

加拉太書

Galatians

第一章

問安

- 1 作使徒的保羅、（不是由於人、也不是藉著人、乃是藉著耶穌基督、與叫他從死裡復活的父 神）
- 2 和一切與我同在的眾弟兄、寫信給加拉太的各教會。
- 3 願恩惠平安、從父 神與我們的主耶穌基督、歸與你們。
- 4 基督照我們父 神的旨意為我們的罪捨己、要救我們脫離這罪惡的世代。
- 5 但願榮耀歸於 神直到永永遠遠。阿們。

寫信的原因

- 6 我希奇你們這麼快離開那藉著基督之恩召你們的、去從別的福音。
- 7 那並不是福音、不過有些人攪擾你們、要把基督的福音更改了。
- 8 但無論是我們、是天上來的使者、若傳福音給你們、與我們所傳給你們的不同、他就應當被咒詛。
- 9 我們已經說了、現在又說、若有人傳福音給你們、與你們所領受的不同、他就應當被咒詛。
- 10 我現在是要得人的心呢、還是要得 神的心呢、我豈是討人的喜歡麼、若仍舊討人的喜歡、我就不是基督的僕人了。

使徒身份的澄清

- 11 弟兄們、我告訴你們、我素來所傳的福音、不是出於人的意思。
- 12 因為我不是從人領受的、也不是人教導我的、乃是從耶穌基督啟示來的。
- 13 你們聽見我從前在猶太教中所行的事、怎樣極力逼迫殘害 神的教會。
- 14 我又在猶太教中、比我本國許多同歲的人更有長進、為我祖宗的遺傳更加熱心。
- 15 然而那把我從母腹裡分別出來、又施恩召我的 神、
- 16 既然樂意將他兒子啟示在我心裡、叫我把他傳在外邦人中、我就沒有與屬血氣的人商量、

Salutation

1:1 From Paul, an apostle (not from men, nor by human agency, but by Jesus Christ and God the Father who raised him from the dead) 1:2 and all the brothers with me, to the churches of Galatia. 1:3 Grace and peace to you from God the Father and our Lord Jesus Christ, 1:4 who gave himself for our sins to rescue us from this present evil age according to the will of our God and Father, 1:5 to whom be glory forever and ever! Amen.

Occasion of the Letter

1:6 I am astonished that you are so quickly deserting the one who called you by the grace of Christ and are following a different gospel— 1:7 not that there really is another gospel, but there are some who are disturbing you and wanting to distort the gospel of Christ. 1:8 But even if we (or an angel from heaven) should preach a gospel contrary to the one we preached to you, let him be condemned to hell! 1:9 As we have said before, and now I say again, if any one is preaching to you a gospel contrary to what you received, let him be condemned to hell! 1:10 Am I now trying to gain the approval of people, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a slave of Christ!

Paul's Vindication of His Apostleship

1:11 Now I want you to know, brothers and sisters, that the gospel I preached is not of human origin. 1:12 For I did not receive it or learn it from any human source; instead I received it by a revelation of Jesus Christ.

1:13 For you have heard of my former way of life in Judaism, how I was savagely persecuting the church of God and trying to destroy it. 1:14 I was advancing in Judaism beyond many of my contemporaries in my nation, and was extremely zealous for the traditions of my ancestors. 1:15 But when the one who set me apart from birth and called me by his grace was pleased 1:16 to reveal his Son in me so that I could preach him among the Gentiles, I did not go to ask advice from any human being, 1:17 nor

- 17 也沒有上耶路撒冷去、見那些比我先作使徒的、惟獨往亞拉伯去、後又回到大馬色。
- 18 過了三年、纔上耶路撒冷去見磯法、和他同住了十五天。
- 19 至於別的使徒、除了主的兄弟雅各、我都沒有看見。
- 20 我寫給你們的、不是謊話、這是我在神面前說的。
- 21 以後我到了敘利亞和基利家境內。
- 22 那時、猶太信基督的各教會都沒有見過我的面。
- 23 不過聽說、那從前逼迫我們的、現在傳揚他原先所殘害的真道。
- 24 他們就為我的緣故、歸榮耀給神。

