

Follow: Finding New Life on Ancient Paths
Week1: Listening to Jesus
January 1, 2023
Sermon
跟隨:舊規新隨
第一週:聆聽耶穌
一月一日, 2023
佈道

Worship 敬拜

聆聽你聲音 / Hear Your Voice

詞曲:Lanny Manloby 演唱:郭曉雯

Verse

在祢同在裡 俯伏敬拜
享受在祢榮耀聖潔中
在此時此刻 敞開我心
要來聆聽祢聲音

Chorus

神祢的話語 是完全正直
光照我腳前的路
主祢的話語 塑造我的生命
我向祢獻上感恩

我要尋求祢的面

演唱者:張瑋 黃友聞

我要尋求祢的面
我要尋求祢的面
我要尋求祢的面
我要尋求祢的面

因祢恩典和祢憐憫
我們得稱為聖潔

我要住在祢同在中
生命中的每一天
注目瞻仰祢的榮美
敬拜祢我主我王

祢的同在使我敬畏
誰能站在祢面前

Message 訊息

- Hey everyone and Happy New Year. 嗨，大家好，新年快樂！
- So many of us want to live lives of meaning. 我們很多人都想過有意義的生活。
 - Lives of purpose. 有目的的生活。
 - We want experiences that are rich and deep. 我們想要豐富和深刻的體驗。

- And yet most of us seem to skim across the surface of life's existence. 然而，我們很多人似乎都掠過生命存在的表面。
- Even for people who follow Jesus, the routines and rhythms of this chaotic world we live in make it difficult for us to actually experience what we believe is available to us. 即使是那些跟隨耶穌的人，我們所生活的這個混亂世界的慣性和節奏也讓我們很難真正體驗到我們認為可以得到的東西。
 - It's like we believe it's there, but we don't how to experience it. 就好像我們相信它就在這裡，但是我們不知道如何去經歷它。
 - How do we bridge the gap between how we want to live, and how we actually live? 我們如何彌補我們想要的生活方式和我們實際的生活方式之間的差距？
 - What does it look like to live life as person who really knows Jesus? 真正認識耶穌的人他們過什麼樣的生活？
 - How do I become aware of what God is doing in the world? 我如何知道神在這個世界上所做的事？
 - What does it look like to become what Jesus calls 'the new creation'? 成為耶穌所說的‘新生命’是什麼樣的？
 - How do live out the gospel in our every day life? 怎樣才能在我們每天的生活中活出福音？
- Mark Scandrette says, 馬克·斯坎德萊特說,
- **“If Jesus of Nazareth demonstrated and taught a revolutionary way of love that is actually possible, alive with healing and hope, then we need a path for experiencing that revolution in the details of our daily lives”. - Mark Scandrette** “如果拿撒勒的耶穌證明並教導這種變革式的愛是實際可行的，充滿治癒和希望，那麼我們需要在我們每天生活的細節中經歷這種變革。” - 馬克·斯坎德萊特
 - I love that. 我喜歡那樣。
 - He says, “We need a PATH for experiencing that revolution. 他說，“我們需要一種變革式的經歷。”
 - Here's WHY I love it. 這就是為什麼我喜歡它。
 - That mirrors the exact language that Jesus used when he talked about what he was doing. 這反映了耶穌在談論他正在做的事情時所使用的語言。
 - Jesus describes himself as...THE WAY. 耶穌將自己描述成...道路。
 - When Jesus said "I am the way.. ." he used a word to define himself that is rich meaning. 當耶穌說“我就是道路.. .”他使用這個詞來定義自己，意味深長。
 - Two thousand years later, an American poet, Robert Frost, used the same metaphor in a poem

that became the defining creed among a few of his fellow citizens: 兩千年後，一位美國詩人，羅伯特·弗羅斯特，在他的詩裡使用同樣的比喻，這首詩成為他的一些同胞的信條：

