

第三篇

为着身体生活 照着灵而行以活基督

读经：加二 20，弗三 17 上，腓一 21 上，罗八 4，十二 4～5

纲要

周一、周二

壹 我们需要在召会中并为着召会生活而活基督—加一 2，15～16，二 20，四 19：

一 圣经的中心思想乃是：神渴望我们活基督，为着建造基督的身体—腓一 21 上，弗四 12，16：

- 1 活基督该是我们基督徒生活主要的目标。
- 2 整本圣经神圣启示的最高点，高峰，乃是活基督。

二 新约中有四处主要的经节启示活基督这事—约六 57，十四 19，加二 20，腓一 21 上。

三 基督徒的生活乃是基督的信徒活基督的生活—21 节上。

四 我们首要关切的，不该是任何外面的事，而是我们在活自己还是活基督—加二 20：

- 1 我们常受外在的事打岔，就如我们的工作或地方召会的难处。
- 2 事实上，这类难处主要是由于缺少活基督。
- 3 当我们活基督时，最能照料召会。

Message Three

Living Christ by Walking according to the Spirit for the Body Life

Scripture Reading: Gal. 2:20; Eph. 3:17a; Phil. 1:21a; Rom. 8:4; 12:4-5

OUTLINE

Day 1 & Day 2

I. We need to live Christ in and for the church life—Gal. 1:2, 15-16; 2:20; 4:19:

A. The central thought of the Bible is that God desires us to live Christ for the building up of the Body of Christ—Phil. 1:21a; Eph. 4:12, 16:

1. The main point of our Christian life is to live Christ.
2. The climax, the highest point, of the divine revelation in the entire Bible is to live Christ.

B. In the New Testament there are four main verses that reveal the matter of living Christ—John 6:57; 14:19; Gal. 2:20; Phil. 1:21a.

C. The Christian life is the life in which the believers of Christ live Him—v. 21a.

D. Our primary concern should not be anything outward but whether we are living the self or living Christ—Gal. 2:20:

1. We are often distracted by outward things, such as our work or the problems in the local churches.
2. Actually, such problems are mainly due to a lack of living Christ.
3. When we are living Christ, we are best able to care for the church.

五 我们若要活基督，就必须接受祂作我们的人位，并且与祂成为一个人位——弗三 17 上，加二 20：

1 祂与我们必须实际地成为一——林前六 17。

2 活基督乃是活一个人位；我们应该过一种生活，这种生活就是基督自己。

六 我们应该全神贯注于活基督这件事，只在意活基督，不该让任何事物打岔我们，使我们失去对基督直接、亲身的经历——加二 20，腓三 9～12。

七 活基督需要我们爱祂到至极——可十二 30：

1 活基督的秘诀之一，乃是一再地告诉主我们爱祂——林前二 9。

2 我们若不爱基督，就不能活祂。

八 活基督的意思是，当基督活着，我们这些信入祂，现今在祂里面的人也活着一约十四 19：

1 我们活在基督的生活里，基督活在我们的生活里。

2 我们若活在祂的生活里，祂的生活也必定在我们的生活里——加二 20。

周 三

贰 活基督实际的路就是照着灵而行——腓一 21 上，罗八 4：

一 我们需要全心注意照着灵而行以活基督。

二 罗马八章四节中的“行”，原文指我们在生活中一般的行事，包括我们的思想、说话、行事并行动。

三 四节这里的灵是我们人重生的灵，由那灵内住并与那灵调和；这与林前六章十七节相符：

E. If we would live Christ, we must take Him as our person and be one person with Him—Eph. 3:17a; Gal. 2:20:

1. He and we must be one in a practical way—1 Cor. 6:17.

2. To live Christ is to live a person; we should live a life that is Christ Himself.

F. We should focus our whole attention on living Christ and care only to live Christ, not allowing anything to distract us from the direct, personal experience of Christ—Gal. 2:20; Phil. 3:9-12.

G. Living Christ requires that we love Him to the uttermost—Mark 12:30:

1. Part of the secret of living Christ is telling the Lord again and again that we love Him—1 Cor. 2:9.

2. If we do not love the Lord, we cannot live Him.

H. To live Christ means that when Christ lives, we who believe into Him and who are in Him also live—John 14:19:

1. We live in Christ's living, and He lives in our living.

2. If we live in His living, His living will also be in our living—Gal. 2:20.

Day 3

II. The practical way to live Christ is to walk according to the spirit—Phil. 1:21a; Rom. 8:4:

A. We need to pay our full attention to walking according to the spirit in order to live Christ.

B. The word walk in Romans 8:4 denotes the general walk in our living, including how we think, speak, act, and move.

C. The spirit in verse 4 is the regenerated human spirit indwelt by and mingled with the Spirit; this corresponds to 1 Corinthians 6:17:

- 1 基督作为那灵在我们的灵里，我们与祂是一灵—17 节。
- 2 因此，我们有一个调和的灵—我们人的灵与神圣的灵调和。

四 圣经最终只向我们要求一件事，就是要我们照着调和的灵而行—罗八 4：

- 1 一切的关键都在于祂这位奇妙的灵，在我们这重生的灵里，与我们的灵成为一灵—约三 6。
 - 2 照着灵而行乃是在我们的日常生活中，照着灵作一切事—罗八 4。
 - 3 活在灵中乃是让基督充满、浸透我们，直到祂浸润我们全人，就从我们彰显出来—弗三 17 上。
 - 4 约翰十五章四至五节中的互住，就是照着灵而行的实行。
 - 5 当我们照着灵而行，就自然地背十字架—太十六 24。
 - 6 所有发生在我们身上的事，试证我们到底是照着灵而行，还是在肉体里行—罗八 4 ~ 5。
 - 7 最能闭撒但口的，就是照着灵而行—启十二 11。
- 五 我们需要从天上来的清楚景象，好看见主所要的乃是一班照着灵而行的人。
- 六 领头者首要关切的，应该是帮助众圣徒在日常生活中照着灵而行以活基督—罗八 4。

周 四

七 我们在日常生活中不照着灵而行的时候，就是照着肉体而行—5 ~ 6 节：

- 1 根据罗马八章，凡不是照着灵的，就是照着肉体。

1. Christ as the Spirit is in our spirit, and we are one spirit with Him—v. 17.
2. Therefore, we have a mingled spirit—our human spirit mingled with the divine Spirit.

D. Ultimately, the Bible requires only one thing of us—that we walk according to the mingled spirit—Rom. 8:4:

1. The key to everything is found in the wonderful Spirit who is in our regenerated spirit and who has become one spirit with our spirit—John 3:6.
 2. To walk in the spirit is to do everything in our daily life according to the spirit—Rom. 8:4.
 3. To live in the spirit is to let Christ fill and saturate us until He permeates our whole being and is thereby expressed through us—Eph. 3:17a.
 4. The mutual abiding in John 15:4-5 is the practice of walking according to the spirit.
 5. When we walk according to the spirit, we spontaneously bear the cross—Matt. 16:24.
 6. All the things that happen to us test whether we are walking according to the spirit or the flesh—Rom. 8:4-5.
 7. The best way to silence Satan is to walk according to the spirit—Rev. 12:11.
- E. We need a clear view from the heavens to see that what the Lord wants is a group of people who walk according to the spirit.
- F. The primary concern of the leading ones should be to help the saints to live Christ by walking according to the spirit in their daily life—Rom. 8:4.

