

## The Sh'ma: "You are a Nephesh"

### 沙瑪系列 第三周 你是靈魂

Worship 敬拜

君王就在這裡 Worthy Is the King

詞，曲：曾祥怡 Grace Tseng © 2017 Stream of Praise Music

聖潔耶穌 祢寶座在這裡 哈利路亞 祢榮耀在這裡

君王就在這裡 我們歡然獻祭 擁戴祢為王 榮耀都歸於祢

君王就在這裡 大能彰顯這地 和散那歸於至高神主耶穌

更多更多來高舉祢的名 更多更多來呼喊祢的名

更多更多來承認祢是主 直到那日 我再見祢的面

Message 信息

• Today we are in our third week of a series we launched at the New Year called Sh' ma. That name is taken from the first statement in a prayer that the ancient Hebrews prayed every day. 今天，我們進入從2021新年開始的沙瑪系列的第三週。沙瑪這個詞來自於古希伯來人每日禱告禱告詞的第一句話。

Deuteronomy 6:4-9 4 "Hear, O Israel: The Lord our God, the Lord is one. 5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. 8 You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. 9 You shall write them on the doorposts of your house and on your gates.

申命記 6:4-9 4 以色列阿，你要聽！耶和華——我們神是獨一的主。5 你要盡心、盡性、盡力愛耶和華——你的神。6 我今日所吩咐你的話都要記在心上，7 也要殷勤教訓你的兒女。無論你坐在家裡，行在路上，躺下，起來，都要談論。8 也要繫在手上為記號，戴在額上為經文；9 又要寫在你房屋的門框上，並你的城門上。

Now. We' ve begun this year, with this series, and these verses for a very specific reason. This word Sh' ma has incredible power and meaning when we understand it. This word Sh' ma is what has been translated into English in these verses as "Hear." 我們從這些經文和這個系列來開始2021年是出於非常具體的原因。沙瑪這個詞具有不可思議的力量和意義。沙瑪這個詞在英文翻譯中是 "Hear"，就是傾聽。

But as we' ve already discussed in the previous weeks, this word means far more than simply listening. • It assumes that we not only HEAR things, but that we also DO things. There is an implied activity to the word Sh' ma. • If I HEAR, I also, RESPOND, in a particular way. 但是，正如我們在前幾週已經討論過的那樣，這個詞的含義遠不只是簡單地聽。• 它假設我們不僅聽見，而且我們也遵行。沙瑪這個詞隱含了活動：當我聽到，我也會以特定的方式回應。

Or, another way for us to describe this would be to say that there is an alignment between what I am hearing, and what I am doing. • Congruence. • Harmony. • Alignment. 或者，我們可以用另一種方式來描述，就是我聽到的內容與我所做的事情之間是一致的。• 一致。• 和諧。• 對齊。

Illustration: Pot Holes. It' s a regular thing for people who live in Spokane to have to get their cars 're-aligned' on a regular basis. 故事：路坑。居住在斯波坎（Spokane）的人們需要定期對汽車進行“重新對齊矯正”。

Alignment means that there's a right relationship between the input and the output. Now, this is foundational. It's critical. We have to grasp this in all of its fullness. 對齊表示在輸出和輸入之間存在一個正確的關係。這是非常基礎且至關重要的。我們必須完全了解這一點。

The Sh'ma begins with the assumption that our LIVES can get out of alignment. There can be a disconnect between the way we are intended to live, and thrive, and be, and the way we ACTUALLY live, .