- He speaks of two roads emerging, and he, he took the one less traveled by. 他談到正在出現的兩條路，他選擇了人跡罕至的那條路。
- When Jesus talked about what he was describing he used the same language. 當耶穌談到他所描述的事情時，他使用了同樣的語言。
 - Two roads. 兩條路。
 - One, wide and everyone seems to be on it. 一條，寬的，每個人都走在上面。
 - And another, Narrow and few travel there. 一條，窄的，很少有人走。
- So Jesus described himself as delivering, “A WAY.” 因此耶穌描述自己是在，“一條路。”
- Now that word seems like a simple noun designating a road that leads to a destination. 現在這個詞像是簡單的名詞，表示通往目的地的道路。
- Way is a road, a street, a path. Way是道路，街道，路徑。
 - It is formed by clearing out boulders and stumps, paving the ground with asphalt or concrete. 它是通過清除巨石和樹樁，用瀝青和混凝土鋪設而成的。
 - We put up Stop signs and "No Passing" warnings, along with directions and mileage to where you are going. 我們豎起停車標誌和“禁止超車”警示牌，沿著你要去的方向和里程。
 - It seems to be about getting somewhere. 似乎是為了到達某個地方。
 - But is that what Jesus was emphasizing? 但是這是耶穌說的重點嗎？
- The WAY seems to be at least equally referencing the means by which we get there. 這道路似乎至少同樣指的是我們到那裡去的方式。
- Not just the destination, right? WAY 並不僅僅是目的，對嗎？道路
 - The way. By foot, by bike, by car? 這個路，是步行，騎車還是開車？
 - The way. The scenic byway or the freeway? 這條路，風景優美還是高速公路？
 - It's as much HOW we do things as it is where we are going. 我們如何做事和我們要去哪裡同等重要。
- You've heard people talk about “THE AMERICAN WAY” right? 你聽過有人談論“美國方式”對嗎？
 - Well that's not a destination, is it? 這不是目的，不是嗎？
 - When Someone says, “THAT's the American Way” 當有人說，“這是美國方式。”
 - It was more about HOW something got done, than WHAT got done, right? 怎麼去

做比得到什麼更重要，對嗎？

- So whatever Jesus is describing impacts the way we do things. 所以耶穌描述的是我們做事的方式。

- the way we use our influence, 我們使用我們影響力的方式,
- the way we treat another, 我們對待他人的方式,
- the way we think 我們思考的方式,
- The way we find meaning. 我們發現意義的方式,
- The way we work. 我們工作的方式,
- The way we play. 我們玩的方式。

- We might call this “THE JESUS WAY”. 我們稱之為“耶穌的道路”。

- Here’s what’s interesting. 這是有趣的地方。

- Notice that Jesus IS the way. 注意耶穌是道路。

- The path is, HIM. 這條路是，他。

- He doesn’t say, “OH, glad you found me, see that path over there, go over there, and follow the rules and the signs, and you’ll get where you want to go. 他不會說，“哦，很高興你找到我，看那條路就在那裡，往那邊走，遵守規則和標誌，你就會到達你想去的地方。

- No, he says, I’m glad you found me. I’m the way. 不，他說，很高興你找到我，我就是道路。

- And then, he invites us to go with him. 然後，他邀請我們跟隨他。

- He invites us to go wherever he is going. 他邀請我們去他將要去的地方。

- Through all kinds of terrain and all sorts of weather. 經過各種地形和各種天氣。

- So this naturally leads to Jesus first real instruction. 所以這很自然是耶穌第一次真正的教導。

- When Jesus first began to gather people around himself, when people first started being with Jesus, it happened through an invitation. 當耶穌第一次開始把人們聚集在他的周圍，當人們第一次開始和耶穌在一起，通過邀請就發生了。

- Two simple words: FOLLOW ME 兩個簡單的詞：跟隨我。

- There is this radical announcement that Jesus makes: The kingdom of God is here. 耶穌做了一個激情鼓舞的宣告：神的國度在這裡。

- There’s a whole new way to do this thing called life and it is SO good. 這是全新的方式來過我們的生活，這太好了，

- And then he follows that up with three imperatives. 然後他提出三個命令。

- He says, Repent, Believe, and then, FOLLOW ME. 他說，悔改，相信，跟隨我。

- The first imperative, "Repent," means we make a decision to leave one way of life and set out on another. 第一個命令，“悔改”，意味著我們做決定離開一種生活方式，建立另外一種方式。

- It’s a change of mind or heart that results in a change of direction. 內心或思想的改變導致方

