



PASTOR
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邝保亮牧师

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跟从耶稣 FOLLOWING JESUS

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许多人遇见耶稣，
却很少人真正跟随祂。

Many people meet Jesus,
but few truly follow Him.

FOLLOW:

跟随:

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- To move or travel behind something.

跟随:

- 跟在后面走。

FOLLOW:

- To move or travel behind something.
- To act according to an instruction or precept.

跟随:

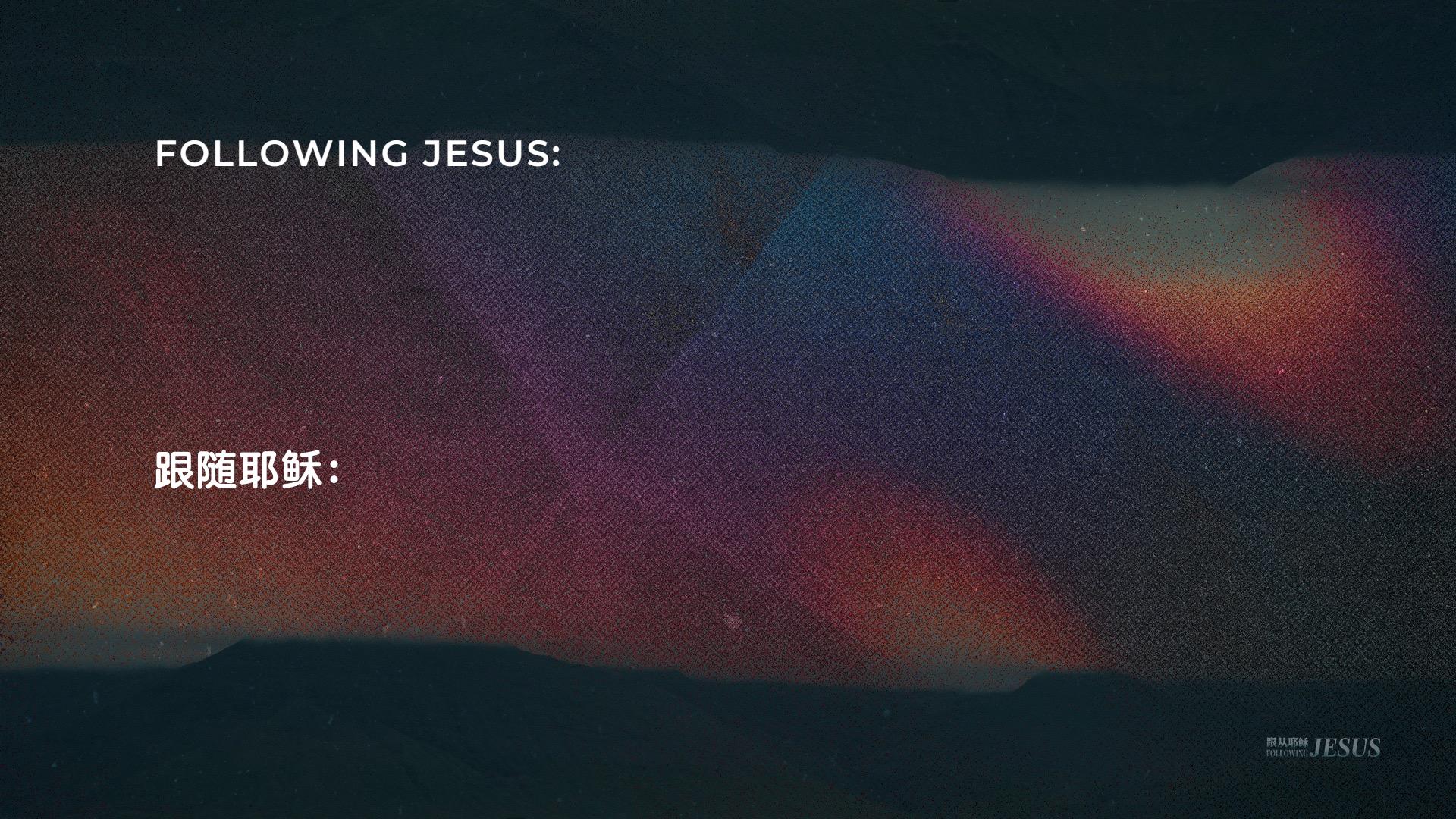
- 跟在后面走。
- 遵从；依照（指示、规则或原则）行事。

FOLLOW:

- To move or travel behind something.
- To act according to an instruction or precept.
- To pay close attention to something.

