

自由之路

Road to Freedom



击开枷锁. 享受自由.
Break bondages. Enjoy freedom.

姓名 Name: _____

自由之路 **Road to Freedom (A)**

1) 每一位信徒都要面对属灵争战。

Every believer will have to face Spiritual Warfare

「最后，你们要靠着主，依赖他的大能大力作刚强的人。要穿戴神所赐的全副军装，好抵挡魔鬼的诡计。因为我们的争战并不是对抗有血有肉的人，而是对抗那些执政的、掌权的、管辖这幽暗世界的，以及天空灵界的恶魔。」(以弗所书 6: 10-12)

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the power of this dark world and against the spiritual forces of evil in the heavenly realms.” (Ephesians 6: 10-12)

圣经如何形容鬼魔的作为? How the described the works of demons?

- a) 阻挡神的福音计划。Against God's plan (帖前 1 The 2:17-18)
 - b) 放入恶念，引诱人跌倒。Provoke, entice (林前 1 Co 7:5)
 - c) 像狮子遍地游行。Prowls around like a roaring lion (彼前 1Pe 5:8)
 - d) 控告。Accuse (启 Rev 12 : 10)
 - e) 欺骗。Cheat (约 Joh 8 : 44)
 - 像光明天使。Like angel of light (林后 2 Co 11:14)
 - f) 攻击、控制、占据人。Attack, control, possess (太 Mt 8:28-34)
- 他的结局：火湖永刑。His destiny: In lake of fire forever (启 Rev 20:10)
 - 目前神仍容许他的活动。At the moment God still allows his activities (伯 Job 1:6-7, 提前 1 Ti 1:20, 林后 1 Co 12:7-9)

2) 为什么会受到灵界的攻击、捆绑或干扰？

Reasons why there are spiritual attacks, bondages or disruptions.

因为我们生命中有破口，例如：

Because of the “cracks” in life, such as

a) 涉及拜偶像或玄术等活动（出 Ex 20:4-5;申 Deu18:10-11）

Idol worshipping or occult practices etc.

「不可為自己雕刻偶像，也不可做甚麼形像，彷彿上天、下地和地底下水中的百物。不可跪拜那些像，也不可事奉它們，因為我耶和華—你的上帝是忌邪的上帝。」(出埃及记 20:4-5)

"You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not worship them or serve them; for I, the LORD your God, am a jealous God. (Exodus 20:4-5)

- 所以，不是害怕鬼，而是敬畏上帝：耶和華是忌邪的神

It's not about being afraid of ghost but the fear of God: The LORD is a jealous God.

「你中間不可有人使兒女經火，也不可有占卜的、觀星象的、行法術的、行邪術的、施符咒的、招魂的、行巫術的和求問死人的。」(申命记 18:10-11)

“Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead.” (Deu 18:10-11)

b) 有思想上的营垒，例如不饶恕人和谎言

Mental stronghold in mind, such as unforgiveness and lies

c) 沉迷不良情欲，例如色情、婚外情、酗酒等

Indulge in lustful desires such as pornography, extra marital affair, alcoholism, etc.

- 所以，不是外面有什么脏东西，而是内心是否顺服主
It's not about what's outside, but how's our insides

3) 我们如何能得自由？How can we attain freedom?

a) 救恩：确定你已得救，已受耶稣的宝血遮盖及保护

Salvation: Make sure that you are saved, covered and protected by Jesus' blood.

i) 靠耶稣的血，得以亲近神。We were brought near to God in Jesus' blood. (以弗所 Ephesians 2:13)

ii) 耶稣藉着死，已败坏掌死权的魔鬼。Through death Jesus destroyed the devil, who has the power of death (希伯来 Hebrew 2:14,15)

iii) 启示录 Revelation 12: 11

b) 信心：信靠并宣告圣经的真理

Faith: Trust and proclaim the truth from the Bible

i) 「真理会使你们自由。」约翰福音 8：32b

“The truth will set you free.” John 8:32b

c) 认罪：向上帝承认自己在思想或行为的哪些方面得罪了他。

Confess: Confess to God for any mindset or behaviour that has sinned against Him

i) 约翰一书 I John 1: 9

ii) 雅各书 James 5:16

d) 弃绝：奉主耶稣的名弃绝恶者，切断任何属灵的捆绑。

Renounce: Reject the evil one by the Name of Jesus to break away any spiritual bondage.

i) 帖撒罗尼迦前书 I Thessalonians 1:9

ii) 腓立比书 Philippians 2: 9-11

4) 自由之路一：拒绝偶像，归向真神

Road to freedom 1: Reject idols. Return to God

a) 宣告——宣告自己在基督里的身份和福份。

Proclaim your identity and the blessing you have in Christ.