Day 4

G. When we are not walking according to the spirit in our daily life, we are walking according to the flesh—vv. 5-6:

1. According to Romans 8, anything that is not according to the spirit is

2 我们的生活只有两个源头和两种光景—灵与肉体。

八 基督徒生活的其他方面，就如传福音，应该是我们照着灵而行的结果—4 节：

1 如果我们终日操练不住地照着灵而行，这种生活会自然产生其他的一切。

2 我们的传福音和牧养该是我们照着灵而行的结果—太二四 14，约二一 15 ~ 17。

九 我们首要关切的不该是如何作事，反之，我们需要看见，神要得着一班人照着灵而行以活基督—罗八 4。

十 我们若要在聚会中展览基督，就必须在日常生活中照着灵而行，以得着基督—林前十四 26，腓三 8，12，罗八 4。

周 五

十一 领头者首先需要在日常生活中照着灵而行，并且帮助其他圣徒进入这种生活—4 节，腓三 17，来十三 7：

1 领头者需要进入照着灵而行的实际实行。

2 他们需要帮助人用照着灵而行的个人日常生活，来平衡他们对主团体的享受—腓三 17。

十二 不住的祷告是照着灵而行的路—帖前五 17：

1 照着灵而行的路是不住的祷告，如同我们不住的呼吸；照着灵而行是我们属灵的呼吸。

according to the flesh.

2. There are only two sources and two conditions of our daily living—the spirit and the flesh.

H. Other aspects of our Christian life, such as preaching the gospel, should be the result of walking according to the spirit—v. 4:

1. If we practice to continually walk according to the spirit throughout the day, everything else will spontaneously issue forth.

2. Our gospel preaching and shepherding should be the issue of our walking according to the spirit—Matt. 24:14; John 21:15-17.

I. Our primary concern should not be how to do things but to see that God wants a people who live Christ by walking according to the spirit—Rom. 8:4.

J. In order to exhibit Christ in the meetings, we must gain Christ in our daily life by walking according to the spirit—1 Cor. 14:26; Phil. 3:8, 12; Rom. 8:4.

Day 5

K. The leading ones primarily need to walk according to the spirit in their daily life and help other saints to enter into this kind of living—v. 4; Phil. 3:17; Heb. 13:7:

1. The leading ones need to enter into the actual practice of walking according to the spirit.

2. They need to help others to balance their corporate enjoyment of the Lord with a personal daily life of walking according to the spirit—Phil. 3:17.

L. Unceasing prayer is the way to walk according to the spirit—1 Thes. 5:17:

1. The way to walk according to the spirit is to pray unceasingly, just as we breathe unceasingly; our walking according to the spirit is our spiritual breathing.

2 我们能借着常常的、不住的、时时的祷告，照着灵而行——路十八 1。

周 六

叁 我们越照着灵而行，三一神就越活在我们里面，使我们能为着身体生活而活祂——罗八 4，十二 4～5：

一 当我们每日并时时照着灵而行，三一神作为那灵就有机会安家、安顿在我们里面，并据有、占有我们全人——弗三 17 上：

1 我们需要照着调和的灵而行，让三一神内住于我们，在我们里面安家，完全占有我们全人，借此我们就活三一神——加四 19，罗八 4。

2 我们所需要作的就是活三一神，其余的事都是我们活三一神的自然结果——约十四 19～20，十五 4～5。

二 罗马八章启示三一神活在我们里面，使我们得以活祂；这应该是我们基督徒生活的中心点。

三 罗马十二章里基督的身体，来自于八章中照着灵而行的经历：

1 基督身体的所有肢体都该是照着灵而行的人——十二 4～5，八 4。

2 原则上，倘若我们没有照着灵而行，就不可能在实行上有基督的身体；身体生活因着属肉体的行事而被废掉了。

3 所有的信徒都是基督身体上的肢体，但身体的实行有赖于信徒的行事。

4 我们若真照着灵而行，就会自然在身体生活里——四节，十二 4～5。

2. We can walk according to the spirit by consistent, unceasing, moment-by-moment prayer—Luke 18:1.

Day 6

III. The more we walk according to the spirit, the more the Triune God will live in us so that we may live Him for the Body life—Rom. 8:4; 12:4-5:

A. When we walk according to the spirit daily and moment by moment, the Triune God as the Spirit will have the opportunity to make His home in us, settle down in us, and take possession of and occupy our entire being—Eph. 3:17a:

1. We need to live the Triune God by allowing Him to indwell us, make His home in us, and take full possession of our being by our walking according to the mingled spirit—Gal. 4:19; Rom. 8:4.

2. All we need to do is to live the Triune God; everything else will be a spontaneous issue of our living the Triune God—John 14:19-20; 15:4-5.

B. Romans 8 reveals that the Triune God lives in us so that we may live Him; this should be the focus of our Christian life.

C. The Body of Christ in Romans 12 issues from the experience of walking according to the spirit in Romans 8:

1. All the members of the Body of Christ should be persons who walk according to the spirit—12:4-5; 8:4.

2. In principle, if we do not walk according to the spirit, we cannot practically have the Body of Christ; the Body life is annulled by a fleshly walk.

3. All the believers are members of the Body, but the practicality of the Body depends on the believers' walk.

4. If we truly walk according to the spirit, we will spontaneously be in the Body life—v. 4; 12:4-5.

四 我们要看见一件事——主恢复的目标是要恢复基督，祂是三一神的具体化身，作我们的生命；祂也是那灵活在我们里面，使我们成为祂活的肢体，使祂的身体得以建造起来——西二 9，三 4，林前十五 45 下，加二 20，弗四 16。

D. We need to see one thing—that the goal of the Lord's recovery is to recover Christ, who is the embodiment of the Triune God to be our life and who is the Spirit to live within us and make us His living members so that His Body will be built up—Col. 2:9; 3:4; 1 Cor. 15:45b; Gal. 2:20; Eph. 4:16.

