

**(Note: These cell group materials are meant for the Jubilee Church's internal usage, and hence references are not included. For more information about the Church, visit [www.jubilee.org.sg](http://www.jubilee.org.sg))**

## **John "I AM" sermon series for cell group discussions**

### **“我是”系列的讲章，整理为小组材料**

#### **1. 我是世界的光 <http://www.jubilee.org.sg/sermons/id/76/> (英语讲稿)**

经文：约翰福音 9 章全章

这篇讲章以多层面来挖掘这个“我是世界的光”的丰富信息

- (a) Context of the blind man 从瞎子的处境来看  
他得以‘看见’耶稣真正的身份（弥赛亚），于是他最终决定跟随耶稣。  
从‘盲眼’的限制下得释放之后，他可以经历一个新生命。  
He was “enlightened” to the real identity of Jesus (the Messiah) and hence he eventually followed him. Furthermore, being freed from his blindness he can now experience a new life.
- (b) Context of John's church: 从约翰的教会的处境来看  
在约翰的教会里的信徒，他们得以认识到耶稣的真理（他的死与复活）。他们需要面对那些仍旧是‘盲眼’的人（犹太人）的逼迫。  
Those in John's church know the truth about Jesus (his death and resurrection). They must face opposition from those who remain blind (the Jews).
- (c) Context of John Newton: 从约翰牛顿的处境来看  
约翰牛顿曾经贩卖奴隶，后来因为认识真理，所以生命改变。  
The story of a former slave owner who had a new life because of knowing the true faith.
- (d) Context of all who worship (and witness) with the song “Amazing Grace” 那些以诗歌‘奇异恩典’来敬拜与见证主的会众  
他们叙述在认识上帝之后，他们的生命如何经历改变。  
对于那些生活在美国的非洲奴隶，为了自由而奋斗，后来得到法律保障，使他们成为自由人，他们的经验更加深刻。  
They describe their transformation of how their lives are changed after knowing God. This is especially true for the African Americans during their time of fight and eventual liberation from slavery.

因此，‘我是世界的光’代表了耶稣对跟随者的意义。通过耶稣，他们认识真理，可以活出新的生命。

So, “I AM the light of the world” represents what Jesus means for his followers. Through Jesus, they are now able to know the truth and hence to live a new life.

Discussion questions 问题讨论：

- (i) 当你唱‘奇异恩典’的时候，第一节最后一句‘瞎眼今得看见’，这句话对你的意义是什么？ What does it mean for you when you sing the first verse of Amazing Grace “was blind but now I see”?

- (ii) 认识耶稣怎么打开你的眼睛，让你对生命、人际关系、工作、救恩有崭新的看法？ In what way would you say that knowing Jesus is an enlightenment on how you see everything (life, relationships, work, salvation etc.)
- (iii) 请跟大家分享，你的生命在认识耶稣之后有怎样的改变？ Share a testimony on how your life has transformed after knowing Jesus.

## 2. 复活在我，生命也在我 I AM the resurrection and the life

<http://www.jubilee.org.sg/sermons/id/77/> 英文讲稿 中英录音

经文：约翰福音 11 章全章 Read the entire chapter of John 11

这篇讲章尝试以耶稣朝向十字架作为一个大的背景，来看拉撒路复活的这个事件。This sermon attempts to use the larger context of Jesus' march towards the cross to interpret the story of the resurrection of Lazarus

- (a) 马大（还有马利亚）本已知道到末日，死人要复活，可是他们对于拉撒路的英年去世，仍旧有很大的遗憾，“你若早在这里。。。’ Martha (and Mary) was well aware of the resurrection at the last days. Yet they expressed regret at the shortened life of Lazarus. “If only ...”
- (b) 另一方面，耶稣对于面对他的死亡，表现出极大的勇气。他心里有数他这次行的神迹会带来的后果，然后不顾一切的让事情推向高潮。Jesus on the other hand was courageous towards his own impending death. He was well aware of the consequences and deliberately played up the drama.
- (c) 因此这个故事带来一个对比，当人有了对生命与复活的认识之后，应当如何改变他对于死亡的看法 Therefore the story was a contrast of what it meant when the knowledge of life and resurrection truly transform how one look at the matter of death.