在基督裡我已被接纳:

i) 约 1:12 我是神的儿女

ii) 约 15:15 我是基督的朋友

iii) 罗 5:1 我已经称义

iv) 林前 6:19-20 我是重價買來的，我是屬於神的

v) 林前 12:27 我是基督身子的肢體

vi) 弗 1:1 我是聖徒

vii) 西 1:14 我已蒙救贖，罪過得以赦免

I am accepted in Christ

i) John 1:12 I am God's child

ii) John 15:15 I am Christ's friend

iii) Rom 5:1 I have been justified

iv) I Cor 6:19-20 I am bought with a price. I belong to God

v) I Cor 12:27 I am a member of Christ's body

vi) Eph 1:1 I am a saint

vii) Col 1:14 I am redeemed and forgiven of all my sins.

b) 认罪——承认自己所犯拜偶像的罪，和所涉及的玄术活动。

Confess your sins of idols worship and involvement in occult practices.

「亲爱的天父，我求你保守我的心思意念，并光照我向我显示，过去在无知或有意中，所涉及的假宗教、偶像崇拜、算命邪术及异端的活动。靠着你的同在和力量，我要与他们断绝一切的关系，求你饶恕及洁净我。奉主耶稣的名求，阿们。」

“Dear Heavenly Father, I ask You to guard my heart and my mind, and reveal to me any involvement I have had either knowingly or unknowingly with false religions, idol worships or occult practices. By Your presence and Your power, I hereby renounce all such involvement with idol worship and false religions. Please forgive me and cleanse me from all sins. In Jesus’ name I pray. Amen.”

c) 弃绝——弃绝假神，及邪术背后的势力。

Renounce the idols and spiritual forces behind occult practices.

请使用以下检查表，勾出曾拜过的偶像或参与过的玄术，并为每一项参与过的活动，逐一作宣告和弃绝。

Please refer to the inventory below, check on idols or occult practices you have been involved. Then do the proclamation and renunciation for every involvement one by one.

非基督信仰属灵经历检查表 (请在你曾参与过的项目旁打勾)

Non-Christian Spiritual Experience Inventory

(Please Check those that apply)

1. 其他宗教或拜偶像 Other religions or idols worship

- | | |
|------------------------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> 过契给_____神
灵 Offered
to_____ (other god) | <input type="checkbox"/> 城隍爷 Keeper of the
gate of hell |
| <input type="checkbox"/> 日莲正宗 Nichiron
Shoshu | <input type="checkbox"/> 玉皇大帝 (天公) God
of heaven |
| <input type="checkbox"/> 塞巴巴教 Sai Baba | <input type="checkbox"/> 观音 Goddess of mercy |
| <input type="checkbox"/> 哈克里斯南 Hare Krishna | <input type="checkbox"/> 九皇爷 Nine emperor
God |
| <input type="checkbox"/> 巴哈教 Bahaim | <input type="checkbox"/> 土地公 God of the earth |
| <input type="checkbox"/> 科学心灵教 Science of
the Mind | <input type="checkbox"/> 财神爷 God of prosperity |
| <input type="checkbox"/> 瑜珈 Yoga | <input type="checkbox"/> 关公 Warrior God |
| <input type="checkbox"/> 佛教 Buddhism | <input type="checkbox"/> 阎罗王 Emperor of hell |
| <input type="checkbox"/> 印度教 Hinduism | <input type="checkbox"/> 天后 Goddess of heaven |
| <input type="checkbox"/> 道教 Daoism | <input type="checkbox"/> 大伯公 Tua Pek Kong |
| <input type="checkbox"/> 泰国佛 Siam Buddhism | <input type="checkbox"/> 齐天大圣 Monkey God |
| <input type="checkbox"/> 密宗喇嘛 Lamaism | <input type="checkbox"/> 拿督公 Na Tuk Kong |
| <input type="checkbox"/> 新纪元运动 New Age
Movement | <input type="checkbox"/> 统一教 Unification
Church |
| <input type="checkbox"/> 保生大帝 Medicinal God | <input type="checkbox"/> 摩门教 Mormonism |
| <input type="checkbox"/> 一贯道 | <input type="checkbox"/> 耶和华见证人 Jehovah's
Witness |
| <input type="checkbox"/> 天道教 | <input type="checkbox"/> 荷花仙子 |
| <input type="checkbox"/> 孟兰胜会 | <input type="checkbox"/> 济公 |
| | <input type="checkbox"/> 五岳 |
| | <input type="checkbox"/> 虎、牛、蛇神 |
| | <input type="checkbox"/> 地藏王 |
| | <input type="checkbox"/> 月佬娘娘 |