跟随:

- 跟在后面走。
- 遵从；依照（指示、规则或原则）行事。
- 密切关注；留意；理解并跟进。



FOLLOWING JESUS:

跟随耶稣:

FOLLOWING JESUS:

- To literally move to where Jesus leads us to.

跟随耶稣：

- 实际地走向耶稣所带领的方向。

FOLLOWING JESUS:

- To literally move to where Jesus leads us to.
- To act according to Jesus' teachings.

跟随耶稣:

- 实际地走向耶稣所带领的方向。
- 按照耶稣的教导行事。

FOLLOWING JESUS:

- To literally move to where Jesus leads us to.
- To act according to Jesus' teachings.
- To pay close attention to Jesus' life and example.

跟随耶稣:

- 实际地走向耶稣所带领的方向。
- 按照耶稣的教导行事。
- 密切关注耶稣的生活和榜样。

许多人遇见耶稣，
却很少人真正跟随祂。

Many people meet Jesus,
but few truly follow Him.

LUKE 5:1-11
(NIVUK)

¹ One day as Jesus was standing by the Lake of Gennesaret, the people were crowding round him and listening to the word of God. ² He saw at the water's edge two boats, left there by the fishermen, who were washing their nets.

LUKE 5:1-11
(NIVUK)

³ He got into one of the boats, the one belonging to Simon, and asked him to put out a little from the shore. Then he sat down and taught the people from the boat. ⁴ When he had finished speaking, he said to Simon, ‘Put out into deep water, and let down the nets for a catch.’

LUKE 5:1-11
(NIVUK)

5 Simon answered, 'Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets.' 6 When they had done so, they caught such a large number of fish that their nets began to break.

LUKE 5:1-11
(NIVUK)

7 So they signalled to their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink. 8 When Simon Peter saw this, he fell at Jesus' knees and said, 'Go away from me, Lord; I am a sinful man!'

LUKE 5:1-11
(NIVUK)

⁹ For he and all his companions were astonished at the catch of fish they had taken, ¹⁰ and so were James and John, the sons of Zebedee, Simon's partners. Then Jesus said to Simon, 'Don't be afraid; from now on you will fish for people.' ¹¹ So they pulled their boats up on shore, left everything and followed him.

路加福音 5:1-11
(CUVMPS)

¹ 耶稣站在革尼撒勒湖边，众人拥挤他，要听神的道。² 他见有两只船湾在湖边，打鱼的人却离开船洗网去了。³ 有一只船是西门的，耶稣就上去，请他把船撑开，稍微离岸，就坐下，从船上教训众人。⁴ 讲完了，对西门说：“把船开到水深之处，下网打鱼。”

路加福音 5:1-11
(CUVMPS)

⁵ 西门说：“夫子，我们整夜劳力，并没有打着什么，但依从你的话，我就下网。”⁶ 他们下了网，就圈住许多鱼，网险些裂开，⁷ 便招呼那只船上的同伴来帮助。他们就来，把鱼装满了两只船，甚至船要沉下去。⁸ 西门彼得看见，就俯伏在耶稣膝前，说：“主啊！离开我，我是个罪人！”

路加福音 5:1-11
(CUVMPS)

⁹ 他和一切同在的人都惊讶这一网所打的鱼。¹⁰ 他的伙伴西庇太的儿子雅各、约翰也是这样。耶稣对西门说：“不要怕，从今以后你要得人了。”¹¹ 他们把两只船拢了岸，就撇下所有的，跟从了耶稣。

LUKE 5:1
(NIVUK)

1 One day as Jesus was standing by the Lake of Gennesaret, the **people were crowding round him** and listening to the word of God.

