

## Sufferings. 苦难

Have you someone quote to you “**And we know that all things work together for good to those who love God, to those who are called according to His purpose**”? 有没有人给你引用这句经文，“我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人”？ I have heard it many times and at times it is really out of context and I will cringed at the way it is being said!!! It is especially true when it is quoted when someone is going through or have just gone through a period of suffering. **The qualification to quote this verse is to accept the outcome after we have spent time in prayer with the help of the Holy Spirit, groaning and praying on our behalf! Unfortunately, one of the weakest discipline in the church and in the life of the individual is prayer especially when it is allowing the Holy Spirit to help us to pray.** 引用这节经文的条件是，在我们花时间祷告，有圣灵用说不出的叹息帮助我们祈求之后，我们要接受结果。不幸的是，在教会和个人生命中祷告是一个最薄弱的领域，尤其是在允许圣灵帮助我们祷告时。

There are a lot of sufferings in the world today.

As a Pastor, I have seen quite a fair bit of suffering regardless whether it is my personal suffering, witness the suffering of church members or general sufferings of mankind.

I am sure all of us have experience some form of sufferings either in the past, present and possibly in the future. Nobody like or enjoy suffering and would rather the suffering will end quickly. What are some kinds of suffering that Christians will encounter or shouldn't be suffering? Is it true that all things worked for the good for those who loved him and are called according to His purpose? Is this scripture often quoted out of context? Let us look at the scripture.

**Romans 8:12-14,18-32 (NKJV)** Therefore, brethren, **we are debtors—not to the flesh, to live according to the flesh.** <sup>13</sup> **For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.** <sup>14</sup> **For as many as are led by the Spirit of God, these are sons of God.....18. For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.** <sup>19</sup> For the earnest expectation of the creation eagerly waits for the revealing of the sons of God. <sup>20</sup> For the creation was subjected to futility, not willingly, but because of Him who subjected *it* in hope; <sup>21</sup> because **the creation itself also will be delivered from the bondage of corruption** into the glorious liberty of the children of God. <sup>22</sup> **For we know that the whole creation groans and labors with birth pangs together until now.** <sup>23</sup> **Not only that, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.** <sup>24</sup> For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees? <sup>25</sup> **But if we hope for what we do not see, we eagerly wait for it with perseverance.** <sup>26</sup> **Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession <sup>[e]</sup>for us with groaning which cannot be uttered.** <sup>27</sup> **Now He who searches the hearts knows what the mind of the Spirit is, because**

**He makes intercession for the saints according to the will of God.<sup>28</sup> And we know that all things work together for good to those who love God, to those who are called according to His purpose.<sup>29</sup>** For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren.<sup>30</sup> Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified.<sup>31</sup> What then shall we say to these things? If God is for us, who can be against us? <sup>32</sup>He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

罗马书 8:12-14, 18-32 (和合版) 弟兄们, 这样看来, 我们并不是欠肉体的债去顺从肉体活着。你们若顺从肉体活着, 必要死; <sup>13</sup>若靠着 圣灵治死身体的恶行, 必要活着。<sup>14</sup> 因为凡被 神的灵引导的, 都是 神的儿子.....<sup>18</sup> 我想, 现在的苦楚若比起将来要显于我们的荣耀就不足介意了。<sup>19</sup> 受造之物切望等候 神的众子显出来。<sup>20</sup> 因为受造之物服在虚空之下, 不是自己愿意, 乃是因那叫他如此的。<sup>21</sup> 但受造之物仍然指望脱离败坏的辖制, 得享 神儿女自由的荣耀。<sup>22</sup> 我们知道, 一切受造之物一同叹息, 劳苦, 直到如今。<sup>23</sup> 不但如此, 就是我们这有 圣灵初结果子的, 也是自己心里叹息, 等候得着儿子的名分, 乃是我们的身体得赎。<sup>24</sup> 我们得救是在乎盼望; 只是所见的盼望不是盼望, 谁还盼望他所见的呢? <sup>25</sup> 但我们若盼望那所不见的, 就必忍耐等候。<sup>26</sup> 况且, 我们的软弱有 圣灵帮助; 我们本不晓得当怎样祷告, 只是 圣灵亲自用说不出的叹息替我们祷告。<sup>27</sup> 鉴察人心的, 晓得 圣灵的意思, 因为 圣灵照着 神的旨意 替圣徒祈求。<sup>28</sup> 我们晓得万事都互相效力, 叫爱 神的人得益处, 就是按他旨意被召的人。<sup>29</sup> 因为他预先所知道的人, 就预先定下效法他儿子的模样, 使他儿子在许多弟兄中作长子。<sup>30</sup> 预先所定下的人又召他们来; 所召来的人又称他们为义; 所称为义的人又叫他们得荣耀。<sup>31</sup> 既是这样, 还有什么说的呢? 神若帮助我们, 谁能敌挡我们呢? <sup>32</sup> 神既不爱惜自己的儿子, 为我们众人舍了, 岂不也把万物和他一同白白地赐给我们吗? ”

