

## Colossians 1.15-23

歌罗西书 1.15-23

It's obvious that English-speaking people love rescue stories. In childhood, many of the fairy tales we tell our kids are rescue stories. Cinderella gets rescued from the home of her cruel stepmother. The woodsman comes in the nick of time to save Little Red Riding Hood. Even the three little pigs manage to escape the big, bad wolf. And our affinity for rescue stories doesn't die with childhood. The movie Apollo 13 and the recent movie Martian are rescue stories. We love the idea that somehow we can get out of a fix, either by our own ingenuity or by watching some hero beat the odds and save the day.

讲英语的人很喜欢各种的关于救援的故事。在童年时代，我们讲给孩子们听的很多童话故事是关于救援的故事。灰姑娘会从她的残忍的继母的家里被救出。樵夫在千钧一发之际救了小红帽。甚至是三只小猪都能设法逃离大坏狼。而我们的救援故事不因童年时代而结束。电影阿波罗 13 号和最近的电影火星人都关于救援的故事。我们喜欢看到自己会被拯救的这个想法得到实现，或是依赖自己的聪明才智，或是看到一些英雄战胜邪恶，拯救明天。

If you love rescue stories, you won't find a better book than the Bible because it contains the greatest rescue story of all time. Here's how Paul describes what God did for us in Christ: *he has rescued us from the dominion of darkness and brought us into the Kingdom of the Son he loves* (Col 1.13).

如果你喜欢的各种救援的故事，你找不到比圣经更好的书了，因为它包含了所有时代最伟大的救援故事。下面是保罗这样描述神在基督里为我们做什么：他已经从黑暗的权势救了我们，把我们带到他爱子的国度（西 1.13）。

In today's passage, Paul picks up on this amazing rescue and reminds us who our Rescuer is and how He rescues us. It will help us get ready this morning to celebrate communion by giving us a fresh look at how desperate our circumstances are apart from Jesus.

在今天的经文中，保罗告诉我们这个奇迹般的拯救并且提醒我们我们的救世主是谁和他怎么样拯救我们的。这会帮助我们重新审视当我们远离主耶稣的时候我们的处境将是多么的绝望。

*Paul begins with our Rescuer, and you'll see how he tells us—*

*保罗从我们的救赎者开始，你会看到他是如何告诉我们—*

### **I. DON'T LOSE SIGHT OF THE LORD JESUS, OUR RESCUER (VV. 15-20)**

*一，不要忽视我们的救赎者，主耶稣（VV. 15-20）*

*I think Paul uses a literary device typical of his day to communicate the exhaustive supremacy of Jesus. He does that through seven statements intended to remind us of the exalted position Jesus holds. I want to take a very complex paragraph and try to make it as simple and understandable as I can.*

我认为保罗用带有文学修饰的言语来阐释主耶稣的完美的权柄。他通过七个陈述来提醒我们主耶稣的崇高的地位。我想把这一段非常复杂的话，尽量用简单易懂的方式来解释。

*Don't get lost in the details as Paul unfurls this list of declarations. We can condense these seven declarations into three bigger truths. Here's the first—*

不要在保罗描述的细节中迷失。我们可以把这七个陈述化分为三个大的真理。下面是第一个真理

#### **A. Our Rescuer is none other than God Himself (v. 15a)**

A. 我们的拯救者不是别人，正是神他自己（v15a）

1. READ 15A. When Paul makes this statement, we have to explain how it's different from the first book of the Bible that says that we, as human beings, are made in the image of God. That's where the context helps us understand that Jesus displays the image of God in a way far more exhaustive than the way we do.

1. 阅读 15a。当保罗在讲这句话的时候，我们需要解释它与在圣经里的另一句话是不同的，圣经的第一本书中说，我们作为人类，是用神的形象造的。这可以帮助我们理解耶稣也是更为深入的显示了神的形象。

2. Look back a couple of verses. READ VV. 12-13. You can see that Paul views the *kingdom of light*, God's kingdom, and the kingdom of Jesus as one and the same, interchangeable. So even before we come to verse 15, Paul speaks of the kingdom of Jesus and the kingdom of God the Father in the same terms without flinching.

2. 回过头来查看几句经文。阅读 V12-13。你可以看到，保罗把光明的国度，神的国度，耶稣的王国视为可以互换的同一个。因此，在第 15 节，保罗用同样的词语代表耶稣的国度，父神，神的国度。

3. Do you see how that helps us recognize how grave our situation is? No one can rescue us but God. God Himself had to step down from His throne to help us.