- We can hear things. • We can even KNOW things. And yet our lives may not be a reflection of those things. 沙瑪首先假設的前提就是我們的生活可能會失調。我們實際生活方式和我們本應該有的使我們繁榮的生活方式之間可能存在脫節。
- 我們可以聽見，或甚至知道，然而我們的生活卻可能並不反映我們所聽所知道的。

- Which is why we've begun this year, with this series. • A new year is a great time to re-align our lives. 這就是我們以沙瑪系列活動開始2021年的原因。
- 新年是重新對齊生活的好時機。

But, this ALSO requires something that is in short supply these days. It requires humility. It requires the capacity to admit we can be wrong. It demands that we admit we are fallible. And that characteristic is tough to find these days. Our current cultural reality is one in which no one seems to be able to admit when they've been wrong. 但是，要這樣做還需要一些在現在這個時候很短缺的東西。它需要謙卑。它要求有胸襟承認我們可能是錯誤的。這些品格在當今很難找到。我們當前的文化的現實是，似乎沒人能夠承認當自己錯了的時候。

This is why the Gospel of Jesus must ALWAYS be at the center of everything we do. See, the gospel demands that I admit I'm wrong. The gospel demands that I confess my brokenness. 這就是為什麼耶穌的福音必須始終是我們所做的一切為中心。因為福音要求我承認自己的錯誤。福音要求我承認自己的破碎。

That's the first step in following Jesus. There is a submission to the truth that we get things wrong, and backwards, and upside-down. AND, by the way, it's not something we admit once and move on from. The life of a follower of Jesus is CONTINUALLY marked by our humble admission that we are broken and that we can get things wrong: Our opinions, Our perspectives, and our actions can regularly be out of alignment with the way things are supposed to be. 這是跟隨耶穌的第一步——承認這個事實我們會犯錯誤或者是本末倒置。順便說一句，這不是我們承認一次然後就放在一邊繼續前進。謙卑地承認我們是破碎的，並且我們會犯錯誤，這一直是耶穌跟隨者的生命的標誌：我們的見解，觀點，和行動常常與神本來的創造不一致。

- So the first word of this prayer, Sh'ma is declaration that we are leaning into God and allowing him to re-align our lives according to his desire or design. 因此，這個禱告的第一句話，沙瑪，它宣告我們正倚靠上帝，並允許祂使我們的生命重新對齊祂的願望和設計。

- “Listen and obey.” “聽並遵從。

- And, as Lane pointed out last week, the first part of this is the alignment of our heart, or affections, or our desires. Love the Lord your God with all of your HEART. 並且，正如Lane牧師上週指出的那樣，這首先是我們內心，感情，和渴想。全心愛耶和華你的神。

- And this week, we are moving to the second part of this, loving God with all of our SOUL 本週，我們將進入第二部分，用我們所有靈魂（盡意）來愛神

Now. I know what you're thinking - This should be easy. Because in our minds the soul is this squishy spiritual part of who we are, and it's naturally inclined to lean toward God. In fact, Most of us would say that any motivating desire we have toward God; If we have any sort inkling to pursue God; When we have any sort of desire to worship God; MOST of us, would locate that desire or inkling in this thing we call our soul. “Where does that come from?” Oh, it's down there, deep in this squishy part of me called my soul. 我知道您在想什麼——這個應該很容易。因為在我們的思想中，靈魂是我們本性中那柔軟的屬靈部分，並且自然向神親近。實際上，我們大多數人都會說，我們對神有任何追求神，敬拜神的渴望或動力；我們中的大多數人會說那種渴望是從我們靈魂中來的。它在那深處，在這柔軟的我稱為靈魂的地方。

But that is actually a significant misunderstanding of the word soul. The way WE typically think of the soul and the way the ancient Hebrews thought about the soul are radically different things. 但這實際上是對靈魂一詞的重大誤解。我們對靈魂的通常的看法與古希伯來人對靈魂的看法是根本不同的。

So let me explain by backing up and unpacking this word, and then we' ll understand the implications. The Hebrew word for soul is the word: 因此，我要先解析這個詞，然後我們將理解其中的含義。希伯來語中的靈魂一詞是

NEPHESH尼腓希

And this word is used over 700 times in the Bible. But the way the Hebrews understood Nephesh and the way we understand soul are very different, and here' s why. 尼腓希個詞在聖經中使用了700多次。但是希伯來人了解靈魂的方式和我們了解靈魂的方式卻大不相同，這就是原因。