I believe it will be helpful to bear in mind the love of God and having eternity in perspective whenever we go through a period of intense suffering.

You will realize that there is a lot of emphasis regarding the love of God if you are to read the entire passage of Romans Chapter 8. It is easier for us to understand God better now that we have the entire bible in our hands. We know God is a covenant God therefore nothing in this life or the life to come will be able to separate us from the love of God. **Therefore, it is important for us to understand the length, breath and height of God's love for us expressed through the establishment of the covenant which is the highest form of commitment that mankind can understand.** 因此, 对我们来说, 重要的是要明白神藉着盟约, 这种人类所能理解的最高形式的承诺, 向我们展现出的是何等长阔高深的爱。We should be able to face suffering better when we have the proper foundation regarding the love of God for us.

**The roll of string represents eternity while the short portion represents our present life.** 一卷绳子代表永恒, 而短短的一部分代表了我们的生命。While we do have some form of suffering in this time on earth but it will be incomparable to the glory that we will enjoy in eternity. Therefore, we need to look at life with eternity in perspective even if there are times when we do suffer during our time on earth. The very reason that God sent Jesus

to die for us on the cross of Calvary is to ensure that we will spend eternity with Him. While the life on earth is important but God has eternity in mind.

### **Pray until something happens** 祷告直至事情发生

There are different kinds of suffering on this earth. There are those who suffer persecution for their Christian faith and for the act of righteousness. There are those who suffer from illnesses and sicknesses. There are children who are suffering because of the wrong decisions made by their parents. There are those who suffer from poverty and lack. There are those who are suffering because of difficult bosses, loss of a job and difficult business environment. There are those who are suffering because of natural disaster and the list goes on.....

**V26-28** Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groaning which cannot be uttered.<sup>27</sup> Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.<sup>28</sup> And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

第 26-28 节<sup>26</sup> 况且，我们的软弱有圣灵帮助；我们本不晓得当怎样祷告，只是圣灵亲自用说不出的叹息替我们祷告。<sup>27</sup> 鉴察人心的，晓得圣灵的意思，因为圣灵照着神的旨意替圣徒祈求。<sup>28</sup> 我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人。

Many of us including myself have been in an extremely stressful period of our lives and we have done almost everything humanly possible to resolve the situation. We have come to the end of ourselves, we are weak emotionally, mentally and physically drained due to lack of sleep and rest, we are worried about the situation and helpless. 我们中的许多人，包括我自己，都有过处在人生中极度紧张的时期，我们竭尽人的所能去扭转局面。我们已经走到了尽头，由于缺乏睡眠和休息，我们情绪低落，身心疲惫，我们充满忧虑，孤立无援。

Some of us might even be facing some challenges that comes our way because of a spiritual attack. 我们中也有人因为属灵的攻击而面临一些挑战。

**Eph 6:12 (NKJV)** For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

以弗所书 6:12 因我们并不是与属血气的争战，乃是与那些执政的，掌权的，管辖这幽暗世界的，以及天空属灵气的恶魔争战。

When we are under pressure in the work place or at home, there could be spiritual forces behind it to kill, steal and destroy our lives. Therefore, we must not use our own strength to face it, we need to take authority to rebuke it and at the same time engage the help of the Holy Spirit in these situations. 当我们在工作场所或在家里面临压力的时候，可能是背后有属灵力量来杀害，偷窃和毁坏。所以我们不能用我们自己的力量来面对它。在这些境况中我们要用权柄来斥责牠，同时寻求圣灵的帮助。

