

## Discipline of Choice 选择的操练

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What kind of decision maker are you? Do you go with your heart? Are you a thinker and go with the head? Or are you controlled by a strong will?

你是哪一类型的决策者？你是随心的？是深思熟虑的？还是你被坚强的意志所主控？

The way we make decisions are influenced by all three, Head / Heart / Will. For me it depends on the time of day. My will power is always strongest in the mornings. I make most of my good decisions while the sun is going up.

我们做决定的方式都同时受，头脑/心思/意志，三方面影响。对我来说，还取决于在一天中的那个时间。我意志力在早晨总是最强的。我做出大部分好的决定都是当太阳正在升起时。

I might have made a decision with my mind to eat healthy and exercise. So I have a protein shake in the morning and go the gym. But by the end of the day my will power is low, that 3 o'clock slump hits. My heart desires chocolate and sugar, my mind justifies what I want. You've been good all day, you've worked hard, you deserve that pile of doughnuts.

我可能已经下定决心要吃健康的東西和锻炼。所以我早上喝一个蛋白质奶昔，然后去健身房。但在一天结束时，我的意志力很低，若下午3点开始暴跌。我心想要巧克力和糖，我的头脑为我想要的东西作辩。你一整天都很好，你努力工作，你值得一堆甜甜圈。

Which of these 3 influences the decisions and choices you make? Head / Heart / Will.

头脑/心思/意志，这3项中的哪一项在您做出的决定和选择时影响着您？

The mind is the logical decision maker. Its electrical synapses allow thoughts and our senses to take in information and coordinate who we are.

头脑是合乎逻辑的决策者。它的电突触允许我们的思想和感官去接受信息并协调我们是谁。

Our hearts are the emotion and passion behind what we do and who we are. It's the basis for what we do and the actions we choose.

我们的心是我们做什么和我们是誰背后的情感和激情。它是我們做什么和选择的行动的基础。

The will. We speak of willpower, the amount of strength to choose what is important at any given moment.

意志。我们谈论到意志力，在任何特定时刻选择重要的东西的力量。

Choices about food and the clothes I wear might not seem that important. But the choices we make also impact our relationship with people. I can make good choices to care for my marriage and kids and friends. Or poor choices can be made so I sin, hurt them and me. Choose impatience and anger over love and gentleness.

关于食物和我穿的衣服的选择可能看起来并不重要。但是我们所做的选择也会影响我们与人的关系。我可以做出很好的选择来照顾我的婚姻和孩子和朋友。或者做出糟糕的选择，并去犯罪，伤害了他们和我。选择不耐烦和愤怒而不是爱和温柔。

And it's the same with our relationship with the God of heaven. Our choices impact our relationship with him. But are we aware of what is influencing our decisions? Do we know why we choose what we choose?

我们和神的关系也一样。我们的选择影响了我们和他的关系。但是，我们是否意识到是什么影响了我们的决定？我们知道我们为什么选择我们所选择的吗？

We are in the middle of our series on the Disciplines of Grace. God in his love and mercy has shown us grace, bringing us in to his family. And we in his power pursue holiness.

我们正在以恩典作管教的系列的中。神在他的爱和怜悯中向我们展示了恩典，把我们带到了他的家庭。我们在他的力量中追求圣洁。

Over the last couple of weeks we've seen that pursuing holiness can only be done by God's unearned love and grace. Without depending on God's strength it will be like we're rowing a boat with one oar around in circles.

在过去的几周里，我们已经看到，追求圣洁只能靠上帝来之不易的爱和恩典来完成。没有依赖上帝的力量，这就像我们只用一只桨划船一直绕圈。

Today we come to the pointy end. How do we make good decisions in life? How do we actually make good choices? Choosing the right things so we can move towards God in love and obedience instead of moving away from him? Choices that don't damage us and our relationships.

今天，我们走到了一个转折点。我们如何在生活中做出好的决定？我们实际上如何做出好的选择？找对了，这样我们才能在爱和顺从中走向上帝，而不是离开他？不会损害我们和我们关系的选择。

What would we look like if our choices were disciplined by God's Grace?