第三周●周一

晨兴喂养

加二 20 “我已经与基督同钉十字架；现在活着的，不再是我，乃是基督在我里面活着；并且我如今在肉身里所活的生命，是我在神儿子的信里，与祂联结所活的，祂是爱我，为我舍了自己。”

腓一 21 “因为在我，活着就是基督，死了就有益处。”

保罗的生活就是活基督。我们若要活基督，就必须接受祂作我们的人位，并且与祂成为一个人位。祂与我们必须实际地成为一。在加拉太二章二十节保罗宣告说，“乃是基督在我里面活着。”对保罗来说，这不只是一个道理，更是一个事实。基督在我们里面活着，对我们也该是真实的。不仅如此，我们应该住在祂里面，并让祂住在我们里面。

活基督不只是过圣别的生活或是活出圣别，活基督乃是活一个人位。我们应该单单活基督。我们应该过一种生活，这种生活就是基督自己。我们在基督徒生活中，常常仍是活我们天然的生命，并没有活基督。活基督就是让基督自己从我们里面活出来。

我们要活基督，就必须接受祂作我们的人位和生命。我们每天早晨都该祷告说，“主，感谢你赐给我新的一天来操练活你。主，我靠自己作不到。求你提醒我要活你，并赐我所需的恩典。”…我们不该关心圣别、属灵或得胜这些事的本身，我们也不该在意天然的美德或属性。反之，我们应该全神贯注于活基督这件事，只在意活基督，好叫祂在我们身上显大（新约总论第十二册，五至六页）。

信息选读

<< WEEK 3 — DAY 1 >>

Morning Nourishment

Gal. 2:20 I am crucified with Christ; and it is no longer I who live, but it is Christ who lives in me; and the life which I now live in the flesh I live in faith, the faith of the Son of God, who loved me and gave Himself up for me.

Phil. 1:21 For to me, to live is Christ and to die is gain.

Paul's life was to live Christ. If we would live Christ, we must take Him as our person and be one person with Him. He and we must be one in a practical way. In Galatians 2:20 Paul declares, "It is Christ who lives in me." For Paul, this was not a mere doctrine; it was a fact. It should also be real to us that Christ lives in us. Furthermore, we should abide in Him and allow Him to abide in us.

To live Christ is not merely to have a holy life or to live holiness. To live Christ is to live a person. We should simply live Christ. We should live a life that is Christ Himself. In our Christian life, quite often we are still the ones living our natural life. We are not living Christ. To live Christ is to let Christ Himself live from within us.

In order to live Christ, we must take Him as our person and as our life. Every morning we should pray, "Lord, I thank You for another day to practice living You. Lord, in myself I cannot do this. I ask You to remind me to live You and grant me the grace that I need for this."...We should not care for holiness, spirituality, or victory as things in themselves, and we should not care for our natural virtues or attributes. Instead, we should focus our whole attention on living Christ and care only to live Christ so that He might be magnified in us. (The Conclusion of the New Testament, pp. 3482-3483)

Today's Reading

圣经的中心思想乃是：神渴望我们活基督，为着基督身体的建造。我们基督徒生活的要点乃是活基督。活基督该是我们主要的目标；我们基督徒生活的一切困扰，都来自我们不活基督。我们既领悟祂是我们灵里赐生命的灵，就需要操练活基督，直到我们习惯活基督。

整本圣经神圣启示的最高点，高峰，乃是活基督。我们要活基督，就必须操练与祂成为一灵；我们要操练与祂成为一灵，就必须操练我们的灵不住地祷告。我们若从灵里不住地祷告说，“主，求你活在我里面；主，求你从我活出”，我们就会建立习惯，不活自己，乃活基督；这样，我们就会习惯活基督。活基督的习惯就是祷告的习惯。我们若没有不住地祷告，就不能活基督。我们唯有借着这种持续的祷告，这种呼吸的祷告，才能自然而然地活基督。我们要过这种祷告的生活，就必须儆醒祷告，时时在灵里祷告，在各样的祷告、祈求上儆醒，并坚定持续地祷告（太二六41，弗六18，西四2）。此外，我们祷告的根基乃是我们向主的爱。因为我们爱主并寻求主，所以我们喜欢接触祂，向祂祷告，呼求祂。活基督的秘诀之一，乃是一再地告诉主我们爱祂。

活基督需要我们爱祂到至极。当我们从事日常的活动，我们的生活不该是这些活动，乃该是基督。我们的心思该专注于基督，但这种心思的专注，在于我们对基督的爱。这就是新约吩咐我们要爱基督的原因（可十二30，启二4～5，约十四23，二一15～17，彼前一8）。我们若不爱基督，就不能活祂；爱祂是将我们全人专注于祂最好的路。…我们需要被基督吸引到这个地步，甚至在梦中也活基督（新约总论第十二册，九至一〇页）。

参读：新约总论，第三百四十六篇；基督徒的生活，第一篇；腓立比书生命读经，第六篇。

The central thought of the Bible is that God desires us to live Christ for the building up of the Body of Christ. The main point of our Christian life is to live Christ. To live Christ should be our primary goal; all the troubles in our Christian life come because of our not living Christ. We need to practice to live Christ, realizing that He is the life-giving Spirit in our spirit, until we live Christ habitually.

The climax, the highest point, of the divine revelation in the entire Bible is to live Christ. In order to live Christ, we must practice being one spirit with Him, and in order to practice being one spirit with Him, we must exercise our spirit to pray unceasingly. If we pray unceasingly from our spirit, “Lord, live in me; Lord, live through me,” we will build up a habit of not living our self but Christ; then we will live Christ habitually. The habit of living Christ is the habit of prayer. Apart from unceasingly praying, we cannot live Christ. It is only by such continual prayer, such breathing prayer, that we can live Christ spontaneously. In order to have such a prayer life, we must watch and pray, praying at every time in spirit, watching unto prayer in all petition, and persevering in prayer (Matt. 26:41; Eph. 6:18; Col. 4:2). Moreover, the foundation for us to pray is our love for the Lord. Because we love the Lord and seek Him, we like to contact Him, pray to Him, and call upon Him. Part of the secret of living Christ is telling the Lord again and again that we love Him.

Living Christ requires that we love Him to the uttermost. As we are engaged in our daily activities, our living should not be those activities but Christ. Our mind should be concentrated on Christ, but the concentration of our mind on Christ depends upon our love for Christ. This is the reason that the New Testament charges us to love Christ (Mark 12:30; Rev. 2:4-5; John 14:23; 21:15-17; 1 Pet. 1:8). If we do not love Christ, we cannot live Him; loving Him is the best way to concentrate our entire being on Him....We need Christ to captivate us to an extent that even in our dreams we would live Christ. (The Conclusion of the New Testament, pp. 3485-3486)

Further Reading: The Conclusion of the New Testament, msg. 346; CWWL, 1991-1992, vol. 2, “The Christian Life,” ch. 1; Life-study of Philippians, msg. 6

第三周●周二

晨兴喂养

约六 57 “活的父怎样差我来，我又因父活着，照样，那吃我的人，也要因我活着。”

十四 19 “还有不多的时候，世人不再看见我，你们却看见我，因为我活着，你们也要活着。”

在新约中有四处主要的经文，两处在福音书，两处在书信，启示活基督这件事。头一处经文〔是〕约翰六章五十七节，…这是新约头一处直接摸着活基督这件事的经文。第二处经文…是…约翰十四章十九节。…“因为我活着”这句话的意思是说，基督在复活里活着。“还有不多的时候”指明祂的死，也指明祂要在复活里再活着。“因为我活着，你们也要活着”这句话指明，因为祂在复活里活着，我们也要同祂并因祂活着。在新约里，约翰六章五十七节与十四章十九节是最基要的经文，向我们启示，给我们看见我们如何能因基督活着，并同基督活着。第三处经文是加拉太二章二十节，这或许是书信中说到我们因基督活着，并同基督活着的最好一处经文。那里说，“我已经与基督同钉十字架；现在活着的，不再是我，乃是基督在我里面活着；并且我如今在肉身里所活的生命，是我在神儿子的信里，与祂联结所活的。”第四处经文是腓立比一章二十一节：“因为在我，活着就是基督。”（生命的经历与长大，一九至二〇页）

信息选读

基督徒的生活乃是基督的信徒活基督并显大基督的生活〔腓一 20 下～21 上〕。…基督徒的生活也是基督徒在他们所在的地方，作为地方召会，团体地活基督并显大基督的生活，成为基督在地方上的彰显，作基督宇宙身体的一部分（基督徒的生活，三页）。

<< WEEK 3 — DAY 2 >>

Morning Nourishment

John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.