**God has given us a helper when He sent forth the Holy Spirit but we need to engage His help.**

神差来圣灵做我们的保惠师，但我们需要寻求他的帮助。

**John 14:26 (NKJV) But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.**

约翰福音 14:26 但保惠师，就是父因我的名所要差来的圣灵，他要将一切的事，指教你们，并且要叫你们想起我对你们所说的一切话。

PTL for the help that's available to us. The role of the Holy Spirit is to be a helper in our lives therefore we must allow Him to do His role. Jesus told us that the Holy Spirit is our helper, comforter and teacher. **We need to know that He respects us and will not infringe or impose on us when we refuse or does not engage His help. He is a gentleman.** 赞美主赐给我们的帮助。圣灵的作用是成为我们生命中的保惠师，所以我们必须让圣灵去做他的角色。耶稣告诉我们圣灵是我们的帮助，安慰和老师。我们需要知道，圣灵尊重我们，当我们拒绝或不接受祂的帮助时，祂不会侵犯或强加给我们，祂是个绅士。

**Comforter (Greek paraclete)** means comforter, helper, intercessor, advocate, strengthener and standby. “安慰者”（希腊语 paraclete）指安慰者、帮助者、代祷者、倡导者、增添力量者和支持者。

The comforter lives in every one of our lives. He will also lead us and guide us. He knows how we feel within us and the situation that we are facing. He will also remind us of the scriptures from Romans 8 regarding the inseparable love of God.

安慰者住在我们每个人的生命里。祂也引导带领我们。祂知道我们内心的感受，我们面临的处境。祂也提醒我们罗马书 8 章有关神永不分离的爱。

**One of the roles of the Holy Spirit is to pray through us or help us in our prayers if we are to yield to Him.** 如果我们降服于圣灵，祂的角色之一就是透过我们来祷告，或是在我们祷告中帮助我们

He groans and expressed out from within us. When the Holy Spirit groans, He feel burden, He is expressing out what we are feeling from within because He is able to empathize with us. He is groaning and interceding in partnership with us. **We have the authority over our own lives therefore we must work with the Holy Spirit to pray!** 圣灵叹息并表达出我们的内心。当圣灵叹息时，祂感到负担。祂表达出我们内心所感受到的，因为祂能体贴我们。祂叹息并帮我们一同代求。我们拥有对自己生命的权柄，因此我们必须与圣灵一起祷告。

Besides being a comforter who will assure us of God's love and presence with us, **the Holy Spirit will also make intercession for us ACCORDING TO THE WILL OF GOD. Intercession means standing between God and us and pleading on our behalf in regards to the situation. The wonderful thing is the Holy Spirit will pray according to the will of God.** Some of us might know how to pray but we might not know how to pray as we ought in a particular situation and that's where the Holy Spirit comes to our help or we should seek His help. 圣灵除了成为我们的安慰，使我们确信神爱我们并与我们同在，还要照着神的旨意为我们代求。代求意味着站在我们与神之间，替我们为这样的处境祈求。奇妙的是圣灵会按着神的旨意祷告。我们一些人或许知道如何祷告，但我们或许不知道在特定的境况中如何祷告，这就是圣灵来帮助我们的地方，或者我们应该寻求祂的帮助。 **There is NO**

WAY for us to know the entire situation that we are facing because we are not omniscience but God is! Often times, it is a complex issue because it might involve different parties with different vested interest who might not even have your welfare in mind! **God have you in mind and your welfare at heart when the Holy Spirit prays for you!!! You have to trust Him.....by knowing God. You have to trust that He has a good plan and thoughts for you.** 我们没有办法知道我们所面临的整个局面，因为我们不是无所不知的，但神是！很多时候，因为涉及到不同的既得利益方而情况复杂，对方甚至根本没有考虑你的利益。当圣灵为你祷告时，神将你铭记在心，将你的益处铭记于心！！！你必须相信他...通过认识神。你必须相信神向你所怀的意念是良善的。

**Example:** If you have played the corporate trainers game where you lean back and trust that your colleague will catch hold of you! **Just don't lean forward if you have been told to lean back because you will fall on your face with nobody in front of you.** 如果你被告知向后倾倒，你不要向前倾倒，因为你前面没有人你会摔得鼻青眼肿。In such a game, you will need to trust that your colleague will not let you fall flat on your back **but you can definitely trust God because of the foundation of love mentioned earlier in this sermon.** 在这个游戏中，你要相信你的同事不会让你摔倒在地，但你绝对可以相信神，因为这篇信息前面提到的爱的根基。

**The will of God for our lives are good therefore we need to trust the Holy Spirit to pray through in accordance to God's will. Some people are afraid to do the will of God therefore we always take things into our own hands.** 神对我们生命的旨意是好的，所以我们需要信靠圣灵，按照神的旨意祷告。有的人害怕遵行神的旨意，因此总是把事情掌控在自己手中。We will know from scriptures regarding the nature and the attributes of God.