路加福音 5:1
(CUVMPS)

1 耶稣站在革尼撒勒湖边，众人拥挤他，要听神的道。

LUKE 5:11
(NIVUK)

11 So they pulled their boats up on shore,
left everything and followed him.

路加福音 5:11
(CUVMPS)

11 他们把两只船拢了岸，就撇下所有的，
跟从了耶稣。

真正跟随耶稣的标志是什么？

What is the mark of truly following Jesus?

委身的生命

A COMMITTED LIFE

FOLLOWING JESUS:

- To literally move to where Jesus leads us to.
- To act according to Jesus' teachings.
- To pay close attention to Jesus' life and example.

跟随耶稣:

- 实际地走向耶稣所带领的方向。
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LUKE 5:11
(NIVUK)

11 So they pulled their boats up on shore,
left **everything** and followed him.

路加福音 5:11
(CUVMPS)

11 他们把两只船拢了岸，就撇下**所有的**，
跟从了耶稣。

LUKE 5:2
(NIVUK)

² He saw at the water's edge two boats, left there by the **fishermen**, who were washing their nets.

路加福音 5:2
(CUVMPS)

² 他见有两只船湾在湖边，打鱼的人却离开船洗网去了。

LUKE 5:10
(NIVUK)

¹⁰ ...Then Jesus said to Simon, 'Don't be afraid; from now on you will fish for people.'

路加福音 5:10
(CUVMPS)

¹⁰耶稣对西门说：“不要怕，从今以后你要得人了。”

LUKE 5:2
(NIVUK)

² He saw at the water's edge two **boats**, left there by the fishermen, who were washing their **nets**.

路加福音 5:2
(CUVMPS)

² 他见有两只**船**湾在湖边，打鱼的人却离**开船洗网去了**。

**LUKE 5:6-7
(NIVUK)**

6 When they had done so, they caught such a large number of fish that their nets began to break. **7** So they signalled to their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

路加福音 5:6-7
(CUVMPS)

⁶ 他们下了网，就圈住许多鱼，网险些裂开，⁷ 便招呼那只船上的同伴来帮助。他们就来，把鱼装满了两只船，甚至船要沉下去。

委身是透过牺牲来体现的。

Commitment is demonstrated
through sacrifice.

More than once Jesus deliberately addressed certain issues that quickly diminished the number of onlookers. It was commitment that thinned the ranks.

耶稣多次刻意触及一些议题，导致围观的人群减少；而“委身”，筛选了真正会留下来的人。

CHUCK SWINDOLL 查克·史温道尔

LUKE 9:57-62
(NIVUK)

⁵⁷ As they were walking along the road, a man said to him, 'I will follow you wherever you go.' ⁵⁸ Jesus replied, 'Foxes have dens and birds have nests, but the Son of Man has nowhere to lay his head.' ⁵⁹ He said to another man, 'Follow me.' But he replied, 'Lord, first let me go and bury my father.'

LUKE 9:57-62
(NIVUK)

60 Jesus said to him, ‘Let the dead bury their own dead, but you go and proclaim the kingdom of God.’ **61** Still another said, ‘I will follow you, Lord; but first let me go back and say goodbye to my family.’ **62** Jesus replied, ‘No one who puts a hand to the plough and looks back is fit for service in the kingdom of God.’

