

## The Sh'ma: "Loving with Muchness"

### 沙瑪系列 第四周 盡力愛神(多而又多)

#### Worship 敬拜

你是偉大神 Great Are You Lord  
 你是愛，賜生命；你的愛驅走黑暗；  
 賜盼望，祢恢復，每一顆破碎的心； Great are you Lord  
 你氣息，在我心；我們獻上讚美，獻上讚美；  
 你氣息，在我心；我們獻上讚美，獻上讚美；只為你  
 全地歌頌你聖名；我心呼求，我靈歌唱； Great are you Lord!  
 Great are you Lord!

#### Message 信息

Now, today we enter into our final week in the Sh' ma series. 今天我們進入沙瑪系列的最後一周

For those of you who are new, the Sh' ma is a prayer, prayed by the Hebrews for centuries. Every morning and every evening, the Hebrews would pray these words as an expression of their devotion to God.

They are found in Deuteronomy 6, and it goes like this: Sh' ma是希伯來人禱告了許多個世紀禱告詞。希伯來人每天早上和每個晚上都要禱告這些話，以表達他們對神的虔誠。這個禱告被記錄在申命記6:

#### Deuteronomy 6:4-9

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 Chinese Union Version (Traditional)

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。

- The word Sh' ma is that first word here, the one we translate as "Hear" and we've talked at length that this isn't simply hearing. It's listening and obeying. It's this call for us to lean in and listen obediently to God. 這裡沙瑪是這整個禱告的第一個單詞，我們將其翻譯為 "Hear"，傾聽。這裡的傾聽不僅僅是在聽見，還要遵行。這是一個呼召要我們要傾聽並聽從神。

- Which, by the way, might be more relevant in today's day and age than ever before. There are more voices, more sources, more people talking, today, than anytime before. And so the need for us to LISTEN to God's voice, above those other voices, is INCREDIBLY important. 在當今的時代，這可能比以往任何時候都更重要。與以往任何時候相比，今天這個時代有更多的聲音，更多的消息來源，更多的人在談論。因此，在其他聲音之上來聆聽神的聲音，這是非常重要的。

- But then the Shema moves into a second part by giving us direction in how we are to Love, or Ahava, the Lord our God. And you'll notice that there are three expressions of love. We are told to Love the Lord our God with all of our Heart. With all of our Soul. And, with all of our might, or strength. 然後，沙瑪的第二部分告訴我們，我們應如何愛我們的主耶和華我們的神。您會注意到這個愛的三各方面。我們要盡心盡性盡力地愛主我們的神。

- And for the past couple of weeks we've been looking at each of these expressions and unpacking them for our individual lives. And now, this week we are looking at loving with our Might / Strength

在過去的幾周中，我們細看每一個方面，以及在我們的個人生活裡的表現。現在，我們來看如何盡力愛神。

What does it look like, or what does it mean, to love God with all of your might? 竭盡全力愛上帝是什麼樣子？這又意味著什麼呢？

This is a surprisingly difficult and dangerous question to answer. It's difficult because of what the Hebrew word means.

- And it's dangerous because IF we have a wrong understanding of this, and if it's not set in its appropriate context, it can lead to some very destructive actions and attitudes. In fact, you might actually move AWAY from what Jesus wants for you life, if you get this wrong.這是一個非常困難和危險的問題。困難是因為希伯來語中的這個詞的含義。危險是因為如果我們對此有錯誤的理解，如果這個理解不是在正確背景下，可能會導致某些破壞性的行為和態度。甚至，如果你弄錯了，你可能會遠離耶穌想要你有的生活。

- That being said, even though this is difficult and dangerous, it's important for us to dive into, so here we go. 雖然這既困難又危險，但對我們卻是重要的，所以讓我們深入研究一下。

Let's start by unpacking the WORD that gets translated into English as strength or might. It's the Hebrew word 讓我們從解析詞語開始，這個單詞被翻譯成英文的力氣或力量。希伯來語中，這個詞原本是

