

The Journey of Faith 信心之旅



初信造就手冊
New Believer's Handbook

姓名 Name: _____

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注：本手册中文圣经除非有附加注明，皆采用「和合本修订本」

Remark: Unless otherwise stated, the English scriptures in this handbook are taken from the Good News Translation (GNT)



信心之旅 (1) 全新的开始

Journey of Faith(1) The New Beginning

认识耶稣是人生中最值得兴奋的事! 这使你开始一个丰盛有意义的人生。

Knowing Jesus is the most exciting thing in life!
It enables you to start an abundant and meaningful life.

耶稣说: 我来了, 是要羊得生命, 并且得的更丰盛。。

Jesus said, "I have come in order that you might have life—life in all its fullness. "

约翰福音 John 10:10

A. 耶稣就是上帝, 祂拯救我们, 也与我们同在

Jesus is God. He saved us and be with us

1. 她将要生一个儿子, 你要给他起名叫耶稣, 因他要将自己的百姓从罪恶里救出来。She will have a son, and you will name him Jesus—because he will save his people from their sins. 马太福音 Matthew 1:21
2. 必有童女怀孕生子; 人要称他的名为以马内利。(以马内利翻出来就是「上帝与我们同在」。) A virgin will become pregnant and have a son, and he will be called Immanuel (which means, "God is with us"). 马太福音 Matthew 1:23



分享: 你是不是已经接受了耶稣? 在什么时候? 什么情况下?

Have you received Jesus into your heart? When and how did you receive Him?

接受耶稣之后, 你已经和上帝有一个稳固的关系。这是令人兴奋的旅程, 全新的开始。

让我们来看一看上帝给了我们什么好消息当见面礼?

You can be assured of a firm relationship with God the moment you receive Jesus.

From now on you will begin your adventurous journey of faith with God.

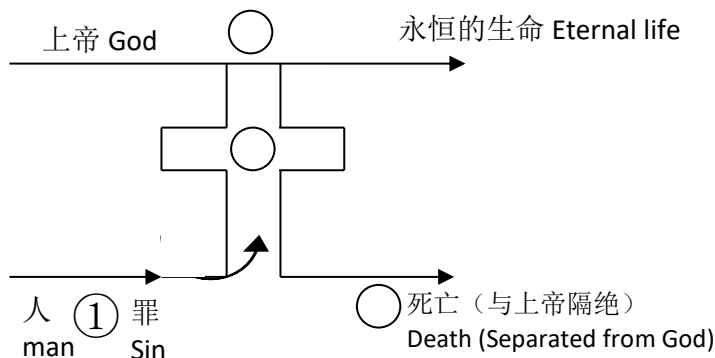
Let's have a look at what God has in store for you...

B. 五个好消息！ FIVE Good News!

1. 你的罪*已经得到上帝赦免：这个问题如何解决？

Your sins* have been forgiven: How did God deal with the problem of sin?

(请把以下合适的数字填在圆圈里. Please fill in the appropriate numbers into the circle.)



1. 世人都犯了罪，亏缺了上帝的荣耀。

For all have sinned and fall short of the glory of God. 罗马书 Romans 3:23

2. 因为罪的代价是死亡。 罗马书 6:23. (现中)

For the wages of sin is death. Romans 6:23

3. 上帝使那无罪的，替我们成为罪，好使我们在祂里面成为上帝的义。

Christ was without sin, but for our sake God made him share our sin in order that in union with him we might share the righteousness of God.

哥林多后书 2 Corinthians 5:21

4. 上帝爱世人，甚至将他独一的儿子赐给他们，叫一切信祂的人不致灭亡，反得永生。 约翰福音 John 3:16

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.

(* 什么是罪? What is sin?)

罪不只是欺骗、暴力或不道德的行为。罪简单的意思是人以自我为中心，不服从圣洁的上帝。Sin is not only the behaviours of cheating, violent or immoral. Sin, in a simple word, is being self-centered and disobeying the holy God.)