- | | | |
|-------------------------------|-------------------------------|------------------------------------|
| <input type="checkbox"/> 八仙 | <input type="checkbox"/> 花神 | <input type="checkbox"/> 华陀 |
| <input type="checkbox"/> 四大天王 | <input type="checkbox"/> 孔子 | <input type="checkbox"/> 后土 |
| <input type="checkbox"/> 大圣 | <input type="checkbox"/> 岳飞 | <input type="checkbox"/> 颜真卿 |
| <input type="checkbox"/> 文昌君 | <input type="checkbox"/> 海皇爷 | <input type="checkbox"/> 太上老君 |
| <input type="checkbox"/> 祖先 | <input type="checkbox"/> 天上圣母 | <input type="checkbox"/> 麻姑 |
| <input type="checkbox"/> 鲁班 | <input type="checkbox"/> 七姐 | <input type="checkbox"/> 玉霞仙子 |
| <input type="checkbox"/> 红海儿 | <input type="checkbox"/> 三山国王 | <input type="checkbox"/> 如来佛祖 |
| <input type="checkbox"/> 二郎神 | <input type="checkbox"/> 车公 | <input type="checkbox"/> 千手佛 |
| <input type="checkbox"/> 行神 | <input type="checkbox"/> 开潭圣王 | <input type="checkbox"/> 潮洲祖师爷 |
| <input type="checkbox"/> 黄大仙 | <input type="checkbox"/> 灶君 | <input type="checkbox"/> 四面佛 |
| <input type="checkbox"/> 三茅真君 | <input type="checkbox"/> 吴道子 | <input type="checkbox"/> 洪花仙子 |
| <input type="checkbox"/> 门神 | <input type="checkbox"/> 巧圣先师 | <input type="checkbox"/> 紫姑 |
| <input type="checkbox"/> 黄帝 | <input type="checkbox"/> 天地 | <input type="checkbox"/> 妈阁庙 |
| <input type="checkbox"/> 天师 | <input type="checkbox"/> 九娘（九 | <input type="checkbox"/> 元始天尊 |
| <input type="checkbox"/> 十八罗汉 | 祖） | <input type="checkbox"/> 地母娘娘 |
| <input type="checkbox"/> 彭祖 | <input type="checkbox"/> 哪咤 | <input type="checkbox"/> 其它 others |
| <input type="checkbox"/> 注生娘娘 | <input type="checkbox"/> 黄老仙师 | _____ |

宣告与弃绝 Proclamation and Renunciation

「我在上帝和天使面前，宣告耶稣基督是我的救主，我的上帝。我承认曾经拜过_____，我现在弃绝_____，感谢上帝使我在基督里被赦免。」

“Before the Lord my God and the angelic host, I announce that Jesus Christ is my Saviour and my God. I confess that I have worshipped _____ before. Now I renounce _____. Thank you God for forgiving me in Christ.”