3. 你是否看到这一点会如何帮助我们，认识到我们的处境有多么严重？没有人能救我们，除了上帝。神他自己从宝座上下来亲自来帮助我们。

*If we understand that first truth, that our Rescuer is God Himself, we won't be surprised by the next description Paul gives us of our Rescuer:*

如果我们理解了这个第一个真理，我们的救赎者是神他自己，我们也就顺利地接受了下一个保罗关于我们救赎者的描述：

#### **B. Our Rescuer is the Creator of all things (vv. 15b-17)**

## B. 我们的救赎者是万物的创造者（VV。15B-17）

*Paul gets this across in three different ways.*

保罗用三种方式来阐释

1. READ V. 15B. *He is the firstborn of creation.* This statement has caused a lot of confusion throughout church history.

1. 阅读 V15B。他是造物主的第一个儿子。这种说法曾经引起了很多教会历史的混乱。

a. False teachers, past and present, have latched onto this verse as proof that Jesus is not God. They take this statement to imply that Jesus was the first created being.

a. 无论过去和现在的伪教师，以这节经文为根据来证明耶稣不是上帝。他们采取这个声明去暗示耶稣是第一个创造出来的。

b. If you took this statement in isolation, that might be a plausible interpretation. But that's why we need to read the context, because everything in this context points to a different understanding of this phrase. Take a look at verse 16 and tell me if it doesn't clarify what Paul means. READ V. 16.

b. 如果只是单独的看这个说法，也许是一个合理的解释。但是，这就是为什么我们需要阅读上下文，因为上下文会帮助支持对这个说法的不同的解释。看看 16 节，请告诉我，如果不能理解保罗的意思。阅读 V16。

i. Do you get the idea Paul wanted to make sure that we see clearly that everything that exists came into being because of Jesus?

i. 你是否理解保罗希望我们明白的看到所有的一切是因为主耶稣的存在而存在？

ii. All things were created **by** Him. He is the **author** of creation. All things were created **through** (that's a different preposition and that's how I would translate it) Him. He is the **agent** of creation. All things were created **for** Him. He is the **aim** of creation. When you look at what the Bible teaches about creation you can't say those things about anyone other than the Lord God of Israel. Think of what this means about you and me. Each one of us can say, *I was created by Him. I was created through Him. I was created for Him.* The One who created us had to rescue us. No one else could do it.

ii. 万物是借着他造的。他是造物主。万物是通过他而创造的。他是创造的代理人。所有的事情都是为他创造的。他也是创造的目的。当你看到圣经关于的创造的教导，除了以色列的上帝以外谈不到其他人或者事。想想这对于我们意味着什么。我们每个人都可以说，我是被他造的。我是借着他造的。我是为他造的。创造了我们的人一定会拯救我们。没有人可以做到这一点。

c. So why does Paul use the term *firstborn* here? It points to Jesus' position of favor. The firstborn in a Jewish family had a unique role and unique

privileges in the family. Jesus as the Son of God has a unique role and unique privileges over all creation.

c. 那么，为什么保罗在这里使用长子这个术语？这是对耶稣的位置的重视。一个犹太家庭的长子在家庭中有着独特的角色和独特的权限。耶稣是神的儿子在一切被造物的面前拥有独特的角色和独特的权限。

d. One other thing. Did you notice how Paul emphasizes these heavenly beings he calls *thrones, powers, rulers, and authorities*? This church had gotten sidetracked by some teaching about the importance of angels and heavenly beings and had turned to them for help rather than to the Lord Jesus.

d. 还有一件事，你是否注意到保罗是如何强调他怎样拥有这些天上的权柄，力量？当我们寻求帮助的时候，在教会中的一些关于天使的重要性的教导错误的把天使定位为帮助者，反而忽略了主耶稣才是真正的帮助者。

If the Colossian church erred in getting hung up on the powers of the unseen spiritual world, we can get caught up in exalting human leaders and personalities. America is a celebrity culture. The church in American tends to import that flaw. I have heard churches looking for a new pastor saying, *If only we can find the right pastor, our church will really take off*. If some well-known person becomes a believer, sometimes you'll find they get pushed into the limelight. Why do we do that? We're putting our trust in people rather than the Lord Jesus. Look at the reminder Paul gives the church at Corinth because it will help us keep Christ firmly fixed in His exalted position as Creator and Master of all things. READ 1 COR 1.26-29.