第二章

耶路撒冷使徒們的認證

- 1 過了十四年、我同巴拿巴又上耶路撒冷去、並帶著提多同去。
- 2 我是奉啓示上去的、把我在外邦人中所傳的福音、對弟兄們陳說、卻是背地裡對那有名望之人說的、惟恐我現在、或是從前、徒然奔跑。
- 3 但與我同去的提多、雖是希利尼人、也沒有勉強他他受割禮。
- 4 因為有偷著引進來的假弟兄、私下窺探我們在基督耶穌裡的自由、要叫我們作奴僕。
- 5 我們就是一刻的工夫、也沒有容讓順服他們、為要叫福音的真理仍存在你們中間。
- 6 至於那些有名望的、不論他是何等人、都與我無干、神不以外貌取人、那些有名望的、並沒有加增我甚麼。
- 7 反倒看見了主託我傳福音給那未受割禮的人、正如託彼得傳福音給那受割禮的人。
- 8 (那感動彼得、叫他為受割禮之人作使徒的、也感動我、叫我為外邦人作使徒)
- 9 又知道所賜給我的恩典、那稱為教會柱石的雅各、磯法、約翰、就向我和巴拿巴用右手行相交之禮、叫我們往外邦人那裡去、他們往受割禮的人那裡去。
- 10 只是願意我們記念窮人、這也是我本來熱心去行的。

保羅責備彼得

- 11 後來磯法到了安提阿、因他有可責之處、我就當面抵擋他。

did I go up to Jerusalem to see those who were apostles before me, but right away I departed to Arabia, and then returned to Damascus.

1:18 Then after three years I went up to Jerusalem to visit Cephas and get information from him, and I stayed with him fifteen days. 1:19 But I saw none of the other apostles except James the Lord's brother. 1:20 I assure you that, before God, I am not lying about what I am writing to you! 1:21 Afterward I went to the regions of Syria and Cilicia. 1:22 But I was personally unknown to the churches of Judea that are in Christ. 1:23 They were only hearing, "The one who once persecuted us is now proclaiming the good news of the faith he once tried to destroy." 1:24 So they glorified God because of me.

Confirmation from the Jerusalem Apostles

2:1 Then after fourteen years I went up to Jerusalem again with Barnabas, taking Titus along too. 2:2 I went there because of a revelation and presented to them the gospel that I preach among the Gentiles. But I did so only in a private meeting with the influential people, to make sure that I was not running—or had not run—in vain. 2:3 Yet not even Titus, who was with me, was compelled to be circumcised, although he was a Greek. 2:4 Now this matter arose because of the false brothers with false pretenses who slipped in unnoticed to spy on our freedom that we have in Christ Jesus, to make us slaves. 2:5 But we did not surrender to them even for a moment, in order that the truth of the gospel would remain with you.

2:6 But from those who were influential (whatever they were makes no difference to me; God shows no favoritism between people)—those influential leaders added nothing to my message. 2:7 On the contrary, when they saw that I was entrusted with the gospel to the uncircumcised just as Peter was to the circumcised 2:8 (for he who empowered Peter for his apostleship to the circumcised also empowered me for my apostleship to the Gentiles) 2:9 and when James, Cephas, and John, who had a reputation as pillars, recognized the grace that had been given to me, they gave to Barnabas and me the right hand of fellowship, agreeing that we would go to the Gentiles and they to the circumcised. 2:10 They requested only that we remember the poor, the very thing I also was eager to do.

