

# 建設與拆毀



# 一天所說的話？

男人與女人、一天所說的話…？

有多少是『說了、比較好』？

有多少是『沒有說、比較好』？

有多少是『有說沒有說、無所謂』？

『舌頭』好比…？

嚼環、小小的舵…

最小的火…

各類的走獸、飛禽、昆蟲、水族…

泉源、果樹…

# 雅各書：三1

我的弟兄們、不要多人作師傅、  
因為曉得我們要受更重的判斷。

*Dear brothers and sisters, not many of you  
should become teachers in the church,  
for we who teach will be judged more strictly.*

人之患…？

『人之患、好為人師』？

為什麼人們『好為人師』？

為什麼『不要多人作師傅』？

## 雅各書：三 2

原來我們在許多事上都有過失。  
若有人在話語上沒有過失、  
他就是完全人、也能勒住自己的全身。

*Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way.*

完全人……？

我們不一定能『完美、Perfect』…

但是我們能越來越『成熟、Mature』！

# 雅各書：三 3-4

我們若把嚼環放在馬嘴裡、叫他順服、就能調動他的全身。看哪、船隻雖然甚大、又被大風催逼、只用小小的舵、就隨著掌舵的意思轉動。

*We can make a large horse go wherever we want by means of a small bit in its mouth. And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong.*



# 雅各書：三5

這樣、舌頭在百體裡也是最小的、  
卻能說大話。

看哪、最小的火、能點著最大的樹林。

*In the same way, the tongue is a small thing  
that makes grand speeches.*

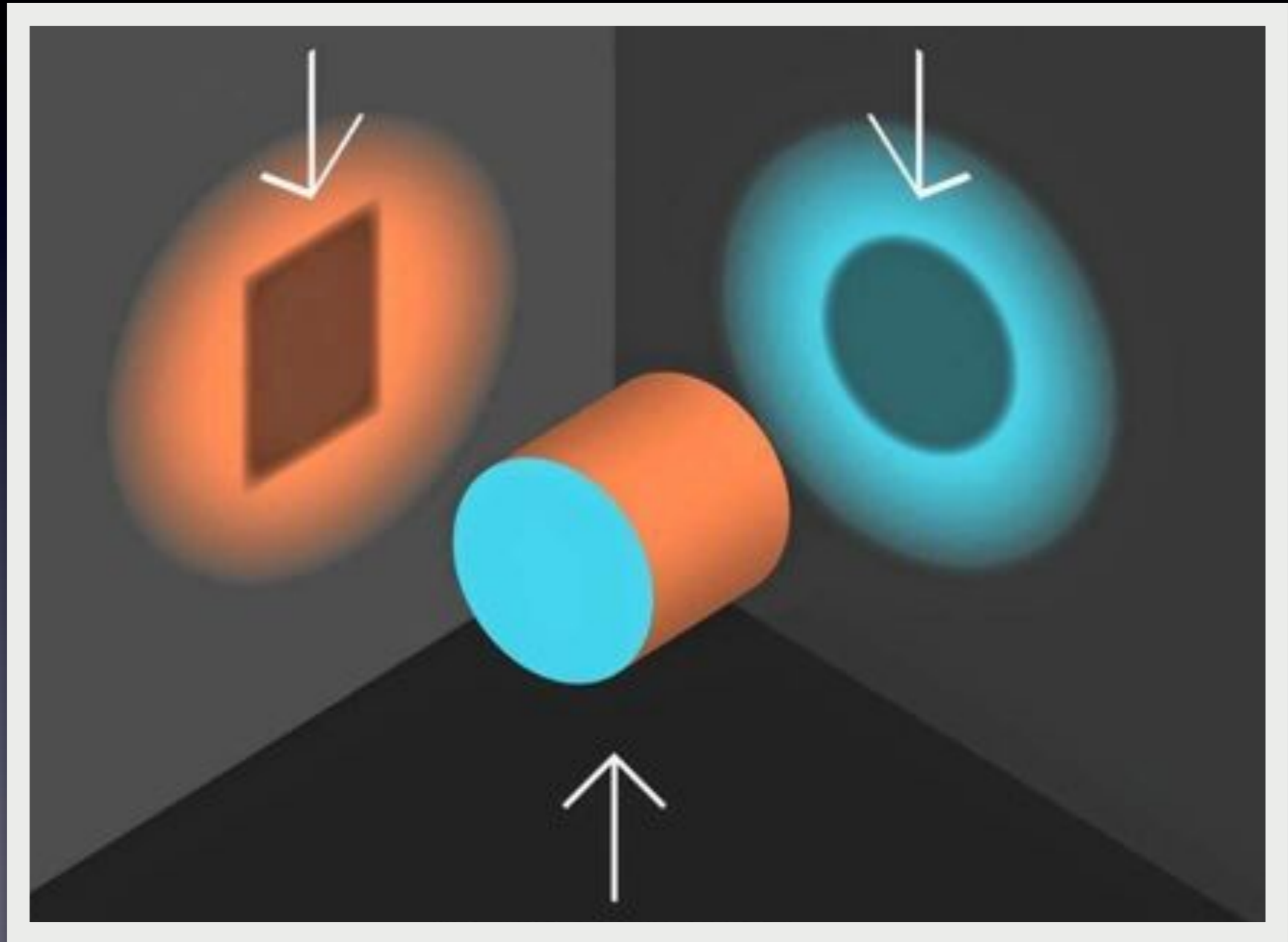
*But a tiny spark can set a great forest on fire.*