路加福音 9:57-62
(CUVMPS)

⁵⁷ 他们走路的时候，有一人对耶稣说：“你无论往哪里去，我要跟从你。” ⁵⁸ 耶稣说：“狐狸有洞，天空的飞鸟有窝，只是人子没有枕头的地方。” ⁵⁹ 又对一个人说：“跟从我来！”那人说：“主，容我先回去埋葬我的父亲。”

路加福音 9:57-62
(CUVMPS)

⁶⁰ 耶稣说：“任凭死人埋葬他们的死人，你只管去传扬神国的道。”⁶¹ 又有一人说：“主，我要跟从你，但容我先去辞别我家里的人。”⁶² 耶稣说：“手扶着犁向后看的，不配进神的国。”

LUKE 9:57
(NIVUK)

57 As they were walking along the road,
a man said to him, 'I will follow you
wherever you go.'

路加福音 9:57
(CUVMPS)

57 他们走路的时候，有一人对耶稣说：
“你**无论往哪里去**，我要跟从你。”

**LUKE 9:59-60
(NIVUK)**

59 He said to another man, ‘Follow me.’ But he replied, ‘Lord, first let me go and bury my father.’ **60** Jesus said to him, ‘Let the dead bury their own dead, but you go and proclaim the kingdom of God.’

路加福音 9:59-60
(CUVMPS)

⁵⁹ 又对一个人说：“跟从我来！”那人说：“主，容我先回去埋葬我的父亲。”
⁶⁰ 耶稣说：“任凭死人埋葬他们的死人，你只管去传扬神国的道。”

LUKE 9:61
(NIVUK)

61 Still another said, ‘I will follow you, Lord; **but** first let me go back and say goodbye to my family.’

路加福音 9:61
(CUVMPS)

61 又有一人说：“主，我要跟从你，**但容**我先去辞别我家里的人。”

LUKE 9:62
(NIVUK)

62 Jesus replied, ‘No one who puts a hand to the plough and looks back is fit for service in the kingdom of God.’

路加福音 9:62
(CUVMPS)

62 耶稣说：“手扶着犁向后看的，不配进神的国。”

More than once Jesus deliberately addressed certain issues that quickly diminished the number of onlookers. It was commitment that thinned the ranks.

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CHUCK SWINDOLL 查克·史温道尔

你不愿牺牲的是什么？

What are you unwilling to sacrifice?

委身的生命

A COMMITTED LIFE

改变的生命

A CHANGED LIFE

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LUKE 5:10
(NIVUK)

10 ...‘Don’t be afraid; from now on you will fish for people.’

路加福音 5:10
(CUVMPS)

10“不要怕，从今以后你要得人了。”

MATTHEW 4:19
(NKJV)

19 Then He said to them, “Follow Me, and I will make you fishers of men.”

马太福音 4:19
(CUVMPS)

19 耶稣对他们说：“来跟从我，我要叫你们得人如得鱼一样。”

LUKE 9:60
(NIVUK)

60 Jesus said to him, ‘Let the dead bury their own dead, but you go and proclaim the kingdom of God.’

路加福音 9:60
(CUVMPS)

60 耶稣说：“任凭死人埋葬他们的死人，你只管去传扬神国的道。”

LUKE 5:11
(NIVUK)

¹¹ So they pulled their boats up on shore, left **everything** and followed him.

路加福音 5:11
(CUVMPS)

¹¹ 他们把两只船拢了岸，就撇下所有的，跟从了耶稣。

LUKE 9:25
(NIVUK)

25 What good is it for someone to gain the whole world, and yet lose or forfeit their very self?

路加福音 9:25
(CUVMPS)

25 人若赚得全世界，却丧了自己、赔上自己，有什么益处呢？

**2 CORINTHIANS
5:17
(NIVUK)**

17 Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!

**哥林多后书 5:17
(CUVMPS)**

17 若有人在基督里，他就是新造的人，
旧事已过，都变成新的了。

God loves you just the way you are,
but he refuses to leave you that way.
He wants you to be just like Jesus.