向的轉變。

- The second imperative, "Believe," requires a personal, trusting, relational involvement in this comprehensive reordering of what is real and true. 第二個命令，“相信”，要求一種個人的，信任的，相關聯的參與，參與對真實和真實事務的重新排序。
- And the third imperative, "Follow," gets us moving in a way of life; 第三個命令，“跟隨，”讓我們朝著這個生活方式前進。
- It isn't that complicated. 這並不複雜。
 - He literally meant, "Follow" me. 他的字面意思，“跟隨”我。
 - Like a kid who follows the leader. 就像一個跟隨領導的孩子。
 - He invited us to follow him. 他邀請我們跟隨他。
 - To be WITH him. 和他在一起。
 - And to DO what he did. 做他做的事情。
- To follow Jesus implies that we enter into a way of life that is given character, and shape, and direction, by the one who calls us. 跟隨耶穌意味著我們進入一種生活方式，這種生活方式是由呼召我們的人賦予的特徵，形狀，和方向。
- To follow Jesus means picking up rhythms and ways of doing things that are formed by the influence of Jesus. 跟隨耶穌意味著採用受耶穌影響的節奏和做事方式。
- To follow Jesus means that we can't separate what Jesus is saying from what Jesus is doing, and the way that he is doing it. 跟隨耶穌意味著我們不能將耶穌所說的和耶穌所做的，以及他做事的方式分開。
- To follow Jesus is as much, or maybe even more, about feet as it is about ears and eyes. 跟隨耶穌不僅需要耳朵和眼睛，更需要腳步。
- In other words, dream up your whole life again—because there is a new way to be human. 換句話說，夢想你的一生重新開始 - 因為這個一種新的方式來做人。
- I remember when the reality of this first hit me. 我記得當這個現實第一次直擊我的時候。
 - I mean, I thought I was a Christian. 我的意思是：當我想我是一個基督徒的時候。
 - I knew who Jesus was. 我知道耶穌是誰。
 - I even believed what some would call the "right things" about Jesus. 我甚至相信人們說的關於耶穌的“對的事情”。
 - But I wasn't really following Jesus. 但是我並沒有真的跟隨耶穌。
 - In fact, at best, I had just sort of invited Jesus along for the ride. 事實是，我最多只是邀請耶穌與我同行。
 - Like, I was doing my thing, and I thought my thing would go better if Jesus joined me in what I was doing. 也就是說，我正在做我自己的事，然後我想，如果耶穌和我一起做我正在做的事，那應該做得更好。
- After I hit a wall and started asking questions I noticed something. 在我撞牆之後，我開始就我觀察到的一些事提問題。

- Those who first heard his message began made dramatic changes in their lives based on HIS direction. 那些最初聽了他的信息的人，在他的指導之下生活發生了極大的變化。
 - They quit following THEIR direction and then went HIS direction. 他們不再按他們自己的方式而是聽從他的指導。
- When I saw that, I made some pretty radical changes. 當我看到這些，我做了一些極大的改變。
- I looked at my life and I KNEW, I can't keep going like this, and, follow, Jesus. 當我看我自己的生計，我知道，我不可能繼續這樣下去，同時跟隨耶穌。
 - I mean, I made huge changes, in where I lived, in where I went to school, in what I did, like how I found my identity...it all changed. 我的意思是，我做出了極大的改變，在方方面面，我的生活，我去上學，我做的事，就好像我找到了我的新身份...一切都改變了。
 - I wanted my life to look like his. 我想讓我的生命看起來像這樣。
- See, that is what this is all about. 看，這就是事情的全部。
- Here's what weird. 這是看起來奇怪的地方。
- Today there are millions of people on this earth who call themselves followers of Jesus but their lives look nothing like his. 今天，世界上有數百萬的人稱他們是耶穌的跟隨者，但是，他們的生命卻看不出這樣。
- When we were kids this was a lot easier. 當我們是孩童時，這容易很多。
- When we were kids and we played follow the leader. 當我們是孩童時，我們玩跟隨領袖的遊戲。
- It's easy right? 這很容易，是吧？
 - The leader pat's his head, you pat your head 領袖拍一下他的頭，你也跟著拍一下你的頭。
 - The leader climbs this fence, you climb this fence. 領袖爬圍牆，你也跟著爬圍牆。
 - The leader goes under that log, then, you go under that log. 領袖爬到木樁下，你也跟著爬到木樁下。
- In the church we've done this weird thing where we say, "Well the rules to following Jesus are different than the rules for following the leader." 在教會，我們做奇怪的事，在我們說，“跟隨耶穌和跟隨領袖的方法是不一樣的。”
 - Like We don't actually have to do what he does. 好像我們其實並不需要做他在做的事。
 - We just do it in our heart. 我們只是在心裡做就行了。
 - It doesn't really make any sense. 這不合情理。
 - I mean imagine a kid in a hammock playing Follow the Leader and going, "I'm climbing that fence over there in my heart." 我的意思是，想像一下，一個孩子在玩跟隨領袖的遊戲的時候說，“我在我心裡爬了圍牆。”
 - It doesn't make sense. 這不合情理。
 - Like imagine him saying, "I memorized you climbing the fence." 就像想像他說，“我在記住你爬了圍牆。”
 - Or, "I looked up the greek word for Climb and did a word study on what it really means." 或者，“我查了希臘文關於爬這個字，學習了這個字的意思。”