如果我们的选择受到上帝恩典的规范，我们会是什么样子？

## 1. Good Choices 好的选择

Let's see what Paul tells us in Ephesians about what making the right choices looks like.

让我们看看保罗在《以弗所书》告诉我们，做出正确的选择是什么样子。

Ephesians 4:25-32

以弗所书 4:25-32

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

25所以，你们要弃绝谎言，每个人要与邻舍说诚实话，因为我们是互为肢体。26即使生气也不要犯罪；不可含怒到日落，27不可给魔鬼留地步。28偷窃的，不要再偷；总要勤劳，亲手做正当的事，这样才可以把自己有的，分给有缺乏的人。

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. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

29一句坏话也不可出口，只要随着需要说造就人的好话，让听见的人得益处。30不要使上帝的圣灵担忧，你们原是受了他的印记，等候得救赎的日子来到。31一切苦毒、愤怒、恼恨、嚷闹、毁谤，和一切的恶毒都要从你们中间除掉。32要仁慈相待，存怜悯的心，彼此饶恕，正如上帝在基督里饶恕了你们一样。

Paul spends the first half of Ephesians outlining all the God has done in salvation. And now he speaks about how a Christian is to live. What it looks like to walk in this word. Paul is saying that the Christian life following God involves a long series of choices.

保罗用了以弗所书的上半部来概述神在救恩中所做的一切。现在，他谈到一个基督徒是如何生活的。在他的话语中行走(生活)是什么样的。保罗说，跟随神的基督徒生活涉及一系列的选择。

You can make *this* choice, or *this* choice.

你可以做出这个选择，或者这个选择。

You can tell the truth or lie.

你可以说真话或撒谎。

Deal with anger or let it smoulder.

处理愤怒或让它燃烧。

Work or steal.

工作或偷窃。

Share or spend on yourself.

分享或花费在自己身上。

Speak helpful uplifting words or speak damaging words.

说一些有用的振奋人心的话，或者说破坏性的话。

Be kind, compassionate and forgiving, or bitter, full of rage and malice.

善良，富有同情心和宽容，或苦涩，充满愤怒和恶意。

And in Paul's letter to the church in Rome he says; 6:19

在保罗写给罗马教会的信中，他说；6：19

Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness

你们从前怎样把肢体献给不洁不法作奴隶，以至于不法；现在也要照样将肢体献给义作奴仆，以至于成圣。

There are two ways to live. Making immoral and unhelpful choices. Like slaves to impurity. The people in Rome had been offering the parts of their bodies to sin. Their tongues with their speech, their hearts with their desires, their sexuality pursuing immorality. And Paul says that when they chose impurity – it was in ever increasing amounts.

有两种生活方式。做出不道德和无益的选择。给不洁不法作奴隶。罗马人一直把他们的肢体的部分献给不法犯罪。他们说话，心与欲望，他们的性都追求不道德。保罗说，当选择不洁不法时，它的数量在不断增加。

So now instead, choose to use your body in righteousness. Because God in his love and grace has *chosen* to love us, and make us right before him. So now choose to obey him.

所以，现在，要将肢体献给公义。因为上帝在他的爱和恩典中选择了爱我们，和使我们与他和好。所以现在选择服从他。

Choose right conduct every day. Speech that builds up. Sexuality that honours God. Hands that work to his glory. And Paul says that when we do, when we choose to obey, it leads to holiness. We put on Christlike character one choice at a time.

每天选择正确的行为。建立的说话。尊敬上帝的性。手以荣耀他来工作。保罗说，当我们这样做，当我们选择服从，它导致圣洁。我们藉一次一个的选择来穿上基督般的性情。

One choice at a time in each and every situation we are faced with throughout the day.

在我们一天面对的每一种情况中，一次一个的选择。

We don't become more holy through dependence on God. We don't become more holy and Christlike through committing more times, praying a prayer of commitment. We don't even become more holy just by reading God's word.