**James 1:17 (NKJV) Every good gift and every perfect gift is from above,** and comes down from the Father of lights, with whom there is no variation or shadow of turning.  
雅各书 1:17 各样美善的恩赐，和各样全备的赏赐，都是从上头来的。从众光之父那里降下来的。在他并没有改变，也没有转动的影儿。

**1 John 1:5 (NKJV) This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all.**  
约翰一书 1:5 神就是光，在他毫无黑暗。这是我们从主所听见，又报给你们的信息。

**Isa 55:8-9 (NKJV) "For My thoughts are not your thoughts, Nor are your ways My ways,"** says the Lord. <sup>9</sup>"For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts."  
以赛亚书 55:8-9 耶和华说，“我的意念，非同你们的意念，我的道路，非同你们的道路。天怎样高过地，照样我的道路，高过你们的道路，我的意念，高过你们的意念。”

While we might have some earthly wisdom and seems to be wise but we might not have thought through issues at hand thoroughly nor be able to see things from God's perspective. He is able to see it from His perspective or in its entirety. **He might need to change something to realign us to His plan for us when we have messed up our lives. The Holy Spirit knows and He pray that plan out into our lives. "And we know that all things work together for good to those who love God, to those who are the called according to His purpose".** 当我

们的生命陷入困境时，祂可能需要改变一些事情来使我们重新适应祂的计划。圣灵知道并为这个计划祷告进入我们的生命里。“我们晓得万事都互相效力，叫爱神的人得益处，就是按祂旨意被召的人”。

He always has better plan for us and He protects us when we allow Him to do it. He has better plan of doing things and better business partners or even colleagues for us. Therefore, we need to come up to the level of His thoughts and ways. Some of His thoughts and ways are revealed in the word. The Holy Spirit being the third person of the Godhead knows the will of God for our lives therefore we should allow Him to intercede for us in accordance to God's will because He knows God's will for our lives!!!

**Jer 29: 11-12 (NKJV)** For I know the thoughts that I think toward you, says the Lord, **thoughts of peace and not of evil, to give you a future and a hope.** <sup>12</sup> Then you will call upon Me and go and pray to Me, and I will listen to you. <sup>13</sup> And you will seek Me and find Me, when you search for Me with all your heart.

耶利米书 29:11-12 耶和华说，我知道我向你们所怀的意念是赐平安的意念，不是降灾祸的意念，要叫你们末后有指望。你们要呼求我，祷告我，我就应允你们。

We need someone whom we can trust to resolve the problem when we are extremely stressed out. While it is natural for us to turn to people for help but for Christians it is important that we turn to the Holy Spirit to help us. He was sent to be a helper and comforter. These scriptures revealed to us the nature and the attributes of God. One thing that many of us need to be convinced is God is GOOD. He is a Good heavenly father who has good gifts, plan and purposes for our lives. God's ways and thoughts are much higher and better than ours because He is able to see the full picture from His perspective. He is also able to protect us from people who have bad intentions.

**Leading:** Someone might be offered a lateral move in the company and not a promotion but you need to trust Him to protect you. At times, the result might not seem as great or the kind of result that you want but it will be revealed to you later part in your life. It is also a form of protection or a blessing in disguise. You will be able to quote in future once you have experience God... **“And we know that all things work together for good to those who love God, to those who are the called according to His purpose”**. 我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人。

**1 Cor 14:14-15 (NKJV)** For if I pray in a tongue, my spirit prays, but my understanding is unfruitful. <sup>15</sup> What is *the conclusion* then? **I will pray with the spirit, and I will also pray with the understanding.** I will sing with the spirit, and I will also sing with the understanding.

哥林多前书 14:14-15 我若用方言祷告，是我的灵祷告。但我的悟性没有果效。这却怎么样呢？我要用灵祷告，也要用悟性祷告。我要用灵歌唱，也要用悟性歌唱。

The Holy Spirit will work with us in prayer because He will not pray apart from us. We have to will ourselves to pray and He will pray through us. Therefore, we need to come before God to pray in a known language and in the tongues when we are in the weakest moment of our lives. We will be able to cover aspect of our situation when we pray in the understanding and in tongues.