如果歌罗西教会因为看不见的精神世界的力量而犯了错误，我们也会不自觉的仰慕高举领导人或者知名人士。美国有一个崇尚名人的文化背景。美国教会也会倾向于此。我曾听到当教堂在寻找新的牧师时的说法，如果我们能找到合适的牧师，教会将真正的腾飞。如果一些知名的人士成为信徒，有时你会发现，他们将被推到聚光灯下。我们为什么这样做？我们把我们的信任轻易的交付给人，而不是给主耶稣。再看保罗曾经给科林斯教会的提醒，因为这将帮助我们永远把主耶稣基督牢牢地放在崇高的地位上，因为他是万物之主，万王之王。阅读 1 COR1.26-29。

*Verse 17 gives us the final details about the creative power of our Rescuer.*

17 节给了我们关于我们的拯救者创造能力的最后的细节。

2. READ V. 17. Not only do all things come into existence through Jesus, all things owe their ongoing existence to Him as the sustainer of all things. Isn't that like what we read in Hebrews 1 where it says He sustains *all things by His powerful word*?

2. 读 V17. 不仅所有的事物是通过主耶稣而存在，所有的事物的持续存在也是因着他的缘故。是不是就像我们在希伯来书 1 读到的：他用强大有力的话语维持着所有的一切？

We all have the Lord Himself to thank for our ongoing existence—our bodies remain intact and joined with our spirits because of the intervention of Jesus Himself. Everything that supports our life—the air we breathe, the water we drink, the rich soil that yields crops—He holds all of it in His hands. On a bigger scale, He sustains the planet we inhabit, the sun that we orbit and the galaxy our solar system occupies. Every angel and every demon continue to exist only with His permission and provision.

我们每个人都要向主感谢我们的持续的存在，我们的身体保持健康，与我们的精神世界相通，这一切都是因为主耶稣。所有的一切支持着我们的生命的东西，我们呼吸的空气，我们喝的水，能够出产作物的肥沃的土壤，他拥有这一切。从一个更大的角度看，他维系这我们生活的地球，太阳和银河系。每一个天使，每一个恶魔的存在都必须经过他的允许和许可。

Our rescue rests in the hands of the One who not only called us into existence but who makes our ongoing existence possible. Think of all the people we look to for our safety and security and welfare—people who serve as police officers and firefighters and other emergency personnel, people who take care of our medical problems, or people who provide basic services like electricity and natural gas. Many of us would say our cellular service providers fall into the same category—what would we do without our mobile phones? We got on a shuttle bus at the airport last week and every single person sitting on the bus had their eyes glued to their phones, so I joked with them about needing to get my cell phone out, too. We have people who provide governmental services—like maintaining our roads and plowing them when it snows while others serve in the military to protect our country. We depend on our employers to pay us, and farmers to grow our food and banking systems for the free flow of commerce. As much as we depend on all sorts of people and organizations and businesses, everyone and everything we can think of that we depend on depends on God.

我们的救赎掌握在这个他的手中，他不仅使我们存在，还使得我们的持续存在成为可能。想想为我们的安全提供保障的人们，担任警察，消防员和其他救急人员的人们，或者帮助我们解决的医疗问题的人们，或者提供电力和天然气这些基本服务的人们，很多人都会说我们的手机服务供应商也应该属于同一类别，如果没有手机，我们该怎么办？上周，我们做在机场的穿梭巴士上，坐在公交车上的每个人的目光紧盯着自己的手机，所以我跟他们开玩笑说也需要掏出我的手机了。我们有专门的人提供政府基础的服务，像维持道路，下雪天的铲雪，还有为了保卫国家参军的人。我们依靠我们的雇主支付

薪水，农民种植粮食和银行系统使得商业自由的流动。正如我们依赖于各种各样的人和组织和企业，大家的一切和我们能想到的一切事物，我们都依靠依赖于神。

*As if that weren't enough to establish the all-encompassing supremacy of Jesus, Paul goes on. Not only is our Rescuer the Creator of all things*

如果这还不够去建立耶稣的包罗万象的至上的权柄，保罗继续陈述。他还不仅仅是我们的拯救者，万物的造物主。

### C. Our Rescuer rules the new creation as well (vv. 18-20)

#### C. 我们的拯救者也掌控着新的创造（VV. 18-20）

1. READ VV. 18-20. Headship means not only authority but responsibility. He rules the church and takes care of the church. He directs the church and protects the church. He oversees the church and nurtures the church.