- Or, “I’m going to have a few friends over and we’re going to talk about what it would be like to climb a fence.” 或者, “我會有幾個朋友過來, 我們會一起談一下什麼才是爬圍牆。”

- You can do all that stuff and never follow the leader. 你可以做這一切, 卻不跟隨領袖。

- And I’m pretty sure that this is what Jesus was getting at in Luke 6. 我很確定這就是耶穌在《路加福音》第六章講到的。

- In Luke 6 he says, “Why do you call me Lord and not do what I tell you to do?” 在《路加福音》第六章, 他說, “為什麼你們尊我為主, 卻不按照我告訴你們的去做?”

- Or, In Matthew 7, he says, “If you want to experience this WAY, you have to do what I SAY.” 或者, 在《馬太福音》第七章, 他說, “如果你們要經歷這些, 你就要按我說的去做。”

- He says it's pretty simple. 他說這很簡單。
- When I say follow me, you follow me. 當我說跟隨我, 你就跟隨我。
- You do what I do. 你做我所做的。

- That brings us to the whole point behind this series. 這讓我們看到了這一系列的主題。

- For centuries people have engaged in practices or habits that actually allow them live out the way of Jesus. 數世紀以來, 人們操練並熟悉什麼才是活出耶穌的方式。

- And this series is about helping you discover them. 這個系列就是來幫助你發現他們。

- We’re going to be talking about how to live spiritually formed lives. 我們將要談到怎樣才能過屬靈的生活。

- And that begins with Listening. 這起始於傾聽。

- I want you to do me a favor. 我想請你幫個忙。

- Imagine someone placing a blindfold over your eyes. 想像一下有人用布蒙住了你的眼睛。

- Everything is dark. 一切都黑暗了。

- Now. 現在。

- This isn’t that big of a deal when you just stand still. 如果你站著不動, 這不是什麼難事。

- But now imagine that the same person tells you that you’re going somewhere. 但是想像一下, 那人讓你去個地方。

- And that the way you’re going to get where you’re going is by listening to the sound of their voice. 你只能通過聽他們的聲音去那個地方。

- So now, how you’ll avoid obstacles, how you’ll know what turns to make, or what steps to take, will be dependent on your ability to hear, their, voice. 所以現在, 你怎樣才能躲避障礙, 你怎樣才知道該何處轉彎, 哪裡有台階, 這都要憑藉你聽他們聲音的能力。

- In a way, this is what it’s like following Jesus, today. 同樣的, 這也是今天我們怎樣跟隨耶穌的方式。

- When we look back at the first followers of Jesus, they had, what seemed to be, a significant advantage over those of us trying to follow him today. 當我們回頭看那些耶穌最早的跟隨者時，他們比今天的我們有一個很大的優勢。
 - They were able to be in his visible, physical, presence. 他們可以親身看到，經歷他的同在。
 - They were able to watch him, to listen to his audible voice, to witness his example, and see how he did things. 他們可以看著他，聽他的聲音，目睹他的見證，看他怎樣做事情。
- But what about us? 但是我們怎麼辦？
 - Jesus is never going to take our hand and pull us in his direction. 耶穌不會抓著我們的手給我們指引。
 - We can't actually see where he's headed. 我們不能真的看到他在往哪裡走。
 - The only way we'll get where he wants us to go is for us to listen, to his voice. 唯一的辦法我們可以走到他要我們去的地方是我們聽他的聲音。
 - Blindfolded. 雙眼被蒙的。
- Except we're not blindfolded in a quiet room where his voice is the only sound. 除了我們被蒙住雙眼不是在一間安靜的屋裡，他的聲音是唯一的聲音。
- The world we live in is more like a stadium, full of people and noise. 我們生活的世界好像一個體育館，充滿了人和聲音。
- See, the world we live in complicates things. 看，我們生活的世界是複雜的。
 - First, it's so physical and rooted in what we can see or touch that we lean heavily on those senses. 首先，這是一個我們通過視覺和觸覺來感受的地方。
 - And then, there are so many noises, so many distractions, so many voices. 其次，這裡有這麼多噪聲，這麼多讓人分心的聲音。
 - It's not as if Jesus is the only one talking; 不是只有耶穌一個人在說話。
 - The only one giving us direction. 不是只有他給我們指引。
 - Every day there are hundreds of voices telling us where we should go, what we should do, how we should live, what we should drive, the way we should dress, the decisions we should make, the priorities we should have, the values we should live by, the way we'll find happiness. 每天，有上百的聲音在告訴我們我們該去哪兒，我們該幹什麼，我們該怎樣生活，我們開什麼車，穿什麼衣服，做什麼決定，什麼更重要，活著的價值觀，怎樣找到幸福。
 - See, we're not blindfolded in a quiet room. 看，我們不是在一間安靜的屋裡面被蒙住眼睛。
 - We're blindfolded in a stadium full of people. screaming. 我們是在充滿人和尖叫的體育場裡被蒙住眼睛。
 - And somewhere, somehow, in the middle of all of THAT, we're supposed to follow someone we can't see? Or touch? 在這其中，無論如何，我們需要跟隨一個我們不能看見，也觸摸不到的人。
- So how do we hear the voice of Jesus amidst the chaos and confusion of the world that we live in?
 - How do we listen for him? 所以，我們怎樣才可以在我們生活的這個世界的一片嘈雜和混亂之

