

如何治死肉體

「你們若順從肉體活著必要死。若靠著聖靈治死身體的惡行必要活著。(羅 8:13)」

即使是信主很多年的基督徒，也常常要學習治死肉體和老我的功課。如何才在一次又一次的屬靈征戰中勝過罪的試探和老我的纏累呢？

首先，基督徒應當有勝過罪、親近神的渴望。倘若沒有這樣的渴望，那麼就談不上勝過罪了。因為每當罪和試探來臨時，就沒有絲毫抵抗力，就繳械投降，成為罪的俘虜。只有當我們裡面靠著聖靈有這樣的渴望，才能開啟勝過試探治死肉體的征程。正如保羅所說“你們向罪也當看自己是死的；向神在基督耶穌裡，卻當看自己是活的。(羅 6:11)”

其次，基督徒應當有敬畏之心，怕得罪神。單單對神有渴望還不夠，我們裡面必須對神有真正的敬畏。就像約瑟面臨他的主人波提乏的妻子的誘惑時，約瑟因為敬畏神，知道自己不可犯罪得罪神，所以才能勝過色的誘惑。又如大衛面臨幾次可以報仇殺死追殺他的掃羅，但大衛因為敬畏神，知道掃羅是神的受膏者，就勝過了仇恨的試探。因此，基督徒當有怕得罪神的心，將神當得的敬畏歸給神。

再次，基督徒當知道靠自己治死肉體是不可能的，當依靠聖靈。基督徒當有自知知明不可自誇，心裡想著靠著自己必能勝過肉體的私欲和罪的試探。要看到，即便強如大衛這樣的屬靈偉人，也和拔示巴犯了姦淫罪，還欲蓋彌彰，繼續犯了殺人罪。因此基督徒當靠著聖靈的提醒和幫助，並牢記“順著情欲撒種的，必從情欲收敗壞順著聖靈撒種的，必從聖靈收永生。(加 6:8)”

總之，只有渴慕主、敬畏神、依靠聖靈，基督徒才能治死老我，才能像施洗約翰所說的“他必興旺，我必衰微。(約 3:30)”。願我親愛的弟兄姐妹都能靠著三位一體的神，在這條成聖之路上越來越有基督的形象！

How to Put the Flesh to Death

"For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. (Rom. 8:13 ESV)"

Even for Christians who have believed in the Lord for many years, they often have to learn the lesson of subduing the flesh and overcoming the bondage of the old self. How can one overcome the temptation of sin and the entanglement of the old self again and again in spiritual warfare?

Firstly, Christians should have a desire to overcome sin and draw near to God. Without such a desire, overcoming sin is not possible. Whenever sin and temptation arise, there is no resistance, and surrender occurs, becoming a captive of sin. Only when we have such a desire through the Holy Spirit within us can we embark on the journey to overcome temptation and subdue the flesh. As Paul said, "So you also must consider yourselves dead to sin and alive to God in Christ Jesus. (Rom. 6:11)"

Secondly, Christians should possess a reverent heart, fearing to offend Him. Merely having a desire for God is not enough; there must be a genuine awe and reverence for God within us. Just as Joseph faced the temptation of his master Potiphar's wife, he overcame the allure of sin because he feared God, knowing he must not sin to offend God. Similarly, when David had several opportunities to avenge himself against Saul, who sought to kill him, David overcame the temptation of hatred because he feared God, knowing Saul as God's anointed. Therefore, Christians should have a heart that fears offending God, attributing the reverence due to God.

Furthermore, Christians should be aware that it is impossible to subdue the flesh by their own efforts; they must rely on the Holy Spirit. Christians should have self-awareness and refrain from boasting, recognizing that relying solely on themselves cannot overcome the desires of the flesh and the temptation of sin. Even spiritual giants like David fell into adultery with Bathsheba and subsequently committed murder. Therefore, Christians should rely on the guidance and assistance of the Holy Spirit and remember, "For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. (Gal. 6:8 ESV)"

In conclusion, only by longing for the Lord, fearing God, and relying on the Holy Spirit, can Christians subdue their old selves like, as John the Baptist said, "He must increase, but I must decrease." (John 3:30) May my dear brothers and sisters, by the guidance of the triune God, grow more and more in the image of Christ on this path of sanctification!

