

1. Lesson 5 Class Preparation Material
課堂準備資料第5課
2. Our Mortal Experience and the Gift of a Physical Body
我們的塵世經驗和骨肉身體的恩賜
3. Have you ever marveled at the miracle of your physical body and all that it can do?
你會否因為人體和其各項功能的神奇而驚歎？
4. On the other hand, have there been times when you have felt frustrated by challenges you experience because of your body?
另一方面，你會否因為經歷身體上的種種挑戰而沮喪？
5. As you study, consider how our physical bodies are connected to the purpose of our mortal experience in God's plan of happiness.
研讀時，思考在神的幸福計畫中，骨肉身體與塵世經驗的目的之間有何關聯。
6. Section 1
第1部分
7. How is my physical body essential to my eternal progression?
就永恆進步而言，骨肉身體為何是不可或缺的？
8. Our physical bodies were created in the image of God.
我們的身體是照著神的形像所造的。
9. President Dallin H. Oaks of the First Presidency explained, "The purpose of mortal life and the postmortal growth that can follow it is for the offspring of God to become like He is" .
總會會長團達林·鄔克司會長解釋說：「塵世生活和今生之後的成長，其目的是為了讓神的兒女成為像祂一樣」。
10. So, what do we need to experience in mortal life to become like God?
因此，我們需要在塵世生活中體驗到什麼，才能成為像神一樣？
11. Two important elements are mentioned in the following statement from the family proclamation:
以下家庭文告的聲明提到兩項要素：
12. "In the premortal realm, [we] ... accepted [God's] plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection" .
「在前生時，[我們].....接受[神的]計畫，藉此計畫得到骨肉身體，獲取塵世經驗，邁向完全」。
13. Watch the video "God's Greatest Creation" , and consider the miracle that your physical body is and some of its sacred purposes.
觀看影片「神最偉大的創造」，並思考人體的神奇和其中的一些神聖目的。
14. In a revelation about the pre-earth life, Abraham was shown the Council in Heaven.
亞伯拉罕在一則有關前生的啟示中，看到了天上的議會，
15. At that time he learned an important truth about our mortal life.
他由此學到一項與塵世生活有關的重要真理。
16. Study in Preparation for Class
課堂準備：研讀

17. Read Abraham 3:24–26, and look for what Abraham learned about one of the purposes for us coming to earth and receiving a physical body.
閱讀亞伯拉罕書3:24-26, 找出亞伯拉罕學到有關來到世上和獲得骨肉身體的一個目的為何。
18. It may help to know that our “first estate” refers to our premortal life, and our “second estate” refers to the time between our mortal birth and the Final Judgment.
以下資訊可能有所幫助:「第一地位」指的是前生,「第二地位」指的是從塵世出生到最後的審判之間的時間。
19. Elder D. Todd Christofferson of the Quorum of the Twelve Apostles taught about how having a physical body is part of us being proved, or tested, in mortality:
關於擁有骨肉身體為何是今生接受驗證或試驗的一部分, 十二使徒定額組陶德·克理斯多長老教導:
20. If, then in the course of our mortal experience, we chose to “do all things whatsoever the Lord [our] God [should] command [us]”, we would have kept our “second estate”.
在今生的經歷中, 我們如果選擇「做主[我]們的神命令[我]們的所有事情」, 就能「守住第二地位」
21. This means that by our choices we would demonstrate to God (and to ourselves) our commitment and capacity to live His celestial law while outside His presence and in a physical body with all its powers, appetites, and passions.
, 也就是說, 我們藉著所作的選擇, 向神(也向我們自己)表明, 即使我們離開祂的面前, 而且具有身體的一切能力、慾望及激情, 仍然有決心也有能力奉行祂的高榮律法。
22. Could we bridle the flesh so that it became the instrument rather than the master of the spirit?
我們能控制肉體, 使之成為靈體的工具, 而非靈體的主宰嗎?
23. Could we be trusted both in time and eternity with godly powers, including power to create life?
我們在今生和永恆裡, 配得上被託付神性的能力, 包括創造生命的能力嗎?
24. Would we individually overcome evil?
我們每個人都能抗拒邪惡嗎?
25. Those who did would “have glory added upon their heads for ever and ever”—a very significant aspect of that glory being a resurrected, immortal, and glorified physical body.
能做到這一點的人, 「將有榮耀加在他們頭上, 永永遠遠」——而這樣的榮耀有一個非常重要的部分, 就是一個復活、不死、榮耀的身體。
26. No wonder we “shouted for joy” at these magnificent possibilities and promises.
難怪當我們聽到這些偉大美好的機會與應許時, 都大聲「歡呼」。

