

第七周

生命的粮

读经：约六 22 ~ 71

【周一】

壹 我们若仔细读过约翰六章，应该对这章有深刻的印象，也应注意七个重点的次序：

一 主是生命的粮——35, 48 节。

二 主把祂生命的粮赐给我们吃——51 节。

三 主还把祂的血给我们喝——53 节。

四 主不仅死了，也复活了——56 节。

五 因着基督活在我们里面，我们就因祂活着，并且活在祂面前——57 节。

六 不是祂物质的肉，乃是祂的灵，赐我们生命和生命的供应——63 节上。

七 那灵乃是在主所说的话里面；祂的话就是灵，就是生命——63 节下。

贰 主耶稣从天上降到地上来，最主要的目的，是要成就一件中心的事，就是把祂自己当作食物（生命的粮）赐给我们，好使我们能吃祂作属灵的养分，并消化祂而使祂成

Week Seven

The Bread of Life

Scripture Reading: John 6:22-71

§ Day 1

I. If we read John 6 carefully, we should have a deep impression of this chapter and pay attention to the sequence of seven crucial points:

A. The Lord is the bread of life—vv. 35, 48.

B. The Lord gives His bread of life for us to eat—v. 51.

C. The Lord also gives His blood for us to drink—v. 53.

D. The Lord not only died but also resurrected—v. 56.

E. Because Christ lives in us, we live because of Him and live before God—v. 57.

F. His Spirit, not His physical flesh, gives us life and the life supply—v. 63a.

G. The Spirit is in the Lord's spoken words; His words are spirit and life—v. 63b.

II. The primary purpose for which the Lord Jesus came down out of heaven to the earth was to accomplish one central matter—to give Himself to us as food—the bread of life—so that He could be eaten by us as spiritual nourishment and

为我们的构成——50 ~ 51 节。

【周二】

叁 约翰六章详论主耶稣作生命的粮；祂宣告说，“我就是生命的粮”——48 节：

一 在六章，有许多经节启示基督是生命的粮，为要给我们经历并享受——27, 32 ~ 35, 47 ~ 58, 63 节上, 68 节：

- 1 约翰六章整章最重要的点乃是，基督是我们的食物，是生命的粮——35, 48 节。
- 2 吃主不是一次永远的事；反之，我们每日都需要接触主并吃主，因为祂是可吃的——50 节。
- 3 我们需要操练我们的灵，从祂得喂养，接受祂，消化祂，经历祂，享受祂，并且每时每刻应用祂——56 ~ 57 节。
- 4 我们都该专注于一件事——吃基督，然后凭着我们所吃的基督而活——54 节。

二 “不要为那必坏的食物劳力，要为那存到永远生命的食物劳力，就是人子要赐给你们的”——27 节：

- 1 永远的生命就是神的生命，神非受造的生命，不仅在时间上是永久的，在性质上也是永远、神圣的——三 15。
- 2 那存到永远生命的食物能供应我们，并将我们带进永远的生命——六 27。

三 “我父把那从天上来的真粮赐给你们。因为神的粮，就是那从天上降下来赐生命给世人的”——32 ~ 33 节：

be digested by us to become our constitution—vv. 50-51.

§ Day 2

III. Chapter 6 of the Gospel of John is a detailed discourse on the Lord Jesus being the bread of life; He declared, "I am the bread of life"—v. 48:

A. Many verses in John 6 reveal that, for our experience and enjoyment, Christ is the bread of life—vv. 27, 32-35, 47-58, 63a, 68:

1. The most important point in the entire chapter of John 6 is that Christ is our food, the bread of life—vv. 35, 48.
2. To eat Him is not a once-for-all matter; rather, we need to contact the Lord and eat Him daily, for He is edible—v. 50.
3. We need to exercise our spirit to feed on Him, receiving Him, digesting Him, experiencing Him, enjoying Him, and applying Him moment by moment—vv. 56-57.
4. We all should concentrate on one thing—eating Christ and then living by what we have eaten of Him—v. 54.

B. "Work not for the food which perishes, but for the food which abides unto eternal life, which the Son of Man will give you"—v. 27:

1. Eternal life is the divine life, the uncreated life of God, which not only is everlasting with respect to time but also is eternal and divine in nature—3:15.
2. The food which abides unto eternal life can supply us and bring us into eternal life—6:27.

C. "My Father gives you the true bread out of heaven. For the bread of God is He who comes down out of heaven and gives life to the world"—vv. 32-33:

- 1 只有属灵的事才是真实的；“那灵就是实际”——约壹五6下。
- 2 基督作为真粮，乃是真理、实际的粮；基督是真实、实际的。
- 3 我们都需要对这事实有深刻的印象：我们需要基督作生命的真粮，为神所差，将永远的生命带给我们。
- 4 约翰六章三十三节里“神的粮”就是三十二节里的“真粮”。
- 5 基督作为从天上降下来的粮，乃是属天的粮；祂作为神的粮，乃是属神的，是受神差遣，也与神同在的——33节。
- 6 我们吃了这粮并加以消化，这粮就成为我们的构成，我们也与主联结并调和为一——林前六17。
- 7 人若吃这从天上降下来的活粮，就必永远活着——约六50～51上。

【周三、周四】

四 在五十一节下半主耶稣说，“我所要赐的粮，就是我的肉，为世人的生命所赐的”：

- 1 到了这里，粮变成了肉。
- 2 主舍了祂的身体，就是祂的肉，为我们死，好叫我们得着生命。

五 “我实实在在地告诉你们，你们若不吃人子的肉，不喝人子的血，就没有生命在你们里面”——53节：

- 1 血和肉分开是指明死。
- 2 主在这里清楚指明祂的死，也就是祂的被杀。
- 3 祂为我们舍了身体，流了血，使我们得着永远的生命：

1. Only spiritual things are real; "the Spirit is the reality"—1 John 5:6b.
2. As the true bread, Christ is the bread of truth, of reality; Christ is true, real.
3. We all need to be deeply impressed with the fact that we need Christ as the true bread of life sent by God to bring us eternal life.
4. "The bread of God" in John 6:33 is "the true bread" in verse 32.
5. As the bread that came down out of heaven, Christ is the heavenly bread, and as the bread of God, He is of God, He was sent by God, and He was with God—v. 33.
6. When we eat this bread and digest it, it becomes our constitution, and we are joined and mingled with the Lord as one—1 Cor. 6:17.
7. Anyone who eats the living bread which came down out of heaven will live forever—John 6:50-51a.

§ Day 3 & Day 4

D. In verse 51b the Lord Jesus said, "The bread which I will give is My flesh, given for the life of the world":

1. At this point the bread becomes the flesh.
2. The Lord gave His body, that is, His flesh, dying for us that we might have life.