2. 你成为上帝的儿女 You became a child of God

2.1. 一个人如何成为上帝的儿女? How can a person become a child of God?

凡接纳他的，就是信他名的人，他就赐他们权柄作上帝的儿女。

To all who did receive him, to those who believed in his name, he gave the right to become children of God. (约翰福音 John 1:12)

2.2. 既然如此你和其他的基督徒是什么关系呢? _____

As a result of this, what will be your relationship with other Christians?

3. 耶稣基督进入你的生命，并且永不离开你

Jesus Christ has entered into your heart and He will never leave you

3.1. “看哪，我站在门外叩门，若有听见我声音而开门的，我要进到他那里去。”(启示录 Rev 3:20) 根据经文，耶稣是否在你的心里？

“Here I am. I stand at the door and knock. If anyone hears my voice and opens the door, I will come in.” According to this verse, is Jesus in your heart now?

☐ 是 Yes

☐ 否 No

☐ 不清楚 Not sure

3.2. 上帝曾说：「我绝不撇下你，也绝不丢弃你。」（希伯来书 Hebrews 13:5b）根据经文，耶稣进入你的生命以后，祂会离开你吗？

God has said, “Never will I leave you; never will I forsake you.” According to this verse, will Jesus leave you after He has entered into your heart?

☐ 是 Yes

☐ 否 No

☐ 不清楚 Not sure

4. 耶稣基督使你成为 Jesus Christ made you a _____

4.1. 若有人在基督里，他就是新造的人，旧事已过，都变成新的了。

If anyone is in Christ, he is a new creation; the old has gone, the new has come! (哥林多后书 2 Corinthians 5:17)

5. 耶稣基督赐给你永生 Jesus Christ gave you eternal life
(读约翰壹书 Read 1 John 5:11-13)

5.1. 根据这段经文，你有永生吗？为什么？

Do you have eternal life? Why? _____

5.2. 永生是在耶稣里的生命，永远与上帝同在，从我_____时开始。

Eternal life is the life in Jesus, forever with God. It starts when I _____ .

这些美好的事都来自上帝，没有任何一个是可以靠自己的能力得到的。在你相信并接受耶稣进入心中的那一刻开始，你就拥有了。

No one can earn these wonderful privileges on his own, because they come only from God. The moment you believe and receive Christ into your heart, you already have them all already.



分享：以上的五项事实中，有哪一项对你特别有意义？为什么？

Of the five good news above, which one has a special meaning for you? Why?

C. 你在基督里的成长 Growing in Your relationship with Christ

在基督里成长的第一步，就是透过圣经多认识上帝。

The first step to grow in Christ is to know God better through the Bible.

建议：从路加福音开始读圣经，一天一章(或半章)。

Suggestion: Starts to read the Bible from The Gospel of Luke. One chapter (or half chapter) a day.

(路加福音按照事件发生的顺序，记载了耶稣生平。一起走这认识耶稣的旅程吧！The Gospel of Luke recorded the life of Jesus in a chronological order. Let us walk this journey of knowing Jesus together!)



信心之旅 (2) 完全的接纳与赦免 Journey of Faith (2) Total Acceptance and Forgiveness

除了赐给你永恒的关系，上帝同时希望你享受与他亲密地同行，每天与他交往，这就是“团契” (Fellowship)。

当我们犯罪时，我们是上帝儿女的身份 (Relationship) 并不受影响，但是我们与上帝的

团契却中断了。举例来说，你与你爸爸的关系是永远的，不论你作了什么，你是他的孩子。但是假使你做了违背他心意的事，使他生气伤心，你能享受彼此的相处(团契)吗？

所有的基督徒都与上帝有永恒的关系，但不是所有的基督徒每天都与上帝有团契。

Your relationship with God is secured eternally. God desires you to walk closely with Him and communicate with Him, daily. He desires a mutual interaction called “fellowship”.

When we sin, our status as children of God (relationship) is not affected however our mutual interaction (fellowship) with God is interrupted. For example, your relationship with your earthly father is permanent. You will always be his child despite what you do. Just suppose that you offended him, would you be able to enjoy the “fellowship” between you and your father?