中聽到耶穌的聲音？

- How do we get direction for our lives? 我們怎樣才可以為我們的生活找到方向？
- If you imagine, right now, Jesus saying to you, “Follow me. Listen to me.” 如果你想像，就在現在，耶穌對你說，“跟隨我，聽從我。”
- You’d probably say, “I’d love to, but how?” 你也許會說，“我想這樣，但是，怎麼才能做到呢？”
- Here’s what’s interesting about those first followers of Jesus. 這是關於耶穌的最早的兩位跟隨者有趣的事。
 - It wasn’t long until they were in the same situation that we find ourselves in today. 很快他們就處在我們今天也常處在的景況中。
 - Jesus put the blindfolds on. 耶穌把蒙眼布給他們戴上。
 - We read about it at the beginning of the book of Acts. 我們在使徒行傳的最開始讀到這個故事。
 - Jesus gathers his disciples together; gives them a few words of instruction; and then he ascends into heaven. 耶穌召聚他的門徒，給了他們指示，然後就升天了。
 - Like, he’s been telling them to follow him, and they did. 就像，耶穌一直告訴他們來跟隨他，而他們也這樣做了。
 - Everywhere he went, they went. 耶穌所到之處，他們都去了。
 - But now, he makes this a physical impossibility. 但是現在，耶穌把這變為一件在物理上無法實現的事。
 - He says follow me, and then exists stage left. 他說跟隨我，然後他從台上離開了。
 - So what did they do? 那他們怎麼做呢？
 - How did they FOLLOW Jesus in the days that followed? 他們如何在接下來的年日跟隨耶穌？
 - It turns out that they did what people who had been listening to God had already been doing for centuries. 他們做了數世紀以來在聽神的聲音的人們一直在做的。
 - They meditated, and they meditated on scripture. 他們默想，默想經文。
 - The Hebrew writers of the Old Testament used two different words to convey this idea of meditation, and together, they are used some fifty-eight times. 舊約的希伯來語的作者們用兩個詞來表達默想的觀念，它們一共出現了58次之多。
 - The first one is hagah. 第一個詞是hagah哈加。
 - The second is siyach 第二個詞是siyach賽亞克。
 - They mean to ponder, to consider, to listen intently, to reflect, to ruminate. 它們的意思是來思想，考慮，用心的聽，反思，細細咀嚼。
 - All on God’s word, or works, or deeds. 一切神的話語，工作，或是行為。

- It's this idea that we focus on who God is and what he's said, and what he's done, and we let that sink deeply into our hearts so that it changes us. 就是我們聚焦在神的所是，祂所說的，和祂所做的。我們讓這一切深深的進入我們的心，使得他們改變我們。
 - Hagah, Siyach, on God. 哈加、賽亞克，對著神
- The psalmist says, "Oh how I love the law, it is my meditation all the day." 詩篇的作者說，
“我何等愛慕你的律法，終日不住地思想。”
- I think of you upon my bed, and meditate on you in the watches of the night. 我的眼睛甦醒
…使我能夠默想你的應許。
- My eyes are awake...that I may meditate upon your promise. 我在床前思想你…在也的深處
默想你。
- We read of Issac, and Eli, and Samuel, and David, and Isaiah, and Jeremiah; they ALL
Hagah'd the word of God. 我們讀以撒，以利，和撒母爾，還有大衛，以賽亞，和耶利米；他們
都哈加神的話語。
 - They all meditated on God's word. 我們都默想神的話語。
- The early Christian church is described in a very particular way. 初期的基督教會是以一種特別的方式被描述。
 - Their activity is spelled out in explicit detail in Acts 2. 他們的活動在使徒行傳第二章中被描述。
 - There, in the first days following the physical departure of Jesus, it says: 那裡，在耶穌升天離開後的最初的幾天，使徒行傳這樣說：

