

彼此相愛  
洗腳七步

**Love one another —  
7 steps of Washing Feet**

約 13:1 逾越節以前，耶穌知道自己離世歸父的時候到了，他既然愛世間屬自己的人，就愛他們到底。

約 13:2 吃晚飯的時候，魔鬼已將賣耶穌的意思放在西門的兒子加略人猶大心裡。

約 13:3 耶穌知道父已將萬有交在他手裡，且知道自己是從神出來的，又要歸到神那裡去，

約 13:4 就離席站起來脫了衣服，拿一條手巾束腰，

約 13:5 隨後把水倒在盆裡，就洗門徒的腳，並用自己所束的手巾擦乾。

John 13:1 It was just before the Passover Feast. Jesus knew that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love. 2 The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus. 3 Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; 4 so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. 5 After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

約 13:12 耶穌洗完了他們的腳，就穿上衣服，又坐下，對他們說：“我向你們所做的，你們明白嗎？

約 13:13 你們稱呼我夫子，稱呼我主，你們說的不錯，我本來是。

約 13:14 我是你們的主，你們的夫子，尚且洗你們的腳，你們也當彼此洗腳。

約 13:15 我給你們作了榜樣，叫你們照著我向你們所做的去做。

12 When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them.

13 "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am.

14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet.

15 I have set you an example that you should do as I have done for you.

約 13:34 我賜給你們  
一條新命令, 乃是叫  
你們彼此相愛; 我  
怎樣愛你們, 你們也  
要怎樣相愛。

約 13:35 你們若有彼此相愛的心, 眾人因此就認出你們是我的門徒了。”

**John 13:34-35 (NIV)**

**34 "A new command I give you: Love one another. As I have loved you, so you must love one another.**

**35 By this all men will know that you are my disciples, if you love one another."**

彼此相愛  
洗腳七步

**Love one another —  
7 steps of Washing Feet**

新約的

七個「新」

Seven “News”

In NT

# Seven News (七個新)

1. 基督寶血立的新約 (路 22:20)
2. 新命令 (約 13:34)
3. 新的教導 (徒 17:19)
4. 聖靈里的新樣 (羅 7:6)

1. **New Covenant in Jesus' Blood** Luke 22:20
2. **A New Command in Love** John 13:34
3. **New Teaching of Jesus Christ** Acts 17:19
4. **Newness in Spirit** Romans 7:6



# Seven News (七個新)

5. 新造的人 (林後5:17)

6. 新的心態 (西 3:10)

7. 新天新地 (啟 21:1)

5. **New Creation** 2 Corinthians 5:17

6. **New Attitude** Colossians 3:10

7. **New Heaven and Earth** Rev. 21:1



約 13:34 我賜給你們一條新命令，乃是叫你們彼此相愛；我怎樣愛你們，你們也要怎樣相愛。

約 13:35 你們若有彼此相愛的心，眾人因此就認出你們是我的門徒了。”

John 13:34-35 (NIV)

34 "A new command I give you: Love one another. As I have loved you, so you must love one another.

35 By this all men will know that you are my disciples, if you love one another."

約一 2:7 親愛的弟兄啊，我寫給你們的，不是一條新命令，乃是你們從起初所受的舊命令；這舊命令就是你們所聽見的道。2:8 再者，我寫給你們的，是一條新命令，在主是真的，在你們也是真的... 3:11 我們應當彼此相愛。這就是你們從起初所聽見的命令。

**1 John 2:7-8 (NIV)** Dear friends, I am not writing you a new command but an old one, which you have had since the beginning. This old command is the message you have heard. 8 Yet I am writing you a new command; its truth is seen in him and you, ... 3:11 This is the message you heard from the beginning: We should love one another.

究竟是舊命令還是  
新命令？

**After all, is it an Old or  
A New Command?**

背景 - 洗脚的榜样

Background – Washing Feet



**約 13:1** 逾越節以前，耶穌知道自己離世歸父的時候到了，他既然愛世間屬自己的人，就愛他們到底。

**It was just before the Passover Feast. Jesus knew that the time had come for him to leave this world and go to the Father.** Having loved his own who were in the world, he now showed them the full extent of his love.





約 13:4 就離席站起來脫了衣服，拿一條手巾束腰，  
So he got up from the meal, took off his outer clothing, and  
wrapped a towel around his waist.





約 13:5 隨後把水倒在盆裡，就洗門徒的腳，並用自己所束的手巾擦乾。

**5 After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.**



約 13:14 我是你們的主，你們的夫子，尚且洗你們的腳，你們也當彼此洗腳。約 13:15 我給你們作了榜樣，叫你們照著我向你們所做的去做。

14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you.

# 耶穌基督的七個洗腳的行動

## 7 Steps of Washing Feet

1. 離席站起
2. 脫下外袍
3. 手巾束腰
4. 謙卑跪下
5. 倒水洗腳
6. 手巾擦乾
7. 吩咐效法

1. Getting up from the Meal
2. Taking off His robe
3. Wrapping a towel around His waist
4. Lowering Himself to Kneel down
5. Pouring Water to wash feet
6. Drying feet with the towel
7. Commanding disciples to follow





約 13:4 就離席站起來...  
He got up from the meal...