14:19 Yet a little while and the world beholds Me no longer, but you behold Me; because I live, you also shall live.

In the New Testament there are four main verses—two in the Gospels and two in the Epistles—that reveal the matter of living Christ...John 6:57...is the first verse in the New Testament that directly touches the matter of living Christ. The second verse is...John 14:19...The phrase because I live means that Christ lives in resurrection. Yet a little while indicates His death and that He will live again in His resurrection. The clause because I live, you also shall live indicates that because He lives in resurrection, we also shall live with Him and by Him. In the New Testament John 6:57 and 14:19 are the most basic verses in unveiling to us how we can live because of Christ and with Christ. The third verse, perhaps the best in the Epistles concerning our living because of Christ and with Christ, is Galatians 2:20. It says, “I am crucified with Christ; and it is no longer I who live, but it is Christ who lives in me; and the life which I now live in the flesh I live in faith.” The fourth verse is Philippians 1:21, which says, “To me, to live is Christ.” (CWWL, 1989, vol. 3, “The Experience and Growth in Life,” p. 17)

Today's Reading

The Christian life is the life in which the believers of Christ live Christ and magnify Him [Phil. 1:20b-21a]. It is also the life in which the Christians live Christ and magnify Him corporately in their locality as a local church to be a local expression of Christ as a part of the universal Body of Christ. (CWWL, 1991-1992, vol. 2, “The Christian Life,” pp. 349, 357)

我们需要谦卑自己才能看见：按着我们在保罗书信中所看见的异象，我们在实际的日常生活里有一项短缺。…我们…常受外在的事打岔，就如我们的工作或地方召会的难处。事实上，这类难处主要是由于缺少活基督。

我们的日常生活配不上保罗完成职事之中心路线的异象。…主在祂恢复里所要的，不是我们盖会所，乃是我们活基督。我们首要关切的事，不该是任何外面的事，而是我们在活自己还是活基督。

我们不该满足于仅仅认识真理；我们也必须寻求经历真理。我们听过许多信息之后，生活不该还是和以前一样。…我们需要思考，自己是否天天实行照着灵而行〔罗八4〕。照着灵而行就是活基督。主要得着一班这样行事并这样生活的人。

历年来，召会在生命上有一些长进，然而，我们活基督还是不够。此外，我们的长进也很慢，因为我们的生活有短缺。我们的生活可能帮助、也可能拦阻我们的长进。…身为领头者，我们从经历中得知，当我们活基督时，最能照料召会（照着灵而行以活基督的重要，二至三页）。

腓立比一章二十一节说，“因为在我，活着就是基督，死了就有益处。”我们必须活基督；这么说很容易，懂得这么简单的一句话也很容易，但若是要真实地活基督，却大有讲究。活基督的意思是，当基督活着，我们这些信入祂，现今在祂里面的人也活着。基督活着，我们也活着（约十四19）。这话的意思是，我们活在基督的生活里，基督活在我们的生活里。我们若活在祂的生活里，祂的生活也必定在我们的生活里。这是两个生命调和着活在一起，神与人活在一起（生命的经历与长大，三五页）。

参读：生命的经历与长大，第三、五至六篇；照着灵而行以活基督的重要，第一章。

We need to humble ourselves to see that there is a shortage in our daily life of a practical living according to the vision that we have seen in Paul's Epistles....We are often distracted by outward things, such as our work or the problems in the local churches. Actually, such problems are mainly due to a lack of living Christ.

Our daily walk does not adequately correspond to our vision concerning the central lane of Paul's completing ministry....What the Lord wants in His recovery is not our building of halls but our living of Christ. Our primary concern should not be anything outward but whether we are living the self or living Christ.

We should not be satisfied with merely knowing the truth; we must also seek to experience it. Our living should not remain the same after listening to many messages....We need to consider whether we are daily practicing to walk according to the spirit [Rom. 8:4]. To walk according to the spirit is to live Christ. The Lord wants a people who have such a walk and such a living.

Through the years the churches have had some growth in life, yet our living of Christ is not adequate. Moreover, our growth is slow because our living is short. Our growth may be helped or frustrated by our living. As leading ones, we know from our experience that when we are living Christ, we are best able to care for the church. (CWWL, 1982, vol. 1, "The Importance of Living Christ by Walking according to the Spirit," pp. 384-385)

Philippians 1:21 says, "To me, to live is Christ and to die is gain." To say that we must live Christ is easy, and to understand this simple phrase is also easy, but for us to actually live Christ involves a great deal. To live Christ means that when Christ lives, we who believe into Him and who are now in Him also live. Christ lives, and we also live (John 14:19). This means that we live in Christ's living and that He lives in our living. If we live in His living, His living will be in our living also. This is the mingled living of two lives. God and man live together. (CWWL, 1989, vol. 3, "The Experience and Growth in Life," pp. 29-30)

Further Reading: CWWL, 1989, vol. 3, "The Experience and Growth in Life," chs. 3, 5-6; CWWL, 1982, vol. 1, "The Importance of Living Christ by Walking according to the Spirit," ch. 1

罗八4～6“使律法义的要求，成就在我们这不照着肉体，只照着灵而行的人身上。因为照着肉体的人，思念肉体的事；照着灵的人，思念那灵的事。因为心思置于肉体，就是死；心思置于灵，乃是生命平安。”

已过几年，我们已经看见活基督这件事（腓一21，加二20）。最近，我们根据罗马八章四节，看见照着灵而行这件事，也就是活基督实际的路。我们常受打岔，没有照着灵而行。…我们需要全心注意照着灵而行以活基督。

我们面对严重问题时，常会迫切祷告寻求主的带领。我们释放信息之前，也很容易祷告。然而，照着灵而行不同于在艰难的处境中祷告，也不同于属灵活动前的祷告。照着灵而行乃是在我们的日常生活中，照着灵作一切事。我们需要时刻照着灵而行，不仅大事如此，小事也是如此，就如写信或用晚餐时与家人谈话，都照着灵而行。我们若不能照着灵作事或说话，就不该作，不该说。我们必须承认自己缺少这种生活。只在聚会中或在面对重大难处时才祷告，并不是照着灵而行。我们在日常生活中照着灵而行，应该就象呼吸。我们若没有活基督或照着灵而行，我们的属灵活动就可能是表演。我们不该在聚会中表现一个样子，在日常生活中又是另一个样子（照着灵而行以活基督的重要，四至五页）。

Rom. 8:4-6 That the righteous requirement of the law might be fulfilled in us, who do not walk according to the flesh but according to the spirit. For those who are according to the flesh mind the things of the flesh; but those who are according to the spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the spirit is life and peace.