辛城教會美聖堂

Cincinnati Chinese Church at Mason
牧會傳道人: 楊洋, 劉江華, Simon Boenaidi
Ministers: Bobby Young, Brian Liu, Simon Boenaidi

每週聚會時間表 Service/ Meeting Schedule

主日聚會	Sunday Service	
中、英文崇拜	Chinese/English Worship	10:45 am
成人主日學	Chinese Adult Sunday School	9:30 am
兒童主日學	Children's Sunday School	10:45 am
禱告會/查經小組	Prayer Meetings/Small Group Bible Study	
週一	姊妹查經小組(線上聚會)	7:30 pm
週二	姊妹查經小組(實體聚會)	10:00 am
週三(每月第一週)	美聖堂禱告會	8:00 pm
週三(每月最後一週)	聯合禱告會(本堂與美聖堂輪流舉行)	7:30 pm
週四	福樂查經小組(實體與 Zoom 平臺同步)	9:30 am
週四	查經小組(賴姪吟, 線上聚會)	9:30 am
週五	成人/青少年小組查經, 兒童 AWANA 在美聖堂	7:30 pm
團契聚會	Fellowship Meetings	負責人
餐館團契	每週日, 一, 二晚上實體聚會	楊華禮
福樂團契	每月第一週星期四早上 9:30 實體與 Zoom 同步	李翠英
安德森團契	每月第一週星期六晚上 6:00 輪流在各家舉行	傅亦冰
建武營團契	每月第一個星期六禱告會輪流在各家舉行	張東升
加利利團契	每月第三週星期三禱告會輪流在各家舉行	朱文璋
UC 校園團契	每週五晚上 7:30 在 Peoples Church 實體聚會	朱奇
Miami 校園團契	每週五晚上 6:00 實體聚會	唐慧瑩
青少年團契	Youth Fellowship 每週五晚上 7:30 在美聖堂	Simon Boenaidi

主日崇拜, 備有耳機英語翻譯。早上 9:30 開始提供兒童、青少年聚會、以及嬰幼兒看顧。

Sunday Mandarin Worship Service has English translation by earphone. Starting at 9:30 AM, we provide K-6th grade Children Gospel Group, Youth Worship Service (English), and Nursery.

2024 年辛城教會主題: 創造與賜福 2024 Cincinnati Chinese Church Theme: Creation and Blessing

本堂 Compton: 1393 Compton Rd. Mt. Healthy OH 45231

Tel: (513) 931-2381

美聖堂 Mason: 766 Reading Road, Mason, OH 45040

Tel: (513) 398-1234

網址 CCC Website: <https://www.cincinnati-chinese-church.com>

APP: Cincinnati Chinese Church 辛城教會

辛城教會美聖堂主日崇拜

CCC Mason Sunday Service
03/03/2024

敬拜詩歌
Worship Hymns

黃曉晴
Gene Huang

信息
Message
世上的萬民
The Nations on the Earth
創世記 Genesis 10:1-32

劉江華牧師
Pastor Brian Liu

歡迎與報告
Welcome & Announcements

王海龍
Harry Wang

祝禱
Benediction

劉江華牧師
Pastor Brian Liu

金句：這些都是挪亞三個兒子的宗族，各隨他們的支派立國。洪水以後，他們在地上分為邦國。(創世記 10:32)

Key Verses: These are the clans of the sons of Noah, according to their genealogies, in their nations, and from these the nations spread abroad on the earth after the flood. (Genesis 10:32)

司琴：周夢樂
Pianist: Kristi Zhou

敬拜團：顧正朝、李會平、張曉梅、胡曉杰

Worship Team: Zhengchao Gu, Huiping Li, Xiaomei Zhang, Xiaojie Hu

影音同工：殷榮偉、張衛軍

AV Workers: Rongwei Yin, Weijun Zhang

翻譯：林淑美
Interpreter: Shumay Lin

招待同工：李文慶、鞠君、吳雪梅

Ushers: Wenqing Li, Jun Ju, May Wu

報告事項

一月奉獻	\$40,504.87
一月支出	\$49,211.81
一月結算	(\$8,706.94)
2024年盈虧	(\$8,706.94)

