

引言 INTRODUCTION

For the past two Sundays, we learned that the Holy Spirit draws us to God and makes us realize we need the Savior. Furthermore, the Holy Spirit gives us a new life when we receive Jesus into our hearts. The Bible describes us as born-again. Just like new born babies, spiritual infants need to grow. The process is called sanctification. Theologians divide sanctification into three stages – positional, progressive and ultimate. Our position is changed from sinners to saints instantly when we become believers. Christians will be with the Lord forever any time they leave the world. That final step is the ultimate sanctification. We go through life's journey between the starting point and the finish-line. We learn how to live like believers. This is where progressive sanctification comes into play. We read God's Word, submit to Him and live out the truth. No one can do so perfectly, but there must be growth. God gives us all the resources we need to grow. But we must have the desire and take actions to grow. It is like little children learn from their parents to walk, eat and talk. Likewise, Christians must obey God in order to grow. The good news is that the Holy Spirit is our Helper in our progressive sanctification. We are never alone in our struggles. We can mature in our faith when we listen to the Holy Spirit and lean on Him.

解釋 EXPLANATION

1. 裝備訓練 Enables Us

Let us consider how the Holy Spirit helps us in our sanctification. First, He enables us to grow. With regard to knowledge, the Holy Spirit increases our awareness of God's will. Everything God requires of us is in the Bible. As we read passages, the Holy Spirit helps us understand the content. Paul says in 1 Corinthians 2:12 – **Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God.** Any literate person can read every single word in the Bible. But only Christians can discern the meaning behind the texts. It is not because they are smarter. It is because the Holy Spirit lives in them and unpacks God's truth like a personal tutor. Picture Albert Einstein sitting next to an elementary student. The genius can explain the theory of relativity to the kid in a way he can understand. Likewise, the Holy Spirit will lead us into the truth as we read the Bible. He will teach us what we need to learn. We should pray for His inspiration before we look up reference books. Secondly, the Holy Spirit enables us to grow by shaping our attitude. Different attitudes will lead to contrasting outcomes. Paul says in Galatians 5:16-17 – **16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.** We are always in a constant battle between right and wrong. We still live in a fragile body, and we are in a fallen world. Satan will attack us with temptations. He persuades us to go back to our old way of living. Paul describes it as “the flesh.” We will stumble and sin if we follow the flesh. We can only live a righteous life by obeying the Holy Spirit. In every decision, we choose who to listen. The cartoon presentation of a little angel sitting on one shoulder and a little devil sitting on another shoulder has certain truth to it. We can only please God if we obey the Holy Spirit. The more we submit to Him, the more

mature we will become. He will change us from self-centered to God-centered and others-centered. We glorify God by serving others. We care for people and encourage them with words. We spend time to help those in need. Besides awareness and attitude, the Holy Spirit also gives us abilities to serve. We can refer to 1 Corinthians 12:4-6 – **4 Now there are varieties of gifts, but the same Spirit; 5 and there are varieties of service, but the same Lord; 6 and there are varieties of activities, but it is the same God who empowers them all in everyone.** The passage talks about spiritual gifts. Those are the special abilities God gives to believers for them to serve in the church. Examples are teaching, leadership and encouraging others, etc. Besides the list of spiritual gifts in the Bible, we can think of talents and skills that are essential to the church. For instance, cooking, fixing things, singing and child-care. God makes each of us unique, because He wants us be inter-dependent and not independent. Paul uses a human body as an analogy in this chapter. Each organ performs special functions. A hand cannot replace a foot, an ear cannot serve the role of an eye. All parts must join together to form a body. The same is true for a church. No one is indispensable because every believer is important. Without you, we will be missing a piece of the puzzle. You should discover your gifts and talents, then use them in ministries. Are you good in particular areas? Perhaps planning a schedule, working with numbers or fixing computers. It may also be character traits such as compassion, patience with kids or generosity. The next step is to ask God to put you in a spot to serve. The fact is that our coworkers are overloaded. They always look for new people to help them. In a small church like ours there are always things you can contribute. See yourself as a family member and not a customer. Find ways to serve others. Jesus said it is more blessed to give than to receive.