2. 玄术 Occults

- | | | |
|----------------------------------------------------|----------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> 灵魂出窍 Astral-projection | <input type="checkbox"/> 护身符 Amulets | <input type="checkbox"/> 带念珠 |
| <input type="checkbox"/> 碟仙 Ouija board | <input type="checkbox"/> 看风水 Fengshui | <input type="checkbox"/> 用溪钱 |
| <input type="checkbox"/> 问神 (乩童) Spirit medium | <input type="checkbox"/> 占星术 Astrology | <input type="checkbox"/> 用柚叶洗澡 |
| <input type="checkbox"/> Table or body lifting | <input type="checkbox"/> 滴血公约 Blood pacts | <input type="checkbox"/> 饮香炉灰 |
| <input type="checkbox"/> 神灵上身发言 | <input type="checkbox"/> Séance | <input type="checkbox"/> 神油 |
| <input type="checkbox"/> Speaking in trance | <input type="checkbox"/> 性灵 Incubi & Succubi | <input type="checkbox"/> 插竹仔求财 |
| <input type="checkbox"/> 传心术 Telepathy | <input type="checkbox"/> 水晶球 | <input type="checkbox"/> 用陪葬物 |
| <input type="checkbox"/> 千里眼 Clairvoyance | <input type="checkbox"/> Crystallomancy | <input type="checkbox"/> 用尸粉 |
| <input type="checkbox"/> 接触鬼魂 Ghosts | <input type="checkbox"/> 念符咒 Chanting of spells | <input type="checkbox"/> 笔仙 |
| <input type="checkbox"/> 魔摆 Rod and Pendulum | <input type="checkbox"/> 魔法 Sorcery | <input type="checkbox"/> 打小人 |
| <input type="checkbox"/> 催眠术 Hypnosis | <input type="checkbox"/> 超觉静坐 | <input type="checkbox"/> 算命 Fortune telling |
| <input type="checkbox"/> 物神崇拜 Fetishism | <input type="checkbox"/> Transcendental Meditation | <input type="checkbox"/> 掌纹算命 |
| <input type="checkbox"/> 地牢与龙 Dungeons and Dragons | <input type="checkbox"/> 招魂 | <input type="checkbox"/> Palm reading |
| <input type="checkbox"/> 降头 Witchcraft | <input type="checkbox"/> 看通书 | <input type="checkbox"/> 面相算命 |
| <input type="checkbox"/> 八字 Numerology | <input type="checkbox"/> 看生肖 | <input type="checkbox"/> Face reading |
| <input type="checkbox"/> 纸牌占卜 Tarot cards | <input type="checkbox"/> 鬼谷子 | <input type="checkbox"/> 养鬼仔 |
| <input type="checkbox"/> 求签 Stick divination | <input type="checkbox"/> 用三世书 | <input type="checkbox"/> 银仙 |
| <input type="checkbox"/> 神媒指引 Spirit guide | <input type="checkbox"/> 称骨 | <input type="checkbox"/> 问米 |
| <input type="checkbox"/> 自动书写 Automatic writing | <input type="checkbox"/> 符水 | <input type="checkbox"/> 打坐 |
| | <input type="checkbox"/> 跨水盆 | <input type="checkbox"/> 马来巫医 |
| | <input type="checkbox"/> 带玉观音 | <input type="checkbox"/> 茅山法术 |
| | <input type="checkbox"/> 带佛金链 | <input type="checkbox"/> 气功 |
| | | <input type="checkbox"/> 原住民巫术 |
| | | <input type="checkbox"/> 其他 others |
| | | <input type="checkbox"/> _____ |

宣告与弃绝 Proclamation and Renunciation

「我在上帝和天使面前，宣告耶稣基督是我的救主，我的上帝。我承认曾参与_____，我现在弃绝_____，并视他为敌对基督的活动，感谢上帝使我在基督里被赦免。」

“Before the Lord my God and the angelic host, I announce that Jesus Christ is my Saviour and my God. I confess that I have participated in_____. Now I renounce _____, and consider it as an act against Christ. Thank you God for forgiving me in Christ.”

d) 在大家做完后，一起站立作以下的宣告：

After everyone has finished, stand and proclaim together:

「奉耶稣基督的名和权柄，我宣告与一切偶像崇拜活动断绝关系，也宣告从这些活动所得到的利益断绝关系。我在耶稣基督面前宣告，我只要寻求从他而来的祝福与帮助。」

我奉耶稣基督的名切断偶像崇拜所立的约，以及撒旦辖制我身、心、灵的权势。求主耶稣的宝血洁净我，我再次宣告我是属于耶稣基督的。

我宣告我的身体是圣灵的殿，圣灵住在我心里面。

感谢主耶稣救赎我脱离撒旦的权势，宝血洁净我，使我得自由。感谢圣灵使我知罪，我愿悔改。

感谢并荣耀归于圣父、圣子与圣灵，三位一体的上帝。阿们！」

“In the name and authority of the Lord Jesus Christ, I renounce all involvement with idol worship, and any gain from it. I announce that I shall seek only the blessing and help from Jesus Christ my Lord.