Paul Rebukes Peter

2:11 But when Cephas came to Antioch, I opposed him to his face, because he had clearly done wrong. 2:12 Until certain people came from James, he

- 12 從雅各那裡來的人、未到以先、他和外邦人一同喫飯、及至他們來到、他因怕奉割禮的人、就退去與外邦人隔開了。
- 13 其餘的猶太人、也都隨著他裝假、甚至連巴拿巴也隨夥裝假。
- 14 但我一看見他們行的不正、與福音的真理不合、就在眾人面前對磯法說、你既是猶太人、若隨外邦人行事、不隨猶太人行事、怎麼還勉強外邦人隨猶太人呢。

猶太人和外邦人同是因信稱義

- 15 我們這生來的猶太人、不是外邦的罪人、
- 16 既知道人稱義、不是因行律法、乃是因信耶穌基督、連我們也信了基督耶穌、使我們因信基督稱義、不因行律法稱義、因為凡有血氣的、沒有一人因行律法稱義。
- 17 我們若求在基督裡稱義、卻仍舊是罪人、難道基督是叫人犯罪的麼、斷乎不是。
- 18 我素來所拆毀的、若重新建造、這就證明自己是犯罪的人。
- 19 我因律法、就向律法死了、叫我可以向神活著。
- 20 我已經與基督同釘十字架、現在活著的、不再是我、乃是基督在我裡面活著、並且我如今在肉身活著、是因信神的兒子而活、他是愛我、為我捨己。
- 21 我不廢掉神的恩、義若是藉著律法得的、基督就是徒然死了。

第三章

行律法稱義還是因信稱義？

- 1 無知的加拉太人哪、耶穌基督釘十字架、已經活畫在你們眼前、誰又迷惑了你們呢。
- 2 我只要問你們這一件、你們受了聖靈、是因行律法呢、是因聽信福音呢。
- 3 你們既靠聖靈入門、如今還靠肉身成全麼、你們是這樣的無知麼。
- 4 你們受若如此之多、都是徒然的麼、難道果真是徒然的麼。
- 5 那賜給你們聖靈、又在你們中間行異能的、是因你們行律法呢、是因你們聽信福音呢。
- 6 正如『亞伯拉罕信神這就算為他的義。』
- 7 所以你們要知道那以信為本的人、就是亞伯拉罕的子孫。

had been eating with the Gentiles. But when they arrived, he stopped doing this and separated himself because he was afraid of those who were pro-circumcision. **2:13** And the rest of the Jews also joined with him in this hypocrisy, so that even Barnabas was led astray with them by their hypocrisy. **2:14** But when I saw that they were not behaving consistently with the truth of the gospel, I said to Cephas in front of them all, "If you, although you are a Jew, live like a Gentile and not like a Jew, how can you try to force the Gentiles to live like Jews?"

Jews and Gentiles are Justified by Faith

2:15 We are Jews by birth and not Gentile sinners, **2:16** yet we know that no one is justified by the works of the law but by the faithfulness of Jesus Christ. And we have come to believe in Christ Jesus, so that we may be justified by the faithfulness of Christ and not by the works of the law, because by the works of the law no one will be justified. **2:17** But if while seeking to be justified in Christ we ourselves have also been found to be sinners, is Christ then one who encourages sin? Absolutely not! **2:18** But if I build up again those things I once destroyed, I demonstrate that I am one who breaks God's law. **2:19** For through the law I died to the law so that I may live to God. **2:20** I have been crucified with Christ, and it is no longer I who live, but Christ lives in me. So the life I now live in the body, I live because of the faithfulness of the Son of God, who loved me and gave himself for me. **2:21** I do not set aside God's grace, because if righteousness could come through the law, then Christ died for nothing!

Justification by Law or by Faith?

3:1 You foolish Galatians! Who has cast a spell on you? Before your eyes Jesus Christ was vividly portrayed as crucified! **3:2** The only thing I want to learn from you is this: Did you receive the Spirit by doing the works of the law or by believing what you heard? **3:3** Are you so foolish? Although you began with the Spirit, are you now trying to finish by human effort? **3:4** Have you suffered so many things for nothing? —if indeed it was for nothing. **3:5** Does God then give you the Spirit and work miracles among you by your doing the works of the law or by your believing what you heard?