2. 勉勵扶持 Encourages Us

Other than enabling us in our spiritual growth, the Holy Spirit also encourages us in our journey of sanctification. The Holy Spirit lives in us and walks beside us. He is our ever-present Helper. Let us look at two ways the Holy Spirit encourages us. First, He preserves us until we see Jesus in glory. Paul says in Romans 8:15-17 – **15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!” 16 The Spirit himself bears witness with our spirit that we are children of God, 17 and if children, then heirs – heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.** The Holy Spirit echoes with our hearts to confirm our salvation. His presence assures us that we belong to God. The Father does not assign us an ID number or transfer us to a refugee camp. Rather, He adopts us into His family. We can call Him Abba. It is an intimate title like daddy, old man or bald guy. By making us sons and daughters, God also makes us co-heirs with Jesus. All children have a relationship with their father. But only heirs will receive an inheritance. It is not unusual to see siblings fight in court for a bigger share of their father’s inheritance. God treats each child as an heir. The Bible does not spell out what reward they will get in eternity. Paul tells us that one condition to receive that treasure is to share in Jesus’ suffering. To a certain extent, we will face physical and emotional hardships like Jesus did. It is part of the training process as God’s children. The Holy Spirit in us will constantly remind us of our status. Jesus also sets an example that we can prevail in suffering by relying on God. Secondly, not only does the Holy Spirit preserve us, He also prays for us. Paul tells us in verses 26-27 of the same chapter: **26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. 27 And he who searches hearts knows what is the mind of**

the Spirit, because the Spirit intercedes for the saints according to the will of God. In the context, Paul describes our longing to be set free from the decay of the fallen world. God blesses us in a lot of ways. Nevertheless, life can be harsh. There are diseases, conflicts and separation. Our body and our belongings will eventually wear out too. A senior sister once complained that she feels aches and pains all the time. I jokingly replied to her that at least she can still feel it. Christians know that they are saved. But they have yet to enter into heaven. Theologians describe the status as “already but not yet.” It is like some people who are engaged but not yet married, study in college but have yet to graduate, or put down a deposit for a car, but must pay off the loan. The Holy Spirit is our Helper in life struggles. God gives us the privilege to pray for anything. But there are times when the burden is so heavy that we do not know what or how to pray. Paul says the Holy Spirit will intercede on our behalf when we are in that situation. The Holy Spirit is God and therefore He knows our feelings and needs. At the same time, being a member of Trinity, He is always in unison with the Father. He knows the Father’s will and plan. The Holy Spirit thus serves as the perfect middle-person between the Father and us. It is like children ask their mom to bring their requests to dad, or you ask a friend to present an idea to his father, who happens to be your boss. That mediator knows both sides well and understands how to negotiate for you. Similarly, the Holy Spirit’s prayer is effective due to His close relationship with the Father. He knows how to help you. Perhaps He will remind you of some relevant Bible verses, nudge a friend to give you a call or send an expert your way.

3. 加添力量 Energizes Us

The Holy Spirit is our Helper on the road of sanctification. He enables us in our growth and He encourages us when we are down. Thirdly, He also energizes us when we need strength. Paul describes in Ephesians 5:18-20 – 18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, 19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, 20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ. The author compares being filled with the Holy Spirit to getting drunk. Has anyone been intoxicated by alcohol before? (You do not need to raise your hand!) I do not drink wine. One can of beer can knock me out. My face will turn red like a cooked lobster. I will also doze off. The alcohol takes control of my body. Similarly, people filled with the Holy Spirit will follow His commands. Paul says people like that will praise God. The psalms, hymns and spiritual songs in verse 19 may be different style of Christian music. People will not do weird things when they are filled by the Holy Spirit. You might have seen videos of charismatic churches where people laugh or cry non-stop, jump up and down the aisles or roll back and forth on the floor. Those actions do not have Biblical basis. Acts 4 gives us a different picture of people filled by the Holy Spirit. Peter and John healed a crippled man. It created a commotion. Jewish religious leaders arrested the two apostles, and asked who gave them authority to do that. Listen to their reply in verse 8-10: 8 Then Peter, filled with the Holy Spirit, said to them, “Rulers of the people and elders, 9 if we are being examined today concerning a good deed done to a crippled man, by what means this man has been healed, 10 let it be known to all of you and to all the people of Israel that by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead – by him this man is standing before you well. Peter was filled by the Holy Spirit. He boldly tell the facts. He even condemned the religious leaders for nailing Jesus to the cross! He was not afraid of those leaders. They could not deny that the disabled man was healed by a miracle. But they refused to admit that the power

