

「跟隨祂的腳蹤行」(20)：  
Follow Jesus in His Steps (20):

『效法基督』－「當負我的軛，學我的樣式」

『Imitate Christ』－「Take My yoke upon you and learn from Me」

經文：太11:20-30；林前11:1；腓3:17；羅15:5-6；羅8:28-30；

Scripture: Matthew 11:20-30; 1 Corinthians 11:1; Philippians 3:17; Romans 15:5-6; Romans 8: 28-30

背誦經文：**29** 我心裏柔和謙卑，你們當負我的軛，學我的樣式；這樣，你們心裏就必得享安息。**30** 因為我的軛是容易的，我的擔子是輕省的。(太11:29-30)

Memory Verses: 29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.” (Matthew 11:29-30)

A. 『效法基督』不只是神的旨意，也是神兒女們該有的見証

A. 『Imitate Christ』 is not only the will of God, but it is also the testimony that God's children should have

－你們該效法我，像我效法基督一樣。(林前11:1，腓3:17)

－Imitate me, just as I also imitate Christ. (1 Corinthians 11:1, Philippians 3:17)

－但願賜忍耐安慰的神叫你們彼此同心，效法基督耶穌，一心一口榮耀神—我們主耶穌基督的父！(羅15:5-6)

－Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus, that you may with one mind and one mouth glorify the God and Father of our Lord Jesus Christ. (Romans 15:5-6)

1. 『效法基督』必需是在生命的境界，是從裡到外

B. 『Imitate Christ』 has to be done in the realm of life, it emanates from within

· 28我們曉得萬事都互相效力，叫愛神的人得益處，就是按祂旨意被召的人。29因為祂預先所知道的人，就預先定下效法祂兒子的模樣，使祂兒子在許多弟兄中作長子。30預先所定下的人又召他們來；所召來的人又稱他們為義；所稱為義的人又叫他們得榮耀。(羅8:28-30)

· 28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose. 29 For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. 30 Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified. (Romans 8:28-30)

1. 『效法基督』的實例－「當負我的軛，學我的樣式」(太11:20-30)

C. 『Imitate Christ』's actualization – 「Take My yoke upon you and learn from Me」 (Matthew 11:20-30)

1) 「被拒」時仍然讚美 神

1) When 「rejected」 still praise God

– 那時，耶穌說：「父啊，天地的主，我感謝你！...」 (太11:25)

– At that time Jesus answered and said, 「I thank You, Father, Lord of heaven and earth...」 (Matthew 11:25)

2) 「被拒」時仍然視為是 神的『美意』

2) When 「rejected」 still view it as God's 『wonderful will』

– 「父啊，是的，因為你的美意本是如此。...」 (太11:26)

– 「Even so, Father, for so it seemed good in Your sight. ° ...」 (Matthew 11:26)

3) 「被拒」時仍然不忘施恩於人

3) When 「rejected」 still remember to bless others

– 「凡勞苦擔重擔的人可以到我這裏來，我就使你們得安息。...」 (太11:28)

– 「Come to Me, all *you* who labor and are heavy laden, and I will give you rest. ° ...」 (Matthew 11:28)

4) 「被拒」時仍然為我們留下出路與佳美腳蹤

4) When 「rejected」 still provide a way out for us and wonderful footsteps to follow

– 「29 我心裏柔和謙卑，你們當負我的軛，學我的樣式；這樣，你們心裏就必得享安息。 30 因為我的軛是容易的，我的擔子是輕省的。」 (太11:29-30)

– 「29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke *is* easy and My burden is light.”」 (Matthew 11:29-30)

● 基督...為你們受過苦，給你們留下榜樣，叫你們跟隨他的腳蹤行。(彼前2:21)

● Christ... suffered for us, leaving us an example, that you should follow His steps. (1 Peter 2:21)

回饋問題：

Reflection Questions:

1. 過去你「被拒」時如何反應？聽了這篇信息後將有什麼不同？

1. In the past how do you react to 「being rejected」？ After listening to this message, how will it be different in the future？

2. 平時該有怎樣的預備和操練，以便在非常遭遇時仍舊能『效法基督』？

2. How to prepare and practice in our everyday life, so that in times of extraordinary troubles we can still 『Imitate Christ』？