Though all Christians have permanent relationships with God, not all Christians are experiencing fellowship with Him.

A. 为什么我们与上帝的团契会受到拦阻？ What hinders fellowship with God?

1. 对非基督徒而言，罪使他们与上帝隔绝。

For non-Christians, sin had separated them from God.

(歌罗西书 Colossians 1:21)

2. 对于基督徒，罪阻碍了他们与上帝的团契。

For Christians, sin hinders their fellowship with God.

(约翰壹书 1 John 1:6-8)

B. 我们罪得赦免的根据 The basis for the forgiveness of sins

1. 基督的 Christ's _____

惟有基督在我们还作罪人的时候为我们死，上帝的爱就在此向我们显明了。

God has shown us how much he loves us—it was while we were still sinners that Christ died for us! (罗马书 Roman 5:8)

2. 基督的 Christ's _____

基督若没有复活，你们的信就是徒然，你们仍活在罪里。

And if Christ has not been raised, your faith is futile; you are still in your sins. (哥林多前书 1 Corinthians 15:17)

C. 完全的赦免 Total forgiveness

基督献了一次永远有效的赎罪祭，就坐在神的右边。因为他仅只一次献祭，就使那些得以成圣的人永远完全。（希伯来书 10:12,14.）

He had offered for all time one sacrifice for sins, he sat down at the right hand of God. For by one sacrifice he has made perfect forever those who are being made holy. (Hebrews 10:12,14. NIV.)

基督在多年前的受死，对今天的你仍然有效，对于明天或以后你所犯的罪，上帝已经一次过在耶稣的十架上赦免了，使你成为圣徒。

Christ died on the cross many years ago. His sacrifice is still valid for you today, even the sin you might commit tomorrow or in the future. God has already forgiven you once and for all in the cross of Jesus. He made you holy.

- 如果是这样，我们还需要认罪吗？为什么？

If it is so, do we still need to confess our sins? Why?

D. 经验上帝的慈爱与宽恕 Experiencing God's love and forgiveness

虽然你与上帝的关系是永远的，而你已完全被赦免，你仍然需要时时对付你的罪，使你能经验与上帝不断的团契。

Though you already have a permanent relationship with God and your sins are totally forgiven, you need to deal with your sins moment by moment to experience the fellowship between God and you.

当上帝引导你看到自己在某些事上犯了罪，就向上帝认罪。包括三件事：

1. 承认：承认上帝对你的指责是正确的，并且明确的认那个罪，不要含糊。
2. 感谢：感谢耶稣已经为你所犯的这个罪付上代价，赦免了你的罪。
3. 悔改：决定改变你错误的态度与行为，包括可能要向人认错或赔贖。

If God brings to your attention something you have done is sin, then confess your sin. Confession involves the following three factors:

1. Agree with God when He reminds you. Be specific while confessing your sin.
2. Thank God that He has already forgiven you.
3. Repent: Determine to change your wrong behaviour and attitude. If needed, apologize to people or compensation.

真诚回转归向上帝，你将会得到上帝的原谅，并且已恢复与祂的团契。上帝是慈爱的，祂希望你可以每天喜乐的来到祂面前，不需要感到被指责或有罪恶感。

Sincerely turning back to God from sin, you will receive the forgiveness from God. God is love. He desires you to come to Him with joy, instead of feeling guilty or condemned.

我们若认自己的罪，上帝是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义。If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. (约翰壹书 1 John 1:9)

“我要宽恕他们的不义，绝不再记得他们的罪恶。”

“I will forgive their sins and will no longer remember their wrongs.”

(希伯来书 Hebrews 8:12)

记得在接下来的这个星期，继续读圣经喔。😊

Please remember to read the Bible in the following week. 😊



信心之旅 (3) 认识上帝的话

Journey of Faith (3) Knowing the Word of God



分享：我们可以怎样了解一个人？How do we know a person?