Our culture, in the West, has been largely influenced by Ancient Greek Philosophy and the way THEY understood the soul. We like neat categories. We prefer clean lines. And so in our thinking we draw these lines about who we are as human beings. 我們的西方文化在很大程度上受到古希臘哲學及其對靈魂的理解的影響。我們喜歡用線條劃分整潔的類別。因此，在我們的思維中，我們對自己做為人類也是這樣來拆分。

In fact, if you look up the word soul in an English dictionary it says something like this: “the spiritual or immaterial part of a human being, regarded as immortal.” We describe the soul as the non-physical essence of who we are. And our soul, this non-physical part of who we are, is contained inside of this physical thing we call a body. So, we treat the body, or think of the body, like a Tupperware container for the soul. And, at the end of our life, we pop the top and the soul moves on. 實際上，如果您在英語詞典中查詢“靈魂”一詞，其含義為：“人類的精神或非物質部分，被認為是不朽的。”我們將靈魂描述為我們的非物質的部分。我們的靈魂，即我們本性的非身體部分，被放在我們稱為身體的物質的這一部分之內。因此，我們看身體就像裝靈魂的塑料容器。而且，在我們生命的盡頭，我們就把塑料容器的蓋子打開，然後靈魂就繼續前進。

That' s how we define the soul. And that is completely against everything the word Nephesh means in biblical Hebrew and is a total abstraction. 這就是我們定義靈魂的方式，完全是抽象化的，且與尼腓希 (Nephesh) 這個詞在聖經中的希伯來語中的意思完全相反。

To the Hebrews, you don' t HAVE a nephesh. You ARE a nephesh. Nephesh isn' t used to describe a PART of a person. It is the word used in reference to the totality of a person. All of you. EVERYTHING about you and your life. 對於希伯來人，你不是有尼腓希，你是尼腓希。尼腓希不是用來描述一個人的一部分，而是指一個人的整體，是關於你和你生活的一切。

On the first pages of the Bible, both humans and animals are called a “living nephesh” . So, even though nephesh is often translated as “soul” , the Hebrew word really refers to the fully integrated complete human as a living physical organism 在聖經的第一頁上，人和動物都被稱為尼腓希——“活物”。因此，儘管經常將尼腓希譯為“靈魂”，但希伯來語這個詞實際上指的是完全的整體的人。

Which brings us back to the Shema. To love God with all of your soul, or nephesh, doesn' t mean that you activate this unseen spiritual squishy part of who you are. It means to devote your whole physical existence to him. It is about offering your entire being, with all of its capabilities and limitations. 這使我們回到了沙瑪。盡性愛神，並不要我們啟動自己那看不見的屬靈柔軟的部分，而是說將你的全部的物理存在奉獻給神，包括它一切的能力和不足。

This is an invitation, or a call, to live a fully integrated life, where everything is in alignment. 這是一個邀請，一個呼召，過一個完全聯合與神對齊的生活。

Proverbs opens with a prologue. Before Solomon ever begins sharing his wisdom, he offers us a purpose for his writing. “Here' s why I' ve written” . 箴言第一章以序言開頭。在所羅門開始分享自己的智慧之前，他先告訴我們他寫這書的目的：“這就是我寫作的原因”。

Proverbs 1:1-6 The proverbs of Solomon son of David, king of Israel: 2 for gaining wisdom and instruction; for understanding words of insight; 3 for receiving instruction in prudent behavior, doing what is right and just and fair; 4 for giving prudence to those who are simple, knowledge and discretion to the young— 5 let the wise listen and add to their learning, and let the discerning get guidance— 6 for understanding proverbs and parables, the sayings and riddles of the wise. 箴言 1:1-6 以色列王大衛兒子所羅門的箴言： 2 要使人曉得智慧和訓誨，分辨通達的言語， 3 使人處事領受智慧、仁義、公平、正直的訓誨， 4 使愚人靈明，使少年人有知識和謀略， 5 使智慧人聽見，增長學問，使聰明人得著智謀 6 使人明白箴言和譬喻，懂得智慧人的言詞和謎語。

• Now, there's one sentence in there that caught me, as it relates to wisdom. Verse 3 says, 這句關於智慧的話抓住了我的注意力。第三節說：

Proverbs 1:3 for receiving instruction in prudent behavior, doing what is right and just and fair; 箴言 1:3 3 使人處事領受智慧、仁義、公平、正直的訓誨

This confronted something inside of me, and here's why. I realized when I read that, that I typically think of wisdom as something this is primarily related to my intellect. It's my ability to think clearly.