“复活在我，生命也在我”的意思是，我能胜过死亡，也可以超越死亡所欲带给我的惊恐和任命的状态。

“I AM the resurrection and the life” means that I have conquered death and overcome its effects of fear and resignation.

问题讨论 Discussion questions:

- (i) 试分享你对死亡的感受 Describe what are your feelings towards death
- (ii) 你是否听过或见过一些人，他们活着的时候，一点也不怕死亡？你看到他们这样的无惊无恐，让你觉得怎么样？ Have you heard or witness anyone living fearlessly? How do you feel about it?
- (iii) 对你来说，要“活出一个生命”，会是怎么样的？ What would be “living a life” mean for you?

## 3. 我是羊的门 I AM the gate

<http://www.jubilee.org.sg/sermons/id/80/> 英文讲稿 中英录音

经文：约翰福音 10:1-10 Read John 10:1-10

这篇讲章让我们看到圣诞的真正意义是什么，也提醒我们耶稣是带我们走向救恩的真正道路。This sermon brings back the true meaning of Christmas and reminds us that Jesus is the true way to salvation.

- (a) 这个比喻是在耶稣（在安息日治病）与犹太人之间产生的争辩，他们要他守安息日，然后他说了这个比喻 The context of the parable arose out of a debate between Jesus (who healed on the Sabbath) and the Jews who wanted to abide with the Law.
- (b) 从耶稣的时代到如今，一直有无数的人假装自己是弥赛亚 From Jesus' times to the modern day, there have been many Messianic pretenders.
- (c) 耶稣作为羊的门，也作为守门人，这是对羊的安全之唯一保障，他因此能够让羊得生命 Jesus as the gate and gatekeeper is the only way for the sheep to be safe and protected and hence to have life.
- (d) 我们的回应，就是委身给这位牧人，他已经为我们把命都舍了 Our response is to commit to this shepherd who has laid down his life for us.

“我是羊的门”，这句话是强有力的宣告，宣告耶稣是绝对唯一的救恩。

“I AM the gate” is a powerful declaration on the absolute and only salvation in Jesus.

问题讨论 Discussion questions:

- (i) 你还听过什么其他的选择，让你可以得‘生命’？选择耶稣，这对你来说是否具有足够的说服力？为什么？ What are the other options to “life” have you heard? Is the option of choosing Jesus convincing to you? Why?
- (ii) 对我们来说，什么叫做听大牧人的声音？ What would it mean for us to listen to the Shepherd's voice?
- (iii) 当我们认识到大牧人的爱，是大到他愿意牺牲生命的时候，你心里觉得怎么样？ What does it mean for us to know that the Shepherd's love is a self-sacrificing love?

#### 4. 我不是基督 I AM not the Messiah (中文录音，可以上网听):

<http://www.jubilee.org.sg/sermons/id/236/>

经文：约翰福音 1:19-28 Read John 1: 19-28

这篇讲章带我们来认识‘弥赛亚’的意思，还有对救恩的意义。 This sermon looks at the true meaning of Messiah and what it entails for salvation

- (a) 我们认识上帝（耶稣），就得根据他自己怎么启示来认识他 We must know God (Jesus) based on his own revelation in his own story.
- (b) 既然犹太人已经相信上帝，救恩的意义不仅仅是相信死后有生命，救恩乃是关于人能与上帝恢复正常关系 Since the Jews are already believers, salvation goes beyond believing life after death, it is about a restoration of relationship with God.
- (c) 旧约的权威在于它是一个从过去存在到今天的民族所接纳的，他们且以这些经卷的内容来安身立命 The authority of the OT lies in its usage by a people who continues to exist and live by its words.
- (d) 当我们读过旧约全部的经卷，我们看见有一个民族被上帝所拣选（透过先祖亚伯拉罕），他们在大卫时代得到上帝的应许，说大卫的子孙要坐在宝座上永永远远，他们经历亡国的审判与被掳，然后也经历上帝重新建立他们。 When we survey through the OT, we observe a people elected by God (Abraham), established in the Promised Land, with promises of Davidic kingship and restoration after their judgment and exile.
- (e) 这个民族（犹太人）的身份是透过这一切的经历之后建立起来，他们同时代表了人类的违抗上帝，不能信任上帝 This people (the Jews) forged their identity through all these experiences and represent humanity's troubled relationship with God.

