

The Way of Interdependence Alex Lessler

相依之道
亞歷克斯 萊斯勒 牧师

Worship: 敬拜

We Praise You 我們讚美你

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Verse 1:
让赞美成为使敌人退缩的武器
让赞美成为胜过那担忧的武器
Let it rise, let praise arise

万物高声呼求 我赞美祢

Interlude:
Oh we praise You

Verse 2:
黑暗因高唱耶稣圣名都变光明
全心献上赞美宣告主祢的胜利
Let it rise, let praise arise

Verse 3:
让信心成为那胜过巨浪的声音
让信心成为那平息风暴的声音
Let it rise, let faith arise

Chorus:
祢将使城墙都倒塌
所有巨人倒下
恐惧已不在 当我赞美祢
全能的神 与我同行
永远高举祢名

Bridge:
这是全新的生命
这是自由的气息
这是天堂的声音
We praise You, we praise You

What a Beautiful Name 何等榮美的名

詞曲 Ben Fielding & Brooke Ligertwood

中譯詞 / Ewen Chow, James Liew, Victor Xue, Renee Deng, Grace Ho, Katy Chiu,
Kenelm Chan & Daniel Chieng

祢就是太初神的道
至高主與神同在
在造物中隱藏祢榮耀
今顯明在基督裡

這是何等榮美的名
這是何等榮美的名
我王耶穌基督聖名

這是何等榮美的名

無一事物相比
這是何等榮美的名
耶穌的聖名

祢無所匹敵 祢無人相比
耶穌掌權直到永遠
國度屬於祢 榮耀屬於祢
超乎一切我主聖名

為了與我們同享天堂
祢帶著天國降臨
我罪雖重 但祢愛更深
我們永遠不分離

這是何等大能的名
這是何等大能的名
我王耶穌基督聖名

死困不住祢 幔子已挪去
罪和陰間屈服於祢
與天堂歡慶 祢榮耀顯明
死裡復活祢得勝利

這是何等大能的名
無一事物相比

這是何等大能的名
耶穌的聖名

房角石 Cornerstone

詞曲: Edward Mote, Eric Liljero, Jonas Myrin and Reuben Morgan

我的盼望 在基督裡
因祂寶血 我今稱義
我不信靠 世界虛言
全心仰望 耶穌聖名

黑夜來臨 遮蔽榮面
安息在主 恩典不變
每次經歷 狂風暴雨
我避難所 在主裡面
我避難所 在主裡面

基督是 房角石
祢愛裡 得剛強
風雨中 祂是主
祂是主

號角響起 主要再來
願被尋見 在祂裡面
我居住在 主的公義
能站立在 祂寶座前

Announcements: 公告

Acknowledgment of world events: Ministers of Reconciliation- to God and to each other.
世界大事承認: 和解的傳道人 - 對神和對彼此

+ Black History Month Beginning // For Racial Reconciliation | This Wednesday
@ 6:30pm, designed space for conversation, hearing stories, etc. [unity w/
diversity] 黑人歷史週開始//為種族的和好 |本週三晚上6:30, 為談話和聽故事設
計的空間 [合一與多元化]

+ February Monthly | handed out today, be sure to check out all the things happening. Also, if you haven't yet, be sure to subscribe because on Feb. 1 you will receive an email with all things happening, plus a video from Pastor Brad from the field for our For The City Initiative 二月月刊 | 今天開始分發, 請檢查所有在進行的事情。如果你沒有訂閱, 請務必訂閱, 因為2月1日你將會受到電子郵件, 包括所有的事情, 以及布拉德牧師為我們的城市倡議從現場拍攝的視頻。

Message 主日信息

Intro: Interconnected to Interdependent 簡介: 從彼此聯繫到彼此依賴

[The Dec 27th Beach Trip and my sudden awareness of how interconnected we all are.](#)

[12月27日的海灘之旅使我突然意識到我們所有人之間的聯繫。](#)

Interconnected... It is inevitable. 相互聯繫...這是不可避免的。

Interdependence is the healthiest way in which we relate to one another in our connectedness. 相互依賴是我們彼此關聯最健康的方式。