**Example:** Someone came to discuss with me about a very difficult boss who is constantly verbally abusive towards him. He was at a loss as to what to do. I told him that he should pray for the boss to be promoted instead of cursing the boss because the boss has a family to support too. We are to pray in the spirit and in the understanding. He started to pray for the boss. PTL that the boss was moved to another position. It is after we have prayed when we do not know to pray then we can quote..... **“And we know that all things work together for good to those who love God, to those who are the called according to His purpose”**. “我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人”。

**Example:** We might even have messed up our lives based on a wrong decision that we have made. We will probably need to pay a price for it. However, it is good to allow the Holy Spirit to pray through us so that the best possible solution will be given and we will have the grace to go through the result of the wrong decision. **“And we know that all things work together for good to those who love God, to those who are the called according to His purpose”**. “我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人”。

We need to be convinced that the will of God for our lives is good though it **MIGHT NOT BE WHAT WE PRECONCEIVED IT TO BE ACCORDING TO OUR WAYS**. It might not even turn out the way we want it, the timing of the outcome **but we need to trust that He will work it out for us then it will really be all things worked out for the good of those who loved him and are called according to his purpose!** 我们需要确信神对我们生命的旨意是好的，尽管事情或许不是按照我们的方式所预定的。事情甚至可能不是我们想要的方式，不是我们的时机，但我们需要相信，神会为我们解决，这才真的是万事都互相效力，叫爱神的人得益处，就是按祂旨意被召的人。

**We live in a fallen world.** 我们生活在一个堕落的世界

**V20-22** For the creation was subjected to futility, not willingly, but because of Him who subjected *it* in hope; <sup>21</sup> because **the creation itself also will be delivered from the bondage of corruption** into the glorious liberty of the children of God. <sup>22</sup> **For we know that the whole creation groans and labors with birth pangs together until now.**

第 20-22 节 因为受造之物服在虚空之下，不是自己愿意，乃是因那叫他如此的。<sup>21</sup> 但受造之物仍然指望脱离败坏的辖制，得享 神儿女自由的荣耀。<sup>22</sup> 我们知道，一切受造之物一同叹息，劳苦，直到如今。

You will always hear people either complain, curse or lament whenever there is a calamity or a natural disaster. They will question the very existence of God and why He did not intervene in preventing such suffering of mankind under these natural disasters which is termed as an act of God under the insurance terminology like Typhoon, Earthquake, Tsunami etc.

**Gen 7:11-12 (NKJV)** In the six hundredth year of Noah’s life, in the second month, the seventeenth day of the month, **on that day all the fountains of the great deep were broken up, and the windows of heaven were opened.** <sup>12</sup> **And the rain was on the earth forty days and forty nights.**

**创世记 7:11-12** 当挪亚六百岁，二月十七日那一天，大渊的泉源都裂开了，天上的窗户也敞开了。四十昼夜降大雨在地上。

The expression creation is referring to this earth and we are aware that the earth is cursed as a result of Adam's sin against God. We will also read about how the wickedness and the sin of men have brought about God's wrath. It affects the present world and the order of life upon it. The whole created universe is subject to decomposition, corruption and futility as a result of the sin. **The whole atmospheric pressure and the original earth were affected when the fountains of the great deep and the rain came during the time of Noah.** 当诺亚时代大渊的泉源裂开和雨水到来时，整个大气压力和原始土壤都受到了影响。Therefore, we live in a broken earth and the earth has not been redeemed yet. We must not be surprised by the natural disaster because of the state of the earth. The whole of creation is waiting for the new to come.

**Rev 21:1 (NKJV)** Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. Also there was no more sea.

启示录 21:1 我又看见一个新天新地。因为先前的天地已经过去了。海也不再有了。

We are to watch and pray while we are alive against natural disaster that comes while we are alive. All these natural disasters will continue to happen until the new heaven and new earth comes to pass. There will be people who will die of natural disaster because we live in a fallen world. There will be those who are rescued and prevented from coming into harm ways when they are led by the Spirit.

**Video of the pilot.** 飞行员的视频 We need to be led and be sensitive to the Holy Spirit!

**Example:** The sister who felt burdened in her heart and an unrest in her spirit managed to pack her luggage and left a day earlier before the bomb blast which happened a block away from her hotel. When things like this happen then we to quote **“And we know that all things work together for good to those who love God, to those who are called according to His purpose”** 我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人 after she felt a burden and was led by the Holy Spirit to leave!!!!