E. "Truly, truly, I say to you, Unless you eat the flesh of the Son of Man and drink His blood, you do not have life within yourselves"—v. 53:

1. The separation of blood and flesh indicates death.
2. Here the Lord clearly indicated His death, that is, His being slain.
3. He gave His body and shed His blood for us so that we may have eternal life:

- a 吃祂的肉，就是凭信接受祂为我们舍了身体所作成的一切。
- b 喝祂的血，就是凭信接受祂为我们流血所完成的一切。
- 4 这样吃祂的肉喝祂的血，就是借相信祂在十字架上为我们所作成的，好在祂的救赎里，接受祂作生命和生命的供应。
- 5 我们把五十三节与四十七节相比，就能看见，吃主的肉，喝主的血，等于相信祂，因为信或信入，就是接受——12。

六 “我的肉是真正的食物，我的血是真正的饮料”——六 55:

- 1 我们若不吃人子的肉，不喝人子的血，就没有永远的生命在我们里面。
- 2 我们若吃祂并喝祂，就要因祂得着生命。

七 约翰六章五十七节是整本圣经中最强烈、最奇特的一句话：“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”：

- 1 吃就是把食物接受到我们里面，并生机地吸收到我们体内。
- 2 吃主耶稣就是将祂接受到我们里面，为重生的新人以生命的方式所吸收：
 - a 然后，我们就凭着所接受的主而活。
 - b 借此，祂这位复活者就活在我们里面——十四 19 ~ 20。

【周五】

肆 “赐人生命的乃是灵，肉是无益的；我对

- a. To eat His flesh is to receive by faith all that He did in giving His body for us.
- b. To drink His blood is to receive by faith all that He accomplished in shedding His blood for us.
- 4. To eat His flesh and drink His blood is to receive Him, in His redemption, as life and the life supply by believing in what He did for us on the cross.
- 5. By comparing verse 53 with verse 47, we see that to eat the Lord's flesh and drink His blood is to believe in Him, because to believe or to believe into is to receive—1:12.

F. "My flesh is true food, and My blood is true drink"—6:55:

- 1. Unless we eat the flesh of the Son of Man and drink His blood, we do not have eternal life within ourselves.
- 2. If we eat Him and drink Him, we will have life because of Him.

G. The strongest and strangest sentence in the entire Bible is 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":

- 1. To eat is to take food into us that it may be assimilated organically into our body.
- 2. To eat the Lord Jesus is to receive Him into us that He may be assimilated by the regenerated new man in the way of life:
 - a. Then we live by Him whom we have received.
 - b. It is by this that He, the resurrected One, lives in us—14:19-20.

§ Day 5

IV. "It is the Spirit who gives life; the flesh profits nothing; the

你们所说的话，就是灵，就是生命”——
六 63:

- 一 约翰六章的末了一段论到基督成为赐生命的灵与话。
- 二 因着基督是那灵，我们能在里面接触祂这灵——林前十五 45。
- 三 因着祂是赐生命的灵，我们就能从祂得喂养，并吸收祂作为我们的食物。
- 四 我们要接受主耶稣作生命的粮，作生命的供应，以滋养我们，就需要看见祂是赐生命的灵，并且这灵具体化在话里——约六 63。
- 五 主所赐给我们的，乃是赐人生命的灵；这灵就是复活里的主自己——林前十五 45。

【周六】

六 在约翰六章六十三节，“话”是在灵之后提到的:

- 1 主指明为着赐人生命，祂要成为那灵。
 - 2 然后祂说，祂所说的话就是灵，就是生命；这指明祂所说的话，乃是赐生命之灵的具体化——63 节。
 - 3 我们若没有摸着话中的灵，就无法得着生命。
 - 4 我们天天都需要来到主面前，摸着祂作话中的灵；我们若这么作，就会从基督这生命的粮得喂养——35 节。
- 七 约翰六章结束于生命的话，就是我们接受主这生命之粮的凭借——63 节:
- 1 我们接受了话，就有了那灵；我们里面有了那灵，就有基督作内里的生命供应。

words which I have spoken to you are spirit and are life"—
6:63:

- A. The last part of John 6 is the section about Christ becoming the life-giving Spirit and the Word.
- B. Since Christ is the Spirit, we can contact Him as the Spirit within us—1 Cor. 15:45.
- C. Because He is the life-giving Spirit, we can feed upon and assimilate Him as our food.
- D. In order to receive the Lord Jesus as the bread of life, our life supply to nourish us, we need to see that He is the life-giving Spirit and that this Spirit is embodied in the Word—John 6:63.
- E. What the Lord gives us is the Spirit who gives life; this Spirit is the Lord Himself in resurrection—1 Cor. 15:45.

§ Day 6

F. In John 6:63 "the words" follow the Spirit:

1. The Lord indicated that for giving life He would become the Spirit.
 2. Then He said that the words He speaks are spirit and life; this indicates that His spoken words are the embodiment of the life-giving Spirit—v. 63.
 3. If we do not touch the Spirit in the Word, we cannot receive life.
 4. Daily we need to come to the Lord and touch Him as the Spirit in the Word; if we do this, we will feed on Christ as the bread of life—v. 35.
- G. Chapter 6 of John closes with the word of life, which is the means for us to receive the Lord as the bread of life—v. 63:
1. If we receive the Word, we will have the Spirit, and if we have the Spirit within us, we will have Christ as the inner supply of life.

2 盼望我们都领悟我们需要基督作生命的供应，然后天天接触祂这具体化于话里的赐生命之灵。

2. May we all realize that our need is Christ as our life supply and then daily contact Him as the life-giving Spirit embodied in the Word.

第七周■周一

晨兴喂养

约六 33 “因为神的粮，就是那从天上降下来赐生命给世人的。”

35 “耶稣对他们说，我就是生命的粮，到我这里来的，必永远不饿…”

我们若仔细读过约翰六章，应该对这章有深刻的印象。…第一，主是生命的粮。（35，48。）第二，主把这生命的粮，就是祂的肉，赐给人吃。（51 下。）第三，主还把祂的血给人喝。（53。）主说到肉和血时，乃是以犹太人过逾越节为背景。他们过节时，家家户户都杀一只羊羔，要吃羊羔的肉，抹羊羔的血。正如羊羔必须经过死，主耶稣也必须经过死。第四，祂不仅死了，也复活了。（56。）人只要吃祂的肉，喝祂的血，这位复活的主就进到他里面，与祂联结并调和为一。第五，因着祂活在人里面，使人也能因祂活着，且活在祂面前。（57。）第六，不是祂物质的肉，乃是祂的灵，能赐人生命并使人活着。（63 上。）第七，祂的灵就在祂所说的话——“雷玛”里面；祂的话就是灵，就是生命。（63 下。）人听见并接受主的话时，主的灵就进到他里面作他的生命。这生命就是“生命的粮”、“真粮”、“活粮”。人吃了这粮并加以消化，这粮就成为他的构成，他就与主联结并调和为一。结果，他就能活在祂面前。（李常受文集一九五九年第一册，三〇七页。）

信息选读

旧约的吗哪虽是从天上降下的，但人吃了还是要死。（参约六 49。）相反的，主耶稣从天上降下作为生命的粮，叫凡吃祂的人就不死。（50。）

WEEK 7 — DAY 1

Morning Nourishment

John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.

