我们就必须负责随从这灵、体贴这灵，在凡事上顺着这灵里生命之灵的律而行。

We need to be responsible to cooperate with God according to His way of salvation. If we do not cooperate, our experience of God's salvation will be incomplete. Our first responsibility is **to believe in Christ and in the redemption that He accomplished for us.** When we believe, the Spirit of life is imparted into our spirit; this is **the initiation of our salvation.** After receiving the Spirit in our spirit, we must bear the responsibility **to cooperate with the Spirit** in order **to experience the reality of our salvation.** We must cooperate by walking according to the spirit and setting our mind on the spirit. Since we are one in spirit with the Spirit of life, we must bear the responsibility of **walking according to our spirit and setting our mind on the spirit** so that the law of the Spirit of life in our spirit can spontaneously enable us to live out the life of God.

为着要负这个合作的责任，我们必须学习不只拒绝凭肉体活着，也拒绝凭魂活着；不只拒绝恶，也拒绝善，也拒绝为善的立志和努力。不只凭肉体活着会拦阻我们随从灵、体贴灵，就是凭魂活着也会使我们不随从灵、不体贴灵。不只作恶的倾向会使我们不活在灵里，就是为善的志愿他会打岔我们顺着灵里生命之灵的律而行。一切在魂里的动作，有的也许比在肉体里的好，但都像在肉体里的动作一样，会打岔，会拦阻我们随从灵、体贴灵而顺着灵里生命之灵的律活着。所以我们必须学习拒绝魂里的一切动作，像拒绝肉体里的一切动作一样，好专一的回到灵里，而顺着其中生命之灵的律活着。这就是说，我们该绝对的活在灵里，绝对的随从灵、体贴灵，而顺从灵里生命之灵的律所给我们的每一个感觉。这是我们要脱罪得胜，所该负的责任，也是我们要过基督徒的正常生活所该负的责任。

We must learn not to be distracted by a life that is according to the flesh or according to the soul in order to bear this responsibility. We must not be distracted by either good or evil or by striving to do good. It is true that living according to the flesh hinders us from following the spirit and setting our mind on the spirit, but living according to our soul also hinders us from following the spirit and setting our mind on the spirit. **Both our tendency to do evil and our desire to do good frustrate us from walking according to the Spirit of life in our spirit.** There is truly no difference between the actions of the soul and the actions of the flesh in terms of their ability to hinder us from walking according to the spirit, setting our mind on the spirit, and living according to the Spirit of life in our spirit. We must not be distracted by the determinations of our soul or the inclinations of our flesh in order to turn to the spirit and live according to the law of the Spirit of life in the spirit. **We should**

live absolutely in spirit and follow the spirit, set our mind on the spirit, and follow every sense that comes out of the operation of the law of the Spirit of life in our spirit. This is the responsibility that we must bear in order to be freed from sin and to overcome. It is also the responsibility that we must bear in order to live a normal Christian life.

（二）‘靠着灵治死身体的行为。’罗马八章十三节原文。

2. “By the Spirit you put to death the practices of the body” (Rom. 8:13).

当我们活在灵里，随从灵、体贴灵而行的时候，我们也要负责治死每一个身体的行为，就是肉体的行为。我们既是活在灵里，就不该让肉体的行为有地位。每一个肉体的行为，不论在我们看是好是坏，都是打岔我们活在灵里，叫我们不能顺着灵里生命之灵的律活着，所以我们必须靠着圣灵用十字架将其治死。这也是我们要过得胜生活所该负的责任。

As we live in the spirit and follow the spirit, we must also bear the responsibility to put to death the practices of the body, which are the practices of the flesh. Since we live in the spirit, there should be no place for the practices of the body. Every practice of the body, whether good or bad, interrupts our living in spirit and makes us unable to live according to the law of the Spirit of life in our spirit; therefore, we must put these practices to death with the cross by the Holy Spirit. This is a responsibility that we must bear if we want to live an overcoming life.

参读：圣经要道，四十三题：三个生命四个律

Reference: Crucial Truths in the Holy Scriptures, Vol. 4, Ch. 43 Three Kinds of Life and Four Laws