**Don't Suffer Unnecessarily!** 不受没必要之苦

**V12-14** Therefore, brethren, **we are debtors—not to the flesh, to live according to the flesh.** **<sup>13</sup> For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.** **<sup>14</sup> For as many as are led by the Spirit of God, these are sons of God.**

第 12—14 节弟兄们，这样看来，我们并不是欠肉体的债去顺从肉体活着。你们若顺从肉体活着，必要死；<sup>13</sup> 若靠着圣灵治死身体的恶行，必要活着。<sup>14</sup> 因为凡被神的灵引导的，都是神的儿子。

There is the will of man and the will of God for our lives revealed in Romans chapter 8. **There are certain sufferings in this world is a direct result of the will or the decision made by the person.** 在这个世界上，有些苦难是人的旨意或决定带来的直接结果。As a Christian, we have been told to be able to rightly divide the word so that we will be stable and strong as a believer.

**The scriptures say that it is uncharacteristic of a Christian to succumb to the flesh and it instructs us very clearly that we are debtor to the Spirit!** 圣经说信徒顺从肉体活着是异常的，这里很清楚地指示我们，我们欠的是圣灵的债。

**Definition of the Flesh:** The flesh is the sum of appetites, desires, wishes and needs which purpose is the satisfaction of self. Everything in our life that wants to live independent from God and does not bow to God.

**肉体的定义：** 肉体是食欲，欲望，愿望和需要的总和，目的是满足自我。我们生命中一切想要独立于上帝而不顺服于上帝的事情。

However, those who walk in the law of the Spirit of life in Christ Jesus has an empowerment by the Holy Spirit who lives in us to deny the flesh to dictate us to do things that's uncharacteristic of a Christian. The same resurrection power that raised Jesus from the dead lives in every Christian therefore there is a power to help us to overcome temptation, sin and the work of the flesh! PTL!

**Romans 8:2,11 (NKJV)** **For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death....**<sup>11</sup> But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead **will also give life to your mortal bodies through His Spirit who dwells in you.**

**罗马书 8:2, 11** 因为赐生命圣灵的律，在基督耶稣里释放了我，使我脱离罪和死的律了....然而叫耶稣从死里复活者的灵，若住在你们心里，那叫基督耶稣从死里复活的，也必藉着住在你们心里的圣灵，使你们必死的身体又活过来。

**Gal 5:16 (NKJV)** I say then: **Walk in the Spirit,** and you shall not fulfill the lust of the flesh. 加拉太书 5:16 我说，你们当顺着圣灵而行，就不放纵肉体的情欲了。

It is the believer responsibility to attend teaching sessions on theology conducted by the church discipleship department. We have to grow from spiritual infancy where we still think, behave like the world and yield to the carnal nature. A person who is spiritually matured will have spiritual ascendancy over the flesh after he has his mind renewed that he is a new creation and has the nature of God living in him. It includes the fruit of the Holy Spirit that help him to have self-control. We need to intentionally learn of biblical truth, apply the truth and act on it so that we grow spiritually. **Don't eat "spiritual snacks" like a topical study on a book written by an author but take spiritual solid food on some theological subjects that help you to establish your convictions!** 不要吃“属灵的零食”像一个作者所写专题研究的书，但要在一些神学主题上吃属灵的干粮，帮助你建立你的信心。

**Example:** We need to go through the teaching series on Before You Say I Do to discuss in depth the definition of marriage, roles, responsibilities and expectation, how to handle finance, our vision for the marriage etc to intentionally work through the differences even during the marriage then we can have a blessed marriage. When we refuse to work on the marriage then we cannot quote **"And we know that all things work together for good to those who love God, to those who are the called according to His purpose" because God has given us the truth that marriage is a covenant and not a contract. When we walk in the**

**Spirit, we choose to forgive, reconcile and intentionally work out the differences. That's spiritual maturity.** “我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人”，因为神给了我们真理，婚姻是盟约而不是契约。当我们行走在圣灵里，我们选择饶恕，和好，并有意识地解决纠纷。这就是属灵里的成熟。

**Gal 5:19-21 (NKJV)** Now the works of the flesh are evident, which are: **adultery, fornication, uncleanness, lewdness, <sup>20</sup>idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, <sup>21</sup>envy, murders, drunkenness, revelries,** and the like; of which I tell you beforehand, just as I also told you in time past, that **those who practice such things** will not inherit the kingdom of God.