35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger...

If we read John 6 carefully, we should have a deep impression of this chapter...First, the Lord is the bread of life (vv. 35, 48). Second, the Lord gives this bread of life, His flesh, for man to eat (v. 51). Third, the Lord also gives His blood for man to drink (v. 53). When the Lord spoke of flesh and blood, it was with the Jewish Passover as the background. During this feast every family killed a lamb, ate its flesh, and applied its blood. Just as the lamb had to die, the Lord Jesus also had to die. Fourth, He not only died but also resurrected (v. 56). The resurrected Lord will enter into whoever eats His flesh and drinks His blood to be joined and mingled with him as one. Fifth, because He lives in man, man lives because of Him and lives before God (v. 57). Sixth, His Spirit, not His physical flesh, gives man life and makes man live (v. 63). Seventh, His Spirit is in His spoken words—rhema. His words are spirit and are life (v. 63). When a person hears and receives the Lord's words, the Lord's Spirit enters into him to be his life. This life is “the bread of life,” “the true bread,” and “the living bread.” When a person eats this bread and digests it, it becomes his constitution, and he is joined and mingled with the Lord as one. As a result, he can live before God. (CWWL, 1959, vol. 1, p. 243)

Today's Reading

The manna in the Old Testament came down out of heaven, but those who ate it still died [John 6:49]. In contrast, the Lord Jesus came down out of heaven to be the bread of life so that anyone who eats of Him would not die (v. 50).

主来到地上的目的，不是要行神迹奇事或是叫人劳苦作工。祂乃是从天上降下来的粮要给人吃。到祂这里来的，必永远不饿；信入祂的，必永远不渴。（35。）主的话清楚地给我们看见，祂是以什么形式、什么身分来到地上，祂想要达到什么目的，以及祂要和世人有什么关系。

主耶稣以食物的形式从天上来到地上；这是很特别的事。没有任何圣贤曾有过这种思想。主说祂是生命的粮。我们不该以为这句话太浅显。这是句非常深奥的话。凡有哲学思想的人都知道，这句话所包含的思想是何等深奥。…平常人绝对说不出这样超凡的话。主是从天上降下来的粮，意思就是，祂以食物的形式来到地上。祂不要我们在祂面前跪拜或供奉祂。祂想要我们接受祂并把祂吃到里面作生命。

在约翰六章里，主的身分不是君王或天使长，祂乃是生命的粮。我们读经常忽略了这件事，因为我们没有摸着主的思想。当我们摸着主的思想，就会觉得希奇，主乃是以食物的形式和身分来到地上。祂在地上的工作就是要给人吃到里面成为人的生命。许多人读圣经，只看到主耶稣到地上来遵行神的旨意并成功神的计划。有人以为祂来是服务人群，所以作了许许多多的事。严格地说，主耶稣到地上来是要作一件中心的事，就是把祂自己当作食物赐给人，叫人把祂吃到里面，作属灵的养分并消化成为人的构成。这才是主从天上降下最主要的目的。（李常受文集一九五九年第一册，二九二至二九三页。）

参读：李常受文集一九五九年第一册，从约翰福音看生命与建造的精意，第九章。

The Lord's purpose in coming to the earth was not to perform signs and wonders or to ask people to labor and work. He is the bread that came down out of heaven in order for man to eat. He who comes to Him will by no means hunger, and he who believes into Him will by no means ever thirst (v. 35). The Lord's words clearly show the form in which He came to the earth, His status, the purpose He wanted to fulfill, and the relationship He wanted to have with people in the world.

The Lord Jesus came down out of heaven to earth in the form of food. This is a special matter. No sage has had this thought. The Lord said that He is the bread of life. We should not think that this word is shallow. This is a profound word. Those with a philosophical mind know the profoundness of the thought contained in this word...No ordinary man can speak such extraordinary words. The Lord being the bread that came down out of heaven means that He came to the earth in the form of food. He does not want us to prostrate ourselves before Him or to offer sacrifices to Him. He wants us to receive Him and take Him in as life.

In [John 6] the Lord did not have the status of a king or an archangel. His status was the bread of life. We often neglect this matter when we read the Bible because we have not touched the Lord's thought. When we touch the Lord's thought, we will marvel that the Lord came to the earth in the form and status of food. His work on the earth was for Him to be eaten by man to be man's life. When some people read the Bible, they see that the Lord Jesus came to the earth to do God's will and to accomplish God's plan. Some people think that because He came to serve people, He did many things for them. Strictly speaking, the Lord Jesus came to the earth to accomplish one central matter, that is, to give Himself to man as food so that He could be eaten by man as spiritual nourishment and be digested to become man's constitution. This is the primary purpose for which the Lord came down out of heaven. (CWWL, 1959, vol. 1, pp. 232-233)

Further Reading: CWWL, 1959, vol. 1, pp. 229-243

第七周■周二

晨兴喂养

约六 27 “不要为那必坏的食物劳力，要为那存到永远生命的食物劳力，就是人子要赐给你们的…”。

32 “耶稣说，我实实在在地告诉你们，不是摩西把那从天上来的粮赐给你们，乃是我父把那从天上来的真粮赐给你们。”

约翰六章全章最重要的点就是：主是我们的食物，是生命的粮。（27, 32～35, 47～58, 63上, 68下。）吃祂不是一次永远的事，乃是天天的事，甚至是时时刻刻对主的经历。…我们都必须接触主，并吃主。我们不仅仅是软弱的人，更是饥饿的人，需要主作我们生命的供应。主是可吃的，因为祂是生命的粮。祂像粮一样，是给我们吃的。我们必须运用我们的灵，从祂这话这灵得喂养。然后我们就要将祂接受到我们里面，消化祂，经历祂，并且时时刻刻应用祂。这都是一切——再没有别的了。我们必须忘记我们的作，我们的行，并学习吃基督，且凭我们所吃的活着。这就是我们日常生活所走的神圣、生命的路。（约翰福音生命读经，二二八至二二九页。）

信息选读

为要给我们经历并享受，〔基督〕是生命的粮。…就属灵上而言，每个人都是饥饿的，都需要基督这生命的粮。…我们唯一的需要就是基督作我们的食物。…即使你可能作了基督徒多年，你仍需要基督作你每日的食物。基督不仅是你的生命；祂这生命的粮也是你的生命供应，是你每日的食物。

WEEK 7 — DAY 2

Morning Nourishment

John 6:27 Work not for the food which perishes, but for the food which abides unto eternal life, which the Son of Man will give you...

32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.