我们不会因为依赖上帝而变得更加神圣。我们不会因为作出更多的承诺或作的祈祷而变得更加神圣和更像基督。我们甚至不会仅仅通过读神的话语而变得更加神圣。

We become more holy by choosing to obey God. By obedience to his word. By choosing to obey God's will through the scriptures in all aspects of our lives.

我们要选择服从神才会变得更加神圣。顺从他的话。选择通过经文来在我们生活的方方面面中顺从神的旨意。

Even Jesus, who was perfect had to put on Holiness. Jesus had to choose God's way. Hebrews 5 tells us that he had to learn holiness through Obedience. He is tempted and chooses to obey. And he does that by fully obeying his father in dying on the cross.

即使是耶稣，谁是完美的也必须穿上圣洁。耶稣必须选择神的方式。希伯来书5章告诉我们，他必须通过顺从来学习圣洁。他也在各方面受过试探，但选择顺从。他这样做，完全顺从他的父亲在十字架上死亡。

Paul has given us a list of choices to make. And it seems pretty straight forward. Holiness comes from choosing obedience.

保罗给了我们一份要做出的选择清单。而且它似乎很直截了当。圣洁来自于选择服从。

But we know it is much harder than that.

但我们知道这是易说难行。

## 2. **Good Choices are hard**好的选择是很难的

It is not just as simple as making a decision to obey God, and then that's exactly what we do forever. At least, that's my experience, and I wonder if it is yours.

它不只是做决定去顺从上帝那么简单，而这正是我们永远要做的。至少，这是我的经验，我不知道这是否是你的。

There is a very real struggle that goes on inside of us. A struggle to be God's people, and not just slaves to our sin. Making good decisions is hard. Fighting against sin and obeying God is a real struggle. I see it in me and my sin. I see it in my kids. And I've had many conversations with people, people here, who hate their sin and want it dead. But struggle with its pull.

我们内心有一场非常真实的争斗。努力去成为神的子民，而不仅仅是我们罪恶的奴隶。做出好的决定很难。与罪恶作抗争，去顺从上帝，是真正的斗争。我在我和我的罪中看到了。我在我的孩子中看到了。我和这里的人们有过很多的交谈，他们憎恨自己的罪，希望把它处死。但与它的拉力挣扎。

I'm going to go through 2 reasons why making good choices to obey God is hard. But then we'll see 3 ways that God helps us.

我要指出两个为什么做出好的选择去顺从上帝是很难的原因。然后，我们将看到上帝帮助我们的3种方式。

### **Our hearts desire**我们的心渴望

The first reason making good choices is hard is our hearts.

很难做出好选择的第一个原因是我们的心。

Paul in Romans 7:18 goes into this internal struggle.

保罗在罗马书7:18表明这场内心挣扎。

For I have the desire to do what is good, but I cannot carry it out. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.

因为立志为善由得我，只是行出来由不得我。19我所愿意的善，我不去做；我所不愿意的恶，我反而去做。

This is Paul, who was the best of the best Pharisees, who then became the church planter who God used to change the world. He wrote half the New Testament. And he's saying that he struggled having the desire to do good, but did evil instead.

这是保罗，他是最好的法利赛人，后来成为上帝用来改变世界的教会开发先锋。新约的一半也是他写的。他挣扎说，我所愿意的善，我不去做；我所不愿意的恶，我反而去做。

Thomas Cranmer was the head, the Archbishop, of the Church in England 500 years ago. He thought a lot about the difficulty of choices we make. One person summarised his thoughts and said;

多玛斯·克蓝玛是500年前英国圣公会的大主教领袖，。他思考了很多关于我们选择的难度。一个人总结他的想法，说：

What the heart loves, the will chooses, and the mind justifies.  
心所爱，意志所选，头脑去使合法化。

There is a trifold battle between the heart, the will, and the mind.  
心思、意志和头脑之间有一场三重的战斗。

Our heart is always going to win. What we desire in our hearts is always going to win out. We say things like *I know I shouldn't do this / eat this food. I know I shouldn't speak like this to you. I know, my mind knows...* and then there's always a but. But I want to. I shouldn't but I'll make an exception.

