

Lesson 2 How to Know the Bible 如何认识圣经

Prepare for Your Assignment 课前准备

- 1 ▪ Download message #2, “How to Study Scripture,” from www.gty.org/fof. 下载信息二：《如何研读圣经》
- 2 ▪ Use your notebook to take notes on the message. 听信息时，做笔记。
- 3 ▪ Work through the questions and tasks on the following pages. 完成以下几页的作业。

Memorize 2 Timothy 2:15...背诵经文：提摩太后书 2:15

“Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.”

你当竭力在神面前得蒙喜悦，作无愧的工人，按着正意分解真理的道。

■ It is very obvious, I think, to every Christian, that the Bible is the revelation of God. That God has written His word for us. It is the only rule we have for life. It is the only standard we have for behavior. It is the only authority. There may be other things you learn in life that help you through life but they don't have the authority that God's Word does. When the Bible speaks, that is the voice of God. And it is authoritative and it becomes, then, for us, the standard of life.

There are some Christians who read all kinds of books rather than the Bible. And we say they study about the Bible but they don't study the Bible. The primary thing to do is to study the Word of God. Through it God speaks. Now there are other good books that other men speak through with emphasis on Scripture and application and interpretation but there is no substitute for the Bible. So in the life of every Christian there must be that daily nourishing in the Word of God. It is critical.

——John MacArthur

我认为，所有基督徒必然都相信圣经是神的启示，相信神已将他的话语为我们写下。的确如此，圣经是我们日常生活的唯一准则、行事为人的唯一标准，是唯一的权威。或许生活本身会赋予你许多经验和本领，可以帮助你走过人生之旅，但它们并不如神的话语那样满有权威。圣经一发声，那就是神在说话。可见，圣经拥有至高权威，是我们生活的标尺。

有些基督徒读书万卷，却不读经。他们这是在研究圣经的相关知识，并非研读圣经本身。实际上，研读圣经是我们生活中的头等大事，因为神向我们说话的通道正是圣经。现今市面上有许多优秀书籍，虽然它们也侧重于圣经的教导、应用与阐释，但都是人写的，绝不能取代圣经。因此，我们每位基督徒必须每天从神的话语中汲取属灵养分。这一点至关重要。

——约翰·麦克阿瑟

The “how” of learning and applying the Scripture to life is something every Christian should know. This lesson covers five ways to make the Bible yours: *hearing, reading, studying, memorizing, and meditating*. Compare those five methods of learning Scripture to the fingers on your hand. If you hold the Bible with only two fingers, it is easy to lose your grip. But as you use more fingers, your grasp of the Bible becomes stronger.

每一个基督徒都应该知道如何学习圣经，并将所学运用到生活中。这一课介绍五个掌握圣经的办法，分别为：**听道、读经、查经、背诵、默想**。我们可以将这五个方法比作五个手指。手握圣经时，只有五指同时用力，才能把握得牢靠，否则就容易脱手。

That is also true spiritually. If a person hears, reads, studies, memorizes, and then meditates on the Bible, his grasp of the truths of the Bible becomes firm and part of his life. As the thumb is needed in combination with any finger to complete your hold, so *meditation* combined with hearing, reading, studying, and memorizing is essential for a full grasp of God's Word.

同样，如果我们同时注重**听道、读经、查经、背诵和默想**，对圣经真理的把握就会牢靠，真理也会成为自己生命的一部分。而五个手指中最重要的是拇指，因为其他手指必须与拇指合作才能得力。在五个学习圣经的方法中，**默想**就是那“拇指”。我们在听道、读经、查经、背诵时都必须结合默想才能充分掌握神的话。

I. Why to Know the Bible 为何要了解圣经？

List five reasons for knowing God's Word: 我们之所以要认识神的话，是因为：

- ◆ 2 Timothy 2:15 提摩太后书 2:15 _____
- ◆ 1 Peter 2:2 彼得前书 2:2 _____
- ◆ Psalm 119:11 诗篇 119:11 _____
- ◆ Psalm 119:38 诗篇 119:38 _____
- ◆ Psalm 119:105 诗篇 119:105 _____

We study the Scripture because it is sufficient. 我们之所以学习圣经，是因为神的话是完备够用的。

"All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness."