When you look at our congregation, the ultimate responsibility doesn't lie with the elders or the members or the staff. The ultimate welfare of our church lies with Jesus. When you're hurting, as fellow believers we can do our part in praying and encouraging and coming alongside you. But what we do needs to originate with the Head acting through us in the same way our body acts under the guidance of our head.

1. 阅读 VV. 18-20。一家之长不仅意味着权力，还有责任。他掌管着教会，并关照着教会。他领导着教会并保护着教会。他带领着教会并培育着教会。当你看看我们的会众，最终的保障不在于与教会的长老或成员或员工。我们教会的最终保障在于主耶稣。当你受到伤害，这时信徒会通过祷告，鼓励，陪伴，这些我们可以做到的来帮助你。但是，我们最需要的是始于一家之长，经由我们来表现，就像我们需要用头来指挥身体做事情一样。

2. The foundation for all of this is the life, death and resurrection of Jesus.  
2. 这一切的基础是从主耶稣而来的生命，死亡和复活。

a. Did you notice what Paul says in v. 19? In Jesus exists all the fullness of God. When the Son of God took on humanity, He didn't become less than God. His humanity did not diminish His deity.

a. 你是否注意到保罗在 19 节提到的？在耶稣身上圆满的显明了上帝的存在。当上帝的儿子成为人，他的神性并没有变得比上帝少。他的人性并没有削弱他的神性。

b. And His purpose in coming was to reconcile all things to Himself. That needs to be defined carefully. Does this verse teach that eventually all people will be saved and that even the devil himself will be redeemed? No. Then Paul would be contradicting his other writings and the very words of Jesus. This indicates that Jesus' redemptive work touches everything. This universe has been in decay ever since the first sin. The curse of sin affects everything. Who can fix

everything? Can any creature do that? No. It takes the Creator to fix creation, but it could only happen by treating the root problem—our sin. Let's make sure our understanding of God's salvation plan goes beyond forgiveness. He also came to reconcile us to God. But it's bigger than that. This is a story about making all things new. God's salvation is individual—extremely personal—just like His creation of us. He knit us together in our mother's womb. But his salvation is also universal—it encompasses all of creation. He will make all things new. God became like one of us, so He could remake us to be like Him. How amazing!

b. 他的降临就是使得一切归于他。这个需要被仔细地定义。是否这节经文教导我们最终所有的人都将被救赎，即使是魔鬼将被赎回吗？不是的，这将与他之前的著作和耶稣的原话互相矛盾。这只是在指出耶稣的救赎工作会涉及到所有的一切。这个宇宙从起初第一次犯罪的那一天就不断在衰退。罪的咒诅涉及影响一切。谁能解决？任何一个生物能做到吗？不行的。它需要造物主去修复，但它只能通过治愈问题的根源—我们的罪来修复。我们知道神的救赎计划是超越了饶恕。他让我们与神和好。但是，还会比这更大的计划。这是一个能更新一切的救赎计划。神的救赎是与个体非常相关的，就像他创造了我们每一个人。他在我们还是胎儿的时候就编织着我们的未来。同时他的救赎也是包含一切的，它包含了所有的被造物。他将更新一切的事物。神将会成为像我们中的一个人，因此他可以把我们变的像他一样。这将是多么惊人的变化啊！

With a rescuer like this, why would we look anywhere else? Why would we trust in any ritual or any rule or any religious activity? A lot of people do. Why would we think we could fix this problem ourselves by our own efforts? A lot of people do.

有了这样的棒的救赎者，我们还需要去别的地方寻找吗？为什么我们会信任任何的仪式，任何规则或者任何宗教活动呢？很多人这样做。为什么我们会认为，我们可以通过自己的努力去解决自己的问题呢？很多人这样做。

*Paul moves on from telling us about our Rescuer to His rescue operation.*

保罗继续告诉我们关于我们的救赎者的救赎方案。

## **II. DON'T LOSE SIGHT OF HOW THE LORD JESUS RESCUED US (VV. 21-23)**

*II. 不要忽视主耶稣是怎样救赎我们的 (VV. 21-23)*

*Look at the perilous situation facing all of us. READ V. 21.*

看看我们面对的所有的危险局面。阅读 V21。

**A. We were at odds with the Lord (v. 21).**

**A. 我们与主同行。**

1. How often do we think of ourselves in these terms—*alienated* and *enemies*. We were enemies of God. We were alienated from God.