我们的心总是会赢的。我们心中的愿望总是会赢掉。我们说一些*我知道我不应该这么做/吃这种食物。我知道我不应该这样对你说话。我知道，我的头脑知道...*然后总是有一个但是，但是我想。我不该，但我会破例。

*I know I should be patient with my kids, but I have had it up to here with them!*

*我知道我应该对我的孩子有耐心，但他们已使我再忍受不了！*

*I know I shouldn't look at inappropriate and pornographic images on my phone or my computer, it's not good for me and honouring of God...but I want to.*

*我知道我不应该在我的手机或计算机上看恰当和色情的图片，这对我和对上帝的荣誉都是不好的...但我想。*

When our willpower is weak, our real hearts desires are revealed. We can usually pretend we're good, nice people. But sometimes things come along and knock that down and reveal who we really are.

当我们意志力薄弱时，我们心中真正的渴望就会显现出来。我们通常可以假装我们是好人，但有时一些事情出现会把那一切击倒下来，揭示出我们到底是谁。

It's been interesting talking to people about this years Tax returns. It reminded me of what happened years ago when the Baby Bonus came out. It was a financial boost to help pay for the associated costs of having a baby. But there were so many people who used that money instead to go on holidays or buy new electronics, and not use the money the way it was intended. 与人们谈论今年的纳税申报表很有趣。这让我想起了几年前婴儿奖金出来时发生的事情。这是一个财政上的帮助，以帮助支付生孩子的相关费用。但是，有这么多人用这些钱去度假或购买新的电子产品，而不是依据它本来打算的方式使用。

There are times when our choices reveal the state of our hearts.  
有时候，我们的选择揭示了我们心灵的状态。

If we were to just think that decisions were made in our minds we'd misunderstand how people work. We are far more complicated than that. And what is going on in our hearts usually trumps what our mind is saying.

如果我们只认为是我们在头脑中的决定，我们会误解人们的运作方式。我们比那要复杂得多。我们心中发生的事情通常胜过我们头脑中所说的。

### Decision Fatigue 决策疲劳

The second reason making good choices is hard is because we get decision fatigue. Have you ever felt decision fatigue before?

很难做出好选择的第二个原因是因为我们对决策感到疲劳。你以前有没有感到决策疲劳？

I remember when we were planning our wedding, and there are just so many choices that need to be made. The type of cake, what is going to go on the cake, how many layers are going to be in the cake. The people that we're going to invite, where they are going to sit, in what order are the going to sit. The wedding dress, maybe not that wedding dress, let's just go and try on 15 more dresses. Now it's the bridesmaids dress. Boys, wear a suit.

我记得当我们计划我们的婚礼，有这么多的选择需要作出。蛋糕的类型，蛋糕上要放什么，蛋糕里会有多少层。我们要邀请的人，他们要坐在哪里，以什么顺序坐。那件婚纱，也许不是那件婚纱，让我们再多试15件，之后还有伴娘的礼服。男孩们，穿西装。

My good wife helpfully pointed out that I didn't make all of these decision. I was involved!  
我的好妻子很友善地指出我没有做出这些一切的决定。我有参与过程！

It's exhausting. And we have to make choices all day long. What am I going to wear, eat, how am I going to get to work, will I buy coffee, which size, what flavour, what am I going to do at work, will I get sushi or dumplings for lunch? This leaves our brains exhausted, and unable to think. That's why people like Steve Jobs used to wear the same thing every day so he didn't have to make so many small choices.

太累人了，我们必须整天做出选择。我要穿什么，吃什么，我怎样去上班，我会买咖啡，什么大小，什么口味，我上班时做什么，午餐吃寿司或饺子吗？这使我们的的大脑精疲力竭，无法思考。这就是为什么像史蒂夫·乔布斯这样的人每天穿同样的衣服，所以他不必做这么多的小选择。

Making good choices to obey God is influenced by how fatigued we get. As I mentioned, I'm an early morning person, I make better choices in the mornings. Making the God honouring choice to be a patient and gentle father, and a loving husband is easier in the mornings. It is far harder at 9pm after a day of decision making.