Interdependence: Two people involved in each other's lives in a meaningful way, with mutual dependence that requires vulnerability, trust, and a common sharing of each other's lives. It takes work, sacrifice, and the grace and love of God to flow into you, through you, and to one another. It's hard, and it is good. 相互依賴: 兩個人以有意義的方式參與彼此的生活, 相互依賴需要敞開、信任和彼此分享生活。它需要努力、犧牲和神的恩典和愛流入你的內心, 通過你, 進入彼此。這很難的, 也很好的。

In this series, we are talking about ancient pathways that shape and form you into the kind of person you were created to be, someone who walks in step with God, shaped and formed by him daily. The result is someone who is becoming like Jesus. These are not new ideas but have been around for a long time (hence, ancient pathways). 在這個系列中, 我們談論的是古老的道路, 它將你塑造成你被造時的樣子。一個跟隨神的人, 每天都被神塑造和形成, 結果是這個人成為像耶穌一樣的人。這些不是新的想法, 而是存在

很久遠了(因此, 是古老的道路)。

Transition: What's more ancient than the very beginning of human history? We'll turn there first to look at where this ancient pathway comes from and why it's essential, and then we'll look at how to walk it together and what happens when we do. 過渡: 有什麼比人類歷史的開端更古老呢? 我們首先看看這條古老的道路從何而來, 為什麼它是必不可少, 然後我們將看看如何一起走以及當我們這麼做的時候會發生什麼。

Genesis 1 in your Bibles. 聖經中創世紀第1章

MVMT 1: Created for Interdependence 場景1: 為彼此依賴而生

1 In the beginning God created the heavens and the earth. **2** Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. -Genesis 1:1-2

1 起初, 神創造天地。**2** 地是空虛混沌, 淵面黑暗; 神的靈運行在水面上。-創世紀1:1-2

In what we know as the beginning, there was Chaos and Darkness. BUT THEN God speaks... 眾所周知, 在起初, 是混沌和黑暗的。但是, 然後神說話了...

And... 然後...

The light extinguishes darkness. 光明照亮了黑暗。

Chaos is replaced by order, purpose, and meaning. 混沌被秩序、目的和意義所代替。

A world once void of life is now teeming with hope and possibility. 曾經沒有生命的世界現在充滿了希望和可能性。

This is the first thing we learn about God in the Bible. 這是我們從聖經裡學到的關於神的第一件事。

And here is the Good News... 這是一個好消息...

Are you ready? 你準備好了嗎?

He is still in the business of putting broken things back together again. 祂一直在忙於把破碎的東西重新恢復在一起的工作。

That is, after all, the story of God- putting broken creation, broken people, back together again. As he intended? 這就是神把破碎的創造物、破碎的人重新恢復在一起。像祂原本計畫的那樣?

How did he intend? 祂的計畫是什麼？

This is important: Why? 這很重要：為什麼？

Boat: There's a boat that has sat in a front yard I pass on my way home... It's been there for the last couple of years. It will never live up to its potential in the front yard. That's not what it was created for. 船：在我回家的路上經過一個前院停著一艘船...過去幾年一直在那裏。它從來沒有在前院發揮它的潛能。這不是它的創建目的。

Fridge: I could use my refrigerator as a paperweight, which could function quite effectively in holding paper to the floor. But the refrigerator was designed for SO MUCH MORE. 冰箱：我可以將我的冰箱用作鎮紙物，它可以有效地將紙固定在地板上。但是冰箱設計的目的不止於此。

Human was God's creation. As such, he has an intention. Let's check it out. At the apex of his creative work, he makes humanity: 人類是神創造的。因此，祂有一個目的。讓我們看看。在祂創造工作的頂點，祂創造了人類：

26 Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground."

27 So God created mankind in his own image,

in the image of God he created them;

male and female he created them.

28 God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

29 Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. **30** And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so.

31 God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. -Genesis 1:26-31

26. 神說：我們要照著我們的形像、按著我們的樣式造人，使他們管理海裡的魚、空中的鳥、地上的牲畜，和全地，並地上所爬的一切昆蟲。

27. 神就照著自己的形像造人，乃是照著他的形像造男造女。

28. 神就賜福給他們，又對他們說：要生養眾多，遍滿地面，治理這地，也要管理海裡的魚、空中的鳥，和地上各樣行動的活物。

29. 神說：看哪，我將遍地上一切結種子的菜蔬和一切樹上所結有核的果子全賜給你們作食物。

30. 至於地上的走獸和空中的飛鳥，並各樣爬在地上有生命的物，我將青草賜給他們作食物。事就這樣成了。

31. 神看著一切所造的都甚好。有晚上，有早晨，是第六日。- 創世紀 1:26-31.