came from Jesus. At the end, they threatened Peter and John not to preach the gospel anymore. They responded in verse 19-20: **19 But Peter and John answered them, “Whether it is right in the sight of God to listen to you rather than to God, you must judge, 20 for we cannot but speak of what we have seen and heard.”** What they meant was: “Do whatever you want to do to us. But we will not stop speaking about Jesus because it is the truth.” The experience of Peter and John fulfilled what Jesus told His disciples in Matthew 10:19-20 – **19 “When they deliver you over, do not be anxious how you are to speak or what you are to say, for what you are to say will be given to you in that hour. 20 For it is not you who speak, but the Spirit of your Father speaking through you.”** Jesus told the disciples that they would be persecuted. But the Holy Spirit would help them in their defense. The same promise is for us. The Holy Spirit will energize us when we witness for Jesus. Today, Satan confuses people with anti-Biblical ideas, values and trends. He also will use various tactics to make our witness ineffective. He lures us away from God by temptations. He makes us too busy with work and entertainment. We lose our appetite to read the Bible, and we are too shy to invite people to come to church. Believers become weak like a phone with no juice. We need to plug into the Holy Spirit and let Him fill us. Many people charge their devices overnight. We need to be filled with spiritual power before we leave home too. Read God’s Word and pray for strength every morning. Be mindful that you are not entering into a playground but a battlefield. Ask the Holy Spirit to help you stay alert to the devil’s schemes. Ask Him for discernment so that you can tell right from wrong. Ask Him to help you stay strong so that you will not compromise your faith.

結論 CONCLUSION

We can mature in our faith when we listen to the Holy Spirit and lean on Him. He will infuse power in us and change us to a different person. The animated series Kung Fu Panda illustrates that. The main character Po helps his adopted goose father run a noodle store. Po always dreams of becoming a kung-fu artist. One day a tournament is held to choose the Dragon Warrior, the person who is worthy to receive the legendary Dragon Scroll. The book is said to contain the key to unlimited power. Po is picked as the winner by pure chance. Po then receives training from Master Shifu to become a true fighter. It turns out to be a tough task. Other students make fun of Po. Shifu asks Po why he decides to stay. Po admits that he dislikes his former self. He wants to become a different person. Shifu finds out that Po loves to eat. He turns Po’s weakness into a motivation for him to learn. Meanwhile, Tai Lung, a former student of Shifu who later betrayed him comes back for revenge. Shifu thinks that it is the right time to give Po the Dragon Scroll. Po is surprised to notice that the book is completely blank. The words of Po’s dad give him insight. He tells Po that his secret ingredient soup has no secret ingredient in it at all. Po realizes that the key to unlimited power lies in himself. That is the message in the scroll. Eventually, Po beats Tai Lung and restores peace in the village. For Christians, very often the enemy is ourselves. We need to fight back the reluctance to grow and our tendency to go back to our sinful past. The Holy Spirit is like Master Shifu to Po who gives him guidance. Our power is from the Holy Spirit and not from us. The Bible is our training guide. There is no short-cut to maturity. We must discipline ourselves daily, learn from God’s Word and practice the truth.

引言 INTRODUCTION

在過去的兩個星期天，我們學習了聖靈引導我們歸向神，並使我們意識到自己需要救主。另外，當我們接受耶穌進入內心時，聖靈便賜給我們新的生命。聖經把我們形容為重生。就像新生的嬰孩一樣，屬靈的嬰孩也需要成長。這個過程叫作成聖。神學家將成聖分為三個階段：地位上的成聖、漸進的成聖和終極的成聖。當我們信耶穌之時，我們的地位立即從罪人轉變為聖徒。基督徒離開世界時，將永遠與主同在。那最後一步是終極的成聖。從起步點到終點，我們必須經歷人生旅程。我們學習如何活得像信徒。這就是漸進成聖所牽涉的範圍。我們閱讀神的話語，順服祂，並活出真理。沒有人能做到完美，但必須有成長。神賜給我們成長所需的一切資源，但我們必須渴望成長並採取行動。這就像小孩子從父母那裡學習走路、吃飯和說話一樣。同樣，基督徒必須順服神才能成長。好消息是，聖靈是我們成聖的幫手。我們永遠不會孤單。當我們聽從聖靈並倚靠祂的時候，我們的信心就能成熟。