# 雅各書：三 6

舌頭就是火、在我們百體中、  
舌頭是個罪惡的世界、能污穢全身、  
也能把生命的輪子點起來。  
並且是從地獄裡點著的。

*And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself.*

# 接納彼此不同觀點



# 控制的言語

耶和華阿、求你禁止我的口、  
把守我的嘴。求你不叫我的心、  
偏向邪惡、以致我和作孽的人同行惡事。  
也不叫我喫他們的美食。

*Take control of what I say, O Lord, and guard my  
lips. Don't let me drift toward evil or take part in  
acts of wickedness. Don't let me share in the  
delicacies of those who do wrong.*

( 詩篇：一百四十一-3-4, NLT )

# 雅各書：三 7-8

各類的走獸、飛禽、昆蟲、水族、本來  
都可以制伏、也已經被人制伏了。

惟獨舌頭沒有人能制伏、  
是不止息的惡物。滿了害死人的毒氣。

*People can tame all kinds of animals, birds,  
reptiles, and fish, but no one can tame the tongue.  
It is restless and evil, full of deadly poison.*

# 建造與拆毀

『舌頭』能『建造』、也能『拆毀』  
就看我們如何使用…？

說話浮躁的、如刀刺人。

智慧人的舌頭、卻為醫人的良藥。

The words of the reckless pierce like swords,  
but the tongue of the wise brings healing.

( 箴言：十二18, NIV )

# 傷人的言語

你的舌頭邪惡詭詐、  
好像剃頭刀、快利傷人。

*You make plans to ruin others;  
your tongue is like a sharp razor.  
You are always inventing lies.*

( 詩篇：五十二2, GNT )

# 柔和的言語

回答柔和、使怒消退。  
言語暴戾、觸動怒氣。

*A gentle answer quiets anger,  
but a harsh one stirs it up.*

( 箴言：十五1, GNT )



# 造就的言語

隨事說造就人的好話，  
叫聽見的人得益處。

*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.*

( 以弗所書：四29b, NIV )

# 愛心的言語

你們也曉得我們怎樣  
勸勉你們、安慰你們、囑咐你們各人、  
好像父親待自己的兒女一樣。

*For you know that we dealt with each of you  
as a father deals with his own children,  
encouraging, comforting and urging you...*

( 帖撒羅尼迦前書：二11-12a, NIV )

# 愛心的言語

鼓勵、Encouraging not 說教、Lecturing

安慰、Comforting not 指責、Blaming

規勸、Urging not 強迫、Forcing

# 和氣的言語

你們的言語要常常帶著和氣、好像用鹽調和、就可知道該怎樣回答各人。

*Let your conversation be always full of grace,  
seasoned with salt,  
so that you may know how to answer everyone.*

( 歌羅西書：四6, NIV )

# 雅各書：三 9-10

我們用舌頭頌讚那為主為父的、  
又用舌頭咒詛那照著神形像被造的人。  
頌讚和咒詛從一個口裡出來、  
我的弟兄們、這是不應當的。

*Sometimes it praises our Lord and Father, and  
sometimes it curses those who have been made in  
the image of God. And so blessing and cursing  
come pouring out of the same mouth.  
Surely, my brothers and sisters, this is not right!*

# 雅各書：三 11-12

泉源從一個眼裡能發出甜苦兩樣的水麼  
我的弟兄們、無花果樹能生橄欖麼、  
葡萄樹能結無花果麼。  
鹹水裡也不能發出甜水來。

*Does a spring of water bubble out with both fresh water and bitter water? Does a fig tree produce olives, or a grapevine produce figs? No, and you can't draw fresh water from a salty spring.*

# 言語的源頭

你們既是惡人、怎能說出好話來呢。  
因為心裡所充滿的、口裡就說出來。

*How can you say good things when you are sinful?  
The mouth speaks what the heart is full of.*

( 馬太福音：十二34, NLV )

# 言語的源頭

你要保守你心、勝過保守一切  
〔或作你要切切保守你心〕  
因為一生的果效、是由心發出。

*Guard your heart above all else,  
for it determines the course of your life.*

( 箴言：四23, NLT )



# 受教者的舌頭

主耶和華賜我受教者的舌頭、  
使我知道怎樣用言語扶助疲乏的人。  
主每早晨題醒、題醒我的耳朵、  
使我能聽、像受教者一樣。

*The Sovereign Lord has taught me what to say,  
so that I can strengthen the weary.*

*Every morning he makes me eager to hear  
what he is going to teach me.*

( 以賽亞書：五十4, GNT )