3:6 Just as Abraham *believed God, and it was credited to him as righteousness*, **3:7** so then, understand that those who believe are the sons of Abraham. **3:8** And the scripture, foreseeing that God would

- 8 並且聖經既然豫先看明、神要叫外邦人因信稱義、就早已傳福音給亞伯拉罕、說、『萬國都必因你得福。』
- 9 可見那以信爲本的人、和有信心的亞伯拉罕一同得福。
- 10 凡以行律法爲本的、都是被咒詛的、因爲經上說著、『凡不常照律法書上所記一切之事去行的、就被咒詛。』
- 11 沒有一個人靠著律法在神面前稱義、這是明顯的、因爲經上說、『義人必因信得生。』
- 12 律法原不本乎信、只說、『行這些事的、就必因此活著。』
- 13 基督既爲我們受了咒詛、〔受原文作成〕就贖出我們脫離律法的咒詛、因爲經上記著、『凡掛在木頭上都是被咒詛的。』
- 14 這便叫亞伯拉罕的福、因基督耶穌可以臨到外邦人、使我們因信得著所應許的聖靈。

產業是從信心領受

- 15 弟兄們、我且照著人的常話說、雖然是人的文約、若已經立定了、就沒有能廢棄或加增的。
- 16 所應許的原是向亞伯拉罕和他子孫說的、神並不是說眾子孫、指著許多人、乃是說你那一個子孫、指著一個人、就是基督。
- 17 我是這麼說、神豫先所立的約、不能被那四百三十年以後的律法廢掉、叫應許歸於虛空。
- 18 因爲承受產業、若本乎律法、就不本乎應許、但神是憑著應許、把產業賜給亞伯拉罕。
- 19 這樣說來、律法是爲甚麼有的呢、原是爲過犯添上的、等候那蒙應許的子孫來到、並且是藉天使經中保之手設立的。
- 20 但中保本不是爲一面作的、神卻是一位。
- 21 這樣、律法是與神的應許反對麼、斷乎不是、若曾傳一個能叫人得生的律法、義就誠然本乎律法了。
- 22 但聖經把眾人都圈在罪裡、使所應許的福因信耶穌基督、歸給那信的人。

憑應許得神兒女的身份

- 23 但這因信得救的理、還未來以先、我們被看守在律法之下、直圈到那將來的真道顯明出來。
- 24 這樣、律法是們訓蒙的師傅、引我們到基督那裡、使我們因信稱義。

justify the Gentiles by faith, proclaimed the gospel to Abraham ahead of time, saying, "**All the nations will be blessed in you.**" 3:9 So then those who believe are blessed along with Abraham the believer. 3:10 For all who rely on doing the works of the law are under a curse, because it is written, "**Cursed is everyone who does not keep on doing everything written in the book of the law.**" 3:11 Now it is clear no one is justified before God by the law, because **the righteous one will live by faith.** 3:12 But the law is not based on faith, but **the one who does** the works of the law **will live by them.** 3:13 Christ redeemed us from the curse of the law by becoming a curse for us (because it is written, "**Cursed is everyone who hangs on a tree**") 3:14 in order that in Christ Jesus the blessing of Abraham would come to the Gentiles, so that we could receive the promise of the Spirit by faith.

Inheritance Comes from Promises and not Law

3:15 Brothers and sisters, I offer an example from everyday life: When a covenant has been ratified, even though it is only a human contract, no one can set it aside or add anything to it. 3:16 Now the promises were spoken to Abraham and to his descendant. Scripture does not say, "and to the descendants," referring to many, but "**and to your descendant,**" referring to one, who is Christ. 3:17 What I am saying is this: The law that came four hundred thirty years later does not cancel a covenant previously ratified by God, so as to invalidate the promise. 3:18 For if the inheritance is based on the law, it is no longer based on the promise, but God graciously gave it to Abraham through the promise.

3:19 Why then was the law given? It was added because of transgressions, until the arrival of the descendant to whom the promise had been made. It was administered through angels by an intermediary. 3:20 Now an intermediary is not for one party alone, but God is one. 3:21 Is the law therefore opposed to the promises of God? Absolutely not! For if a law had been given that was able to give life, then righteousness would certainly have come by the law. 3:22 But the scripture imprisoned everything and everyone under sin so that the promise could be given—because of the faithfulness of Jesus Christ—to those who believe.