The most important point in the whole chapter of John 6 is that the Lord is our food, the bread of life [vv. 27, 32-35, 47-58, 63a, 68b]. To eat Him is not a once-for-all matter. It is a daily matter and even a moment-by-moment experience of the Lord...We all must...contact the Lord and eat Him. We are not merely weak people but hungry people who need the Lord as our life supply. The Lord is edible because He is the bread of life...We must exercise our spirit to feed on Him as the word and as the Spirit. Then we will receive Him into us, digest Him, experience Him, and apply Him moment by moment. This is all—there is nothing else. We must forget about our doing and our working and learn to eat Christ and live by what we have eaten of Him. This is the divine way of life for our daily living. (Life-study of John, 2nd ed., p. 194)

Today's Reading

For our experience and enjoyment Christ is the bread of life...He is the bread with eternal life. Spiritually speaking, everyone is hungry and in need of Christ as the bread of life. Our unique need...is Christ as our food...Even though you may have been a Christian for many years, you still need Christ as your food every day. Christ is not only your life; He, as the bread of life, is also your life supply, your daily food.

〔约翰六章二十七节〕所说…永远的生命就是神的生命，神非受造的生命，不仅在时间上是永久的，在性质上也是永远、神圣的。…存到永远生命的食物就是主耶稣基督自己。祂从天降下，不仅为作我们的救主——祂也来作我们的食物。这意思是祂来作生命树。今天我们所需要的，乃是那作永远食物，作生命树的基督。

在三十二节主耶稣说祂自己是真粮。…基督作为真粮，乃是真理、实际的粮。基督是真实、实际的。基督是真食物，其他一切的食物不过是祂这真食物的影儿。我们每日所吃物质的食物只是基督的影儿，我们每日所吃食物的实际乃是耶稣基督。基督是真正的生命之粮，为神所差，将永远的生命带给我们。我们都需要基督作我们的生命之粮、真粮。我们需要对这事实有深刻的印象：我们需要基督作生命的真粮，为神所差，将永远的生命带给我们。因此，我们需要借着话，从基督这活粮得喂养。

在三十三节我们看见，基督是神的粮，借着成为肉体从天上降下来赐生命给世人。作为神的粮，祂乃是神，祂为神所差，却与神同在。基督就是神，但祂成为肉体，好作生命的粮给我们吃。…在三十五节主耶稣说，“我就是生命的粮。”在五十一节祂说，“我是…活粮。”“生命的粮”，指粮的性质是生命；“活粮”，指粮的情形是活的。…在四十七节主耶稣说，“我实实在在地告诉你们，信的人有永远的生命。”从这里我们看见，信祂的人得着永远的生命。

按照主耶稣在二十九节的话，我们“信入神所差来的”，就是作神的工。主认为，人之于神，是要信入祂，就是接受祂作生命和生命的供应。这是创世记二章带进生命之生命树的原则，与带进死亡之知识树的原则是相反的。（新约总论第九册，一四一至一四三页。）

参读：新约总论，第二百七十九篇。

[In John 6:27] eternal life is the divine life, the uncreated life of God, which is not only everlasting with respect to time but also is eternal and divine in nature. The food which abides to eternal life is the Lord Jesus Christ Himself. He came from the heavens not only to be our Savior—He came also to be our food. This means that He came to be the tree of life. What we need today is Christ as the eternal food, as the tree of life.

In verse 32 the Lord Jesus referred to Himself as the true bread...As the true bread Christ is the bread of truth, or reality. Christ is true, real. He is the true food, and all other kinds of food are mere shadows of Him as the real food. The physical food we take in every day is a shadow of Christ. The reality of the food we eat daily is Jesus Christ. Christ is the true bread of life sent by God to bring us eternal life. We all need Christ to be the bread of life, the true bread, to us. We need to be deeply impressed with the fact that we need Christ as the true bread of life sent by God to bring us eternal life. Therefore, through the Word we need to feed on Christ as the living bread.

In verse 33 we see that Christ is the bread of God who, through incarnation, came down out of heaven and gives life to the world. As the bread of God He is God, He was sent by God, and He was with God. Although Christ is the very God, He became flesh in order to be the bread of life for us to eat. In verse 35 the Lord Jesus said, “I am the bread of life,” and in verse 51 He said, “I am the living bread.” Bread of life refers to the nature of the bread, which is life; living bread refers to the condition of the bread, which is living. In verse 47 the Lord Jesus said, “Truly, truly, I say to you, He who believes has eternal life.” From this we see that everyone who believes in Him receives eternal life.

According to the word of the Lord Jesus in verse 29, the work of God is that we “believe into Him whom He has sent.” The Lord’s concept concerning God is that man should believe into Him, that is, receive Him as life and the life supply. This is the principle of the tree of life, which brings in life, as seen in Genesis 2. (The Conclusion of the New Testament, pp. 2873-2875)

Further Reading: The Conclusion of the New Testament, msg. 279

第七周■周三

晨兴喂养

约六 51 “我是从天上降下来的活粮，人若吃这粮，就必永远活着。我所要赐的粮，就是我的肉，为世人的生命所赐的。”

53 “耶稣说，我实实在在地告诉你们，你们若不吃人子的肉，不喝人子的血，就没有生命在你们里面。”

对我们来说，作神的工就是吃基督，接受祂，因祂活着。…每天我们必须吃基督，好叫我们因基督活着。…今天的问题不是作工，乃是生活。你是过怎样的生活？你满意于你所过的生活么？你若不吃喝基督，你根本没有生命。你若没有生命，你怎能活着？…神圣的观念不是为神作工，乃是接受基督作我们的食物和饮料。借着吃喝基督，我们被基督充满。然后我们才能正确地为神而活。（约翰福音生命读经，二二七至二二八页。）

信息选读

作为逾越节的羔羊，基督为着救赎我们流出祂的血，使神越过我们。（出十二 12～13。）在约翰六章五十三节…主说到祂的血，这是救赎所必需的。（十九 34，来九 22，太二六 28，彼前一 18～19，罗三 25。）

当逾越节的时候，羊羔的血要涂在门框上；然而，主耶稣在约翰六章五十三节却说到喝祂的血。喝表示接受。因此，喝祂的血就是接受血。…吃喝的意义就是将某物接受到我们这人里面。因此，吃主的肉，喝主的血，就是将主的肉和血接受到我们里面。吃就是将食物接受到我们里面，并生机的

WEEK 7 — DAY 3

Morning Nourishment

John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world. 53 Jesus therefore said to them, Truly, truly, I say to you, Unless you eat the flesh of the Son of Man and drink His blood, you do not have life within yourselves.

For us, the work of God is nothing other than eating Christ, receiving Him, and living by Him...Daily we must eat Christ in order to live by Christ...Today's problem is not work but life. What kind of life do you live? Are you satisfied with the life you are living? If you do not eat and drink of Christ, you simply do not have life. If you do not have life, how can you live?...The divine thought is not to work for God but to take Christ as our food and drink [cf. John 6:51, 53]. By eating and drinking of Christ, we will be filled with Christ. Then we can properly live for God. (Life-study of John, 2nd ed., pp. 193-194)

Today's Reading

As the Passover Lamb, Christ shed His blood for our redemption that God may pass over us (Exo. 12:12-13). In John 6:53...the Lord spoke of His blood, which is necessary for redemption (19:34; Heb. 9:22; Matt. 26:28; 1 Pet. 1:18-19; Rom. 3:25).