- (f) 当耶稣被挂在十字架上，他头上有个牌子，写着‘犹太人的王’。他要恢复的，不是一个地上有形的国度，而是让我们透过顺服、牺牲与从他而来的义，恢复与上帝的关系。 Jesus came to be the promised king of the Jews, his title displayed on the Cross. But his restoration is not a physical kingdom, but a restoration with God through submission, sacrifice and righteousness.
- (g) 耶稣作为君王，他带来生命，也为了其他人，他胜过罪。他活出一个‘真正的人’的生命，是能够听上帝的话，顺从上帝旨意的生命。 Kingship therefore means providing life and conquering over sin for the sake of others. Jesus displayed true humanity by living so gloriously in obeying God’s will.
- (h) 我们的反应：承认上帝为我们的上帝，为上帝而活。 Our response is to acknowledge God for who he is and to live for him.

当施洗者说出“我不是基督”，他是坚定的把我们指向真正的基督。

“I AM not (the Messiah)” by the Baptist responsibly points us towards the true Messiah.

问题讨论 Discussion questions:

- (i) 你听完这篇道，是否会被这样的解释弥赛亚和救恩感到惊讶？为什么呢？ Are you surprised by this meaning of Messiah and salvation? Why or why not?
- (ii) 你跟上帝的关系怎样？如果关系恢复了，你觉得怎么样？ How is your relationship with God? How do you feel about a restored relationship?
- (iii) 如果耶稣是你的‘王’，这对你的生命表示什么？ If Jesus is your “king”, what would that mean for your life?

5. **我是真葡萄树** I AM the true vine (中文讲稿与录音): <http://www.jubilee.org.sg/sermons/id/82/>  
经文：约翰福音 15 章全章 Read the entire John 15

这篇讲章用葡萄树作为比喻，来反省基督徒生活的意义。 This sermon uses the metaphor of the vine to reflect on the meaning of Christian living.

- (a) 我们对上帝的了解，必须来自上帝的自我启示，在经文处境中，就是指上帝与他的百姓（犹太人）之互动关系。 Our understanding of God must be derived from God’s own revelation, which in this case is his revelation in his interaction with his people, the Jews.
- (b) 在以赛亚 5 章，我们看到以色列是那个无法为上帝结出好果子的葡萄园。 In Isaiah 5, we observe that Israel is the vineyard which has failed to bear good fruits for God.
- (c) 耶稣是真葡萄树，意思是上帝要复兴他的葡萄园。枝子（我们）只能在接于葡萄树的情况下结出好果子。 Jesus as the true vine implies that God wants to restore this vineyard. Branches (referring to us) can only bear good fruits by staying attached to the vine.
- (d) 结出好果子的意思是听从上帝的话。因为上帝是生命之源，听从他话的人，就会有生命。 Bearing fruits meaning obeying God’s word. Because God is the source of life, obeying his word will also lead to life.
- (e) 耶稣道成肉身为一个犹太人，他一生活出一个没有罪的生命，他完全顺从上帝，分分钟都是连于上帝。 Jesus incarnated as a Jew, living a sinless life in full obedience to God, remains always connected to God.
- (f) 因此如果我们连于耶稣，我们就会透过他而连于上帝。我们之所以知道这一切是事实，因为有圣灵让我们与上帝连接，这就是我们的证明。 Hence, if we stay

connected to Jesus, we will also be remaining in God through him. The proof of all this is the Holy Spirit, who connects us all with God.

- (g) 我们的反应：回到生命之源，结出圣灵的果子。Our response is to return to the source of life and bear the fruits of the Holy Spirit.