当我们越认识上帝的话, 就越能信靠祂。

When we know more about God's word, we are able to trust Him more.

A. 圣经的重要性 The Importance of the Bible

圣经是上帝的话，是他对我们劝戒和教导的唯一文字记录。

The Bible is the Word of God. It is the only written record on His exhortation and teachings for us.

- 圣经都是上帝所默示的，于教训、督责、使人归正、教导人学义都是有益的
“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.” (提摩太后书 2 Timothy 3:16-17)
- 所以，你们要除去一切的污秽和累积的恶毒，要存温柔的心领受所栽种的道，就是能救你们灵魂的道。
“Therefore, get rid of all moral filth and the evil that is so prevalent, and humbly accept the word planted in you, which can save you.” (雅各书 James 1:21)

1. 若我们把以下上帝的道种在心里，我们可以期待生命中结出什么果子？
What kind of fruits can we expect to bear if we plant God's Word into our soul?

a. 哥林多前书 1 Corinthians 13:4-8 _____

b. 腓立比书 Philippians 2:3-8 _____

B. 学习上帝的话 Learning the Word of God

1. 读经: 阅读圣经是第一步，使上帝的话在我们的生命中产生影响。

Reading: The first step to allow God's Word to influence our life is by reading the Bible regularly.

- a. 可以把经文的重点或当时对你特别有意义的经文划线，你也可以把你的心得写在空白处或另一本簿子上

You may underline the main point of these chapters or certain portions which are significant to you. You may also jot down what you have learned somewhere in the blank space or in a journal.

- b. 看不明白的经文可以作记号，以便问人

Make a mark on the verses that you did not grasp its meaning and ask someone who knows the Scriptures.

- c. 你也可以用手机的应用程式来读或听圣经。

You can also read or listen to the Bible by using mobile phone applications.

2. 思想: 慢慢的读及仔细思想。根据以下的问题，默想该段经文。(STEP)

Think: Read slowly and think by using some pointers below.

- a. S - Sin : 有什么罪须要承认或提防？ Any sin to confess or to be aware of?

- b. T - Truth : 有什么真理可以让我更认识上帝的？ Any truth that will help to know God more?

- c. E - Example : 有什么榜样可以效法？ Any example to follow?

d. P - Promise : 有什么应许可以支取? Any promise to claim?

3. 请读路加福音 7: 1-10. 用以上的方式思想经文.

Please read Luke 7: 1-10 and apply the method listed above.

C. 与上帝有约—灵修 Daily Devotion

灵修是个人与上帝的时间。这包括不匆忙的读经、默想和祷告。
请每天分别一段时间来灵修。选一段你最清醒的时间, 将你最好的时间给神, 不是你想很想睡或忙碌的时间。

Quiet Time is a personal time with the Lord. It is a time of unhurried Bible reading, meditation and prayer.

Set apart a regular time for devotion. Choose a time when you are most alert. Dedicate your best time to God, not a time when you feel sleepy or exhausted.

结论 Conclusion:

促使我们花时间与上帝有约的动机是要认识他及使我们的属灵生命更成长。
他期待并喜悦我们与他亲近。

Our motivation of spending time with God is to know Him and grow spiritually in our spiritual life. God desires and loves to have us come near to Him.

「要亲近上帝, 上帝就必亲近你们。」

“Come near to God and He will come near to you.” (雅各书 James 4:8a)



信心之旅 (4) 与天父说话 Journey of Faith (4) Talk to Heavenly Father

上帝透过圣经向我们说话，如果我们期待一个丰盛且有意义的基督徒生活，我们也需要与上帝说话。

祷告简单的来说便是与上帝说话。上帝喜欢我们与他交谈，因为他是我们在天上慈爱的父亲。无论在何时何地，当我们向他祈祷时，他都愿意垂听我们的祷告。祷告是上帝儿女的特权。

God talks to us through His Word, the Bible. If we desire a Christian life that is abundant and meaningful, we too, need to talk to God. Praying is simply a conversation with God. God loves to communicate with us. He will listen to our prayer no matter where we are. Praying to God is a privilege given to his children.