Sons of God Are Heirs of Promise

3:23 Now before faith came we were held in custody under the law, being kept as prisoners until the coming faith would be revealed. 3:24 Thus the law had become our guardian until Christ, so that we could be declared righteous by faith. 3:25 But now

- 25 但這因信得救的理、既然來到、我們從上就不在師傅的手下了。
 26 所以你們因信基督耶穌、都是 神的兒子。
 27 你們受洗歸入基督的、都是披戴基督了。
 28 並不分猶太人、希利尼人、自主的、為奴的、或男或女、因為你們在基督耶穌、裡都成為一了。
 29 你們既屬乎基督、就是亞伯拉罕的後裔、是照著應許承受產業的了。

第四章

- 1 我說那承受產業的、雖然是全業的主人、但為孩童的時候、卻與奴僕毫無分別。
 2 乃在師傅和管家的手下、直等他父親豫定的時候來到。
 3 我們為孩童的時候、受管於世俗小學之下、也是如此。
 4 及至時候滿足、神就差遣他的兒子、為女子所生、且生在律法以下、
 5 要把律法以下的人贖出來、叫我們得著兒子的名分。
 6 你們既為兒子、神就差他兒子的靈、進入你們〔原文作我們〕的心、呼叫阿爸、父。
 7 可見、從此以後、你不是奴僕、乃是兒子了、既是兒子、就靠著 神為後嗣。

憑應許的兒女不能歸回律法

- 8 但從前你們不認識 神的時候、是給那些本來不是 神的作奴僕。
 9 現在你們既然認識 神、更可說是被 神所認識的、怎麼還要歸回那懦弱無用的小學、情願再給他作奴僕呢。
 10 你們謹守日子、月分、節期、年分。
 11 我為你們害怕、惟恐我在你們身上是枉費了工夫。
 12 弟兄們、我勸你們要像我一樣、因我也像你們一樣、你們一點沒有虧負我。

保羅懇切的請求

- 13 你們知道我頭一次傳福音給你們、是因為身體有疾病。
 14 你們為我身體的緣故受試煉、沒有輕看我、也沒有厭棄我、反倒接待我、如同神的使者、如同基督耶穌。
 15 你們當日所誇的福氣在那裡呢、那時你們若能行、就是把自已的眼睛剜出來給我、也都情願、這是我可以給你們作見證的。
 16 如今我將真理告訴你們、就成了你們的仇敵麼。

that faith has come, we are no longer under a guardian. 3:26 For in Christ Jesus you are all sons of God through faith. 3:27 For all of you who were baptized into Christ have clothed yourselves with Christ. 3:28 There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female—for all of you are one in Christ Jesus. 3:29 And if you belong to Christ, then you are Abraham’s descendants, heirs according to the promise.

4:1 Now I mean that the heir, as long as he is a minor, is no different from a slave, though he is the owner of everything. 4:2 But he is under guardians and managers until the date set by his father. 4:3 So also we, when we were minors, were enslaved under the basic forces of the world. 4:4 But when the appropriate time had come, God sent out his Son, born of a woman, born under the law, 4:5 to redeem those who were under the law, so that we may be adopted as sons with full rights. 4:6 And because you are sons, God sent the Spirit of his Son into our hearts, who calls “Abba! Father!” 4:7 So you are no longer a slave but a son, and if you are a son, then you are also an heir through God.

Heirs of Promise Are Not to Return to Law

4:8 Formerly when you did not know God, you were enslaved to beings that by nature are not gods at all. 4:9 But now that you have come to know God (or rather to be known by God), how can you turn back again to the weak and worthless basic forces? Do you want to be enslaved to them all over again? 4:10 You are observing religious days and months and seasons and years. 4:11 I fear for you that my work for you may have been in vain. 4:12 I beg you, brothers and sisters, become like me, because I have become like you. You have done me no wrong!