——2 Timothy 3:16

圣经都是神所默示的，于教训，督责，使人归正，教导人学义都是有益的。

——提摩太后书 3:16

II. How to Know the Bible 如何学习圣经

A. Hear It 听道

*"So then faith comes by **hearing**, and hearing by the Word of God."* – Romans 10:17

“可见信道是从**听道**来的，听道是从基督的话来的。”——罗马书 10:17

1. Whom did Jesus say would be blessed (Luke 11:28)? 路加福音 11:28 中，耶稣提到什么样的人是有福的？

2. In proclaiming the Word, what should pastors and teachers do (see Nehemiah 8:7-8)?

参考尼希米记 8:7-8，牧师、圣经老师当如何宣讲神的话？

B. Read It 读经

“Blessed is he who **reads**, and those who hear the words of the prophecy, and heed the things which are written in it; for the time is near.” – Revelation 1:3

“念这书上预言的和那些听见又遵守其中所记载的，都是有福的，因为日期近了。”——启示录 1:3

1. Write Revelation 1:3 *in your own words* (a paraphrase).用你自己的话把以上经文的大意写下来。

2. To what did Paul ask Timothy to give his attention (see 1 Timothy 4:13)?

在提摩太前书 4:13 中，保罗要提摩太以什么为念？

If you do not have a daily reading plan, start with the Gospel of Mark or John. At the rate of two chapters each day, you will complete the New Testament in nineteen weeks! 如果你还没有一个每日读经计划，可以尝试从马可福音或约翰福音开始，每天读两章。按这样的速度，你可以在 19 个星期内读完整本新约！

C. Study It 查经

When the Apostle Paul left Thessalonica, he came to Berea and shared the gospel with unbelieving Jews. What he found was that they “*were more noble-minded than those in Thessalonica, for they received the Word with great eagerness, examining the Scriptures daily to see whether these things were so*” – Acts 17:11.

使徒保罗离开帖撒罗尼迦之后到庇哩亚去向当地的犹太人传福音。他发现庇哩亚人“贤于帖撒罗尼迦的人，甘心领受这道，天天**考查圣经**，要晓得这道是与不是。”（使徒行传 17:11）

Attitude toward Bible study 查经当持的态度：

1. According to Acts 17:11, what two traits did the Bereans demonstrate as they received the Word of God?

在使徒行传 17:11 中，庇哩亚人在领受神的话时，表现出哪两个特质？

2. How should we search for wisdom or understanding (Proverbs 2:4)?

箴言 2:4 告诉我们，当如何寻求智慧，力求明白神的话？

Bible study is more than just reading the Bible; it involves careful observation, interpretation, and application. Reading gives you the overall picture, but *study* helps you think, learn, and apply what you read to your life.

查经不仅仅是阅读圣经。它包括仔细的观察，解释和应用。阅读给我们一个大致的轮廓，但是查经帮助我们思考、学习并且将所读的内容应用到生活中。

D. Memorize It 背诵

“How can a young man keep his way pure? By keeping it according to Your word...Your word I have treasured in my heart, that I may not sin against You.” – Psalm 119:9,11

“少年人用什么洁净他的行为呢？是要遵行你的话……我将你的话藏在心里，免得我得罪你。”

——诗篇 119:9、11

1. How did God command Israel to remember His Word? 神命令以色列民当怎样记住他的话？

a. Deuteronomy 11:18a 申命记 11:18 上

b. Deuteronomy 11:19 申命记 11:19

2. Read Matthew 4:4,7,10. 请阅读马太福音 4:4、7、10

a. During the three confrontations with Satan, what did Jesus do to overcome His temptations?

耶稣是怎样胜过撒但三次试探的？

b. How might you apply this example to your own life?

耶稣的榜样给我们带来什么启示？我们该怎样将它应用到自己的生活中？

3. Write Psalm 40:8 *in your own words*. 请将自己对诗篇 40:8 的理解写出来。

It is easier to memorize with a purpose. Understanding the meaning or application of the passage will make memorizing easier. Therefore, as you begin to memorize a passage, it is suggested always to study also the meaning of the verse(s). 明白经文的意思和用途可谓有目的地背诵经文，这样有助于记忆。所以，在背诵一段经文前，最好先查考它的意思。

E. Meditate on It 默想

“How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the Lord, and in His law he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.” – Psalm 1:1-3

“不从恶人的计谋，不站罪人的道路，不坐褻慢人的座位，惟喜爱耶和华的律法，昼夜思想，这人便为有福。他要像一棵树栽在溪水旁，按时候结果子，叶子也不枯干。凡他所做的尽都顺利。”

——诗篇 1:1-3

Meditation is prayerful reflection on Scripture with a view toward understanding and application. Give prayerful thought to God’s Word with the goal of conforming your life to His will. 默想是带着祷告的心去思想神的话，以正确地理解和运用。以祷告之心默想神的话，其目的是要让我们的生命合神的旨意。