A. 祷告的心态 The Attitude of Prayer

今天有许多基督徒只有在有需要时才向上帝祷告。他们把上帝当成神灯里的巨人——帮助他们完成想要的事情。到底上帝和神灯里的巨人有何分别呢？以下经文告诉我们一些有关上帝和祷告的事。

Today many Christians pray to God only when they need Him. They treat God as though He is the genie in a lamp, helping them to get what they want. However, what is the difference between God and a genie? The following scriptures will tell us more about God and prayer.

1. 诗篇 Psalm 10:17 _____
2. 约翰壹书 1 John 5: 14 _____
3. 马太福音 Matthew 7: 11 _____

B. 祷告 FAQ Prayer FAQ

1. 祷告的对象是谁? Who do we pray to?_____ (马太 Matthew 6: 9)

2. 为何要「奉耶稣的名」? Why do we pray “in Jesus name”?

a. 表示我们只有藉着耶稣来到上帝面前。It means we can only go to God through Jesus. (提摩太前书 1 Timothy 2: 5)

b. 表示我们是按着耶稣的名所代表的特质(大能、慈爱、正直...)来祷告, 并要完成耶稣所要我们做, 更大的事。It means that our prayer is prayed in accordance to the characteristics of Jesus, such as mighty, loving, righteous..., and we are to accomplish what Jesus wants us to do – even the greater things (约翰福音 John 14:12,13)

3. 「阿们」是什么意思? What’s the meaning of “Amen”?

真诚同意的意思。也就是说, 这祷告是我内心的心愿。

Amen: Truly agree. It means the prayer is the sincere desire of my heart.

C. 我们可以如何祷告呢? How to pray?

祷告就是和上帝

Prayer is simply _____ to God.

• 我们可以和上帝说什么? What can we tell God?

1. 诗篇 Psalm 135: 3 _____

2. 以弗所书 Ephesians 5: 20 _____

3. 提摩太前书 1 Timothy 2: 1-2 _____

4. 诗篇 Psalm 32: 5 _____
5. 彼得前书 I Peter 5:7 _____
6. _____

结论 Conclusion:

其实, 任何的事情都可以带到天父面前祷告, 不用担心讲错话, 也不需要用华丽的词句。我们透过时常祷告来学习祷告, 如同小孩子学习说话一样。

In fact, we can pray to God about anything. We do not have to worry whether we use the wrong word, nor should we use flowery terms. We learn how to pray by praying more, just like how a little child learns to speak.

应当一无挂虑, 只要凡事借着祷告、祈求和感谢, 将你们所要的告诉上帝。
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (腓立比书 Philippians 4:6)



信心之旅 (5) 生命的更新 Journey of Faith (5) Renewal of Life



分享 Sharing:

接受基督之后，你生命中最大的改变是什么？
How has your life been changed since you received Christ?

上帝希望你的生命有哪一些改变？

What are the areas in your life that you think God wants to see changed?

_____ (加拉太书 Galatians 5: 22,23)

_____ (以弗所书 Ephesians 4:22-24)

如果上帝要你自己独立完成这些改变，你有什么感想？

How do you feel if God wants you to make all these changes by yourself?

- 我们被圣灵充满，才有生命更新的能力，结出圣灵的果子。
Only when we are filled with the Holy Spirit, our lives can be renewed, bearing fruit of the Spirit.

- A. 圣灵是基督徒生活的能力源头 The Holy Spirit enables us to live the way that God want us to live.