At the time of the Passover, the blood of the lamb was applied to the doorpost. Yet, in John 6:53 the Lord Jesus spoke about drinking His blood. To drink means to receive. Hence, to drink the blood is to receive it...The significance of eating and drinking is to receive something into our being. To eat the Lord's flesh and to drink His blood, therefore, is to receive the Lord's flesh and blood into our being. To eat is to take food into us to be assimilated into our body organically. To eat the Lord Jesus is to receive Him into us to be

吸收到我们体内。吃主耶稣就是将祂接受到我们里面，为重生的新人以生命的方式所吸收。喝也是同样的原则。

在五十四至五十五节主耶稣继续说，“吃我肉喝我血的人，就有永远的生命，在末日我要叫他复活。我的肉是真正的食物，我的血是真正的饮料。”这里肉和血是分开提的。血和肉分开是指明死。因此，主在这里清楚指明祂的死，也就是祂的被杀。祂为我们舍了身体，流了血，使我们得着永远的生命。吃祂的肉，就是凭信接受祂为我们舍了身体所作成的一切。喝祂的血，就是凭信接受祂为我们流血所完成的一切。这样吃祂的肉、喝祂的血，就是借相信祂在十字架上为我们所作成的，好在祂的救赎里，接受祂作生命和生命的供应。我们把五十四节与四十七节相比，就能看见，吃主的肉，喝主的血，等于相信祂，因为信或信入，就是接受。（一 12。）…在六章五十六节主耶稣继续说，“吃我肉喝我血的人，就住在我里面，我也住在他里面。”“我也住在他里面，”指明主必须复活，才能住在我们里面，作我们的生命和生命的供应。

作为逾越节的羔羊，基督不仅为着救赎我们而流血；祂也将祂的生命分赐到我们里面，作我们的滋养。主耶稣在五十一节论到这点说，“我是从天上降下来的活粮，人若吃这粮，就必永远活着。我所要赐的粮，就是我的肉，为世人的生命所赐的。”…粮属于植物生命，只为着喂养；肉属于动物生命，不仅为着喂养，也为着救赎。人堕落以前，主是生命树，（创二 9，）只为着喂养人。人堕落到罪中之后，主就成了羔羊，（约一 29，）不仅为着喂养人，也为着救赎人。（出十二 4，7～8。）主耶稣在约翰六章五十一节下半告诉我们，祂的肉是“为世人的生命”所赐的。主舍了祂的身体，就是祂的肉，为我们死，好叫我们得着生命。（新约总论第九册，一三九至一四一页。）

参读：约翰福音生命读经，第十六篇。

assimilated by the regenerated new man in the way of life. The principle is the same with drinking.

In verses 54 and 55 the Lord Jesus continued, saying, “He who eats My flesh and drinks My blood has eternal life, and I will raise him up in the last day. For My flesh is true food, and My blood is true drink.” Here flesh and blood are mentioned separately. The separation of blood and flesh indicates death. Here the Lord Jesus clearly indicated His death, that is, His being slain. He gave His body and shed His blood for us that we may have eternal life. To eat His flesh is to receive by faith all that He did in giving His body for us. To drink His blood is to receive by faith all that He accomplished in shedding His blood for us. To eat His flesh and drink His blood is to receive Him, in His redemption, as life and the life supply by believing in what He did for us on the cross. By comparing verses 54 and 47 we see that to eat the Lord’s flesh and drink His blood is to believe in Him, because to believe into is to receive (1:12). In John 6:56 the Lord Jesus went on to say, “He who eats My flesh and drinks My blood abides in Me and I in him.” The words I in him indicate that the Lord Jesus had to be resurrected so that He could abide in us as our life and life supply.

As the Passover Lamb Christ not only shed His blood for our redemption; He also imparts His life into us for our nourishment. Concerning this, in verse 51 the Lord Jesus said, “I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.”...Bread is of the vegetable life and is only for feeding; flesh is of the animal life and is not only for feeding but also for redeeming. Before the fall of man, the Lord was the tree of life (Gen. 2:9), which is only for feeding man. After man fell into sin, the Lord became the Lamb (John 1:29), which is not only for feeding man but also for redeeming him (Exo. 12:4, 7-8). In John 6:51b the Lord Jesus tells us that His flesh would be given “for the life of the world.” The Lord gave His body, that is, His flesh, dying for us that we might have life. (The Conclusion of the New Testament, pp. 2872-2873)

Further Reading: Life-study of John, msg. 16

第七周■周四

晨兴喂养

约六 55 ~ 57 “我的肉是真正的食物，我的血是真正的饮料。吃我肉喝我血的人，就住在我里面，我也住在他里面。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。”

约翰六章五十七节是整本圣经中最强烈、最奇特的一句话。…那是全能神，创造宇宙者的主，劝我们吃祂。…主若未曾说过这话，我信我们没有人会有足够的胆量说，我们必须吃主。当然，我们能说，我们必须敬拜主，敬畏主，信靠主，顺从主，向主祷告，为主作工。我们可以用好些动词解释我们必须为主作什么，但是我们会害怕想到我们该吃祂。我们一天必须吃三餐，好叫我们能以活着。换句话说，我们是凭吃活着。照样，我们必须吃主，好叫我们能凭主活着。（约翰福音生命读经，二二八页。）

信息选读

约翰六章对于主耶稣是生命的粮说了许多细节。我们已经看见主作生命之粮的五个特征。祂是属天的粮、（41，50 ~ 51，58、）神的粮、（33、）生命的粮、（35，48、）活粮、（51、）真粮。（32。）

在基督徒的生活里，我们天天都需要有实际接触那灵的经历。我们不该仅仅满足于每天读几章圣经，或者在晨更中接受一段话。每当我们来到主的话面前，我们需要运用我们的全人，尤其要运用我们的灵，来接触基督；祂如今是赐生命的灵。我们的确需要读圣经，但要紧的是我们要运用全人来接触话中的灵。我们若这么作，就会吸取基督作为食物的供应，我们会接受那灵作属天的吗哪。

WEEK 7 — DAY 4

Morning Nourishment

John 6:55-57 For My flesh is true food, and My blood is true drink. He who eats My flesh and drinks My blood abides in Me and I in him. 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.

The strongest and strangest sentence in the entire Bible is John 6:57...The Lord who is the almighty God and the Creator of the universe exhorts us to eat Him...If this word had not been spoken by the Lord, I believe that none of us would possess enough courage to say that we must eat the Lord. Of course, we can say that we must worship and fear the Lord, trust and obey the Lord, pray and work for the Lord. We may use many other verbs to explain what we must do for the Lord, but we would be afraid to think that we should eat Him. We all must eat three meals a day in order to live. In other words, we live by eating. Likewise, we must eat the Lord so that we can live by the Lord. (Life-study of John, 2nd ed., p. 194)

Today's Reading

Chapter 6 of the Gospel of John gives many details concerning the Lord Jesus as the bread of life. We have seen five characteristics of the Lord as the bread of life. He is the heavenly bread (vv. 41, 50, 51, 58), the bread of God (v. 33), the bread of life (vv. 35, 48), the living bread (v. 51), and the true bread (v. 32).