解釋 EXPLANATION

1. 裝備訓練 Enables Us

讓我們思考聖靈如何幫助我們成聖。首先，祂裝備與訓練我們。在知識方面，聖靈加增我們對神旨意的認識。神對我們的一切要求都寫在聖經裡。當我們閱讀經文時，聖靈會幫助我們理解其內容。保羅在哥林多前書 2:12 中說：**我們所領受的，並不是世上的靈，乃是從神來的靈，叫我們能知道神開恩賜給我們的事。**任何識字的人都能讀懂聖經裡的每一個字，但只有基督徒才能領悟經文背後的意義。這不是因為他們比較聰明，而是因為聖靈住在他們裡面。聖靈就像一位私人補習老師，祂向我們解釋神的真理。假設愛因斯坦坐在一個小學生旁邊。這位天才可以用孩子能明白的方式向他解釋相對論。同樣，當我們閱讀聖經時，聖靈也會引導我們進入真理。祂會教導我們需要學習的知識。因此在查閱參考書之前，我們應該禱告祈求聖靈的指引。其次，聖靈透過塑造我們的態度使我們成長。不同的態度會導致不同的結果。保羅在加拉太書 5:16-17 說：**16 我說，你們當順著聖靈而行，就不放縱肉體的情慾了。17 因為情慾和聖靈相爭，聖靈和情慾相爭，這兩個是彼此相敵，使你們不能做所願意做的。**我們一直都是在對與錯之間掙扎。我們仍然活在一個脆弱的身體裡，並且生活在一個墮落的世界。撒旦會利用試探來攻擊我們。祂引誘我們回到信耶穌之前的生活方式。保羅描述為「肉體」。如果我們順從肉體，就會跌倒犯罪。我們唯有順服聖靈才能過公義的生活。在每一個決定中，我們都要選擇聽從誰。在卡通片裡，有一個小天使坐在一旁肩膀上，另有一個小魔鬼坐在另一邊肩膀上，這幅圖畫其實有幾份道理。我們唯有順服聖靈，才能討神喜悅。我們越順服聖

靈，就越成熟。祂會將我們從以自我為中心轉變為以神和他人為中心。我們透過服侍人來榮耀神。我們學會關心別人，用言語鼓勵他們。我們花時間幫助有需要的人。除了認識和態度之外，聖靈也賜給我們服侍的能力。我們可以參考哥林多前書 12:4-6 – **4 恩賜原有分別，聖靈卻是一位。5 職事也有分別，主卻是一位。6 功用也有分別，神卻是一位，在眾人裡面運行一切的事。**這段經文談到了屬靈的恩賜。恩賜是指神賜給信徒的特殊能力，使他們在教會服侍。例如教導、帶領和勸勉別人等等。除了聖經中所列出的恩賜之外，我們還想到一些在教會中重要的才能。例如，燒菜、修理東西、歌唱和照顧小孩。神創造我們每個人都是獨特的，因為祂希望我們互相補足，而不是獨來獨往。保羅在這章用身體作比喻。每個器官都有其獨特的功能。手不能代替腳，耳朵不能代替眼睛。所有部分必須互相配合才能成為一個整體。教會也是如此。沒有人是多餘的，因為每個信徒都很重要。沒有你，整幅拼圖就不完全。你應該發掘自己的恩賜和才能，然後參與服侍。你有哪些擅長的事情嗎？也許是安排時間表、處理數字或修理電腦。也可能是你的性格特質，例如同情心、對孩子的耐心或慷慨。下一步是祈求神把你放在一個服侍的崗位。事實上，我們目前的同工都很累。他們總是在尋找新人加入他們的行列。在我們這樣的小教會裡，總是有一些你可以貢獻的地方。我鼓勵你把自己看作家人，而不是顧客。找機會服侍他人。耶穌說過：施比受更為有福。