Personal Appeal of Paul

4:13 But you know it was because of a physical illness that I first proclaimed the gospel to you, 4:14 and though my physical condition put you to the test, you did not despise or reject me. Instead, you welcomed me as though I were an angel of God, as though I were Christ Jesus himself! 4:15 Where then is your sense of happiness now? For I testify about you that if it were possible, you would have pulled out your eyes and given them to me! 4:16 So then, have I become your enemy by telling you the truth?

- 17 那些人熱心待你們、卻不是好意、是要離開〔原文作把你們關在外面〕你們、叫你們熱心待他們。
- 18 在善事上、常用熱心待人、原是好的、卻不單我與你們同在的時候纔這樣。
- 19 我小子阿、我為你們再受生產之苦、直等到基督成形在你們心裡。
- 20 我巴不得現今在你們那裡、改換口氣、因我為你們心裡作難。

以比方勸勉

- 21 你們這願意在律法以下的人、請告訴我、你們豈沒有聽見律法麼。
- 22 因為律法上記著、亞伯拉罕有兩個兒子、一個是使女生的、一個是自主之婦人生的。
- 23 然而那使女所生的、是按著血氣生的、那自主之婦人所生的、是憑著應許生的。
- 24 這都是比方、那兩個婦人、就是兩約、一約是出於西乃山、生子為奴、乃是夏甲。
- 25 這夏甲二字是指著亞拉伯的西乃山、與現在的耶路撒冷同類、因耶路撒冷和他的兒女都是為奴的。
- 26 但那在上的耶路撒冷是自主的、他是我們的母。
- 27 因為經上記著、『不懷孕不生養的、你要歡樂、未曾經過產難的、你要高聲歡呼、因為沒有丈夫的、比有丈夫的兒女更多。』
- 28 弟兄們、我們是憑著應許作兒女、如同以撒一樣。
- 29 當時那按著血氣生的、逼迫了那按著聖靈生的、現在也是這樣。
- 30 然而經上是怎麼說的呢、是說、『把使女和他兒子趕出去、因為使女的兒子、不可與自主婦人的兒子一同承受產業。』
- 31 弟兄們、這樣看來、我們不是使女的兒女、乃是自主婦人的兒女了。

第五章

基督徒的自由

- 1 基督釋放了我們、叫我們得以自由、所以要站立得穩、不要再被奴僕的軛挾制。
- 2 我保羅告訴你們、若受割禮、基督就與你們無益了。
- 3 我再指著凡受割禮的人確實的說、他是欠著行全律法的債。
- 4 你們這要靠律法稱義的、是與基督隔絕、從恩典中墜落了。

4:17 They court you eagerly, but for no good purpose; they want to exclude you, so that you would seek them eagerly. 4:18 However, it is good to be sought eagerly for a good purpose at all times, and not only when I am present with you. 4:19 My children—I am again undergoing birth pains until Christ is formed in you! 4:20 I wish I could be with you now and change my tone of voice, because I am perplexed about you.

An Appeal from Allegory

4:21 Tell me, you who want to be under the law, do you not understand the law? 4:22 For it is written that Abraham had two sons, one by the slave woman and the other by the free woman. 4:23 But one, the son by the slave woman, was born by natural descent, while the other, the son by the free woman, was born through the promise. 4:24 These things may be treated as an allegory, for these women represent two covenants. One is from Mount Sinai bearing children for slavery; this is Hagar. 4:25 Now Hagar represents Mount Sinai in Arabia and corresponds to the present Jerusalem, for she is in slavery with her children. 4:26 But the Jerusalem above is free, and she is our mother. 4:27 For it is written:

“Rejoice, O barren woman who does not bear children; break forth and shout, you who have no birth pains, because the children of the desolate woman are more numerous than those of the woman who has a husband.”

4:28 But you, brothers and sisters, are children of the promise like Isaac. 4:29 But just as at that time the one born by natural descent persecuted the one born according to the Spirit, so it is now. 4:30 But what does the scripture say? **“Throw out the slave woman and her son, for the son of the slave woman will not share the inheritance with the son”** of the free woman. 4:31 Therefore, brothers and sisters, we are not children of the slave woman but of the free woman.

