

PASTOR  
EUGENE  
TAN  
陈国贤牧师



How do we overcome the distracted soul?  
我们如何克服失焦的心？

GROW IN  
**SOLITUDE**

**在独处上**  
成长

GROW IN  
**SACRIFICE**

**在牺牲上**  
成长

GROW IN  
**SERVICE**

**在服事上**  
成长



**MATTHEW 5:13-16**  
**(NIVUK)**

**13** 'You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

**14** 'You are the light of the world. A town built on a hill cannot be hidden.



**MATTHEW 5:13-16**  
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**15** Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. **16** In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.



马太福音 5:13-16  
(CUVMPS)

<sup>13</sup> “你们是世上的盐。盐若失了味，怎能叫它再咸呢？以后无用，不过丢在外面，被人践踏了。<sup>14</sup> 你们是世上的光。城造在山上，是不能隐藏的。<sup>15</sup> 人点灯，不放在斗底下，是放在灯台上，就照亮一家的人。<sup>16</sup> 你们的光也当这样照在人前，叫他们看见你们的好行为，便将荣耀归给你们在天上的父。



# HUDSON TAYLOR 戴德生



Source: [christianhistoryinstitute.org](http://christianhistoryinstitute.org)



戴德生通过展现真实的自我，  
让世人看见耶稣的模样；  
这就是做世上的盐和光的真谛了。

Hudson Taylor was letting the world see  
who Jesus is, by simply being who he was;  
this is what it meant to be salt of the earth  
and light of the world!



pastor  
eugene  
tan



# 发挥影响力 MAKING AN IMPACT



陈国贤  
牧师



MATTHEW 5:13-14  
(NIVUK)

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马太福音 5:13-14  
(CUVMPS)

<sup>13</sup> “你们是世上的盐…… <sup>14</sup> 你们是  
世上的光……



PEOPLE OF INFLUENCE

有影响力的人



GREAT POLITICIAN – LEE KUAN YEW  
伟大政治家 – 李光耀



Source: [www.nytimes.com](http://www.nytimes.com)



# SUCCESSFUL BUSINESSMAN – LI KA-SHING

## 成功商人 – 李嘉诚



Source: [en.wikipedia.org](https://en.wikipedia.org)



MEGA SUPERSTAR – ANDY LAU  
超级红星 – 刘德华



Source: [zh.wikipedia.org](https://zh.wikipedia.org)



FAMOUS PASTOR – APOSTLE LAWRENCE KHONG  
著名牧师 – 邝健雄使徒



Source: [gatewayentertainment.sg](http://gatewayentertainment.sg)



MATTHEW 5:1-2  
(NIVUK)

<sup>1</sup> Now when Jesus saw the crowds,  
he went up on a mountainside and  
sat down. His disciples came to him,  
<sup>2</sup> and he began to teach them.

马太福音 5:1-2  
(CUVMPS)

<sup>1</sup> 耶稣看见这许多的人，就上了山，  
既已坐下，门徒到他跟前来，<sup>2</sup> 他就  
开口教训他们，说：



Jesus' disciples didn't have superhuman abilities or extraordinary talents.

They were ordinary people.

They were common men.

They were not saints.

They were not theologians.

In fact, they were just like us,  
ordinary human beings!



耶稣的门徒其实没有什么三头六臂或过人之处。

他们是平凡人。

他们是普通人。

他们不是圣人。

他们不是神学家。

他们跟我们是一样的，是凡夫俗子！



“**You**” (*Greek*)  
hymeis  
(which is **plural**)

“**你们**” (*希腊文*)  
hymeis  
(**复数**形式)



Every disciple of Christ is called  
**together** to live as salt and light,  
bringing transformation and impact  
**wherever God has placed us.**

每一位基督的门徒都被**共同**呼召，活出盐与光的生命；  
**无论在哪里**都带来转化与影响力。



What does it mean to be  
**Salt of the Earth?**

成为**世上的盐**意味着什么？



## SALT CAN BE USED AS A:

- seasoning in cooking
- preservative
- healing antiseptic
- wage
- fertiliser
- disinfectant

## 盐可以用作：

- 烹饪中的调味剂
- 防腐剂
- 愈合抗菌剂
- 工资
- 肥料
- 消毒剂



As the **Salt of the Earth**, our presence  
preserves what is good and prevents  
what is harmful from spreading!

作为**世上的盐**，我们的存在是要保存美善，  
阻止了有害的传播！



What does it mean to be  
**Light of the World?**

成为**世上的光**意味着什么？



- Light reveals beauty and what is right.
- 光显明美善与公义。



- Light reveals beauty and what is right.
- Light exposes evil and what is wrong.
- 光显明美善与公义。
- 光揭露邪恶与错谬。



当光来临，黑暗便消散！  
光征服并击败黑暗！

When Light comes, darkness disappears!  
Light conquers and defeats darkness!



