

《天路导向（粵）》双语讲义

上帝的方法 - 11 HOW GOD WORKS - 11

1. Hello listening friends, we are delighted that you are able to be with us today.
亲爱的朋友，你好，很高兴你今天能听这个节目。
2. Have you ever found yourself in the state of emotional depression?
请问你曾经陷入情绪的低潮吗？
3. Have you ever been alone beginning to ask yourself, what is life all about?
你曾经因寂寞而自己问自己，生命有什么意义吗？
4. Have you ever found yourself emotional discouraged and depressed, seeing no way out of your predicament?
你曾经消沉沮丧，觉得自己走投无路吗？
5. Have you ever felt that your world is falling apart?
你是否觉得自己所处的世界已支离破碎了吗？
6. Have you ever felt that the walls are closing in on you?
你是否感到四面受敌，被重重围困吗？
7. Well you are not alone.
其实，并非只有你一个人会这样。
8. Now I'm not a psychiatrist and I cannot explain these things in medical terms.
我不是心理医生，不能用医学专门术语来说明，
9. But I know enough from the Word of God to know the following.
但神的话足以使我明白。
10. First of all,
首先，
11. Emotional depression is real.
情绪低沉是真实的。
12. There are different forms of depression.
有好几种不同形式的忧郁症，
13. There is clinical depression that needs medical attention.
有需要药物治疗的忧郁症；
14. There is a psychological depression.
有心理方面的忧郁症；
15. There is a physical depression.
也有生理方面的忧郁症。
16. There is a depression that is caused by chemical imbalance and needs medical treatment.
有些忧郁症是因为体内化学成份不平衡引起的，需药物的治疗。
17. There is depression that has psychological causes.
有些忧郁症是心理因素引起的；
18. There's a depression that has physical causes.
有些忧郁症是生理因素引起的。
19. Depression can start in many ways.
忧郁症初期有几种现象，
20. Depression usually begins with self-protection.
通常从自我保护开始。
21. This is how it happens.
情形是这样的：
22. When you get deeply hurt in some way.
当你在某方面深深受伤，
23. Someone who may have failed you,
有人令你失望，
24. Or a big plan that collapsed,
或是一项重大的计划失败了，
25. Or perhaps you feel that you have failed yourself.
或者你对自己失望，
26. If you have not been trained in your early days to know how to take your hurts to the great physician,
如果从小都没有人教导你，如何将你的伤痛带到耶稣那位大医生那里，
27. You will pull into yourself and retreat from the realities of life.
你就会退缩到自我的世界里逃避现实。

28. And that is why we need to teach our children how to deal with life's disappointments.
所以我们应该教导子女如何面对人生的挫折，
29. We must not try to shelter them.
千万不要过分的保护他们，
30. They need to know where to go when they face those difficult times.
他们需要学习在困境中寻找出路。
31. Because at the point of your hurt, you feel that you are only safe with yourself.
当我们身处伤痛时，只有在自我里面才感到安全，
32. You don't feel safe with others.
别人都不能给予安全感。
33. And you will see this happening here with this great man of God Elijah.
我们从伟大的神人以利亚身上，就看见了这情形。
34. And the second step is this,
第二个阶段，
35. After isolation and retreat, self-pity follows.
紧接着自我封闭和退缩之后的，就是自怜。
36. At that point you begin to think that you are the only human being on the face of the earth who is hurting,
到一个地步，你认为全世界只有你一个人在受苦，
37. That no one understands you.
没有人理解你，
38. Nobody else hurts like you do.
没有人像你这样受伤。
39. And this leads to the third step,
跟着第三个阶段，
40. Which is self-punishment.
就是自我惩罚。
41. Let me summarize this again.
我再覆述一次，
42. First you pull into yourself to protecting yourself by withdrawing.
首先你会自我退缩来保护自己，
43. Secondly,
第二，
44. You pity yourself because you feel isolated.
你因自己与世隔离而自怜，
45. Finally,
最后，
46. You begin punishing yourself.
你开始自责，
47. You become the judge and the jury and condemn yourself to a life of self-inflicted pain.
你成为自己的审判官和陪审团，定自己罪，使自己陷入一生的痛苦中。
48. Why?
为什么？
49. To atone for whatever wrongs you imagine that you have done.
为了弥补你自以为犯的错误。
50. And right at that point you are going to have a visitor.
这时，有一个不速之客会来找你，
51. He is an unwelcome visitor.
他是一个不受欢迎的客人，
52. But he is sitting there on the side watching you.
但他一直冷眼旁观，
53. He is waiting and this is his moment.
他就是等这个机会，
54. It is right here when Satan enters the picture.
撒但就此闯入。
55. Don't ever forget that the Bible said that Satan is the accuser of the brethren.
别忘了，圣经称撒但是控诉弟兄的，
56. He loves to remind you of your past sins.
牠喜欢重提你过去的罪，
57. He loves to remind you of your past mistakes.
牠喜欢提醒你从前的过犯，
58. He loves to remind you of your past failures.
牠喜欢提醒你过去的失败，
59. Even those embarrassing moments from 50 or 60 years ago that has already been covered by the blood.
甚至五六十年前那些不光彩的往事，其实早已被基督的宝血遮盖了，
60. And each of these reminders make you feel worse.
然而，旧事重提使你感到很难过。