In the past few years we have seen the matter of living Christ (Phil. 1:21; Gal. 2:20). Recently, based on Romans 8:4, we have seen the matter of walking according to the spirit, which is the practical way to live Christ. We are often distracted from walking according to the spirit....We need to pay our full attention to walking according to the spirit in order to live Christ.

When we face serious problems, we often pray desperately to seek the Lord's leading. Before we give a message, it is easy to pray. However, walking according to the spirit is different from praying in difficult situations or before spiritual activities. To walk according to the spirit is to do everything in our daily life according to the spirit. We need to walk according to the spirit moment by moment not only in big things but also in small things, such as writing a letter or talking with our family at the dinner table. If we cannot do or say something according to the spirit, we should not do or say it. We must admit that we are short of such a living. To pray only during the meetings or when we face a great problem is not to walk according to the spirit. Our walking according to the spirit in our daily living should be like our breathing. If we do not live Christ or walk according to the spirit, our spiritual activities may be a performance. We should not act one way in the meetings and another way in our daily life. (CWWL, 1982, vol. 1, "The Importance of Living Christ by Walking according to the Spirit," pp. 387-388)

基督是那灵，在我们灵里分赐生命给我们；这是按照圣经奇妙、真实的教训。然而，我们不可停留在只知道这个教训——我们需要往前。我们不该仅仅把这教训留在心思里，好默想这教训；我们也必须经历它。保罗在罗马八章四节说，“使律法义的要求，成就在我们这不照着肉体，只照着灵而行的人身上。”这节经文不是说到认识，乃是说到行。这节里的“行”乃是指我们在生活中一般的行事，包括我们如何说话、思想、行事并行动。五节说到“照着灵的人”；这指明我们不仅生活行事需要照着灵，乃是全人都需要照着灵。六节启示，我们需要将心思置于灵。

多数基督徒认为我们应当照着圣经里的教训而行。然而，按照保罗在四节的话，我们应当照着灵而行。圣经教师和翻译圣经的人无法确切地说，在四节里的灵是神的灵，还是人的灵。这节里的灵，乃是人重生的灵，有那灵住在其中，与之调和。这与林前六章十七节相符，那里说，“与主联合的，便是与主成为一灵。”我们需要照着这调和的灵而行。

基督作为那灵是在我们灵里，并且我们与祂是一灵（罗八10、16，林前六17）。因此，我们有调和的灵——我们人的灵调着神的灵。每一个得救的人里面都有调和的灵。我们需要照着这调和的灵而行。遗憾的是，少有信徒知道如何照着灵而行。大多数人只知道跟随圣经外面的教训，如谦卑等（太十八4）。然而，以宗教的方式在外表上谦卑，并不讨主喜悦。我们的谦卑必须是出于照着灵而行（李常受文集一九七三至一九七四年第二册，五九四、六一七至六一八页）。

参读：照着灵而行以活基督的重要，第二章；李常受文集一九七三至一九七四年第二册，五八九至五九九页。

Christ being the Spirit in our spirit to give us life is a wonderful and genuine teaching according to the Bible. However, we cannot stop with knowing this teaching—we need to go on. We should not merely keep this teaching in our mind in order to muse upon it. We must also experience it. Paul says in Romans 8:4, “That the righteous requirement of the law might be fulfilled in us, who do not walk according to the flesh but according to the spirit.” This verse does not speak of knowing but of walking. The word walk in this verse denotes the general walk in our living, including how we speak, think, act, and move. Verse 5 refers to “those who are according to the spirit.” This indicates that we need not only to walk but also to have our entire being according to the spirit. Verse 6 reveals that we need to set our mind on the spirit.

Most Christians think that we should walk according to the teachings in the Bible. However, according to Paul’s word in Romans 8:4, we should walk according to the spirit. Bible teachers and translators are unable to say definitely whether the spirit in verse 4 is the Spirit of God or the spirit of man. The spirit in this verse is the regenerated human spirit indwelt by and mingled with the Spirit. This corresponds to 1 Corinthians 6:17, which says, “He who is joined to the Lord is one spirit.” We need to walk according to this mingled spirit.

Christ as the Spirit is in our spirit, and we are one spirit with Him (Rom. 8:10, 16; 1 Cor. 6:17). Therefore, we have a mingled spirit—our human spirit mingled with the divine Spirit. Everyone who is saved has a mingled spirit within. We need to walk according to this mingled spirit. Regrettably, few believers know how to walk according to the spirit. Most know only to follow outward biblical teachings, such as being humble (Matt. 18:4). However, being outwardly humble in a religious way does not please the Lord. Our humility must come from walking according to the spirit. (CWWL, 1973-1974, vol. 2, pp. 440, 457)

Further Reading: CWWL, 1982, vol. 1, “The Importance of Living Christ by Walking according to the Spirit,” ch. 2; CWWL, 1973-1974, vol. 2, pp. 437-443

第三周●周四

晨兴喂养

罗八7～9 “因为置于肉体的心思，是与神为仇，因它不服神的律法，也是不能服；而且在肉体里的人，不能得神的喜悦。但神的灵若住在你们里面，你们就不在肉体里，乃在灵里了；然而人若没有基督的灵，就不是属基督的。”

我们在日常生活中不照着灵而行的时候，就是照着肉体而行。根据罗马八章四至九节，凡不是照着灵的，就是照着肉体。我们的生活只有两个源头和两种光景—灵与肉体。外在的行为，诸如爱人或恨人、称赞人或批评人等，不能决定我们是照着灵或照着肉体而活。若不照着灵，甚至我们的爱也是照着肉体。我们可能很少说消极话，但甚至我们不照着灵的积极言论，仍然是照着肉体。

认识灵也许很难，但认识什么不是灵却很容易。…我们要照着灵而活，只要知道自己的言语和行为何时不照着灵就已经足够了。然而，我们没有操练过这种生活。我们可能在聚会时照着灵行事为人，但散会后，我们常随意说话，照着肉体行事。仅仅过道德或伦理的生活是不够的，甚至基于那灵的引导决定要作什么事也不够，因为我们可能受那灵引导要去作某件事，然后却照着肉体去作。我们需要照着灵作一切事，时刻照着灵思想、说话并行事（照着灵而行以活基督的重要，五至六页）。

信息选读

<< WEEK 3 — DAY 4 >>

Morning Nourishment

Rom. 8:7-9 Because the mind set on the flesh is enmity against God; for it is not subject to the law of God, for neither can it be. And those who are in the flesh cannot please God. But you are not in the flesh, but in the spirit, if indeed the Spirit of God dwells in you. Yet if anyone does not have the Spirit of Christ, he is not of Him.