**1. 祂離席站起** He got up from the meal



離開安適區 從被服侍→ 到服侍人

# Leaving the comfort zone

# From Being Served to Serve others



## 2. 祂脫下外袍

## 2. He Took off His robe





## 2. 脫下外袍 Took off the robe



捨下身份地位和榮耀

Giving up the Social Status and Glory

### 3. 祂以手巾束腰



穿上服侍人的裝束束圍裙，而不是帶上圍兜

**Wearing Working Aprons, instead of Bibs**

### 3. 他以手巾束腰

**3. He wrapped a towel around His waist**



# 以手巾束腰 Wearing Aprons





## 4. 祂謙卑跪下

## 4. He Lowered Himself to Kneel down



## 4. 祂謙卑跪下

4. He lowered Himself



謙卑跪下 → 親近神, 親近人

**Humbling → Closer to God and People**



## 5. 祂倒水洗腳

### 5. Pouring Water to wash their feet



約 13:5 隨後把水倒在盆裡，就洗門徒的腳，...

5 After that, he poured water into a basin and began to wash his disciples' feet, ...

## 5. 祂倒水洗腳

### 5. Pouring Water to wash their feet

- 傾倒自己，捨己為人
- Pouring out oneself for others
- 猶如水罐，有入有出
- A water jar, In & Out

## 6. 祂以手巾擦乾他們的腳

## 6. Drying their Feet with a Towel



約 13:5 隨後把水倒在盆裡，就洗門徒的腳，並用自己所束的手巾擦乾。 5 After that, ...drying them with the towel that was wrapped around him.

6. 祂以手巾擦乾他們的腳

**6. Drying their Feet with a Towel**

- 服侍要有頭有尾，有始有終！


**- Godly Service Must Finish Well!**





## 7. 祂吩咐門徒效法，彼此洗腳

### 7. Command them to Wash Feet for One Another

A still from a religious film showing Jesus with long brown hair and a beard, wearing a white robe, washing the foot of a disciple. The disciple has long dark hair and a beard, wearing a grey robe. Another disciple is visible in the background. The scene is set in a dimly lit room with a wooden table.

約 13:14 我是你們的主，你們的夫子，尚且洗你們的腳，你們也當彼此洗腳。約 13:15 我給你們作了榜樣，叫你們照著我向你們所做的去做。 14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you.

7. 祂吩咐門徒效法，彼此洗腳

**7. He Commanded them to Wash Feet for One Another**

- 先作好榜樣，才能叫人照著去做

**- Set an example for others to serve one another**





# 耶穌基督的愛 – 以洗腳示範

## The Love of Jesus – Demonstrated in Washing feet

1. 離席站起 – 離開舒適區
2. 脫下外袍 – 捨棄身份位
3. 手巾束腰 – 圍裙非圍兜
4. 謙卑跪下 – 親近神與人

1. Getting up from the Meal – Leaving Comfort Zone
2. Taking off His robe – Giving up social status
3. Wrapping a towel around His waist – Aprons not bibs
4. Lowering Himself to Kneel down – Getting closer to God and people

# 耶穌基督的愛 – 以洗腳示範

The Love of Jesus – Demonstrated in Washing feet

5. 倒水洗腳 – 水罐有入出

6. 手巾擦乾 – 有始也有終

7. 彼此洗腳 – 相愛遵主行

愛「不可愛」的, 才是摯愛

5. Pouring Water to wash feet – Water jars in & out

6. **Drying feet with the towel – Finishing well**

7. Commanding disciples to follow – Following Jesus' example to serve one another

**To Love something/someone NOT  
lovely is True love**

約 13:34 我賜給你們一條新命令，乃是叫你們彼此相愛；我怎樣愛你們，你們也要怎樣相愛。 **13:35 你們若有彼此相愛的心，眾人因此就認出你們是我的門徒了。” ...**

John 13:34-35 (NIV)

34 "**A new command** I give you: Love one another. As I have loved you, so you must love one another.  
**35 By this all men will know that you are my disciples, if you love one another."**



約一 2:7 親愛的弟兄啊，我寫給你們的，不是一條新命令，乃是你們從起初所受的舊命令；這舊命令就是你們所聽見的道。2:8 再者，我寫給你們的，是一條新命令，在主是真的，在你們也是真的... 3:11 我們應當彼此相愛。這就是你們從起初所聽見的命令。

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這是舊命令，因為...

**It is a OLD command, because ...**

乃是基督的命令，兩千年來我們從  
起初所受的！

**It is a command given by Jesus 2000+  
years ago!**

這仍然是新命令，因為...

Yet, it is still a new Command, because ...

1. 我們仍然還沒有學會“離席站起”
2. 我們仍然還沒有學會“脫下外袍”
3. 我們仍然還沒有學會用“毛巾”，不是“圍兜”
4. 我們仍然還沒有學會“謙卑跪下”

1. if we haven't learned “Getting up from the Meal”
2. if we haven't learned “Taking off the robe”
3. if we haven't learned “Wrapping a towel around the waist”
4. if we haven't learned “Lowering ourselves to Kneel down”

這仍然是新命令，因為...

Yet, it is a new Command, because ...

- 5. 我們仍然還沒有學會“傾倒自我”
  - 6. 我們仍然還沒有學會“有始有終”
  - 7. 我們仍然還沒有學會“彼此相愛洗腳”
- 所以，這是一個每日更新的“新命令”

- 5. if we haven't learned "Pouring ourselves out"
- 6. if we haven't learned "Finishing well"
- 7. if we haven't learned "Following Jesus' example to serve one another."

So, It is still a command to be renewed everyday!