It's my capacity to make good decisions on behalf of others. It's related to how I might lead an organization. 這句話挑戰了我。當我讀到那本句時，我意識到我通常認為智慧是主要關於智力，就是我們思考的能力。是關於我有能力代表他人做出明智的決定。這也與我如何領導一個機構有關。

But verse three expands our understanding of wisdom. • This isn't simply about intellect. Which, by the way, explains why really smart people can do really dumb things. I've known some brilliant people who weren't very wise. And I've know some really wise people who weren't that brilliant. 但是第三節擴展了我們對智慧的理解。這不僅僅是關於智力。這解釋了為什麼一些聰明的人會做很愚蠢的事情。我認識一些也許並不那麼聰明的但卻是很有智慧的人。

What is being revealed to us that there is a wisdom that behaves a particular way. And that behavior has to do with how we use our bodies. He's elevating our view of physicality. 這經文是我們看到，有一種智慧以一種特殊的方式表現出來。這方式與我們如何處事（如何使用身體）有關。

If we are integrated, whole beings, and these integrated whole beings are to love God with all that they are, then that would include something as simple and basic as our bodies. 如果我們的生命是一體的整體，而這一體的整體要用其一切來愛神，那這必定包括我們的身體這一最簡單和基本的部分。

So we might say that one part of loving God with all of our soul would be aligning our bodies with what God desires. Integrating what we do with our physical beings. 因此，我們可以說，用我們盡性愛神的一部分是使我們的身體與神的渴望和設計對齊，將我們的工與我們的身體聯合在一起。

For instance, and I know this might be a bit of a touchy subject, but maybe that new years resolution we make every year to drop a few pounds and get into better shape is rooted in something deeper than just appeasing our image conscious culture? 例如，我知道這可能是一個棘手的話題，但是也許我們每年做出的要減重幾磅恢復體形的新年決心，不僅僅只是因為要附和我們重視自我形象的文化，而是根植於更深的東西？

What does it look like to love God with our bodies? Does that mean God wants regular hugs? Or could it be that the way we eat, the way we sleep, the things we consume, the things we do, might also be one of the ways in which we express our love, gratitude, and even worship, to God.

用我們的身體愛神看起來是什麼樣子呢？這是否是說神常常希望擁抱？還是說我們的飲食方式，睡眠方式，我們的消費，我們做的事情，也可以是我們向神表達我們的愛，感恩，和敬拜的方式之一。

• That's what Paul was getting at when he wrote to the Corinthian church and said this: 保羅在哥林多前書中說到這點。

1 Corinthians 6:19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies. 歌林多前書 6:19-20 19 豈不知你們的身子就是聖靈的殿麼？這聖靈是從神而來，住在你們裡頭的；並且你們不是自己的人；20 因為你們是重價買來的。所以，要在你們的身子上榮耀神。

It's pretty hard to read that verse and conclude that the body is Tupperware for the soul. Your body is spiritual. Your recreation is spiritual. Your entertainment is spiritual. Even your work is spiritual. Because you are a spiritual being in entirety. 我們如果讀懂這節經文就很難只把身體看成是靈魂的塑料容器。你的身體是屬靈的。你的休閒是屬靈的。你的娛樂也是屬靈的。甚至你的工作也是屬靈的。因為本來你就是屬靈的生命。