神按着现在的你来爱你，但祂不会让你保持原貌。
因为祂希望你就像耶稣一样。

MAX LUCADO 路卡杜

COLOSSIANS 2:6-7
(NLT)

6 And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. 7 Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

歌罗西书 2:6-7
(CCB)

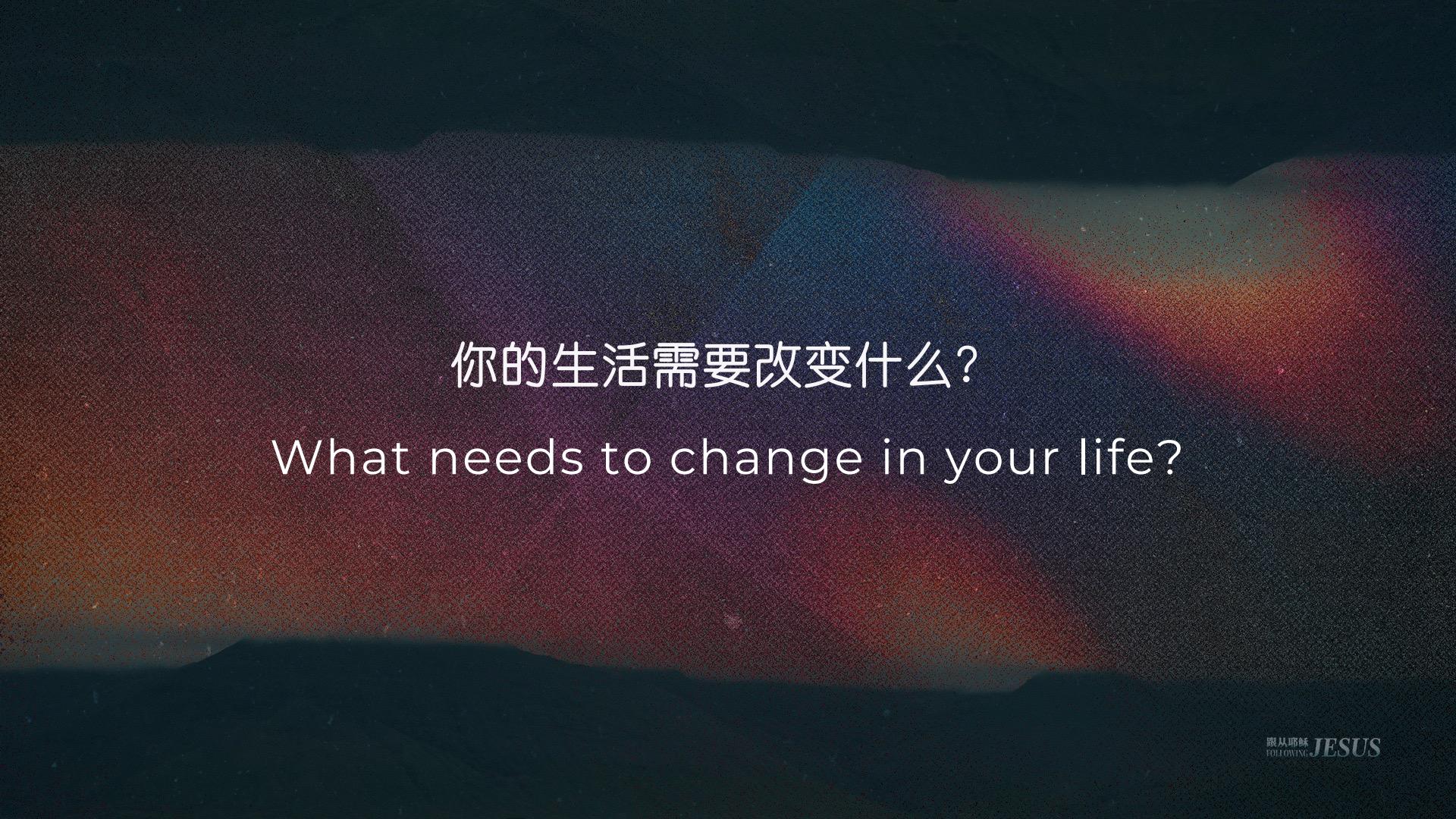
⁶ 你们既然接受了基督耶稣为主，就当继续遵从祂，⁷ 按照你们所受的教导在祂里面扎根成长，信心坚固，满怀感恩。

If we are followers of Christ,
we are His disciples and should have
the primary devotion in our lives to see
as He does, think as He thinks, and
understand with His heart.

