

RELATING TO HUMANS, PART 1

A Better Way of Relating
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A transformed person _____ their relationships.

“So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.”
John 13:34–35 NLT

The Imitation Principle: Humans _____ what they receive.

“Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.”
Ephesians 4:22–24 (NLT)

“Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”
Ephesians 4:29 (NLT)

“And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.”
Ephesians 4:30–31 (NLT)

“Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”
Ephesians 4:32 (NLT)

“Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.”
Ephesians 5:1–2 (NLT)

THREE WAYS TO TRANSFORM MY RELATIONSHIPS

1. Increase my relational _____.

- **Awareness of: God, others, and myself**

Helpful practices: slowing and seeing

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.”
2 Corinthians 3:17–18 (ESV)

- **What I behold determines who I become.**

“Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is.”
1 John 3:2 (NIV)

2. Elevate my relational _____.

“Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.”
Ephesians 5:1–2 (NLT)

Helpful practices: pausing and planning

“Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.”
James 1:19–20 (NLT)

“Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.”
Ephesians 1:4–5 (NLT)

“We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters.”
1 John 3:16 (NLT)

“Dear children, let’s not merely say that we love each other; let us show the truth by our actions. Our actions will show that we belong to the truth, so we will be confident when we stand before God. Even if we feel guilty, God is greater than our feelings, and he knows everything.”
1 John 3:18–20 (NLT)

3. Adjust my relational _____.

“Walk with the wise and become wise; associate with fools and get in trouble.”
Proverbs 13:20 (NLT)

Helpful practices: receiving and rejecting

“Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.”
Ephesians 5:1–2 (NLT)

1. transforms 2. reflect 3. awareness 4. standards 5. inputs

與人交往 (一)

建立關係的更好方式

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被轉化的人：_____ 他們的人際關係

「因此，現在我給你們一條新命令：你們要彼此相愛。正如我愛你們一樣，你們也要彼此相愛。你們彼此的愛會向世人證明你們是我的門徒。」

約翰福音 13:34-35 (新普及譯本)

模仿的原則：_____

「就要脫去舊有的罪惡本性，以及從前那種因情慾和欺詐而敗壞了的生活方式，並要讓聖靈更新你們的思想和心態。要披上你們的新性情，這性情是照着上帝的形象造的，有真正的公義和聖潔。」

以弗所書 4:22-24 (新普及譯本)

「污穢的話或罵人的話，一句都不要說出口；只要說對人有益的好話，讓聽見的人受到鼓勵。」

以弗所書 4:29 (新普及譯本)

「你們行事為人不要讓上帝的聖靈難過。要記住，他已經確認你們是屬於他的了，並擔保你們在被贖之日必能得救。你們要除掉一切的苦毒、狂怒、憤怒、惡言、毀謗，以及各種邪惡的行為。」

以弗所書 4:30-31 (新普及譯本)

「你們反而要彼此善待，有溫柔的心，互相饒恕，正如上帝藉着基督饒恕了你們一樣。」

以弗所書 4:32 (新普及譯本)

「因此，無論你們做甚麼，都要效法上帝，因為你們是他親愛的兒女。你們要以基督為榜樣，讓生活充滿愛。基督愛我們，為我們獻上了他自己，成為上帝所喜悅的馨香之祭。」

以弗所書 5:1-2 (新普及譯本)

三個轉化人際關係的方式

1. 提升我對人際關係的_____

- 對上帝、別人、自己的意識

有用的做法：慢下來、看清楚

「主就是那靈；主的靈在哪裏，哪裏就有自由。我們眾人臉上的帕子既然已經揭開，反映主的榮光，就變成主那樣的形象，大有榮光。這是主所作成的，他就是那靈。」

哥林多後書 3:17-18 (新譯本)

- 我「注目」甚麼，決定我「成為」甚麼

「親愛的弟兄啊，我們現在是神的兒女，將來如何，還未顯明；但我們知道，主若顯現，我們必要像他，因為必得見他的真體。」

約翰一書 3:2 (和合本)

2. 提高我對人際關係的_____

「因此，無論你們做甚麼，都要效法上帝，因為你們是他親愛的兒女。你們要以基督為榜樣，讓生活充滿愛。基督愛我們，為我們獻上了他自己，成為上帝所喜悅的馨香之祭。」

以弗所書 5:1-2 (新普及譯本)

有用的做法：暫停、計劃

「我親愛的弟兄姊妹，你們要知道：各人都要快地聽，慢慢地說，慢慢地動怒。人的憤怒並不能生出上帝所要的義。」

雅各書 1:19-20 (新普及譯本)

「上帝甚至早在創世以前就愛我們了，他在基督裏揀選了我們，好讓我們在他眼中成為聖潔，毫無瑕疵。上帝預先定下計劃，要藉着耶穌基督把我們帶到他那裏，收養我們，讓我們成為他家中的一員。上帝樂意這樣做，這給他帶來了極大的喜樂。」

以弗所書 1:4-5 (新普及譯本)

「耶穌為我們捨命，使我們明白甚麼是真愛。所以，我們也應該為弟兄姊妹捨命。」

約翰一書 3:16 (新普及譯本)

「親愛的孩子們，我們不要只在嘴上說彼此相愛，而應該用行動把真理表現出來。我們的行動要表明我們是屬於真理的，這樣，我們站在上帝面前時也可以心安。即使我們感到心中有愧，上帝卻遠高於我們的感受；他知道一切。」

約翰一書 3:18-20 (新普及譯本)

3. 調整我關係中的_____

「跟智慧人同行，必得智慧；跟愚昧人為友，必受連累。」

箴言 13:20 (新普及譯本)

有用的做法：接受、拒絕

「因此，無論你們做甚麼，都要效法上帝，因為你們是他親愛的兒女。你們要以基督為榜樣，讓生活充滿愛。基督愛我們，為我們獻上了他自己，成為上帝所喜悅的馨香之祭。」

以弗所書 5:1-2 (新普及譯本)