There are so many fascinating details that we overlook in the story of Jesus turning water in wine. One of them that we seldom really consider is that Jesus did good works, and he did good work, in that moment. We refer to 'good works' as those charitable and kind things we do sacrificially for others. Jesus did good works, in that sense, by attending to the need of the moment. The family ran out of wine, which was an embarrassment. So he acted to resolve the tension. 在耶穌將水變成酒的故事中有許多有趣的細節被我們忽略了。我們很少想到的其中一個是，耶穌在那一刻做了善工，而他也做了出色的工作。我們將為他人奉獻的慈善的事情叫做善工。從這個意義上講，耶穌做了善工，滿足當下缺酒的需要。因為婚宴沒酒了是很尷尬的事。因此他採取行動解決了這個情況。

- But, if you've read the story, you know that when they served up Jesus' wine, it was the best that had been served throughout the event. The head of the catering company raved and said, "you saved the best wine for last!" But the question begs to be asked. Do you really think Jesus could make bad wine? 但是，如果你讀過這個故事，你就會知道，當他們把耶穌的酒給客人用時，那是整個婚宴中最好的酒。婚宴公司的負責人大喊：“你把最好的葡萄酒保存了下來！”但是有個問題值得一提。你認為耶穌會釀不好的酒嗎？

There's an attentive excellence applied to everything, from hobbies to chores, that is included in how we love God. 從愛好到瑣事每件事都用心卓越，是我們愛神的一部分。

Now, let me be clear. The point of this is not to coerce you into becoming list-making, stressed out, over-achievers who feel like you're never doing enough. That's actually one of the things Jesus came to liberate us from. God's love isn't being withheld until we get it all right. • In fact, it's quite the opposite. 我要清楚的說，這樣做的目的不是要強迫您成為列清單，壓力大，追求成就卻總是覺得您做得不夠的人。這實際上是耶穌把我們從中釋放出來的一件事。神的愛並不因為我們的不足而有任何保留。實際上，情況恰恰相反。

- This whole thing is an invitation to see our whole lives, in a whole new way. It's an opportunity to eradicate the categories and realize that everything is spiritual. 這是一個邀請，邀請我們用一個全新的方式來看我們的整個生活。這是一個機會來消除類別並認識到一切都是屬靈的。

When that happens, there's a shift in how you see your life. A nap might be the best thing for you. Working hard at something might be really good for you. And that run you take tomorrow, might actually be a way of worshipping God. 當我們這樣做時，你如何看待自己的生活就有一個轉變。有時午睡可能是您最好的選擇。或者有時努力工作可能是對您有益的。而您明天去跑步實際上可能是一種敬拜神的方式。

God made me fast. And when I run, I feel His pleasure.” - Eric Liddell “神給我速度的恩賜。當我跑步時，我就感到祂的喜悅。” - 埃里克·利德爾

The Hebrews began and closed their day, by reminding themselves, “My whole life is an expression of love, extended back to God.” 希伯來人通過每日開始和結束的禱告提醒自己：“我的一生是愛的表達，延展回饋給神。

As this new year begins to unfold before us, I'm asking the question, “What parts of my life, my whole life, need to be brought back into alignment, by seeing everything as an expression of love for God. • Not legalistically. • Not moralistically. • But lovingly. • Knowing loving God with my whole life, is actually, the best life. 隨著新的一年開展在我們前面，我在問的問題是：“我生命中的哪些部分，在我整個的生命中，需要來再次來對齊，使我生命的一切都是對神的愛的一個表達。不是從律法上看，不是從道德上看，而是在愛心里看，因為知道用我的全部來愛神的生命是我最好的生命。

- And I' d like you to recite this with me: 邀请你们与我一起读申命記 6:4-6:

Hear, O Israel: The Lord our God, the Lord is one. 5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart. 申命記 6:4-6 4 以色列阿，你要聽！耶和華—我們神是獨一的主。5 你要盡心、盡性、盡力愛耶和華—你的神。6 我今日所吩咐你的話都要記在心上，

#### Benediction 祝禱

May you be men and women who see your lives the way God sees your lives. May you see that your body is not Tupperware for your should. May you realize in all of its fullness that you are a Nephesh! 愿你们成为这样的人，看自己的生命如同神看你们的生命。愿你们看到你的身体不只是你灵魂的容器。愿你认识的你的全部都是尼腓希 / 灵魂 / 屬靈的。