2. 勉勵扶持 Encourages Us

聖靈除了裝備和訓練我們之外，祂也在我們成聖的旅程中勉勵扶持我們。聖靈住在我們裡面，與我們同行。祂是我們隨時的幫手。讓我們看看聖靈鼓勵我們的兩種方式。首先，祂保守我們，直到我們在榮耀裡見到耶穌。保羅在羅馬書 8:15-17 中說：**15 你們所受的，不是奴僕的心，仍舊害怕；所受的，乃是兒子的心，因此我們呼叫：「阿爸！父！」16 聖靈與我們的心同證我們是神的兒女；17 既是兒女，便是後嗣，就是神的後嗣，和基督同作後嗣。如果我們和他一同受苦，也必和他一同得榮耀。**聖靈與我們的心靈產生共鳴，證實我們得救。祂的同在使我們知道自己屬於神。天父不是給我們一個身分證號碼，也沒有把我們放在難民營。祂收養我們進入祂的家。我們可以稱祂為阿爸。這是一個親密的稱呼，就像 daddy、老人或禿子一樣。神稱我們為兒女的同時，也使我們與耶穌同為後嗣。所有孩子都與父親有血緣關係，但只有後嗣才能繼承遺產。兄弟姐妹為了得到父親更多的遺產而打官司，這並不罕見。神看每個孩子都是後嗣。聖經沒有明確說明他們在永恆中會得到什麼獎賞。保羅告訴我們，獲得產業的條件是與耶穌一同受苦。在某種程度上，我們會像耶穌一樣，面對身體和情感上的苦難。這是作為神兒女訓練的一部分。住在我們裡面的聖靈會不斷提醒我們的身分。耶穌也為我們樹立了榜樣，證明我們可以透過依靠神在苦難中得勝。另外，聖靈不只保守我們，也為我們禱告。保羅在同一章 26-27 節告訴我們：**26 況且我們的軟弱有聖靈幫助，我們本不曉得當怎樣禱告，只是聖靈親自用說不出來的歎息替我們禱告。27 鑒察人心的，曉得聖靈的意思，因**

為聖靈照著神的旨意替聖徒祈求。保羅在上下文中形容我們渴望從世界的敗壞中得釋放。神以不同方式祝福我們。然而，生活有時充滿困難，有疾病、衝突和分離。我們的身體和財物最終也會走下坡。一位年長的姐妹抱怨她總是感到疼痛。我開玩笑地回答她說，至少她還能感覺到。基督徒知道自己得救了，但他們還沒有進入天堂。神學家稱這個狀態為「已經但尚未」。就像有些人訂婚了卻還沒結婚，在大學讀書卻還沒畢業，或是付了車子的頭期款卻必須還清貸款。聖靈是我們人生困境中的助手。神賜給我們特權，可以為任何事情禱告。但有時候，我們心靈沉重，不知道該如何禱告和禱告的內容。保羅說，當我們身處困境時，聖靈會為我們代求。聖靈是神，因此祂了解我們的感受和需求。同時，身為三位一體的一員，聖靈與天父一致。祂深知天父的旨意和計劃。因此，聖靈是天父和我們之間完美的中間人。這就像孩子們請媽媽把他們的請求轉達給爸爸，或是你請朋友向他的父親提出建議，因為他的父親正好是你的老闆。這位中間人都認識雙方，他知道如何為你爭取利益。同樣，聖靈的禱告有效，是因為祂與天父關係密切。祂知道如何幫助你。也許祂會提醒你一些有幫助的經文，催促朋友打電話安慰你，或是派一位專家來為你解決難題。