- God's intention: Reflect the Image of God to the world around you. King and Queen- inhabit, cultivate, and multiply creation. He hands over his power and authority to us to live off of and to enjoy. 神的意圖：將神的形象反映給你周圍的世界。國王和王后 - 居住，培養和繁衍受造物。祂把祂的能力和權柄都交給我們，讓我們得以生活和享受。

Now where Genesis 1 gives the 5,000-foot view of creation, Genesis 2 gives us an up-close look at what happened on day 6- the creation of humanity. Lean in, because this is where the idea of interdependence first lands... 現在創世紀第1章給了我們5000英尺的創造視角，創世紀2章讓我們近距離看到第6天發生的事情--人類的創造。仔細來看，因為這是相互依賴的理念首次發生的地方...

15 The Lord God took the man and put him in the Garden of Eden to work it and take care of it. **16** And the Lord God commanded the man, "You are free to eat from any tree in the garden; **17** but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die." **15** 耶和華神將那人安置在伊甸園，使他修理看守。**16** 耶和華神吩咐他說，園中各樣樹上的果子，你可以隨意吃**17** 只是分別善

恶树上的果子，你不可吃，因为你吃的日子必定死。

18 The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." **18** 耶和华神说，那人独居不好，我要为他造一个配偶帮助他。

19 Now the Lord God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. **20** So the man gave names to all the livestock, the birds in the sky and all the wild animals. **19** 耶和华神用土所造成的野地各样走兽，和空中各样飞鸟，都带到那人面前看他叫甚么。那人怎样叫各样的活物，那就是他的名字。**20** 那人便给一切牲畜，和空中飞鸟，野地走兽都起了名。只是那人没有遇见配偶帮助他。

Humor: Imagine the scene... Adam is presented with all the animals. Must have had a cup of coffee in his hand because it couldn't be the Garden of Delight without one. Creative juices flowing... Zebra, hippopotamus, rhinoceros... must of got tired... Gnat, Bat, Cat, Rat... 小幽默: 想像一下這個場景... 亞當的周圍都是動物。他需要有一杯咖啡在他的手中，否則就不像《塵世樂園》裡的場景了。想像的泉水在奔湧 ... 斑馬，河馬，犀牛...真是太多了... 飛蟲，蝙蝠，貓，老鼠...

In all seriousness, he is presented with all of the living aspects of creation, but none are the companion he is looking for. UNTIL this... 嚴肅地說，他和一切的創造出來的活物在一起，卻沒有他一直在尋找的伴侶。直到這時...

But for Adam no suitable helper was found. **21** So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. **22** Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. 只是那人没有遇见配偶帮助他。**21** 耶和华神使他沉睡，他就睡了。于是取下他的一条肋骨，又把肉合起来。**22** 耶和华神就用那人身上所取的肋骨，造成一个女人，领他到那人跟前。

23 The man said, **23**那人说，

"This is now bone of my bones 这是我骨中的骨

and flesh of my flesh; 肉中的肉；

she shall be called 'woman,' 可以称他为女人，

for she was taken out of man.” 因为他是从男人身上取出来的。

24 That is why a man leaves his father and mother and is united to his wife, and they become one flesh. 因此，人要离开父母，与妻子连合，二人成为一体。

25 Adam and his wife were both naked, and they felt no shame. -Genesis 2:15-25 当时夫妻二人，赤身露体，并不羞耻。-《創世紀》2:15-25

Adam meets Eve. He connects with another human for the first time and comes alive. And we have the first poem in human history! Because sometimes that's the only proper way to respond. 亞當遇見了夏娃。他第一次與另一個人類建立聯繫並且生活在一起。他寫了人類歷史上第一首詩！因為那時在特定場合的唯一回應方式。

I wish this were talked about more. God has always been the most pro-women activist in the universe. Get this for “traditional”... 我希望這裡能講得更多一點。神一直是全宇宙中維護女權最多的。從傳統意義上來說...