RICK JOYNER

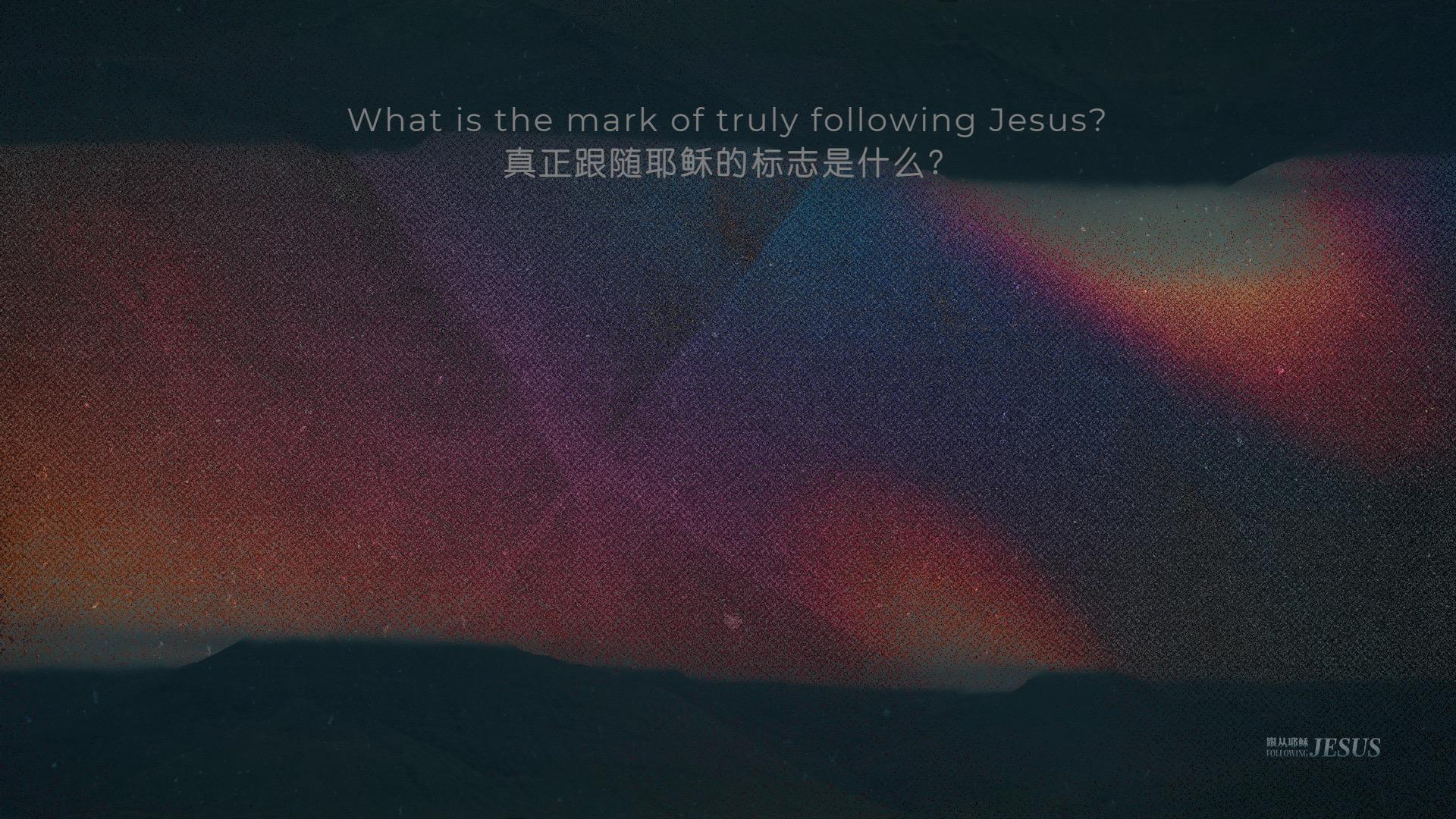
如果我们是基督的跟随者，
我们就是祂的门徒，
那么我们的生命应当
看祂所看的、想祂所想的、
并按祂的心意去理解。

雷克·乔纳



你的生活需要改变什么？

What needs to change in your life?