In our Christian life we daily need the experience of contacting the Spirit in a practical way. We should not be satisfied merely to read a few chapters of the Bible each day or take a portion of the Word in morning watch. Whenever we come to the Word, we need to exercise our entire being, especially our spirit, to contact Christ, who is now the life-giving Spirit. We definitely need to read the Bible. But it is crucial that we contact the Spirit in the Word by exercising our whole being. If we do this, we will take in Christ as our food supply. We will receive the Spirit as the heavenly manna.

基督是生命的粮、神的粮、属天的粮、活粮、真粮。今天这粮不仅仅是成为肉体、钉十字架、复活、升天的基督，更是成了赐生命之灵的基督。

约翰三章有宗教道德人的事例，四章有不道德的撒玛利亚妇人的事例。到了五章我们看见，离了基督，没有基督，凡事都是虚空。六章的要点是说，我们是饥饿的，需要基督作我们的食物。今天这位基督不仅仅是成为肉体、钉十字架的一位，也不仅仅是复活、升天的一位，祂现今乃是赐生命的灵。倘若我们不晓得自己的需要，不晓得今天基督的所是，我们就是虚空的。我们需要基督作生命的供应，而今天基督乃是赐生命的灵。一天过一天，我们应当运用我们的灵来接触祂。正如我们每天吃三餐，照样，我们也需要在一天中一再地来吃基督这生命的粮，甚至需要时时刻刻来吃这赐人生命的灵。这一位是我们的创造主、救赎主、救主、主、主人，祂乃是赐生命的灵，给我们时时来接触。…即使你作基督徒多年了，你每天还是饥饿的。基督不仅是你的生命，祂也是你生命的供应，是你每天的食物。

我们都需要六章所启示的基督。不错，我们经历了三章、四章、五章。但现今到了六章，我们乃是环绕加利利海的饥饿之人，我们需要基督作生命的供应，需要祂作大麦饼和鱼，需要祂作生产的生命和救赎的生命。基督成为那灵，对我们就是这样的生命。赐人生命的灵乃是生产的生命、救赎的生命、得胜的生命。我们需要这灵作我们的生命和生命的供应，作我们的食物，成为每天的营养。…盼望我们都得着帮助，领悟我们需要基督作生命的供应，然后天天接触祂这具体化于话里的赐生命之灵。（李常受文集一九八二年第二册，二七〇、二七七至二七八页。）

参读：约翰著作中帐幕和祭物的应验，第十八篇。

Christ is the bread of life, the bread of God, the heavenly bread, the living bread, and the true bread. Today this bread is not merely the incarnated, crucified, resurrected, and ascended Christ but the Christ who has become the life-giving Spirit.

In chapter 3 of John we have the case of a religious gentleman, and in chapter 4, the case of an immoral Samaritan woman. Then in chapter 5 we see that apart from Christ and without Christ everything is empty. The crucial point in chapter 6 is that we are hungry and need Christ as our food. Today this Christ is not merely the incarnated and crucified One, nor merely the resurrected and ascended One. He is now the life-giving Spirit...We need Christ as our life supply...Day by day we should exercise our spirit to contact Him. Just as we have three meals every day, so we need to eat Christ as the bread of life again and again during the day. Even every moment we need to eat the One who is the Spirit who gives life. The One who is our Creator, Redeemer, Savior, Lord, and Master is the life-giving Spirit for us to contact all the time. Even though you may have been a Christian for many years, every day you are still hungry. Christ is not only your life; He is also your life supply, your daily food.

We all need Christ as He is revealed in chapter 6 of John. Yes, we have passed through chapters 3, 4, and 5. But now in chapter 6 we are hungry ones around the sea in Galilee, and we need Christ as our life supply. We need Him to be our barley loaves and fish. We need Him as the generating life and the redeeming life. It is as the Spirit that Christ is this life to us. The Spirit who gives life is the generating life, the redeeming life, and the overcoming life. We need this Spirit as our life and life supply, as our food for daily nourishment...I hope that we all will be helped to realize our need for Christ as our life supply and then daily contact Him as the life-giving Spirit embodied in the Word. (CWWL, 1982, vol. 2, "The Fulfillment of the Tabernacle and the Offerings in the Writings of John," pp. 211, 216-217)

Further Reading: CWWL, 1982, vol. 2, "The Fulfillment of the Tabernacle and the Offerings in the Writings of John," ch. 18

第七周■周五

晨兴喂养

约六 63 “赐人生命的乃是灵，肉是无益的；我对你们所说的话，就是灵，就是生命。”

林前十五 45 “经上也是这样记着：‘首先的人亚当成了活的魂；’末后的亚当成了赐生命的灵。”

林前十五章四十五节说得很清楚，那成了肉体的主耶稣，（约一 14，）在复活之后，借着复活成了赐生命的灵。因着祂是赐生命的灵，祂才能成为我们的生命和生命的供应。我们接受祂这位钉死并复活的救主时，赐生命的灵就进到我们里面，将永远的生命分赐给我们。（约翰福音生命读经，二二二页。）

信息选读

很多人对约翰六章六十三节的领会不正确，以为肉表征人性同人的性情。按上下文，这里的肉是指物质身体的肉，与前几节所说主的肉是可吃的一样。犹太人无法明白主怎能将祂的肉给他们吃。他们以为，主要将祂物质身体的肉给他们吃。（52。）他们没有正确领会主的话。对他们而言，这话甚难。（60。）到了这时，主说，赐人生命的乃是灵，肉是无益的。换句话说，主告诉他们，祂要成为灵。祂不会实际地在肉体里，乃要从肉体变化形像成为灵。因此，主在六十三节加以解释，祂不是要把祂物质身体的肉给他们吃；这肉，就是人身体的肉，是无益的。至终，祂所要给人的乃是赐生命的灵，就是祂在复活里的自己。

WEEK 7 — DAY 5

Morning Nourishment

John 6:63 It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.

1 Cor. 15:45 So also it is written, “The first man, Adam, became a living soul”; the last Adam became a life-giving Spirit.

After resurrection and through resurrection, the Lord Jesus, who had become flesh (John 1:14), became the Spirit who gives life, as is clearly mentioned in 1 Corinthians 15:45. It is as the life-giving Spirit that He can be the life and life supply to us. When we receive Him as the crucified and resurrected Savior, the Spirit who gives life comes into us to impart eternal life to us. (Life-study of John, 2nd ed., p. 189)

Today's Reading

Many people understand John 6:63 incorrectly, thinking that the flesh signifies humanity with its human nature. According to the context, the flesh here refers to the meat of the physical body, the same as in the previous verses where the Lord said that His flesh was edible. The Jews could not understand how He could give His flesh for them to eat. They thought that He would give them the meat of His physical body (v. 52). They did not understand the Lord's word rightly. To them it was a hard word (v. 60). At this point, the Lord said that it is the Spirit who gives life and that the flesh profits nothing. In other words, the Lord told them that He would become the Spirit. He would not be literally in the flesh but would be transfigured from the flesh into the Spirit. Thus, in verse 63 the Lord explained that what He would give them to eat would not be the meat of His physical body; the meat, which is of the flesh, profits nothing. What He would give eternally would be the Spirit who gives life, who is Himself in resurrection.