Woman- from the side of man. The Rib is to evoke imagery of side by side. Not front or behind. Together. 女人是來自男人的旁邊。肋骨可以被聯想成並排。不是前邊與後邊。而是在一起。

Suitable helper - Ezer - the word is most often used as a title for God in the Bible. It is not used here by accident. It is a warrior title. When Israel is in trouble, The Ezer God comes to their rescue. Then they are surrounded, and the Help comes from the Lord. 合適的幫助者 - Ezer - 這個詞經常在聖經中被用於作為神的稱呼。這麼用並不是偶然。這是一個勇士的稱呼。在以色列有麻煩的時候，神這個幫助者會對他們施以援救。在他們被圍困，幫助從神而來。

She comes in and helps cover his flank. Together they are better. 她來到，在他的側旁保護幫助。他們在一起變得更好。

We read “naked and unashamed” in a hyper-sexualized culture and instantly go there. And they were married and charged with multiplying over the earth... so yeah. God designed that, too! But what that symbolizes is deeper. 我們讀到“赤身露體，並不羞恥”，在一個崇尚性享受的文化裡，我們會馬上聯想到那上面。確實，他們是結婚了的，並且得了神的命令要生養眾多，遍滿全地。哦，是的，神也設計了這個。但是這其中的象徵意義卻是要深得多。

Their vulnerabilities were safe with one another: nothing hidden, and nothing to be ashamed of from each other. 他們每一個人的脆弱面都從另一個人那裡得到保護，沒有什麼需要隱藏，沒有什麼對於彼此來說是羞恥的事。

Interdependence. 相互依賴。

Why start here? 為什麼從這裡開始？

“It is funny how mortals always picture us as putting things into their minds: in reality, our best work is done by keeping things out.” ”很可笑為什麼凡人總是以為我們把事情放進他們的頭腦中，其實事實是，我們所做的最有成就的事是阻止事情進入他們的頭腦。”

— C.S. Lewis, *The Screwtape Letters*

— C.S. 路易斯, 《地獄來鴻》

That's why. Let this be in your mind. It's incredible how the truth of God changes things. 這是原因。讓我們把這個放進你的大腦，神的真理改變事物是多麼的神奇。

MVMT 2: The reality of Corrupted Human Relationships 場景2: 敗壞的人際關係的現實

Speaking of Lewis... In that same book, he writes 說到路易斯...在同一本書中，他寫道：

“He's a hedonist at heart. All those fasts and vigils and stakes and crosses are only a facade. Or only like foam on the sea shore. Out at sea, out in His sea, there is pleasure, and more pleasure. He makes no secret of it; at His right hand are 'pleasures for evermore... He has filled His world full of pleasures. There are things for humans to do all day long without His minding in the least—sleeping, washing, eating, drinking, making love, playing, praying, working. Everything has to be twisted before it's any use to us. We fight under cruel disadvantages. Nothing is naturally on our side.”

—C.S. Lewis, *The Screwtape Letters* (New York: Macmillan, 1950), 112-113.
“祂本質上是一個享樂主義者。所有那些禁食、守夜、木樁和十字架都只是表面現象。或者

只像海灘上的泡沫。在海上，在祂的海裡，有快樂，還有更多的快樂。祂毫不掩飾。在祂的右手是“永遠的福樂.....祂使祂的世界充滿了快樂。人類整天都可以做一些事情，對他絲毫不介意——睡覺、洗澡、吃飯、喝水、做愛、玩耍、祈禱，工作。一切都必須被扭曲才能對我們有用。我們在殘酷的劣勢下戰鬥。沒有什麼是自然地就站在我們這邊的。”

-C S·路易斯,《地獄來鴻》(紐約:麥克米倫出版社, 1950年), 112-113。

Sin is the twisting of God's good creation. 罪是對神美好創造的扭曲。

It is a corrupted good. 它破壞了美好。

Interdependence is God's design. 相互依存是出於神的設計。

Sin corrupts our relationships. 罪破壞了我們的關係。

If you read Genesis 3, you will see the disaster of sin. 如果你讀過《創世紀》第三章，你會看到罪的破壞性。

It fractures the dependent relationship humans have with God. 它破壞了人對神的依賴關係。

It fractures and frustrates the interdependent relationship we were to enjoy with each other. 它破壞了人與人之間的相互依賴關係。