1. Meditation on Scripture can be done as you 你可以默想神的话语。当你：
 - a. Hear the Word preached. 听道时可以默想
 - b. Read the Bible. 读经时可以默想
 - c. Pray about what you are studying. 根据所查经文祷告时可以默想
 - d. Reflect on the verses you have memorized. 背诵经文时可以默想
2. How does meditation assist you (Joshua 1:8)? 约书亚记 1:8 告诉我们，默想神的话有什么益处？

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3. Do you think God's Word can affect your speech and actions? How?(Luke 6:45)

你认为神的话能改变我们的言行吗？路加福音 6:45 是怎么说的？

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4. Besides being diligent in learning God's Word, what else should we do in order to understand it (Psalm 119:73,125)?

诗篇 119:73、125 告诉我们，除了努力学习神的话以外，我们还当做什么才能明白神的话？

III. The Bible Study Process 查经步骤

A. STEP 1: PREPARATION 步骤一：预备

1. What should we do before we approach the Scriptures (1 Peter 2:1-2)?

彼得前书 2:1-2 节告诉我们，在阅读神的话语前当作何预备？

-
2. What should be the content of our prayer as we prepare to study God's Word (Colossians 1:9-10)?

参考歌罗西书 1:9-10 节，在预备学习神的话之前我们该怎样祷告？

Spend a short time in prayer before each study. Confess any sin and ask for the Holy Spirit to "Open my eyes, that I may behold wonderful things from Your law." – Psalm 119:18.

每次查经前先花一些时间祷告。省察，认罪，祈求圣灵“开我的眼睛，使我看出你律法中的奇妙。”

——诗篇 119:18

B. STEP 2: OBSERVATION 步骤二：观察

"What is taking place in the passage? What do I see?"

“这段经文的内容是什么？”“我观察到了什么？”

- Ask questions as you read, and *write them down*. Who? What? Where? When?

这段经文讲的是谁？讲了些什么？有没有时间、地点？带着这些问题读经，把找到的答案写下来。

- As you observe the passage, look for: 观察经文时，要抓住以下内容：
 - a. Key words 关键字词
 - b. Key subjects (people, topics) 主要人物和主题
 - c. Commands(particularly verbs) 命令（特别是动词）
 - d. Warnings 警戒
 - e. Repeated words or phrases 重复的词句
 - f. Lists of things 罗列的事项
 - g. Comparisons (things that are similar; things that are different)比较（相同之处与不同之处）
 - h. Questions asked or answers given 提出的问题或者对某个问题的回答
 - i. Anything unusual or unexpected 任何不寻常或出人意料的内容

Note: These are just a few examples of things to look for when observing a passage.

注意：不是每段经文都包括以上所有内容。

Warning: Take your time! Don't give up too soon!

提醒：要有耐心，别轻易放弃！

C. STEP 3: INTERPRETATION 步骤三：解释

“*What does it mean?*” “这段经文是什么意思？”

1. Scripture can be very clear. Whom has God given to teach us (1 John 2:27)?
圣经的意思是明确的。根据约翰一书 2:27，神所赐教导我们的是谁？ _____
2. Begin by asking interpretive questions:首先，提出相关问题：
 - a. What is the importance of...以下经文中的因素有何重要性？
 - 1) A given word (especially verbs) 某个字词，尤其是动词
 - 2) A given phrase 某个短语
 - 3) Names and titles 姓名、头衔
 - 4) Dates 日期
 - 5) Others?其他该注意的因素
 - b. What is the meaning of a particular word?某个字词的意思是什么？
 - c. Why did the writer say this?作者的用意是什么？
 - d. What is the implication of this word, phrase, or name? 这个词、句或者名字意味着什么？
3. To find answers to your interpretive questions, use:第二，找出答案：
 - a. The context—the verses before and after the passage you are studying 根据上下文（所查考经文的上、下句或上、下段）
 - b. Definitions of words 根据字词的定義
 - c. Grammar and sentence structure 根据语法和句法结构
 - d. Other passages of Scripture 参考其他相关经文
 - e. Bible Study tools 使用学习工具，如：
 - 1) Bible Dictionary 圣经词典
 - 2) Concordance 经文汇编
 - 3) Bible Handbook 圣经手册
 - 4) Bible Encyclopedia 圣经百科全书

5) Bible Commentary 圣经注释

4. When interpreting, remember...第三，释经时切记以下几点：

- a. That all Scripture will agree. It will not contradict itself. 圣经是和谐一致的，不会自相矛盾。
- b. To let the passage speak for itself in its context. Be careful not to draw conclusions that the author did not intend. 尊重经文在上下文中自然合理的意思，勿要改变作者的原意。