When we are not walking according to the spirit in our daily life, we are walking according to the flesh. According to Romans 8:4-9, anything that is not according to the spirit is according to the flesh. There are only two sources and two conditions of our living—the spirit and the flesh. Outward behavior, such as whether we are loving or hating others or praising or criticizing others, does not determine whether we are living according to the spirit or the flesh. Even our love is according to the flesh if it is not according to the spirit. We may rarely speak negatively, but even our positive speech that is not according to the spirit is still according to the flesh.

Perhaps it is difficult to know the spirit, but it is easy to know what is not the spirit....In order to be able to live according to the spirit, it is sufficient for us to know when our speech and actions are not according to the spirit. However, we do not practice such a life. During the meetings we may conduct ourselves according to the spirit, but after the meetings we often feel free to speak and do things according to the flesh. It is not sufficient merely to live morally or ethically or even to decide what to do based on the Spirit's leading, for we may be led by the Spirit to do something but then do it according to the flesh. We need to do everything according to the spirit, thinking, speaking, and acting moment by moment according to the spirit. (CWWL, 1982, vol. 1, "The Importance of Living Christ by Walking according to the Spirit," p. 388)

Today's Reading

基督徒生活的其他方面，就如传福音，应该是我们活基督的结果。如果众圣徒都照着灵而行以活基督，召会就会有极大的扩增。福音的广传，是我们照着灵而行的自然结果。几年前，我曾向某地的圣徒建议，一周至少出外一次接触人。凡听见的都表示同意，但至终无人实行。我发现嘱咐圣徒定期出去传福音是无效的。然而，如果一地的长老领头照着灵而行，并将这样的生命供应给圣徒，该地的圣徒也会照着灵而行，并且规律地传扬福音。

我们首要关切的不该是如何作事，比如如何传福音或牧养初信者。反之，我们需要看见，神要得着一班人照着灵而行以活基督。如果我们终日操练不住地照着灵而行，这种生活会自然产生其他的一切。…我们传福音和牧养不该是活动，而该是日常生活照着灵而行的结果。…基督徒生活的这一切方面，都该是我们生活的一部分。举例来说，照着灵而行的日常生活，会带进我们在聚会中释放灵尽功用。我们在日常生活中若没有活基督，聚会时就无法带来基督的富余。我们若要展览基督，就必须在日常生活中照着灵而行，以得着基督。倘若众圣徒活基督，他们在聚会中自然就会尽功用。

我们需要从天上来的清楚景象，看见主所要的乃是一班照着灵而行的人。主渴望的并非许多同工、长老、活动或繁复的组织。我们身为领头者，首先需要在日常生活中照着灵而行，并且帮助其他圣徒进入这种生活（照着灵而行以活基督的重要，六至八页）。

参读：生命信息，第六十二至六十四章；神在人里的行动，第三章。

Other aspects of the Christian life, such as preaching the gospel, should be the result of our living Christ. If all the saints live Christ by walking according to the spirit, there will be a great increase in the church. Much gospel preaching will spontaneously issue from our walking according to the spirit. Several years ago I proposed that the saints in a certain locality go out at least once a week to contact others. Everyone listened and agreed, but eventually no one practiced it. I found that it does not work to charge the saints to go out regularly to preach the gospel. However, if the elders in a locality take the lead to walk according to the spirit, and they minister such a life to the other saints, the saints in that locality will also walk according to the spirit and regularly preach the gospel.

Our primary concern should not be how to do things such as preaching the gospel and shepherding the new believers. Instead, we need to see that God wants a people who live Christ by walking according to the spirit. If we practice to continually walk according to the spirit throughout the day, everything else will spontaneously issue forth from such a living....Our gospel preaching and shepherding should not be activities but should be the issue of a daily life of walking according to the spirit....All such aspects of the Christian life should be part of our living. For instance, a daily life of walking according to the spirit will issue in our functioning with a released spirit in the meetings. If we do not live Christ in our daily life, we will have no surplus of Christ to bring to the meetings. In order to exhibit Christ, we must gain Christ in our daily life by walking according to the spirit. If the saints are living Christ, they will spontaneously function in the meetings.

We need a clear view from the heavens to see that what the Lord wants is a group of people who walk according to the spirit. The Lord's desire is not for many co-workers, elders, or activities, or much organization. As leading ones, we primarily need to walk according to the spirit in our daily life and help other saints to enter into this kind of living. (CWWL, 1982, vol. 1, "The Importance of Living Christ by Walking according to the Spirit," pp. 388-390)

Further Reading: CWWL, 1979, vol. 1, "Life Messages, Volume 2," chs. 62-64; CWWL, 1993, vol. 1, "The Move of God in Man," ch. 3

第三周●周五

晨兴喂养

林前十二 3 “所以我要你们知道，在神的灵里说话的，没有人说，受咒诅的，耶稣！若不是在圣灵里，也没有人能说，主，耶稣！”

帖前五 17 “不住地祷告。”

当我们每日并时时照着灵而行，三一神作为那灵就有机会安家在我们全人里面。这是我们最大的需要。

基督徒生活团体的一面当然有帮助，但我们所缺的常是一种照着灵而行的日常生活。一处地方召会的圣徒可以一时经历高超的团体生活，但他们若没有进入照着灵而行的实行，至终他们的享受会衰减。已过我们许多人都经历了高超的团体生活。今天我们需要进入照着灵而行的实际实行；我们身为领头者，需要帮助人用照着灵而行的个人日常生活，来平衡他们对主团体的享受。无论我们所在地有没有团体享受的高昂空气，我们都需要在个人一面照着灵而行。团体操练灵帮助我们照着灵而行，但不能取而代之。照着灵而行是我们属灵的呼吸，使我们能活得长久。停止呼吸是死亡的迹象。我们需要全心注意照着灵而行，因为我们的呼吸事关紧要（照着灵而行以活基督的重要，八至九页）。

信息选读

许多圣徒都需要操练照着灵而行，使他们不那么依赖团体的帮助。主可能将我们摆在一种环境里，不大

<< WEEK 3 — DAY 5 >>

Morning Nourishment

1 Cor. 12:3 Therefore I make known to you that no one speaking in the Spirit of God says, Jesus is accursed; and no one can say, Jesus is Lord! except in the Holy Spirit.

1 Thes. 5:17 Unceasingly pray.

When we walk according to the spirit daily and moment by moment, the Triune God as the Spirit will have the opportunity to make His home in our entire being. This is our greatest need.