“Me' od”

- Now, here's what's interesting about this word Me' od. It doesn't actually mean strength. It occurs some 300 times in the scriptures, and it's almost never interpreted into English as strength. 有趣的地方是，Me' od這個詞，它的意思其實不是力量。這個詞在經文中大約出現300次，幾乎從來沒有將其翻譯為力量。

- The Hebrews have a word for strength, and it is NOT Me' od. • It's a completely different word. In fact, the Shema is one of the only places in the whole Bible where me' od is translated as strength. 希伯來語中意思是“力量”的詞，但不是Me' od，是一個完全不同的詞。實際上，在整本聖經中只有在沙瑪的禱告中把Me' od翻譯成力量。

First, you need to know that unlike heart, or soul, me' od is not even a noun. Me' od is a what we call an adverb. It's a word that enhances other words or brings additional emphasis to other words. And the most COMMON meaning of Me' od is “Very” or “Much” 首先，您需要知道與心或靈魂不同，Me' od並不是一個名詞。Me' od是我們所說的副詞。這個詞可以增強其他字詞或為其他字詞帶來更多的強調。Me' od最常見的意思是“非常”或“很多”

For example, When Cain and Able have their conflict in Genesis, Cain was Me' od Angry, or very angry, with his brother. When God evaluates the creation in Genesis 1, he calls it Me' od Good. • Very Good.

Chicken Sandwiches are good. But Chick-fil-a is ME' OD Good.

例如，當該隱和亞伯在創世記中發生衝突時，該隱對他的兄弟感到Me' od生氣或非常生氣。當神評估創世記1章中的創造時，他稱其為Me' od Good。•另一個例子，雞肉三明治好吃，但是Chick-fil-a Me' od好吃。

Me' od is a really common Hebrew word that INTENSIFIES the meaning of other words.

Me' od是一個非常常見的希伯來語單詞，用於增強其他單詞的含義。

So, let's go back to the Sh'ma. The writer calls us to love God with all of our HEART, our affection and desire. Then he calls us to love with all of their soul, that is, their whole life and physical being. And THEN, he says, with all of their me'od. 讓我們回到沙瑪的禱告。寫這禱告的人呼籲我們用我們所有的心，情感，和渴望來愛神。然後他呼喚我們用我們的靈魂，也就是我們的全人，來愛神。然後他說用我們的Me'od。

- “Love the Lord your God with all of your ‘Me’ od’ ”
- Now, that sounds kind of funny knowing what you you know now. “Love the Lord your God with all of your Very....what?”

用你所有的‘Me’ od’ 來愛主你的神。•這聽起來很有趣。 “用你的非常……愛主你的神。這是什麼意思呢？

In fact, how can you really have ALL of something that isn't a noun? We can obviously assume he wasn't saying to love God with your VERY. So, what we discover in the Sh'ma is something a bit special and unique. 實際上，您如何擁有一個不是名詞的東西呢？我們顯然可以認為他不是說要用你的非常來愛神。所以我們在Sh'ma中發現的這個東西是有些特別和獨特的。

- Illustration: My Girl's excitement. 故事：我女兒們的興奮。
- When my girls were little, there were times when they would get so excited, they would just squeal. We would surprise them with something, and you could see this physical expression. And they would squeal. Sometimes they'd even run around a little bit. It was speechless ballistic enthusiasm. 當我的女孩很小的時候，有時候她們非常興奮的時候她們會尖叫。有時我們會給他們一些驚喜，你就會看到這種反應。有時他們甚至回去跑一圈。這是言語無法表達的熱情。
- And if you could bottle that emotion and sell, not only would you be rich, but you might put a table on the bottle that says, “Me'od” 如果您可以把這種情緒裝起來出售的話，那您不僅會變得富有，而且可能在瓶子上貼一個標籤，上面寫著 “Me'od”
- It's hard to describe what the writer is trying to say when he uses the word, but a way to understand this would be to say that we love God with all of our “muchness” . I know that sounds kind of funny. • But it also makes sense. 很難描述作者在使用該詞時要表達的意思。但是一種理解這一點的方式是說我們盡我們所有的“多而又多”來愛神。我知道這聽起來有點好笑。但也是有道理的。