JOHN 1:5  
(NIVUK)

5 The light shines in the darkness, and the darkness has not overcome it.

约翰福音 1:5  
(CUVMPS)

5 光照在黑暗里，黑暗却不接受光。



As the **Light of the World**,  
our presence reveals what is good  
and exposes what is wrong.

We point people towards  
righteousness and away from evil.

作为**世上的光**，我们的存在是要显明美善并揭露错谬。  
我们指引人归向公义，远离罪恶。



God calls us to make an impact  
wherever He places us so that:

神呼召我们无论在哪里都发挥影响力：



OTHERS MAY  
**SEE CHRIST**

使人看见基督



MATTHEW 5:13-14  
(NIVUK)

13 'You are the salt of the earth... 14  
'You are the light of the world...

马太福音 5:13-14  
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Christianity is not a religion  
that withdraws from the world;  
it is a faith that engages the world.

基督教不是一种避世退隐的宗教，  
而是一种积极入世的信仰。



JOHN 17:18  
(NIVUK)

18 As you sent me into the world, I  
have sent them into the world.

约翰福音 17:18  
(CUVMPS)

18 你怎样差我到世上，我也照样差他们  
到世上。



Jesus sends every believer into the world  
to make an impact and display the influence  
of the Kingdom of Heaven –  
**In the world, not of the world,  
yet influencing the world.**



耶稣差遣每一位信徒进入这个世界，  
发挥影响力，彰显天国的影响。  
换句话说，我们活在世上，  
不属于世界，却要影响世界。



God calls us to live as salt and light to make an impact in our:

- homes
- workplaces
- schools
- neighbourhoods

wherever He has placed us – so that others might see Jesus!



神呼召我们作为盐和光去发挥影响力：

- 在我们的家中
- 在我们的职场
- 在我们的学校
- 在我们的邻里

无论在哪里，都让人看见耶稣！



**MATTHEW 5:13**  
**(NIVUK)**

13 'You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

**马太福音 5:13**  
**(CUVMPS)**

13 “你们是世上的盐。盐若失了味，怎能叫它再咸呢？以后无用，不过丢在外面，被人践踏了。



MARK 16:15  
(NIVUK)

<sup>15</sup> He said to them, 'Go into all the world and preach the gospel to all creation.

马可福音 16:15  
(CUVMPS)

<sup>15</sup> 他又对他们说：“你们往普天下去，传福音给万民听。”



MATTHEW 28:19  
(NIVUK)

19 Therefore **go** and **make disciples**  
**of all nations**, baptising them in the  
name of the Father and of the Son  
and of the Holy Spirit,

马太福音 28:19  
(CUVMPS)

19 所以你们要去，**使万民做我的门徒**，  
奉父、子、圣灵的名给他们施洗，



God intends us to penetrate the world.  
Christian salt has no business to remain snugly  
in elegant little ecclesiastical salt cellars;  
our place is to be rubbed into the secular  
community, as salt is rubbed into meat,  
to stop it going bad.

**JOHN STOTT**



And when society does go bad, we Christians tend to throw up our hands in pious horror and reproach the non-Christian world; but should we not rather reproach ourselves? One can hardly blame unsalted meat for going bad. It cannot do anything else. The real question to ask is: Where is the salt?

**JOHN STOTT**



神的心意是让我们深入世界。  
基督徒的盐不该安逸地摆在精美的教会小盐窖里，  
而是该被揉进世俗社会，就像盐被揉进肉中，  
为要防止腐坏。

约翰·斯托得



当社会真的腐坏时，我们基督徒往往会惊恐地  
举手投降，然后义愤填膺地谴责非信徒世界；  
但我们不该谴责自己吗？没有盐的肉，只能腐坏。  
我们不会说这是肉的问题。  
真正的问题应该是：盐在哪里？

约翰·斯托得



**MATTHEW 5:14-15**  
**(NIVUK)**

14 'You are the light of the world. A town built on a hill cannot be hidden.  
15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house.



马太福音 5:14-15  
(CUVMPS)

<sup>14</sup> 你们是世上的光。城造在山上，是不能隐藏的。<sup>15</sup> 人点灯，不放在斗底下，是放在灯台上，就照亮一家的人。



The Bible is not the light of the world,  
it is the light of the Church. But  
the world does not read the Bible;  
the world reads Christians!  
“You are the light of the world.”

**CHARLES SPURGEON**



圣经不是世界的光，而是教会的光。  
但世人不读圣经；世人读基督徒的生命！  
你是世界的光。

查尔斯·司布真



MATTHEW 5:13  
(NIVUK)

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马太福音 5:13  
(CUVMPS)

13 “你们是世上的盐。盐若失了味，怎能叫它再咸呢？以后无用，不过丢在外面，被人践踏了。



A compromised Church is  
a contaminated Church.

一个妥协的教会是一个被污染的教会。



We are **Salt and Light**, but if we allow sin to enter and take root in our lives, we lose our effectiveness as salt and become useless as light.