Freedom of the Believer

5:1 For freedom Christ has set us free. Stand firm, then, and do not be subject again to the yoke of slavery. 5:2 Listen! I, Paul, tell you that if you let yourselves be circumcised, Christ will be of no benefit to you at all! 5:3 And I testify again to every man who lets himself be circumcised that he is obligated to obey the whole law. 5:4 You who are trying to be declared righteous by the law have been alienated from Christ; you have fallen away from grace!

- 5 我們靠著聖靈、憑著信心、等候所盼望的義。
 6 原來在基督耶穌裡、受割禮不受割禮、全無功效。惟獨使人生發仁愛的信心、纔有功效。
 7 你們向來跑得好，有誰攔阻你們、叫你們不順從真理呢。
 8 這樣的勸導、不是出於那召你們的。
 9 一點麵酵能使全團都發起來。
 10 我在主裡很信你們必不懷別樣的心，但攪擾你們的、無論是誰、必擔當他的罪名。
 11 弟兄們、我若仍舊傳割禮、為甚麼還受逼迫呢。若是這樣、那十字架討厭的地方就沒有了。
 12 恨不得那攪亂你們的人、把自己割絕了。

愛的實踐

- 13 弟兄們、你們蒙召、是要得自由，只是不可將你們的自由當作放縱情慾的機會，總要用愛心互相服事。
 14 因為全律法都包在愛人如己這一句話之內了。
 15 你們要謹慎，若相咬相吞、只怕要彼此消滅了。
 16 我說、你們當順著聖靈而行、就不放縱肉體的情慾了。
 17 因為情慾和聖靈相爭、聖靈和情慾相爭，這兩個是彼此相敵、使你們不能作所願意的。
 18 但你們若被聖靈引導、就不在律法以下。
 19 情慾的事、都是顯而易見的，就如姦淫、污穢、邪蕩、
 20 拜偶像、邪術、仇恨、爭競、忌恨、惱怒、結黨、紛爭、異端、
 21 嫉妒、〔有古卷在此有兇殺二字〕醉酒、荒宴等類、我從前告訴你們、現在又告訴你們、行這樣事的人、必不能承受神的國。
 22 聖靈所結的果子、就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、
 23 溫柔、節制。這樣的事、沒有律法禁止。
 24 凡屬基督耶穌的人、是已經把肉體、連肉體的邪情私慾、同釘在十字架上了。
 25 我們若是靠聖靈得生、就當靠聖靈行事。
 26 不要貪圖虛名、彼此惹氣、互相嫉妒。

5:5 For through the Spirit, by faith, we wait expectantly for the hope of righteousness. 5:6 For in Christ Jesus neither circumcision nor uncircumcision carries any weight—the only thing that matters is faith working through love.

5:7 You were running well; who prevented you from obeying the truth? 5:8 This persuasion does not come from the one who calls you! 5:9 A little yeast makes the whole batch of dough rise! 5:10 I am confident in the Lord that you will accept no other view. But the one who is confusing you will pay the penalty, whoever he may be. 5:11 Now, brothers and sisters, if I am still preaching circumcision, why am I still being persecuted? In that case the offense of the cross has been removed. 5:12 I wish those agitators would go so far as to castrate themselves!

Practice Love

5:13 For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity to indulge your flesh, but through love serve one another. 5:14 For the whole law can be summed up in a single commandment, namely, “**You must love your neighbor as yourself.**” 5:15 However, if you continually bite and devour one another, beware that you are not consumed by one another. 5:16 But I say, live by the Spirit and you will not carry out the desires of the flesh. 5:17 For the flesh has desires that are opposed to the Spirit, and the Spirit has desires that are opposed to the flesh, for these are in opposition to each other, so that you cannot do what you want. 5:18 But if you are led by the Spirit, you are not under the law. 5:19 Now the works of the flesh are obvious: sexual immorality, impurity, depravity, 5:20 idolatry, sorcery, hostilities, strife, jealousy, outbursts of anger, selfish rivalries, dissensions, factions, 5:21 envying, murder, drunkenness, carousing, and similar things. I am warning you, as I had warned you before: Those who practice such things will not inherit the kingdom of God!