The corporate aspect of the Christian life is certainly helpful, but what we often lack is a daily life of walking according to the spirit. The saints in a local church may experience a high corporate life for a time, but if they do not enter into the practice of walking according to the spirit, their enjoyment will eventually diminish. Many of us have experienced a high corporate life in the past. Today we need to enter into the actual practice of walking according to the spirit, and as leading ones, we need to help others to balance their corporate enjoyment of the Lord with a personal daily life of walking according to the spirit. Whether or not there is a high atmosphere of corporate enjoyment in our locality, we need to personally walk according to the spirit. Corporate exercise of the spirit helps our walking according to the spirit but cannot replace it. Our walking according to the spirit is our spiritual breathing, which is what enables us to endure. To stop breathing is an indication of death. We need to pay our full attention to walking according to the spirit, because our breathing is what matters. (CWWL, 1982, vol. 1, “The Importance of Living Christ by Walking according to the Spirit,” pp. 390-391)

Today's Reading

Many saints need to practice walking according to the spirit in order to become less dependent on corporate help. The Lord may place us in an environment in

有机会与人同聚。使徒约翰被放逐到拔摩海岛时，无法得着团体的帮助，但他仍旧在灵里（启一10）。在独处时，我们需要操练在灵里（照着灵而行以活基督的重要，一〇页）。

照着灵而行的路乃是祷告。当我们真诚地祷告，我们就在灵里。我们需要操练一种祷告，使我们照着灵而行；那不是仅仅分别特定时间和地点专心致志地祷告。如果我们只有那样的祷告，当祷告的时间结束了，我们就很容易从灵里出来。我们需要不住地祷告（帖前五17），正如我们不住地呼吸。不住地祷告，维持我们在灵里。

爱主并满足祂渴望的路，乃是不住地祷告。我们不需要总是为专特的事祷告。反之，我们无论在作什么别的事，都要借着呼求主名，实行不住地祷告。我们不该轻率或松散地呼求主名，我们需要带着一些思考来呼求，对主说出我们正在作什么和想什么。每当我们呼求主名，我们就在那灵里（林前十二3）。

我们需要不断地照着调和的灵生活行动并行事为人，使内住的基督这赐生命的灵，有机会将祂生命的丰富分赐到我们这人的每一部分。这样，我们就被基督顶替，而得以变化。我们能借着经常、不住、时时的祷告，而照着灵生活行动。在要作什么或说什么之前，我们需要祷告。这样，我们就会照着灵；这也给主开路，将祂自己分赐到我们里面，从我们的灵扩展到我们这人的每一部分，因而变化我们，以祂的生命顶替我们老旧的生命。这样，我们就被基督所顶替、变化并重新构成，好成为祂的新妇（李常受文集一九七三至一九七四年第二册，六一八、五九八至五九九页）。

参读：李常受文集一九七三至一九七四年第二册，六一四至六二一页。

which we do not have much opportunity to meet with others. The apostle John did not receive corporate help when he was in exile on the island of Patmos, but he was still in spirit (Rev. 1:10). We need to practice to be in spirit when we are alone. (CWWL, 1982, vol. 1, "The Importance of Living Christ by Walking according to the Spirit," p. 391)

The way to walk according to the spirit is to pray. When we pray in sincerity, we are in the spirit. The kind of prayer that we need to practice in order to walk according to the spirit is not the prayer that we have by setting aside a particular time and place to devote to prayer. If we pray only in this way, it is easy to come out of the spirit when our time of prayer is over. We need to pray unceasingly (1 Thes. 5:17), just as we breathe unceasingly. Unceasing prayer keeps us in our spirit.

The way to love the Lord and satisfy His desire to have a free way and all the ground within us is to pray unceasingly. We do not need to always pray for specific things. Instead, we need to practice unceasing prayer by calling on the Lord's name no matter what else we are doing. We should not call on the name of the Lord lightly or loosely. We need to call with some consideration, speaking to the Lord about what we are doing and thinking. Whenever we call on the Lord's name, we are in the Spirit (1 Cor. 12:3).

We need to continually walk and have our being according to the mingled spirit so that the indwelling Christ as the life-giving Spirit may have the opportunity to impart the riches of His life into every part of our being. In this way we will be transformed by being replaced with Christ. We can walk according to the spirit by constant, unceasing, moment-by-moment prayer. Before we do or say anything, we need to pray. Then we will be according to the spirit, and this will open the way for the Lord to impart Himself into us, spreading from our spirit into every part of our being and thereby transforming us as His life replaces our old life. In this way we will be replaced, transformed, and reconstituted with Christ to become His bride. (CWWL, 1973-1974, vol. 2, pp. 457-458, 443)

Further Reading: CWWL, 1973-1974, vol. 2, pp. 455-460

第三周●周六

晨兴喂养

罗八4“使律法义的要求，成就在我们这不照着肉体，只照着灵而行的人身上。”

十二4～5“正如我们一个身体上有好些肢体，但肢体不都有一样的功用；我们这许多人，在基督里是一个身体，并且各个互相作肢体，也是如此。”

我们需要借着耶稣基督之灵全备的供应，活基督以显大基督〔腓一19〕。…那灵有丰富的供备，完满地供应我们，使我们活基督，以显大基督。耶稣基督之灵全备的供应，包括经过过程并终极完成之三一神—具体化身于包罗万有的基督，实化为包罗万有的灵—所是、所有、所完成、所得着、所达到以及将要作的一切。这灵全备的供应乃是基督追测不尽的丰富，及时地应付寻求基督者的需要。我们若真寻求基督，就会得着这丰富的供应。寻求基督的人，作祂在这世代终结的得胜者，乃是借着耶稣基督之灵这样全备的供应，在神新约的经纶里活祂以显大祂，好产生并建造基督生机的身体，作终极完成之三一神的配偶，这要终结于新耶路撒冷，作祂永远的扩大并彰显，直到永远（新约总论第十二册，一〇至一一页）。

信息选读

三一神活在我们里面，因此我们可以活祂。这需要成为我们日常的经历。因此，圣经的焦点和中心教训乃是：三一神渴望活在祂所救赎并重生的人里面，使他们得以活祂。

我们只需要思考，我们是在活自己还是在活神。领头的弟兄们若看见圣经的这个中心点，而开始活神，

<< WEEK 3 — DAY 6 >>

Morning Nourishment

Rom. 8:4 That the righteous requirement of the law might be fulfilled in us, who do not walk according to the flesh but according to the spirit.

12:4-5 For just as in one body we have many members, and all the members do not have the same function, so we who are many are one Body in Christ, and individually members one of another.

We need to live Christ for His magnification by the bountiful supply of the Spirit of Jesus Christ [Phil. 1:19]....The Spirit has a rich provision to supply us in full to live Christ for His magnification. The bountiful supply of the Spirit of Jesus Christ contains all that the processed and consummated Triune God—embodied in the all-inclusive Christ who is realized as the all-inclusive Spirit—is, has, has accomplished, obtained, attained, and will do. This bountiful supply of the Spirit is the unsearchable riches of Christ to meet in time the need of the seekers of Christ. When we truly seek after Christ, we will receive this bountiful supply. It is by such a bountiful supply of the Spirit of Jesus Christ that the seekers of Christ, as His overcomers in the consummation of this age, live Him for His magnification in the New Testament economy of God for the producing and building up of the organic Body of Christ as the counterpart of the consummated Triune God, which will consummate in the New Jerusalem as His eternal enlargement and expression for eternity. (The Conclusion of the New Testament, pp. 3486-3487)

Today's Reading

Because the Triune God lives in us, we can live Him. This needs to be our daily experience. Thus, the focus and central teaching of the Bible is that the Triune God desires to live in His redeemed and regenerated people so that they may live Him.