- 2024 教會主題：創造與賜福。
- 美聖堂禱告會：3/6 週三晚 8 點在美聖堂舉行，歡迎弟兄姐妹參加，請小組長務必參加。
- 福樂團契：3/7 週四上午 9：30 分在美聖堂舉行，講員：顧正朝長老，備有午餐。歡迎邀請年長朋友參加。
- 弟兄團契：3/9 週六晚 5:30 在譚紅軍弟兄家有 Potluck 聚餐，然後有分享、禱告和見證。歡迎弟兄們參加。
- 日光節約時間開始：3/10 主日凌晨實施。請週六睡前將時鐘調快一小時少睡一小時，以免主日聚會遲到，請注意！
- 美聖堂實體事工協調會：3/13 週三晚上 7:30 分，在美聖堂 1,2 號教室舉行，歡迎弟兄姐妹來參與家裡的事。
- 校園團契福音營：已開始報名，3/15-17 在 Woodland Lakes 營區舉行。營會主題：生命的糧。講員：吳皓牧師。邀請大學生報名參加，詳情請洽劉若重弟兄。
- 愛宴：這個月沒有愛宴。
- 青少年暑期 CIY 退修會：已開始報名，6/9-14 在 Bowling Green State University 舉行。報名費用 \$499 元。名額有限請儘早報名。詳情與費用請洽和交給劉寰聲弟兄。
- 2024 暑期兒童音樂劇招生：歡迎幼稚園至六年級兒童報名參加。報名鏈接 <https://forms.gle/WKrhf4AVSVd1BgAb7> 或大堂外也有二維碼，請掃描報名

代禱事項

三月份美聖堂青少年主日崇拜講員安排

日期	詩歌敬拜	信息講員
3/03	王欣彤	詹生和 長老
3/10	聯合聚會	劉江華 牧師
3/17	Simon 傳道	Simon 傳道
3/24	盧嘉瑋	Simon 傳道
3/31	Simon 傳道	Simon 傳道

- 為尋找工作和工作有壓力的代禱；為身體軟弱等待醫治和尋找原因的代禱。願在這個過程中專心依靠神，經歷祂同在的真平安，藉此靈命得復興、信心得成長。

Announcements

January Offering	\$40,504.87
January Expenses	\$49,211.81
January Balance	(\$8,706.94)
Year-to-Date Balance	(\$8,706.94)

- 2024 CCC Theme: Creation and Blessing.
- Mason Church Prayer Meeting: Wed., 3/6, 8pm at Mason church. Small group leaders must attend. Brothers and sisters are welcome to join.
- Blessing Fellowship: Thurs., 3/7, 9:30am at Mason church. Speaker: Elder Zhengchao Gu; lunch is provided. Welcome the elderly to come.
- Brother Fellowship: Sat., 3/9, 5:30pm at brother Bob Tan's house with a potluck gathering. There will be sharing, praying, and testimonies. Brothers are invited to come.
- Daylight Saving Time Starts: on Sun., 3/10. Please set clocks forward one hour before going to bed on Saturday which means losing an hour of sleep, in order not to be late for Sunday Service. Please take note!
- Mason MC Meeting: Wed., 3/13, 7:30pm at Mason church, classroom # 1, 2. Brothers and sisters are invited to attend for the matter of God's family.
- Campus Gospel Camp: 3/15-17 at Woodland Lakes Retreat Center. Registration is open. Theme: The Bread of Life. Speaker: Pastor Hao Wu. College students are invited to attend. Please contact Chris Liu for details.
- Love Feast: There will be no love feast this month.
- YG CIY Retreat: Signup is open and it will be held from 6/9-14 at Bowling Green State University. The registration fee is \$499. Space is limited and early registration is welcome. For more information and fees, please contact brother Vincent Liu.
- 2024 Summer Children's Musical Opens for Signup: Welcome kids from K-6th grade to join. Please scan the QR code for signup located at outside the sanctuary or register at <https://forms.gle/WKrhf4AVSVd1BgAb7>

Prayer Requests

YG Sunday Speakers and Song Leaders in March

Date	Song Leader	Speaker
3/03	Xin Wang	Elder Shenghe Zhan
3/10	Joint Service	Pastor Brian Liu
3/17	Minister Simon	Minister Simon
3/24	Jayden Lu	Minister Simon
3/31	Minister Simon	Minister Simon

- Pray for those seeking jobs and those feeling stress of work and those who are weak in health to receive healing with an answer. May they wait upon the Lord during the waiting time with trust to experience His true peace so that their spiritual life is revived and faith is growing.