“我是真葡萄树”说到我们可以怎么与生命的源头来接连。

“I AM the true vine” describes how we can all be linked to the source of life, God.

问题讨论 Discussion questions:

- (i) 请叙述你与神的连接的方方面面。你为什么会这样的形容？ Describe how connected you are to God. Why would you describe it this way?
- (ii) 当你知道上帝的心意是让我们透过耶稣基督与他相连，你的感受是什么？ Describe how you feel about God’s way of connection with us through Jesus Christ.
- (iii) 请分享一个见证，关于结出圣灵的果子怎么改变了你的生命。 Share a testimony about how bearing spiritual fruits have changed your life.

## 6. 我是生命的粮 I AM the bread of life (中文讲稿，华英崇拜录音):

<http://www.jubilee.org.sg/sermons/id/244/>

经文：约翰福音 6 章全章 Read the entire John 6

这篇讲章探讨了宣告中，父、子、人的反应，共分成 3 个层面的诠释。This sermon explores the 3 dimensions of the declaration from the Father, to Jesus and to our response.

- (a) 介绍故事：你有什么东西让你觉得是最大的保障？ Introduction story: Is there something secure you can hold on to?
- (b) 这个比喻的背景是耶稣喂饱 5000 人。耶稣要纠正世人的重点，从食物转而看见赐予食物者。上帝不只是给我们食物，他也给我们救恩，他把他的儿子赐给我们。 The background of this metaphor is the feeding of the 5000. Jesus wants to refocus their attention from the food itself to the Giver of food. God not only gives food, he gives salvation by giving us his Son.
- (c) 耶稣能够使人复活，让人得生命。他所做的‘工’是父的‘工’，也与父并行。 Jesus himself can also give resurrection and life. The “work” that he does is consistent and in conjunction with the work of the father.
- (d) 我们需要听见和相信基督，我们得听从和跟随耶稣。 We must listen and trust to receive this gift of Christ. We must obey and follow Jesus.
- (e) 结束：“前所要的是祝福”之歌词 Closing: the lyrics of the hymn “Once it was the blessing”.

问题讨论 Discussion questions:

- (i) 叙述你怎么信主。你有没有过一个阶段，就是把重点从‘我能从主那里得到什么？’，转移到‘你是我的主’？ Describe how you come to believe Jesus. Has there been a change of focus from the Gift to the Giver?
- (ii) 接纳与信靠是并行的。你能够全心来信靠耶稣吗？为什么可以？为什么不可以？ Acceptance and Trust go hand in hand. Are you able to trust Jesus? Why or why not?

- (iii) 试着跟你全组一起来填词，用‘前所要的是祝福’这类的句子，把衷心的的话填进去。Try a group project with verses similar to “Once it was blessing”. What would be some lines you would write for yourself?

7. **我是好牧人** I AM the good shepherd (中文讲稿): <http://www.jubilee.org.sg/sermons/id/78/>  
经文: 约翰福音 10: 11-18 Read John 10: 11-18

这篇讲章从耶稣的例子来看他是好牧人，然后向我们发出挑战，来改变世界。This sermon learns from Jesus' example as the good shepherd and challenges us to transform the problems of this world.

- (a) 观望今天的世界（2009 年的讲道），有金融危机、恐怖分子、海啸、领袖无法保持道德水平。我们怎么去面对这世界的问题，不是通过呼吁与提高道德伦理，而是把人心转向基督。A review of our world today (year 2009): financial crisis, terrorism, tsunami, depravity in leadership. Our solution should not be human efforts of morality but a return to Christ.
- (b) 我们从 3 方面可以学习耶稣的榜样，1，牧人为羊舍命 2. 认识父（特别在敬拜方面）3，传福音和使人做主的门徒 There are 3 ways we can learn from Jesus' example. One, the shepherd sacrifices his life for his sheep. Two, knowing the Father (especially in worship). Three, evangelism and disciple-making.
- (c) 我们今天的挑战还包括，为着年轻人来改变文化，外在氛围中对信仰不看重与缺乏委身，为人父母者用不当的方式来教育子女、没有好的身教，对于父母辈的孝敬式微 Our challenges for today include: Changing cultures for the youth, low priorities for religion, bad parenting and modeling, declining filial piety

“我是好牧人”要说的是牧人关心他的羊。同样的，我们也受到挑战，如此的关心其他人，关心这个世界。“I AM the good shepherd” speaks of how the Shepherd cares for his sheep. In the same way, we are challenged to care for others and care for the world.