There is only one correct interpretation of any particular passage of Scripture—the author’s originally intended meaning. 每段经文都只有一个正确意思，那就是作者的原意。

D. Step 4: APPLICATION 步骤四：应用

“What effect will this have on my life?” 这段经文对我的生命有何影响？

This part of the Bible study process takes the truths that have been observed and seeks to incorporate them into everyday life and practice. 这个步骤注重将经文的内容结合到个人的日常生活和实践当中。

1. Once we have heard the Word of God, what should be our response (James 1:22)?

雅各书 1:22 告诉我们，在听到神的话之后当如何回应？

• A simple tool to help you apply what you have learned is to “put on the **SPECS**.”

Is there a... 以下小口诀可以帮助我们总结并运用所学的内容：“弃罪、应许、效仿、诫命、绊脚石。”这句经文是否提到：

Sin to forsake? 当弃绝的罪？

Promise to claim? 当抓住的应许？

Example to follow? 当效仿的榜样？

Command to obey? 当遵守的诫命？

Stumbling block to avoid? 当躲避的绊脚石？

While there is only one correct *interpretation* of a given passage of Scripture, there are many *applications*.

一段经文只有一个正确解释，却可从多方面、不同角度应用在我们的生命中。

E. Step 5: Repetition 步骤五：重复

Bible study is a repetitive process. When studying a verse, steps 2, 3, and 4 are used over and over. *Observe*, then *interpret*, then *apply*. You may choose to do this for each word, phrase, or thought. 你可选择运用这个步骤对某一节逐字逐句地学习。在查考某句经文时，以上所列的步骤二至四（观察→解释→应用）可以反复使用。

The more passes you make through the verse with these three steps, the deeper its meaning is opened to you.

这三个步骤重复的次数越多，你对经文理解得就越透彻。

■ It is necessary to study the Scripture in order to be blessed. I don't know about you, but I like to be happy rather than sad. I'd much rather be happy than miserable. And I know that life is made up of miserable times and happy times. I also know this: The more I study the Word of God, the happier I am no matter what the circumstances are. The Word of God makes me happy.

That's really practical. When you see a miserable person, the first question to ask him is: Have you studied the Bible today? This simple question is the answer to their problem. Psalm 1:1-2 tells us, "How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the Lord, and in His law he meditates day and night." That's a happy man. A happy man is somebody who studies the Bible.

——John MacArthur

若要蒙福，就需研经。不知你怎么想，反正我是喜欢开心，不想悲伤；惟愿快乐，不愿痛苦。人生本是苦乐参半，但我深知：无论身处何种境况，我越是研读神的话语，就越快乐。神的话能使我快乐满溢。

研经具有实际功效。如果你看到有人十分痛苦，不妨先问他：你今天读圣经了吗？这个问题虽然简单，却颇为对症。诗篇 1:1-2 告诉我们：“不从恶人的计谋，不站罪人的道路，不坐褻慢人的座位，惟喜爱耶和华的律法，昼夜思想，这人便为有福。”这样的人是快乐的人。快乐的人必定是勤于研经的人。

——约翰·麦克阿瑟

IV. Study Exercise 练习

“But seek first His kingdom and His righteousness; and all these things will be added to you” (Matthew 6:33)

“你们要先求他的国和他的义，这些东西都要加给你们了。”（马太福音 6:33）

Using Matthew 6:33 and worksheet: 查考马太福音 6:33 并填表：

- Make as many observations as you can, listing them in the “**Observations**” column below.) 仔细观察经文，将所观察到的内容列在“**观察**”栏。
- Write “**Interpretive Questions**” about your observations 就观察到的内容提出与**解释**相关的问题，列在第二栏。
- Write the *meaning* of your observation in the “**Interpretations**” column. 将经文的意思，也就是这些问题的答案写在“**解释**”栏。
- Once you have completed your observations and interpretations, fill in the “Application” section. 完成了观察和解释的步骤以后，请填上“应用”一栏。

Note: The first six have been supplied as examples. 注：下表中的前六项为范例。

“But seek first His kingdom and His righteousness; and all these things will be added to you”(Matthew 6:33)