我们是**盐和光**，但如果我们允许罪进入，并盘踞我们的生命，我们就会失去做盐做光的效力和用途。



God calls us to make an impact  
wherever He places us so that:

神呼召我们无论在哪里都发挥影响力：



OTHERS MAY  
**SEE CHRIST**

使人看见基督



OTHERS MAY  
**RECEIVE CHRIST**

使人得着基督



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MATTHEW 5:16  
(NIVUK)

16 In the same way, let your light shine before others, that they may see your good deeds and **glorify your Father in heaven.**

马太福音 5:16  
(CUVMPS)

16 你们的光也当这样照在人前，叫他们看见你们的好行为，便**将荣耀归给**你们在天上的父。



Salt loses itself to bring out  
the flavour in others.

Light gives itself to shine  
and guides the way.

Both require sacrifice, and  
both bless the world.



盐失去自己，才能为人调味；  
光献出自己，才能发光指路。  
两者都需要牺牲，两者都祝福世界。



“Christian” – How can we lead others to receive Christ?  
“基督徒”如何使人得着“基督”？



“Christian” – How can we lead others to receive Christ?

“基督徒”如何使人得着“基督”？

Christian = Christ + ian

基督徒 = 基督 + 徒



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基督徒 – 徒 = 基督



You are most empty when  
you are full of self.

当你充满自我时，反而最为空虚。



When you are full of self,  
you are empty of God.

当你充满自我，心中就没有神。



The Church exists for nothing else but to draw men into Christ, to make them little Christs. If they are not doing that, all the cathedrals, clergies, missions, sermons, even the Bible itself, are simply a waste of time. God became man for no other purpose.

C. S. LEWIS



教会只为将人带入基督而存在，  
使他们成为“小基督”。如果没有在这么做，  
教堂、神职、宣教、讲道，甚至圣经本身，  
都是浪费时间。神成为人，不为别的目的。

路易斯



踏入黑暗，点亮你的光；  
看神如何将最小的烛火变为灯塔。

Step into the darkness.  
Shine your light.  
And watch God turn even  
the smallest candle into a beacon.



**LOVE ON UKRAINE'S IMPACT TO DATE:**  
**爱在乌克兰迄今为止的影响**

**540**

INSULATED HOMES  
保温房屋

**32**

SOUP KITCHENS  
救济食堂

**1120**

BABIES DELIVERED  
婴儿出生

**97**

LIGHTHOUSES  
灯塔计划

**9048**

FAMILIES SERVED  
救助的家庭

**2**

SCHOOLS  
学校

**5**

REHABILITATION  
CENTERS  
康复中心

**2**

AMBULANCES  
DONATED  
捐赠的救护车

**11512**

AUDIO BIBLES  
DISTRIBUTED  
分发的有声圣经

*Source: [loveonukraine.com](http://loveonukraine.com)*



**MATTHEW 5:13-16**  
**(NIVUK)**

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马太福音 5:13-16  
(CUVMPS)

<sup>13</sup> “你们是世上的盐。盐若失了味，怎能叫它再咸呢？以后无用，不过丢在外面，被人践踏了。<sup>14</sup> 你们是世上的光。城造在山上，是不能隐藏的。<sup>15</sup> 人点灯，不放在斗底下，是放在灯台上，就照亮一家的人。<sup>16</sup> 你们的光也当这样照在人前，叫他们看见你们的好行为，便将荣耀归给你们在天上的父。



God calls us to make an impact wherever He places us so that:  
神呼召我们无论在哪里都发挥影响力：



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神呼召我们无论在哪里都发挥影响力：

OTHERS MAY:      使人：  
**SEE CHRIST      看见基督**



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神呼召我们无论在哪里都发挥影响力：

OTHERS MAY:

使人：

**SEE CHRIST**

**看见基督**

**RECEIVE CHRIST**

**得着基督**



Your life is the loudest sermon  
you will ever preach.

你的生命会是你传讲的最响亮的道。



**A SINGLE CANDLE**

**一枝烛火**



All the darkness in the world combined  
cannot extinguish this single candle –  
unless it was never lit.

世间所有的黑暗汇聚，也无法熄灭这一支烛光——  
除非它从未被点燃。



JOHN 8:12  
(NIVUK)

12 When Jesus spoke again to the people, he said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'

约翰福音 8:12  
(CUVMPS)

12 耶稣又对众人说：“我是世界的光。跟从我的，就不在黑暗里走，必要得着生命的光。”



**JOHN 3:16**  
**(NIVUK)**

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

**约翰福音 3:16**  
**(CUVMPS)**

16 “神爱世人，甚至将他的独生子赐给他们，叫一切信他的不致灭亡，反得永生。



pastor  
eugene  
tan



# 发挥影响力 MAKING AN IMPACT



陈国贤  
牧师