加拉太书 5:19-21 情欲的事，都是显而易见的。就如奸淫，污秽，邪荡，拜偶像，邪术，仇恨，争竞，忌恨，恼怒，结党，纷争，异端，嫉妒，醉酒，荒宴等类，我从前告诉你们，现在又告诉你们，行这样事的人，必不能承受神的国。

Once upon a time, we used to live our lives based on the dictation of our wants, desires, and wishes of the sinful nature which might lead to destruction, corruption and broken relationships. We have hurt people and ourselves in the process. We suffer the consequences of those decisions and actions! However, the Apostle Paul is saying that we can live very differently and those suffering can stop if we make the right choices and decisions!

**Example:** When a young couple commits fornication, get herself pregnant and expedite the marriage. When things do not work out, the husband gets abusive, becomes a single mother and suffer in the process of raising the child alone. It is not an act of God but the choice of man. Therefore, nobody can quote **“And we know that all things work together for good to those who love God, to those who are called according to His purpose”** Those who love God will live out godliness and holiness by keeping the marriage bed undefiled. 我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人。爱神的人将会活出敬虔和圣洁，守住婚姻的床第不受玷污。

These scriptures give us a huge contrast between the life of the Spirit in Christ Jesus and those who walk in the law of sin and death. Those who used to walk in the law of sin and death are debtors to the flesh or the carnal nature.

**Example:** We hear of broken relationship between husband and wife. Some of them give the reason that it is personality clash that caused them to part ways. Some of them is due to infidelity. Some of them is purely due to the inability to accept and extend grace to one another. Therefore, we suffer under the decisions that we make and the refusal to make good the relationship through reconciliation because the soul or flesh refuses to reconcile. **That's not the kind of sufferings that God wants us to have!!! It is not all things worked for the good of those who loved him and are called according to His purpose! It is a misquoted scripture!!** 这不是神要我们经受的苦难!!!这不是万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人。这是错误引用的经文！！ **It is not what God wants!! God wants reconciliation. God wants us to prosper in all things just as our soul prosper i.e. emotions. He wants us to be happy, enjoying the marriage relationship and have a great soul mate in our spouse!!**这不是神所要的!! 神要的是和好。神要我们凡事兴盛，就如同我们的灵魂

即情感兴盛。祂要我们幸福，享受婚姻的关系，在我们的配偶里有一个美好的灵魂伴侣。

**Galatians 6:7 (NKJV)** Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

加拉太书 6:7 不要自欺，神是轻慢不得的。人种的是什么，收的也是什么。

**Example:** When someone is always contentious in his ways, always think that he is right and has outbursts of wrath. He is known to be verbally or physically abusive. There will come a time when nobody will be happy to be working with him or for him. In fact, when someone is removed from a job because he has been contentious with his boss instead of submitting to authority. He lost his job due to his inability to control anger. It has absolutely nothing to do with God.

Unless we intentionally yield to the Holy Spirit and choose His ways by pursuing a reconciliation then Nobody is able to quote **“And we know that all things work together for good to those who love God, to those who are the called according to His purpose”** 我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人。because it is never God’s plan for anyone to have a broken marriage and a broken family. Neither does God want the most basic unit in the society to disintegrate and cause a ripple effect into everyone’s lives.

### Conclusion 结论

We must not quote **“And we know that all things work together for good to those who love God, to those who are the called according to His purpose”** unless we have walked in the Spirit and operate in the law of the Spirit of life in Christ Jesus in regards to interpersonal relationship. Neither are we able to quote the verse unless we have allowed the Holy Spirit to pray with us in accordance to God’s will. We should accept the result and trust that God’s plan, His thoughts and ways are higher than ours. We do not live in bitterness or bear grievances against God when things do not go the way we want. He probably has a better plan for us. 除非我们行在圣灵里，接着在耶稣基督里属灵生命的律在人际关系当中，否则我们不可以这样来引用“我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人”。除非我们允许圣灵按照神的旨意与我们一起祷告，否则我们也不能引用这节经文。我们应该接受结果，相信神的计划，祂的意念和道路高过我们的。当事情没有按照我们的意愿发展时，我们不会生活在苦毒中，也不会对神产生怨恨。祂可能对我们有更好的计划。