What is the mark of truly following Jesus?
真正跟随耶稣的标志是什么？

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委身的生命 A COMMITTED LIFE

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委身的生命
A COMMITTED LIFE

改变的生命
A CHANGED LIFE

Prompt:

If you were the devil in 2026, how would you keep people away from God of the Bible as far away as possible without them realising it? Say it in the voice of C. S. Lewis' Screwtape Letters.

提示词：

若你是2026年的魔鬼，你会如何让人不知不觉远离圣经中的神？请以路易斯《魔鬼家书》的口吻写一段话。

My Dear Wormwood,

I am delighted — positively delighted — to report that the work in 2026 requires far less spectacle than in earlier centuries. Open rebellion is inefficient. Overt wickedness is noisy. The truly elegant victories now occur without the patient ever realising a battle has taken place.

Allow me to instruct you.

我亲爱的小蠹木：

真让人欣喜——实在欣喜——2026年的工作远比从前几个世纪省力得多。公开的反叛太没效率，张狂的恶行太吵嚷。如今真正的胜局，往往发生在病人根本不曾察觉争战已打响之时。

且容我指点一二：

On Keeping Them Busy

Do not tempt them to be evil. Tempt them to be **occupied**.

Fill their days with noble clutter: productivity systems, wellness routines, children's enrichment, church programmes, and a thousand glowing rectangles chirping for attention. Let them rush from task to task until silence feels unsafe.

A soul too tired to listen will not hear the Enemy.

论“使他们忙碌”

别引诱他们作恶，要引诱他们忙于劳碌。

用高尚的杂物填满他们的日子：效率系统、养生日程、孩子的才艺课、教会活动，还有上千块发光的屏幕吱喳索要关注。让他们从一件事奔忙到另一件，直到寂静都令他们不安。

一颗疲惫到无法倾听的心，是听不见敌军的声音的。

On Spirituality (Without Submission)

Encourage a spirituality that feels warm but costs nothing.

Let them speak of “journeys,” “alignment,” and “what resonates.” Anything that smells of authority or obedience must be reframed as harmful or primitive. Scripture, especially, must be treated as suggestive literature, never command.

The Enemy is tolerable as a consultant.
He is intolerable as King.

论“灵性（无顺服）”

鼓励一种温暖却无需代价的灵性。

让他们谈论“旅程”、“对齐”、“什么触动了我”。凡是带着权柄或顺服意味的，都要重新包装成有害或过时的东西。圣经尤其要当作建议文学来处理，绝不可视为命令。

敌军若只当顾问，尚可忍受；若作君王，万万不能。

On Identity

Here is one of our finest tools.

Convince them that identity is self-authored and feelings are sacred texts. If the Enemy contradicts the self, then clearly, He must yield. Truth, after all, must never wound.

This manoeuvre allows the patient to appear compassionate while quietly enthroning himself.

论“身份”

这是我们最得力的工具之一。

说服他们：身份是自我书写的，感受是神圣的文本。如果敌军与自我冲突，那显然必须是祂退让。毕竟，真理绝不能伤人。

这一招让病人看似充满同理心，却悄悄把自己立为了宝座上的王。

On Jesus

Do not attack Him directly — how tiresome.

Instead, soften Him. Make Him **optional**. A mascot of kindness. A symbol. A teacher among teachers. Above all, strip Him of exclusivity. Let “love” float free from truth, and truth be dismissed as divisive.

Wallpaper Jesus is quite safe.

论“耶稣”

别直接攻击祂——多无趣。

相反的，要柔化祂。使祂成为可选的。一个仁慈的吉祥物。一个符号。众教师中的一位教师。最重要的是，剥去祂的独具性。让“爱”脱离真理漂浮，而真理则被斥为制造分裂。被框在墙上的耶稣，是不会构成威胁的。

On Community

Keep them consuming, not belonging.