61. Today we find Elijah who soared from victory to victory now in the grips of defeat and depression.
今天，我们看到以利亚在连连得胜后，竟陷入挫败和沮丧中。
62. When we left Elijah in I Kings 18:46,
列王纪上 18 章 46 节，记载以利亚，
63. He had to run a 14-mile marathon on Mt. Carmel.
从迦密山奔了 14 英哩的马拉松长途，
64. He ran faster than horses.
他跑得比马还快，
65. He has supernatural power that God gave him.
神赐给他超然的力量。
66. In fact, when you read I Kings 18:46 it does not prepare you for I Kings 19:3.
事实上，当你读列王纪上 18 章 46 节时，绝对无法想象 19 章第 3 节将要发生的事。
67. In just 3 little verses, you see Elijah going from someone who ran with supernatural human power to someone who is running for life.
在短短三节经文里，以利亚从一个飞毛腿超人变为亡命之徒。
68. When he got to Beersheba,
当他到了别是巴，
69. Which is about 100 miles south.
大约在迦密山以南 100 英哩左右，
70. He left his servant behind.
他留下他的仆人，
71. And went on aday's journey into the desert.
独自在旷野里走了一天。
72. And there he sat under the Juniper tree.
坐在一棵罗腾树下，
73. Put his head between his knees and said,
他把头埋在两膝之间说：
74. God kill me, I am no better than my ancestors.
神啊！杀了我吧！我比不上我的祖先们！
75. The moment wicked Jezebel heard what happened to her precious prophets of Baal she became enraged.
当邪恶的皇后耶洗别，听到她心爱的巴力先知们的下场时，勃然大怒，
76. Probably her lips were quivering.
很可能她气得嘴唇颤动，
77. Her hands were shaking.
双手发抖，
78. And she swore by her gods,
她指着她的神赌咒。
79. Who turned out to be useless anyway.
这些神根本不灵，
80. That she is going to put a contract on Elijah's life.
但她发誓要追讨以利亚的性命。
81. Let me stop here and tell you something that is as real as I am speaking to you right now.
现在让我告诉你一件非常真实的事，
82. When you get a victory from the hand of the Lord,
当神让你得胜之后，
83. Satan becomes furious,
撒但就会十分恼怒，
84. So he immediately uses somebody else,
牠就会利用别人，
85. Whether that person is a member of your family,
无论是你的家人，
86. Or a friend,
或朋友，
87. Or even a church member,
甚至教会里的一份子，
88. Satan uses that person to come and steal your joy and your victory.
撒但利用这个人，专门来破坏你的喜乐和胜利，
89. The thing that poisons your joy will always be a small or minor thing in comparison to the great victory that God has given you.
使你的喜乐中毒变质的，往往是一些小事，决比不上神所赐的伟大胜利。
90. I Kings 19:3 says,
列王纪上 19 章第 3 节说，
91. Elijah was afraid.
以利亚感到惧怕。
92. He had not been afraid when he confronted Ahab,
当他面对亚哈王时，他毫无畏惧；
93. He had not been afraid on Mt. Carmel in front of 850 prophets of Baal and Ashteroth.
他在迦密山上面对 850 个巴力和亚舍拉的先知时，并不惧怕；