做出顺服上帝的好选择是受我们变得多么疲劳的影响。正如我提到的，我是一个清晨的人，我在早上时会作出更好的选择。去选择成为一个耐心和温柔的父亲，一个慈爱的丈夫来荣耀上帝在早上更容易。到晚上9点，经过一天的决定后，要困难得多。

I read a study about the impact of making decisions has on our willpower. In a research study by the National Academy of Sciences from the US examined the factors that impact whether or not a judge approves a criminal for parole. The biggest factor that influenced the choices that judges made...the time of day.

我读了一篇关于做决定对我们意志力的影响的研究。美国国家科学院的一项研究研究了影响法官是否批准罪犯假释的因素。影响法官选择的最大因素...一天中的那一段时间。

First thing in the morning the percentage of favourable decisions was 65%. And that steadily dropped to zero throughout the day. After taking a lunch break, however the judge returned to the court and the likelihood of favourable decisions jumped back to 65%, but that would drop back to zero throughout the day.

一大早的通常赞成决定的百分比是65%。这点经过一整天，赞成降至零。然而，在午休后，法官回到法庭，做出的赞成决定的可能性又跃升至65%，但再次稳步降至零。

Our willpower is like a muscle that gets fatigued. Every time we make a decision it gets harder to make the next one a good one. We get home from work and want to make good decisions, but we have run out of willpower. We want to cook a healthy meal, but order uber eats instead. We want to go out for a run, but it's cold and the TV won't watch itself.

我们意志力就像肌肉，会变得疲劳。每次我们做决定都很难让下一个做一个好决定。我们下班回家，想做出好的决定，但我们已经没有意志力了。我们想做一顿健康的饭菜，但点吃外买。我们想出去跑步，但是天气很冷，电视是需要人看的。

Why is this important? We need to understand who we are as people with bodies. God made us creatures with bodies. Bodies that are reliant on food. We use energy that is not unlimited. 为什么这很重要？我们需要了解我们是有肉身的人。上帝创造用我们为有身体的生物。依赖食物的身体。我们的能量不是无限的。

So when we are confronted by sin, be like the judge and go and eat some food. Put some sugar into your brain so it functions and you can make good choices. Unless of course your sin is gluttony and overeating.

因此，当我们面对罪的时候，要像法官一样去吃些食物。把一些糖放进你的大脑，让它发挥作用，你可以做出很好的选择。当然，除非你的罪是贪吃和暴食。

### 3. Good Choices are possible好的选择是可能的

It all seems stacked against us. How hearts will do whatever they want, making decisions is exhausting.

这一切似乎都对我们不利。心会如何做他们想做的事，做决定是令人精疲力竭的。

Here are 3 ways that God helps us to obey.

这里有3种方式，上帝帮助我们顺服。

### New Hearts新的心

Firstly, that quote

首先，那句名言

What the heart loves, the will chooses, and the mind justifies.

心所爱，意志所选，头脑去使合法化。



We don't need more discipline.

我们不需要更多的纪律。

We don't need more willpower.

我们不需要更多的意志力。

What we need is a new heart!

我们需要的是——颗新的心!

God promised in Ezekiel 11 that he would give us a new heart and a new spirit. That is what happens when God reveals himself to us, and we can see Jesus for who he is, God's son. No longer are we slaves to sin, God has rescued us, and given us a way to obey him. He is changing our hearts desires. Changing our hearts from just pursuing wealth and greed and immorality, to pursuing him. God has given us the gracious gift of a new heart with new desires. So we can obey him!

神在以西结书11章中承诺，他会给我们一颗新的心和新的灵神。当上帝向我们展示自己时，当我们可以看见耶稣是谁，是上帝的儿子时，就会发生这样的事。我们不再是罪的奴隶，上帝拯救了我们，给了我们服从他的方法。他正在改变我们内心的渴望。改变我们的心从追求财富、贪婪和不道德，转向追求他。上帝赐予我们一颗带着新的欲望的新心的亲切礼物。所以我们可以顺服他!