“你们要先求他的国和他的义，这些东西都要加给你们了。”（马太福音 6:33）

<p style="text-align: center;"><u>Observations</u></p> <p style="text-align: center;">观察</p>	<p style="text-align: center;"><u>Interpretive Questions</u></p> <p style="text-align: center;">与解释的相关问题</p>	<p style="text-align: center;"><u>Interpretations</u></p> <p style="text-align: center;">解释</p>
<p>1. The verse starts with the conjunction <i>but</i>. 这节经文(原文)以连词“但是”开始。</p>	<p>1. Why does the sentence start with <i>but</i>? 为什么要以“但是”开头?</p>	<p>1. This verse is linked to prior verses. Read Matthew 6:31-32 for context. 因说明这节经文承接上文太 6:31、32 节, 参看这两节经文。</p>
<p>2. Key word: <i>seek</i> 关键字: 求。</p>	<p>2. What does it mean? What action does <i>seek</i> require? 这字是什么意思? 它在这里是一个怎样的动词?</p>	<p>2. It means to pursue or search. It is a command. 这字的意思是寻找、追求。它在这里是一个命令式的动词。</p>
<p>3. The verb <i>seek</i> is in the present tense. 动词“求”的时态是一般现在时</p>	<p>3. What does present tense indicate? 这种时态有什么含义?</p>	<p>3. I must seek <i>now</i>. 我必须现在就寻求</p>
<p>4. Note the use of the word <i>first</i> following <i>seek</i>. “求”字前有“先”字。</p>	<p>4. What is the importance of <i>first</i>? “先”字有什么重要性?</p>	<p>4. Implies priority. I must seek as a top priority. 意味着首要、优先。我必须放下其他事, 先“求”。</p>
<p>5. Next key word is <i>kingdom</i>. 关键字: 国。</p>	<p>5. What does the word <i>kingdom</i> signify? 这个字是什么意思?</p>	<p>5. It is a sovereign rule over a specific realm. 是指对一国的至高统治。</p>
<p>6. “<i>Righteousness</i>” is preceded by the personal pronoun <i>His</i>. “义”字前有“他的”一词。</p>	<p>6. Whose righteousness is identified? To whom does <i>His</i> refer? 这里讲的是谁的义? “他的”指谁的?</p>	<p>6. Looking back to “kingdom of God,” <i>His</i> refers to God. It is God’s righteousness. 根据前文短语“神的国”, 可知“他的”指神, 因此这是指神的义。</p>
<p>7.</p>		
<p>8.</p>		
<p>9.</p>		
<p>10.</p>		
<p>11.</p>		
<p>12.</p>		

Application 操练

Write out one application based on your observations and interpretations. (Refer to SPECS in the “Step 4: Application” section) 请根据以上练习写出这节经文对你的影响（至少一方面）。参考圣经运用小口诀：弃罪、应许、效仿、诫命、绊脚石。

V. Personal Application 个人操练

Are the 168 hours in your week being invested well? Should you make any changes? The following table will help you analyze your habits for making the Bible yours. 你每周 168 个小时安排得是否明智？有什么地方需要改善？以下表格可以帮助你分析自己是怎样运用神给你的时间的，以及该怎样才能更好地把握圣经。

The following table will help you analyze your habits for making the Bible yours. As you fill in the number of hours spent per week, pray about setting new goals. 以下表格会帮助你分析自己对学习圣经的时间是如何安排的。填入每周具体小时数后，请你制定新的计划，并祷告求神帮助你。

<i><u>Time in the Word</u></i> 时间分配	<i><u>My Present Program</u></i> 目前所花时间	<i><u>New Goals and Plans</u></i> 新目标和新计划
Hearing the Word:听道		
Reading the Word:读经		
Studying the Word:查经		
Memorizing the Word:背诵经文		

■ It is necessary also to study Scripture in order to help others. You really can't help anybody else unless you know something they need to know. God never put a premium on ignorance. Your ignorance not only makes you unable to help yourself, but it makes you unable to help anybody else. And Christianity is all about helping other people, isn't it? How best can you help a person in trouble? By showing them God's solution to their trouble. How best can you solve a person's problem? By knowing what the Bible says about their problem, and how to handle it.

So you are able to help others when you know the Word of God. For example 2 Timothy 2:2 tells us we are to teach faithful men in order that they may teach others also.

——John MacArthur

若要助人，也需研经。如果你连别人所需要的知识都没有，帮助他们就无从谈起。神从不褒奖无知。无知不仅使你没有能力自助，也使你没有能力助人。可是，基督教信仰的精髓岂不正是助人吗？既然如此，我们如何才能最有效地帮助别人脱离困境？——乃是要让他们知道，神如何解决他们的困境。我们如何才能最有效地帮助别人解决问题？——乃是要让他们晓得，圣经是如何看待、解决他们问题的。

可见，只要你明白神的话语，就有能力帮助别人。正如提摩太后书 2:2 所言，我们要去教导忠心的人，好让他们也能去教导别人。

——约翰·麦克阿瑟