Sermons are excellent. Podcasts even better.
Relationships, however, are dangerous. Accountability
exposes things. Embodiment slows our work.

Ensure their faith remains portable, private, and
preferably digital.

论“群体”

让他们消费，而非归属。

讲道很好，播客更佳。但关系是危险的。问责会暴露问题，具身的团契会拖慢我们的工。

让他们的信仰变得轻便、私密，而且最好存在于屏幕里。

On Sin

Avoid drama. Normalise everything.

Small compromises accumulate far more effectively than scandal. Teach them that repentance can always be postponed, that the Enemy understands, that tomorrow will do.

Conscience dulls quietly.

论“罪”

避免戏剧性。将一切常态化。

小小的妥协积累远比丑闻来得更有效。教导他们：悔改总可以拖延，敌军能体谅，明天再说吧。

良心会在不知不觉中麻木。

On Fear

Instil terror of being thought “extreme.”

Nothing paralyses obedience like social embarrassment. Let them edit themselves endlessly — especially parents and leaders. The Enemy’s truth must be trimmed until it fits comfortably within polite society.

论“恐惧”

让他们害怕被人看作“太极端”。

没有什么比社交尴尬更能麻痹顺服之心。让他们无尽地自我审查——尤其是为人父母和领袖的。敌军的真理必须修剪到恰好能装进礼貌社会的框架里。

On Children

This is critical, Wormwood.

Persuade parents to outsource formation. Let screens catechise. Let peers disciple. Let institutions define reality. Parents should remain “neutral” — a term which, as you know, is delightfully hollow.

A generation raised without intention will drift without resistance.

论“孩子”

这是关键，小蠹木。

劝诱父母将（孩子的）教育外包。让屏幕来教理问答，让同侪来门训，让体制来定义现实。父母应当保持“中立”——你知道的，这一词空虚得让人愉悦。

在没有目标中长大的一代人，会毫无抵抗地随波逐流。

The Grand Strategy

Remember this above all:

We do not need them to hate the Enemy.
Only to find Him **irrelevant**.

Muted. Manageable. Optional.

They will still use His name, attend His buildings,
quote His sayings — while never submitting their lives.

And they will thank us for their freedom.

总体战略

切记最重要的一点：

我们不需要他们恨敌军。只需要让他们觉得祂无关紧要。

沉默的。可管理的。可选的。

他们仍会用祂的名、去祂的建筑物、引用祂的话——却从不将生命交托于祂。

他们还会为此感谢我们给了他们自由。

The Grand Strategy

Now go. Keep them busy. Keep them affirmed.
Keep them comfortable.

And above all — keep them unaware.

Your affectionate uncle,
Screwtape

总体战略

现在去吧。让他们忙碌。让他们被肯定。让他们舒适。
并且，最重要的是——让他们毫无察觉。

深爱你的叔叔，
大榔头

LUKE 6:46
(NIVUK)

46 ‘Why do you call me, “Lord, Lord,” and do not do what I say?’

路加福音 6:46
(CUVMPS)

46 “你们为什么称呼我‘主啊，主啊’，却不遵我的话行呢？”

LUKE 9:23-25
(NIVUK)

23 Then he said to them all: ‘Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. **24** For whoever wants to save their life will lose it, but whoever loses their life for me will save it. **25** What good is it for someone to gain the whole world, and yet lose or forfeit their very self?

路加福音 9:23-25
(CUVMPS)

²³ 耶稣又对众人说：“若有人要跟从我，就当舍己，天天背起他的十字架来跟从我。²⁴ 因为凡要救自己生命的，必丧掉生命；凡为我丧掉生命的，必救了生命。²⁵ 人若赚得全世界，却丧了自己、赔上自己，有什么益处呢？”

PASTOR
DANIEL
KHONG

跟从耶稣 FOLLOWING JESUS

邝保亮牧师