The first thing that helps us obey God, God gives us a new heart. A new heart with new desires. 帮助我们顺服上帝的第一件事，上帝给了我们一颗新的心。一颗有新欲望的新心。

### Habits习惯

Secondly, God has made us creatures of habit. This is one of the ways that God has given us to get around decision fatigue. If we make a hard decision enough times, it will become a habit, so we don't have to make a decision, we'll just do it without even thinking about it. At the heart of habit is the brilliance of our creator God. Making decisions takes time and energy, but habits keep us from having to make the same decisions over and over again. We are really good at making habits because our brain is constantly looking for ways to save energy. The brain will turn almost any routine into a habit.

其次，上帝使我们成为有习惯的生物。这是上帝赐予我们摆脱决策疲劳的方法之一。如果我们做出足够的困难选择，它将成为一种习惯，我们便不必做决定，甚至没有考虑，便会自然地做出来。习惯的核心是造物主上帝的光辉。做决定需要时间和精力，但习惯使我们不必一遍又一遍地做同样的决定。我们非常善于养成习惯，因为我们的大脑一直在寻找节约能源的方法。大脑几乎把任何例行公事变成一种习惯。

When we are trained to have good habits, our brain is freed up to make good decisions. It's not going to get fatigued as easily. It frees us up to use that decision making energy on the things that really matter.

当我们被训练成有好习惯时，我们的大脑被解放出来做出好的决定。它不会那么容易疲劳。它让我们腾出来把精力用在真正重要的事情上。

We are our habits.

我们是我们的习惯。

Imagine if we put some hard work into taking off bad habits and putting on good ones. We get up, and hear from God first thing in the morning, and spend time in prayer. Our Community Group and gathering together to treasure Jesus is just an automatic part of the week.

想象一下，如果我们努力以赴地去摆脱坏习惯，养成好习惯。我们起床，早上第一件事就是听上帝，用时间祈祷。我们的小组和聚集在一起去珍惜耶稣，只是一周的自动的一部分。

It's dangerous to make these decisions over and over again. Our hearts easily wander and don't want to obey God.

一遍又一遍地做这些决定是危险的。我们的心很容易徘徊，不想顺服神。

I heard about a Christian who realized he wasn't very encouraging. He put in his calendar to encourage someone every 3 days. He made a habit out of it. And now he is someone who builds up and encourages other people. That habit helped him choose to become more Christlike.

我听说一个基督徒意识到他不是很会鼓励他人。他记在日历中每3天有鼓励一个人。他养成了一个习惯。现在，他是一个建立和鼓励其他人的人。这个习惯帮助他选择变得更像基督。

If Jesus is truly our Lord and Saviour, and the greatest treasure in our lives, do your habits reflect that? It is worth it to make the effort and use the energy to cultivate a new habit or two pursuing God and being like him, to make him our greatest Joy.

如果耶稣是真正的我们的主和救世主，是我们生命中最伟大的财富，你的习惯是否反映了这一点？努力和用能量培养一两个追求上帝去像他一样的新习惯，让他成为我们最大的快乐，这是值得的。

Brief warning on habits. Habits can be very good, but they don't make us holy on their own. Some of us are incredibly disciplined. Get out of bed at the same time, spend the same 15 minutes reading the bible and 6 minutes in prayer. And it's easy to think that discipline and habits bring us closer to God. It's not disciplined habits that bring us closer to God but choosing to obey him.

对习惯的简短警告。习惯可以很好，但他们本身不能使我们成圣。我们中有些人纪律严明。同时起床，花同样的15分钟读圣经和6分钟的祈祷。很容易认为纪律和习惯使我们更接近上帝。不是纪律严明的习惯使我们更接近上帝，而是选择顺服他。

Habits are a wonderful blessing from God that frees our brain up to have the energy to make good choices.

习惯是来自上帝的美好祝福，它解放了我们的大脑，让他们有精力做出正确的选择。

We get new hearts. And God has made us people who can get into good habits.