We simply need to consider whether we are living ourselves or living God. If the leading brothers see this focus of the Bible and begin to live God, many other

许多圣徒就会被带进这样的生活，如此就有美妙和自然而然的结果。

我们需要借着让三一神内住于我们，在我们里面安家，完全占有我们全人，并照着调和的灵而行，而活三一神。一旦我们看见、珍赏并实行这事，生命之灵的律就会在我们里面运行，我们的心思会自然而然思念基督的事，我们天然的所是连同其力量、习惯和行为会自然地死。这就是罗马八章—三一神活在我们里面，以及我们活三一神。

罗马十二章里基督的身体，来自于八章中照着灵而行的经历。根据保罗对于神经纶的观点，基督身体的所有肢体都该是照着灵而行的人。原则上，倘若我们没有照着灵而行，就不可能在实行上有基督的身体。所有的信徒都是基督身体上的肢体，但身体的实行有赖于信徒的行事。信徒若照着肉体而行，即使他们是基督身体的肢体，他们的经历中也没有身体。身体生活因着属肉体的行事而被废掉了。今天有千千万万的信徒，但因着少有人照着灵而行，所以他们中间几乎没有什么身体生活。

真实且算得数的乃是：三一神活在我们里面，使我们得以活祂；一切错误地取代这事的，我们都必须拒绝。…除了三一神活在我们里面，以及我们活三一神之外，没有什么算是算得数或能持久的。我们必须拒绝阶级制度、自居的权柄和属人的组织，只关心神的心愿，以及祂在圣经中启示的中心点。

我们都要看见一件事：主恢复的目标是要恢复基督，祂是三一神的具体化身，作我们的生命；祂也是那灵活在我们里面，使我们成为祂活的肢体，使祂的身体可以在地上建造起来（照着灵而行以活基督的重要，一五、二〇至二一、四六、三七至三八页）。

参读：照着灵而行以活基督的重要，第三至五、七章。

saints will be brought into this kind of living, and there will be a wonderful and spontaneous issue.

We need to live the Triune God by allowing Him to indwell us, make His home in us, and take full possession of our being and by walking according to the mingled spirit. When we see, appreciate, and practice this, the law of the Spirit of life will operate within us, our mind will spontaneously be set on the things of Christ, and our natural being with its strengths, habits, and practices will spontaneously be put to death. This is Romans 8—the Triune God living in us and our living the Triune God.

The Body of Christ in Romans 12 issues from the experience of walking according to the spirit in Romans 8. According to Paul's view of God's economy, all the members of the Body of Christ should be persons who walk according to the spirit. In principle, if we do not walk according to the spirit, we cannot practically have the Body of Christ. All the believers are members of the Body of Christ, but the practicality of the Body depends on the believers' walk. If the believers walk according to the flesh, although they are still members of the Body of Christ, there will be no Body in their experience. The Body life is annulled by a fleshly walk. There are millions of believers today, but there is very little of the Body life among them, because few walk according to the spirit.

We must reject all the false replacements of the one thing that is real and that counts—the Triune God living in us so that we may live Him....Nothing matters or will last other than the Triune God living in us and our living Him. We must refuse hierarchy, self-assumed authority, and human organization and care only for God's desire and the focus of His revelation in the Bible.

We all have to see one thing—that the goal of the Lord's recovery is to recover Christ, who is the embodiment of the Triune God to be our life and who is the Spirit to live within us and make us His living members so that His Body will be built up on the earth. (CWWL, 1982, vol. 1, "The Importance of Living Christ by Walking according to the Spirit," pp. 394, 397-398, 417, 409-410)

Further Reading: CWWL, 1982, vol. 1, "The Importance of Living Christ by Walking according to the Spirit," chs. 3-5, 7

第三周诗歌

378

经历基督 — 作生命

8 8 8 8 8 8 重 (英 499)

A 大调

4/4

1 - 1 · 2 | 3 - - 5 | 4 6 7 2 | 1 - - 3 | 4 2 7 5 |
 一 何 等 生 命! 何 等 平 安! 基 督 活
 1 - 2 1 | 7 - 6 - | 5 - - - | 5 - 7 1 | 1 - 7 5 |
 在 我 的 里 面! 我 已 与 祂 同
 1 - 3 - | 2 - - 5 | 6 1 - 6 | 5 1 - 2 | 3 - 2 - | 1 - - - |
 钉 十 架, 荣 耀 事 实、 奇 妙 救 法!
 3 - 2 5 | 1 - 2 3 | 4 6 2 1 | 7 · 6 5 5 | 3 5 1 5 |
 现 在 活 着 不 再 是 我, 乃 是 基
 6 1 4 6 | 7 2 5 7 | 1 - - 1 | 3 - 3 - | 2 - - 2 |
 督 在 我 活 着! 现 在 活 着 不
 4 - 4 - | 3 - - 3 | 6 - 6 - | 5 - 4 2 | 1 - 7 - | 1 - - - ||
 再 是 我, 乃 是 基 督 在 我 活 着!

二 何等快乐!何等安息! 基督成形在我心里!
 祂的生命、祂的性情, 在我全人都已组成;
 我的一切全都了结, 祂的成分作我一切!
 我的一切全都了结, 祂的成分作我一切!

三 何等荣耀!何等可夸! 总叫基督照常显大!
 无论祸、福,无论生、死, 并无一事叫我羞耻;
 任何境遇、一切事故, 都是叫我彰显基督!
 任何境遇、一切事故, 都是叫我彰显基督!

四 何等结果!何等有福! 我能活着就是基督!
 祂的心意是我爱好, 祂的荣耀是我发表;
 无何可要、无何可宝, 唯有基督是我目标!
 无何可要、无何可宝, 唯有基督是我目标!

WEEK 3 — HYMN

Oh, what a life! Oh, what a peace

Experience of Christ — As Life

499

1. Oh, what a life! Oh, what a peace! The Christ who's all with - in me lives.
 With Him I have been cru - ci - fied; This glo - rious fact to me He gives.
 Now it's no long - er I that live, But Christ the Lord with - in me lives. Now
 it's no long - er I that live, But Christ the Lord with - in me lives.

2. Oh, what a joy! Oh, what a rest!
 Christ now is being formed in me.
 His very nature and life divine
 In my whole being inwrought shall be.
 All that I am came to an end,
 And all of Christ is all to me.

3. Oh, what a thought! Oh, what a boast!
 Christ shall in me be magnified.
 In nothing shall I be ashamed,
 For He in all shall be applied.
 In woe or blessing, death or life,
 Through me shall Christ be testified.

4. Oh, what a prize! Oh, what a gain!
 Christ is the goal toward which I press.
 Nothing I treasure, nor aught desire,
 But Christ of all-inclusiveness.
 My hope, my glory, and my crown
 Is Christ, the One of peerlessness.

(Repeat the last two lines of each stanza)

第三周 · 申言

申言稿：_____

[illegible]

Composition for prophecy with main point and sub-points:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.