1. 我们是否经常想到自己的时候会想到这些词语，隔绝和敌人。我们是神的敌人。我们与神隔绝。

2. We can see it in our thinking and we can see it in our actions.

2. 我们可以从我们的思想中看到，我们可以从我们的行动中看到。

a. Internally our minds wandered regularly into areas that God finds repulsive. We still struggle with that, don't we?

a. 我们的思绪常常游到神不喜悦的地方。我们常常与之挣扎，难道不是吗？

i. Have you ever looked at someone and made silent judgments about them that undervalued them as God's special creation? I have and I still catch myself doing that.

i. 你是否曾经看着别人，同时暗自想到对他们无声的评价，这样的评价是低估了作为神的特别创造的他们？我有这样做过，我仍然发现自己在这样做。

ii. It's so easy for us to assign value to others, not based on the fact that the Lord made them and died for them, but based on some arbitrary human scale of values.

ii. 这很容易让我们去评价别人，并不是基于耶和华创造他们，并为他们而死这样的事实去评价别人，而是基于世俗的价值观。

iii. We have to fight this as believers. We did it instinctively before we came to know Christ. Only by God's power can we begin to overcome it.

iii. 我们作为信徒要与之抗争。我们这样做是凭着本能，甚至早于我们认识基督。只有靠着上帝的力量，我们才可以开始去战胜它。

b. Externally our behavior demonstrated what had captured our minds.

b. 对外我们的行为证明了什么才是吸引着我们的灵魂。

i. We expected others to care about our needs and to serve our needs, but we didn't make the same kind of effort toward others we expected from them.

i. 我们期望别人来关心我们的需求，并为我们的需求而付出，但我们并没有对这些人做出同样的努力。

ii. Our behavior toward God showed our problem. Sometimes we ignored God. Sometimes we gave Him half-hearted expressions of commitment. Sometimes we tried to bargain with Him to get what we wanted. When we prayed, we treated Him like a personal servant, like a magic genie.

ii. 我们对神的行为代表了我们的问题。有时我们忽略了上帝。有时候，我们给他的半心半意的承诺。有时，我们试图与他讨价还价以获得我们想要的东西。当我们祈祷时，我们对待他就像对待仆人，或者像一个神奇的精灵。

c. If you've ever played around with strong magnets, you know that magnets can strongly attract each other or, if the wrong poles are lined up, strongly

repel each other. Given the polarity of God's holiness and the polarity of our sinfulness, a spiritual repulsion existed in our hearts to the Lord and His ways. We couldn't get close to the Lord because of our sin.

c. 如果你曾经玩过强力磁铁，你就会知道磁铁能强烈地吸引对方，或者，如果排列相反，会极力地排斥对方。鉴于神的圣洁和我们的罪性，在我们的心中对神和他的道会有一种灵里的排斥。因为我们的罪，我们无法靠近主。

*The initiative and power to change the situation had to come from the Lord. And it did, as we read in vv. 22-23. READ VV. 22-23.*

想要改变这种状况的力量只有来自于主。他做到了，正如我们在经文 V 22-23 中所读到的。

### **B. God restored us in every possible way.**

#### **B. 上帝在每个方面都重塑我们。**

1. Look at what Jesus did. The Creator died for us, the ones He created. The Holy One died for us, the unholy ones. The Blameless One died for us, the blameworthy. Who else could reverse the polarity of our relationship? That's the only way our condition could be altered.

1. 看看耶稣所做的。造物主为我们而死，为他所他创造的死。圣洁的为我们死，为充满罪的人死。无暇的为我们而死，为满是污点的人死。还有谁可以扭转我们的关系？这是唯一的途径。

1. You can see that His death did more than merely erase the wrongs that alienated us from God. He died with a greater goal than that in mind. It says He died, *to present you holy in His sight, without blemish and free from accusation*. When the day of judgment comes, who can say anything against us if Jesus stands with us and says, *I died for his sins. I died for her sins*. Our blamelessness, our holiness is not ours. It comes from Jesus. His holiness and blamelessness is absolute and perfect and unlimited because He is God. The Lord credits that to us and begins to change us into the likeness of Jesus on one simple condition—faith.