Sin is an equal opportunity corruptor. 罪的破壞性在各方面都不放過。

Sin is the corruption of the human heart. And Sin is 100% transmissible from one generation to the next. 罪是破壞了人的心靈。罪也是100%可以從一代傳到下一代的。

What are we to do? Nothing. We cannot get rid of it ourselves. It affects us and all of those around us. 我們可以做什麼？沒有什麼可以做的。我們不能除掉我們自己。它影響我們以及我們周圍的一切。

We cannot dig ourselves out of the hole we are in. 我們不能洞裡面把我們自己挖出洞來。

But Jesus... 但是耶穌...

God enters our story in Jesus. Jesus came and took the consequence of the sin on himself. He is the only antidote. 神在耶穌裡進入我們的生活。耶穌來了，用他自己承擔了罪的後果。他是唯一的解藥。

“ 21 God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. -2 Corinthians 5:21

哥林多後書5:21 神使那無罪的、〔無罪原文作不知罪〕替我們成為罪。好叫

我們在他裡面成為神的義。

This is the Gospel: Jesus takes the ultimate consequence of our sins so that we can live in him. This is good news! 福音是這樣：耶穌承擔了我們罪的最終後果，以便我們可以住在他裡面。這是個好消息！

You can be reconciled to God. You can experience peace and life as God intended now and one day always. 你可以與神和好。你可以在現在，總有一天體驗到和平與生命，正如神所期望的那樣。

Yet... We all have to deal with some of the symptoms of sin... in us and the world. No longer eternal, but while we are in these bodies, we must deal with the havoc sin has created. 然而.....我們都必須處理罪的一些症狀.....在我們內裡和在世界中。不再是永恆的，但當我們在我們的身體裡時，我們必須處理罪所造成的浩劫。

Adam and Eve first hid. When found, they blamed each other, God, than circumstances, then the devil. 亞當和夏娃先躲了起來。當被發現時，他們互相指責，神，然後環境，然後是魔鬼。

Personal responsibility? Out the window. 個人責任？沒有想過。

I find this so incredibly relatable. On one hand, it helps me see that I'm not alone. On the other hand, it helps me make sense of the world. 我發現這非常相關。一方面，它幫助我看到我並不孤單。另一方面，它幫助我理解這個世界。

I know deep down there's something else, something better than what we have. But I know we're broken and can't function as we should. 我知道在內心深處還有別的東西，比我們擁有的更好的東西。但我知道我們是破碎的，無法發揮出本來的能力。

It can be helpful to identify how sin affects us and prevents us from experiencing Interdependence the way God intended. 認識罪如何影響我們並阻止我們按照神的意願體驗相互依存，可能會有所幫助。

Isolation 隔絕

- I need to stay safe from others hurting me. 我需要保證安全不讓他人傷害我。
- I can do it all by myself. (this can be a form of idolatry) 我可以自己全做到（這可體現為偶像崇拜）

- I'm not worthy of community. 我在社區裡沒價值。
- I have nothing to offer. 我沒有任何可奉獻的。

Idolatry 偶像崇拜

- I need you for my own identity. 我需要你為了我自己的身份。
- Objectification- I'll use you up (even without knowing) to feel good. 物化 - 我會用使我感覺良好(即使不知道)。
- I need you to give me a misplaced sense of belonging. 我需要你給我一種錯位的歸屬感。

I've had some struggles with idolatry. Holding people up on a pedestal and finding my worth and value in being wanted and needed by them. 我曾在偶像崇拜有過一些掙扎。把人們放在基座上，並在他們想要和需要的過程中找到我的值得和價值。

But my real struggle has been with Isolation. 而我真正的掙扎是在隔絕上。

The Lone wolf. I'm happy to help you, but I struggle deeply with letting you help me. I struggle with even being a person that will acknowledge they need help. Even the perception of it, I loathe. 獨狼。我很樂意幫助你，但我很難讓你幫助我。我甚至無法承認是一個需要幫助的人。即使是覺察到這點，我也厭惡。

Developed an identity of being able to overcome my weaknesses. With enough grit and determination, I can conquer it. Don't limit me. 我發展出能夠克服我的弱點的身份。只要有足夠的勇氣和決心，我就能戰勝它。不要限制我。