I renounce any covenant and activity with idol worship by which Satan may claim authority over my body, soul and spirit by the precious blood of our Lord Jesus Christ. I call upon the Lord Jesus Christ to break the power of Satan over me. And I once again announce that I belong to the Lord Jesus Christ.

I announce that my body is the temple of the Holy Spirit, and that the Holy Spirit dwells in my heart.

I give thanks to the Holy Spirit for the conviction of sin. I repent and turn away from such sin. I give thanks to the Lord Jesus Christ for cleansing me with Your precious blood and set me free from bondage of sin.

Glory and praise be unto God the Father, Jesus Christ the Son, and the Holy Spirit Three in One in Blessed Trinity. Amen!”

6 成长：我们要过圣洁的生活，遵守上帝的命令，就活在上帝的保护伞之下，不怕邪灵的攻击。我们持续的建立在基督里的生命，使属灵的生命成长，就更有能力打赢属灵的争战。

Grow: We must live Godly lives and obey His commandments. By these we are living under the shelter of God with no fear for spiritual attack. We should continuously build our lives in Christ and to grow spiritually, so that we may grow stronger to face any spiritual warfare.

a. 祷告。Prayer.

b. 赞美。Praise.

c. 领受神的道。To be receptive to the words of God.

- d. 接受洗礼和守圣餐 Baptism and commitment to observe the Holy Communion.
- e. 为主作见证。 Offer your personal testimony for God.

自由之路 Road to Freedom (B)

在以上的第一部份，我们处理过去拜偶像、邪术等的破口。接下来我们处理思想、情绪和情欲的破口。

In the first session, we dealt with problems related to idol worship and occult practices. We will deal with the problems of our mind, emotions and destructive habits in this session

1 心思意念的破口带来「坚固的营垒」。

Stronghold in our lives come from the problems in our mind.

「我们虽然在血气中行事，却不凭着血气争战。因为我们争战的兵器本不是属血气的，而是凭着神的能力，能够攻破坚固的营垒。我们攻破各样的计谋，和各样拦阻人认识神的高垒，又夺回人心来顺服基督。」（哥林多后书 10：3—5）

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”
(II Corinthians 10: 3-5)

1.1 什么是坚固的营垒？What is a stronghold?

「坚固的营垒是指一种我们知道与神的旨意相违背，但又自觉无望改变的心思意念。」

“A spiritual stronghold is a mind-set impregnated with hopelessness that causes us to accept as unchangeable situations that we know are contrary to the will of God.” Ed Silvoso

- 1.2 这些不符合真理的心思意念，从过去的伤害、失望或错误教导等而来，不容易改变，像坚固的营垒那样，占据我们的心。同时，它们左右着我们的情绪，使我们感到自卑、怨恨或消极等等。

These mind-sets came from past hurts, disappointments or wrong teachings. They are not easy to be removed, like a stronghold captivating our hearts. They will also bring negative emotions such as low self-esteem, resentment or pessimistic and etc.

2 不饶恕的坚固营垒 Stronghold of Unforgiveness

即使生氣也不要犯罪；不可含怒到日落，不可給魔鬼留地步。
以弗所书 4:26-27

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:26-27

- 2.1 一个人受到某人的伤害，不能原谅他，这就像是给魔鬼留地步，让他在心中建起「不饶恕」的坚固营垒。这会影响到自我和其他人的反应，他可能会有突然莫名的忿怒或忧虑等情绪的出现，尤其是遇到与他不饶恕的对象相似的人。这是他生命中表现出来的果子，反应了他内心真实的状况。

When a person is hurt by someone, and he is not willing to forgive, this is giving a foothold to the devil and let it build a stronghold of "Unforgiveness" in his mind. This will affect the relationship with oneself and people around him. He may have a sudden and inexplicable anger or anxiety, particularly when he encounters people who are similar to the person whom he is not forgiving. This is the manifestation of his life, which reflects the true state of his heart.

2.2 要饶恕的真正原因，不是为了自己好（以便不会失眠、胃痛，或像有人说的：「饶恕别人就是放过自己」），这只会让人更自我中心。真正的饶恕，是以基督为中心的，是他先赦免了我们一切的过犯，并为此付上生命的代价，因此我们要饶恕人。

The main reason to forgive is not for our own sake (There are bad effects of unforgiveness, i.e. insomnia, stomach ulcers, or like some said, “forgiving others is to free yourself”), this will cause us to be more self-centered. The true forgiveness is Christ-centered, because He first forgave all our trespasses at the cost of His life. That is why we have to forgive.