27. Because of Jesus Christ, we can one day receive an immortal, perfect body like our Father in Heaven has.
由於耶穌基督，我們有一天可以獲得像天父一樣不朽、完美的身體。
28. This is the only type of body in which we can “receive a fulness of joy” .
只有這樣的身體才能「獲得完全的快樂」。
29. The Prophet Joseph Smith also taught that true happiness involves having a physical body:
先知約瑟·斯密也教導，真正的幸福包括擁有骨肉身體：
30. We came to this earth that we might have a body and present it pure before God in the celestial kingdom.
我們來到這世界，為的是取得身體，然後在高榮國度將之純潔地呈獻在神面前。
31. The great principle of happiness consists in having a body.
偉大的幸福原則在於擁有身體。
32. The devil has no body, and herein is his punishment.
魔鬼沒有身體，這就是他的懲罰。
33. As noted earlier in the statement shared from the family proclamation, gaining earthly experience is also important in progressing toward perfection and becoming like God.
正如稍早在家庭文告中提到的，在邁向完全、成為像神一樣時，獲得塵世經驗也很重要。
34. Elder David A. Bednar of the Quorum of the Twelve Apostles explained how our physical bodies amplify our mortal experience:
十二使徒定額組大衛·貝納長老說明，骨肉身體如何增強擴大我們的塵世經驗：
35. Our physical bodies make possible a breadth, a depth, and an intensity of experience that simply could not be obtained in our premortal existence.
我們的身體能使我們獲得許多強烈深刻的經驗，那是我們在前生所無法獲得的。
36. Thus, our relationships with other people, our capacity to recognize and act in accordance with truth, and our ability to obey the principles and ordinances of the gospel of Jesus Christ are amplified through our physical bodies.
我們與他人的關係，我們認識真理和依照真理採取行動的能力，以及我們遵守耶穌基督福音的各項原則和教儀的能力，都會透過我們的身體而增強擴大。
37. In the school of mortality, we experience tenderness, love, kindness, happiness, sorrow, disappointment, pain, and even the challenges of physical limitations in ways that prepare us for eternity.
我們在塵世的歷練中，會體驗到溫柔、愛、仁慈、快樂、悲傷、失望、痛苦，甚至是身體上的限制所帶來的種種挑戰，來幫助我們為永恆作好準備。
38. Simply stated, there are lessons we must learn and experiences we must have, as the scriptures describe, “according to the flesh” .
簡言之，正如經文所說的，我們會「因肉身」而有必須學習的課題和必須體驗的經歷。
39. Ponder in Preparation for Class
課堂準備：沉思

40. How would you explain why our physical bodies are important in Heavenly Father's plan of happiness?
你會如何解釋骨肉身體為何對天父的幸福計畫如此重要？
41. Section 2
第2部分
42. Why is it difficult to master some of my physical desires and appetites?
駕馭骨肉身體的一些渴望和欲念為什麼很難？
43. Our Heavenly Father has placed certain appetites in our bodies to perpetuate life and help fulfill His plan.
天父在我們身上安置了一些欲念，以繁衍生命，協助完成祂的計畫。
44. Part of our mortal testing "is to determine if the appetites of [our] body can become mastered by the spirit that dwells within it" .
今生考驗的一部分「是要看看住在〔我們〕身體裡面的靈，是否能掌控身體的各種欲望」。
45. Each of us is influenced by the natural man.
每個人都受自然人的特質所影響。
46. Note that natural man is a term that refers to both men and women.
注意：自然人一詞同時指男人和女人。
47. This is the mortal part of us that allows our physical appetites and worldly desires to go unchecked and to overcome our desires and efforts to become like God .
這是我們必死之身的一面，讓肉體的欲望和世俗的渴望不受約束，並抑制我們的渴望和努力，不讓我們變得像神一樣
48. Study in Preparation for Class
課堂準備：研讀
49. Read Alma 41:11 and 1 Corinthians 2:14, and consider marking words or phrases that describe succumbing to the natural man in us.
閱讀阿爾瑪書41：11和哥林多前書2：14，找出描述屈服於內在自然人的字句，並劃記出來。
50. Elder Bednar added to our understanding of the natural man when he taught:
貝納長老的教導幫助我們更加了解自然人：
51. To some degree, the natural man ... is alive and well in each of us (see Mosiah 3:19).
.....自然人，或多或少都存在我們每個人身上。
52. The natural man or woman is unrepentant, is carnal and sensual (see Mosiah 16:5; Alma 42:10; Moses 5:13), is indulgent and excessive, and is prideful and selfish. ...
自然人，不論男女，是不知悔改的，是屬肉慾和注重感官享受的，是放縱和不知節制的，是驕傲和自私的。.....
53. As sons and daughters of God, we have inherited divine capacities from Him.
身為神的兒女，我們從祂那裡繼承了神聖的能力。
54. But we presently live in a fallen world.
但是我們目前居住在墜落的世界裡。

