

# 《天路导向（粵）》双语讲义

## 认识基督 - 9

### KNOWING CHRIST - 9

1. Hello, listening friends.  
亲爱的朋友，你好，
2. We welcome you once more to this broadcast.  
欢迎你再次收听这个节目。
3. Our world is becoming more and more anxious;  
当今，人们变得越来越焦躁不安；
4. yet, regardless of the times we live in, some people are anxious and worried when they have no reason to be.  
其实，任何一个年代都有人会无缘无故的杞人忧天。
5. I have read that anxiety has become a common psychotic malady;  
我发现，焦虑已经成为当今最常见的精神疾病；
6. but some of that anxiety is self-imposed.  
可是，很多时候，焦虑却是我们强加给自己的。
7. The truth is that we all worry about something,  
不错，我们都会为了一些事而担心，
8. but what should you do with your anxiety?  
但问题是，我们应该如何面对这些焦虑呢？
9. You can let it consume you,  
你要么就是让焦虑来摧残你，
10. or, let it lead you into deep love for the Lord Jesus Christ.  
要么，让焦虑把你带到耶稣基督面前，使你更爱主。
11. You can try to tranquilize it and deny it,  
你要么就否认自己有焦虑，装作没事一样，
12. or, you can use it as a stepping-stone to elevate your love for Jesus Christ to a higher level.  
要么，就把它当成你与主亲近的台阶，藉此让你对主的爱进到更高之处。
13. There are two choices we have in dealing with anxiety  
在面对焦虑的时候，我们有两种选择，
14. and that is why the Bible exhorts us not to be anxious.  
因此，圣经教导我们：不要忧虑。
15. Every time the Bible says, “Do not be anxious,”  
每当圣经提到“不要忧虑”的时候，
16. it immediately goes on to say, “Cast your anxiety on the Lord.”  
总会紧接着提醒我们：“要把忧虑卸给神。”
17. Don't be anxious,  
不要忧虑，
18. but give thanks and praise for what the Lord can do.  
而是要感谢、赞美神大能的作为。
19. Don't be anxious,  
不要忧虑，
20. but remember that He cares for you.  
而是要记住神眷顾你。
21. As I said, we all have different reasons for anxiety.  
刚才我说过，我们都会为着不同的理由而忧虑。
22. Someone may not be anxious about illness,  
有些人可能不为病痛忧虑，
23. but can be anxious about money.  
但他们却会为了钱财而担心。
24. Someone may not be anxious about money,  
有些人可能不为钱财忧愁，
25. but they can be anxious about their children.  
但他们却为着孩子而挂虑。
26. Someone may not be anxious about their children,  
有些人可能不是为孩子担心，
27. but they are anxious about their health.  
但他们却为自己的健康忧虑。
28. We all get anxious about different things.  
我们都为着不同的事情焦虑。
29. I have read about two mothers of teenage daughters who were talking to each other.  
我曾经读过一段对话，是两位母亲在谈到他们进入青春期女儿的时候说的。
30. One said to the other,  
其中一位母亲对另外一位说：

31. “I am anxious because my daughter does not tell me anything.”  
我很担心，因为我的女儿什么都不告诉我。
32. The other mother said,  
另外一个妈妈回答：
33. “I am anxious because my daughter tells me everything.”  
我很担心，因为我的女儿把什么都告诉我了。”
34. Most anxieties can be summarized under three headings.  
忧虑大概可以归纳为以下三类：
35. Number one,  
第一，
36. anxiety about the future.  
担心将来。
37. Secondly,  
第二，
38. anxiety about failure.  
担心失败。
39. Thirdly,  
第三，
40. anxiety about feebleness.  
担心自己软弱无力。
41. First, anxiety about the future.  
第一是为将来忧虑。
42. This type of anxiety probably has the largest membership list;  
这种忧虑的范围最广了；
43. and it stretches from fearing that you are not in the will of God all the way to being anxious about world peace.  
有些人担心自己没有行在神的旨意中，但也有人为世界和平的问题坐立不安。
44. I have met people who were rich by any measures, and, yet, they were anxious that they would become homeless and destitute;  
有些人虽然财富无数，但他们还是担心有一天自己会变得孤苦伶仃，无家可归；
45. and that is why worry about the future is irrational.  
由此可见，为明天忧虑是不需要理由的。
46. Why?  
为什么会这样呢？
47. Because you don't know what is going to happen;  
因为你不知道明天会出什么事儿；
48. and, even if you did, you cannot do anything about it.  
即使你知道会发生什么，你也无能为力。
49. Someone once said that anxiety is like a rocking chair.  
有人说，焦虑好像是一把摇椅。
50. It is going nowhere, but it gives you something to do.  
虽然徒劳无功，但却让你晃来晃去忙个不停。
51. Listen to what the Apostle Paul said, in Philippians 4:11 to 13:  
保罗在腓立比书 4: 11 到 13 节这样说：
52. “I have learned, in whatever state I am in, to be contented.  
“我无论在什么景况，都可以知足，这是我已经学会了。
53. I know how to be abased and how to abound.  
我知道怎样处卑微，也知道怎样处丰富，
54. In all circumstances, I have learned the secret of facing plenty and hunger, abundance and want.  
或饱足、或饥饿、或有余、或缺乏，随时随在，我都得了秘诀。
55. I can do all things in Him Who strengthens me.”  
我靠着那加给我力量的，凡事都能做。”
56. I think many of us can write words like this,  
我想，我们都很容易就写出这种话来，
57. but only from the comfort of a safe and peaceful place;  
但只能在安逸、舒适的环境下才能写得出来；
58. but could you write it from a prison cell?  
可是，当你被困在监狱里时，还能写得出这样的话来吗？
59. I don't think that I could have written this from a mice-infested Roman dungeon,  
对我来说，如果我被困在与老鼠为伴的罗马地牢里，我是绝对写不出这些话来的。
60. but that's where Paul was when he wrote these words;  
可是，保罗就是在这种环境中写下了这番话的；