要仁慈相待，存憐憫的心，彼此饒恕，正如上帝在基督裏饒恕了你們一樣。以弗所书 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

3 自由之路二：拒绝怨恨，选择饶恕

Road to freedom 2: Reject bitterness. Choose to forgive.

3.1 我们呼求上帝，医治我们的创伤。

We cry out to God, to heal our wounds.

「他被挂在木头上，亲身担当了我们的罪，使我们既然在罪上死，就得以在义上活。因他受的鞭伤，你们得了医治。」（彼得前书 2：24）

He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. (1 Peter 2:24)

3.2 祷告：Prayer:

「亲爱的天父，感谢你以慈爱和宽容待我。求你在我自省时，让我想起那些我还未原谅的人，好叫我在基督里，宽恕他们。

天父！我原谅_____（名字）对我所做的_____。（请说出他冒犯你的事，及引起你的痛苦和感受，然后作以下的祷告。）

天父！我将这人交在你手中，我决定丢掉心中的苦毒和怒气，求你医治我受伤的心灵，拆除我生命中不饶恕的坚固营垒，使我结出好果子荣耀你。奉主耶稣的名求，阿们！」

“Dear Heavenly Father, thank you for your mercy and patience to me. I pray that during this time of self-examination You would bring to my mind those people that I need to forgive, in order that I may do so in Christ.

Father, I forgive _____(name) for _____ (verbally share every hurt and pain the Lord brings to your mind and how it made you feel).

Father, I release _____(name) to You, and I want to forgive him/her. I choose not to hold on to my bitterness and anger. I ask You to heal my damaged emotions and remove the stronghold of unforgiveness in my life. In Jesus' name, I pray. Amen!”

4 谎言的坚固营垒 Strongholds of Lies

- 4.1 其他心思意念上的坚固营垒，大多是谎言。这些谎言可能是自小就在我们的思想中，影响我们的价值观和情绪，也破坏我们与人，和与上帝的关系。所以，我们要多读圣经，多听讲道，以上帝的真理取代谎言，建立基督徒的价值观。以下是一些例子，如果这些谎言已对你产生负面的影响，请在旁打勾：

Most of the strongholds in our mind-sets are stronghold of lies. These lies may have been impregnated in our minds since young, influencing our values and emotions, and affecting our relationship with others and God. This is why we need to renew our minds by reading the Bible and listening to sermons, to replace lies with God's truth, and to build Christian values. Below are some examples and if they have affected you, make a check:

谎言 Lies	可能的影响 Possible influences	真理 Truth
<input type="checkbox"/> 「没有绝对的真理」 “There is no absolute truth”	怀疑圣经，没有立场 Doubt Bible. No stand	提后 II Ti 3: 16
<input type="checkbox"/> 「我需要做些好事才能得救」 “I need to do some good work in order to be saved”	没有得救确据，不安 No assurance of salvation. No sense of security.	弗 Eph 2: 8-9
<input type="checkbox"/> 「我是没有用的人」 “I am useless”	自卑，没有信心 Inferior. Lack of faith	提后 II Ti 2: 9-10
<input type="checkbox"/> 「我比别人好」 “I am better than the rest”	骄傲，批判 Pride. Critical attitude.	罗 Rom 12: 3
<input type="checkbox"/> 「我可以面对任何试探」 “I can stand against any temptation”	不谨慎，靠自己 Unwatchful. Self-dependent.	提后 II Ti 2: 22
<input type="checkbox"/> 「金钱和财物可以使我永久快乐」 “Money and wealth can bring lasting happiness”	贪心，不事奉主 Greed. Not serving God.	太 Mt 13: 22
<input type="checkbox"/> 「做坏事不一定会有不好的下场」 “Bad behaviours may not bring any negative consequences”	前后不一，假冒伪善 Inconsistence. Hypocrites.	加 Gal 6: 7

