

圣灵是谁？

*Who is the Holy Spirit?*



耶稣被复活后不久，就应许门徒，要派一位安慰者（保惠师），即圣灵来，加强他们属灵的生活以及与他的关系，并且在这两方面引导他们，给他们力量。

*Shortly after His resurrection, Jesus promised His disciples that He would send them a Comforter or Helper, the Holy Spirit, to strengthen, empower, lead, and guide them.*



每一个得救的人，都会拥有某种程度的圣灵。得救就如同往一个杯子里倒水一样。当你被圣灵所浸洗时，你就会被圣灵所浇灌，并被它充满到溢出来的地步！

*Everybody who is saved has a measure of the Holy Spirit, like having a little bit of water in the bottom of a glass, but being filled with the Holy Spirit is like filling the glass to running over.*



上帝就是爱的灵，所以当他圣灵给你，他就是在向你倾注他的爱，直到你从上到下全被灌满，而且他还会继续倾注下去，直到你再也无法容纳，爱从你心中迸发而出，流到他人身上为止。

*God is the very Spirit of love itself, so when He fills you with His Holy Spirit, your heart overflows with love—love for Him and love for others.*



你不仅仅只被圣灵充满一次而已，当你每天阅读圣言和祈求祂给予你更多的爱时，你就会被祂的圣灵重新地充满了。你从祂那里得到的“爱”越多，你的心就会越发充满和洋溢着爱，使你都无法容下它来。然后，当祂的爱从你那里流溢到他人的身上、让他们也被祂的“爱”所充满时。

*We're not just filled with the Holy Spirit once, but we're refilled every day as we read the Word and ask Him for more love. The more of His love we receive from Him, the more our hearts are filled to running over, till we aren't able to contain it. Then as we overflow on others, they also are filled with His love*



最奇妙美好是：你现在就能被上帝的圣灵所充满。你只须请求祂就行了。

“亲爱的耶稣，请您用圣灵来充满我，使我能够更爱您和爱别人。”

*You can be filled with God's Spirit right now. All you have to do is ask for it.*

*"Dear Jesus, please fill me with the Holy Spirit, so I can love you and others."*