你所接受的是在肉体里的基督，还是成为那灵的基督？使徒保罗说，有人从前按着肉体认过基督，如今却不再这样认祂了。（林后五 16。）现在他们认识基督是那灵。（三 17。）…我们现今所接受的基督，并不是在肉体里的基督，乃是那灵的基督。…在祂复活的晚上，祂来到门徒们那里，向他们吹气说，“你们受圣灵。”（约二十 22。）那就是祂复活后的自己，因为祂在复活后变化形像成了那灵。祂不再在肉体里，像祂在钉十字架以前那样。如今祂是那灵，因此他们必须受那灵。在祂受死以前，当祂在肉体里的时候，祂所能作的只是与门徒同在，并在他们中间，但不能在他们里面；现在成了那灵，祂就很容易在我们里面了。

今天我们对主无须有形地接触。因着祂是那灵，我们能在里面接触祂这灵。祂乃是赐生命的灵。祂既是那灵，我们就能接受祂，吃祂，以祂为我们的食物。…当我们接受主耶稣，我们就得到赐人生命的灵。…当我们呼喊：“哦，主耶稣，”我们便接受了那灵。我们呼求的是主耶稣，领受的却是那灵。为什么？因为主耶稣今天就是那灵。我们呼求耶稣的名，就得到那灵，这事实有力地证明主耶稣今天乃是那灵。无论谁说，“主耶稣，”他就是在灵里。（林前十二 3。）耶稣是名，那灵是人位。那灵就是耶稣的人位。在这一点上，我们需要读约翰十四章二十六节：“但保惠师，就是父在我的名里所要差来的圣灵，祂要将一切的事教导你们，并且要叫你们想起我对你们所说的一切话。”父在子的名里差保惠师，就是圣灵来。那灵是在子的名里被差来的。…那灵就是耶稣的人位。因此，我们既有名，又有人位。得着那灵的最佳途径就是呼求主耶稣的名。每当你呼喊：“哦，主耶稣，”你就得着这人位，这人位就是那灵。每当我们呼求主耶稣的名，我们就得着那灵。那灵就是亲爱的主耶稣的人位。（约翰福音生命读经，二二二至二二四页。）

参读：约翰福音生命读经，第十六篇。

Have you received Christ in the flesh or as the Spirit? The apostle Paul says that formerly some knew Christ in the flesh, but now they know Him in the flesh no longer (2 Cor. 5:16). Now they know Christ as the Spirit (3:17)... The Christ we now receive is not the Christ in the flesh but the Christ who is the Spirit...On the evening of His resurrection, He came to His disciples and breathed into them, saying, "Receive the Holy Spirit" (John 20:22). That was Himself after His resurrection, for after His resurrection He was transfigured into the Spirit. He was no longer in the flesh as He was before His crucifixion. Now He is the Spirit; therefore, they had to receive the Spirit. Before His death, when He was in the flesh, all He could do was be with and among His disciples, but He could not be in them. Now, as the Spirit, it is easy for Him to be within us.

Today we do not need to contact the Lord physically. Since He is the Spirit, we can contact Him as the Spirit within us. He is the life-giving Spirit. Since He is the Spirit, we can take Him and feed upon Him as our food. When we receive the Lord Jesus, we get the Spirit who gives life...When we call, "O Lord Jesus," we receive the Spirit. We call on the Lord Jesus, but we receive the Spirit. Why? Because the Lord Jesus today is the Spirit. The fact that we get the Spirit when we call on the name of Jesus is a strong proof that the Lord Jesus is the Spirit today. Whoever says, "Jesus is Lord," is in the Spirit (1 Cor. 12:3). Jesus is the name, and the Spirit is the person. The Spirit is the person of Jesus. At this point we need to read John 14:26: "The Comforter, the Holy Spirit, whom the Father will send in My name, He will teach you all things and remind you of all the things which I have said to you." The Father sends the Comforter, the Holy Spirit, in the name of the Son. The Spirit is sent in the name of the Son...The Spirit is the person of Jesus. Thus, we have both the name and the person. The best way to get the Spirit is to call on the name of the Lord Jesus. Whenever you call, "O Lord Jesus," you receive the person, and the person is the Spirit. Whenever we call on the name of the Lord Jesus, we get the Spirit. The Spirit is the person of the dear Lord Jesus. (Life-study of John, 2nd ed., pp. 189-191)

Further Reading: Life-study of John, msg. 16

第七周■周六

晨兴喂养

约六 48 “我就是生命的粮。”

68 “西门彼得回答祂说，主啊，你有永远生命的话，我们还归从谁？”

我们若没有摸着话中的灵，就无法得着生命。那灵是圣经的精粹，但这精粹具体化在话里。成为肉体、钉十字架、复活、升天的基督今天乃是赐生命的灵，而这赐生命的灵乃是具体化在话里。我们可以天天来到祂面前，并且接触祂这话中的灵。我们若这么作，就会享受基督作生命的粮。（李常受文集一九八二年第二册，二七六至二七七页。）

信息选读

虽然那灵很美妙，却太奥秘了。我们需要具体、可见、可摸的东西——生命的话。在约翰六章六十三节主说，“我对你们所说的话，就是灵，就是生命。”话是具体的。

这节里的“话”，希腊文，rhema，雷玛，意思是即时、现时所说的话。这字不同于 logos，娄格斯，常时的话，如一章一节里的“话”。…灵是活的，也是真实的，却相当奥秘，不易捉摸，叫人难以了解；但话是具体的。主首先指明，为了赐人生命，祂要成为那灵。然后祂说，祂所说的话就是灵，就是生命。这表明祂所说的话，乃是生命之灵的具体化。现今祂在复活里是赐生命的灵，而这灵又具体化于祂的话。我们运用灵接受祂的话，就得着那是生命的灵。

WEEK 7 — DAY 6

Morning Nourishment

John 6:48 I am the bread of life.

68 Simon Peter answered Him, Lord, to whom shall we go? You have words of eternal life.

If we do not touch the Spirit in the Word, we cannot receive life. The Spirit is the extract of the Bible. Yet this extract is embodied in the Word. Today the incarnated, crucified, resurrected, and ascended Christ is the life-giving Spirit, and this life-giving Spirit is embodied in the Word. Daily we may come to Him and touch Him as the Spirit in the Word. If we do this, we will feed on Christ as the bread of life. (CWWL, 1982, vol. 2, “The Fulfillment of the Tabernacle and the Offerings in the Writings of John,” p. 215)

Today's Reading

Although the Spirit is wonderful, He is too mysterious. We need something solid, visible, tangible, and touchable—the word of life. In John 6:63 the Lord said that “the words which I have spoken to you are spirit and are life.” The word is substantial.