□「信耶穌却不跟随他是没关系的」 “Believing without following Jesus is OK”	冷淡，没有事奉 Indifferent. Not involve in ministry.	路 Lu 9: 23
□「我的身材和样貌决定了人家接不接受我」 “My appearances decide whether people accept me”	过度敏感，厌食/暴食 Too sensitive. Bulimia/Anorexia	箴 Pro 31: 30
□「上帝并非全然良善，不然他为什么不...」 “God is not always kind. If so why He did not...”	沮丧，埋怨 Frustration. Complaining.	诗 Psalm 119: 68
□「上帝应该解决我所有的问题」 “God should solve all my problems”	失望，怨恨 Despair. Resentment	诗 Psalm 46: 1, 罗 Rom 8: 28-29

5 自由之路三：拒绝谎言，信靠真理 Road to freedom 3: Reject lies. Trust in the truth

5.1 宣告。宣告自己在基督里的保障 Proclaim your security in Christ

我有保障

- 羅 8:1-2 我永不再被定罪
- 羅 8:28 我受保證萬事互相效力，使我得益處
- 羅 8:35-39 我永不與神的愛隔絕
- 林后 1:21-22 上帝堅固我、恩膏我、盖印使我屬於他
- 腓 1:6 我相信神必完成他在我身上的工作
- 來 4:16 我能得憐憫，蒙恩惠，作隨時的幫助

I am secured

Rom 8:1-2 I am free from condemnation forever
Rom 8:28 I am assured that all things work together for good
Rom 8:35-39 I cannot be separated from the love of God
2 Cor 1:21-22 I have been established, anointed and sealed by God
Phil 1:6 I am confident that the good work that God has begun
in me will be perfected.
Heb 4:16 I can find grace and mercy in time of need

5.2 认罪：承认自己因相信谎言而犯的错，求主赦免

Confess: Confess your sins that are caused by believing in lies. Ask God to forgive.

「主，我承认我被_____的谎言欺骗，以至_____，请原谅我，我要委身相信和跟随你的真理，求圣灵帮助我。奉耶稣的名求，阿们！」

“Lord, I confess that I have been deceived in the area of _____, and hence_____. Please forgive me. I commit myself to know and follow your truth. Pray that the Holy Spirit help me. Amen!”

6 放纵肉体的破口带来情欲的捆绑

Bondages caused by the cracks of gratifying the desires of the flesh.

情欲的事都是显而易见的；就如淫乱、污秽、放荡... (加拉太书 5：19)

The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery... (Galatians 5:19)

不要自欺；上帝是輕慢不得的，因為人種的是甚麼，收的也是甚麼。順着肉體撒種的，必從肉體收敗壞；順着聖靈撒種的，必從聖靈收永生。(加拉太书 6:7-8)

Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. (Galatians 6:7,8)

6.1 根据以下清单，勾出你有哪一些情欲的捆绑。

Refer to the list below, identify any bondage of desire.

- | | |
|-----------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> 电玩上瘾 | <input type="checkbox"/> Addicted to computer games |
| <input type="checkbox"/> 购物成癖 | <input type="checkbox"/> Shopaholic |
| <input type="checkbox"/> 沉迷明星偶像 | <input type="checkbox"/> Overindulged in celebrities or idols |
| <input type="checkbox"/> 酗酒 | <input type="checkbox"/> Alcoholic |
| <input type="checkbox"/> 滥用药/吸毒 | <input type="checkbox"/> Drug abuse/addiction |
| <input type="checkbox"/> 抽烟 | <input type="checkbox"/> Smoking |
| <input type="checkbox"/> 赌博 | <input type="checkbox"/> Gambling |
| <input type="checkbox"/> 暴力易怒 | <input type="checkbox"/> Violence and rage easily |
| <input type="checkbox"/> 欺诈或习惯性说谎 | <input type="checkbox"/> Deceiving/Lying |
| <input type="checkbox"/> 偷窃 | <input type="checkbox"/> Stealing |
| <input type="checkbox"/> 粗口 | <input type="checkbox"/> Swear words |
| <input type="checkbox"/> 懒惰或拖延 | <input type="checkbox"/> Lazy/Procrastinate |
| <input type="checkbox"/> 暴饮暴食或厌食 | <input type="checkbox"/> Bulimia/Anorexia |
| <input type="checkbox"/> 偷窥 | <input type="checkbox"/> Peeping |
| <input type="checkbox"/> 黄色笑话 | <input type="checkbox"/> Dirty jokes |
| <input type="checkbox"/> 色情网站/刊物 | <input type="checkbox"/> Pornography |
| <input type="checkbox"/> 沉溺地手淫 | <input type="checkbox"/> Habitual masturbation |
| <input type="checkbox"/> 婚前/婚外性行为 | <input type="checkbox"/> Pre/Extra marital sex |
| <input type="checkbox"/> 同性恋行为 | <input type="checkbox"/> Homosexual behaviour |
| | <input type="checkbox"/> Casual sex |