61. so, what is Paul saying to us?  
那么，保罗想要对我们说什么呢？
62. He is saying that “I am not worried about the future  
他的意思是说：“我不为明天忧虑”
63. because my future is in God’s hands  
因为我知道神掌管明天。
64. and I have learned to trust God.  
而且我已经学会了要信靠祂。
65. I cannot worry about the future,  
我不会为将来忧虑，
66. because I have learned that, in all things, God weaves together a tapestry for His purpose.  
因为我已经学会了，神按照祂自己的旨意，叫万事都互相效力。
67. I am not afraid of the future,  
我不用惧怕明天，
68. because I have learned that God loves me with a love that I cannot comprehend.”  
因为我知道神会用祂那难以明了的大爱来爱我。”
69. My listening friend, please listen very carefully.  
亲爱的朋友，请你留心听。
70. Whenever you get tempted to be anxious,  
每当忧虑来侵扰你的时候，
71. begin to claim the promises of God -  
你要信靠神的应许——
72. that He Who began a good work in you is able to bring it to completion.  
那位创始成终的神怎样在你内心动工，祂也必完成自己的工作。
73. That means that, as long as you stay close to Him, you don’t have to be anxious;  
也就是说，只要你肯亲近祂，就不需要担心什么；
74. and, at those moments of anxiety, your love for Jesus grows deeper and stronger,  
而且，因着这些令人担心的时刻，你与主的关系会更密切，你也会更坚定地爱祂，
75. because, in the midst of your anxiety, you can remember the promises of God  
因为在忧愁之际，你会想起主的应许，
76. and you can turn your anxiety into an opportunity to love the Lord Jesus Christ more.  
并且可以化忧愁为爱主更深的机会。
77. So much about the anxiety for the future;  
好，有关为明天忧虑这方面我就谈到这里；
78. then, there is anxiety of failure.  
第二种担忧是对失败的恐惧。
79. I want to tell you something that a lot of people know about me.  
我要告诉你关于我的一些事情，其实很多人已经知道了，
80. I have experienced many failures in my life,  
我一生当中经历过许多失败，
81. but I did not allow my failure to be my undertaker;  
但我却没有让这些失败置我于死地；
82. but, rather, I allowed my failures to be my teacher.  
而是让失败成为我的良师。
83. I did not allow my failure to be a dead-end street,  
我没有因为失败而走投无路，
84. but merely a detour.  
失败反而成为我的转折点。
85. You can let anxiety over failure paralyze you or drive you.  
你可以让失败的焦虑控制你，使你无法动弹；你也可以让失败成为驱使你前进的动力。
86. Whenever I experience failure, I pray that God would use my failure as a springboard and not as a ditch;  
当我经历失败的时候，我呼求神让失败成为我飞跃的跳板，而不是泥坑；
87. and God more than answers my prayers,  
神不仅答应了我的祈求，
88. and, instead of developing anxiety about failure,  
我没有因为失败而焦虑，
89. I learn to love the Lord Jesus Christ more in times of anxiety.  
反而还在忧愁当中操练更加爱主。
90. Whatever failure you have faced or are facing,  
不论你过去或现在经历过何种失败，
91. do not let it be a monster that drags you down.  
都不要让失败把你拖垮了。
92. Allow God to use it as a springboard to propel you upward and heavenward.  
只要你愿意，神就要把你的失败化作跳板，让你腾空而起，飞向属灵的高天。

