

更美的關係 #4 – 建立關係的良言

Get Connected #4 – Blessed Words to Connect

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箴 25:11

INTRO 引言

New Year Words of Blessings

新年祝福語 – 揮春



新年揮春：

出入平安、龍馬精神、身壯力健、

狗馬亨通、橫財就手，好運齊來

Words of blessings!

合神心意的祝福語….

常常喜樂 (帖前5:16) 、不住禱告 (帖前5:17) 、主恩常在 (林後13:14) 、生命豐盛 (約10:10) 、多結果子 (約15:15-16) 、出入平安 (詩121:8) 、身壯力健 (約叁1:2) 、靈魂興盛 (約叁1:2) 、凡事豐足 (林後9:11) 、凡事謝恩 (帖前5:18) 、凡事長進 (弗4:15) 、凡事興盛 (約叁1:2) 、凡事都能 (腓4:13; 可9:23) 、加上加力 (西1:11) 恩上加恩 (約1:16) 、恩典滿滿 (弗2:7)

箴言良言的教導 Proverbs about good sayings

良好的說話, 良好的溝通

Good sayings, good connection

更美的溝通, 更美的關係

Good connection, good relation

Chinese Proverb “Illness gets in through the mouth. Trouble comes out from the mouth”

中國格言: “病從口入, 禍從口出”

## **5 Ways To Speak Well to Connect 建立關係的良言**

### **1. Speak to Build Up 說造就人的好話**

“Anxiety weighs down the heart, but a kind word cheers it up.” (Proverbs 12:25, NIV)

“人心憂慮, 屈而不伸; 一句良言, 使心歡樂。” (箴言 12:25, CUVNP)

*“Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.”* (Ephesians 4:29, NRSV)

“污穢的言語一句不可出口，只要隨事說造就人的好話，叫聽見的人得益處。”(以弗所書 4:29, CUVNP)

## 2. **Speak in Due Season** 合宜的說話

*“A word fitly spoken is like apples of gold In settings of silver.”* (Proverbs 25:11, NKJV)  
“一句話說得合宜，就如金蘋果在銀網子裏。”(箴言 25:11, CUVNP)

“金”“銀” – 金飾，智慧結出的又美又尊貴的果子 (箴8:19)

“Gold” “Silver” – ornament, beauty and honor resulted from wisdom

*“A man has joy by the answer of his mouth, And a word spoken in due season, how good it is!”* (Proverbs 15:23, NKJV)

“口善應對，自覺喜樂；話合其時，何等美好。”(箴言 15:23, CUVNP)

*“He who blesses his friend with a loud voice, rising early in the morning, It will be counted a curse to him.”* (Proverbs 27:14, NKJV)

“清晨起來，大聲給朋友祝福的，就算是咒詛他。”(箴言 27:14, CUVNP)

## 3. **Speak with Grace** 要常常帶著和氣

*“A soft answer turns away wrath, But a harsh word stirs up anger.”* (Proverbs 15:1, NKJV)

“回答柔和，使怒消退；言語暴戾，觸動怒氣。”(箴言 15:1, CUVNP)

*“Whoever has no rule over his own spirit Is like a city broken down, without walls.”* (Proverbs 25:28, NKJV)

“人不制伏自己的心，好像毀壞的城邑沒有牆垣。”(箴言 25:28, CUVNP)

*“For He who would love life And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit.”* (1 Peter 3:10, NKJV)

“... 人若愛生命，願享美福，須要禁止舌頭不出惡言，嘴唇不說詭詐的話；”(彼得前書 3:10, CUVNP)

“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。”(歌羅西書 4:6, CUVNP)

*“Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.”* (Colossians 4:6, NKJV)

帶著”和氣” - 直譯是帶著 “恩典” - Speech always be seasoned with “grace” (χάρις)

*“We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.”* (James 3:2, NIV)

“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。”(雅各書 3:2, CUVNP)

- 減少用 “你”，多用 “我們” “We” rather “you”
- 用建議代替命令 “Advise” rather than “command”.
- 減少否定句, 改為我有另外的看法 “Suggest” rather than “oppose”

#### 4. Speak with Prudence 謹慎地說話

*“Sin is not ended by multiplying words, but the prudent hold their tongues.”* (Proverbs 10:19, NIV)

“多言多語難免有過；禁止嘴唇是有智慧。”(箴言 10:19, CUVNP)

*“To answer before listening— that is folly and shame.”* (Proverbs 18:13, NIV)

“未曾聽完先回答的，便是他的愚昧和羞辱。”(箴言 18:13, CUVNP)

“*The tongue has the power of life and death, and those who love it will eat its fruit.*”  
(Proverbs 18:21, NIV)

“生死在舌頭的權下，喜愛它的，必吃它所結的果子。”(箴言 18:21, CUVNP)

“...*But everyone must be quick to hear, slow to speak and slow to anger;*” (James 1:19, NASB95)

“...但你們各人要快快地聽，慢慢地說，慢慢地動怒，”(雅各書 1:19, CUVNP)

## 5. Speak in Truth and Love用愛心說實話

“*Lying lips are an abomination to the LORD, But those who deal truthfully are His delight.*” (Proverbs 12:22, NKJV)

“說謊言的嘴為耶和華所憎惡；行事誠實的，為他所喜悅。”(箴言 12:22, CUVNP)

“*Instead, speaking the truth in love,....*” (Ephesians 4:15, NIV)

“惟用愛心說誠實話...”(以弗所書 4:15, CUVNP)

⇒ IMMERSE YOURSELF in the Lord & Words of God

常常浸在神的愛和神的話中

## 結語 Concluding Remarks

建立關係的良言 Blessed Words to Connect

- ✧ **Speak to Build Up** 說造就人的好話
- ✧ **Speak in Due Season** 合宜的說話
- ✧ **Speak with Grace** 說話要常常帶著和氣
- ✧ **Speak with Prudence** 謹慎地說話

✧ **Speak in Truth and Love**用愛心說實話

Let God fills your heart with His love, grace and Words

You'll be able to flow out his life and words naturally.

You not only can connect well with others, you can even build others' life.

讓主用他的愛、恩典與話語充滿你的內心，使你能自然地流露他的生命與話語，這不單能讓你建立美好的人際關係，且能造就建立別人的生命。

回應歌: “讓愛走動” “Love Overflows”

<https://www.youtube.com/watch?v=kY8kf55dY4A>

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經文: 箴 25:11

小組問題討論：

1. 上主日信息提及有利關係建立的五個說話態度中，哪方便給你最大提醒？
2. 你覺得自己在說話上最常犯的毛病是甚麼？
3. 箴 25:11 形容說話合宜，如同金蘋果落在銀網中，這是指甚麼感覺？你認為怎樣才算是說話合宜？怎樣才算說話合宜？