1. 圣灵是三位一体上帝的第三位，与圣天父和圣子耶稣同等。
The Holy Spirit is the third person of the Trinity God, - equal with God the Father and the Son (太 Mt 28:19; 林后 2 Co 13:14)

2. 每个基督徒信主时，都是受圣灵的感动而认罪，也已领受圣灵的內驻。
Every Christian is moved by the Holy Spirit to confess his sins, and indwelt by the Holy Spirit at his conversion. (约 John 16:8, 弗 Eph 1:13, 2:22)
3. 他是保惠师（意思是帮助者，与我们同行的），常提醒、鼓励和安慰，并为我们代求。
He is the Helper who walks with us, always reminding, encouraging, comforting and interceding for us. (约 John 14:26; 罗 Rom 8:26)
4. 他要引导我们进入 _____。
He leads us into the _____. (约 John 16:13)
5. 他要赐我们 _____ 为基督而活。
He grants us _____ to live for Christ. (徒 Act 1:8)
6. 他赐下属灵的恩赐，建造信徒和教会。(林前 1 Co 14)
He gives spiritual gifts to build up the believers and the church.

B. 我们要时刻被圣灵充满 We ought to be filled with the Spirit always

「不要醉酒，酒能使人放荡；要被圣灵充满。」(以弗所 5:18)
“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.” (Ephesians 5:18)

1. 经文中「被圣灵充满」的意思，就是时刻的受圣灵管理，从圣灵得力。
To be “filled by the Holy Spirit”, means to be directed and empowered by the Holy Spirit constantly.
2. 虽然信徒都有圣灵內住，不是所有信徒都被圣灵充满。Although every Christian is indwelt by the Holy Spirit, not all are filled with the Holy Spirit.
3. 这是上帝的命令，要我们放下自己的主权，顺服圣灵介着神的话（圣经）给予的指引。这不只是敬拜赞美时的感动，而是平时生活中的紧紧跟随，依靠圣灵的能力停止犯罪，结出圣灵的果子。
This is the command of God, to surrender ourselves, and obey the guidance of Holy Spirit through the Word of God(Bible). It's not just the moving

experience while singing praises in church, but to follow closely in our daily living and depend on the power of the Spirit to stop sinning and to bear the fruits of the Spirit. (加 Gal 5: 16-25)

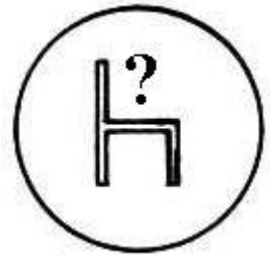
4. 圣经里也有另一些圣灵充满的记载，例如说方言、行异能等特别的经历。这些是圣灵主动的权柄和作为，不是信徒要求就有的，也不是每一个人都有同样的恩赐，因为上帝清楚知道教会的需要，祂会赐下各种恩赐来造就教会。我们先要看重的，乃是生活中时刻的让圣灵作主，结出持久和荣耀上帝的果子。

In the Bible, there are other records regarding filled by the Spirit, e.g. speaking in tongues, showing signs and wonders. These are the authority and initiative of the Spirit, not according to what we request, for every Christians may not have the same gifts. God knows the needs of the church. He will give various gifts to edify the church. We must first allow God to guide us in our daily living, and bear spiritual fruits that will glorify him. (林前 1Co 12)

C. 如何遵行「被圣灵充满」的命令？ How to you obey this command?

1. **降服于神**: 问自己，是谁坐在心中的宝座上？
是自己或自己的欲望，还是主耶稣？

Surrender to God: Ask yourself who is on the throne of your heart? Is it self or selfish desire? Or is it the Lord Jesus.



2. **祷告交托**: 求主圣灵充满和管理你的心。如果犯了罪，应马上认罪；如果遇到挑战，求主赐能力照真理而行。

Pray to commit: Ask the Holy Spirit to fill and guide your heart. If you've sinned, confess immediately. If you face challenge, pray for strength and guidance. Be obedient to the promptings of the Holy Spirit.

3. **凭信心走:** 相信当你委身顺服, 上帝就可以透过你工作。
Walk by faith: Believe that as you obey, God will work through you.

结论 Conclusion:

我们每天的生活都需要被圣灵充满。圣灵会塑造我们更像基督, 并赐下能力为基督作见证。

We need to be filled with the Holy Spirit in our daily lives. He will shape us to be more Christ-like and empower us to testify Christ.

(建议阅读 Suggested reading: 靠圣灵成圣 Sanctified by the Spirit)