

# 馬丁路德的 *Anfechtung* 與屬靈操練

## Martin Luther's *Anfechtung* and Its Implications for Spiritual Exercise

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## 摘要

罪與試探既是基督徒一生掙扎所不可避免，更是生命操練不可或缺的一環，因此是神學反省所不可逃避的課題。對於罪和試探，路德終其一生也不能倖免，因而他相關方面的反省應能為華人教會帶來貢獻。

*Anfechtung* 可以指（屬靈的）試煉、試驗、試探、痛苦、苦難、攻擊、焦慮。路德追問的是，這 *Anfechtung* 的源自個人的罪，或源自世界、他人和魔鬼。他更進一步提問：這 *Anfechtung* 是否根本源自上帝，以致人和 *Anfechtung* 的搏鬥其實是在和上帝摔角？在不斷的試探攻擊之下，路德形容，基督徒學習一種被動的、完全降服的信心，一種與基督同死的屬靈操練。本文焦點正是介紹和追溯馬丁路德自身對 *Anfechtung* 深刻而多面向的屬靈經歷，並引出他相關的神學洞見，以豐富華人基督徒和教會的屬靈資源。

**關鍵詞：**路德、試探、屬靈操練、信心

## Abstract

A Christian wrestles with sins and temptations throughout their whole life; facing them is inevitably part of one's spiritual exercise. Therefore, it is an inescapable subject of theological reflection. Martin Luther also went through these experiences, and thus was able to contribute many insights, the discussion of which the Chinese Christian church has yet to draw upon.

*Anfechtung* can refer to spiritual trials, temptation, pain, suffering, attacks, and anxiety. Luther suggests that the source of *Anfechtung* could be one's own sin; or it could be from the world, other people, or the devil. Luther even tries to suggest that this *Anfechtung* may ultimately come from God, and to struggle with it is to wrestle with God Himself. Having been through much *Anfechtungen*, one is brought to trust God, which Luther describes as a faith that is passive instead of active, in which one learns to die in and with Christ. The focus of this article is to introduce and trace Martin Luther's multifaceted experience of *Anfechtung* in order that his relevant theological insights with regards to *Anfechtung* will serve as spiritual resources for Chinese Christians.

**Key words:** *Anfechtung*, spiritual exercise, Martin Luther, temptation, faith