Acts 2:42

42 And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.

使徒行傳 2:42

42 都恆心遵守使徒的教訓，彼此交接，擘餅，祈禱。

- They DEVOTED themselves to apostles teaching. 他們恆心遵守使徒的教訓。
- Why? 為什麼？
 - So they could listen to, and follow, Jesus. 使得它們可以聽和跟隨耶穌。
- Thomas á Kempis described this practice as growing into a 'familiar friendship with Jesus.' 托馬斯·肯皮斯 (Thomas á Kempis) 將這種做法描述為“與耶穌建立了一種熟悉的友誼”。
- When Dietrich Bonhoeffer was asked why he mediated, he replied, "Because I am a Christian." 當有人問迪特里希·邦霍華 (Dietrich Bonhoeffer) 為什麼要默想時，他回答說：“因為我是基督徒。”
- So, what are we talking about, exactly? 所以，他們究竟是在說什麼呢？

- Richard Foster says that when we meditate on scripture, “We create the emotional and spiritual space which allows Christ to construct an inner sanctuary in the heart.” 理查德·福斯特 (Richard Foster) 說，當我們默想經文時，“我們創造了情感和精神的空間，讓基督能夠在心中建造一個內在的聖所。”
 - We’re leaning in, and listening, to God. 我們親近，並聆聽神。
 - We’re allowing him to speak to our hearts. 我們允許祂對我們的心說話。
 - To address our concerns. 來解決我們的顧慮。
 - To answer our question. 回答我們的問題。
 - We’re creating space for him to move in our lives. 我們創造空間使神可以工作在我們的生活中。
- Christians throughout the centuries have spoken of a variety of ways of listening to God; of communicating with our creator. 幾個世紀以來，基督徒都談到了多種聆聽上帝的方式；與我們的創造者溝通。
 - The first among them is meditating on scripture. 其中第一個就是默想經文。
- Now, it’s important to know that we’re not talking about simply studying scripture; that’s an entirely different discipline. 這裡很重要需要指出來的是，我們並不是說簡單的研習經文，那是另一個完全不同的訓練。
 - We’re talking about something more personal; something more intimate. 我們在談論是一些更私人的事情；更親密的東西。
 - Meditation on Scripture centers on internalizing and personalizing what you’ve just read. 默想經文是以內化和個人化你剛剛閱讀的內容為中心。
 - It’s not the time for analysis and technical studies. 並不是技術上來分析和研究經文。
 - It’s leaning into the text to simply hear from God. 進入經文單單是為了要聽到神的聲音。
- For example, there’s this moment in the book of John, John 14 to be exact, where Jesus says,
 - “My peace I give to you.” 比如說，在約翰福音中，準確地說是約翰福音第4章，耶穌說，“我將我的平安賜給你。”
- We’re not studying what he said, as much as we are entering into what he promised. 我們不是在研究他所說的話，而是在進入他的應許。
 - We’re not asking, “What KIND of peace was Jesus referring to and where else is that word used?” 我們不是在問，“耶穌指的是什麼和平，這個詞還用在什麼地方？”
 - We’re not diving into what he really meant by saying he ‘gives’ it to us. 我們並沒有深入了解他說他“給”我們的真正意思。
 - We simply want to experience the reality of what he is saying. 我們只是想體驗他所說的話的真實性。
- Our hearts, our minds, our spirit are awakened to, and then transformed by his

peace. 我們的心、我們的思想、我們的靈被他的平安喚醒，然後被他的平安改變。

- Right now. In this moment. I. Can. Have, experience, feel, P E A C E. 現在此時。我能擁有，經歷，感受，平安。