That works until it doesn't anymore. 一直是這樣直到它不再有效。

I remember when someone pointed out that God becoming human in the person of Jesus subjected himself to limitations and interdependence. If he needed people in his humanity, who am I to say that I don't? This BROKE ME. 我記得有人指出，上帝在耶穌身上成為人，使自己受到限制和相互依存。如果他的人性需要人，我憑什麼說我不需要？這使我的心震撼。

I had seen my self-reliance as a virtue, not as a vice. Truth be told... It had become a self-protection mechanism to prevent me from the real hurt and pain of relationships. 我曾將自力更生視為一種美德，而不是一種惡習。說實話.....它已經成為

一種自我保護機制, 讓我免受人際關係真正的傷害和痛苦。

Burn me once, you won't burn me twice. The long, slow, and honestly sometimes painful journey to interdependence has brought me so much closer to Jesus, a better, more whole husband and father, and I have a few friends now. :) And whenever you get closer to Jesus, you begin to heal. 燙了我一次, 你不會燙我兩次。漫長、緩慢、有時甚至是痛苦的相互依存之旅讓我更接近耶穌, 一個更好、更完整的丈夫和父親, 我現在有幾個朋友。:) 每當你靠近耶穌時, 你就會開始痊癒。

Our hurt comes in the form of relationships. That's real. But healing does not come from isolation, even though retreating from the pain seems the right thing to do. Healing comes from experiencing healthy interdependence. Which I believe can only be firmly found in Jesus. 我們的傷害在人際關係中產生。那是真的。但治愈並非來自孤立, 儘管從痛苦中退縮似乎是正確的做法。治愈來自體驗健康的相互依存。我相信這只能在耶穌身上找到。

17 Therefore, if anyone is in Christ, the new creation has come:[a] The old has gone, the new is here! **18** All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: **19** that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. **20** We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. -2 Corinthians 5:17-20

哥林多後書 5:17-20

17 若有人在基督裡, 他就是新造的人。舊事已過, 都變成新的了。

18 一切都是出於神, 他藉著基督使我們與他和好, 又將勸人與他和好的職分賜給我們。

19 這就是神在基督裡, 叫世人與自己和好, 不將他們的過犯歸到他們身上, 並且將這和好的道理託付了我們。

20 所以我們作基督的使者, 就好像神藉我們勸你們一般。我們替基督求你們與神和好。

Reconciled to God 與神和好

BUT 但是

Now we are charged with the ministry of reconciliation. 現在我們要負責和好的事工。

To bring us back together again. 讓我們重新聚在一起。

MVMT 3: The Mindset of Interdependence 場景3:相互依靠的心態

5 In your relationships with one another, have the same mindset as Christ Jesus:..."
- Philippians 2:5 腓立比書2:5 你們當以基督耶穌的心為心。

Mindset can be translated as attitude. It is how we approach people cognitively and emotionally. 心態可以解釋為態度。這就是我們在認知和情感上接近人的方式。

What follows and precedes this command is a beautiful admonishing of unity and humility. 在這條命令之後和之前的是關於團結和謙卑的優美告誡。

With unity and humility in mind... here are 6 mindsets that help us move towards interdependence. 說起團結和謙遜.....這裡有 6 種心態可以幫助我們走向相互依存。

- Your difference brings texture and perspective to my life. 你的不同給我的生活帶來了質感和視角。
- Diversity is good. Homogenizing humanity is bad and dangerous (although potentially comfortable). 多樣性是好的。使人性同質化是有害和危險的(儘管可能很舒適)。
- You help me see God in ways I cannot alone. 你幫助我以我無法獨自一人的方式看到神。
- You provide opportunities to serve you and show you the love of Jesus. 你提供機會讓他人為你服事展示耶穌的愛。
- I learn and grow from the experiences that you have, and I do not. 我從你有過而我沒有的經歷中學習和成長。
- I embrace the friction in our relationship as it gives me a chance to see my gaps of maturity and opportunities for me to grow (not yours). 我接受我們關係中的小摩擦, 因為它讓我有機會看到我的成熟差距和成長的機會(不是你的)。