1. 你可以看到的是他的死亡不仅仅只是擦去了使我们远离神的罪。他其实有个更大的目的。他说他的死亡，将为你呈现他眼里的没有污点和没有指责的圣洁。当审判日来临的时候，如果耶稣站在我们身边说：我的死免了他们的罪，谁又能说出我们的过犯。我们的无可指摘，我们的圣洁不是我们的。它来自耶稣。因为他是神，他的圣洁和无可指摘是绝对的，完美的和无限的。这样的担待，这样的改变的唯一的条件是我们信他。

2. As you see in v. 23, we shouldn't think of faith so much as a point, a dot on the timeline of life. Instead we should think of it as the beginning of a line that connects us to the Lord through all of life. That's when we started breathing

spiritually. When we believe, we believe for life. If we don't believe for life, we haven't believed at all.

2. 正如你在 23 节看到的，我们不应该认为信心会出现在人生的各个阶段。相反，我们应该把它看成是一个开始，一个与神和好的开始。这时候，我们才开始有了与灵的沟通。当我们相信神，我们会一生都相信他。如果我们不是一直相信，那么我们并没有真正的信。

I realize that this passage majors on theology. There aren't a lot of how-to's. But that's how Paul structures nearly all of his letters. He begins with doctrine and moves from that to lifestyle. So what difference might this make to us?

我认识到这一段与神学有很大的联系。这里没有很多的怎么样去做。但是，这是保罗书信的方式。他从教义开始，转到生活的方式。那么，对我们来说有什么区别的？

I expect it will make a difference in our gratitude level this week. If we will carry the thoughts of our rescuer and what He did with us this week, we will be people of worship the whole week.

在这个周，我想这会改变我们的是我们会有多少的感恩。在这个周，如果我们一直在想着我们的救赎者，他为我们做了什么，我们是在一直对神的敬拜中生活的。

I think a passage like this also reinforces and raises the confidence level we have in our salvation. When we have a Savior like Jesus, we know He can handle the biggest, darkest, most embarrassing sins. He can handle the things we struggle with. He can provide not only forgiveness but freedom. God, our Creator and Redeemer, can set us from sin.

我觉得这样的经文加强了我们对救赎的信心。当我们有像主耶稣这样的救世主，我们知道他可以处理最大，最黑暗，最另人尴尬的罪恶。他可以处理另我们挣扎的事情。他不仅能提供饶恕更是自由。上帝，我们的创造者和救赎者，把我们从罪中释放了我们。

I also think truths like this can embolden us and raise our level of outreach. When we reflect on a passage like this, we realize we have a message to tell. We have a rescue story to end all rescue stories, and the best thing about it is that it's true. This is not a *Once upon a time story*. This is a story that takes us to a bloody cross on a God-forsaken Friday in Jerusalem some 2,000 years followed by an empty tomb the next Sunday that unlocked the doors of heaven for all who believe in Jesus.

我也觉得像这样的真理可以使我们壮胆，提高我们传播信仰的力度。当我们反思这样的经文，我们意识到我们有一个信息要传递。我们有一个关于救援故事去总结所有的救援故事，关于它的最好的事情是它是真实的。这不是从

前听到的故事。这个故事，它会把我们带回约 2000 年前，一个被上帝弃绝的周五，一个血色的十字架，紧接着的那个周日的空坟墓，它为所有相信耶稣的人打开了通往天堂的大门。

But we can also respond right now, as we take communion. This is meant to be a time for heartfelt thanks that Jesus would do for us what no one else could do. Let's take these words with us to the physical reminders of His death we'll hold in our hands in a few minutes. When you hold that bread, think of these verses—REPEAT VV. 21-22. When you look at the cup of juice, think of this verse—READ VV. 19-20.

但是，在现在我们的崇拜中，我们也可以马上做出回应。这代表对耶稣所有为我们所做事情的衷心的感谢。在下面的几分钟里，让我们牵起手来，把这些话留在心中，去提醒我们他的死。当你拿起面包来，请思想这些经文 V21-22。当你看着杯中的果汁时，请思想这节经文 V19-20。