The Practice: Lectio Divina 實踐：Lectio Divina 聖言誦讀

- What I'm describing is something that has been done by Jesus followers for centuries. 我所描述的是幾個世紀以來耶穌追隨者所做的事情。
- And eventually it came to be called, "Lectio Divina". 最終它被稱為"Lectio Divina"神聖的閱讀。
 - Or Literally "Divine Reading" 神聖的誦讀
- In the third century, one of the early church fathers, Origen described a way of approaching Scripture with expectation of hearing from God. 在公元三世紀，一位早期教會的教父，奧利根描述了一種帶著聽到從神而來的聲音的期待來讀聖經的方式。
 - He talked about meeting God IN THE SCRIPTURES. 他談到在聖經中遇見神。
 - And then, this practice became more wide spread when the desert fathers and mothers made the Word of God the basis for their prayer lives. 然後，當居住在沙漠地帶的父親母親們將神的話語作為他們禱告生活的基礎時，這種做法變得更加廣為流傳。
 - And now, centuries later, the lectio divina continues to be a life-giving practice that draws us into an intimacy with God that leads to real transformation. 現在，幾個世紀過去了，聖言誦讀仍然是一種賦予生命的操練，它將我們帶入與神的親密關係，從而導致真正的轉變。
- So, there are times when my relationship with Jesus, just like any other relationship, goes stale. 所以，有時我與耶穌的關係，就像任何其他關係一樣，可能會變得陳舊。
 - It just gets flat. 沒有生機。
 - And a few days go by, and I'm kind of wondering, 'what's the deal? Where the life? Where's the vibrancy?' 幾天前，我在想，“怎麼回事？生命到哪裡去了？活力到那裡去了？”
- And you know what I come to realize time and time again in those moments - usually when I feel that way, it's because I've stopped listening. 你知道我在那些時刻一次又一次地意識到什麼——通常當我有這種感覺時，那是因為我已經停止傾聽了。
 - I got busy. 我很忙。
 - I got distracted. 我分心了。
 - And I stopped listening. 我停止了聆聽。
 - It's like plugged my ears. 就好像耳朵被塞住。
 - And now, blindfolded and unable to hear, I find myself stumbling around. 而現在，我被蒙住眼睛，聽不見聲音，發現自己跌跌撞撞。
 - Tripping over the furniture of life and making wrong turns I later regret. 被人生中的家具絆倒，走錯了彎，我後來後悔了。

- But then I come back. 但是我又回來。
- And do you know what I've discovered? 你知道我發現了什麼嗎？
 - Time and time again, I've discovered that all it takes is for me, to sit down, open his word, and listen. 一次次的, 我發現唯一需要的就只是我坐下來, 打開祂的話語, 來聆聽。
- And he speaks. 祂說話。
 - Life. 生命。
 - Peace. 平安。
 - Purpose. 意義。
- And it doesn't take long for the joy to return. 用不了多久喜樂就回來了。
- So what does this really look like? 那麼這看起來像什麼？
- I want to do something different. I want to walk through the lectio divina practice, with you. 我想有點不同。我想和你瀏覽一遍聖言誦禱的經過。
 - The way I do it. 我的做法。
- The practice consists of five distinct movements, but none of them take very long. 聖言誦禱包括五個不同的篇章。但每一個都不是很長。
 - 1) Preparing to meet with God (silencio) 1) 預備和神相遇
 - I usually turn off the devices or hide them from view. 我通常關掉手機或者藏到一邊。
 - I sit some place quiet and I just take about minute to sit in silence. 我會坐在安靜的地方, 靜靜的坐一分鐘。
 - I quiet my mind. 讓我的心思平靜下來。
 - And then I just ask God to speak. 然後我請求神說話。
 - Next is the... 下一步...
 - 2) Reading (lectio) 2) 細讀(誦讀)
 - I now read a short passage slowly and carefully. Never a huge chunk. 我開始緩慢地仔細地讀一小段。不要讀太多。
 - And I just Take my time. 慢慢讀。
 - As I move through the text, I pay close attention to what words and ideas draw my attention in unique ways. 當我讀過字裡行間, 仔細注意什麼字和想法特別地引起我的注意。
 - When my focus is drawn to a particular word or thought, I pause to reflect on them with specificity. 當我的注意力放在一個特別的詞或思想, 我停下來思考其特殊性。
 - Sometimes I write that out in my journal. 有時我會寫在我的記事本上。
 - Then, I move to 然後, 我進行到
 - 3) Reflection (meditatio) 3) 反思(靜思)