This final thing that you use to love God isn't a THING as much as it is an INTENSITY, or, MUCHNESS. 你用來愛神的最後一件事，不是一個東西，而是一種強度，或者說是“多而又多”。

And, you can't have muchness or intensity without having it play out in some tangible aspect. 而說到“強度”或者“多而又多”就不可能脫離一種實質性的表現。

So, now we start to understand how, in English, we get to words like might or strength. 因此，現在我們開始理解為什麼在英語翻譯中我們會用力量之類的詞。

- There's a tangible expression of this word Me'od, in the physical. • It may not be a noun, but you can see it. You can witness it.
- You'll know if it's there, or if it isn't there. Me'od 這個詞在物質層面上有明顯的表達。雖然它不是一個名詞，但您可以看到它。您可以見證它。您可以感覺到它在一個地方存在，或是不存在。
- This is why ancient Jewish scholars who translated the Hebrew Bible into Greek; When they came to me'od in the Shema, they translated it with the Greek word “dunamis” . Dunamis is the word for “power” or “strength” AND it's the root from which we get our word Dynamite. 古代猶太學者將希伯來聖經翻譯成希臘文的時候當把沙瑪中的Me'od翻譯為“dunamis” 。Dunamis “能量”的意思，也是“炸藥”一詞的來源。

• But, what's also interesting, is that if you look at the ancient Aramaic translations of the Hebrew Bible, you will discover another dimension of this word. Those scholars interpreted me' od with the Aramaic word for wealth. We're not just talking about money. • We're talking about wealth. And the word wealth speaks to capacity. • Wealth speaks to opportunity. 但是，有趣的是，如果您看希伯來聖經的古亞蘭語翻譯，就會發現該詞的另一個維度。那些學者把me' od翻譯做“財富”。我們不是在說金錢，而是財富，而財富在他們的文化與容量，能力，和行動的機會相關。

But then, When Jesus was asked about the most important commandment, In Mark 12, he gives us another nuance. Jesus had been tested by the Sadducees and he left them speechless. So then, the Pharisees get together and try to stump Jesus. And Jesus quotes from the Sh'ma AND he quotes from none other than the great book of Leviticus. 但是，當耶穌被問到最重要的誡命時，在馬可福音12章中，他給了我們另一個細微差別。耶穌曾受到撒都該人的考驗，且使他們無言以對。因此，法利賽人聚在一起，試圖絆倒耶穌。耶穌引用了沙瑪的話。他引用的是利未記。

Mark 12:28-31

28 One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?” 29 “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. 30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ 31 The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

馬可福音 12:28-31

28 有一個文士來，聽見他們辯論，曉得耶穌回答的好，就問他說：誡命中那是第一要緊的呢？29 耶穌回答說：第一要緊的就是說：以色列阿，你要聽，主—我們神是獨一的主。30 你要盡心、盡性、盡意、盡力愛主—你的神。31 其次就是說：要愛人如己。再沒有比這兩條誡命更大的了。

• Here's what's interesting. When he quotes from the Shema, he uses two words to unpack the meaning of me' od. He said, “Love God with all of your mind and with all of your strength.” 這是有趣的。當他引用 Shema的話時，他用兩個詞來說me' od。他說：“盡意，盡力愛主。”

• So you hear all of this and you understand a bit better why this is difficult, and you might be left asking a question, which of these interpretations of me' od is right? 您聽到所有這些信息，大概了解到為什麼說這是很難的。而且您可能會問一個問題，哪種解釋是正確的呢？

• Is it VERY?