我们有了新的心。上帝使我们成为能养成良好习惯的人。

### **Training in Righteousness 教导人学义**

Thirdly then is the importance of training.

第三是操练的重要性。

In 1 Timothy 4:7, Paul tells us that while physical training is of some value, we must train ourselves to be Godly. Choosing godliness takes practice.

在提摩太前书4:7中，保罗告诉我们，要在敬虔上操练自己：因操练身体有些益处。选择圣洁需要操练。

We've seen that making decisions is exhausting like exercising a muscle. But what happens when you exercise a muscle. It gets bigger, stronger, and able to withstand more weight.

我们已经看到，做决定就像锻炼肌肉一样令人精疲力竭。但是当你锻炼肌肉时会发生什么。它变得更大，更强，能够承受更多的重量。

God wants us to train ourselves to obey him.

上帝要我们操练自己去顺服他。

He has Saved us through his Son, and given us a new heart with new desires. We can now make good choices.

他通过他的儿子拯救了我们，并给了我们一颗新的心，带着新的灵。我们现在可以做出好的选择。

And this is where the rubber hits the road. Where things get real.

这是橡胶撞到路上的地方。事情变得真实的地方。

We need to train ourselves every day.

我们需要每天操练自己。

The temptation to sin comes up, and we're tired, and even though we have been praying about that sin all day and hate it, it comes down to a choice. Are we willing to say no. Will we put off sin and put on honouring God.

诱惑来临，我们累了，即使我们一整天都在为那罪祈祷，并憎恨它，最终也是归结为一个选择。我们愿意说不吗？我们会放下罪，并戴上敬敬神吗

Remember that list from Paul in Ephesians 4.

记住保罗在以弗所书4章中的清单。

Every day we are training ourselves to be people characterised by

我们每天都在训练自己，成为以

Lies or truth

谎言或真理

Selfishness or unselfishness

自私或无私

Anger or forgiveness

愤怒或宽恕

Impurity or purity

不洁或纯洁

Pride or humility.

骄傲或谦卑。

Be aware of what you are like. Of when you make good decisions. What are the good habits that you need to set up so the choice is already made for you.

注意你是什么样子。你做出好决定的是什么？你需要建立什么样的好习惯，已至要作的选择已经为你做出了。

Don't excuse sin in your life. Don't be happy to say, that sin, that's just who I am. I'm impatient. I'm fiery. I'm quick tempered. Bad habits come from a series of bad choices.

不要在生命中为罪找借口。不要高兴地说，那个罪，就是我。我是不耐烦。我很火爆。我脾气暴躁。坏习惯来自一系列错误的选择。

We are all tempted to sin in many different ways. And God enables us to make a choice to obey him. He offers salvation to all people. To give a new heart so that we are not stuck making bad choices. But he offers a new heart with new desires.

我们都被诱惑以许多不同的方式去犯罪。上帝让我们能做出顺服他的选择。他为所有人提供救赎。给一颗新的心，这样我们就不会被卡住做出错误的选择。但他提供了一个新的心与新的欲望。

Have you taken God up on his offer? Are you frustrated with where your life is, and where it seems to be going. You've fallen into bad habits and can't seem to make good choices? God offers a new heart, that is filled with new desires to love.

你接受上帝的提供了吗？你对你的生活和它似乎正在走向的感到沮丧吗？你养成了坏习惯，似乎不能做出好的选择？上帝提供了一颗新的心，里面充满了新欲望去爱。

Brothers and sisters following Jesus, what habits do you need to get rid of? Is there a new habit you need to put on?

跟随耶稣的兄弟姐妹们，你需要改掉什么习惯？你需要养成新的习惯吗？

We have been given a new heart.

我们被赋予了一颗新的心。

How are you training it. Are you stuck in bad habits? Take an effort to end them and put on new ones. Read over that list in Ephesians 4 and choose 1. Do that to be freed up to choose to obey and not run away.

你是怎么操练的。你被坏习惯卡住了吗？努力结束他们，并穿上新的。再阅读以弗所书4章中的清单，然后选择1项。那样要被解放起来去选择顺服而不是逃跑。