55. The very elements out of which our bodies were created are by nature fallen and ever subject to the pull of sin, corruption, and death.
組成我們身體的元素在本質上都是墜落的，而且會不斷受到罪惡、敗壞和死亡的影響。
56. Consequently, the Fall of Adam and its spiritual and temporal consequences affect us most directly through our physical bodies.
因此，亞當的墜落和所造成的屬靈和屬世的影響，很直接地透過我們的身體影響我們。
57. Ponder in Preparation for Class
課堂準備：沉思
58. Select one of the characteristics of the natural man described in Alma 41:11 or 1 Corinthians 2:14 or in Elder Bednar's statement.
從阿爾瑪書41:11或哥林多前書2:14，或貝納長老所說的話中，選出自然人的一項特質。
59. How can that characteristic affect a dating or family relationship?
這項特質如何影響約會雙方或家庭關係？
60. Section 3
第3部分
61. How can Jesus Christ help me overcome the natural man?
耶穌基督如何幫助我克服自然人？
62. During King Benjamin's sermon to his people, he shared what an angel taught him about the ministry and Atonement of Jesus Christ.
便雅憫王對人民講道時，分享了天使教導他的有關耶穌基督的塵世傳道和贖罪。
63. Study in Preparation for Class
課堂準備：研讀
64. Read Mosiah 3:19, and look for how we can overcome the natural man.
閱讀摩賽亞書3:19，找出克服自然人的方法。
65. Note that in this context, to yield means to submit to the promptings of the Holy Spirit, and saint refers to someone who is becoming sanctified or holy—someone who is devoted to God.
請注意，在這段經文中，順服意指順從聖靈的提示，而聖徒指的是聖化或聖潔的人，也就是對神忠誠的人。
66. Read the following statements by Elder Bednar and Bishop Gérald Caussé of the Presiding Bishopric, and consider how Jesus Christ can help you overcome the natural man and become more like Him:
閱讀以下貝納長老和總主教團傑瑞·卡斯主教所說的話，思考耶穌基督如何幫助你克服自然人，變得更像祂：
67. Every appetite, desire, propensity, and impulse of the natural man may be overcome by and through the Atonement of Jesus Christ.
每一種自然人的慾望、願望、傾向和衝動，都可以經由和藉著耶穌基督的贖罪加以克服。
68. We are here on the earth to develop godlike qualities and to bridle all of the passions of the flesh.
我們來到世上是要培養神性特質和控制肉體的一切情感。

69. Through His Atonement, Jesus Christ not only washes away our sins, but He also provides enabling power through which His disciples may “[put] off the natural man”, progress “line upon line”, and increase in holiness so that one day they might become perfect beings in the image of Christ, qualified to live again with God and inherit all the blessings of the kingdom of heaven.
透過祂的贖罪，耶穌基督不僅洗淨我們的罪，還提供使人加添能力的力量，祂的門徒藉著那力量能「脫離自然人」，「律上加律」地進步並更加聖潔，直到有一天他們能變成完全的人物，有著基督的形像，獲得資格再與神同住，並繼承天上國度的所有祝福。
70. Record Your Thoughts
記錄你的想法
71. Think about a family relationship you would like to improve.
思索你想要改善的一項家庭關係。
72. What characteristics of the natural man are hindering that relationship?
自然人的哪些特質阻礙了這種關係？
73. How can you access the blessings of the Savior’s Atonement and yield to the Holy Spirit to put off those characteristics and become more like the Savior?
如何能夠獲得救主贖罪的祝福，並順服於聖靈，擺脫這些特質，變得更像救主？