- I return to the beginning and read again. 我返回一開始再讀一遍。
- On my second journey through the text, I allow the text to connect with me personally. 在我第二遍細讀這一段文字時，我允許這文字成為我自己的。
- Which words or phrases assume a particular resonance with my heart, my season of life, my person in this moment. 哪些詞語或短句和我的心，我的生命季節，我此時此刻的人產生了特別的共鳴。
- I ask questions like: 我問這樣的問題：
 - What do I need to know, or be, or do in light of the text? 根据经文，我需要知道什麼、成為什麼或做什麼？
 - What does this mean for my life today? 這對我今天的生活意味著什麼？
- Next, I take time to: 下面，我用時間在：
- 4) Response (oratio) 4) 回應（祈禱）
 - Personally, I choose to write this part out. It helps me focus and, it helps me really think about what I've just heard. 我個人喜歡寫下來，這樣幫助我集中，專心思考我剛聽到的東西。
 - Sometimes it's a few sentences, and sometimes it's a few pages. 有時只是幾句話，有時有幾頁紙。
 - The idea is that I simply respond back to God like anyone would after being spoken to. 這意圖只是來回應和我說話的神，如同其他人一樣。
 - Finally, I.. 最後，我…
- 5) Rest (contemplatio) 5) 安歇（沈思）
 - I pause to sit in God's presence before fleeing from the moment. 在退開之前我逗留一會兒在神的同在中。
 - I might express wonder, awe, gratitude, or praise through words, or I just allow myself to feel and experience these things quietly before God. 我可能感到神奇，驚嘆，感恩，或出聲讚美，或者我僅僅讓我在神面前感受經歷所有這些。
- It's amazing how vital this has become in my relationship with Jesus and how frequently, I actually experience him speaking into my life. 奇妙的是這時刻在我和耶穌的關係中多麼重要啊，而且常常地我真實經歷祂在我的生命中說話。
- In fact, just the other day, I started the day off on the wrong foot. 事實上，有一天，一開始我就不順。
 - First, it was a Monday. (Need I say more.) 首先，那是一個星期一（需要我多說什麼！）
 - I didn't get a great night's sleep. 我前一晚睡眠不好。
 - My mind was racing with all the things that were on my agenda. 我腦海裡都是我的日程表上

要做的事情。

- I went downstairs and the condition of our house after a busy weekend was not good, and I knew I needed to address it. 我走下樓，一個繁忙週末之後的房間看起來不是太好，我知道我需要整理。
 - So was grumpily cleaning. 所以我情緒不滿地清潔起來。
- As I left for work I spilled coffee in my seat. 當我準備上班時我把咖啡撒在座子上。
- And on the way to the office I could feel my blood pressure rising. 走在去辦公室的路我能感覺到我的血壓上升。
- Fortunately, no one was around when I arrived, because I was in a mood. 慶幸的是，我到辦公室時沒有人在左右，因為我的情緒糟糕。
- I tore into organizing my week, and firing off emails. 我著手整理我一週的日程安排，一個接一個發送電子郵件。
- My mind and emotions were in a bad way, and in the back of my mind I KNEW, that of all days, this was NOT the day to skip the lectio. 我的頭腦和情緒一團糟，而我腦海深處我知道，不論什麼日子，今天不是錯過誦讀的日子。
- After a couple of hours like this, I realized I had a few minutes in my schedule, and I needed to carve out this time. 兩個小時之後，我意識到我的安排中有一些空閒，而我需要把這時間留出來。
- I opened my bible and journal and I darn near dared Jesus to speak to me, or change my mood. 我打開了我的聖經和筆記本，我幾乎不敢保證耶穌會和我說話，或改變我的心情。
- Within minutes I was reading a verse that was EXACTLY what I needed to hear... and began to work through this process. 幾分鐘後，我讀到一句話正是我需要聽到的…我開始按部就班展開誦讀程序。
- And within a few more minutes, I literally sensed something shifting inside me. 又過幾分鐘後，我真的感覺到內心的變化。
 - Which shouldn't be that surprising...because I was LISTENING to JESUS. 其實不應該那麼驚奇…因為我在聆聽耶穌。
- And that's what this is all about. 這就是這個聖言禱讀的目的。
- So as you begin this year I want to encourage you to lean into this practice. 所以在你開始這新一年時我願勸勉你漸漸開始這樣實踐。
- We've have a variety of journals and guides available in our commons to help you on your way. 我們在前庭大堂有各種筆記本和指導提供，幫助你開始。
 - Or should I say, along the Jesus way. 或者我應該說，開始耶穌之路。

Benediction 祝禱

- So...MAY YOU... be men and women who learn to listen. 那麼，願弟兄姊妹…成為學會聆聽的信徒。
 - May you hear his voice. 願你聽到祂的聲音。

- And May you have the courage to live the way he shows you. 願你有勇氣活出祂指給
你的人生路。