Words in this verse is rhema in Greek, which denotes the instant and present spoken word. It differs from logos, which denotes the constant word, as in John 1:1...The Spirit is living and real, yet He is very mysterious, intangible, and difficult for people to apprehend; the words, however, are substantial. First, the Lord indicated that for giving life He would become the Spirit. Then He said that the words He speaks are spirit and life. This shows that His spoken words are the embodiment of the Spirit of life. He is now the life-giving Spirit in resurrection, and the Spirit is embodied in His words. When we receive His words by exercising our spirit, we receive the Spirit who is life.

话是在我们之外。当我将这话接受到我里面，话立刻成为灵。当我把话说出去，灵又成为话。…我们传福音时，实在是传那话。人相信福音，就是相信话。这似乎相当希奇，当人接受话，这话在他们里面实实在在就成为灵。比方说，你若借着约翰三章十六节来到主面前，也许你祷告说，“主，我感谢你，你如此恩待我。你已经将你的儿子赐给我。”…当你相信这些话时，在你里面就有个东西被点活，成为活的。…你相信主的话，却领受了那灵。那在你外面的话，成了在你里面的灵。…当你听了话，并领受了话，你也多少接受了灵。这是非常奥秘且美妙的。

主是灵和话。复活的基督乃是那灵，那灵就是话；话是灵，灵又是给我们享受的复活之主。…因此，当我们在灵中接触话，实际上就是接触主自己这活粮。当我们在灵中接受这话，我们就是接受基督自己作丰盛生命的供应。…一天过一天，我们有分于这奇妙复活的基督作我们的食物、生命、并生命的供应。祂乃是赐人生命的灵，祂也是生命的话。

〔约翰六章〕结束于生命的话，这话是接受主唯一的路。…你若接受话，你里面就要得着灵；你若在里面得着灵，你就有基督作里面生命的供应。

我们已经看见，基督为着使祂自己便于给我们接受，经过了六个步骤——成为肉体、钉十字架、复活、升天、成为赐生命的灵、并具体化于生命的话。主已经成为肉体、钉十字架、复活、升天、从肉体变化形像成为那灵、并且具体化于话。话乃是主的灵的具体化。…主已经具体化于话。祂是灵，也是话。你若接受话，就有那灵作你对基督的享受。（约翰福音生命读经，二二四至二二六页。）

参读：约翰著作中帐幕和祭物的应验，第十九章。

The word is outside of us. When I receive the word into me, it immediately becomes the Spirit. When I speak the word out, the Spirit once again becomes the word...When we preach the gospel, we are actually preaching the word. When people believe the gospel, they believe the word. As strange as it may seem, when people receive the word, the word actually becomes the Spirit within them. For example, if you came to the Lord through John 3:16, you might have prayed, "Lord, I thank You that You are so good to me. You have given Your Son to me."...When you believed these words, something within you was quickened and became living...You believed the word, yet you received the Spirit. The word outside of you became the Spirit inside of you... When you listened to the word and received it, you somehow received the Spirit also. This is very mysterious and marvelous.

The Lord is the Spirit and the word. The resurrected Christ is the Spirit, the Spirit is the word, the word is the Spirit, and the Spirit is the resurrected Lord for us to enjoy...Hence, when we contact the word in spirit, we are actually contacting the Lord Himself as the living bread. When we receive the word in spirit, we are receiving Christ Himself as the abundant supply of life...Day by day, we are participating in this wonderful, resurrected Christ as our food, life, and life supply. He is the Spirit who gives life, and He is the word of life.

[John 6] closes with the word of life, which is the only way to receive the Lord...If you receive the word, you will have the Spirit within; if you have the Spirit within, then you have Christ as the inner supply of life.

We have seen six steps whereby Christ has made Himself available for us to receive—incarnation, crucifixion, resurrection, ascension, becoming the life-giving Spirit, and being embodied in the word of life. The Lord has been incarnated, crucified, resurrected, and ascended, has been transfigured from the flesh into the Spirit, and has been embodied in the word. The word is the embodiment of the Spirit of the Lord...The Lord has been embodied in the word. He is the Spirit and the word. If you receive the word, you will have the Spirit as your enjoyment of Christ. (Life-study of John, 2nd ed., pp. 191-193)

Further Reading: CWWL, 1982, vol. 2, "The Fulfillment of the Tabernacle and the Offerings in the Writings of John," ch. 19

第七周诗歌

吃主耶稣作素祭

(英1146)

降 A 大调

6/8

5̣. 5̣ 5̣ 5̣ 6̣ | 1̣ 1̣ 1̣. | 2̣. 2̣ 2̣ 2̣ 4̣ |
一 我 们 天 天 吃 主 耶 稣, 以 祂 人 性 作
3̣ 3̣ 3̣. | 5̣. 5̣ 5̣ 5̣ 4̣ | 3̣ 3̣ 3̣. | 2̣. 3̣ 4̣ 3̣ 2̣ |
为 食 物, “人 中 之 人”应 付 所 需, 任 何 试 炼 都
1̣ 7̣ 1̣. | 3̣. 5̣. 6̣ 5̣ | 1̣. 1̣. | 2̣. 2̣. 3̣ 4̣ | 3̣. 3̣. |
不 足 惧。更 多 吃 主 耶 稣! 更 多 吃 主 耶 稣!
5̣. 5̣ 5̣ 5̣ 4̣ | 3̣ 3̣ 3̣. | 2̣. 3̣ 4̣ 3̣ 2̣ | 1̣ 7̣ 1̣. ||
祂 的 人 性 丰 富 超 特, 只 管 吃 祂,何 必 挨 饿?

二 我们饮于耶稣的灵, 有分于祂拔高人性,
直至流出活水江河, 滋润多人,解除干涸。
更多喝主耶稣! 更多喝主耶稣!
祂的人性丰富超特, 只管喝祂,何必干渴?

三 天天吃主,消化吸收, 使神计划得以成就—
各地召会得着建立, 一个新人显于全地。
天天吃喝耶稣! 天天吃喝耶稣!
将祂丰富带到会幕, 献作素祭,神、人满足。

WEEK 7 — HYMN

Let us eat Jesus every day

Experience of Christ — As Food and Drink

1146

1. Let us eat Je - sus ev - ery day, Eat - ing His flesh in such a way
That in the tri - als great or small He as a Man will be our all.
Chorus
(C) Eat, eat more of Je - sus! Eat, eat more of Je - sus!
Why should we un - der - nou - rished be When we have His hu - man - i - ty?

2. Let us drink Jesus till we see
That we are human, Jesusly!
Till rivers flood the barren ground
And quench the thirst of all around.

Drink, drink more of Jesus!
Drink, drink more of Jesus!
Why should we ever thirsty be
When we have His humanity?

3. We must eat Jesus till God can
Have the fulfillment of His plan—
One man expressed for all to see,
One church in each locality.

We'll masticate Jesus!
We'll masticate Jesus!
Then to the tent of meeting bring
Jesus, our real meal offering.

第七周申言

申言稿：_____

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Composition for prophecy with main point and sub-points:

This image shows a single sheet of white paper with horizontal 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.