5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 5:23 gentleness, and self-control. Against such things there is no law. 5:24 Now those who belong to Christ have crucified the flesh with its passions and desires. 5:25 If we live by the Spirit, let us also behave in accordance with the Spirit. 5:26 Let us not become conceited, provoking one another, being jealous of one another.

第六章

互相擔當

- 1 弟兄們、若有人偶然被過犯所勝、你們屬靈的人、就當用溫柔的心、把他挽回過來、又當自己小心、恐怕也被引誘。
- 2 你們各人的重擔要互相擔當、如此、就完全了基督的律法。
- 3 人若無有、自己還以為有、就是自欺了。
- 4 各人應當察驗自己的行為、這樣、他所誇的就專在自己、不在別人了。
- 5 因為各人必擔當自己的擔子。
- 6 在道理上受教的、當把一切需用的供給施教的人。
- 7 不要自欺、神是輕慢不得的、人種的是甚麼、收的也是甚麼。
- 8 順著情慾撒種的、必從情慾收敗壞、順著聖靈撒種的、必從聖靈收永生。
- 9 我們行善、不可喪志、若不灰心、到了時候、就要收成。
- 10 所以有了機會、就當向眾人行善、向信徒一家的人更當這樣。

叮囑和問安

- 11 請看我親手寫給你們的字、是何等的大呢。
- 12 凡希圖外貌體面的人、都勉強你們受割禮、無非是怕自己為基督的十字架受逼迫。
- 13 他們那些受割禮的、連自己也不守律法、他們願意你們受割禮、不過要藉著你們的肉體誇口。
- 14 但我斷不以別的誇口、只誇我們主耶穌基督的十字架、因這十字架、就我而論、世界已經釘在十字架上、就世界而論、我已經釘在十字上架上。
- 15 受割禮不受割禮、都無關緊要、要緊的就是作新造的人。
- 16 凡照此理而行的、願平安憐憫加給他們、和神的以色列民。
- 17 從今以後、人都不要攪擾我、因為我身上帶著耶穌的印記。
- 18 弟兄們、願我主耶穌基督的恩常在你們心裡。阿們。

Support One Another

6:1 Brothers and sisters, if a person is discovered in some sin, you who are spiritual restore such a person in a spirit of gentleness. Pay close attention to yourselves, so that you are not tempted too. **6:2** Carry one another's burdens, and in this way you will fulfill the law of Christ. **6:3** For if anyone thinks he is something when he is nothing, he deceives himself. **6:4** Let each one examine his own work. Then he can take pride in himself and not compare himself with someone else. **6:5** For each one will carry his own load.

6:6 Now the one who receives instruction in the word must share all good things with the one who teaches it. **6:7** Do not be deceived. God will not be made a fool. For a person will reap what he sows, **6:8** because the person who sows to his own flesh will reap corruption from the flesh, but the one who sows to the Spirit will reap eternal life from the Spirit. **6:9** So we must not grow weary in doing good, for in due time we will reap, if we do not give up. **6:10** So then, whenever we have an opportunity, let us do good to all people, and especially to those who belong to the family of faith.

Final Instructions and Benediction

6:11 See what big letters I make as I write to you with my own hand!

6:12 Those who want to make a good showing in external matters are trying to force you to be circumcised. They do so only to avoid being persecuted for the cross of Christ. **6:13** For those who are circumcised do not obey the law themselves, but they want you to be circumcised so that they can boast about your flesh. **6:14** But may I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. **6:15** For neither circumcision nor uncircumcision counts for anything; the only thing that matters is a new creation! **6:16** And all who will behave in accordance with this rule, peace and mercy be on them, and on the Israel of God.

6:17 From now on let no one cause me trouble, for I bear the marks of Jesus on my body.

6:18 The grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.