濫交

Others: _____

其他: _____

7 自由之路四：拒絕惡習，迎向自由

Road to freedom 4: Reject addiction. Embrace freedom

7.1 宣告 — 宣告你在基督里的意义

Proclaim your significance in Christ.

我是重要的

太 5:13-14

我是世上的鹽與光

約 15:1,5

我是真葡萄樹上的枝子

約 15:16

基督揀選了我，並且派我去結果子

徒 1:8

我是基督的見證人

林前 3:16

我是神的殿

林后 5:17-21

我是基督的大使，勸世人與神和好

I am significant

Mt 5:13-14

I am the salt and light of the earth

Joh 15:1,5

I am a branch of the true vine

Joh 15:16

I have been chosen and appointed to bear fruit

Act 1:8

I am a personal witness of Christ

I Co 3:16

I am God's temple

II Co 5:17-21

I am a minister of reconciliation for God

「亲爱的天父，你已经告诉我要跟随基督，不要为肉体安排，去放纵私欲（罗 13：14）。我承认我顺从肉体的私欲，使它与我的灵魂争战的。我感谢你，因为在基督里，我的罪已蒙赦免。我来到你面前承认我的罪，并且求你洁净我，使我能从罪的捆绑中得释放，与它们断绝一切的关系。」

“Dear heavenly Father, You have told us to put on the Lord Jesus Christ and make no provisions for the flesh in regard to its lust.(Rom 13:14) I acknowledge that I have given in to fleshly lusts which wage war against my soul. I thank you that in Christ my sins are forgiven. I come before Your presence to confess these sins and to seek Your cleansing that I may be freed from the bondage of sin. ”

7.2 认罪 --- 承认自己所犯的罪，求主原谅

Confess your sins and the related habits. Ask God for forgiveness.

「主，我承认我生活中犯了_____习惯性的罪，求你原谅和洁净我。我要离弃这罪并归向你，求圣灵加力量给我来顺服你。奉主耶稣的名求，阿们！」

Lord, I confess that I commit_____. Please forgive me for the habitual sin in my life. Thank you for Your forgiveness and cleansing. I turn back to You from this sin, and ask that the Holy Spirit to grant me strength to obey You continuously. In Jesus' name I pray. Amen!

7.3 弃绝 --- 弃绝性犯罪的属灵捆绑和邪恶势力。

Renounce spiritual bondages and forces behind sexual sins.

如果你过去和其他人发生性方面的罪，无论是他人侵犯你，或者你自愿，都要弃绝，切断属灵捆绑：

If you ever have sexual misuse of your body, whether it was done to you, or willingly by you, renounce every occasion:

「主，我弃绝与_____（当事人的名字）_____（做了什么）。求你切断我与_____（当事人）罪恶联合的捆绑。」

Lord, I renounce _____(what happened) with _____ (name the person) and ask You to break that bond.

如果你曾经堕胎，请向上帝认罪。

If you had gone through abortion, confess this sin to God.

- 8 决定与其他基督徒同行。要改变这些坏习惯是不容易的，除了之前一课结论中所提到属灵的建造，你也需要接受肢体的帮助，请人为你守望和祷告。

We need to be determined to walk this path together with other Christians. It is not easy to change these bad habits. Besides building your spiritual character as what we have concluded in the previous chapters, you also need support and assistance from others, to keep you in prayer and guide you along the way.

「所以，你们要彼此认罪，互相代求，使你们得医治。义人祈祷所发的力量是大有功效的。」（雅各书 5：16）

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.” (James 5:16)

- 9 如果你需要接受进一步的帮助，请联络教牧同工。

If you need further assistance, please contact our pastoral staff.

- ◆ 参考资料 Reference: <在基督里得自由的步骤> <The Steps to Freedom in Christ>, Neil T. Anderson. Malaysia Campus Crusade for Christ 2003.