3. 加添力量 Energizes Us

聖靈是我們在成聖道路上的幫手。祂裝備訓練我們成長，在我們低落時勉勵扶持我們。第三，祂也在我們軟弱時加添力量。保羅在以弗所書 5:18-20 中描述：**18 不要醉酒，酒能使人放蕩；乃要被聖靈充滿。19 當用詩章、頌詞、靈歌、彼此對說，口唱心和的讚美主。20 凡事要奉我們主耶穌基督的名常常感謝父神。**作者將被聖靈充滿形容為醉酒。請問有沒有人喝醉過？(不用舉手！) 我不喝酒。一罐啤酒就能把我打敗。我的臉會變得像煮熟的龍蝦一樣紅。我還會昏昏欲睡。酒精控制了我的身體。同樣，被聖靈充滿的人會遵行祂的命令。保羅說這樣的人會讚美神。第 19 節的詩章、頌詞和靈歌也許是不同風格的基督徒音樂。當人們被聖靈充滿時，他們不會做出奇怪的事。你可能看過一些靈恩派教會的視頻，影片裡人們不停地大笑或哭泣，在通道上跳上跳下，或在地板上滾來滾去。那些行為沒有聖經根據。使徒行傳第 4 章展現了一幅被聖靈充滿的人的截然不同的畫面。彼得和約翰醫治了一個腳癱瘓的人，於是引起一陣騷動。猶太宗教領袖逮捕了那兩位使徒，質問是誰授權他們這樣做的。請聽他們在 8-10 節的回答：**8 那時彼得被聖靈充滿，對他們說：9 「治民的官府和長老啊，倘若今日因為在殘疾人身上所行的善事查問我們他是怎麼得了痊愈，10 你們眾人和以色列百姓都當知道，站在你們面前的這人得痊愈是因你們所釘十字架、神叫他從死裡復活的拿撒勒人耶穌基督的名。**彼得被聖靈充滿，勇敢地說出事實。他甚至責備宗教領袖將耶穌釘在十字架上！他不怕那些領袖。他們無法否認瘸腿的人是因神蹟得醫治的。但他們拒絕承認醫治的能力是來自耶穌。最終，他們恐嚇彼得和約翰不要再傳福音。他們在 19-20 節回應：**19 彼得、約翰說：「聽從你們，不聽從神，這在神面前合理不合理，你們自己酌量吧！20 我們所**

看見所聽見的，不能不說。」他們的意思是：「隨便你們如何處置我們。但我們不會停止談論耶穌，因為這是真理。」彼得和約翰的經歷應驗了耶穌在馬太福音 10:19-20 中的話：19「你們被交的時候，不要思慮怎樣說話，或說什麼話。到那時候，必賜給你們當說的話；20 因為不是你們自己說的，乃是你們父的靈在你們裡頭說的。」耶穌告訴門徒，將來會有信仰迫害，但聖靈會幫助他們辯護。同樣的應許也賜給我們。當我們為耶穌作見證時，聖靈會加添我們的力量。如今，撒但用反聖經的思想、價值觀和潮流來誤導人。魔鬼也會用各種手段，使我們的見證失去功效。他用試探引誘我們遠離神，他使我們忙於工作和娛樂，失去讀經的興趣，也不好意思邀請人來教會。信徒就像沒電的手機一樣軟弱。我們需要聖靈的感動，讓聖靈充滿我們。許多人睡覺前會把手機充電。我們也需要在出門前被聖靈充滿。每天早晨閱讀神的話語，並祈求神加添力量。要記住，你不是進入遊樂場，而是進入戰場。求聖靈幫助你提高警覺，防備魔鬼的詭計。求祂賜你能力，使你能分辨是非。求祂幫助你站穩，不致於在信仰上妥協。

結論 CONCLUSION

當我們聽從聖靈並倚靠祂的時候，我們的信心就能成熟。祂會將能力注入我們的裡面，將我們改變成一個新人。動畫片功夫熊貓就說明了這個道理。主角阿寶幫助他的爸爸經營一家麵館。阿寶一直夢想成為武林高手。有一天，村子舉行武術比賽，選拔神龍大俠。得勝者有資格獲得傳說中的神龍秘笈。據說，這本書能幫助人得到無限的力量。結果錯有錯著，阿寶竟然成為冠軍。之後，阿寶接受師父的訓練，成為真正的武術高手。但這並非易事。師兄師姐取笑阿寶，覺得他笨手笨腳。師父問阿寶為什麼決定留在武館。阿寶坦白說他討厭以前的自己，他想變成另一個人。師父發現阿寶貪吃。於是把阿寶的弱點變成了學習的動力。不久之後，師父以前的徒弟殘豹回來復仇。師父認為是時候把神龍秘笈交給阿寶了。阿寶驚訝地發現，書裡面竟然一片空白。阿寶爸爸的話讓他豁然開朗。爸爸說，他的秘製湯裡根本沒有什麼秘方。阿寶明白，獲得無限力量的關鍵在於他自己。這就是神龍秘笈的信息。結果，阿寶打敗了殘豹，恢復了村裡的太平。對基督徒來說，很多時候，敵人就是我們自己。我們需要克服不願意成長的惰性和回到老我的傾向。聖靈指引我們，就像阿寶的師父一樣。我們的能力來自於聖靈，而不是我們自己。聖經是我們的訓練手冊。通往成熟沒有捷徑。我們必須每天過有紀律的生活，學習並實踐神的話語。