93. Let it be a time in which your love for Jesus Christ grows deeper.  
让失败成为你爱主更深的美好良机。
94. Anxiety of the future;  
第一是为将来忧虑;
95. anxiety of failure -  
第二是为失败而忧愁——
96. finally, there is anxiety about feebleness and weakness.  
第三是为自己的软弱而焦虑。
97. Men, particularly, are not very good at admitting their weaknesses;  
尤其是男人都不愿承认自己的软弱;
98. yet, when I look to the Apostle Paul, a man of true strength,  
可是, 当我看到使徒保罗, 他才是真正刚强的那一位,
99. and, then, hear him say to the Corinthians,  
当我听到他对哥林多教会的人说:
100. "I will gladly boast of my weakness..."  
"所以, 我更喜欢夸自己的软弱……"
101. so, when I read these words of the Apostle Paul, I realize that we have got it all wrong.  
当我读到保罗说这话的时候, 我发现, 原来我们都错了。
102. We have allowed Satan to develop a stronghold of prideful arrogance in our lives.  
我们容许撒但借着骄傲自负来霸占我们的生命。
103. We have allowed Satan to develop a stronghold of hypocrisy and pretending.  
我们容让魔鬼借着假冒伪善来控制我们。
104. There are so many people who are terrified that someone will discover their real weakness.  
多少人害怕有那么一天, 旁人会发现他们内心真正的弱点。
105. Someone will expose their feebleness.  
他们害怕被人揭发自己的软弱。
106. Someone will divulge their frailty;  
害怕自己的缺陷暴露出来;
107. but this type of anxiety is rooted in pride  
其实, 这种焦虑是从骄傲产生的,
108. and there is no virtue in it whatsoever.  
毫无益处。
109. The moment you say publicly that you are weak in every area of your life,  
当你坦白承认你生命中各方面的弱点时,
110. you will be liberated.  
你就会获得释放。
111. You may be anxious that you may not measure up to other's expectations of you.  
也许你会很担心自己不符合别人的期望。
112. You may be anxious that you will not receive people's admiration;  
也许你会害怕旁人不再尊敬你了;
113. and, yet, it is only when we confess our weaknesses that we become candidates for God's strength.  
然而, 唯有当你承认自己的软弱时, 你才可以接受神所赐的大能。
114. Anxiety over our weaknesses is Satan's way of creating a stronghold in our lives,  
为自己的弱点感到焦虑, 就给撒但有机可乘, 侵入我们的生命来控制我们,
115. and, the only way to fight against this is to be able to say with the Apostle Paul,  
因此, 抵挡撒但最好的办法就是像使徒保罗那样, 说:
116. "It is only when I'm weak that I really know the strength of the Lord..."  
"因我什么时候软弱, 什么时候就刚强了。"
117. and, as you come to know the strength of the Lord,  
当你认识到主的大能,
118. then, you will love Him more deeply.  
你才会更深地爱祂。
119. As you come to experience His supernatural strength,  
当你经历祂超然的能力,
120. your love for Him will be cemented.  
你对祂的爱才会更加稳固。
121. As you come to depend on His supernatural power,  
当你学会依靠祂的大能,
122. your love for Him will know no bounds.  
你对祂的爱才会没有拦阻。
123. As you come to live in His supernatural strength,  
当你靠着祂超然的大能而活时,
124. you will adore Him with all your heart.  
你才会全心全意地爱慕祂。
125. As you learn to say with John the Baptist,  
当你学会像施洗约翰那样说:

126. “He must increase and I must decrease,”  
“祂必兴旺，我必衰微，”
127. only then will you feel Jesus’ embrace;  
只有这样，你才能感受到耶稣的大爱四面环绕着你；
128. but, my listening friend, I want to have a word  
with those who do not know the Lord Jesus  
Christ as their Savior.  
可是，我亲爱的朋友，我还有话要对至今还不认识主耶稣的人说：
129. This message is premature for you,  
如果你觉得这些话对你来说太深奥，
130. because, if you do not know Jesus Christ as the  
Savior of your soul,  
那是因为，如果你不接受耶稣基督作你生命的救主，
131. your whole life is full of anxiety.  
你整个人生都会充满焦虑。
132. Your whole life is full of emptiness.  
你整个生命都是空虚无意义的。
133. Your whole life is full of guilt and feelings of  
guilt.  
你一生都在罪疚感中活着。
134. Your sin is condemning you.  
你的罪天天都在控诉你，
135. Your conscience is condemning you,  
你的良心时时都在谴责你，
136. and you are destined for a life of anxiety, unless  
you come to Jesus Christ;  
如果你不来认识这位耶稣基督，你注定要在焦虑的煎熬下度日；
137. and He is calling you today.  
耶稣今天正在呼唤你。
138. Will you come to Him?  
你愿意归向祂吗？
139. Will you say to Him, “Lord Jesus, forgive my  
sins.  
你愿意对主说：“主耶稣，赦免我一切的罪。
140. Accept me in Your Kingdom...”  
带领我进入你的国度。”
141. and Jesus promised that He will give you  
eternal life,  
耶稣应许过，一定会赐给你永远的生命，
142. and that He will forgive all of your sins;  
祂也一定会饶恕你一切的罪，
143. and, then, write to us and tell us of your  
decision.  
盼望你能够来信告诉我们你的决定。
144. Until next time, I wish you God’s richest  
blessing.  
好，我们下次再见，愿神大大地赐福给你。