Conclusion: Cultivating Interdependence With Each other 結論: 培養與他

人相互依靠的關係

- “We connect people to people” - we’ll set the table, but you have to take the risk to show up. “我們使人與人相連結”——我們安排好桌子，但是你要願意冒險出席。
 - There is no interdependence without trust 如果沒有信任的話就不可能有相依。
 - There is no trust without vulnerability 如果沒有敞開就不會有信任。
 - There is no vulnerability without risk. 如果沒有風險就沒有敞開。
 - And risk is scary. 而風險是可怕的。
 - Why? 為什麼？
- Your own experience can be a barrier to trust. 你自己的經驗可以是信任的障礙。
 - Normal to run things through the grid of your own experience (and can be good), but that may prevent you from experiencing a healthy connection with someone else. 以自己的經驗來衡量事情是正常的(也可以是好的)，但是那會阻止你經歷於別人健康的連結。
 - Lost someone close... Fearful to get close again to lose someone again. 失去親近的人。。。害怕再次與人接近接近而又帶來失去的可能。
- No hiding and no shame. That is the security that God wants for you. 不隱藏，不羞恥。這是神要你有的安全感。
 - Vulnerability and Wisdom 敞開和智慧
- What is over-exposing? What is safe and wise communication? 什麼是過度的曝光？什麼是安全和有智慧的交流？
 - I have four daughters. Some are more private than others. The most sacred space we have is when she tells me her feelings and fears. 我有四個女兒。他們中有的比別的更需要隱私。我有的最神聖的空間是我的女兒告訴我她的感受和害怕。
 - It is not for me to go and tell the world what those things are. I have had to take inventory of what is sharing that is appropriate. And what is over-exposing the trust someone else has given me? 那些不是我要來告訴全世界的。我需要清楚哪些是適合分享的。哪些是過度曝光別人給我的信任。

- The reality is that you cannot cultivate this with every relationship that you have. But you can have a mindset that is open to interdependence with everyone. 事實是你不能在每一個人際關係中都培養這個。但是你可以有一個對相互依靠開放的心態。

Here are some ways to cultivate interdependence in your relationships that are rooted in the heart of God: 這裡是培養根據神的心意在你的人際關係中相互依靠的一些方法：

- Be more curious than convinced. 用好奇心而不是確信。
 - Be kind, curious, and listen (don't interrupt). 慈愛, 好奇, 傾聽(不要打斷)。
 - Connect first, problem solve second (or not at all) 先聯繫, 然後解決問題(或者完全沒有解決問題的部分)。
 - Pat Attention - what do you notice? 給注意力——你注意到什麼?
- Ask questions - “what's the cry of your heart?” “How do you feel about that?” 問問題——“你心裡所渴望的時候什麼?” “你對那件事情的感受/想法是什麼?”

- Occasionally stretch yourself out of the confines of “safe”. 偶爾把自己拉出“安全”地域之外。
- Ask for help and input from others 向別人尋求幫助和建議。
- Common Sharing (Acts 2:42- this was a hallmark of the early church and a witness to the world) 公眾分享(使徒行傳2:42——這是早期教會的一個標誌, 也是對世界的一個見證)
 - Physical Stuff 物質財力
 - Emotional Support 情緒的支持
 - Spiritual Encouragement 屬靈的鼓勵
- Serve 服事
 - 400 kids and not enough adults. 400名孩童, 沒有足夠的大人
 - A few significant relationships with adults (not their primary caretakers) changed the trajectory of a child's life. 幾個重要與成人的關係(在他們的主要看護者之外)能改變孩子一生的軌跡
 - FTC Initiative 為著城市的倡議
 - Our City 我們的城市
- Honor differences and honor the Imago Dei in others. (remember humanity as a whole is made in the Image of God, not one expression of humanity. Learn to find how God is on display in all people. Uniquely and beautifully.) 尊榮差異並且

尊榮其他人裏面神的形象。(記住人類是按照神的形象造的, 不是人類的一種表達。
學會找到神在所有人中獨特而美麗的展示方式。)

Benediction 祝禱

PANCAKES + HAPPY LUNAR NEW YEAR- A LITTLE CELEBRATION w/
CHINESE PANCAKES 鬆餅 + 農曆新年快樂 ——今天有中式蔥油餅供應, 作
為一個小的慶祝