• Or STRENGTH? Or WEALTH?

• Or MIND? Or POWER? And the answer is, YES. 是非常？是力量？是財富？是心思意念？還是能力？答案是，都是的。

It is a call to love God with all of your “muchness”. 這是一個呼籲，要用你的全部“多而有多”來愛神。

While it might not be a noun, it IS something observable. You're probably going to KNOW if someone is loving God with ALL of their Me' od, right? You'll feel it, • see it, know it. 雖然它不是一個名詞。你大概感覺得到是否一個人在用他所有的“多而有多”來愛神。你會感覺到，看到，知道。

Me' od, Dunamis, strength and muchness all point toward, and some might argue with this, but they all point toward: EFFORT.

Me' od, 能量, 力量, 和多而又多都指向——努力。

So if we back up in the Sh'ma we this command being given to love God with Our Affections, To see our whole life as an expression of love toward God, • and now, a call to love God with our EFFORT. 因此，如果我們回到沙瑪中，我們看見這個命令要我們用我們的情感來愛神，並將我們的整個生命來做為對神的愛的表達。現在，我們要用我們的努力愛上帝。

And while this a beautiful, well-rounded picture, THIS, this last part, is where this can be DANGEROUS. This is so important that we have to talk about it. BUT, it' s also incredibly dangerous, so I need to be very clear in what I' m saying, and how I say it. I can' t in good conscience, land on an interpretation of the Sh' ma that simply results in good intentions or fuzzy positive vibes about God. From what we' ve read, loving God with everything we' ve got, seems to include physical, observable, actionable, items. There are things we ought be DOING.

A WAY we should be living.

雖然這是一幅美麗而全面的照片，但最後這部分卻很危險。這是如此重要，我們必須談論它。所以我必須很清楚表達我的意思。從良心裡我知道沙瑪並不是停留在對神的一個良好意願或有一個模糊的正面的感覺。從我們的閱讀中我們看到，愛神包括了在身體／物質上的，可觀察到的，可執行的項目。我們應該做的事情。我們應該有的生活的方式。

- I remember when the reality of this first hit me. • I mean, I thought I was a Christian. I knew who Jesus was.
- I even believed what some would call the “right things” about Jesus. But I wasn' t really following Jesus.
- In fact, at best, I had just sort of invited Jesus along for the ride. Like, I was doing my thing, and I had this vague understanding that my thing would go better if Jesus joined me, in what I was doing. 我記得這件事挑戰我的時候。那時我是一個基督徒。我知道耶穌是誰，但我沒有真的跟隨耶穌。其實，那個時候我最多時邀請耶穌做我的車。就是我做自己的事，我又覺得耶穌加入我的話的話事情應該會順利一點。

After I hit a wall and started asking questions I noticed something. Those who first heard the message of Jesus began making dramatic changes in their lives based on HIS direction. They quit following their direction and then went HIS direction. Their lives suddenly took on a new shape. • New habits, new rhythms.

- New ways of doing things.

當我遇到挫折並開始問問題時我發現了一件事。那些最初聽到耶穌的信息的人並跟隨他的人們是根據耶穌的方向對他們的生活進行巨大的調整。他們不再走自己的方向，而是遵照耶穌所指的方向。他們的生活突然有了新的變化。新習慣，新節奏，新的做事方式。

And here' s what' s weird. Today there are millions of people on this earth who call themselves followers of Jesus but their lives look no different than anyone else' s. 而今天奇怪的事情是，地球上有數以百萬計的人自稱為耶穌的追隨者，但他們的生活看起來與其他人沒有什麼不同。

When we were kids and we played follow the leader, It was easy, right? The leader pats his head, you pat your head

. The leader climbs tree, you climb the tree.

The leader goes under bridge. that, you go under that bridge.