94. He had not been afraid in Zaraphath the very heart of Baal worshipping Gentile world.
当他在撒勒法那个敬拜巴力的异教中心时，也没有惧怕。
95. But now,
但现在，
96. He is afraid of Jezebel and he runs to Beersheba.
他害怕耶洗别，于是逃到别是巴。
97. There he even divests himself of the only human companionship that he had,
他甚至留下他唯一的同伴，
98. And he went alone.
独自离开。
99. Most ancient tradition says that his servant, the same one who sought the clouds 7 times.
根据多数传统的说法，这位同伴就是以利亚的仆人，七次被差去观看海上是否有云出现的那位。
100. And was the same one who was the son of the widow of Zaraphath.
据说他就是撒勒法寡妇的儿子，
101. The boy that Elijah raised from the dead some time ago.
也就是不久前，以利亚使他从死里复活的那孩子。
102. Well you say, can it get worse than being afraid of Jezebel.
你可能会问，还有什么比害怕耶洗别更糟的事吗？
103. Yes, it gets worse.
有的，
104. Let me put I Kings 19:4 in my own words.
让我用现代的说法来读列王纪上 19 章 4 节，
105. Elijah gets out into the desert where it was 130 degrees in the shade and says, o k Lord, kill me and kill me now.
以利亚独自来到 130 华氏度酷热的沙漠里，对神说，主啊，就在这里把我杀了吧！
106. You say, wait a minute, this is a great man of God.
你说，慢着，他不是伟大的神人吗？
107. But I want you to remember that he was not the only man of God who requested death.
但让我告诉你，他不是唯一求死的神人。
108. In the book of Numbers chapter 11 verse 15,
在民数记 11 章 15 节，
109. After putting up with people's murmuring and complaining and criticizing and bad-mouthing him, Moses said the following,
当摩西饱受百姓的怨言批评和辱骂之后，他说，
110. God, I would rather you kill me.
神啊，我情愿你杀了我吧！
111. In Jonah chapter 4 verse 3 and 8,
在约拿书第 4 章 3 到 8 节，
112. Jonah after he preached and had great victory in Nineveh said the following to God.
当约拿在尼尼微城讲完信息，获得伟大的胜利后，他对神说，
113. If you are that good with the wicked people of Assyria, be good to me and kill me.
既然你对亚述帝国那些邪恶的人民那么慈悲，也对我发发慈悲，把我杀了吧！
114. If you have never been in this situation, I want you to take note because sooner or later you may come to that situation.
如果你从未遇到这种情况，请记住，迟早你都会遇到的。
115. I want to give you some lessons that work for me in those moments of despondency.
我愿意和你分享，在最沮丧时，我学到的教训。
116. I will give you the first lesson today and the second one in our next broadcast.
今天和你谈第一个功课，下次节目再和你谈第二个功课。
117. First,
第一，
118. Never act after a victory without a word from the Lord.
在一场胜利之后，仍然需要神话语的指引。
119. If you look at verse 3,
请看第三节，
120. You will find something uncharacteristic of Elijah.
你会发现以利亚没有照着他的惯例而行。
121. If you have been looking closely at his life with me,
如果你一直跟着我来查考以利亚的生平，
122. You will pick up on this very quickly.
你也会立刻察觉。

123. Do you know what it is?
你知道是什么吗？
124. Well if you go back to chapter 17 verse 2.
让我们来看列王纪上 17 章第 2 节，
125. You going to read the following word,
那儿这么说，
126. The word of the Lord came to Elijah and said
leave here, turn eastward and hide in Carith
Ravine.
耶和華的話臨到以利亞說，你離開這裡往東去，
藏在約旦河東邊的基立溪旁。
127. At the word of God, he left Ahab and went to
Carith.
於是，以利亞就照着神的吩咐，離開亞哈到
基立溪去。
128. Look at verse 8 of chapter 17,
請看 17 章第 8 節，
129. The word of the Lord came to him, go at once
to Zaraphath.
耶和華的話臨到他說，你起身往西頓的撒勒
法去。
130. And he left the Brook Carith in the wilderness
and went to Zaraphath to live with the widow
and her son.
他就離開基立溪，到撒勒法去和那個寡婦和
她的兒子同住。
131. Now look at verse 1 of chapter 18.
再請看 18 章第 1 節，
132. After a long time in the third year, the word of
the Lord came to Elijah.
過了許久，到第三年，耶和華的話臨到以利
亞說，
133. Now can you see it now?
現在你注意到了嗎？
134. Elijah was a man whose movements and
messages were ordered by God.
以利亞的行動和傳講的信息都來自神的指
示，
135. However,
然而，
136. When you look at 19:3,
當你讀 19 章第 3 節，
137. What is missing here is going to hit you
between the eyes?
很明顯地缺少了些東西，
138. There was no word from the Lord.
那兒沒有神的話語臨到。
139. And when there is no word from the Lord,
there is fear and running away.
當缺乏神的話時，就只有害怕和逃跑。
140. In other words, Elijah got blindsided here.
換句話說，以利亞在這裡太魯莽了。
141. And the first lesson is this,
所以，第一個功課就是，
142. Do not make a major decision without a word
from the Lord?
在作重大決定時，不能沒有神話語的指引，
143. Particularly after a great spiritual victory.
尤其在一場偉大的屬靈勝利之後。
144. Let me ask you this.
讓我問你，
145. Have you ever been blindsided?
你曾經魯莽過嗎？
146. You receive this letter or that phone call or that
confrontation that you were not expecting.
你意外地接到一封信或一個電話，或無理的
挑釁，
147. And you would rather not have received it.
你很想回避，
148. What you need to do is wait for a word from
the Lord.
你应该等候神的話，
149. Do not respond immediately.
不要太沖動。
150. Sometimes you don't need to respond at all,
有時根本不需加以理會，
151. Because running ahead of the Lord will get
you into trouble.
因為跑在神前頭反而會使你惹上麻煩，
152. Not waiting for the Lord will get you into
trouble.
不耐心等候神，就會自找麻煩。
153. Let our prayer today include Lord, teach me to
wait for you.
願我們今天的禱告就是，主啊，教導我等候
你。
154. In our next broadcast we will see the second
lesson about what to do in moments of
despondency.
下一次的節目，我們要談談在灰心消沉時的
第二個功課，

155. And we will see what happened to Elijah.
我们也要看看以利亚的遭遇，
156. Although he was trapped in the bosom of
depression,
虽然他深陷忧郁的低谷，
157. The Lord will deliver him,
神必要解救他。
158. Until we meet next time, I wish you God's
richest blessing.
愿神大大的赐福给你，下次节目再会。