问题讨论 Discussion questions:

- (i) 从牧人身上找 3 项的特点，然后跟大家分享，这 3 个特点也如何彰显于你的生命中。Share about the 3 attributes of a shepherd and how much of this is manifested in your life.
- (ii) 以讲道中提到的其中一项挑战，来反省牧人的价值观可以怎么促进与带来改变。Pick one of the challenges listed in the sermon and share how the shepherd's values can be a force of transformation.
- (iii) 我们作为上帝的子民，可以怎么彼此帮助，互相代祷，使得我们可以一起去面对这一切挑战？How can we help and pray for one another as we face these challenges as a people of God?

8. **我是道路真理生命** I AM the way, the truth and the life (中文讲稿，华语崇拜录音):  
<http://www.jubilee.org.sg/sermons/id/79/>  
经文: 约翰福音 14: 1-14

这篇讲道旨在鼓励我们生命改变。如果我们相信耶稣的宣告是真实的，那么我们就要让生命改变。This sermon aims to persuade us to transform our lives if we really believe in the truth of Jesus' declaration.

- (a) 全球定位系统（GPS）：没有它的时候，我们会迷失方向，我们的感觉有时不可靠。耶稣是走向真正的生命的唯一道路。The analogy of a GPS: without it we would be lost, our instincts are unreliable. Jesus is the only reliable way to true life.
- (b) 问题一：你信吗？你所信的，将会指导与改变你的行为。Question 1: Do you believe? Our beliefs will transform our behavior.
- (c) 问题二：你愿意吗？如果耶稣不只是一些客观事实，而是一个可以与我们的生命连接的，那么我们的生命就应该被他深深震撼，被他带动。当我们行动的时候，我们就会主动问：‘耶稣会怎么做呢？’ Question 2: Are you willing? If Jesus is not just some objective facts, but someone related to our life, then our lives must be impacted and guided by him. When we act, we have to ask “what would Jesus do?”
- (d) 倘若耶稣是道路，那么他就是我们的优先中的优先。让他这个最优先的来影响我们，然后改变我们的家庭、工作等，而不是反向的。If Jesus is the way, then he is our top priority. He is the priority that will affect all our other priorities (family, work etc.) and not vice versa.
- (e) 我们要调适到走耶稣的道路，起先会有困难，但是就好像运动一样，我们会觉得越来越自然，久而久之，这就会成为我们生活的一部分。Our adjustments to Jesus' way may feel tough in the beginning, but just like exercise, it will feel more and more natural and eventually become our way of life.

“我是道路真理生命”要指出的，就是人生只有这一条路是带我们走向生命的。如果我们相信耶稣说的，就要如此的去活出来。“I AM the way, the truth and the life” means that ONLY this way is the way to life. If we believe this, then we should live accordingly.

问题讨论 Discussion questions:

- (i) 你是否打从心里相信耶稣说的这话？有什么因素拦阻你乐意听从主说的话？Do you really believe this saying of Jesus? What are some of the hindrances to your willingness?
- (ii) 讲道中说到‘耶稣成为你生命中优先的优先，以耶稣的道路为你的基要准则’，认同这个之后，会怎么改变你现今的生活方式、做事方式？请跟大家分享你在哪一个方面可以有具体的改变。Would making Jesus the top priority and Jesus' way as the top principle change how you should live today? Share about one way you think you can change.
- (iii) 请跟大家分享一个见证，你有哪些像基督的行为，是从操练到后来变成自然。让大家有机会听见这样的见证而受到鼓励。Share a testimony about how some of your Christ-like behavior became more natural and easier over time as an encouragement to fellow group members.