當我們還是孩子的時候，我們做“跟隨領導者”的遊戲，很容易，對吧？領導者拍拍頭，你拍拍頭。領導者爬樹，你也爬樹。領導者到在橋下。你就去橋下。

We' ve done this weird thing in recent years. It' s like we' ve said, “Well, the rules to following Jesus are different than the rules to follow the leader. Like We don' t actually have to do what he does. We just do it in our heart.” 近年來，我們好像在說：“跟隨耶穌的規則與跟隨領導者的規則是不同的。我們實際上不必做他所做的。我們只要在心裡相信就可以。”

It doesn' t really make any sense. 這聽起來一點道理都沒有。

I mean imagine playing follow the leader and you, as the leaders climb a fence. And there' s this kid over there in a hammock who says he' s playing with you, and he tells you, “I' m climbing that fence in my heart.” It makes no sense. Like imagine him saying, “I memorized what it looked like when YOU climbed the fence.” Or, “I looked up the greek word for Climb and did a word study on what it really means.”

Or, “I’ m going to have a few friends over and we’ re going to talk about what it would be like if we actually, someday decided to really climb a fence.” 如果我們想像在玩“跟隨領導者”的遊戲，當領導者爬上籬笆時，一個遠遠在吊床上的孩子說，他說他正在和你們一起玩，他告訴你，“我在心裡爬著那道籬笆。”這個不成立。或者說“我把你爬上籬笆的樣子記下來了。”或者，“我查詢了“爬”這個詞在希臘語的意思，並對其含義進行了文字研究。”或者“我將有幾個朋友過來，我們將討論如果有一天我們決定爬上籬笆，那會是什麼樣。”

You can do all that stuff and never follow the leader. 您可以做所有這些事情，然而這都不是跟隨領導者。

And I’ m pretty sure that this is what Jesus was getting at in Luke 6. 而且我很確定這就是耶穌在路加福音6章中講到的。

Luke 6:46

“Why do you call me, ‘Lord, Lord,’ and do not do what I say?”

路加福音 6:46

46 你們為甚麼稱呼我主阿，主阿，卻不遵我的話行呢？

• Or, if you look at James, he writes to the church and openly wrestles with all of this. • He says this in James 2. 雅各也在給教會的書心中敞開的對付這一點：

James 2:14-17

14 What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? 15 Suppose a brother or a sister is without clothes and daily food. 16 If one of you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it? 17 In the same way, faith by itself, if it is not accompanied by action, is dead.

雅各書 2:14-17

14 我的弟兄們，若有人說自己有信心，卻沒有行為，有甚麼益處呢？這信心能救他麼？  
15 若是弟兄或是姐妹，赤身露體，又缺了日用的飲食；  
16 你們中間有人對他們說：「平平安安的去罷！願你們穿得暖，吃得飽」；卻不給他們身體所需要的，這有甚麼益處呢？  
17 這樣，信心若沒有行為就是死的。

It’ s hard to get away from the idea or understanding that there is ACTIVITY and EFFORT that are a part of loving God and following Jesus. 我們很難迴避愛神和跟隨耶穌的一部分是關於行為和努力的。

The habits we form and the decisions we make are like chisels that shape our life. 我們養成的習慣和我們做的決定就像鑿子一樣塑造我們的生命。

• So of course, our activity matters. 所以，當然我們的行為是非常重要的。

But it’ s dangerous if we think it matters for the wrong reason. 但是如果我們因為錯誤的原因認為行為重要，那就有危險。

Illustration: Bob’ s email 故事：鮑伯的電子郵件

I got a great email from a new friend here at B4, this week. In it, he wrote this: The tension I struggle with - and wonder what you think - is about the struggle between human striving for self-improvement and complete submission to God and allowing his Carpenter and his Contractor -the Holy Spirit- to come in and do the rebuilding. 这周，我从B4的一个新朋友那里收到了一封很棒的电子邮件。在其中，他写道：我一直在一个抗衡之中——并想知道您的想法——是关于人类追求自我完善和完全服从神并允许祂的木匠和祂的承包商，也就是圣灵，来做重建的工作；這兩者之間。

The timing couldn’ t haven’ t been any better. I quickly wrote him back and said, This is literally the tension I’ m dealing with in writing my message.

