

October 19, 2025

Life in a Fishbowl

魚缸裡的生活

Week 1

第一週

**46% of former Christians call the church hypocritical and
85% of Millennials see hypocrisy in it. (Barna Research)**

46% 的前基督徒認為教會虛偽及
85% 的千禧世代看見其中存在的虛偽。
(Barna Research)

“Follow my example, as I follow the example of Christ.”

(1 Corinthians 11:1)

你們該效法我，像我效法基督一樣。
(哥林多前書 11:1)

**“Don’t let anyone look down on you because you are young, but set an example for the believers in
speech, in conduct, in love, in faith and in purity.” (1 Timothy 4:12)**

不可叫人小看你年輕，總要在言語、行為、愛心、信心、清潔上，都作信徒的榜樣。
(1 Timothy 4:12)

1. Be an example in your SPEECH.

在你的言談中成為榜樣。

Your words have the power to **BUILD** someone **UP** or **TEAR** someone **DOWN**.

你的言語有能力建立一個人，也能夠摧毀一個人。

**“May God give you heaven’s dew and earth’s richness—an abundance of grain and new wine. May
nations serve you and peoples bow down to you. Be lord over your brothers, and may the sons of
your mother bow down to you. May those who curse you be cursed
and those who bless you be blessed.” (Genesis 27:28-29)**

願神賜你天上的甘露，地上的肥土，並許多五穀新酒。願多民事奉你，多國跪拜你。願你作你弟兄的主；你母親的兒子向你跪拜。凡咒詛你的，願他受咒詛；為你祝福的，願他蒙福。
(創世記 27:28-29)

**“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building
others up according to their needs, that it may benefit those who listen.”**

(Ephesians 4:29)

污穢的言語一句不可出口，只要隨事說造就人的好話，叫聽見的人得益處。

(以弗所書 4:29)

2. Be an example in your **CONDUCT**.

在你的行為中成為榜樣。

- a. Direct hypocrisy: You “preach” but you deliberately **DON’T PRACTICE**.
直接的虛偽：你“說教”，但你故意不實踐。
- b. Indirect hypocrisy: You “preach” but you **PRETEND** to PRACTICE.
間接虛偽：你“說教”，但你假裝實踐。

Christian Atheist: One who believes in God but does not live as if He exists.

基督教無神論者：相信神但不活得像神存在的人。

(Craig Groeschel)

“...faith without deeds is dead.” (James 2:26)

……信心沒有行為也是死的。(雅各書 2:26)

“I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.” (Revelation 3:15-16)

我知道你的行為，你也不冷也不熱；我巴不得你或冷或熱。你既如溫水，也不冷也不熱，所以我必從我口中把你吐出去。(啟示錄 3:15-16)

“Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean. Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness.” (Matthew 23:25-28)

你們這假冒為善的文士和法利賽人有禍了！因為你們洗淨杯盤的外面，裏面卻盛滿了勒索和放蕩。你這瞎眼的法利賽人，先洗淨杯盤的裏面，好叫外面也乾淨了。你們這假冒為善的文士和法利賽人有禍了！因為你們好像粉飾的墳墓，外面好看，裏面卻裝滿了死人的骨頭和一切的污穢。你們也是如此，在人前，外面顯出公義來，裏面卻裝滿了假善和不法的事。(馬太福音 23:25-28)

- i. You have **COMPARTMENTALIZED** God into certain areas of your life.
你已經將神劃分到你生命中的某些領域。

This means to divide your thoughts, feelings, or life into separate “compartments” so that one part doesn’t affect another. It’s a mental or emotional strategy people use to manage conflicts, stress, or different roles in life.

意思是將你的思想、感受或生活劃分成不同的“區域”，這樣一部分就不會影響另一部分。

這是人們用來管理衝突、壓力或生活中不同角色的心理或情緒策略。