时机再好不过了。我很快给他回信说，这实际上正是我在写的这篇道要处理的张力。

“Might and Strength” as it relates to loving the Lord our God seems to really indicate that we make an effort.

“盡力愛神” 表明我们努力的重要。

I’ m a strong believer in healthy habits and how they shape us. 我堅定的相信養成健康的习惯以及它们如何塑造我们。

BUT, it’ s the motivation that matters. A hint of earning or striving for favor, rather than basking in the grace we’ ve been lavished with, taints all of our best efforts.

但重要的是動機。贏得或争取喜愛的意味，而不是沉浸在神給我們豐盛的恩典中，會玷污我们最棒的努力。

Does our effort matter? Does what we DO, matter? • Absolutely.

我们的努力重要吗？我们做什么重要吗？ 這些是绝对重要的。

Pastor Ron Mehl wrote this. He said,

Ron Mehl 牧师写道。他说，

“God’ s original intention was that His Word would be the foundation of my life, to stabilize me through life’ s many storms. Obedience to these commands of God isn’ t like insanity, where you continually do the same thing and never get any results. Faithful obedience to God is the very pathway to the richest life you can possibly live.”

- Pastor Ron Mehl, The Ten(der) Commandments

“神的初衷是，祂的话语成为我生命的基石，以使我平穩的度过人生的许多风暴。順服於神的这些誠命并不是精神错乱，好像您不断地做同样的事情，却永远得不到结果。相反忠心順服於神是去往你可以過的最豐盛的生活的道路。” - Ron Mehl 牧师，《溫柔的十誡》

But our actions are never an attempt to earn God’ s favor, or earn his love. When we do that, it’ s called religiosity. That’ s called legalism. It’ s lifeless and dead. And it’ s what Jesus came to destroy.

但是我们的行为绝不是试图赢得神的恩宠或赢得他的爱。当我们这样做时，就變為宗教和律法主義。這些都是沒有生命的，是死的。而且這些事是耶穌來要摧毀的。

The greatest proclamation of the gospel over your life is that you are UNCONDITIONALLY LOVED.

福音在你生命中最大的宣告是，你毫无条件地被爱着。

- Our actions matter. 我们的行动很重要。
- And everything we do, with all of our Me’ od, is done our the abundance of knowing we are already loved by God, favored by God, and forgiven by God.

我们盡力（用我們的多而又多）所做的一切，都是在充分了解我们是被神愛的，被神恩寵的，被神饒恕的的基礎之上。

- So, as I have started this year, I’ ve been evaluating my habits.

The things I do. And, the things I DON' T do. I' m putting them under the microscope and I' m asking, "What does my Me' od, my effort, my power, my intensity, say about my love for God?" Am I loving God with my muchness? 因此，从今年开始，我一直在评估自己的习惯。我做的事，還有我不做的事情。我将它们放在显微镜下，然后问：“我的努力，我的力量，我的強度，我的me' od，它們說我對神的愛是如何呢？”我是用我的多而又多來愛神嗎？

- And I challenge you to do the same. Because there' s a rich life on the other side of loving obedience.

我挑战您也这样做。因为在顺服的另一邊有豐盛的生命。

### Benediction 祝禱

May you be man and women who sh' ma the Lord your God. May you love Him with all of your heart, all of your affection; may you love Him with all of your soul, all of your life; may you love Him and May you love Him with your muchness. In Jesus' name, Amen! 願你成為沙瑪（傾聽且遵循）神你的主的人。願你愛祂，用你所有的心和情感；願你愛祂，用你的靈魂和生命的一切；願你愛祂，用你的全力和全部。奉耶穌的名禱告，阿門！